

Westchester Magazine

November 2015

WINTER GETAWAYS
10 PLACES TO ESCAPE THE COLD

\$45 MILLION ATM HEIST
THE YONKERS CONNECTION

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THEIR BEST RECIPES

641 TOP DOCTORS

Alon Gitig, MD, FACC
Cardiologist at St. John's
Riverside Hospital



**Top Tips
From
Top Docs**

westchestermagazine.com
NOVEMBER 2015
11>

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Louanne Mitchell



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November 2015

Winter Getaways

“After all, what’s a stunning location and luxury accommodations without top-notch service?”

With winter’s freezing temperatures setting in, there’s no better time to escape to somewhere warm. From the beaches of the Caribbean to Arizona’s Camelback Mountain, we’ve got a warm-weather destination to suit every taste. Edited by **Philip Garrity** and **Samantha Garbarini**.

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Easy Money

“The crews made about 36,000 transactions and withdrew \$40 million in just over 10 hours.”

Erik Ofgang explores the consequences two Yonkers residents faced when they helped steal \$45 million in an international ATM heist.

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Thanksgiving

“This is not your grandmother’s green bean casserole.”

Nancy Duran rounds up Thanksgiving recipes from six local chefs to help you up your culinary game on Turkey Day.



Top Doctors

“In a county like Westchester...if you’re going to label something—or someone—as ‘top,’ you’d better make sure they meet some high standards.”

This year, our Top Doctors list offers even more options, with 641 doctors in 61 specialties. We also speak with eight physicians about their most memorable cases, working in Westchester, and what’s next in their fields. Edited by **Carol Caffin**.

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Cover photo by Toshi Tasaki



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+More

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North Salem resident

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+More

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“On Thanksgiving we all gorge ourselves on classic dishes. Why not use the holiday to bump up our technique?”

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“Eighty to 90 percent of all the body's serotonin, one of the key neurotransmitters responsible for the feeling of wellbeing, exists in the gut.”

44

“Usually, people who have a child are not as physically tough or focused. For me, it's been the opposite...I'm more focused because I have less time to do it.”

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“There is something quite seductive about miniatures. They have the ability to transport the viewer to a place of wonder.”



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Health Matters



Forgive me if you already know this, but some things are important enough to bear repeating. This month, we present our annual Top Doctors issue, and, as always, one of the questions we're asked most often about the list is: How do you produce it?

For those of you who aren't familiar with it, our Top Doctors list is not a feature with subjective input from the editorial team—in fact, the editors have no say at all on who makes the list. The list is sourced from Castle Connolly Medical Ltd., a healthcare research firm founded in 1991 that compiles its lists and provides them to various media

outlets across the country. Castle Connolly produces its lists through an exhaustive peer-review process, in which thousands of physicians are asked to nominate colleagues within their own specialties and areas of practice. Those nominees are vetted further, for their credentials and professional histories, before Castle Connolly completes its annual selection process.

This year, our list comprises 641 physicians across 61 specialties. As in past years, we hope you'll find this issue to be a keeper—a go-to resource throughout the coming year whenever you or a loved one need to seek a new healthcare provider. Throughout our list, you will find interviews with eight of our top docs, as well as top tips from many more of them on how to stay healthy (and, hopefully, prevent the need to see them).

As I write this for the November issue, I'm wondering, where has 2015 gone? My grandparents used to say that the older you get, the faster time goes. I never believed it until recently—and now here we are with Thanksgiving around the corner. You should have smelled the delightful aromas wafting through our offices a few weeks ago when we staged the photo shoot for our Thanksgiving Feast (page 72). We asked several local chefs to cook up their favorite Turkey Day recipes, including string beans with caramelized onions and toasted almonds from Good Food in Briarcliff Manor; applewood-smoked turkey and sausage and cornbread stuffing from Memphis Mae's in Croton-on-Hudson; and sweet-potato cranberry tart with maple pecan crumble topping from the Ritz-Carlton, Westchester, in White Plains.

Hungry now? I freely admit that I'm usually not much of a cook (the best thing I make is reservations), but, come holiday time, I like to dust off my cookware and attempt to make some of my family's holiday recipes—especially my grandmother's no-bake chocolate cookies and my Aunt Joan's baked white-cheddar macaroni and cheese.

We'd love to learn about your family's favorite holiday recipes—be they cocktails, soups, main courses, sides, or desserts. Email them to us at edit@westchestermagazine.com, and we'll share them on our website for all to try. (If you can include a photo to tempt us, even better!)

In the meantime, I hope you enjoy the chefs' recipes, along with the rest of the issue. Here's to a happy and healthy Thanksgiving for you and your family.


Robert Schork
Editorial Director

THIS ISSUE: BY THE NUMBERS



81.3° The average high temperature at our 10 Winter Getaways (page 54)

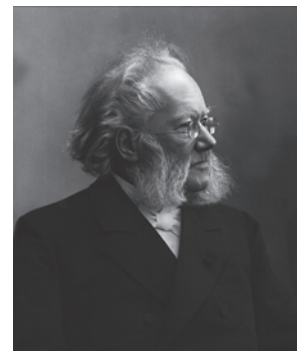
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\$38 billion



Estimated fortune to which Georgina Bloomberg is heiress (page 44)

.....
8,000

Number of events worldwide in 2006 relating to the work of Henrik Ibsen (page 192)



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2 square feet



The amount of space you need to provide per bird when constructing your chicken coop (page 30)

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Hudson Valley Restaurant Week

During the course of two weeks ("restaurant week" is a bit of a misnomer), 200 restaurants in the Hudson Valley are offering great deals on great meals. We'll give you the full rundown on which restaurants are involved, where you can find the best bargains, and the dishes you won't want to miss out on. Go to westchestermagazine.com/restaurantweek

Thanksgiving Guide

It's become almost cliché to say Thanksgiving is the best time of year. But that's because it's so darn true. Check out our Turkey Day guide, stuffed with recipes, bakery recommendations, and anything else you might need to do this most delicious of holidays right. See it at westchestermagazine.com/thanksgivingguide



Small Business Saturday

You might be able to shop all around the world with just the click of your mouse on Cyber Monday, but some of the best deals can be found locally. Which of your favorite Westchester businesses will be having the sweetest deals on Small Business Saturday? Find out online at westchestermagazine.com/smallbusiness

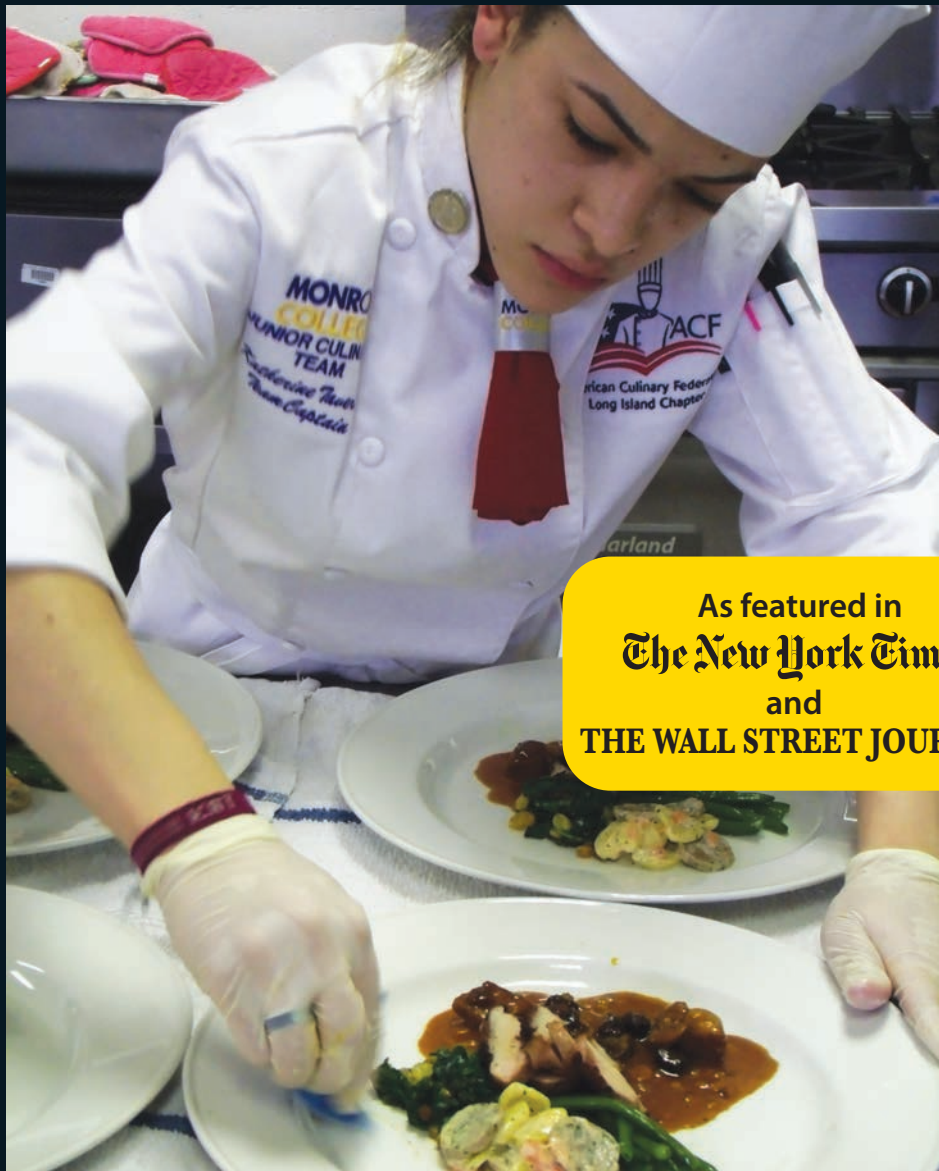
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Civil Studies

“War and Remembrance” [October] concerning the history of Westchester County, the lower Hudson Valley, and the Civil War was most informative. Any high school or college student, along with many adults, would benefit by reading this article to understand the role Westchester County and the lower Hudson Valley played in our nation’s Civil War.

—Larry Penner, Great Neck, NY

Radioactive Remarks

It is shameful for you to act as a shill for Indian Point [“Behind the Scenes: Indian Point,” October]. The ramifications of publishing your typical glossy spreads pale in comparison to what’s at stake with a nuclear power plant in the midst of millions of people with no way to escape a meltdown. For you to virtually ignore a significant portion of the scientific community, which believes Indian Point is a cataclysmic nightmare waiting to happen, is irresponsible if you are going to call yourselves journalists.

—Bruce Levinson, Katonah

Editor’s Response: *The focus of “Behind the Scenes” is to give you, the reader, an unbiased look into the inner workings of some otherwise off-limits sites throughout the county—not to take sides on an issue.*

—Scott Simone



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sound off | LETTERS AND COMMENTS FROM OUR READERS

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Regarding June's "106 Days and Nights of Summer" feature:

I never comment on articles, videos, etc., but I feel compelled. This list had a hugely positive impact on my summer. It pointed me towards so many events and ideas that I otherwise would have missed out on. Thanks for helping me do so many interesting and fun things around Westchester with my friends and family.

—Ryan Coleman via [facebook](#)

Regarding a story on taco trucks on the Eat. Drink. Post. blog:

My favorite is Teca's Tacos' birria tacos. I love stopping by and eating at their truck. It's like taking a trip to Mexico for a couple of minutes. San Antonio's tortas are good, but the only thing I don't like is that they are too slow to cook your food.

—Addy Medina Becerra via [facebook](#)

Regarding the story "13 Breakfasts Westchester Residents Should Not Miss Out On":

Tough to beat the Migas at the Wobble Café or their homemade donuts, drizzled with confectioner's glaze. The coffee is really good, too!

—David Adam via [facebook](#)

From Twitter



Regarding October's "Best Places to Live" feature:

We love #Armonk & are thrilled to be a part of the rising #foodie community in #Westchester. Thanks @WestchesterMag!

—@ModerneBarnRest

Regarding the Best of Westchester Editors' Pick for Best Lobster Dishes:

Happy #NationalLobsterDay!! Come enjoy the Best Lobster Dishes in Westchester! We didn't say it; @WestchesterMag did!

—@morgansfishhouse

Oops!

In September's restaurant review, we incorrectly referred to the artist of Bedford 234's decorative photographs as Brad Cohen. The artist's correct name is Dan Cohen.

Join the Conversation

Comment on a story by tweeting @WestchesterMag, commenting at www.facebook.com/westchester-magazine, or emailing us at edit@westchester-magazine.com. All feedback will be considered for publication, and may be edited for space and clarity.

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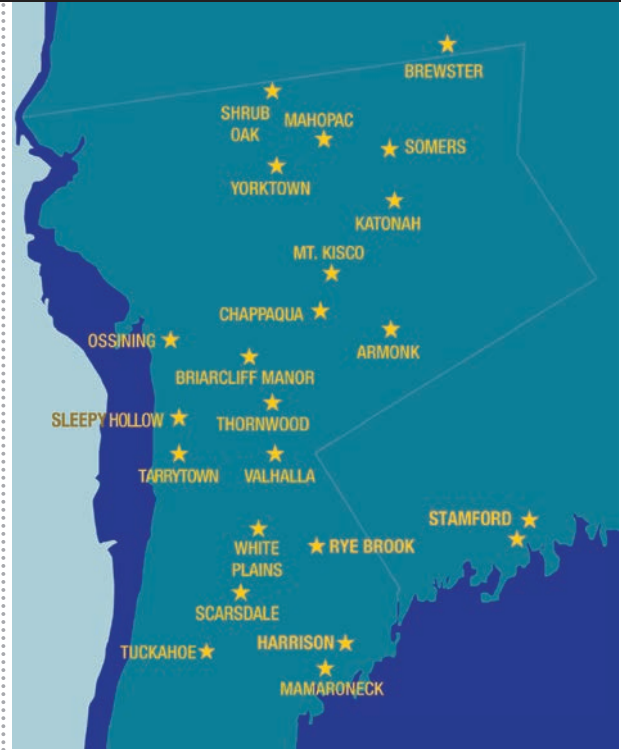
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EDITED BY

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NOW YOU KNOW

LARPing

If you run into someone dressed like this at your local park, you might be tempted to jet. But fear not: It's part of Live Action Role Playing, or LARPing, which is growing in popularity.



NOW YOU KNOW

Harping on LARPing

Live Action Role Playing is gaining traction. But what exactly is it?

Chances are more than good that you've never come across Live Action Role Playing, but "LARPing" is becoming increasingly popular among people of varying backgrounds and ages—and Westchesterites are no exception. So, here's a quick primer on LARPing to keep you in the know.

Boffer LARP

Named after the lightweight weapons used, boffer is the most common type of LARPing, with events ranging from 5 to 100 people. It's best for people who desire a deep role-playing experience—or those looking to hit nerds with foam sticks. These LARP games may last a few hours or an entire weekend, and they're mostly associated with a build-your-own-character experience.

Where to go: Vanguard LARP at Inwood Hill Park in New York City; Alliance LARP Gettysburg in Cornwall, PA (www.alliancelarp.com); and The Wayfinder Experience (www.wayfindereperience.com) in Kingston, NY

Theatrical LARP

This LARP focuses entirely on role-playing, plot, and character interaction, with little to no physical contact. These short games last two to six hours, and players usually take on roles pre-made by the game maker. The characters have their own personalities and motivations, but there's no script.

Where to go: ARC Stages in Pleasantville with Warren Tusk (www.paracelsus-games.com)

Medieval Combat Sport/ Heavy-Combat LARP

These LARPs are more physical than others. Sometimes, actual plated armor and metal weapons are used, and punching or grappling may be allowed. Heavy-Combat LARP involves role-playing and a story, whereas Medieval Combat Sport does not have role-playing and is purely a sport to test martial skill. Participation in either of these will result in at least bruising or even more serious injuries, but both are a hell of a lot of fun.

Where to go: You can find Heavy-Combat LARP in Central Park in New York City (www.amtgard.com). For Medieval Combat Sport, check out Novi Antiqui Dagorhir Battle, in Astoria Park, Queens (www.larping.org/larps/listing/novi-antiqui-dagorhir-battle/).

—Ryan Pihota



Live action role players participate in boffer LARP at The Wayfinder Experience's Immersion and Finale Camps in August 2013. (Clockwise, from bottom): Marcus Raskob, Zachary Weber, Julia Bordowitz, and Zachary Young are part of an adventuring party; Samuel Kalb as a spaceship captain; Crow Underberg-Davis as a treasure hunter

LARPING PHOTOS BY KYLE PERLER

Bob Davidson enjoys the peace and quiet of sitting at the end of his dock and spending time with his son. He also enjoys the peace of mind he gets from his doctors at Phelps Medical Associates.

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HOW TO

Coming Home to Roost

Westchesterites take the farm-to-table concept into their own backyards—and here's how you can too.

Michael Jusko, owner of Bennie's Feed Barn (45a Main St, Bedford Hills 914-666-2368; www.benniesfeed.com), burst out laughing when I asked if he'd seen an increase in the number of Westchesterites raising chickens since he started his company in 2005. "The business just exploded in 2008, and it's still growing," he says. "People are looking for a simpler life and find they enjoy raising chickens. And once they discover how much better the eggs taste, they'll never go back to the A&P"

But it is not a hobby for the faint of heart. Robyn Field of Ossining started in 2006 and soon learned that "henpecked" wasn't just an expression but a reality of life in the coop. There are thorny issues, like what to do with an ornery rooster or a hen that no longer lays eggs. Field lets "her girls" live out their lives in the coop after they've stopped producing, but an attack rooster she had was a different story. "I couldn't keep it, and I couldn't kill it. I finally took it to the butcher, in tears," she recalls. That sentiment is common, as



chickens can quickly become like pets. "When you watch them over a period of time, you find they have tremendous personalities," Field says.

If you want to join the chicken-coop club, here are some things to keep in mind:

Keep it Legal: Don't count your chickens before first checking your town ordinances. "Each community has

its own rules, regulations, and restrictions," Jusko says.

Safety First: Predators come from all directions: Foxes, coyotes, and possums will try to dig under the fence, and hawks will attack from above. The outdoor run requires a roof and wire fencing. What does all this safety cost? "Good isn't cheap, and cheap isn't good," Jusko says. "A good coop can cost up to \$1,000, but it will last a long time."



Size Matters: "You need at least 2 square feet per bird of both indoor and outdoor space," Field says. "It is easiest to have a structure that you can walk into for gathering the eggs and cleaning."

Do the Math: You'll need two hens to feed a family of four; each hen can lay about five eggs a week, starting at 10 months old.

Chicken Feed: Yep, it's as cheap as you probably would've guessed: \$35 for a 50-pound bag of organic food, which is about a month's supply for Field's flock of eight.

—Nancy L. Claus

BOOK CLUB

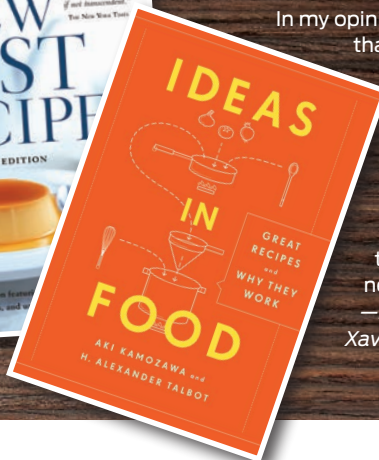
Chef Recommendations

To help inspire you for Thanksgiving, we asked three local chefs to share their favorite cookbooks.

The New Best Recipe, from *Cook's Illustrated*, is the book I trot out every Thanksgiving. On Thanksgiving, we all gorge ourselves on classic dishes. Why not use the holiday to bump up our technique? You'll never serve another soggy-bottomed pie again.

—Ellen Sledge, chef and owner of Penny Lick Ice Cream Company in Hastings-on-Hudson

Ideas in Food, which features foolproof, well-researched recipes combining science and techniques to improve home



and professional cooks' skill sets. The book has all types of recipes, from festive pies to well-composed entrées. The best part is, it doesn't just have recipes; it has formulas you can apply for multiple applications, versus learning a recipe just to execute one thing.

—Mogan Anthony, executive chef at Village Social in Mount Kisco

In my opinion, the quintessential cookbook that all serious cooks should have in their home is Jacques Pepin's *La Technique*. This book helped me enormously when I was young and just starting out. The book walks you through wonderful classic recipes but more importantly teaches techniques that are necessary to cooking well.

—Peter Kelly, chef and owner of Xaviars Restaurant Group

—Aimee Hirsch

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SHOP

What's Old Is New Again

How to breathe new life into family heirlooms

Having lost my mother when I was young, I cherish things that were hers—no matter how ordinary. Using or looking at them evokes her presence. But not all those items have withstood the test of time, and that's where updating or remaking them becomes an elegant solution. For example, I repurposed the fabric from my mother's intricate barge-elio piano bench cover into two pillows. Have some heirlooms of your own just gathering dust in your attic or sitting forgotten in a drawer? Here are some ways to update them.

Furs

Is an old, stodgy fur coat of your grandmother's taking up room in your closet? Transform it into a hip vest, cape, or even bolero jacket at **Maximilian at Bloomingdale's Fur Salon** in White Plains (www.maximilian.com; 914--997-9669).

Jewelry

Remake Great Aunt Tillie's engagement ring into an elegant brooch, or turn Grandpa's cufflinks into

one-of-a-kind earrings at **Landsberg Jewelers** (www.landsbergjewelers.com) in Rye Brook (914-510-8920) and White Plains (914-761-1122), and **Bijou of Katonah** in Katonah (www.bijouofkatonah.com; 914-401-9264).

Wedding Gowns

Restyle Mom's wedding dress or incorporate a piece of its fabric into your new gown.

Carmela's Tailoring in Mount Kisco (914-666-7737) and **Dolores Tailoring** in Port Chester (914-690-1455) can sew a swatch of it inside your dress as "something old" or refashion it into an especially meaningful veil, headpiece, or shrug.

Handkerchiefs & Other Keepsakes

Give a cherished hankie or other keepsake, like a special evening bag, a place of honor by having it framed shadowbox style at **Rye Art Gallery & Framing** (914-967-5645). A beautifully framed item can bring back cherished memories.

—Laurie Yarnell



SPORTS

Platform Tennis

You've seen the courts around the county, now give the sport a try.

If you're not a fan of skiing, opportunities to be active outdoors may be few and far between once winter sets in. Enter: platform tennis, colloquially known as paddle, with a main season that runs from fall through spring. For tennis players, it's an easy transition, but the sport is also accessible to anyone interested in trying something new, with public courts scattered throughout the county.

Invented in 1928 by two Scarsdale residents looking for an alternative winter sport, paddle is played on what looks like a raised tennis court fenced in with chicken wire. The game bears similarities to tennis—with the bonus of heated courts for play in the freezing-cold or snow. Scoring is similar, much of the terminology is the same, and serve-and-volley is a popular technique. But there are differences: It's played with a perforated paddle not a racquet, the court is smaller, players are only allowed one serve, and balls may be hit off of the screens.

The American Platform Tennis Association (APTA) runs leagues and tournaments throughout the year, main-



tains rankings, and promotes the sport. Even if you don't learn to play, you can check out the nation's top teams (many of which live or work in Westchester) this March at the 81st National Championship, which will take place in Rye/Harrison and across the border in Fairfield County.

For more information about platform tennis, a list of local courts, and information about joining a local league, visit www.platformtennis.org/Grow_the_Sport.htm.

—Samantha Garbarini

EXPRESS LANE

What we've heard, what we're talking about, and what we're anticipating this month

1

Yonkers Grocery & Convenience Store on Yonkers Avenue is a hot spot for winning lottery tickets. In the last year, the store has sold three million-dollar tickets, including a \$106 million winner in September.

2

This month, look for *The Peanuts Movie* in theaters. The movie, which was directed by South Salem resident Steve Martino and produced by New Rochelle resident Michael J. Travers, is the first time Charles Schulz's beloved characters will appear in 3D.

3

The Westchester Knicks kick off their second season this month with a game against the Maine Red Claws (the Boston Celtics' D-League team) November 12 at the Westchester County Center in White Plains.

4

Take advantage of Hudson Valley Restaurant Week with a \$29.95 three-course, prix fixe dinner at one of more than 200 participating restaurants, including many in Westchester. This fall's Restaurant Week (which is actually longer than a week!) is from November 2 to 15.

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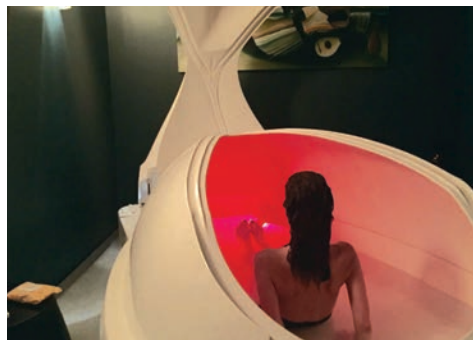
It may be snuggle weather, but that doesn't mean you have to become a couch potato. Local experts share tips for staying fit from the first cool months of fall through the arctic chill of winter.

ALTERNATIVE HEALING

Floating Vibes

Floatation therapy comes to Westchester

Floatation therapy, also known as sensory-deprivation therapy, is nothing new. The first isolation/floatation tank was developed in 1954 by neurophysiologist John C. Lilly, who often used it in tandem with—surprise!—LSD to conduct experiments on the effects of sensory deprivation on the mind. By the 1970s, sensory deprivation in floatation tanks was being used therapeutically.



In July, Westchester's first float center, Rise Above Floatation, opened in Mount Kisco. But unlike the tanks of yesteryear, in which users were nearly fully submerged and had to wear a cumbersome (and scary-looking) "blackout mask,"

Rise Above Floatation

111 E Main St, Mount Kisco
(914) 241-1900
www.riseabovefloatation.com

Rise Above uses state-of-the-art lightproof and soundproof tanks designed to free users from outside

stimulation—without scaring them to death. Tanks contain about 10 inches of ambient water, made buoyant with Epsom salts—so fear of drowning (not conducive to relaxation) is eliminated.

For some, floatation therapy can induce a meditative state, and studies have shown that it can help people manage pain, anxiety, and depression. It's been shown to enhance athletic performance, too.

Rise Above has a spa-like atmosphere and three float tanks of different sizes. One, called the womb, looks like a space-age pod and offers the most intimate float experience. If you're claustrophobic, you can opt for one of the larger tanks, which are more like large bathtubs.

Rise Above's co-owner, Micah Saccomanno, assures new or nervous clients that they are "in total control" of their experience; the tanks' doors don't lock, and there's plenty of air flowing in and out. Sixty-minute float sessions are \$85; 90-minute sessions are \$110.

—Aimee Hirsch

HEALTH

Gut Feeling

The surprising connection between gut bacteria and mood



If you have a bad feeling in the pit of your stomach, it may be more than just intuition. Scientists have found that at least some of the more than 100 trillion bacteria—there are at least 1,000 different species with more than 3 million genes—that inhabit the human digestive tract have some connection to our emotions. In fact, gut microbiota secrete an incredible number of chemicals, including serotonin, dopamine, and gamma-aminobutyric acid (GABA), which are the same substances neurons use to communicate and regulate mood.

Indeed, 80 to 90 percent of all the body's serotonin, one of the key neurotransmitters responsible for the feeling of wellbeing, exists in the gut.

Stephen Collins, MBBS, FRCP, found in experiments that relaxed mice became more anxious when injected with bacterial strains present in the intestines of their more apprehensive brethren. Similarly, another groundbreaking study published in *Neuroscience* in 2010 showed that mice became calmer when administered a particular gut bacterium.

"The nervous system to the digestive tract is called the enteric nervous system and is poorly understood," says Jonathan Finegold, MD, a gastroenterologist at WESTMED Medical Group. "It is postulated, but not completely proven, that the

communication of the enteric nervous system with the central nervous system involves neurotransmitters such as serotonin." Finegold notes that gut bacteria can be helpful "in terms of completing digestion for nutrients and molecules that are unused, but they may also play a role in neuropsychiatric wellbeing and possibly immunity as well."

In a well-known study that was published in the June, 2013, issue of *Gastroenterology*, Emeran Mayer, MD, PhD, of UCLA found that brain scans revealed women who ingested a probiotic-containing yogurt twice daily were shown to be dramatically calmer than a control group that did not consume probiotics.

But Dr. Feingold warns that the connection between gut microbes and mood are only beginning to be understood. "Unfortunately, clinical trials have yet to really explain how these probiotics work exactly and what, if anything, they really do in a positive way as opposed to just placebo effect."

Despite the fact that this area of medicine is still in its earliest stages, Feingold still sees enormous promise. "I think this is the potential dawn of a new era where we will finally get an understanding of the role of bacteria in the bowel and the chemical linkage between the nervous system and the immune system."

—Paul Adler

CLASS

Yoga and Scoliosis



If you're among the 6 million Americans affected by scoliosis, you may want to head to the Yoga Studio at Club Fit in Briarcliff Manor on November 14. There, the Yoga Teachers Association of the Hudson Valley (YTA) will host "Yoga and Scoliosis," a workshop presented by Deborah Wolk, founding member and manager of Samamkya Yoga Back Care and Scoliosis Collective in New York City. Studies have shown that yoga can help relieve the pain and perhaps reduce the amount of spine curvature associated with scoliosis. Wolk says benefits include "a decrease in pain, a sense of hope and joy, and more musculoskeletal balance in the body. I've decreased my own scoliotic curves measurably and many of my students have, too." The workshop runs from 1:30 to 4:30 pm. Cost: \$35, YTA members; \$45, non-members (advance); \$45/\$55 at the door. Register at www.ytayoga.com.

—Carol Caffin



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FITNESS

Just Chill

Local experts share tips for staying fit during fall and winter.

Staying fit in the summer is a breeze, but fall and winter are another story. With colder temperatures and less sunlight, you'll likely be tempted to move less and eat more. So how can you keep your workout—and belly—from going to pot? Here are tips from some top local experts.



Warm Up. Cold weather increases your risk of tears and strains, so you should begin every training session with a good warm-up. "Make it a warm-up that moves," says Pamela Newkirk-Arkin, group fitness manager at Equinox in Scarsdale. "A gentle jog, jumping jacks, skipping rope, or running up and down a staircase three to five times are good choices."

Be Consistent. Don't slack off when the mercury dips, warns Nikki Dillon, studio director at YogaSpark in Mamaroneck. She explains that, in winter, "our muscles take on a lot of stress by contracting more often and working harder as we move through the elements," so we can best support all this hard work by keeping circulation strong and joints moving. Dillon recommends a regular routine that combines yoga three times a week with additional in-gym or at-home workouts.

Combat the cravings. Fewer daylight hours and more time indoors can mean an increased urge for high-calorie comfort foods, says Eva To, a registered dietician/nutritionist in White Plains. "It's important to practice portion control, especially with fats and refined carbs," she says. She recommends eating regularly every three to four hours, since it's harder to fight cravings when you're very hungry.

Don't Overdo It. Many people find gyms boring, particularly after a summer spent training outdoors, says Chesevah King, a US Army veteran and current trainer at New York Sports Clubs' Mamaroneck location. As a result, she says, they do too much, too fast, which can lead to injuries. "It's best not to run six to 12 miles on a treadmill if you weren't doing that outside," she says. "When

you first move indoors, keep within your workout range."

Ramp It Up. On the other hand, some people don't realize that treadmill running is generally easier than outdoor running. Luke Guanzon, a personal trainer with Life Time Athletic in Harrison, says that, to compensate for this difference, increase the incline on your machine. "I like to set the treadmill at an incline of three or four," he says. "So you're actually lifting yourself up and not just lifting your feet fast."

Think Spring. If it's hard for you to bid farewell to your summer workout regimen, try cutting the pain by thinking six or eight months ahead. "In the winter, it's good to work on getting stronger for next spring," says Leo Lopes, owner of Total Form Fitness in Hartsdale. He adds that indoor equipment—such as medicine balls, dumbbells, kettlebells, and leg-extension machines—are great at isolating muscle groups.

Stick It Out. Finally, don't discount the idea of training outdoors even when temperatures plunge, says Hollis Morris, an instructor and marketing manager at Pure Barre in Bronxville. "Exercising in colder temperatures has been shown to be more invigorating, which can result in a harder workout and more calories burned," she says. And, as long as you build in a good warm-up, she adds, "Don't be afraid to brave the cold!"

—Barbara Solomon-Josselson



NUTRITION

Beyond Green Bean Casserole

A Turkey Day Survival Guide for Vegetarians and Vegans

For most of us, Thanksgiving dinner means turkey with all the (sometimes meat-infused) trimmings, including stuffing, casseroles galore—and gravy, gravy, gravy! If you're a vegetarian or vegan, how do you enjoy Thanksgiving dinner without having to resort to a plateful of carbs? Two words: Plan ahead.



Preparation Makes Perfect

If you're not hosting Thanksgiving dinner yourself, it's a good idea to give your hosts a heads-up on your dietary restrictions. Barrie Wolfe, MS, RD, a nutritionist based in Chappaqua, says that it's perfectly acceptable "to casually ask what's being served a few days in advance." If you don't know the host well or feel uncomfortable about inquiring about the menu, "eat a little something beforehand so you're not starving," advises Ilyse Schapiro, MS, RD, CDN, a Harrison-based nutritionist.

Sharing is Caring

"When I host, I always ask if anyone has food restrictions," says Schapiro, and Wolfe agrees that a good host should "make sure that each person has at least one dish" that meets his or her dietary restrictions. If you're a guest, bring a dish "that accommodates your diet but that everyone can enjoy." Wolfe says it's not difficult to accommodate vegetarian or vegan guests. For instance, you could "make a soup with a vegetable-based rather than chicken-based broth." In addition, you can "include an acceptable protein such as tofu, saitan, beans, or, if they are a pescovegetarian, fish. For a vegan, you could use almond, soy, or coconut milk instead of regular milk in a recipe."

Get the Goods

Both Wolfe and Schapiro swear by Whole Foods for vegan- and vegetarian-friendly ingredients and prepared foods, and both note that there are many county caterers and restaurants that offer vegan and vegetarian fare. "And wholefoods.com has amazing recipes, too!" says Wolfe. See? Easy-peasy.

—Cathleen Kenney

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PHOTOS BY STEVE WALTER

Westport Country Playhouse

Something Wonderful, Westport, CT

On September 21, the Westport Country Playhouse hosted their annual gala at their Jason Robards Theatre. Honoring Broadway legend and Westport resident Kelli O'Hara, the sold-out event was attended by 575 people, including numerous prominent actors. Several noteworthy guests took to the stage with O'Hara in a performance to honor the actress. Proceeds from the gala benefit the Playhouse. *Top:* Westport Country Playhouse Artistic Director Mark Lamos, Renee Morrison, and actor Matthew Morrison. *Right:* Jake Lucas, Anne Keefe, and actor Jose Llana.



The Picture House Regional Film Center

Picnic in the Park, Pelham

The Picture House held its fourth annual Picnic in the Park in Pelham on September 19. The event included an advance screening of *Mississippi Grind*, followed by a Q&A with actor and Bedford resident Ryan Reynolds. Afterward, guests enjoyed dancing and fried chicken from Alvin & Friends in a nearby park. *Pictured:* Picture House Critic-in-Residence Marshall Fine and Ryan Reynolds.



PHOTO BY DOMENICA COMFORT

Autism Speaks

Augie's Prime Cut Brews for Autism Speaks Fundraiser, Elmsford

On September 21, Captain Lawrence Brewery hosted a fundraiser for Autism Speaks, with proceeds to benefit Community Based Services Inc., a local organization that cares for individuals with autism and other developmental disabilities. *Pictured:* New York State Senator Terrence Murphy, John-Anthony Bruno of Autism Speaks, Community Based Services Inc. CEO Vicki Sylvester, and Augie's Prime Cut co-owner Audrey Hochroth.



PHOTO BY LYNDIA SHENKMAN CURTIS

Friends of Westchester County Parks

RangersTown Ice Rink Announcement, Valhalla

A number of sports legends and local power players gathered at Kensico Dam Plaza in Valhalla on September 28 to announce a new, expanded ice rink for Westchester's Winter Wonderland. New York Knicks legend Allan Houston and former New York Rangers Dave Maloney and Ron Greschner were on hand for the announcement. Dubbed "RangersTown," the rink is open November 27 through January 3 at the Plaza. *Pictured:* Dave Maloney, Westchester County Executive Rob Astorino, and Ron Greschner.



PHOTOS COURTESY OF FRIENDS OF WESTCHESTER COUNTY PARKS AND THE WESTCHESTER COUNTY PARKS DEPARTMENT

Energize NY

Terra Tile and Marble Solar Installation, Ossining

Town of Ossining Mayor Victoria Gearity (from left), Nina Orville, and Town Supervisor Susanne Donnelly were among those celebrating Ossining's first solar installation by a local business, on the roof of Terra Tile and Marble's headquarters, on September 30, as part of the Solarize Ossining-Briarcliff campaign.



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↑ New Canaan Historical Society

House of Cars Curated Garage Tour and Gala Celebration, Bedford Hills

The New Canaan Historical Society celebrated the culmination of its 125th year with an event held at the Collector's Car Garage in Bedford Hills on September 12. The day started with breakfast, followed by opportunities to view world-class cars. In the evening, guests attended a gala emceed by racecar driver David Hobbs and attended by actor and racing enthusiast Patrick Dempsey. *Top:* Co-Founder and Partner in Collector's Car Garage James Machinist (*center*) with Tim Brown and Matt Brown; *right:* David Hobbs and Patrick Dempsey.



PHOTO BY DONNA DAVIS OF MS. DAVIS PHOTOGRAPHY



↑ Groundwork Hudson Valley
Urban River Party, Yonkers

X2O Xaviars on the Hudson served as the site of Groundwork Hudson Valley's Urban River Party on September 9. More than 300 people attended the event, which raised more than \$260,000 to fund Groundwork's various initiatives. Honorees included the president of Sarah Lawrence College, Karen Lawrence, as well as Groundwork Board of Directors Vice-Chair Wendy Zimmermann. Guests were treated to a dinner presented by Chef Peter Kelley and live music by the AndJam Trio. *Pictured:* Honoree Karen Lawrence, Fred Baumgarten, and Sarah Gray Gund.



PHOTO BY DOUG SCHNEIDER PHOTOGRAPHY

↑ RiverArts
Fall Welcome Party and Fundraiser, Dobbs Ferry

On September 27 the Dobbs Ferry Woman's Club played host to the 2015 RiverArts Fall Welcome Party and Fundraiser. The event featured live music by the Anna Boccato Trio. *Pictured:* Executive Director of RiverArts Doug Marouk-Coe, RiverArts President Cathleen Mooney, Ballet Hispanico Artistic Director Eduardo Vilaro, and RiverArts Artistic Director for Dance Maxine Sherman.



PHOTO BY ED SHENKMAN PHOTOGRAPHY

↑ Mount Kisco Childcare Center
Feed Me Fresh, Bedford Corners

The Mount Kisco Childcare Center (MKCC) held its annual fundraiser, Feed Me Fresh: An Edible Evening, at Ivanna Farms in Bedford Corners on September 18. MKCC board members Beverly and Sabin Streeter were honored for their service, as were the owners of La Tulipe Desserts, Fran and Maarten Steenman. *Pictured:* Chappaqua LOCAL owners Danielle Zinaich and Adam Strahl.

→ Wave Hill
2015 Gardeners' Party, Bronx

Horticulturist Marco Polo Stufano was honored at this year's Gardeners' Party, held at Wave Hill on September 27. The event featured silent and live auctions raising funds for Wave Hill's garden and grounds. *Pictured:* Stephen Lash and honoree Marco Polo Stufano.



PHOTO BY DAVID RODGERS

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Georgina Bloomberg at her farm in Wellington, Palm Beach, where she spends winters preparing to compete in the Winter Equestrian Festival.

Born to Ride—and Not on Dad’s Coattails

Top international equestrian Georgina Bloomberg of North Salem on her flourishing career, the joys of raising a son, and the best part of her famous last name **BY LAURIE YARNELL**

When New York City residents mistakenly refer to Westchester as “upstate New York,” no doubt they are picturing places like the rural hamlet of North Salem, with open green pastures, old stone walls, and white-fenced horse farms. Since North Salem is the unofficial epicenter of Westchester’s horse country, it’s no surprise that this is where top equestrian Georgina Bloomberg, the 32-year-old daughter of New York’s former mayor, makes her home locally. As I pull up to Gotham North, her horse farm, I’m greeted by a colorful riot of impatiens flowering on either side of a closed white wooden gate. Outdoors, every-

thing appears immaculately manicured, indeed pristine. Yet inside, the old house is surprisingly unassuming and lived-in. Bloomberg, her toddler, Jasper, and I sit in an unfussy little sitting room off the kitchen with comfy stuffed chairs, while some of her five rescue dogs roam in and out. It’s all very down-to-earth, like Bloomberg herself. Clad in gray breeches, a light blue tee, and dime store rubber flip-flops, she strikes me as grounded, smart, and thoughtful.

Bloomberg is a warm, easy-going mother to Jasper, who was born on Christmas Eve 2013—days after his famous grandfather left office; Jasper’s dad is Bloomberg’s ex-boyfriend, Argentine equestrian Ramiro Quintana. For someone who already has an outdoor gallery named in his honor at the new Whitney Museum of American Art and is an heir to a \$38 billion fortune, the adorable Jasper is just a regular little boy and, like his mom, given to quick giggles. Sporting a striped logo-free tee and shorts, and clutching two Peppa Pig stuffed animals, he “reads” his transportation pop-up books while we chat. Though they usually spend a few days a week in her Manhattan apartment and several winter months in Wellington, Florida—picture North Salem with sunshine—Bloomberg considers this 50-plus acre property, purchased in 2002, her primary residence. In addition to her rescue dogs, it’s also home to eight to 10 competition horses and a few retired ones, and even more rescues—two mules, two mini-horses, and Wilbur the pig.

Bloomberg—George to her pals—knows the county well. When her mother was pregnant with her, the family bought a home in Armonk where she spent weekends and vacations during her childhood, often riding at Old Salem Farm in North Salem. She has fond memories of time spent locally, including going to the movies in Mount Kisco and for pizza across the street. She still often heads back to Armonk, picking up gourmet provisions at Country Kitchen, stopping in at childhood favorite Hickory and Tweed, and buying kids’ clothing at Jagger & Jade. She also enjoys dining at One Twenty One and VOX, both in her adopted hometown of North Salem, where Bloomberg is happily surprised by the sense of community. “Everyone is a little horsey, and it’s really like being in a small town,” she says. “When I went into the general store after the Pan Am games, people welcomed me back. They know who you are.”

Bloomberg concedes she’s not the typical Westchester mom—she competes in 30 or more shows, which are several days long each, in a typical year, to which Jasper and a nanny accompany her. But she relishes her mom days, including a local toddler-parent music class most Monday mornings. As for when her son will start to ride, she’s waiting for him to ask. “I’m not just going to just stick him on a pony and say, ‘You’re riding,’” she says. Bloomberg started riding at age 4. “My parents were very supportive, but they

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neighbor

(Continued from previous page)

didn't care if I ever won a class—just that I was happy and safe." What was her attraction to the sport? "I loved the ponies and the horses and the lifestyle of just being able to hang out at the barn with my friends," recalls Bloomberg, who has also written four young adult novels about the competitive horse world.

Bloomberg believes that motherhood has changed her for the better, as both as a person and a rider. "It's made the little things in life matter less because, for me, he's the most important thing," she says. "Obviously, you learn from your mistakes in this sport and can't pretend that all the bad things don't happen," she adds. "But you can't let it get you down or prevent you from working hard the next day. You move on, and you smile." And motherhood has been good for her career. "Things have been going so well since I had him," she notes. "Usually people who have a child are not as physically tough or focused. For me, it's been the opposite. When I ride, I'm more focused because I have less time to do it." She even took third place in the World Cup qualifier at the Hampton Classic Horse Show when she was five-months pregnant with Jasper. "At the time, I felt it was the right decision for me, and I'm happy I did it," she says. "But knowing the person that he is, I would not be able to do that with a second pregnancy."

After the Hampton Classic in the summer of 2014, Bloomberg recalls that she wasn't very happy with how the show had gone for her. "We were in the car on the way home, and I said, 'Jasper, today didn't go so well. But bad days happen, and I'm going to go home and practice. And you know what? I'm going to win the Central Park Grand Prix.'" And she did. Held in New York City last fall, this inaugural show was the first equestrian event to ever be shown on live television in prime time on a major sports network. Also riding was another daughter of a famous name—Jessica Springsteen. They are good friends who frequently compete against one another, says Bloomberg.

Bloomberg has enjoyed a strong 2015 season. This winter, she won the \$127,000 Adequan Grand Prix at the Winter Equestrian Festival and helped the US show jumping team to a second-place finish at the FEI Nations Cup, both in Florida. In July, she was part of the US show jumping team that won a bronze medal in the Pan Am Games in Toronto, marking her first time representing Team USA in a major, multi-sport competition. And at the end of September she defended her championship title in the US Open Grand Prix at the Rolex Central Park Horse Show. While she had a good ride, she did not ultimately place in the top ten. She did, however, place seventh, winning \$1,200, in the event's US Open FEI Speed.

But being a Bloomberg has not been without some growing pains for the accomplished equestrian. In 2003, at age 19, she was interviewed in *Born Rich*, a documentary profiling young


heirs to famous fortunes, directed by Johnson & Johnson scion Jamie Johnson. She's shown at a stable saying, "Having the last name Bloomberg sucks." Clearly her feelings about her famous surname have changed dramatically since her teens. "Everybody makes this big deal, but it's one random thing that I did as a favor for a friend," she



"If having a more recognizable name helps, I am going to use it for good."

comments. "I don't think there's anybody who never said anything when they were younger that they then regretted." Since then, she adds, "I've grown into it and am very grateful and proud of my father, and he's very proud of everything I've done." Her dad typically sees Jasper, his oldest grandchild, every couple of weeks.

Bloomberg clearly respects and emulates her parents' child-rearing style, particularly its emphasis on giving back. Indeed, the best part of having a famous last name, she stresses, is the exposure it can bring to her philanthropic efforts: She's on the board of the ASPCA; launched The Rider's Closet, a charity that donates lightly used riding apparel to those in need; and, with another famous-last-name friend, Amanda Hearst, helped start a chapter of Friends of Finn that's dedicated to fighting puppy mills. "A huge part of it is raising awareness, and so if having a more recognizable name helps, I'm going to use it for good," she notes.

What's next for Bloomberg? "My focus now is 100 percent on competing," she says. "Right now I have good horses and I am fit, so I really want to put myself into my career." She's also likely to found a local animal sanctuary and rescue organization, design a line of women's riding clothes, and maybe give Jasper a sibling. "I would love to have more kids," she says. "Jasper's the best thing I've ever done, and I've always wanted a big family." 

Laurie Yarnell of Rye, a former *Westchester Magazine* features editor, writes frequently about notable locals like Ann Hampton Callaway and Joseph Abboud.



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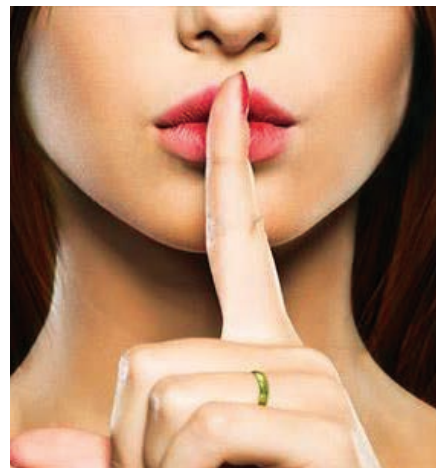


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Clockwise from left: In *The Dick Van Dyke Show*, Rob and Laura Petrie lived in New Rochelle; Ashley Madison has thousands of Westchester users; the Taconic may not be as dangerous as you thought.



Cheating in the County

Plus, the Petries' New Rochelle place and the dangers of the Taconic. BY TOM SCHRECK

Q

Interesting Infidelities

I know by now everyone is sick of Ashley Madison news, but I'm still fascinated by the sheer numbers involved in the cheating site. How scuzzy is Westchester County when it comes to infidelity?

-Rob M., Pleasantville

A: Hmm...scuzzy is a tad judgmental, isn't it? I'm sure there's plenty of folks who accidentally typed in the wrong email account, joined just to check on someone else, or were just doing some research for a magazine column.

The trouble with the breach lies in the reliability of the numbers. The website Visual News crunched some stats measuring the validity of the Ashley Madison users. Its figures show that 34 percent of the accounts listed on the site aren't even real—so you really need to

factor that number into your scuzz equation.

Now, when you do look at the breakdown of registered users uncovered in the breach, it does give pause. According to Tecnológica, a Madrid-based software company that mapped the breach, Yonkers has more than 9,700 users in its 200,000 population—close to 5 percent of the population. Even if you reduce that by the estimated 34 percent, that's still a lot of folks looking to step out. Mount Vernon is listed to have almost 9,000 users in its 67,000 population—that's 13 percent!

Westchester's quaint hamlets appear to be dirty little places as well. Even Granite Springs, with a population of about 1,000, has almost 50 registered users.

So, what are we to deduce? I don't answer morality questions here; I just try to report the facts. And, in this case, the facts are both scuzzy and sketchy.

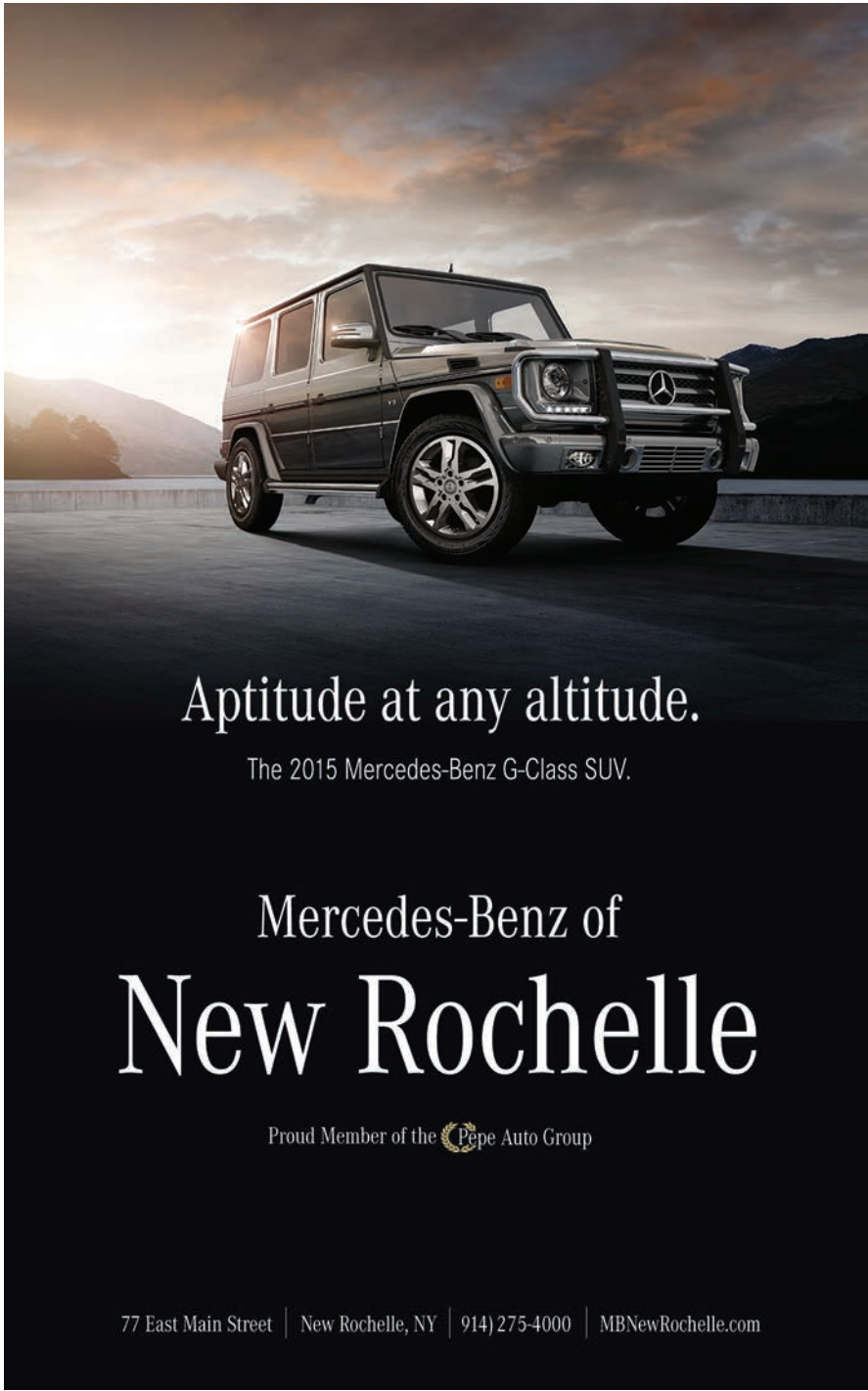
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any questions?

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As Seen on TV

Q: Rob Petrie (played by Dick Van Dyke) is New Rochelle's most famous fictitious character, and his family supposedly lived on Bonnie Meadow Road. What happened to that house? Is there any sort of historical marker or anything?

-Joanne Weinstein, Mamaroneck

A: Thank you for bringing us back to a different time. I can't picture Rob or Laura Petrie looking on the Internet for an extramarital hookup—can you?

Ah, yes, *The Dick Van Dyke Show*, one of the all-time best TV sitcoms. It ran from 1961 to 1966 and was based on the life of comedy icon Carl Reiner. Rob Petrie, the main character of the show, was a comedy writer, and the series was supposed to depict how a television show was built.

Half of the show was about Petrie's home life, and his wife, Laura, was played by Mary Tyler Moore. On the show, it's mentioned that they lived at 148 Bonnie Meadow Road, a real street in New Rochelle but not a real address; there is no number 148.


The houses in that area were built in 1954, and Rob and Laura once mentioned on the show that the house cost them \$27,000. Today, houses in that area of New Rochelle can run over a half a million dollars.

Danger Road

Q: There have been so many terrible accidents on the Taconic. It has to be the most dangerous highway in the state and certainly the county. Is it?

-Sal Caligiore, Cortlandt

A: There's no doubt that the parkway was built for the traffic, automobiles, and mindset of the last century's drivers. Its hills and curves may be picturesque, but they can be tough to navigate. There are also still intersections where drivers are only controlled by stop signs entering the parkway, and a rolling stop coming after a hill and a curve can be disastrous. Over the years, there have been modifications to the TSP to correct some of these things, but many believe it remains unsafe.

Two of the most tragic accidents involved drivers who entered and continued to drive in the wrong direction, despite "Wrong Way" signs. It's hard to say if that's a reflection of poor road design or of distracted or impaired drivers. According to an article on Lohud.com, in the three-year period ending July 31, 2014, there were 2,080 crashes on the TSP (1,254 in Westchester). In that same period, the Saw Mill had 1,998, The Hutch had 1,984, and the Sprain had 1,356. So, even though the Taconic has received a lot of attention for its fatal accidents, it's not the leader in county crashes. 

Have a question about the county? Email edit@westchestermagazine.com. Subject line: Any Questions?



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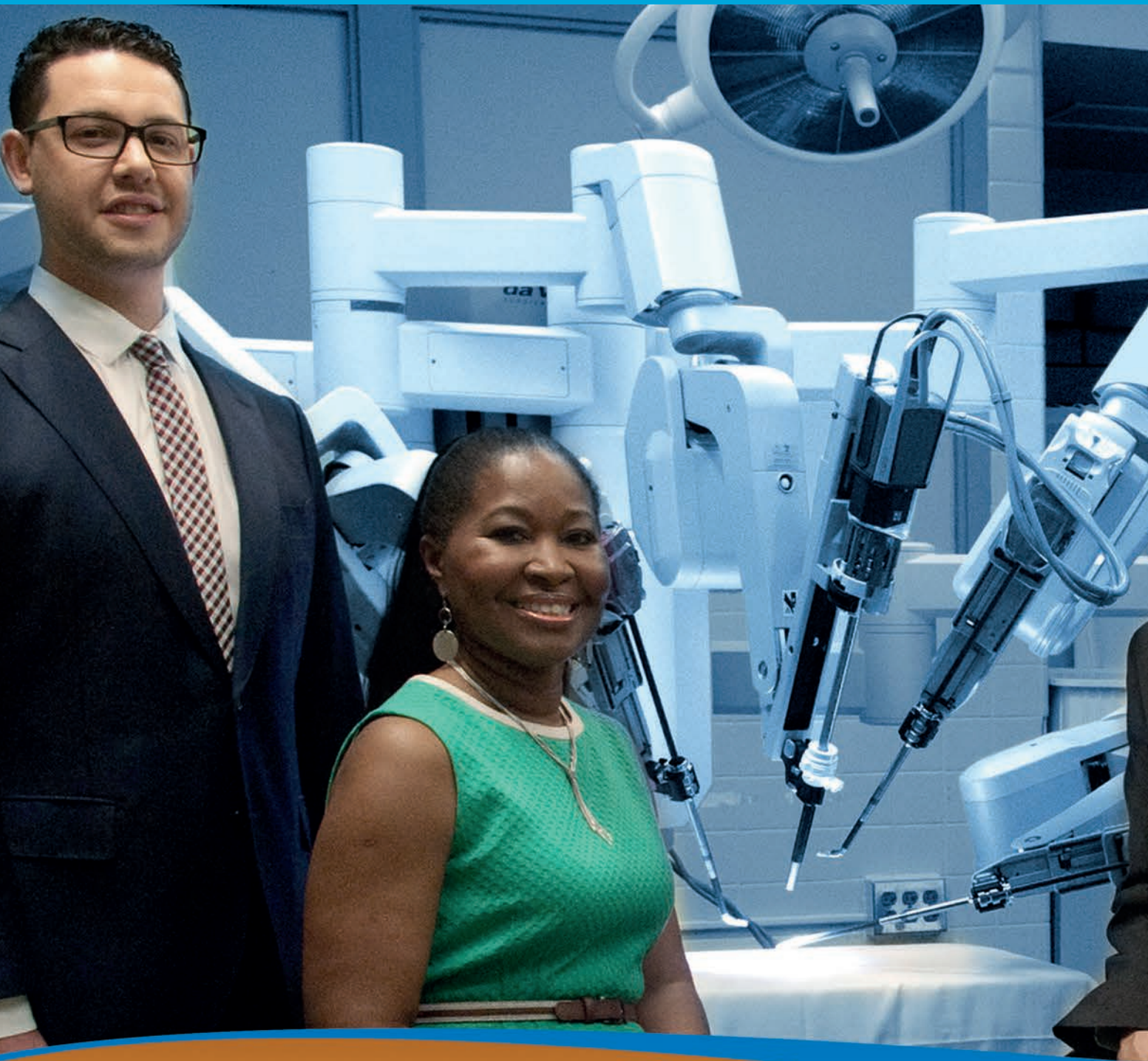
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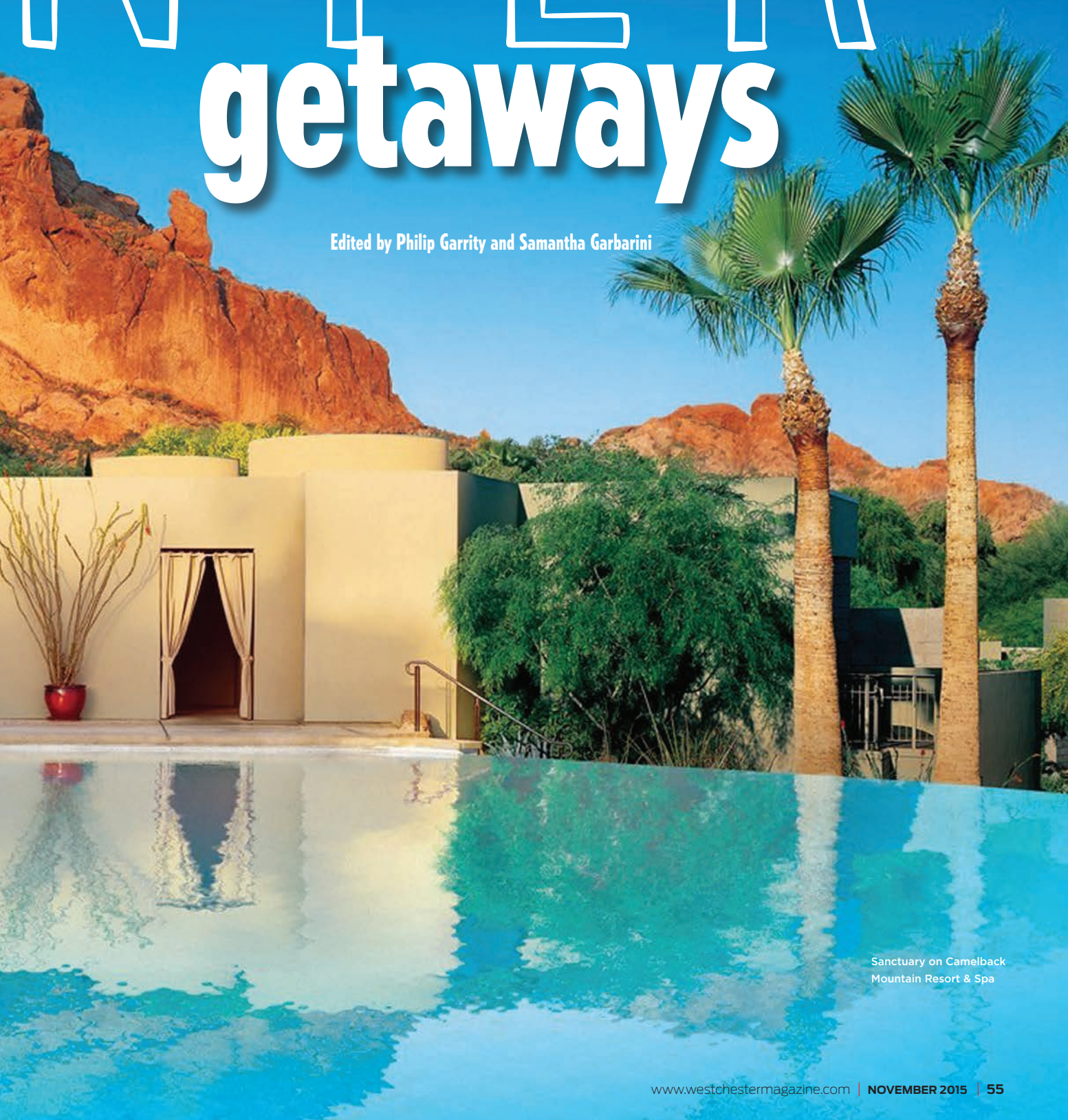
**COMMUNITY
STRONG**

10 W I

If this winter is anything like last winter, you can expect cold temperatures and giant snow banks that stick around well into March. No matter if you love winter or hate it, sometimes it's good to get out of town. For a change of pace, try one of the balmy destinations in these pages. You can snorkel in Belize's Blue Hole, bask in the shadow of Arizona's Camelback Mountain, or just relax on the beach. The only ice for miles will be keeping that Piña Colada nice and cold.

WINTER getaways

Edited by Philip Garrity and Samantha Garbarini



Sanctuary on Camelback
Mountain Resort & Spa



PIKAIA LODGE

Santa Cruz Island

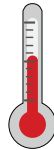
Galápagos Islands, Ecuador www.pikaialodge.com

THE PROPOSITION Land-based luxury (with infinity pool, spa, and dining) has come to the Galápagos, a top destination for wildlife enthusiasts. The Pikaia Lodge is a sustainable, eco-friendly alternative to traditional regional cruises, with 14 accommodations and a private yacht for sightseeing at sea. All-inclusive exploration programs start at \$7,560 per couple.

DINE

"Evolution" Restaurant

The lodge's primary dining destination showcases stunning views and outstanding gourmet cuisine—namely fresh, locally sourced seafood and produce and the finest imported ingredients. Contemporary, international twists update traditional Ecuadorian and Peruvian specialties to delicious effect.



AVERAGE WINTER TEMPERATURES

High: 86°F
Low: 73°F

AVERAGE WINTER SEA TEMPERATURES

76°F

Their isolated location in the Pacific Ocean about 600 miles off the coast of South America make the remarkable Galápagos Islands, which are teeming with wildlife, a must-visit for naturalists. If you've always dreamed of visiting but you like your luxury, this exclusive resort, the first Ecuadorian member of the prestigious Small Luxury Hotels of the World, is for you. Launched in September 2014, the resort is perched about a quarter-mile above sea level, which allows for astonishing, unobstructed views of the mountains, forests, volcanoes, and the Pacific Ocean. Explore the area's unique natural heritage and get up close to native iguanas and giant tortoises while enjoying your own deluxe creature comforts back at the lodge.

DO

Exploration On Land

On-land itineraries in the lodge's air-conditioned transport include such varied experiences as exploring volcanic craters or lava tunnels, viewing giant tortoises and other endemic wildlife, touring the Charles Darwin Scientific Research Center, visiting organic coffee farms, or browsing local shops.

On offer are all-inclusive three-, four-, or seven-night programs that combine daily land and sea excursions led by knowledgeable multilingual tour guides with top Galápagos National Park credentials. Daily excursions take place on the Pikaia's own 105-foot luxury yacht, and, depending on weather



and tidal patterns, might include snorkeling with sea lions; photographing the famed blue-footed boobies, red-pouched frigate birds, tie-dyed-looking Sally Lightfoot crabs, and penguins; and hiking, kayaking, or visiting local beaches. Return each night to the property to enjoy the dramatic views from all public and private rooms, a dazzling infinity pool, gourmet cuisine, and superior spa services. Or on cooler nights, cuddle up to the fireplace in the lounge and watch DVDs on local science and evolutionary theory on a 3D HDTV.

— Laurie Yarnell

SANCTUARY ON CAMELBACK MOUNTAIN RESORT & SPA

Paradise Valley, Arizona www.sanctuaryaz.com

THE PROPOSITION This one-of-a-kind boutique hotel is an architectural marvel that's literally embedded into Camelback Mountain on 53 acres of desert overlooking Paradise Valley. The ultimate relaxing refuge, the resort has 105 luxury casitas (winter rates start at \$419) that promise rustic views, stylish accommodations, and innovative food presided over by Food Network celebrity Chef Beau MacMillan.

DO

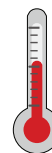
Nature

Neighboring Camelback Mountain—its shape really does resemble a giant kneeling camel—offers hiking, climbing, and those incredible vistas. Or, stop by the resort's delightful Hummingbird Sanctuary, whose feeders attract as many as 400 species of petite aviary visitors. (www.climbcamelback.com)



Think Arizona is just all about the golf? Yes, this area is known as a golfer's paradise, and, sure, Sanctuary will set you up with tee times at nearby premier courses, but you'll want to experience all that's offered on the property. Discerning visitors will find Sanctuary's ranking as last year's top resort in Arizona by *Condé Nast Traveler* well deserved. The resort's unique location—it is built right into the slope of Phoenix's Camelback Mountain—lends it a Zen-like ambience conducive to kicking back and/or rediscovering your significant other. Relax and socialize around the oversized infinity pool or, for more privacy, reserve one of the individual poolside cabanas with TVs, fans, and refrigerated goodies. Public areas and most guestrooms have been recently renovated and are quite chic—but do ask before booking specific accommodations. Some of the more lavish digs offer wood-burning fireplaces, and, for the ultimate bathing-while-stargazing experience, your own outdoor soaking tub on a private terrace. Guests interested in wellness should visit the 12,000-square-foot, Asian-accented indoor/outdoor spa and fitness center. The resort also boasts excellent tennis facilities (once upon a time, this was a celeb-frequented private tennis club) and daily clinics. Come evening, enjoy live music on the premises most nights.

—LY



AVERAGE WINTER TEMPERATURES

High: 72°F
Low: 41°F

DINE

XII

Host an interactive dinner party in this stylish private dining room, which has a glass wall that gives up to 12 guests a full view of the kitchen and the inner workings of the restaurant, which serves Asian-influenced American cuisine.





BRAZILIAN COURT

Palm Beach, Florida www.thebraziliancourt.com

THE PROPOSITION This classic Spanish Mediterranean-style hotel is practically a South Florida institution. A 2008 renovation freshened the 80 rooms and suites (some bearing the names of famous guests like Hepburn, Astaire, and Brando), but the hotel still offers old-world charm in spades. It's also home to cuisine by world-renowned Chef Daniel Boulud, and a Frédéric Fekkai salon and spa. Prices start at \$399/night.

DINE

Café Boulud

Dine indoors or out at Chef Daniel Boulud's eponymous restaurant on such delights as wood-roasted lamb shoulder stuffed with squash or Scottish salmon with black mission figs in a balsamic bordelaise sauce. Afterward, head over to the lounge area for live entertainment on Thursday and Friday nights from 9 pm to midnight.

DO

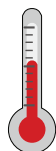
Pan's Garden

It's just a half-acre oasis, but it's definitely worth strolling through to see the delightful bronze statue of Pan of Rohallion, mosaics, magnolia trees, and about 300 other examples of native Floridian flora. (www.palmbeachpreservation.org)

Palm Beach, aka "America's Riviera," is a 16-mile-long barrier island 65 miles north of Miami that's blessed with breezy and mild South Florida temperatures. Extravagant estates abound, and the Brazilian Court was designed to evoke a private Palm Beach residence, with a library of books written by former guests, an entertainment room with five televisions, and lush courtyards filled with cozy nooks for quiet contemplation or canoodling couples. (Back in the day, the manager confided, the hotel was a popular place for high-profile extramarital affairs.) The swimming pool, surrounded by majestic palms and linen-covered chaises, was the site of a recent Victoria's Secret photo shoot.

Brazilian Court is ideally situated just minutes from the beach, which is open to the public, and Chichi Worth Avenue, which is lined with dozens of high-end shops, galleries, and eateries, including the iconic Ta-boo restaurant (www.taboorestaurant.com), which maintains that it invented the Bloody Mary at the request of one very hungover Barbara Hutton. While you can easily walk the distance, guests can opt to be chauffeured by the hotel's BMW, which is totally in keeping with the posh and pampered mindset of Palm Beach.

—Nancy L. Claus



AVERAGE WINTER TEMPERATURES
High: 77°F Low: 60°F



AVERAGE WINTER SEA TEMPERATURES
75°F

THE PALMS TURKS & CAICOS

Providenciales,
Turks and Caicos, www.thepalmstc.com

THE PROPOSITION This is the kind of island paradise you dream of: a luxury resort featuring an award-winning spa and balconied suites that overlook the Caribbean Sea. The 72-suite Palms Turks & Caicos (winter rates start at \$625 for a Luxury Room) is set on a 12-acre estate overlooking the white sand and aquamarine waters of Grace Bay Beach on the island of Providenciales.

If nothing else, The Palms is a British Colonial-style sanctuary of peace, tranquility, and relaxation. It's evident as you first set foot into the lobby and are greeted by a welcome drink—a delicious, refreshing cucumber cocktail—but it's amplified with each hour that passes on the property. Indeed, you'll find that opportunities for relaxation are nearly endless: Take a bath in your hydro-massage bathtub and then nap on your balcony (which overlooks the infinity pool and ocean); take a dip in the pool, where you can swim right up to the bar; head straight to Grace Bay Beach for a leisurely white-sand stroll or a time-out under a cabana. The ultimate exercise in serenity? A treatment at the award-winning Spa at The Palms. Its 25,000 square feet are spread out over an acre, and the spa features stand-alone treatment rooms and suites. It's also a magnificent setting for yoga or Pilates classes or private sessions.

Major publications like *Condé Nast Traveler* and *Travel + Leisure* have espoused The Palms' excellence for quite some time, but perhaps most telling is the recent honor bestowed upon General Manager Karen Whitt, who was named "Top General Manager Worldwide" by the readers of *Luxury Travel Advisor* magazine. After all, what's a stunning location and luxury accommodations without top-notch service and staff?

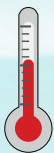
—Kathryn Walsh



DO

Walk the beach

With its fine white sand and aquamarine waters, Grace Bay Beach is considered one of the most beautiful beaches in the world.



AVERAGE WINTER TEMPERATURES

High: 81°F
Low: 72°F

AVERAGE WINTER SEA TEMPERATURE

79°F

DINE

Parallel23

You don't have to go far to get excellent cuisine—the Palms' main restaurant, Parallel23, is extraordinary. It offers outdoor seating on the terrace, an open kitchen featuring a wood-burning oven, and an outdoor domed dining room for those who want a little more privacy.

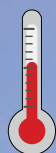
GRAND VELAS RIVIERA NAYARIT

Puerto Vallarta, Mexico www.vallarta.grandvelas.com

THE PROPOSITION All-inclusive properties have their detractors, sure, but Grand Velas—a AAA Five-Diamond Award-winning, 267-suite property overlooking the Pacific Ocean—silences them all. Fifteen minutes north of Puerto Vallarta on Banderas Bay, you'll find world-class dining, a luxurious all-suite setup, one of the region's best spas, and a host of activities and amenities.

You haven't seen an infinity pool until you've seen the sun set over the one at Grand Velas, which looks like its melting into the Pacific Ocean. Its western-facing vantage point affords guests at the property's suites—which are all equipped with ocean-view balconies—sensational views.

Once the sun sets, it's time for dinner. Unlike some all-inclusive resorts, which offer an endless buffet of boring, uncreative options, Grand Velas serves truly gourmet, award-winning cuisine. The five restaurants scattered throughout the property (three of which earned a combined 13 AAA Diamonds for fine dining) run



AVERAGE WINTER TEMPERATURES
High: 82°F
Low: 63°F

AVERAGE WINTER SEA TEMPERATURES
81°F

the gamut from refined takes on traditional Mexican flavors to Mediterranean-inspired cuisine.

The daylight hours call for more activity, or less—depending on your preference. Relax at the 16,000-square-foot spa, which offers more than 30 European- and Oriental-style treatments in 20 treatment rooms. Try hot stone massage with local obsidian or pamper your skin with a coffee scrub and chocolate body mask. For adventure seekers, the hotel offers exciting reasons to get in the water, like windsurfing, kayaking, snorkeling, scuba diving, and swimming with dolphins. The lazy-but-you're-not-crazy alternative: sunbathing on the beach.

DO

Sightsee

One of the best parts about Grand Velas' location on Banderas Bay is its unique position at the intersection of jungle and beach. The resort can organize excursions through the nearby jungle or immersive tours of nearby towns. Whale watching is popular in the winter months, when it's common to catch glimpses of humpback whales and dolphins that flock to the bay to mate.



LAS TERRAZAS

Ambergris Caye, Belize www.lasterrazasresort.com

DINE

Frida

Named after Mexican painter Frida Kahlo, this AAA Four-Diamond restaurant is an exercise in fine, traditional Mexican cuisine. Choose from indoor and outdoor (ocean-view) seating, where you can indulge in grilled beef tenderloin and chickpea tamal in guava sauce or sea bass served with avocado, ancho and jalapeno chilies, and green tomato.



DO

Mainland Excursions

The resort's guest services staff (located at the open-air front desk) can arrange various mainland outings, from a tour of the Lamanai Maya Ruins to adventurous jungle zip-lining and cave-tubing tours. www.cavesbranch.com/belize-cave-tubing-and-zipline

THE PROPOSITION You'll require a jetliner, a prop plane, a van, and a water taxi to get to Las Terrazas' 37 spacious, high-ceilinged townhouses (starting at \$299/night)—meaning you're worlds away from everyday stresses. Luxury and pampering service abound throughout the property. Highlights include a 70-foot, cabana-lined pool and the resort's private, white-sand beach.

The hull of our boat shatters the glass-like water as we make our way from Las Terrazas' White Sands Dive Shop out to Shark Ray Alley, a popular snorkeling site. (The excursion costs just \$10 per person; the shop also runs trips to the world-famous Blue Hole for \$40 per person.) A slight breeze does its best to break through the pressing Belizean humidity. Aside from the boat's wake, the water is freakishly still, with the tide breaking miles out from the 25-mile-long, mile-wide island of Ambergris Caye. The calmness of the water has me feeling serene, even though I'm about to dive into waters swarming with nurse sharks and stingrays.

As the boat stops, I throw on my snorkel gear, throw caution into that dying breeze and jump into the sea. Within seconds, I'm staring 12-foot sharks in the eye. My guide takes hold of a rather large one, waving to me to come pet it, and I cautiously oblige. (You know you're in paradise when even the sharks are this chill.)

The calming nature of this trip didn't stop with the sharks. Serenity was the theme of my stay at Las Terrazas, as I enjoyed more than a few rum-infused frozen drinks while lounging in and around the resort's palm-lined pool. Ditto for the lounge-chair-dotted beach just steps from my townhouse.

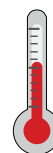
Suffice it to say, I shed a few tears as I watched the island disappear from view through my tiny prop-plane window en route to the airport to head home.

—Scott Simone

DINE

O Restaurant

Located on the property, O Restaurant features a rotating menu, serving up lunches and dinners that infuse fresh foods with local flavor. And whether you're enjoying a burger poolside for lunch or indulging in seafood risotto for dinner on the rooftop, you'll find few disappointments.



AVERAGE WINTER TEMPERATURES

High: 82°F
Low: 70°F

AVERAGE WINTER SEA TEMPERATURES

80°F





SUBLIME SAMANA HOTEL & RESIDENCES

Las Terrenas, Dominican Republic www.sublimesamana.com

THE PROPOSITION Twenty-seven private suites and casitas (starting at \$445/night for a one-bedroom suite) are nestled into the dramatic, lush jungle of the Dominican Republic. Each of the modern suites (with floor-to-ceiling windows, marble floors, and white walls) boasts a private balcony or terrace and a fully equipped kitchen stocked daily with freshly tapped coconuts and adult beverages. Those pristine white beaches you've been looking for? They're populated with more hammocks and white-cushioned lounge chairs than people—promising all the peace and serenity you need to escape the daily grind.

I'm on a desolate farm with Sublime Samana's wunderkind chef, Cristian Baéz. A man is hoeing soil about two feet from me. (I'm about 98 percent certain we're trespassing on his property.) I'm waiting for him to chase us off the field. Instead, he points to a patch of green sprouting from the earth. Baéz bends down to pick some out. "Ah, arugula," he says. I smile uneasily. "This will go well with the fish we'll cook," he tells me.

This is all part of a culinary demonstration offered through the resort. Once we're back in our van, Baéz tells me how the hotel pays local farmers for fresh produce—a sort of farm-to-table deal—and how we were picking the ingredients we'd need for the cooking lesson. (How many vacations get you that up-close-and-personal with locals?)

DO

Whale Watching

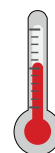
Between January and March, the concierge arranges boating excursions to view the humpback whales that make their way to Samana Bay for the annual mating season.

As the van winds its way back down the curvaceous hills to the gates of Sublime Samana, we catch a glimpse of what makes this resort so special.

It's in a quiet, less-explored corner of the country, far removed from tourist destinations like Punta Cana. Yet a mere 10-minute taxi ride gets you to nearby Las Terrenas, where you can stroll the beach, shop for local art, or go dancing in one of its many nightclubs.

Back at the resort, we finish our cooking class with a dinner of mahi-mahi—which is, of course, accompanied by all the produce we picked earlier in the day. I grab a Piña Colada from the bar, pull up a lounge chair and relax in the solitude of this Dominican paradise.

—SS



AVERAGE WINTER TEMPERATURES

High: 84°F
Low: 72°F



AVERAGE WINTER SEA TEMPERATURES

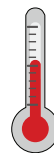
79°F

DINE

Beachside Grill

This casual eatery straddling the property's beach serves light bites, such as fried potatoes with chipotle salsa and fresh ceviche, plus expertly prepared Piña Coladas.

CANEEL BAY



AVERAGE WINTER TEMPERATURES
High: 83°F
Low: 70°F

AVERAGE WINTER SEA TEMPERATURES
80°F

St. John, US Virgin Islands www.caneelbay.com

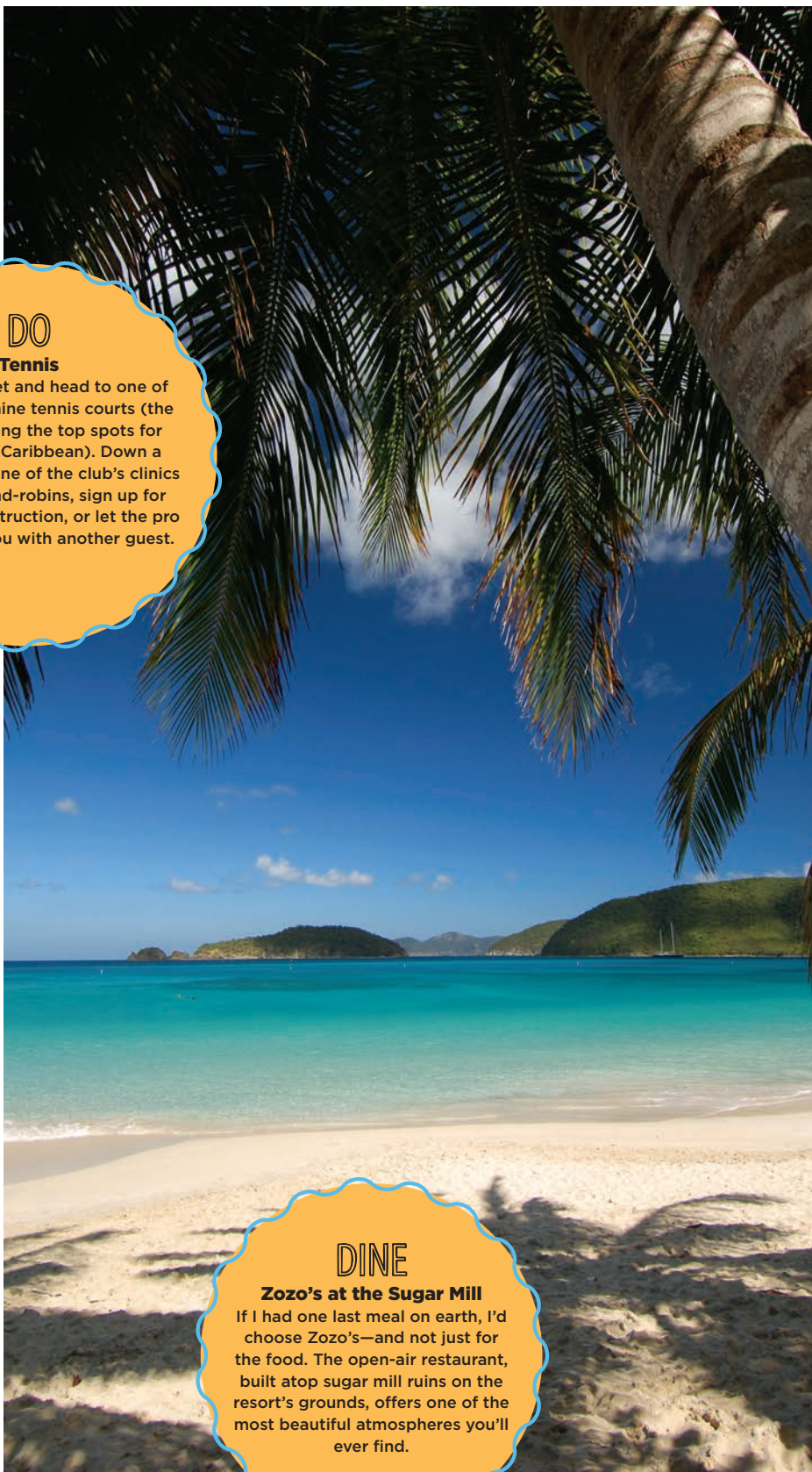
THE PROPOSITION It's clear from the moment your private ferry taxis you into Caneel Bay that this resort is different than most. Founded by conservationist Laurance Rockefeller, the property sprawls across 170 acres jutting into the Caribbean Sea. Though there are 166 rooms (starting at \$549) spread across its seven private beaches, even at full capacity you'll feel like the only soul enjoying this paradise.

When God created heaven, he used Caneel Bay Resort as the model. And I swear that's not just the bottle of Cruzan rum (gifted to each guest at check-in) talking. I'm sitting in a lounge chair, a few footprints in the sand leading back to my ocean-facing room, the clear water and blue horizon off Turtle Bay beach ahead. It's like I fell asleep and woke up in a postcard (or a swimsuit spread in *Sports Illustrated*, which used this very beach as a backdrop a few years back).

This afternoon of relaxation comes on the heels of a morning spent exploring. I hiked Mary's Trail, the property's half-mile loop that offers Instagram-worthy lookouts off the island's north shore. Then it was a short stroll off-property to Honeymoon Beach for a group watersports excursion. We kayaked a few miles as our guide pointed out the celebrity mansions barely gripping the island's massive hills. Hopping into the water, we spent the next hour or so snorkeling with turtles and sea creatures popping up to say hello.

Now it's time for what the resort offers in spades: pure relaxation. And that, of course, includes a sunset catamaran sail around the island. As we embark on the sail, with steel-pan music filling the air and the bartender filling my rum punch, I realize there's only one place I want to be: right here.

—SS



DO

Tennis

Grab a racquet and head to one of Caneel Bay's nine tennis courts (the resort is among the top spots for tennis in the Caribbean). Down a partner? Join one of the club's clinics or social round-robins, sign up for one-on-one instruction, or let the pro shop match you with another guest.

DINE

Zozo's at the Sugar Mill

If I had one last meal on earth, I'd choose Zozo's—and not just for the food. The open-air restaurant, built atop sugar mill ruins on the resort's grounds, offers one of the most beautiful atmospheres you'll ever find.



NIZUC RESORT & SPA

Punta Nizuc, Cancun, Mexico www.nizuc.com

DINE

Ni

Peruvian food in Mexico might seem a bit unexpected, but the on-property restaurant is absolutely worth a visit. There's a whole section of the menu dedicated to super-fresh ceviches like lobster with coriander-spiced ginger aioli or shrimp and mango. Rustic duck and rice, spiced (yet again) with coriander is a must-order indulgence.

THE PROPOSITION Cancun has a not-so-great reputation as the spring break party capital of the world, but Nizuc, located on 29 acres of beachfront property on a nearby stretch of the Yucatan Peninsula, feels worlds away. The 274-suite property (starting at \$400/night) offers serious luxury, warm service, fine dining, and the kind of cliché ocean views you dream about.

From the moment you arrive at Nizuc, you know you're in Mexico. It's not the kitschy version of Mexico that you associate with sombreros and mariachi bands, but the kind of Mexican paradise that's steeped in ancient tradition and local flavor.

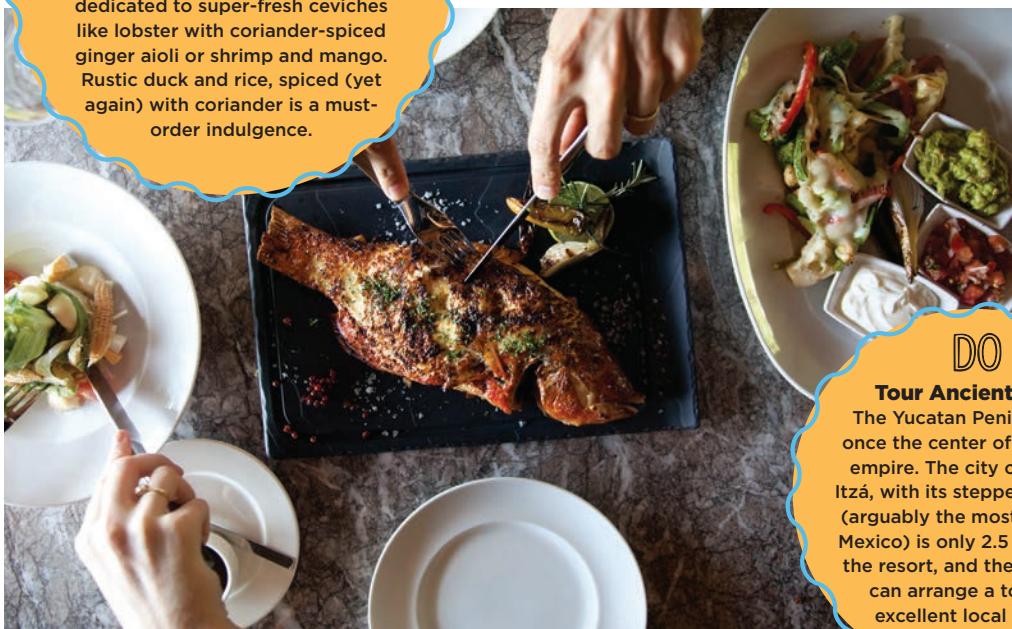
The spacious suites are light and airy with whitewashed walls, touches of warm colors, and rustic wood accents. Doors lead out to a private terrace, and in some cases, your own private pool. Leave your room, and it's the little touches that remind you where you are (not just the beach and blue water of the Gulf). The view of nearby mangroves, bowls of edible hibiscus flowers (a local specialty) on bars and counters, and warm service that starts with a hand on the heart and a small bow (a nod to an ancient Mayan tradition) are all distinctly Mexican.

DO

Tour Ancient Ruins

The Yucatan Peninsula was once the center of the Mayan empire. The city of Chichén Itzá, with its stepped pyramids (arguably the most famous in Mexico) is only 2.5 hours from the resort, and the concierge can arrange a tour with excellent local guides.

There are plenty of opportunities to be active at Nizuc (snorkeling,





REGAL PRINCESS

Caribbean Cruise www.princess.com

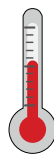
THE PROPERTY The Regal Princess debuted May 2014 with 1,780 cabins, including 40 private-balcony suites (seven-day cruises start at \$599/person). The ABC TV series *The Love Boat* was based on the memoirs of a former Princess cruise director, and the line lives up to that romantic legacy with private balcony dinners and wedding services at sea.

DO

The Sanctuary

We love other people's kids too, but this adults-only retreat is a welcome respite. You can bask in the sun, enjoy the sea breeze, or indulge in an open-air massage. With "serenity stewards" offering Evian water atomizers, smoothies, and more, it's definitely worth the \$20 half-day surcharge.

tennis, and local excursions), but it's relaxation where the property really excels. The ultra-luxurious spa, located on what was once a sacred Mayan site, combines European therapies with ancient healing rituals. If spas aren't really your style, you'll find a different type of relaxation at the Cuban-themed Havana lounge. Settle into one of the brown leather couches with a hand-rolled Cuban cigar and a glass of aged Caribbean rum, or head outside and watch the sunset from the canopied pavilion.



AVERAGE WINTER TEMPERATURES*

High: 83°F
Low: 72°F

AVERAGE WINTER SEA TEMPERATURES

80°F

* Temperatures for the Dominican Republic

The Regal Princess is an elegant floating resort offering dozens of activities and experiences. Exclusive to the Regal is the SeaWalk, a top-deck, glass-bottomed walkway that extends 28 feet beyond the edge of the ship (warning: It's a wee bit terrifying at first). Music plays in its multilevel piazza all day and evening (string quartet, piano, Caribbean beats, and the like). There is a casino and a world-class spa, and every night there is a musical production, comedy or magic show, or movie under the stars. A fully equipped gym, jogging track, driving range, and a variety of other sports activities can help you keep off the pounds while at sea, a consideration worth noting given all the food options onboard: three main dining rooms

(one with traditional seating, two with anytime seating) and two specialty restaurants, plus a range of informal options. And, since the Regal boasts the largest pastry shop at sea, expect lots and lots of desserts by master chocolatier and pastry chef Norman Love.

Port days are an opportunity to disembark and explore the islands on your itinerary (you can sign up for scheduled tours or go it alone), while sea days provide a chance to relax or participate in ping-pong and boccie-ball tournaments, take a class, watch cooking demonstrations, play trivia, sing karaoke, and virtually any other activity you can think of. There are also youth and teen centers to entertain even the most truculent toddler or sullen teen. **W**

—NLC

DINE

Sabatini's

While you're mulling over the menu, nibble on marinated olives, spicy focaccia Grissini, and a rosemary flatbread with parma prosciutto, compliments of the chef. That might be a meal in and of itself, but take our advice and order the tris d'aragosta, or "lobster three ways": lobster tail, lobster orzotto, and lobster bisque sauce. Pure lobster heaven.

AVERAGE WINTER TEMPERATURES

High: 82°F
Low: 69°F

AVERAGE WINTER SEA TEMPERATURES

79°F

For more information on what to do and where to dine please visit www.westchestermagazine.com/wintergetaways2015





EASY MONEY

How two young guys from
Yonkers—with a little help from
their friends—pulled off a \$45
million international ATM heist

BY ERIK OFGANG

In October 2013, a 24-year-old man from Yonkers stood before Judge Kiyo Matsumoto in a Brooklyn federal court, accused of being part of a global hacking conspiracy behind one of the most lucrative and high-tech bank robberies in history. He and his co-defendants, also county residents, had stolen close to \$3 million in the New York City area in what was just the local arm of a \$45 million heist that involved operatives in more than two dozen countries. The conspiracy netted nearly eight times more loot than the notorious 1978 Lufthansa heist at JFK Airport (made famous by the movie *Goodfellas*), which, as the biggest US heist ever until that time, garnered a comparatively paltry \$6 million for its perpetrators.

15 when he moved to the US from the Dominican Republic with his siblings and single mother, Denise. He never knew his father, but his mother tried to teach her son the importance of hard work and responsibility. Some of her lessons paid off; after high school, Rodriguez worked two full-time jobs, one as a deliveryman for Domino's and another as a bus driver.

Like Rodriguez, Lajud-Peña came from the Dominican Republic, but the similarities ended there—at least on paper. Whereas Rodriguez knew little about technology or computers, Lajud-Peña was a technology wizard, a “computer genius,” his lawyer would later say.

Lajud-Peña, authorities believe, served as the brains of the New York

European hacking group was in charge of the operation and that it provided Lajud-Peña, Rodriguez, and their accomplices with the means to implement a crime so successful that it would generate international headlines and put the national spotlight on cyber-heists. The European connection also set in motion a chain of events that would forever alter the destinies of the two young men from Westchester. Within a few years, one would be in prison and the other would be dead.

PARTNERS IN CRIME

It was December 2012, and Lajud-Peña's team, the one Rodriguez had helped put together, was in place. It was a type of robbery known in the cyber underworld as an “unlimited operation” and the 13-man team (including Lajud-Peña and Rodriguez) from Yonkers was known as a “cashing crew” or “cashers.” They didn't have ski masks or guns; instead, the robbers were armed with a less deadly but significantly more effective robbery tool in the digital age: data.

The hacker masterminds of the operation previously had penetrated the system of an Indian credit card processing company that handles Visa and MasterCard prepaid debit cards. As a result, they were able to increase the withdrawal limits on prepaid MasterCard debit accounts issued by the National Bank of Ras Al-Khaimah, also known as RAKBANK, which is in the United Arab Emirates.

Account numbers for the compromised RAKBANK accounts with increased balances were distributed to cashing crews in approximately 20 countries, including the Westchester crew, who encoded the data onto magnetic stripe cards such as gift cards and hotel key cards. In essence, they had created counterfeit ATM cards that served as modern-day keys to the vault of RAKBANK. The amount of cash they could take was limited only by the withdrawal limits on the ATM machines they used.

Between December 21 and December 22, 2012, the Westchester cashing crew fanned out across New York City and surrounding areas and went to work collecting loot.

“Do you understand what is going on in this proceeding and why you are here?”

The young man was about to officially come clean about his involvement in the crime that had befuddled law-enforcement officials around the world.

Before hearing his testimony, Matsumoto asked the defendant a series of questions.

—“Have you recently been hospitalized or treated for any mental or emotional problems or any alcohol or narcotic addiction?” he began.

—“No,” the defendant responded.

—“Is your mind clear now?” the judge asked.

—“Yes,” said the defendant.

—“Do you understand what is going on in this proceeding and why you are here?”

—“Yes,” he replied.

FAST FRIENDS

Elvis Rodriguez and Alberto Lajud-Peña were friends who met at Roosevelt High School in Yonkers. Rodriguez was

branch of the operation. Rodriguez was his manager, or recruiter, and was tasked with finding other trustworthy accomplices.

Before their involvement in the bank heist, neither man had a criminal record. It's unclear what led them down the road to crime, or with whom they ultimately ended up working. At some point prior to December 2012, Lajud-Peña made a connection over the Internet with a group of hackers based somewhere in Eastern Europe. To this day, the publicly available details on the European branch of the operation remain murky. (When contacted, both a federal prosecutor assigned to the case and a spokesperson for the US Secret Service—which led the investigation—declined to provide any further details or comment on the case at all, citing the sensitivity of an ongoing investigation.)

Although its identity has not been disclosed and possibly is unknown, it is clear from court documents that the

Rodriguez and Lajud-Peña made multiple ATM withdrawals, taking thousands of dollars in cash. Rodriguez made his withdrawals between an eight-hour shift at Domino's and an eight-hour shift at his bus-driving job. He left his Domino's hat on as he made these rounds, never suspecting it would serve as a beacon for investigators trying to identify him and his crew on ATM surveillance cameras.

All told, the Westchester crew gathered \$400,000 during the operation. Over the same time period, the various cashing crews made more than 4,500 ATM withdrawals worldwide, netting a total of \$5 million. It wasn't a bad score, but it was just the beginning.

Most likely emboldened by the success of the first effort, the same team struck again about two months later and made an even larger haul. In February 2013, hackers infiltrated a credit card processing company based in the US that, like the Indian company, handled Visa and MasterCard prepaid debit cards. This allowed the hackers to secure 12 account numbers for cards issued by the Bank of Muscat in Oman and raise the withdrawal limits. Starting at 3 pm on February 19, the crews made about 36,000 transactions and withdrew about \$40 million in just over 10 hours. In the New York City area, the Westchester cashing crew made at least 2,904 withdrawals, grabbing \$2.4 million in cash.

During the robbery, the backpack of suspect Jose Familla Reyes could be seen getting ever fuller as it was stuffed with more and more cash. Reyes hit more than two dozen ATM machines and personally bagged more than \$24,000.

Even the federal prosecutor seemed impressed with the sophistication of the caper, comparing it to the crime committed in the movie *Ocean's Eleven*.

"The defendants and their co-conspirators participated in a massive 21st-century bank heist that reached across the Internet and stretched around the globe," said then-US Attorney Loretta E. Lynch in a 2013 statement. Lynch's involvement in the case helped raise her national profile and could have been a factor in President Obama's decision to make her his first choice to succeed Eric Holder as US attorney general (she was sworn into office on April 27, 2015).

What the members of the Westchester cashing crew did following the heist was not as smoothly executed. Despite the high-



The Westchester "cashing crew" had created fake ATM cards enabling them to steal huge amounts of cash.

tech nature of the crime, it would end in a manner tragically reminiscent of the low-tech bank robberies of days gone by — with a bloody shootout.

THE DARKNET RISES

How did a group of young men from Westchester partner with a hacking group in Eastern Europe?

According to Zhixiong Chen, a cybersecurity professor who teaches at Mercy College's Cybersecurity Education Center, this type of connection is not uncommon in crimes of this type. Chen says international hackers connect with people in other countries on black-market Internet forums that work like "an illegal drug market," except information is sold instead of drugs. Passwords, bank-account numbers, Twitter login info, and other data obtained by hackers are made available to buyers in the equivalent of criminal Craigslist ads.

Most of these forums operate in the Deep Web or "darknet," the unmonitored underbelly of cyberspace where innocuous old, forgotten codes can be found alongside criminal websites cloaked from major search engines by skilled programmers. One popular black-market site, The Silk Road, made headlines for its illegal drug sales and was shut down in 2013. (Its founder was subsequently sentenced to life in prison.) But data often is more valuable than drugs on the darknet. A report released last year by the RAND Corporation's National Security and Research Division shows the hacker market has become more profitable than the illegal drug trade in some ways.

Ads on black-market sites often offer the data necessary to create phony ATM cards like the ones used in the unlimited operation. Once that data is provided, "it's not hard to make an ATM card," Chen says. Unlike with the unlimited

operation, usually there are strict limits placed on these cards and instead of withdrawing large sums of cash at one time, criminals will siphon off money slowly. "You draw like \$10 or \$20 a month," Chen explains.

The Westchester cashing crew did not take the cautious approach. "This case is pretty extreme," Chen says. "They were basically not very careful; they took large sums of money."

That lack of caution cost the Westchester cashing crew dearly; grabbing so much cash so quickly was the modern-day equivalent of tripping a burglar alarm.

SLIPPING UP—BIG TIME

Rather than take the money and run, members of the Westchester cashing crew took the money and spent it—and then took pictures of that spending, storing the incriminating images on their phones and even posting some of them on Facebook.

Rodriguez and another co-defendant, Emir Yasser Yeje, struck rap-star poses in a car with giant stacks of cash — approximately \$40,000 — sitting between them.

Members of the crew flaunted Rolex watches, bought new cars, took trips to Miami, and went on lavish spending sprees. Unbeknownst to them, authorities were already honing in.

Alarmed by the large amount of cash that was being withdrawn, MasterCard notified the Secret Service shortly after the first robbery on December 22. When the crew struck again in February, investigators were able to compare faces caught on footage from both operations. When agents took a closer look at the suspects, the reports of big spending and photos of cash helped confirm the agents' suspicions.

Arrests were made beginning in March 2013, and Rodriguez and Lajud-Peña separately tried to flee to their native Dominican Republic. Rodriguez was arrested with \$2,000 in cash while trying

to board a flight at JFK Airport in Queens. Lajud-Peña was more successful in his getaway, arriving in his native country around April 11.

Several lawyers for those arrested argued that the members of the Westchester crew were only low-level participants and that the real villains, those who orchestrated the crime, got away. "This was an enormous case, in that so much was stolen, and sophisticated to the highest order," says Barry Gene Rhodes, Yeje's lawyer. "The participants who were arrested, all of them, were just poor people in complete ignorance of the scale of the theft or how it was being accomplished. They conspired to commit these crimes but were selected for their ignorance and lack of sophistication."

Patrick Brackley, the lawyer for both Rodriguez and Lajud-Peña (before the latter fled the country), says, "They never had anything to do with how it was done.

They were given a piece of plastic with an unlimited amount on it and they would stand at a bank and empty the ATM box, like a victimless crime. Just taking money from a machine."

Brackley also points out that his client's level of sophistication was so limited that at one point when Rodriguez flew to Romania to give the organizers their share of the money, "he did not know where that place was, or where he was going."

AN UNHAPPY ENDING

Lajud-Peña was free. While his friends were being nabbed left and right, he had escaped US authorities and appeared to have ridden off into the sunset. After arriving in the Dominican Republic, he split time between Santiago, where he was born, and San Francisco de Macorís, where his wife lived. He didn't stop his

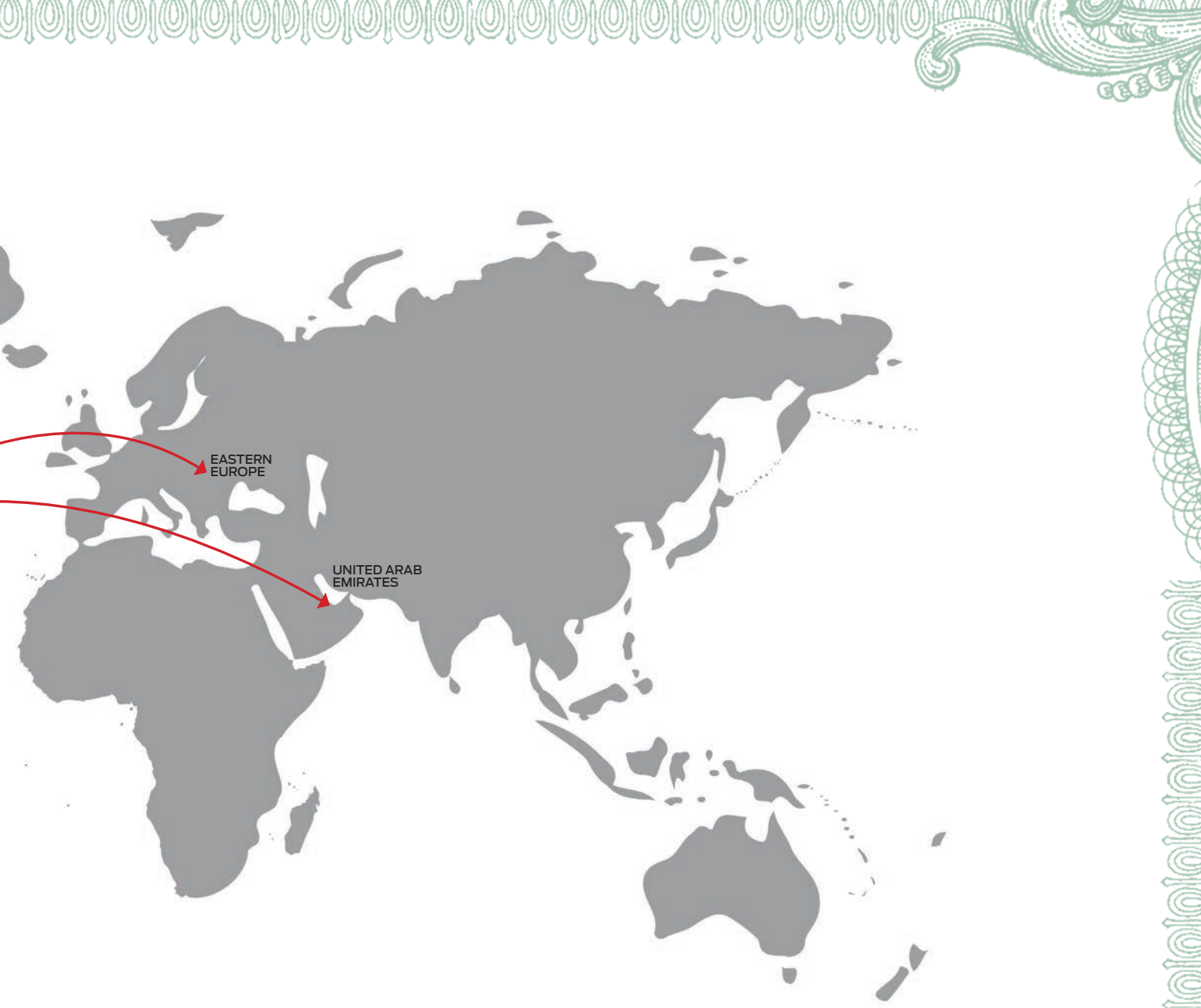


Though they helped to pull off an international caper, the Westchester crew's brazen greed ultimately took them down.

flashy spending habits, paying \$23,000 for a Toyota pickup truck days after his arrival. He seemed aware that his spending would draw notice and carried a pistol with him when he left his home.

According to multiple reports, his wife's cousins realized Lajud-Peña had come into money and hatched a plan to rob him. On April 27, just a few weeks after his arrival in the country, he was playing dominos with his wife's cousins when two hooded men entered the home. Lajud-Peña drew a .45-caliber Glock pistol but was shot five times and killed.

Back in the US, after being caught and imprisoned, Rodriguez admitted to his crime and fully cooperated with



authorities, officially pleading guilty in October 2013. He willingly turned over \$30,000 in cash he still had from the robbery, a move his lawyer says is unprecedented. “In 20 years of representing criminal defendants accused of such types of crimes, I’ve never seen that.”

During his sentencing in November 2014, the courtroom was filled with more than 20 of Rodriguez’s family members. Brackley briefly recounted the story of Rodriguez’s hardworking mother and talked about his otherwise clean record.

From the transcript, many in the court seemed moved by Brackley’s words and the support Rodriguez’s family

showed him. Even as Prosecutor Hilary Jager urged a serious sentence, she acknowledged, “there is no doubt that Mr. Rodriguez is a hardworking individual who has an incredibly supportive network of family and friends” and he tried “to do the right thing after he was arrested.”

The judge sentenced Rodriguez to 34 months in prison (he had already served 20 months at the time of the sentencing), followed by three years of supervised release and the obligation, along with his co-defendants, to pay back the money taken in the New York portion of the robbery. During the sentencing, Judge Matsumoto said he

believes Rodriguez was remorseful and “it appears he has a good head on his shoulders and a bright future.”

In court, Rodriguez vowed to reform. “This is definitely the biggest mistake I’ve made in my life,” he said. “Now, I have gotten closer to God, and that’s why I would ask to be given a second chance.”

For an incentive to keep that promise when he is released in less than a year, Elvis Rodriguez need only remember the way his friend Alberto Lajud-Peña’s life was extinguished in a hail of bullets. It was a gruesome ending to a Hollywood-style crime that ultimately proved far less glorious in real life than in the movies. **w**

A THANKSGIVING FEAST

6 Local chefs share their Turkey Day recipes.





By Nancy Duran
Photography by Andre Baranowski



Harvest Celebration Soup
(Serves six to eight)



This 2014 Best of Westchester winner has been wowing diners for years at both Ladle of Love and Café of Love, in Mount Kisco. Says owner Leslie Lampert, "I created this recipe for my own family Thanksgiving many years ago. It's sweet, savory, and soothing. And I am very thankful that it is still the most popular soup at Ladle."

- 2 Tbsp unsalted butter
- 1 large onion, diced
- 2 cups chopped butternut squash
- 1 cup chopped carrot
- 1 cup chopped sweet potato
- 1 Granny Smith apple, peeled, seeded, and cut into chunks
- ½ cup cream
- 1 to 2 Tbsp maple syrup
- kosher salt and freshly ground pepper to taste
- pinch of cayenne

In a stockpot, heat butter over medium-high heat until bubbly. Add onion and cook, stirring until just translucent, about 4 minutes. Add squash, carrot, sweet potato, and apple, and stir to coat vegetables in butter. Add enough water to just cover the vegetables, and bring to a boil. Reduce the heat to a simmer, and cook for 20 minutes (or until vegetables are soft). Blend with an immersion blender in the pot until smooth. (Alternatively, pour into a blender and blend in batches, returning to pot when smooth.) Add cream, syrup, salt, and pepper to taste, and cayenne.

Roasted Beet and Goat Cheese Gâteau

(Serves eight)

This show-stopping dish is worth the effort. "The alternating red and white hues of the beets and cheese create an incredible color scheme," says Antony J. Ballard, a personal chef based in North Salem.



Sherry Vinaigrette:

- ½ cup sherry vinegar
- ¼ tsp sugar
- ¼ tsp white wine mustard, such as Dijon
- 1 Tbsp minced shallot
- ½ cup olive oil

In a medium bowl, combine sherry vinegar, sugar, mustard, and shallots. Slowly pour in the oil, whisking constantly, until the mixture is combined.

Salad:

- 8 large beets
- About 3 cups coarse salt
- 1 lb soft goat cheese
- 1 cup walnut pieces, toasted

Preheat oven to 350°F. Wash and trim beets, leaving about 1 inch

of stem. In a baking dish, pour in enough salt to create a half-inch layer in the bottom of the dish. Position beets root-end down in salt. Roast for about 90 minutes or until tender. Reduce oven temperature to 300°F. Remove beets from salt and place in a bowl. Cover with plastic wrap, and allow to cool. Slip skins off beets, trim ends, and slice each beet crosswise into quarter-inch discs. Place goat cheese into a piping bag fitted with a star tip. Pipe in-between each layer of beet and rebuild the beet. Just before you are ready to serve, place beets on a baking sheet and return to the oven for 5 minutes. Place on a serving platter and drizzle with vinaigrette. Garnish with walnuts.

PHOTO OF CHEF LESLIE LAMBERT BY TOSHI TASAKI



String Beans with Caramelized Onions and Toasted Almonds

(Serves six to eight)

As John Chabal, owner of Good Food in Briarclif Manor, likes to point out, “This is not your grandmother’s green bean casserole. This simple yet stunning dish celebrates the beauty of fresh green beans, letting their flavor shine through with minimal fuss.” And, like all great dinner party dishes, this one can be partially prepared ahead of time.

- 2 lbs *haricots verts* or regular green beans, trimmed
- 1 Tbsp plus 1 tsp olive oil
- 1 large onion, thinly sliced
- 1½ tsp red wine vinegar
- 2 Tbsp dried cranberries
- 1 Tbsp fresh thyme, minced
- ½ cup sliced almonds, toasted
- salt and pepper to taste

Prepare an ice bath for the green beans by filling a large bowl with ice water and salting it. Fill a large pot with water, bring to a boil, and



add a generous amount of salt. Add green beans and cook for 2 to 3 minutes, until crisp-tender. Drain and immediately transfer to bowl of salted ice water to stop them from cooking. When the beans are cool, drain and set aside.

In a large skillet, heat 1 tablespoon of the oil over medium heat. Add onion and cook, stirring occasionally, until they are caramelized,

about 15-20 minutes. (If the onion begins to stick, just add a bit of water.) Lower heat, add vinegar, and stir for one minute. Add cranberries and thyme and remove from heat. Set aside.

Just before serving, in a large skillet, heat 1 tsp of the oil over medium heat. Add drained green beans, and season with salt and pepper to taste. Add the onion and cranberry mixture and stir until heated through. *Note:* Beans and onions can be prepared a day ahead and stored separately.



Cranberry Citrus Relish

(Serves six to eight)



Says Bobby Manzi, owner/chef of River City Grille in Irvington, “This recipe is great because it is quick, easy, and delicious. It’s a fresh take on traditional cranberry sauce.”

- 12 oz bag whole cranberries
- ¼ cup pineapple juice
- 1 cup fresh pineapple chunks
- 1 whole navel orange with skin, quartered
- ½ cup granulated sugar

Combine all ingredients in a food processor and pulse until blended but still chunky. Use immediately or refrigerate in an airtight container for up to three days.



Applewood-Smoked Turkey & Sausage and Cornbread Stuffing

(Serves six to eight)



There's no reason to stop using your outdoor smoker when the summer months have ended. Put the smoker to work on this applewood-smoked turkey recipe from Gregory Gilbert, owner/chef of Memphis Mae's in Croton-on-Hudson. It's a great alternative to traditional roasted turkey. The smoky flavor of the bird pairs perfectly with this downhome sausage and cornbread stuffing.

Brine:

- 2 gal water
- ½ gal apple juice
- 3 cups honey
- 1½ cups kosher salt
- 1 lb light brown sugar
- 1 Tbsp ground black pepper
- 12 to 15 lb turkey

In a pot large enough to fit the turkey and brine, bring all of the brine ingredients except the turkey to a boil. Remove from the heat and let cool. Once the brine has reached 40°F, submerge the turkey and keep refrigerated for two days.

Apple-Smoked Turkey:

- 1 lb unsalted butter, softened
- applewood chips
- cheesecloth

Remove the turkey from the brine and let sit at room temperature for 2 hours before smoking. Make sure the temperature on your smoker is between 220°F and 230°F. Place the applewood chips on the hotplate over the coals or the electric burner (depending on your smoker). Place a drip pan between the chips and the turkey. This will allow the wood chips to continue to smoke, and the drippings that the pan will catch will add moisture to your bird as it smokes. Coat the turkey with a half-pound of soft butter. Wrap the entire turkey in cheesecloth. Rub half pound of butter over the cheesecloth (to ensure cheese cloth is moist and doesn't burn). Place the turkey in the smoker. Allow 20 minutes cooking time per pound. The internal temperature should be 160°F to 165°F. When the turkey has reached its proper temperature, remove it from the smoker, and let it rest for 30 minutes.

Don't have a smoker?

That's okay, you can use your backyard grill as a smoker. Heat the grill to 200°F. Put tinfoil over the coals. Sprinkle applewood chips over the tinfoil. Follow prep instructions for turkey above and place on the prepared grill. Maintain grill heat at 200°F to 225°F and follow cooking instructions above.



Cornbread (for stuffing):

- 1 cup fine yellow cornmeal
- ¾ cup all-purpose flour
- 1 tsp salt
- 1 Tbsp baking powder
- 2 large egg yolks
- 2 Tbsp maple syrup
- 1 cup half & half
- 4 Tbsp unsalted butter, melted

Preheat oven to 375°F. In a medium bowl, stir together cornmeal, flour, salt, and baking powder. Whisk in the yolks, syrup, half & half, and butter, mixing until smooth. Pour batter into a greased 9" x 13" pan and bake for 25 minutes. Let the cornbread cool then cut into 1-inch squares. Place the cornbread on a baking sheet and return to oven to toast until golden brown, about 5 to 8 minutes.



Stuffing:

- 1 lb unsalted butter
- 1 Vidalia onion, diced
- 3 garlic cloves, thinly sliced
- 2 celery stalks, diced

- 2 lbs sweet Italian sausage, casings removed
- 1 Tbsp chopped fresh sage
- 2 Tbsp chopped fresh parsley
- 1 Tbsp chopped fresh thyme
- 8 cups diced toasted cornbread (see above recipe)
- about 4 cups chicken broth
- salt and pepper to taste

In a large, heavy-bottomed pot, melt butter over medium-low heat and cook the onions, garlic, and celery until the onions are soft, about 8 minutes. Add the sausage and cook, stirring, until the sausage is cooked through, about 10 minutes. Add the herbs and toasted cornbread. Then add enough chicken broth to bring the mixture together. Adjust the seasoning with salt and pepper and serve. Stuffing can be prepared ahead and reheated in a 350°F oven for 20 minutes before serving.

Sweet Potato Cranberry Tart with Maple Pecan Crumble Topping

(Makes 10 individual tarts)



Pastry Chef Jacqueline Veliz, of the Ritz-Carlton, Westchester, in White Plains, raves, "The sweet potato cranberry tart is a wonderful asset to our fall dessert menu as it's savory but sweet and it can easily be replicated at home for the holidays."



Maple Pecan Crumble Topping:

- ¾ cup all-purpose flour
- ⅓ cup tightly packed light brown sugar
- 3 Tbsp granulated sugar
- 1 tsp ground cinnamon
- pinch of salt
- 6 Tbsp cold, unsalted butter, cut into small pieces
- 1¼ cups pecans
- 2½ tsp maple syrup

In a medium bowl, mix together flour, sugars, cinnamon, and salt. Using your fingertips, work in butter until large, moist clumps form. Cover and chill crumble until ready to use. Preheat oven to 325°F and toast pecans for 5 to 7 minutes. Set aside to cool. Coarsely chop, place in a medium bowl, and toss with maple syrup. Stir in 2½ cups brown sugar crumble. Set aside.


Sweet Potato Cranberry Tart:

- 5 sweet potatoes
- 10 Tbsp butter
- 1¼ cup light brown sugar
- ¾ cup dried cranberries
- 2½ tsp ground cinnamon

- pinch ground nutmeg
- pinch ground ginger
- 1¼ cup mini marshmallows
- 10 frozen or homemade fluted tart shells (about 4 inches in diameter)
- Caramel sauce and ice cream for serving

Preheat oven to 350°F. Individually wrap each sweet potato in foil and roast for 30 to 45 minutes. Potatoes are done if easily pierced with a fork. When cool enough to handle, peel off skin and cut into medium-sized cubes. Reduce oven temperature to 325°F.

In a skillet, melt butter and sugar together over medium-low heat, stirring until sugar has dissolved. Add sweet potato, dried cranberries, ground cinnamon, nutmeg, and ginger. Cook for about 5 minutes. Remove from heat and fold in mini marshmallows.

Scoop the mixture into tart shells and top each with pecan crumble topping. Bake for 12 minutes. Serve with caramel sauce and vanilla or Cognac ice cream. 

Meet some of Westchester's

TOP DOCTORS 2015

Edited by Carol Caffin

Profiles by Ali Jackson-Jolley

Photography by Toshi Tasaki

Editorial assistance by
Samantha Garbarini

Hair and makeup by Ashley Lauren Services



In a county like Westchester—where residents are educated, informed, and rarely willing to settle for second-best; where high-quality services and professionals are the norm, not the exception—if you’re going to label something (or someone) as “top,” you’d better be sure they meet the highest standards and adhere to the strictest criteria. As in years past, we’ve relied on Castle Connolly, which utilizes a rigorous screening and selection process, to do just that. In the comprehensive list that follows, you will find the county’s 641 top doctors in 61 specialties. In addition, we profile eight of these top physicians to allow you to get to know them a little better. Finally, we offer tips, insights, and advice from a number of our top doctors, from health-related do’s and don’ts to how to live to 100.

how our top docs are selected

Castle Connolly Medical Ltd. is a healthcare research and information company founded in 1991 by a former medical college board chairman and president to help guide consumers to America's top doctors and top hospitals. Castle Connolly's established nomination survey, research, screening, and selection process, under the direction of an MD, involves many hundreds of thousands of physicians as well as academic medical centers, specialty hospitals, and regional and community hospitals all across the nation. Castle Connolly's physician-led team of researchers follows a rigorous screening process to select top doctors on both the national and regional levels. Its online nominations process—located at www.castleconnolly.com/nominations—is open to all licensed physicians in America who are able to nominate physicians in any medical specialty and in any part of the country, as well as indicate whether the nominated physicians is, in their opinion, among the best in their region in their medical specialty or among the best in the nation in their medical specialty. Careful screening of doctors' educational and professional experience is essential before final selection is made among those physicians most highly regarded by their peers. The result - we identify the top doctors in America and provide you, the consumer, with detailed information about their education, training and special expertise in our paperback guides, national and regional magazine "Top Doctors" features and online directories. Doctors do not and cannot pay to be selected and profiled as Castle Connolly Top Doctors. Physicians selected for inclusion in this magazine's "Top Doctors" feature may also appear as Regional Top Doctors online at www.castleconnolly.com, or in a Castle Connolly Top Doctors® guide, such as America's Top Doctors® or America's Top Doctors® for Cancer.

—Text provided by Castle Connolly Medical Ltd.



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Kira Geraci-Ciardullo
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Food Allergy, Insect Allergy*

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Amy J. Silverman, MD
Specialty Child and Adolescent Psychiatry
Hospital Affiliation Four Winds Hospital, Katonah

Dr. Amy Silverman had always known that she wanted to work with children and adolescents. “While in college and then medical school [Mt. Sinai School of Medicine], I worked at a summer camp, taught religious school, and advised a high school youth group at a synagogue. In medical school, I loved my pediatrics rotations, but the component of treatment I enjoyed the most was helping to address the psychosocial and emotional issues facing the children.” In 2008, Silverman left the fulltime faculty at Cornell to go into full-time private practice in Harrison.

How important is family involvement when it comes to childhood mental health? I think family involvement is absolutely essential and such an important part of the work in child and adolescent mental health. One can't effectively work with children without involving their parents. I find that working with families can be incredibly rewarding and productive; it is one of my favorite components of treatment.

What are the most common problems kids in Westchester face? I see many children with anxiety disorders who struggle to effectively manage stress. I am also seeing an increasing number of young adults who are finding it difficult to achieve independence and to successfully navigate the transition to the next phase of their lives. I think technology and social media add another layer of complexity to the challenges our children face. It is wonderful when we can provide substantial resources for our children, but sometimes that creates a level of stress and pressure as well.

Is childhood stress a bigger problem in Westchester than in other parts of the country? I think we have our fair share of stress here in Westchester among both children and parents! We feel pressure to be

“perfect parents” and to give our children all the tools and resources that we can. And often our children feel pressure to do exceptionally well and keep up with peers in academics, athletics, and social activities. Is it worse in Westchester than in other parts of the country? I think we experience a high level of stress in general, but we are certainly not the only community facing these challenges.

Are we making progress in how we think about mental illness and psychiatric disorders in children? There is a tremendous amount of work being done looking at the biological underpinnings of mental illness and also how our genetics may influence vulnerability to psychiatric disorders and response to various treatments. We now have research and data guiding treatment decisions for psychiatric disorders specifically in children, which were not available only a short time ago.

What do you find most rewarding about your work with children and adolescents? I love helping the children in my practice to get back on track, find happiness or conquer anxiety, and then watching them go on to do amazing things in high school, college, and beyond. I can't imagine any work that could be more meaningful!

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Psychotherapy, Adolescents & College Students, Anxiety & Depression

Alon Gitig, MD, FACC

Specialty Cardiology

Practice Mount Sinai Riverside Medical Group

Hospital Affiliation St. John's Riverside Hospital, Yonkers

Dr. Alon Gitig didn't become enamored with cardiology until he began his residency training at New York Presbyterian–Weill Cornell. "I was originally drawn to cardiology during my residency training because the physiology of normal heart function and the pathophysiology of cardiac disease was fascinating," says Gitig, who has been in practice since 2007 at the Mount Sinai Riverside Medical Group in Yonkers. "No matter how long one has been practicing, there continue to be complex diagnostic dilemmas that require outside-of-the-box thinking to properly solve. The satisfaction of grappling with a clinical puzzle and finally figuring out how all the pieces fit together is hard to equal in any other profession that I know of."

But it's not all about solving the clinical puzzle—Gitig is equally passionate about his role in preventative care. "Cardiology is an amazing field because of the role that prevention plays in so many people's lives. The opportunity to help disease-free individuals optimize their cardiovascular health and minimize their risk for future disease allows me to reach the greatest number of people in my work."

What are the biggest contributors to heart disease? With the obesity epidemic in full-swing, I would say the biggest contributor is probably the combination of lack of exercise and carbohydrate-laden diets. This leads to the condition known as insulin resistance or metabolic syndrome, in which there are several physiologic alterations that increase risk of developing diseased artery walls, heart attacks, and strokes.

Do your healthiest patients share any common traits or habits? The healthiest patients I see tend to be more mindful, in general, about how they are living. This may mean mindful eating, with a degree of advance planning and forethought about their meals and shopping lists, instead of exposing themselves to the hazards of whatever processed food is readily available to them at the instant that they become hungry during their busy day. Or it may mean thinking about where in their hectic lives they can begin to fit even a small amount of time for increased activity or movement.

How are Westchester residents doing when it comes to heart health? Westchester residents are susceptible to the same pitfalls of modern living as everybody else—including more sedentary lifestyles, and diets saturated with sodium, processed foods, and, especially, processed carbohydrates. However, I increasingly notice a trend among my Westchester patients to be more knowledgeable about these unhealthy patterns and motivated to try to reverse them.

I find that a large proportion of my Westchester patients are sincerely motivated to live healthy lives. It is very rewarding to counsel people on how to maintain optimal health when they themselves are active participants in that process and truly want to get well or remain well. When people come into my office having successfully lost 25 pounds, or two inches of waist circumference, and they are just as excited to share that progress with me as I am to hear it, it motivates me that much more to keep trying to help them in these efforts.



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Bonnie Wolf Greenwald, MD

Specialty Endocrinology

Practice Maple Medical

Hospital Affiliation White Plains Hospital, White Plains

For Dr. Bonnie Wolf Greenwald, Director of the Endocrinology & Diabetes Department at White Plains Hospital, helping her patients understand how both healthy eating and exercise impact their health is an important part of her practice. “As part of being an endocrinologist, I am passionate about nutrition and exercise. I love to talk about it! I am not a nutritionist, but I do like to provide my patients with new recipes and healthy snacks. Now my patients have started bringing new recipes to me,” she says. “For exercise, I try to find videos available online for all levels of ability and give suggestions for classes that are available in the community.” She is experienced in all aspects of endocrinology, diabetes, metabolism, and osteoporosis, with an expertise in procedures such as thyroid ultrasound-guided biopsy.

Greenwald says she loves working at White Plains Hospital because her home and heart are tied to the people who live here. “I love practicing here because I’m a physician in my own community,” she says.

Diabetes has been called the chronic epidemic of this millennium. How are we handling this epidemic in Westchester?

Westchester patients are fortunate to have access to diabetes care and endocrine specialists who are experienced in treating patients with both Type 1 and Type 2 diabetes. In addition, most hospitals in Westchester and some private offices have clinical diabetes educators and nutritionists who work with endocrinologists to provide additional care. White Plains Hospital has a Diabetes Education and Treatment Center, which is equipped to educate patients on insulin management, self-monitoring of blood glucose, and nutritional counseling.

Are we making strides in diabetes care? As endocrinologists, we are always trying to provide excellent care to our diabetic patients. Part of this responsibility is keeping abreast of new medications and technologies as they become available. In the past few years, for instance, the SGLT-2 inhibitors (a new class of oral medications, used mostly to treat patients with Type 2 diabetes) were FDA-approved. In addition, inhaled insulin has become available as an alternative to injections in appropriate patients. On the horizon, there is a “closed-loop” insulin pump that acts as an artificial pancreas.

How difficult is it to diagnose endocrine disorders? Endocrine disorders are sometimes very complex and difficult to diagnose. Often, patients present to the endocrinologist as a last resort for more extensive testing. These disorders may take quite a while to diagnose and require additional laboratory and radiologic studies. One case that I saw recently was a patient who’d had the “worst headache of his life” one month prior to his presentation to me. He had been feeling cold, fatigued, losing weight, and could barely get out of bed. That morning, a cortisol level was checked and undetectable. He was finally diagnosed with panhypopituitarism, most likely secondary to pituitary apoplexy. He has now been treated appropriately, and he is feeling quite well.

What do you love most about practicing in Westchester? I love being able to provide advice and help to my friends and family as they navigate the hospital and their medical concerns. In this, I’m more than just an endocrinologist. I can be a liaison providing advice and guidance—connecting people to the right medical professionals and generally ensuring that everyone I know is getting the best possible care.



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Hair loss*



top docs tip

“Run, not walk, at least 20 minutes, six times a week, and always leave the table just a little hungry.”

—Dr. Lynne V. Perry-Bottinger,
Cardiovascular Disease

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Medical Dermatology

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Skin Cancer*

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Center, NewYork-
Presbyterian/Lawrence
Hospital
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Aging Skin, Sclerotherapy,
Laser Surgery*

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Cosmetic Dermatology*



live to 100

“Check in with yourself every few months and ask, ‘Am I balanced? Am I doing too much? Am I overextended? Do I have stress relievers? Do I exercise to balance it out? Do I have quality time with my loved ones?’ Try to shift just a little every few months to get to a better emotional and physical state.”

—Dr. Bradley K. Adler, *Internal Medicine*

Regina Giuffrida, MD

Specialty Gynecology

Practice Mount Kisco Medical Group

Hospital Affiliation Northern Westchester Hospital, Mount Kisco

Dr. Regina Giuffrida's path to medicine began as a child, when her father, an anesthesiologist, taught her reverence for the human body and respect for the human soul. Still, Giuffrida didn't set her sights on becoming a gynecologist until her third year at New York Medical College. "Initially, I thought that [my career path] would be ophthalmology," Giuffrida recalls. "But then, I stepped into the mysterious and enticing world of OB/GYN. First, the science of it intrigued me—the microscopic egg and sperm packed with all the genetic information necessary, when combined, to become a human being. Then came all the mechanics as the body prepares for and executes its own procreation. Then I met the patients, delivered their babies, learned their surgeries—and I was hooked!"

After delivering many Westchester babies, Giuffrida, who has been in practice since 1984 and at Mount Kisco Medical Group since 1997, stopped practicing obstetrics in 2009 to focus solely on gynecology. "I still love it and cannot imagine doing eye exams!"

What are the biggest mistakes women make regarding their health? Taking it for granted. As partners and mothers, we often put ourselves on the back burner. Every day, I see patients who are overdue for exams, screening tests, vaccinations. Once we lose our health, it's often a struggle to get it back. Keep your eye on it!

What's your best advice to women on how to take care of themselves? Live a healthy lifestyle with a healthy portion of self-concern and find doctors you trust to help you do it.

What advances in gynecology are you most excited about? One that is particularly gratifying is the focus on quality of life in cancer survivors, not just 5- or 10-year survival statistics. For example, when I was a student, surgical treatment for breast cancer was so radical that women were essentially left with only skin covering their rib cage—a daily disfiguring reminder of their disease. Now, the approach to breast-cancer surgery is nothing short of remarkable. In addition, in years past, the gynecologist was out there on his or her own, trying to restore sexual function after certain types of breast- and GYN-cancer treatments. Now, sexual function in survivors is directly addressed by surgeons, medical and radiation oncologists, and each patient knows this is an important issue—not one to be silent about.

What do you love most about practicing in Westchester? It's re-warding to live amongst the women who've come through the door of my office. We have so many parallel paths—working, raising kids, helping aging parents. I've grown up with many of my patients—through our days of childbearing and our nights of menopausal night sweats, with decades of weight gain and attempted weight loss in between!



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radiology*

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Body Imaging*

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Endocrinology, Diabetes
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true or false

"I would say the most dangerous myth about fainting is that it is always benign. People, because of human nature, don't want to think that they are 'sick'. And while many times the reason for fainting is benign, if one has underlying heart problems, the likelihood that there is a more serious condition causing fainting goes way up. And even if the cause turns out to be benign, there are measures we can take to decrease the chance of a recurrence or to minimize secondary injury due to fainting."

—Dr. Sei Iwai, *Cardiac Electrophysiology*

*Diabetes, Osteoporosis,
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Diabetes

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*Diabetes, Osteoporosis,
Endocrinology*

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personal touch

"I try to treat my patients as I would my friends. Doctors are not gods and don't do well on a pedestal. It is important to realize that our patients are people; I try to get into their lives, jobs, outside interests, and any stress that they may have. Not only do patients feel better talking about themselves outside of their disease, but it also often helps me make a better diagnosis. I have a comfortable office that looks more like a hotel lobby, as we try to aim away from a cold, sterile, typical doctor's office environment. We have computers that our patients can use while waiting and, believe it or not, our magazines are less than 10 years old. We are constantly having meetings to make staff more understanding of patients. I try to go along with the Stew Leonard's philosophy that our patients are always right."

—Dr. Jack I. Rosemarin, *Gastroenterology*

Gregg Caporaso, MD, PhD

Specialty Neurology

Practice Westchester Health

Hospital Affiliation Northern Westchester Hospital,
Mount Kisco

Dr. Gregg Caporaso started making a name for himself in the field of Alzheimer's treatment in 1988, when he was a grad student at the Rockefeller University in New York City and working in the lab of Dr. Paul Greengard. "I knew almost nothing about neuroscience when I joined Paul's lab, but I had the great fortune of working with Dr. Sam Gandy, a neurologist who had just started a project on Alzheimer's disease. A protein called amyloid is believed to be a key trigger for developing Alzheimer's, and we were among the first scientists to study how this protein was made by cells," he says. Caporaso explains that this work has had direct clinical relevancy, since most drugs in clinical trials are aimed at preventing the production of amyloid or removing it from the brain. "It was a great privilege to work with such eminent researchers," he says. "Paul actually went on to win a Nobel Prize!"

Twenty-five years later, at the top of his field, with a practice at Westchester Health, Caporaso still considers his experience working with Drs. Greengard and Gandy "what inspired me to become a neurologist."

Is Alzheimer's disease more closely linked to environment or genetics? With the exceptions of a few unfortunate families with inherited, early-onset forms of Alzheimer's disease, most people develop the illness through a combination of genes and environment. There are genes like ApoE4, which increase one's risk of Alzheimer's disease, and factors such as level of education, amount and type of lifelong activities, and tobacco or alcohol use, which impact the expression of that risk. For most people, the greatest risk factor for dementia is age. Some studies have estimated that approximately 40 percent of people over the age of 85 have Alzheimer's disease. Having close relatives with Alzheimer's disease also raises one's risk.

Do you have any advice on how to prevent Alzheimer's? In general, about the only thing one can do to prevent Alzheimer's at present is to live healthy. What's good for the heart is good for the brain. I would also recommend being socially active and undertaking new challenges, such as learning a new language or taking up a new hobby.

Do you think there will ever be a cure for Alzheimer's? There are lots of smart scientists who have been working a long time to find treatments to prevent or halt the progression of Alzheimer's. The



main conundrum with the disease is that the pathological changes in the brain that eventually result in dementia are believed to take place decades before the first symptoms appear. So the problem is identifying who is most at risk for Alzheimer's when they are still relatively young and then starting a therapy that provides lifelong protection. I think we will eventually find an answer to prevent Alzheimer's, but I think it will take years to find it.

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Colon Cancer, Inflammatory Bowel Disease, Biliary Disease



true or false

"It is a myth that one can catch a cold from being outside alone, since these organisms and viruses are ubiquitous in our environment. However, with lower immunity, a compromised body protective mechanism, and extreme temperatures, one's body may become more susceptible to an infection."

—Dr. Thomas T. Lee, *Neurological Surgery*

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Carol L. Karmen,
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Specialty *Internal Medicine*

Practice *Westchester Medical Center*

Advanced Physician Services, PC

Hospital Affiliation *Westchester
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In 1990, after completing three years of residency in Internal Medicine at Westchester Medical Center, Dr. Carol L. Karmen became Westchester Medical Center's first woman chief resident in the Department of Medicine. Twenty-five years later, she still holds her position in General Internal Medicine at WMC. It has been a perfect match, although not the career Karmen originally envisioned for herself. "I had planned to become a neonatologist and work in the ICU, caring for premature infants," she recalls. "During my third year of medical school, I realized that I liked babies, but I was upset when babies—and their parents—cried. I ultimately pursued Primary Care Internal Medicine because I love to develop a rapport with my patients and enjoy such a long-term relationship." Karmen says she still treats some of the same patients she did when she first started, "and now their children and even some of their grandchildren!"

Why is preventative health so important? It is much better to prevent a disease than to treat it. For example, we are facing an epidemic of diabetes. Close attention to diet, weight loss, and exercise may prevent this disease from ever occurring. In cancer screening, it is much better to find a cancer early, when the chance of cure is greatest.

What is your best preventative health advice? Continue to engage in the activities that have always given you pleasure. This is especially true as we age. I often see elderly patients who begin to decline because they have become removed from the people and activities they have always enjoyed. My advice is, therefore, to continue to participate. If you enjoy baseball, continue to follow the sport. If you like to read, continue to find out about new books and revisit some old ones, or join a book club.

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Geriatric Functional Assessment, Frail Elderly

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Geriatric Functional Assessment



true or false

"MYTH: Glaucoma is an 'old person's disease' and is never present in babies or teenagers.

FACT: Glaucoma, while rare in babies and teenagers, can be present, can cause serious vision loss, and needs to be checked for and, if present, treated."

—Dr. Martin E. Lederman, *Ophthalmology*

ment, Frail Elderly, Falls in the Elderly

Gynecologic Oncology

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Robotic Surgery, Gynecologic Cancers

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Doron Ilan

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Hand & Upper Extremity Surgery, Shoulder Surgery, Arthroscopic Surgery, Rotator Cuff Surgery

Hematologic Malignancies, Solid Tumors

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Tick-borne Diseases, Lyme Disease

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Lyme Disease, Tick-borne Diseases

Thomas J. Rush

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AIDS/HIV, Lyme Disease, Travel Medicine

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Antibiotic Resistance, Lyme Disease

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Lyme Disease, AIDS/HIV, Diagnostic Problems

Internal Medicine

Robert A. Abdoo

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Joseph R. Ades

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Phelps Memorial Hospital Center

Bradley K. Adler

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true or false

"You can die in your sleep from sleep apnea—FALSE."

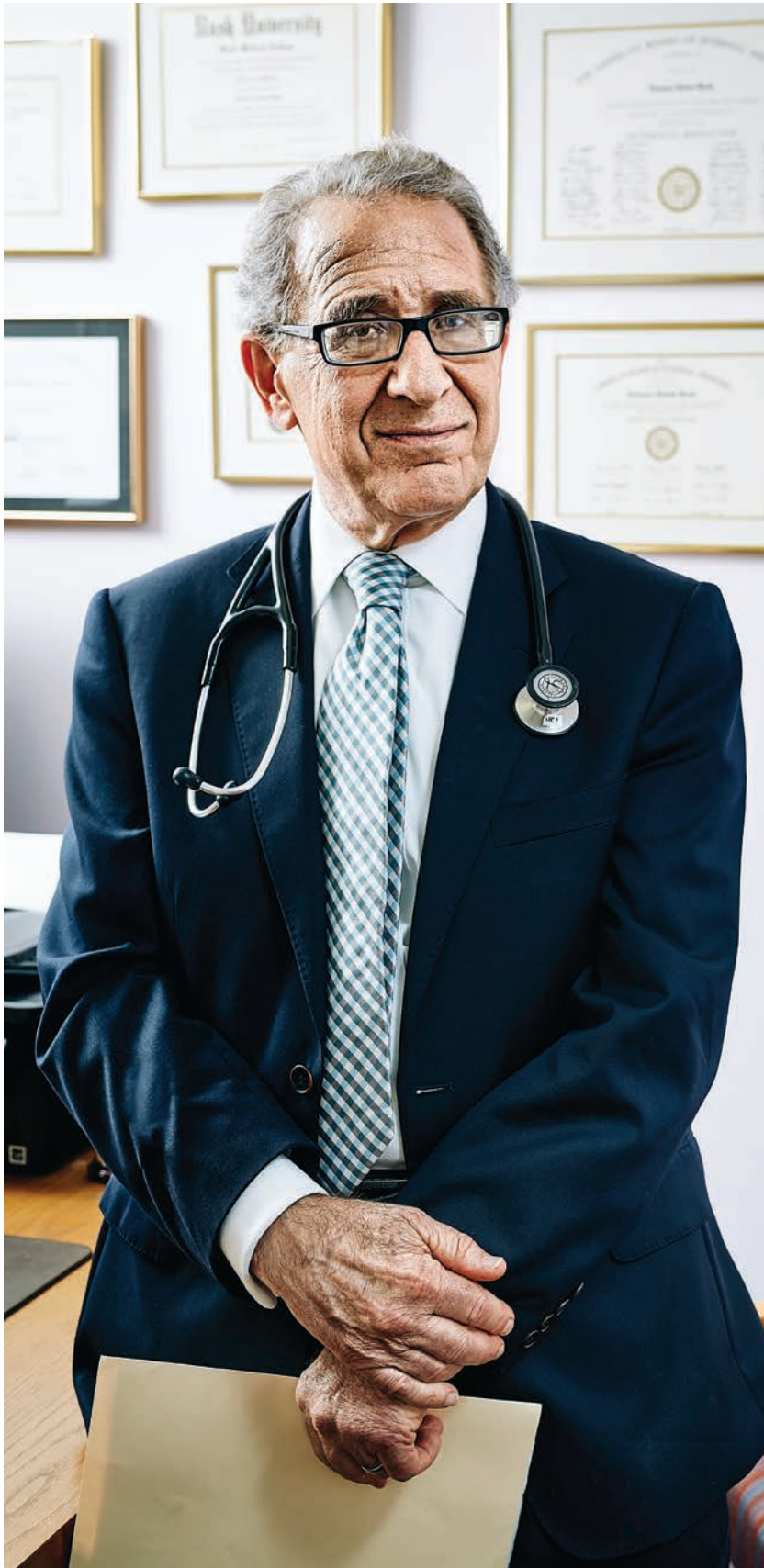
—De. Bruno F. DiCosmo, *Pulmonary Disease*

Thomas J. Rush, MD

Specialty Infectious Disease

Practice Hudson Infectious Diseases Associates

Hospital Affiliation Phelps Memorial Hospital Center, Sleepy Hollow



Having worked in the area of infectious disease in Westchester County for the past 28 years, Dr. Thomas Rush was present at the beginning of the AIDS epidemic, when a diagnosis was tantamount to a death sentence. He has witnessed a change in both the disease itself, which is now considered a chronic illness—thanks to research and development of new and better medications—and the public perception of it. “Being part of this transformation has been the most meaningful thing I’ve been involved in during my career,” he says. In addition to working in private practice at Hudson Infectious Diseases Associates in Briarcliff Manor, Rush works with the New York State Department of Corrections, caring for patients with HIV and Hepatitis C.

Rush, who was initially drawn to the field of infectious disease for the intellectual challenge, says, “It is a very cerebral specialty, which involves piecing together medical clues, making sense of symptoms, and solving medical dilemmas; that’s what keeps drawing me back in!”

Which infectious disease causes the most serious problems in Westchester? Obviously, one big problem in Westchester is tick-borne illness. In addition, HIV infection and Hepatitis C are pretty widespread as well. And because Westchester is an affluent but aging population, a lot of the cases I see are older people who are nearing the end of their lives and get infections.

In the realm of infectious disease, what concerns you most? The problems created by resistant bacteria is a real concern. I have been seeing more and more resistant bacteria, and I’m concerned we will be dealing with more infections that we call gram-negative organisms, for which we have no antibiotics yet.

What is the best strategy for avoiding infectious disease? It’s mostly common sense. Generally, stay healthy. Stay fit, eat well, don’t smoke, and get your vaccinations. We have a lot of ways of preventing infectious disease these days that are very effective. A lot of the infections I see are the results of smoking, diabetes, and obesity.

How do you feel about the anti-vaccination movement? I think it is very destructive. It’s this conspiracy theory stemming from a suspicion of doctors, medicine, and science in general, and it’s very unfortunate because when parents refuse to have their children vaccinated, they potentially put a lot of other people at risk—not just their kids and themselves.

You were present at the beginning of the AIDS epidemic. How are we doing in the fight against AIDS? Progress has been spectacular in transforming what was once a uniformly fatal illness into something that is now a chronic manageable illness—along the lines of diabetes and high blood pressure. We are doing incredibly well, but there is always room to improve. The problem is that there are still a lot of infected people out there who are not in care. The big challenge today is connecting them with care and keeping them in care. If they take their medicine and the virus is suppressed in their bloodstream, they are less likely to pass it on to other people, and they are less likely to get sick themselves.

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Diseases*

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Cholesterol/Lipid Disorders*

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White Plains Hospital
Kenneth Croen
Harrison
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White Plains Hospital
Infectious Disease

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Hospital
*Endocrinology, Preventive
Medicine*

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Lawrence Hospital, White
Plains Hospital

Martin B. Engelhardt III

New Rochelle
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David T. Ennis
Yorktown Heights
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Northern Westchester
Hospital

Nelson M. Fazio
Scarsdale
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Lawrence Hospital
*Skin Diseases, Hypertension,
Obesity, Infectious Disease*

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Mount Sinai Hospital

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Preventive Medicine*

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Center
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*Preventive Medicine, Geriatric
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Presbyterian/Hudson Valley
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atric Medicine*

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*Occupational Medicine,
Preventive Medicine*

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New Rochelle
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Montefiore New Rochelle
Hospital
Palliative Care, Ethics

Gerald A. Ridge
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NewYork-Presbyterian/
Lawrence Hospital
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**Lori B. Saltzman-
Gabelman**
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White Plains Hospital

Todd Shinnick
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Preventive Medicine

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Center
Diabetes, Hypertension

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Hospital-Andrus Pavilion,
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NewYork-Presbyterian/
Columbia University Medical
Center, NY; NewYork-
Presbyterian/Lawrence
Hospital
*Cardiac Catheterization,
Percutaneous Coronary
Intervention, Coronary
Angioplasty/Stents*

Kumar S. Kalapatapu
Hawthorne
(914) 593-7800



true or false

"BELIEF: Chronic heartburn, while a nuisance, is an innocent medical condition. This is a false belief.

FACT: If chronic heartburn is not medically evaluated and treated, it can lead to significant consequences, including cancer of the esophagus. Chronic acid reflux can lead to damage to the lining of the esophagus, which can result in inflammation, ulcers, scarring, and sometimes esophageal cancer"

—Dr. Michael S. Gerdis, *Gastroenterology*

Hospital

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Cardiology, Preventive
Medicine*

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Hospital

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Northern Westchester
Hospital

William Zarowitz
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White Plains Hospital
Preventive Medicine

[Interventional Cardiology](#)

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Hawthorne
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Columbia University
Medical Center, NY; White
Plains Hospital, NewYork-
Presbyterian/Lawrence
Hospital

David Messinger
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Montefiore New Rochelle
Hospital, Westchester
Medical Center
Coronary Angioplasty/Stents

[Maternal & Fetal Medicine](#)

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Northern Westchester
Hospital
*Ultrasound, Pregnancy-High
Risk, Neonatal Care*

Patricia Ann Devine
New Rochelle
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Montefiore New Rochelle
Hospital
*Pregnancy-High Risk, Pre-
natal Diagnosis, Diabetes in
Pregnancy, Premature Labor*

Francene Gallousis
Mount Kisco
(914) 666-1010
Northern Westchester
Hospital
Pregnancy-High Risk

As the director of the Women's Cancer Program Services at White Plains Hospital, Dr. Chin says she was drawn to pursue a career in oncology because of the patients who inspire her. "I find patients who are faced with cancer or the possible diagnosis of it to be remarkable human beings. It is extremely rewarding to be part of their care during this time. I find every case I do meaningful. Every patient and their family dynamics and disease are unique. I always feel honored to be a part of their care." Why thoracic oncology in particular? "It allows me to combine my enthusiasm for cancer patients with my love for performing surgeries of the chest."

Chin, who grew up in Croton-on-Hudson and attended Cornell University and SUNY Stony Brook for medical school, says practicing in Westchester just feels like home. "Although I live in the city, I feel like I came home when I started practicing here. I feel a real bond with my patients that is partly due to the fact that they work, live, and/or raise their families where I grew up."

Who is most susceptible to lung cancer? Eighty percent of women and 90 percent of men with lung cancer have a smoking history. Smoking is far and away the No. 1 cause. Other causes include asbestos, radon, and other environmental exposure.

Do women face different risks than men? A greater percentage of women with lung cancer have never smoked compared with their male counterparts. We really don't know the reason for this, but the medical community is currently trying to figure it out.

What is your advice on how to lower your chances of getting lung cancer? My best advice is to never start smoking and, if you do smoke, to quit immediately. Although a higher amount of cigarette smoking increases the risk for lung cancer, there is no safe level of exposure to tobacco smoke. A landmark article in *The New England Journal of Medicine* published in 2011 showed that lung-cancer screening with chest CAT scans can save lives. Smokers or former smokers should ask their primary-care physicians if they qualify for a chest CT scan. In 2012, we started a free lung-cancer screening program at White Plains Hospital. This was done in an effort to help the community combat lung cancer, which has a high mortality if found at advanced stages. The idea of lung-cancer screening is that we find early, potentially curable, cancer. The program is successful and still accepting patients. Readers who are over 50, smoked a pack a day for 20 years or more or half a pack a day or more for 40 years and are current or former (quit last 20 years) smokers should call (914) 681-2365 to see if they qualify for a lung-cancer screening CAT scan.



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Physician Associates

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Genetic Disorders*

Medical Oncology

Tauseef Ahmed
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Chau T. Dang
West Harrison
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Memorial Sloan Kettering
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*Breast Cancer, Metastatic
Cancer*

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*Breast Cancer, Lymphoma,
Hematology, Hematologic
Malignancies*

Smitha Mellacheruvu
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Hospital-Andrus Pavilion

Nancy Ellyn Mills
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Cancer Center
*Breast Cancer, Gynecologic
Cancers*

Julie A. Monroe
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cer, Cervical Cancer, Uterine
Cancer*

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Campus
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Lymphoma, Leukemia*

Anthony F. Provenzano
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Montefiore Mount Vernon
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*Lung Cancer, Breast Cancer,
Cancer Genetics, Gastroin-
testinal Cancer, Genitouri-
nary Cancers, Lymphoma*

Carmelo A. Puccio
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Solid Tumors, Gynecologic
Cancers*

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*Gastrointestinal Cancer,
Liver Cancer, Prostate
Cancer, Anemias & Red
Blood Cell Disorders*

Norman L. Rosen
Yonkers
(914) 965-2060
St. John's Riverside
Hospital-Andrus Pavilion
Lung Cancer, Breast Cancer

Sara Sadan
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White Plains Hospital
*Breast Cancer, Gynecologic
Cancers, Gastrointestinal
Cancer, Lymphoma*

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Sinai Hospital
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Gastrointestinal Cancer,
Hematologic Malignancies*

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Northern Westchester
Hospital
*Breast Cancer, Genitourinary
Cancer, Gynecologic
Cancers, Lung Cancer*

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Westchester Medical Center
*Hematologic Malignancies,
Leukemia, Myelodysplastic
Syndromes*

Carolyn Wasserheit
Sleepy Hollow
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Memorial Sloan Kettering
Cancer Center
*Breast Cancer, Gynecologic
Cancers*

Neonatal-Perinatal
Medicine

Heather L. Brumberg
Valhalla
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Westchester Medical Center
*Neonatal Care, Neonatal
Nutrition*

Sergio G. Golombek
Valhalla
(914) 493-8558
Westchester Medical Center
*Prematurity/Low Birth
Weight Infants, Lung Disease
in Newborns*

Jesus Jaile-Marti
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(914) 681-1253
White Plains Hospital,
Nyack Hospital
Neonatology

Jordan Kase
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Westchester Medical Center
Neonatal Critical Care

Edmund F. La Gamma
Valhalla
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Westchester Medical Center
*Infections-Neonatal,
Prematurity/Low Birth
Weight Infants, Necrotizing
Enterocolitis*

John "Rick" Stafford, Jr
Mount Kisco
(914) 666-1272
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Hospital
Neonatal Care

Nephrology

Stephen Adler
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Westchester Medical
Center, White Plains
Hospital
*Kidney Failure,
Glomerulonephritis,
Hypertension, Dialysis Care*

Louis Buzzeo
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Center
Hypertension

Veronica B. Delaney
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*Transplant Medicine-Kidney,
Kidney Failure*

Renee Garrick
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Center, White Plains
Hospital
*Hypertension, Kidney Dis-
ease-Chronic, Dialysis Care,
Fluid/Electrolyte Balance*



patients' peeves

"Not having enough time with their provider. This is certainly understandable given the current structure of healthcare in this country. I recommend patients be prepared for their doctors' visits with a list of their top three concerns that they would like to discuss with their provider. This will help ensure that the patient's concerns are addressed, within the time available for the visit."

—Dr. Sandra Kesh, *Infectious Diseases*

*Lymphoma, Brain Tumors,
Genitourinary Cancer*

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Leukemia-Chronic Lympho-
cytic, Anemias & Red Blood
Cell Disorders*

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Memorial Sloan Kettering
Cancer Center
Lymphoma, Multiple Myeloma

Ephraim S. Casper
West Harrison
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Cancer Center
*Gastrointestinal Cancer,
Pancreatic Cancer, Sar-
coma-Soft Tissue, Solid
Tumors*

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*Hematologic Malignancies,
Solid Tumors*

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Center
Ovarian Cancer

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Center
*Breast Cancer, Lymphoma,
Gastrointestinal Cancer,
Lung Cancer*

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*Breast Cancer, Leukemia &
Lymphoma, Ovarian Cancer,
Lung Cancer*



do's and don'ts

"Do.... lose weight to improve your arthritis symptoms. Don't... stop exercising to try to protect your joints. Proper exercise and nutrition can help keep your joints healthy!"

—Dr. Steven B. Zelicof, *Orthopaedic Surgery*

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Center, White Plains
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Center-Yonkers

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Hypertension, Kidney Stones

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Hospital Center
*Hypertension, Dialysis Care,
Kidney Disease*

Neurological Surgery

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Hospital
*Brain Tumors, Peripheral
Nerve Surgery*

Alain De Lotbiniere
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Hospital
*Brain Tumors, Pituitary
Tumors, Deep Brain
Stimulation, Stereotactic
Radiosurgery, Spinal Cord
Disorders*

Ezriel E. Kornel
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Hospital
*Minimally Invasive Spinal
Surgery, Brain Tumors,
Spinal Cord Tumors*

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Andrus Pavilion, Phelps
Memorial Hospital Center
*Spinal Surgery, Minimally
Invasive Spinal Surgery,
Stereotactic Radiosurgery*

Raj Murali
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*Trigeminal Neuralgia, Skull
Base Surgery, Aneurysm-
Cerebral, Pituitary Tumors*

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Spinal Surgery, Brain Tumors

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*Dementia, Cerebrovascular
Disease, Multiple Sclerosis*

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Lawrence Hospital
*Movement Disorders, Clinical
Neurophysiology, Nerve Inju-
ries, Seizure Disorders*

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Moses Campus
Alzheimer's Disease, Parkin-

*son's Disease, Headache,
Pain-Back & Neck*

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Burke Rehabilitation
Hospital
Brain Injury, Concussion

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White Plains Hospital
*Electromyography,
Headache, Spasticity
Management, Movement
Disorders*

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*Epilepsy, Epilepsy in Women,
Clinical Neurophysiology*

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*Stroke, Alzheimer's Disease,
Dementia, Vascular
Neurology*

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*Neuromuscular Disor-
ders-EMG/Nerve Conduction
Studies*

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Hospital
Electromyography

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Movement Disorders

Ronald M. Silverman
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Stroke

Avtar Singh
Harrison
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White Plains Hospital
Stroke, Epilepsy, Headache

Albert Szabo
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Northern Westchester
Hospital
*Clinical Neurophysiology,
Neuromuscular Disorders*



patients' peeves

"What do patients complain about most often? Varicose veins aching and throbbing.

The solution: compression stockings, leg elevation, or a simple office procedure."

—Dr. Eric Fishman, *Vascular Surgery*

Eugene Tolunsky

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*Clinical Neurophysiology,
Headaches*

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Center
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Pain-Back & Neck, Diabetic
Neuropathy, Trauma
Neurology*

Neuroradiology

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*Cerebrovascular Disease,
Stroke, Spine Image*

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*Brain Imaging, Cardiac CT
Angiography, MRI & CT
of Brain & Spine,
Functional MRI*

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*Stroke, Aneurysm-Cere-
bral, Carotid Artery Stent
Placement, Arteriovenous
Malformations*

Nuclear Medicine

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Nuclear Radiology, Nuclear
Oncology*

Obstetrics & Gynecology

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*Adolescent Gynecology,
Menopause Problems*

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Hospital
*Minimally Invasive Surgery,
Robotic Surgery,
Colposcopy, Menopause
Problems*

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White Plains Hospital
*Pap Smear Abnormalities,
Gynecologic Cancers,
Colposcopy, Breast Cancer
Genetics*

Alyssa Dweck
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Northern Westchester
Hospital
Gynecology Only

Bonnie D. Eilen
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White Plains Hospital
*Hormonal Disorders,
Pregnancy-High Risk,
Adolescent Gynecology,
Menopause Problems*

Philip L. Florio
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Hospital-Andrus Pavilion
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Colposcopy*

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Surgery, Ultrasound*

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*Menopause Problems,
Gynecologic Surgery,
Gynecology Only*

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Laparoscopic Surgery

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Gynecology, Menstrual Dis-
orders, Menopause Problems*

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White Plains Hospital
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Laparoscopic Surgery,
Robotic Surgery*

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Phelps Memorial Hospital

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Masses in Children/
Adolescents*

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Menopause Problems*

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Ophthalmology

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Surgery*

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Vitreous Surgery*

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Mount Kisco
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Vitreous Surgery*

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Intraocular Lens (IOL) Im-
plant, Dry Eye Syndrome*

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Vitreous Surgery*

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Cosmetic & Reconstructive
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Blepharoplasty*

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Greenwich Hospital
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Reconstructive Surgery,
Cataract Surgery*

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LASIK-Refractive Surgery*

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Putnam Hospital Center
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Strabismus, Retinopathy
of Prematurity, Eye Muscle
Disorders*

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Duct Problems, Strabismus*

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Strabismus-Adult & Pediat-
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Disorders*

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Retina/Vitreous Surgery*

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Infirmary of Mount Sinai,
Montefiore Medical Center-



patients' peeves

“One of the major complaints patients have is the lack of communication between their physicians. When a patient has a primary-care physician and multiple specialists taking care of them, there are occasions when results need to be communicated immediately. Electronic medical records are helping solve this problem. Unfortunately, many of the ‘EMRs’ do not interface with each other. In the future, hopefully hospital systems will communicate with physicians’ offices. One example is the EPIC EMR project that Montefiore and its affiliated hospitals in Westchester are implementing.”

—Dr. Richard Charney, *Cardiovascular Disease*

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Hysterectomy Alternatives,
Robotic Surgery, Minimally
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Invasive Surgery, Menopause
Problems*

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Surgery, Pelvic Organ Prolapse
Repair, Pregnancy-High Risk*

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Intraocular Lens (IOL)
Implant*

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Corneal Disease-Pediatric*

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Spinal Disorders*

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Surgery, Joint Replacement*

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Pediatric, Neuromuscular
Disorders*

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Spondylitis*

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Fractures, Foot & Ankle
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Surgery, Arthroscopic
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Center, St. John's Riverside
Hospital-Dobbs Ferry
Pavilion
Sports Medicine, Shoulder



top docs tip

"As you age, stay engaged in the activities
that have always given you pleasure."

—Dr. Carol L. Karmen, *Internal Medicine*

& Knee Surgery, Rotator
Cuff Surgery

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Sports Medicine*

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Greenwich Hospital
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& Shoulder, Joint Replace-
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Cuff Surgery, Knee Ligament
Reconstruction*

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Pediatric Orthopaedic
Surgery*

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Sports Medicine,
Arthroscopic Surgery*

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Foot & Ankle Surgery

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Minimally Invasive Spinal
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Medicine, Hip & Knee
Surgery, Shoulder Surgery*

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Hospital, Westchester
Medical Center
*Joint Reconstruction,
Arthritis, Sports Medicine,
Hip & Knee Replacement*



top docs tip

"Do what you think is right. Most people know
how to live a healthy lifestyle: getting enough
sleep, exercise, taking their medications, and
eating the right things. However, most people
do not *do* the right things. A physician cannot
make someone do these things; this has to
come from within."

—Dr. David Cziner, *Cardiovascular Disease*

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Salivary Gland Surgery,
Head & Neck Cancer, Sinus
Disorders/Surgery*

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Presbyterian/Lawrence
Hospital
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Plastic Surgery, Thyroid
Cancer & Surgery, Cosmetic
Surgery-Face*

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Surgery*

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Sinus Disorders/Surgery,
Voice Disorders, Thyroid &
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Neck*

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Sympathetic Dystrophy
(RSD), Pain Management*

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Congenital Heart Disease,
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Echocardiography, Heart
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Echocardiography, Fetal
Cardiology, Congenital Heart
Disease in Adults*

Diane Kerstein



live to 100

"Everything in moderation."

—Dr. Marcia J. Nackenson, Adolescent Medicine

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Presbyterian, NY; Northern
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Pediatric Critical Care

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Gastrointestinal Functional
Disorders, Gastroesophageal
Reflux Disease (GERD)*

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Medicine-Liver, Hepatitis,
Digestive Disorders*

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Ataxia Telangiectasia*

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Neuroblastoma,
Histiocytoma, Hemophilia*

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*Viral Infections, Vaccines,
Tick-borne Diseases*



top docs tip

"When trying to change a health behavior, turn off shaming self-talk and turn on self-compassion and acceptance. When we are trying to stop negative patterns and build positive ones, we use a lot of personal 'bandwidth.' Hating yourself drains bandwidth, while self-acceptance expands it. The starting point for change is actually meeting yourself right where you are."

—Dr. Candida A. Fink, Child & Adolescent Psychiatry

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Head & Neck Surgery*

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Disorders*

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& Neuro-Otology, Dizziness/
Vertigo*

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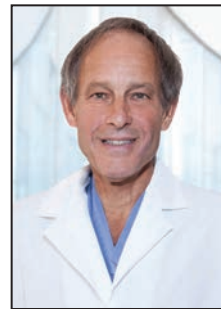
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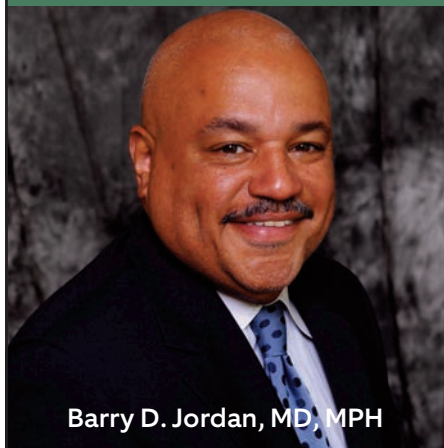
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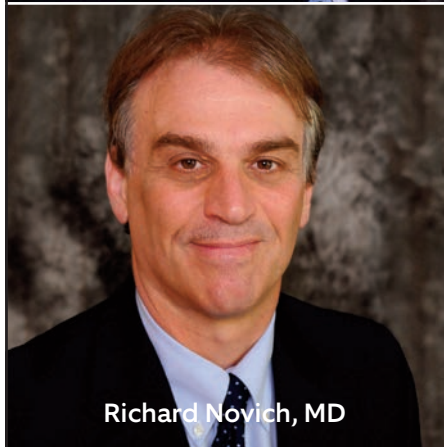
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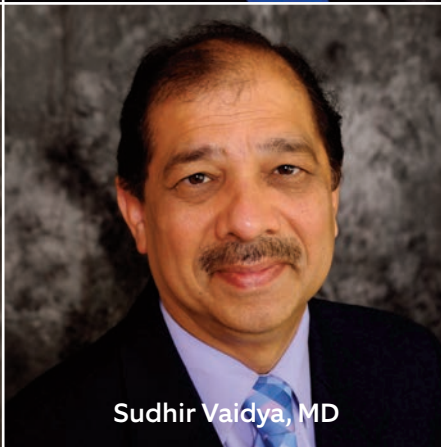
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Sleep Disorders/Apnea, Asthma & Chronic Lung Disease, Cystic Fibrosis

Sankaran S. Krishnan
Hawthorne
(914) 493-7585
Westchester Medical Center
Cystic Fibrosis, Bronchoscopy, Asthma

Diana B. Lowenthal
Hawthorne
(914) 493-7585
Westchester Medical Center
Asthma, Cystic Fibrosis, Cough-Chronic

Lynne M. Quittell
Chappaqua
(212) 305-5122
Morgan Stanley Children's Hospital of New York-Presbyterian, NY; New York-Presbyterian/Columbia University Medical Center, NY
Cystic Fibrosis, Asthma

John J. Welter
Hawthorne
(914) 493-7585
Westchester Medical Center
Cystic Fibrosis, Asthma & Chronic Lung Disease

Pediatric Rheumatology

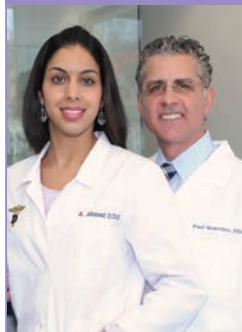
Chun T. Chao
Hawthorne
(914) 594-2270
Westchester Medical Center
Juvenile Arthritis, Lupus/SLE, Dermatomyositis, Arthritis in Lyme Disease

Pediatric Surgery

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Dr. Guerrero is a graduate of NYU Dental School & has done post-graduate work at Boston University & NYU Dental School for both periodontal surgery & dental implants. His partner & wife, Dr. Afshan Ahmed, is also a graduate of NYU Dental School and practices general & cosmetic dentistry.

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Memorial Hospital
Center, Northern
Westchester Hospital
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Neonatal Surgery

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Center-Wakefield
Campus, New York-
Presbyterian/
Lawrence Hospital
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Preventive Medicine,
Vaccines, Asthma

Jeffrey Zitsman

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Morgan Stanley
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New York-Presbyterian,
NY
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Surgery, Chest Wall
Deformities, Obesity/
Bariatric Surgery

Elliot B. Barsh

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Northern Westchester
Hospital
Preventive Medicine

Pediatric Urology

Israel Franco

Tarrytown
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Center, Northern
Westchester Hospital
Voiding Dysfunction,
Laparoscopic Surgery,
Prune Belly Syndrome,
Neurogenic Bladder

Lawrence J. Baskind

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Presbyterian/Hudson
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White Plains Hospital
ADD/ADHD,
Neurodevelopmental
Disabilities

Fredric Bomback

Purchase
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White Plains
Hospital, New York-
Presbyterian/
Columbia University
Medical Center, NY

Edward F. Reda

Tarrytown
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Westchester Medical
Center
Reconstructive
Surgery, Hypospadias,
Incontinence

Scott D. Bookner

Scarsdale
(914) 725-0800
White Plains Hospital,
New York-Presbyterian

Pediatrics

Peter J. Acker

Rye Brook
(914) 251-1100
Greenwich Hospital,
Westchester Medical
Center
Pediatric Dermatology,
Adolescent Medicine,
Learning Disorders

Florenca Braier

Tuckahoe
(914) 771-7070
White Plains Hospital
Margaret A. Collins
Mount Kisco
(914) 242-1580
Northern Westchester
Hospital, Westchester
Medical Center
Preventive Medicine

Robin L. Altman

Hawthorne
(914) 593-8850
Westchester Medical
Center

Thomas A. Angello

Yonkers
(914) 607-4730
New York-
Presbyterian/
Lawrence Hospital

Barbara J. Coven

White Plains
(914) 682-0731
Greenwich Hospital,
White Plains Hospital
ADD/ADHD, Adolescent
Medicine, Asthma,
Developmental
Disorders

Gloria P. Avvocato

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White Plains Hospital
Adolescent Medicine

Stephen Cowan

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New York-



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Daniel A. Leonard MD
Mark E. Lieb MD
Ronald Wallach MD

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Anna Alshansky MD
Tanya-Marie Sweeney MD

Colon & Rectal Surgery:

Jerald D. Wishner MD

Dermatology:

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Ross S. Levy MD
Ayelet Mizrahi-Jonisch MD
Benjamin N. Rosenberg MD
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Claire A. Hibbard MD
Virna Lisi-DeMartino MD
Leonard A. Wald MD

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Jeffrey S. Powell MD
Eric A. Rudin MD

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Georgia M. Close MD
Jane M. Geders MD
Deborah L. Hillman MD
Oren Kahn MD
Sang Y. Lee MD

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Margaret E. Vaughan MD

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Sharon Krieger MD
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Donna E. Morrison MD
James J. Turro MD
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Neurology:

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Eugene Tolunsky MD

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Alyssa Dweck MD
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Regina M. Giuffrida MD
Adina H. Keller MD

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Gaurang J. Trivedi MD

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Arthur J. Pidioriano MD
Steven R. Small MD
Kurt V. Voellmicke MD
David J. Yasgur MD

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Timothy J. Siglock MD

Pain Medicine:

Bella Malits MD

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Bhanu K. Sunku MD

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Harry Moskowitz MD

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Douglas A. Roth MD

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Scott M. Klares MD

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Seth P. Shifrin MD

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White Plains Hospital

Miriam Levitt
Bronxville
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Travel Medicine

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Mount Kisco
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White Plains Hospital, Burke Rehabilitation Hospital
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White Plains Hospital

Simon H. Chin
Katonah
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Putnam Hospital Center, Northern Westchester Hospital
Hand Surgery, Cosmetic Surgery-Face & Body, Reconstructive Plastic Surgery, Facial Rejuvenation

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Greenwich Hospital, Westchester Medical Center
Neonatal Care, Adolescent Medicine, Asthma

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Surgery-Breast*

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Contouring, Cosmetic
Surgery-Breast*

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Westchester Medical
Center
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Breast Cosmetic
& Reconstructive
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Reconstructive Plastic
Surgery*

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Reconstruction*

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White Plains Hospital
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Facial Plastic &
Reconstructive
Surgery, Breast
Cosmetic &
Reconstructive Surgery*

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Northern Westchester
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Face, Cosmetic
Surgery-Breast, Rhi-
noplasty, Reconstruc-
tive Plastic Surgery,
Abdominoplasty*

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& Breast, Cosmetic
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Gastroenterology



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Dermatology



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Cardiology, Internal Medicine

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Infectious Disease



Amy Eisenberg, MD, FAAP
Pediatrics



Claudia Felberg, MD
Pulmonary, Critical Care, Internal Medicine



Deborah Finkelstein, MD
Internal Medicine



Michael Finkelstein, MD, CWS
Wound Care, Internal Medicine



David Goldberg, MD
Internal Medicine, Infectious Disease



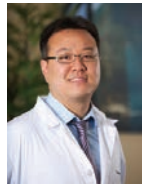
Erica Goldberger, MD
Internal Medicine



Jeffrey Goldstein, MD, FAAD
Dermatology



Dorian Gravenese, MD, FAAD
Dermatology



Young Han, MD
Internal Medicine



Catherine Isaac, MD
Internal Medicine, Mind Body Medicine



Elizabeth Kunreuther, MD
Endocrinology



Karen Leiser, MD
Internal Medicine



Amy Lief, MD, MS, FAAP
Pediatrics



Marvin Lipman, MD, FACP, FACE
Endocrinology, Internal Medicine



Jamie Mandac, MD
Endocrinology



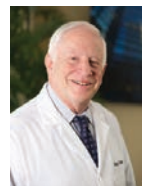
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Podiatry



Tina Neade, MD
Nephrology



Emre Noteroglu, MD
Internal Medicine, Geriatrics



Gary Raizes, MD, FACC
Cardiology, Internal Medicine



Ronald Reiss, MD, FACOG
Obstetrics & Gynecology



Joyce Reyes Thomas, MD
Rheumatology



Kristen Sahler, MD
Neurology



Warangkana Sangchan, MD
Infectious Disease



Malcolm Schoen, MD
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David S. Breindel
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Anxiety, Long-term
Psychotherapy, Per-
sonality Disorders*

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Westchester Division,
NY
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ders-Borderline,
Special Needs-Par-
ental Therapy, Anxiety
Disorders, Depression*

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(914) 681-0202
White Plains Hospital
*Psychopharmacology,
Psychotherapy,
Addiction Psychiatry*

Dean B. Harlam
Harrison
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Center - Yonkers
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Mood Disorders,
Psychopharmacology,
Schizophrenia*

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Cornell Medical
Center, NY; NewYork-
Presbyterian/
Westchester Division,
NY
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Psychotherapy,
Work/Career
Problems, Couples
Therapy Charles*

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Counseling*

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Four Winds Hospital
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Psychiatry in Terminal
Illness*

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NewYork-
Presbyterian/
Columbia University
Medical Center, NY
*Post Traumatic Stress
Disorder, Forensic Psy-
chiatry, Psychophar-
macology, Cognitive
Psychotherapy*

Arthur Lew
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*Child & Adolescent
Psychiatry,
Psychoanalysis*

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NewYork-
Presbyterian/
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Division, NY
*Depression, Psycho-
pharmacology, Psy-
chotherapy, Geriatric
Psychiatry*

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Saint Joseph's Medical
Center - Yonkers

Lewis A. Opler
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Psychotherapy*

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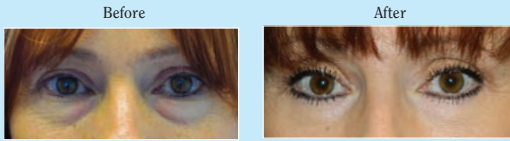
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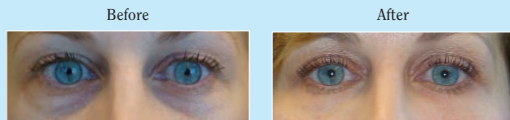
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Westchester Medical
Center
Asthma, Emphysema

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Phelps Memorial
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Disorders*

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Rye
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White Plains
Hospital, Greenwich
Hospital

Neil A. Zolkind
Tarrytown
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*Depression, Anxiety
Disorders*

*Pulmonary Fibro-
sis, Bronchoscopy,
Lung Cancer, Sleep
Disorders*

Richard B. Frimer
White Plains
(914) 328-0932
White Plains Hospital

Pulmonary Disease

Ralph E. Binder
Eastchester
(914) 337-1610
New York-
Presbyterian/
Lawrence Hospital
*Asthma, Chronic Ob-
structive Lung Disease
(COPD), Interstitial
Lung Disease*

Scott M. Klares
Mount Kisco
(914) 241-1050
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Westchester Hospital
*Asthma, Pulmonary
Hypertension, Lung
Disease, Cough*

Stuart Lehrman
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(914) 493-7518
Westchester Medical
Center
Lung Cancer, Asthma

Joseph J. Brill
Yonkers
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St. John's Riverside
Hospital-Andrus
Pavilion, Saint
Joseph's Medical
Center-Yonkers
*Sarcoidosis, Chronic
Obstructive Lung
Disease (COPD),
Asthma*

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Briarcliff Manor
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Phelps Memorial
Hospital Center,
New York-
Presbyterian/Hudson
Valley Hospital
*Sleep Disorders, Lung
Disease*

Sergio Bures
Katonah
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Northern
Westchester Hospital
*Lung Cancer, Bron-
choscopy, Asthma &
Emphysema*

Michael Mandel
Larchmont
(914) 833-2020
Montefiore New
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*Sleep Disorders/
Apnea, Chronic Ob-
structive Lung Disease
(COPD), Asthma*

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Cough-Chronic*

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Dr. Leon Stephan Kranzler
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Dr. Catherine McGovern
Dr. Randeey Wysoki

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Cancer, Head & Neck Cancer*

Chitti Moorthy
Valhalla
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Cancer, Brain Tumors*

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White Plains Hospital
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Cancer, Skin Cancer, Gyne-
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Memorial Sloan Kettering
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Cancer, Prostate Cancer,
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Surgery, Polycystic Ovarian
Syndrome*

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Montefiore New Rochelle
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Hormonal Disorders*

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White Plains Hospital
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Polycystic Ovarian Syn-
drome, Endometriosis*

Harry J. Lieman
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White Plains Hospital
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atic Arthritis, Spondyloarthri-
tis, Gout*

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Montefiore New Rochelle
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Arthritis*

Frank Foto

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Medicine*

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- **Pediatric and Adolescent Gynecology:** Monique Regard • **Pediatric Hematology/Oncology:** Mitchell Cairo, Mehmet Ozkaynak, Claudio Sandoval, Oya Tugal • **Pediatric Infectious Disease:** Karl Li, Nina Arlievsky, Sheila Nolan
- **Neonatology:** Edmund LaGamma, Heather Brumberg, Sergio Golombek, Jordan Kase, Martin Katzenstein, Glenn Mendoza
- **Pediatric Nephrology:** Dmitry Samsonov • **Pediatric Neurology:** Ronald Jacobson
- **General Pediatrics:** Robin Altman, Luciano Barone, Daniel Cohen, David Hedrick, Suzanne Kaseta, Katherine Mini, Steven Schiz
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After graduation from Bryn Mawr College, Dr. Miles pursued her DDS degree at the New York University College of Dentistry, and finished in 1996. She practiced general dentistry and oral surgery for five years before deciding to specialize in pediatrics. She went on to complete a two-year residency at St. Barnabas Hospital (Bronx, NY) in 2003. Both BLS and PALS certified, she maintains hospital privileges at Mount Sinai Hospital, where she is also a volunteer Clinical Instructor. She is an active member of the American Academy of Pediatric Dentistry, the American Association of Women Dentists and the American Dental Association.

A Board-Certified pediatric dentist, Dr. Chu is the Director of Pediatric Dentistry at St. Barnabas Hospital, a Level I Trauma Center, where he also serves as Vice President of its Medical Board. Dr. Chu is also an attending instructor at Jacobi Medical Center and Columbia University's College of Dental Medicine. He is a reviewer of scientific literature for two scientific journals, *Pediatric Dentistry* and *Journal of Dentistry for Children*.

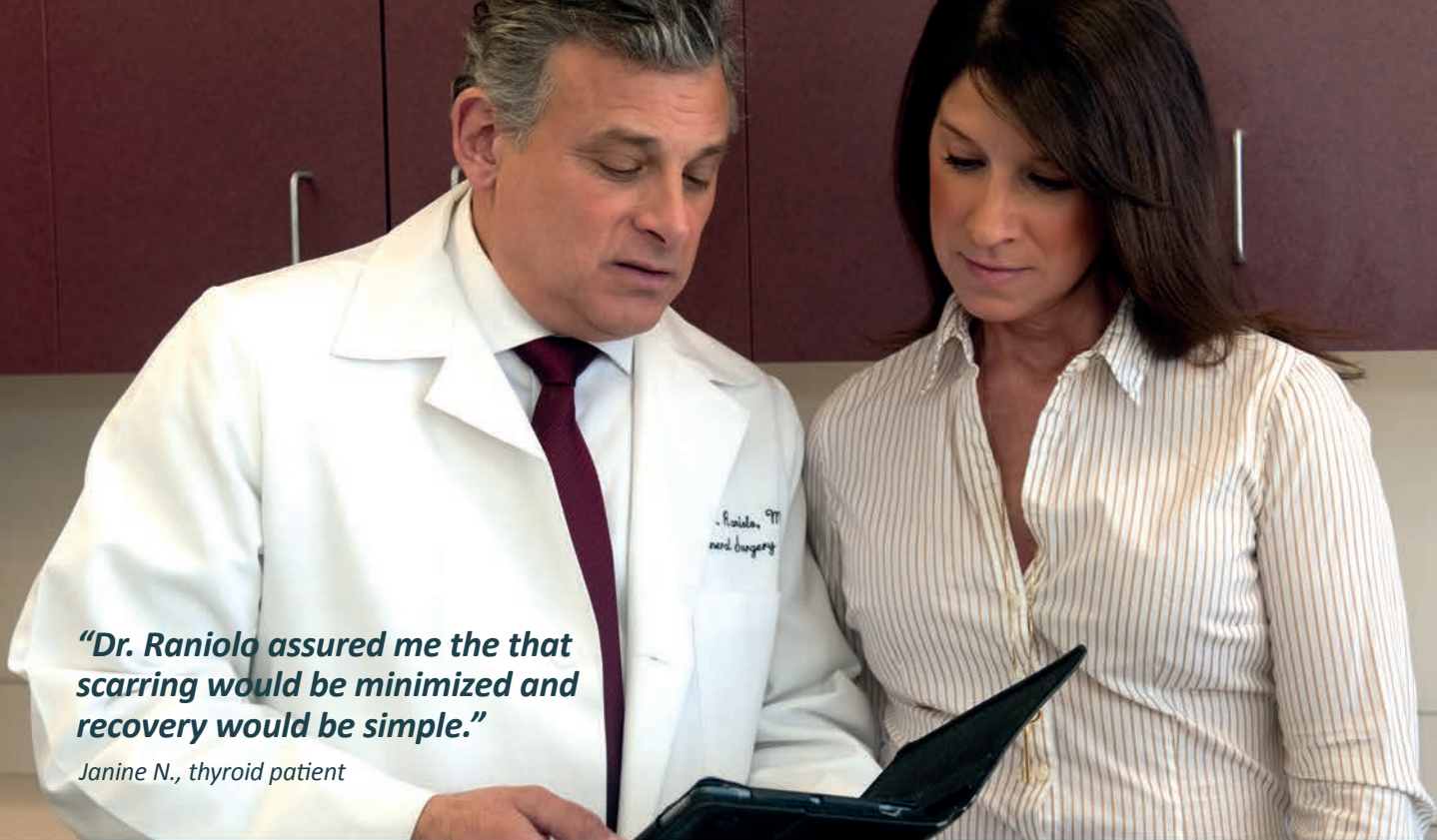
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DR. KLEINMAN (left) RECEIVES CEREMONIAL PEN USED BY GOV. CUOMO TO SIGN A BILL PROTECTING THE PATIENTS OF NEW YORK STATE. THE PRESENTATION WAS IN RECOGNITION OF HIS WORK IN AIDING THE PASSAGE OF THE BILL.

DR. KLEINMAN NAMED TOP DOCTOR BY CASTLE CONNOLLY FOR WESTCHESTER MAGAZINE

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He is a specialist whom other doctors entrust with their own care, and that of their family members. He seeks the safest, most advanced techniques to provide his patients with the best possible results.

Dr. Kleinman is the immediate past president of the Medical Society of the State of New York, and a past president of the Westchester County Medical Society and the New York State Society of Plastic Surgeons.

He is an expert oft-quoted in print and broadcast media.

Dr. Kleinman helped write the state statute that protects patients having office-based surgeries. He advocates for expanded insurance coverage for patients.

He was schooled in the nation’s most prestigious institutions: MIT, University of Rochester Medical School, Harvard Surgical Service, George Washington University Hospital, Massachusetts General Hospital, and Baylor College of Medicine in Houston, TX, where he worked with Dr. Frank Gerow, the pioneering creator of breast implants. He was also one of the first physicians in the United States to perform liposuction.

Dr. Kleinman encourages prospective patients to research his background before scheduling a procedure and compare his training and results to other physicians’.

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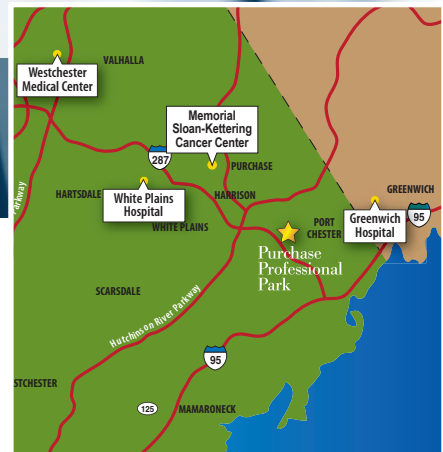


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Seated (L-R); Michelle Lopes, Debbie Rostad
Standing (L-R); John Vargas, D.D.S., Jamie Varone, Diane Seitter

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Dr. Narins is Clinical Professor of Dermatology at New York University Medical Center. She lectures and publishes world-wide and is a Past President of the American Society For Dermatologic Surgery. She has received many awards including the prestigious Stegman Award.



Rhoda S. Narins,
MD, PC

*Harrison Linsky, DDS, MD
and Michael Graffeo, DDS*

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Drs. Graffeo and Linsky, both Westchester residents, have been in practice for seven years. Patients of all ages have come to count on professional, courteous service—from the initial phone call right on through the entire treatment process.

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Michael Graffeo, DDS, received his dental degree from New York University School of Dentistry and served as chief resident at Lincoln Hospital, which is affiliated with the Weill Medical College of Cornell University. Along with maintaining teaching and clinical privileges at Westchester Medical Center, he has lectured on topics such as reconstruction, dental implantology, bone grafting and noninvasive cosmetic surgery.

Harrison Linsky, DDS, MD graduated from Columbia University School of Dental & Oral Surgery. He then went on to earn his medical degree from The Mount Sinai School of Medicine. Dr. Linsky served as chief resident at The Mount Sinai Hospital in New York City where he also completed a one-year internship in general surgery and four years of specialty training in Oral and Maxillofacial surgery. Dr. Linsky maintains clinical and teaching privileges at Mount Sinai and has lectured nationally and locally on jaw reconstruction, dental implantology and bone grafting.

Drs. Graffeo and Linsky are both members, fellows and diplomates of the American Board of Oral and Maxillofacial Surgeons. Voted *top DENTISTS* 2012-2015



*Seated, left to right: George Burak, MD
and Jay Robert Seebacher, MD.*

*Standing left to right,
Samuel A. Hoisington, MD;
Corey Burak, MD and
Jason Hochfelder, MD.*

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George Burak, MD, a cofounder of the practice, was the Chief of Orthopedics at Phelps Hospital from 1985 to 2000. He is a fellow of the American College of Surgeons and specializes in general orthopedics and continues to assist his partners in the operating room.

Jay Robert Seebacher, MD, has been a member of HVBJ Surgeons for 30 years. Although he has replaced several thousand hips and knees, he now devotes his practice to the non-operative multifaceted treatment of painful adult arthritic knees. Dr. Seebacher's customized approach is comprehensive, focusing on reducing pain and inflammation while restoring strength and flexibility to promote vigor, health, and healing so you can put surgery on hold.

Samuel A. Hoisington, MD, specializes in the treatment of Upper and Lower Extremity Fractures and Foot and Ankle surgery. He is adept

at managing both simple and complex fractures using minimally invasive techniques. He specializes in the reconstruction of the injured foot and ankle, ankle arthroscopy, tendon and ligament repair and reconstruction, and sports injuries to the foot and ankle. He serves as the Medical Director of the Phelps Memorial Hospital Wound Healing Institute. His extensive experience in Upper and Lower Extremity Fractures and Foot and Ankle Surgery has allowed him to bring the highest quality care of these problems to our team.

Corey Burak, MD, is recognized as one of the leading pioneers in anterior approach total hip replacements on the East Coast. He has performed more than 2,500 successful total hip surgeries as well as minimally invasive knee replacements, computer and image guided surgeries, partial knee replacement, and revision of total joint replacements. He serves as an instructor and educator to a vast audience of physicians who observe and learn his techniques.

Jason Hochfelder, MD, specializes in all aspects of hip and knee surgery. He is trained in Makoplasty, a robotic-assisted partial knee replacement, hip arthroscopy, cartilage preserving and restoring procedures, and minimally invasive hip and knee replacements, including the anterior approach for hip replacements. Dr. Hochfelder, who tailors treatments to each individual patient, explores all aspects of non-operative management, including injections when appropriate, before recommending surgery.



*Seated, left to right:
Nicole Solomos, DO and Brigid Scesny, PA-C.
Standing left to right: George Pianka, MD,
Gregg Cavaliere, MD and Anthony Maddalo, MD.*

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Anthony Maddalo, MD, joined HVBJSurgeons in 1986. He spent 28 seasons as Assistant Team Physician of the New York Rangers Hockey Club, and is currently team physician for Manhattan College, College of Mount Saint Vincent, The College of New Rochelle, and The Westchester Flames Soccer Club. He offers cutting-edge treatment for many sports injuries to athletes at all levels of play. Dr. Maddalo has also served as Department of Surgery Chairman and Board Trustee at Phelps Hospital for 12 years.

Gregg Cavaliere, MD, who has been the Department Chief of Orthopedic Surgery at Phelps Hospital since 2000, focuses on sports medicine with specialties that include the knee and shoulder. He is the pioneer of minimally invasive knee ligament reconstructions at Phelps. Dr. Cavaliere serves as team physician for Manhattan College, College of Mount Saint Vincent, The College of New Rochelle, and The Westchester Flames Soccer Club. He served four years as the New York Islanders Orthopedic consultant and continues to be involved and sponsor local sports functions.

George Pianka, MD, has served as Chief of Hand Surgery at Lenox Hill

Hospital in New York as well as Senior Attending at Phelps Hospital. His focus on up-to-date innovations in hand surgery allows him to use minimally invasive surgical procedures performed in the office under a local anesthetic with no incisions. Office techniques are possible to correct trigger fingers and Dupuytren's Contractures with rapid return to normal activity. These procedures allow patients to continue their active lifestyles and avoid the use of a hospital or surgery center.

Nicole Solomos, DO, is board certified in Family Medicine/Sports Medicine. After completing a residency in Family Medicine, serving as Chief Resident, she went on to complete a fellowship in Primary Care Sports Medicine at UMDNJ-Robert Wood Johnson. There, she attended to the athletes for two Division 1 Universities. Currently, Dr. Solomos is a team physician for Manhattan College, College of Mount Saint Vincent, and The Westchester Flames Soccer Club. She has experience treating recreational athletes, school-aged athletes, college athletes, and professional athletes.

Brigid Scesny, PA-C, has been working with Hudson Valley Bone and Joint Surgeons for over three years. She earned her Master's degree in Physician Assistant studies from the Massachusetts College of Pharmacy and Health Sciences in Boston and specializes in Orthopaedic Surgery, including sports medicine and joint replacement. She also works as the team physician assistant for the athletes at Manhattan College, The College of New Rochelle, and College of Mount Saint Vincent.

Headache/TMJ/Sleep

THE GELB CENTER

Michael Gelb, DDS, MS

12 Old Mamaroneck Avenue, Suite 1C

White Plains, NY • (914) 686-4528

635 Madison Avenue, 19th Floor

New York, NY • (212) 752-1662

www.gelbcenter.com

Does your spouse's snoring prevent you from getting a good night's sleep? Or do you wake up with headaches, facial and jaw pain? If so, you're not alone. Thanks to the pioneering efforts of Dr. Michael Gelb, Director of The Gelb Center, neither you nor your spouse need to suffer endlessly—relief is possible.

Many of us are fatigued during the day. Nighttime snoring, teeth clenching or grinding, and chronic migraine headaches may be signs of deeper issues. Dr. Gelb is recognized worldwide as an expert on the subject of sleep and temporomandibular joint (TMJ) disorders. He pioneered Airway Centric™, which has resulted in dramatic improvements in the lives of his patients by increasing oxygen levels and deep sleep. Recent studies have linked ADHD with sleep disordered breathing as early as the first three years of life. With convenient locations in White Plains and New York City, he provides relief for patients of all ages suffering from jaw pain, TMJ, chronic headaches and a range of sleep disorders, including snoring and sleep apnea.

Many women in their teens through menopause have successfully sought treatment for headaches, TMJ and neck pain often associated with changes in estrogen levels. Following treatment, they not only experienced a noticeable improvement in the quality of their sleep, but renewed energy.

A good night's sleep is just a phone call away. For more information, visit www.GelbCenter.com.

Voted *topDENTISTS* 2009-2015



Michael Gelb, DDS, MS

Dentistry

SCARSDALE DENTAL GROUP

14 Harwood Court, Suite 211 • Scarsdale, NY • (914) 723-4707

www.scarsdaledentalgroup.com



Nick M. Mobilia, D.D.S., and
David C. Furnari, D.D.S.

As a premier dental practice in the heart of Westchester, Scarsdale Dental Group has served the surrounding community for over 65 years with customized restorative and implant dentistry. The team of Dr. David C. Furnari and Dr. Nick M. Mobilia combine technical excellence with innovative technology to ensure optimal oral health, function, and aesthetics in line with the goals of their patients. In addition to restorative and general dental services, they offer dental implants using 3D treatment planning and the most advanced and innovative techniques to deliver beautiful, long-lasting results. A complimentary dental implant evaluation can determine if dental implants are right for you. Through a Smile Design evaluation—a popular cosmetic service—the team partners with you to develop an effective treatment plan that brings out the natural beauty of your smile. Custom appliance therapy also is available for sleep apnea, snoring, bruxism, and TMD/bite-related disorders. The Scarsdale Dental Group looks forward to serving you and building a long-lasting relationship with you and your family. Voted *topDENTISTS* 2009-2015



"The Best Care in Sight" is provided by the ophthalmologists at Westchester Eye Associates. From left to right: Dr. Bruce Gordon, Dr. James Gordon, Dr. Allen Greenbaum, Dr. Smitha Voleti, Dr. Neil Katz, and Dr. Seth Potash

Ophthalmology

WESTCHESTER EYE ASSOCIATES

450 Mamaroneck Avenue • Harrison, NY • (914) 949-9200
984 N Broadway • Yonkers, NY • (914) 476-0650 • www.WestchesterEye.com

The board certified physicians at Westchester Eye Associates are recognized leaders in providing world-class medical and surgical eye care for patients in New York and surrounding areas for over 40 years. Today, Westchester Eye Associates is the largest eye-care specialty practice in the county and one of the largest in New York. Known for their extensive experience, these award-winning doctors have a proven record in treating their patients with unsurpassed care and passion.

Founder Dr. Bruce Gordon and his exceptional partners, including Dr. Allen Greenbaum, Dr. Seth Potash, Dr. Neil Katz, and Dr. James Gordon are all board certified and members of the American Academy of Ophthalmology. These talented practitioners, along with glaucoma specialist Dr. Smitha Voleti and a team of highly trained optometrist and ophthalmic technicians share a common goal: to give patients the best care in sight.

The dedicated ophthalmological surgeons of Westchester Eye Associates use state-of-the-art diagnostic equipment and are highly experienced in the most advanced surgical techniques for cataract, glaucoma, refractive errors (LASIK, PRK), strabismus, cosmetic eyelid, as well as non-surgical facial

procedures (BOTOX®, Fillers, Laser Skin Resurfacing, MicroNeedling, and Platelet-Rich Plasma).

Convenience is a hallmark of the service at Westchester Eye Associates. The on-site optical shop, staffed with licensed opticians, features its own lab, making it easy for patients to order glasses. The optical shop carries a comprehensive selection of designer eyeglasses and sunglasses, with opticians experienced in fitting contact lenses, specialty lenses for computer use, and safety eyewear for sports.

The practice, which continues to grow, has relocated to a brand new facility in Harrison, featuring considerable more space and comfort, ample parking, and most importantly, advanced leading-edge technology. A new state-of-the-art surgery center is also conveniently located next to the Harrison office. With two offices in Harrison and Yonkers, patients across the region find it easy to access the excellent care at this advanced practice. Evening and Saturday hours are always available with the doctors and the optical shop is open Monday through Saturday.

At Westchester Eye Associates, you will have the absolute best eye-care experience. Most major health insurance plans are accepted.

Ophthalmology

RYE EYE ASSOCIATES

167 Purchase Street • Rye, NY • (914) 921-6966
 741 Old Route 9 North • Wappingers Falls, NY • (845) 297-0910
www.newyorkeydocs.com

Clear vision starts with healthy eyes. At Rye Eye Associates, we offer a full depth of services, aimed not only to help you see your best, but also to ensure the health of your eyes.

Our practice, consisting of Doctors Ameet Goyal, Robert Auerbach, Erika Wandel, Carol Lundin, Anne Negrin, and Betty Liao, include fellowship-trained specialists in the fields of glaucoma and ophthalmic plastic reconstructive surgery. Our doctors perform bladeless laser cataract surgery, glaucoma surgery, eyelid lifts, brow lifts, and mini-facelifts. Plus, we offer LASIK for permanent visual corrections. Also for our younger clientele, we have a pediatric specialist to meet the eye-health needs of our patients throughout their childhood and adolescence. All this is in addition to a full range of ophthalmology services, contact lens fittings, and optometry.

Rye Eye Associates also proudly offers Optomap Retinal Imaging and Optiview Retinal Scan, advanced technologies that permit unprecedented examinations of the retina. These studies allow doctors to examine, in incredible detail, 80% of the retina, all through an undilated pupil. By eliminating the need for dilating eye drops, our patients can immediately resume their regular activities. As a result, we can potentially flag important warning signs for the early stages of high blood pressure, diabetes, and heart disease.

Not only is the staff of Rye Eye Associates well regarded professionally, but we also listen to you. If you are looking for exceptional eye-care professionals who exhibit warmth, kindness, and compassion, then we invite you give Rye Eye Associates a call!



From left to right: Dr. Anne Negrin, Dr Erika Wandel, Dr Ameet Goyal, Dr. Paul Guerriero and Dr. Betty Liao. Missing from photo: Dr Robert Auerbach and Dr. Carol Lundin

Pediatrics

SUSAN HERBST MEISLER, MD

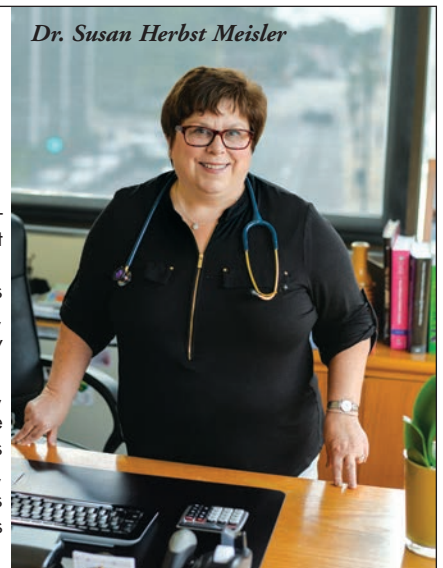
Pediatric Associates of Southern Westchester, PC
 145 Huguenot Street, Suite 200 • New Rochelle, NY
 (914) 235-1400 • www.pasw4kids.com

Dr. Susan Meisler and the Pediatric Associates of Southern Westchester team provide high-quality comprehensive care to children from birth to young adulthood. The team's goal: to put their young patients on the right track for a healthy life.

All four pediatricians, Doctors Meisler, Smith, Mandelker, and Etelson, are board certified. Parents can depend on their children receiving all services needed to promote and maintain good health, including preventive, well-child visits, same-day sick visits, and counseling of parents on nutrition, safety and adolescent issues.

PASW is proud to have the National Committee for Quality Assurance Certificate of Recognition, Level 3, the highest level, awarded for their systematic use of patient-centered, coordinated care processes. At their easily accessible, state-of-the-art facility, Dr. Meisler and the entire group of providers offer extended hours to accommodate busy schedules—open from 8 am to 7 pm Monday - Thursday, to 5 pm on Friday, and 9 am to 1 pm on Saturday. Dr. Meisler is proud of the impact the practice has on their young patients. As she explains, "Sometimes we're seeing the same patients and their families from infancy to age 21—that's quite a privilege."

Dr. Susan Herbst Meisler





Dr. Thomas T. Lee

Neurosurgery

NEW YORK NEUROLOGICAL SURGERY, PC

Thomas T. Lee, MD, FACS

150 White Plains Rd, Suite 110 • Tarrytown, NY
(914) 631-9207 • www.ThomasTLeeMD.com

Highly accomplished, renowned neurosurgeon, Thomas T. Lee, MD, FACS, has always been driven by a heartfelt desire to provide patients with compassionate care and effective relief from pain. "Performing neurosurgery can bring effective, long-term results by addressing the underlying problems behind the neurological condition beyond the immediate symptoms," Dr. Lee says.

With 22 years of experience in treating the full range of neurological conditions, Dr. Lee has focused his practice on the treatment of complex spinal disease and cranial disease, including brain tumors, and his specialty in gamma knife stereotactic radiosurgery and spinal reconstruction. Beginning with an initial comprehensive consultation, Dr. Lee applies his extensive expertise in determining the appropriate approach that most effectively addresses each patient's condition. Only after all possible non-surgical treatments have been thoroughly explored does Dr. Lee recommend surgery.

While medical practices have become more business oriented, Dr. Lee remains firmly committed to the traditional doctor/patient model that emphasizes personalized, compassionate care. "When you come to my office, you're going to see me, not a physician's assistant and I will personally handle your care from the first visit to the last," he explains. "I work for each of

my patients, not for a large, impersonal company," he says.

Dr. Lee is affiliated with several hospitals in Westchester: He has been the Chief of Neurosurgery at St. John's Riverside Hospital for over 13 years, and also treats patients at Phelps Memorial Hospital, NewYork-Presbyterian/Lawrence Hospital, and Northern Westchester Hospital. In addition to his private practice, Dr. Lee is a Clinical Assistant Professor of Neurosurgery at Mount Sinai School of Medicine.

Widely respected by his peers, Dr. Lee has been selected by *Westchester Magazine* as a Top Doctor each year from 2011 through 2015, by Castle Connolly as one of the select few physicians in "Top Doctors: New York Metro Area" from 2010 through 2015, and as one of *U.S. News and World Report's* Best Doctors, from 2011 through 2015.

Staying true to his philosophy and unwavering convictions, Dr. Lee advocated for New York physicians and their patients as past president of the Westchester County Medical Society and still chairs committees at both the state and county medical societies. He holds several positions with the Medical Society of the State of New York, including Councilor of the 9th District Branch, Chair of the Medical Insurance Committee, Chair of the State Candidate Evaluation Committee, and serves on the MSSNY-PAC Executive Committee.

Dentistry

ADVANCED DENTISTRY OF WESTCHESTER

163 Halstead Avenue • Harrison, NY
(914) 835-0542 • www.adofw.com

The practice is called Advanced Dentistry of Westchester because it offers patients of all ages the latest in dental care well before others in the profession. Using minimally invasive techniques such as laser “no shot-no drill” filings, a proven successful prevention program, CAD-CAM same day metal free crowns, and computer guided implants, Dr. Kenneth Magid and Dr. Sabrina Magid-Katz provide an amazing and unique experience for the dental patient.

Named one of America’s top dentists by Westchester Magazine survey and the Consumers’ Research Council of America, Dr. Magid is an associate professor of esthetics at NYU College of Dentistry and teaches other dentists from around the world the techniques and artistry of creating beautiful smiles. Dr. Magid has created the beautiful smiles for numerous TV and magazine makeovers, celebrities, and your Westchester/Fairfield neighbors. Dr. Magid has also been selected as a Fellow of the International College of Dentists, which is the highest honor in dentistry afforded to only 4% of the dentists in the U.S.

Dr. Sabrina Magid-Katz has been named one of “22 people everyone in the county will be talking about” by Westchester Magazine and one of “Westchester’s Rising 40 Stars Under 40” for her leadership in treating deaf and hard-of-hearing and as a lecturer and member of the Academy of Dental Sleep Medicine with extensive experience identifying and treating snoring and obstructive sleep apnea with an oral appliance, improving her patient’s lives and avoiding serious medical problems.

By communicating with their patients and working together with their team of dedicated specialists, hygienists, assistants, and coordinators, Drs. Magid and Magid-Katz create a plan to achieve the highest level of health and beauty within their patients’ scheduling and financial comfort.

Voted *topDENTISTS* 2009-2015



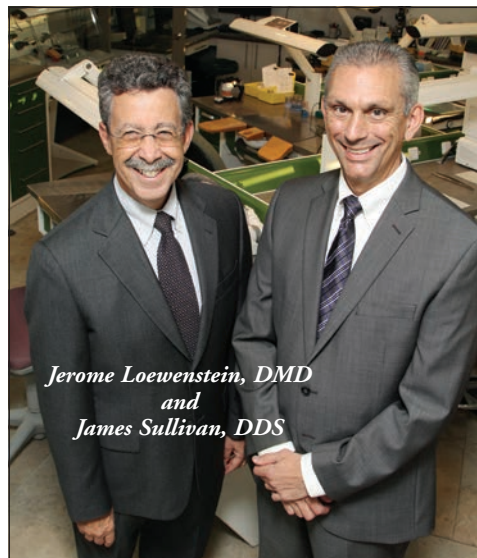
*Dr. Kenneth Magid and Dr. Sabrina Magid-Katz
surrounded by the staff at
Advanced Dentistry of Westchester.*

Dentistry

JEROME LOEWENSTEIN, DMD
Prosthodontist, Cosmetic & Implant Dentistry

JAMES SULLIVAN, DDS
Family & Cosmetic Dentistry

100 South Highland Avenue • Ossining, NY • (914) 941-0825
101 South Bedford Road • Mt. Kisco, NY • (914) 241-6264



*Jerome Loewenstein, DMD
and
James Sullivan, DDS*

Jerome Loewenstein, DMD, and James Sullivan, DDS, provide highly customized care in their cosmetic, reconstructive, and implant dentistry practice. Their combined expertise, cutting edge office technology, and on-site laboratory enable them to deliver outstanding results that reflect their commitment to exceptional oral health and aesthetics.

“We design and manage the production of high-quality, customized prostheses in our dental laboratory. Our technicians employ the latest technical advances and are always present to provide optimum cosmetic results. Dr. L’s MINIMALLY INVASIVE Implant Protocol allows for rapid healing with little to no discomfort or swelling.

The doctors agree that their greatest pleasure is seeing patients with renewed confidence and vigor because of a beautiful smile and the ability to chew again with comfort. Dr. Loewenstein completed a post doctoral program in prosthodontics and is a founding member of the Academy of Osseointegration. Dr. Sullivan, a NYU College of Dentistry graduate, is a sustaining member of the American Academy of Cosmetic Dentistry and trained in Invisalign. Voted *topDENTISTS* 2009-2015

L-R: Dr. Jeffrey Lederman—Infectious Diseases; Dr. David Blum—Endocrinology; Dr. Richard Barone—Medical Director and Rheumatology; Dr. Patricia Devine—Maternal Child Health; Dr. Michael Mandel—Pulmonary Disease; Dr. Stephen Trauzzi—Urology



General Medicine—Multiple Specialties

MONTEFIORE NEW ROCHELLE

16 Guion Place New Rochelle, NY (914) 632-5000

www.montefiorehealthsystem.org/newrochelle

When you have an unwavering commitment to providing the highest quality care and consistently deliver the best possible patient outcomes, it gets noticed. So it wasn't surprising that no less than 36 physicians from Montefiore New Rochelle were named to Castle Connolly's annual "Top Doctor" scrolls. Specialists from internal medicine, gastroenterology, pulmonary medicine, rheumatology, surgery, and urology, to name a few, were honored as "Top Doctors."

Montefiore New Rochelle is a 242-bed community-based hospital offering primary, acute, and emergency care to residents of Southern Westchester. Since its founding in 1892, the hospital has provided exceptional care tailored to the needs of the population it serves. As part of the nationally recognized Montefiore Health System, New Rochelle patients benefit from having their physicians work closely with other experts from Montefiore so superior care is convenient and close to home. Additionally, the hospital takes advantage of the access to clinical trials and research breakthroughs provided through Montefiore and the renowned Albert Einstein College of Medicine.

The selection of Montefiore New Rochelle Orthopaedic surgeon Steven Zelicof, MD, as "Top Doctor" should come as no surprise to anyone familiar with the hospital's Joint Solutions Program. The program was the first in Westchester County to earn the Gold Seal of Approval from The Joint Commission as a certified Center of Excellence in both hip and knee replacement.

Montefiore New Rochelle's Center of Excellence designation in Bariatric Surgery, along with its expertise related to Endocrinology, Diabetes, and Metabolism, including a dedicated Diabetes Education Center, provides best-in-class care to patients. Montefiore New Rochelle's Maternal & Fetal Medicine Program offers 24-hour on-site OB physician coverage, private labor and delivery rooms, a postpartum suite, and a well-baby nursery.

Montefiore New Rochelle is honored to have so many of its physicians recognized as "Top Doctors." But there won't be any resting on laurels. Continuing to improve the quality of care patients receive is always priority No. 1.



Jordan M.S. Jacobs, MD,
Maura Reinblatt, MD, FACS,
C. Andrew Salzberg, MD, and
R. Michael Koch, MD, FACS

Plastic Surgery

MOUNT SINAI DOCTORS NEW YORK GROUP FOR PLASTIC SURGERY

155 White Plains Road, Ste 109 • Tarrytown, NY • (914) 366-6139
16 East 98th Street, Ste 1F, New York, NY • (212) 824-7846
5 East 98th St, 14th fl. • New York, NY • (212) 241-4410 • www.NYGPlasticSurgery.com

Westchester, NYC, and Hudson Valley area residents have benefitted from the expertise of Mount Sinai Doctors, New York Group for Plastic Surgery for more than three decades. From four locations, a skilled and highly trained team of surgeons focuses on reconstructive and plastic surgery to enhance and rejuvenate appearances and help you live more confidently.

An internationally renowned speaker, Dr. C. Andrew Salzberg, specializes in the use of Stratiffice for Secondary Breast Augmentations and is diversified in Fat Transfer for Revision Breast Reconstruction along with NaturalFill Breast Augmentation. A *Westchester Magazine* Top Doctor, Dr. R. Michael Koch brings expertise in cosmetic surgery, breast surgery, and microsurgical reconstruction. Dr. Jordan Jacobs focuses on craniofacial surgery, cosmetic surgery, microsurgical breast reconstruction, and the treatment of facial differences from congenital malformations, traumatic deformities, or after-cancer surgery. Dr. Maura Reinblatt specializes in facial cosmetic surgery, body contouring, surgery of the breast, and vaginal aesthetic surgery.

General Dentistry

SCARSDALE SMILES • Alexander Cox, DMD, FAGD

2 Overhill Road, Suite 230 • Scarsdale, NY • (914) 723-1186
www.ScarsdaleSmilesNY.com

There's a lot to smile about in Scarsdale thanks to Dr. Alexander Cox's full-service family dental practice. Named one of America's Best Dentists, Dr. Cox established his practice so that he could spend time with his patients and offer personal attention. "I take pride in helping patients understand the conditions of their teeth and gums; this builds trust and alleviates the stress commonly associated with dental visits" says Dr. Cox. A graduate of the Rutgers School of Dental Medicine in 2005, Dr. Cox then served as a member of the U.S. Navy where he completed his residency and two years as a dentist aboard the USS Eisenhower.

At Scarsdale Smiles, Dr. Cox focuses on gentle, comprehensive care with services ranging from routine fillings to more complex crowns, veneers, implants and cosmetic makeovers. Cutting-edge technologies such as intraoral cameras and digital x-rays, along with his commitment to continuing education, allow Dr. Cox to provide the highest quality dental care found anywhere in Westchester. Located one block from the train, in the heart of the village, Scarsdale Smiles offers extended hours to accommodate all patients. Voted *topDENTISTS* 2009-2015



Alexander Cox, DMD, FAGD

Pediatric Endocrinology

CHHAVI AGARWAL, MD, MS, MRCP, FAAP Pediatric Endocrinology of New York, PC

495 Central Park Ave, Suite 303 • Scarsdale, NY • (914) 713-8774 • www.pedsendony.com

Dr. Chhavi Agarwal, a pediatric endocrinologist with offices in Scarsdale and Queens, New York, is known for the compassionate and personalized attention she brings to each patient from the initial consultation through subsequent care. Certified by the American Board of Pediatrics, she is highly experienced in treating pediatric endocrine conditions such as growth, thyroid, pituitary, adrenal, and puberty disorders that affect the growth and development of children and devotes her practice providing individualized care.

Dr. Agarwal's extensive training, which began in India, included fellowship training in pediatric endocrinology at Columbia University and pediatric training in London. An active researcher, she has undertaken considerable research on the effects of obesity and insulin resistance on cardiovascular health in children and adolescents. Dr. Agarwal's expertise also allows her to serve in an expert consultant capacity in addition to teaching pediatric staff and medical students. She has been recognized as a Top Doctor by *Westchester Magazine* in 2014, one of *New York Magazine's* Top Doctors from 2012 through 2015, and one of Castle Connolly's Top Doctors from 2012 through 2015.



Dr. Chhavi Agarwal

NYU Langone

MEDICAL CENTER



*Seated left to right:
Lori G. Weiser, MD; Ivan Madrid, MD
Standing left to right: Jason Fritzhand, DO;
Jeffrey M. Spivak, MD; David A. Staffenberg,
MD; and Gary E. Solomon, MD*

Orthopaedics

NYU LANGONE ORTHOPAEDICS AT WESTCHESTER

311 North Street • White Plains, NY • (914) 681-8808 • www.nyulangone.org/orthowestchester

From the most basic to highly complex conditions, Westchester and the surrounding areas have access to world-class orthopaedic care at NYU Langone Orthopaedics at Westchester.

Covering the full range of orthopaedic issues, our practice has experts in orthopaedics, rheumatology, physical medicine and rehabilitation, and pain medicine who manage a variety of conditions related to the way the body moves. We treat common orthopaedic conditions such as sprains and strains, sports injuries, general muscle and bone pain issues, arthritis, minor trauma, and other musculoskeletal issues.

For more complex orthopaedic situations, subspecialists are available to address matters related to areas of adult sports medicine, adolescent orthopaedics and sports medicine, sports and elbow surgery, spine surgery, hand surgery, and hip, knee, and shoulder replacement.

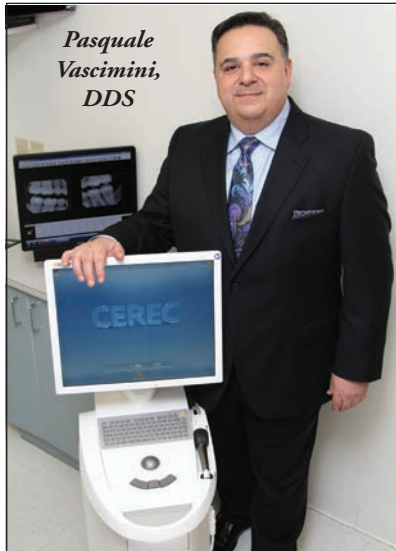
Imaging services also are provided on-site, allowing patients to conveniently receive diagnostic testing. Patients also benefit from the

availability of electronic medical records, same-day appointments, weekend pediatric hours, free parking, and 24-hour front-desk attendant services.

Our team of board-certified physicians and their specialties include: Jason Fritzhand, DO, rehabilitation medicine; Ivan Madrid, MD, hip and knee reconstruction; Louis F. McIntyre, MD, sports medicine; Andrew S. Rokito, MD, shoulder and elbow, sports medicine; James D. Slover, MD, hip and knee reconstruction; Gary E. Solomon, MD, rheumatology; Jeffrey M. Spivak, MD; David A. Staffenberg, MD, plastic surgery; Steven Struhl, MD, hip and knee reconstruction; Lori G. Weiser, orthopaedics; and Warren K. Young, MD, sports medicine.

NYU Langone was named one of the top five orthopaedic programs in the country by *U.S. News and World Report*, and we are proud of the most recent recognition awarded to Dr. Lori Weiser, named one of *Westchester Magazine's* Top Doctors in 2015.

Cosmetic Dentistry



Pasquale Vascimini, DDS

PASQUALE VASCIMINI, DDS

Purchase Professional Park • 3010 Westchester Avenue, Suite 309
Purchase, NY • (914) 251-0636 • www.vasciminidds.com

Pasquale P. Vascimini, DDS, is one dentist who takes pride in both the art and the high-tech science of dentistry. He and his staff offer full-service family dentistry to all ages. After nearly 26 years in general dentistry locally, Dr. Vascimini has special expertise in cosmetic dentistry utilizing CEREC One-Visit dentistry. Since 2011, he has performed thousands of restorations. In only one hour, he can fabricate a beautiful lifelike porcelain crown or veneer, no impressions, temporaries, or second appointments needed.

"It does take time to make a great smile, but now with CEREC technology, it only takes a few short hours to have that beautiful smile you always wanted," says Dr. Vascimini, who graduated from NYC College of Dentistry in 1988 and completed his residency at New Rochelle Hospital. "It's truly amazing at how perfect veneers fit and how natural they look."
Voted *topDENTISTS* 2012-2015

Oral & Maxillofacial Surgery

SCARSDALE, NEW ROCHELLE & RIVERDALE ORAL SURGERY CENTERS

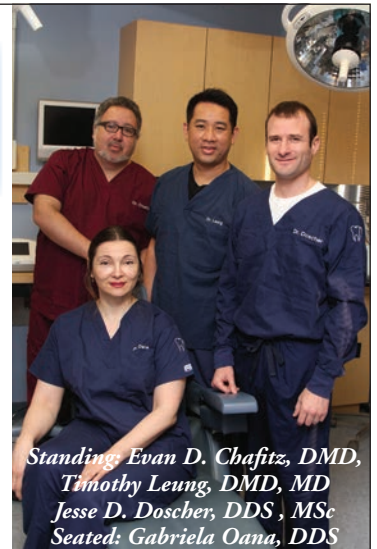
1075 Central Park Avenue, Suite 207, Scarsdale, NY • (914) 472-5252 • www.scarsdaleoralsurgery.com
77 Quaker Ridge Road, New Rochelle, NY • (914) 235-1235 • www.newrochelleoralsurgery.com
3333 Henry Hudson Parkway, Riverdale, NY • (718) 796-4550 • www.riverdaleoralsurgery.com

Scarsdale, New Rochelle and Riverdale Oral Surgery Centers are comprehensive oral and maxillofacial surgery practices with a focus on office-based procedures. Here patients will find state-of-the-art personalized care six days a week, 52 weeks a year.

"With multiple oral surgery professionals, we never say no to emergencies and are always available to patients and referring dentists," explains Evan D. Chafitz, DMD. "We work closely with referring dentists to ensure open communication between patients, their dentists, and our office."

Understanding that oral surgery can be intimidating, Dr. Chafitz tries to make patients feel as comfortable as possible from the moment they make an appointment through post-surgical care.

The modern, spacious offices feature the latest technology, including digital X-rays and the Cone Beam CT Scan, which is used for more complicated imaging, computer-guided implant surgery, and the diagnosis of complex cases. Comprehensive services include wisdom teeth removal, endodontic surgery, orthodontic surgery, dental implants, and bone grafting. Voted *topDENTISTS* 2009-2015



Standing: Evan D. Chafitz, DMD, Timothy Leung, DMD, MD, Jesse D. Doscher, DDS, MSc, Seated: Gabriela Oana, DDS

Joint Replacement

STEVEN B. ZELICOF, MD, PhD

Specialty Orthopaedics

600 Mamaroneck Avenue, Suite 101 • Harrison, NY • (914) 686-0111
www.SpecialtyOrthoNY.com • www.WestchesterHipResurfacing.com



Dr. Steven Zelicof

Dr. Steven Zelicof, MD, PhD, has been practicing in Westchester since 1990. He is the founder of Specialty Orthopaedics and the Joint Solutions Program at Montefiore New Rochelle Hospital where he also serves as Chief of Orthopaedic Surgery. He is a Professor of Clinical Orthopaedic Surgery at New York Medical College, Chief of the Joint Replacement Service at Westchester Medical Center, and Assistant Attending at the Hospital for Special Surgery.

Under Dr. Zelicof's leadership, the Joint Solutions Program received the distinguished Gold Seal of Approval in hip and knee replacement from the Joint Commission, performing several thousand hip and knee replacements in a state-of-the-art facility. Dr. Zelicof specializes in the conservative and surgical treatment of arthritis using techniques such as ultrasound-guided joint lubricating injections. When indicated, he performs hip and knee replacements utilizing advanced minimally invasive techniques, including computer navigation, advanced robotic surgery (Makoplasty), and rapid recovery techniques.



*Seated, left to right:
Howard Tarkin, MD,
Glenn S. Hamroff, MD
Standing, left to right:
Craig D. Hametz, MD,
Patrick W. Thomas, MD,
Alan H. Slater, MD,
Frank B. Dorsa, MD,
and Ricardo Esquitin, MD*

Cardiology

NYU LANGONE HUDSON VALLEY CARDIOLOGY

1978 Crompond Road, 2nd fl • Cortlandt Manor, NY • (914) 736-0703

11 Peekskill Hollow Road • Putnam Valley, NY • (845) 528-8086

2050 Saw Mill River Road • Yorktown Heights, NY • (914) 736-0703

Other offices in Cold Spring and Pawling

www.nyulangone.org

NYU Langone Hudson Valley Cardiology provides all aspects of cardiovascular care to patients in our region.

We are able to deliver comprehensive invasive and non-invasive cardiology services, including echocardiography, stress testing that includes nuclear stress testing, and stress echocardiography. In addition, Holter monitoring, event recorders, and loop recorders with 24-hour monitoring are available. We provide complete vascular imaging, including carotid imaging and peripheral vascular imaging. Patients can receive invasive cardiovascular care, including cardiac catheterization and management and implantation of devices such as pacemakers and defibrillators.

All of our physicians are board certified in cardiology and have subspecialty certification in echocardiography, nuclear imaging, vascular imaging, and device management.

In addition to receiving high-quality, NYU Langone level of outpatient

care in our offices, our patients benefit from seamless access to inpatient care at NYU Langone Medical Center in Manhattan when more complex procedures or surgery are required.

NYU Langone Hudson Valley Cardiology also regularly participates in clinical trials in all aspects of cardiology. Current clinical trials actively underway include research in acute coronary syndrome, atrial fibrillation, congestive heart failure, diabetes mellitus, lipid abnormalities, and myocardial infarction.

Our team includes Frank B. Dorsa, MD, Ricardo Esquitin, MD, Craig D. Hametz, MD, Glenn S. Hamroff, MD, Alan H. Slater, MD, Howard Tarkin, MD, and Patrick W. Thomas, MD.

We take great pride in honoring two of our cardiology physicians who have been recognized among *Westchester Magazine's* Top Doctors for 2015: Dr. Glenn Hamroff and Dr. Howard Tarkin.

Dermatology



Dr. Athena Kaporis

ATHENA KAPORIS, MD Westchester Health Dermatology

185 Kisco Ave, Suite 300/400 • Mount Kisco, NY • (914) 242-2020
www.westchesterderm.com

Dr. Athena Kaporis is a board certified dermatologist specializing in general and cosmetic dermatology at Westchester Health Dermatology. This comprehensive practice also includes a Mohs Surgery Center. “We use a very individualized approach towards each patient,” Dr. Kaporis explains. “For instance, fillers and injectables, in combination with laser treatments, can lift the brow, revolumize the mouth, or restore the shape of the face.” Treatments begin with a thorough exam, including the possibility of a complimentary Visia complexion analysis—a 3D visual tool that highlights problem areas of the skin. Following a “less is more” philosophy, Dr. Kaporis’ goal is to optimize natural results. “All of our cosmetic procedures look very natural with a focus on balance and symmetry,” she says.

In addition to her training at NYU School of Medicine and a Dermatology residency at the SUNY Health and Science Center, Dr. Kaporis credits her college focus on art history with giving her a strong foundation on how to effectively observe and appreciate proportions—valuable skills that she says “gave her an eye,” which she continues to draw from in her work today.

Gynecology

JULIANNE M. DUNNE, MD, FACOG WESTMED Medical Group

3030 Westchester Ave., Purchase, NY • (914) 848-8668 • www.westmedgroup.com

Dr. Julianne Dunne is board certified in Obstetrics and Gynecology, as well as Obesity Medicine. She offers a full range of gynecologic services, caring for women of all ages from adolescence through menopause. She provides comprehensive well woman care, family planning, gynecologic cancer screening, menopausal counseling, as well as in-office ultrasound, hysteroscopy, and mammography.

Dr. Dunne also offers a medically supervised weight management program designed specifically for women as part of the Comprehensive Weight and Wellness Center at WESTMED. Dr. Dunne understands the challenge many women face in trying to lose weight and the adverse impact that excess pounds can have on a woman’s overall health and well-being, as well as its effects on pregnancy outcomes, and the associated increased risk of heart disease, diabetes, and cancer. More information about her program can be found at www.jmdMD.com.

As a Westchester native, she is committed to the care of the local community. “As a woman, I understand the healthcare needs of my patients,” says Dunne. “And as a physician, I have the knowledge, experience, and tools to help them stay healthy and achieve their personal healthcare goals.”



Dr. Julianne M. Dunne

Foot & Ankle Surgery

JAMES R. MCWILLIAM, MD Specialty Orthopaedics

600 Mamaroneck Avenue, Suite 101 • Harrison, NY
(914) 686-0111 • www.SpecialtyOrthoNY.com



Dr. James McWilliam

Dr. James R. McWilliam is an orthopaedic surgeon specializing in foot and ankle surgery. After receiving his medical degree from Georgetown University, Dr. McWilliam completed a five-year residency in orthopaedic surgery followed by a one-year fellowship in orthopaedic foot and ankle surgery at the renowned American Sports Medicine Institute in Birmingham, Alabama. He is Chief, Division of Foot and Ankle Surgery at Montefiore New Rochelle Hospital and Assistant Clinical Professor of Orthopaedic Surgery at New York Medical College.

Dr. McWilliam is one of the few surgeons in the tri-state area offering total ankle replacement. Other particular interests include Achilles tendon repair, ankle instability repair, treatment of posterior tibial tendon and flatfoot disorders, and biologic restoration of ankle cartilage.

Complex reconstructive procedures may require a prolonged recovery. For more active patients, particular emphasis is placed on minimally invasive techniques with advanced surgical options that allow for an early return to full activity.



Rony T. Elias, MD, FACOG

Infertility

WEILL CORNELL MEDICAL COLLEGE THE RONALD O. PERELMAN AND CLAUDIA COHEN CENTER FOR REPRODUCTIVE MEDICINE

657 Main Street • Mount Kisco, New York • (914) 242-3700
1305 York Avenue, 6th Floor • New York, NY • www.ivf.org

Pregnancy and the birth of a healthy baby are two of life's most precious miracles. At The Center for Reproductive Medicine (CRM), Dr. Rony Elias specializes in making the dream of parenthood a reality for couples experiencing infertility.

Board certified in Obstetrics and Gynecology and board eligible in Reproductive Endocrinology and Infertility, Dr. Elias was educated at American University of Beirut in Lebanon and completed his OB/GYN residency as well as a fellowship in Minimally Invasive Gynecologic Surgery at George Washington University in Washington, D.C. Dr. Elias then joined Weill Cornell Medical College for a second fellowship in Reproductive Endocrinology and Infertility. His surgical skill and outstanding clinical results have made him a rising star in reproductive medicine.

While Dr. Elias offers the full range of reproductive treatments, including in vitro fertilization (IVF) and intrauterine insemination (IUI), he has a special interest in minimally invasive gynecologic and infertility surgery using laparoscopy and hysteroscopy, advanced treatment of severe endometriosis and uterine abnormalities and the effects of polycystic ovaries on fertility.

Minimally invasive surgery (MIS) involves the use of fiber optic tubes inserted through small incisions, allowing doctors to view the patient's body

via television monitors. "Minimally invasive surgery has a variety of patient benefits," explained Dr. Elias, who treats women of all ages, "including less blood loss and pain, a shorter hospital stay, faster recovery time, and a smaller scar. There's really no need to do things the old way anymore." Minimally invasive surgery is widely considered the best option for most gynecologic conditions, especially hysterectomy, the most common non-obstetrical surgery undergone by women.

Dr. Elias' clinical expertise can also be seen in the enormous success of the Center's Donor Egg program. "CRM's world-class egg donation program has allowed thousands of women who never thought they could carry a child to become mothers. Our Donor Egg nurses, coordinators and psychologists work closely with me to ensure an optimal match between donor and recipient as well as to guide patients through the egg donation process."

Dr. Elias performs surgery at Northern Westchester Hospital and The Ambulatory Surgery Center of Westchester, both in Mount Kisco. He also performs robotic surgery as well as conventional hysteroscopy and laparoscopy at New York-Presbyterian Hospital on Manhattan's Upper East Side.

Radiology & Imaging

RYE RADIOLOGY ASSOCIATES, LLP

30 Rye Ridge Plaza • Rye Brook, NY
(914) 253-9200 • www.ryeradiology.com



PHOTO: *Diane C. LoRusso, MD
and Gail A. Calamari, MD*

A series of achievements has placed Rye Radiology Associates, LLP at the forefront of early detection of breast cancer. It is the first Westchester facility to receive the American College of Radiology Breast Center of Excellence Award and the first facility to offer FDA-approved 3D mammography. Low dose 3D mammography shows intricate detail of the breast tissue and finds 40% more invasive breast cancers than traditional 2D mammography. The caring doctors at Rye Radiology Associates have been repeatedly cited among Castle Connolly's Top Doctors in the New York Metro area for Diagnostic radiology.

Dr. Diane LoRusso and Dr. Gail Calamari have extensive experience interpreting mammography, breast ultrasound, Breast MRI, and performing breast biopsies with image guidance. Rye Radiology is now one of the few Breast Centers of Excellence to offer 3D mammography biopsies. Rye Radiology's esteemed doctors also perform general diagnostic imaging exams, including MRI, general ultrasound, CAT scans, bone density exams and x-rays.

State-of-the-art technology in the hands of skilled and compassionate professionals makes Rye Radiology the choice for informed patients who seek the latest advances in breast cancer detection. Their convenient location offers a pleasant, comfortable office environment with ample free parking.

Fertility/Reproductive Endocrinology

MICHAEL BLOTNER, MD

Westchester Fertility & Reproductive Endocrinology

136 S. Bdwy., Suite 100 • White Plains, NY
(914) 949-6677 • www.westchesterfertility.com



Michael Blotner, MD

Dr. Michael Blotner has dedicated himself to helping patients achieve their goal of having a child through state-of-the-art infertility treatments for two decades. Board certified in obstetrics, gynecology, and reproductive endocrinology, Dr. Blotner and his highly experienced team provide personalized care in a warm, nurturing setting. As a sole practitioner, Dr. Blotner offers truly individualized patient care. Since fertility issues can be emotionally challenging, developing a close patient-doctor rapport is very important," explains Dr. Blotner.

With his vast experience, Dr. Blotner offers a full range of infertility testing, diagnosis, and treatments. Comprehensive treatments for optimizing a woman's chance for conceiving include ovulation induction, intrauterine insemination (IUI), in vitro fertilization (IVF), and intracytoplasmic sperm injection (ICSI). Egg donor services and fertility preservation through egg freezing are available. Chromosome testing of embryos can now be performed with high accuracy and safety. Dr. Blotner also treats women who have had recurrent miscarriages, hormone disorders, and endometriosis.

Urology

ARNO D. HOUSMAN, MD

755 N Broadway, Suite 417 • Sleepy Hollow, NY
(914) 366-5330 • www.phelpsmedicalassociates.org



Arno D. Housman, MD

Arno D. Housman, MD, a board certified and Yale-trained urologist and Chief of Urology at Phelps Memorial Hospital, is pleased to announce his new affiliation with the hospital's medical group, Phelps Medical Associates, which embodies the goal of complete, integrated patient care. Being part of the group enables Dr. Housman and his colleagues to share patient information, which improves communication between them and prevents duplication of services. His new office is conveniently located on the Phelps campus, and he is now able to accept the many insurance plans that are accepted by the hospital.

While his practice location has changed, his style will not. Always on the cutting edge of the newest treatment modalities, Dr. Housman is an expert in GreenLight XPS laser surgery, which is likely to become the new "gold standard" for management of enlarged prostates. He is among the first in the region to provide this innovative treatment—leading the way, just as he has in treating prostate cancer, non-invasive kidney stones, and incontinence.

Cosmetic Dentistry**STACIE CALIAN, DDS, MPH, MS**

Smile Design Dental Spa
 39 Smith Avenue • Mount Kisco, NY
 (914) 241-8200
www.smiledesigndentalspa.com

Brewster Family and Cosmetic Dental
 501 N Main Street • Brewster, NY
 (845) 279-3482
www.brewsterfamilyandcosmeticdental.com

If there were a single definition of what constitutes a perfect smile, it would be a lot easier to achieve. However, a perfect smile is unique to a specific person's face. Cosmetic dentist Stacie Calian, DDS, MPH, MS, owner of Smile Design Dental Spa in Mount Kisco and Brewster Family Cosmetic Dental in Brewster, understands the crucial role that symmetry plays in achieving the perfect smile.

"We want our clients to leave relaxed and invigorated by their stress-free experience and new smile," says Dr. Calian. Indulge in spa-like amenities, including massage chairs, refreshments, and movies. When necessary, conscious and IV sedation are also available.

Dr. Calian's practice includes an oral surgeon who is also a head and neck plastic surgeon; an orthodontist; and an endodontist. They provide a variety of advanced, non-surgical techniques to accentuate your perfect smile with such injectables as Botox, Juvederm, and Restylane.

Other technologies help deliver transformative results, such as Invisalign, as Dr. Calian is an Elite provider and AcceleDent provider, making orthodontics and Invisalign faster and more comfortable. The iTero scanner eliminates the need for messy impressions, and a laser is used for restorative fillings and gum contouring. Dr. Calian also is known for her Six Month Smiles procedure—nearly invisible braces that gently straighten and align teeth in six months or less. She can eliminate dentures, replacing them with a set of full, fixed, and unbreakable implant prosthesis that look and feel like natural teeth. Dr. Calian has been named Woman of the Year by Manchester Who's Who. Voted *topDENTISTS* 2009-2015



Stacie Calian, DDS, MPH, MS

General Dentistry**BRONXVILLE FAMILY DENTAL**

One Pondfield Rd • Bronxville, NY
 (914) 337-8430 • www.bronxvillefamilydental.com



Jessica M. Bonifate, DDS, PC

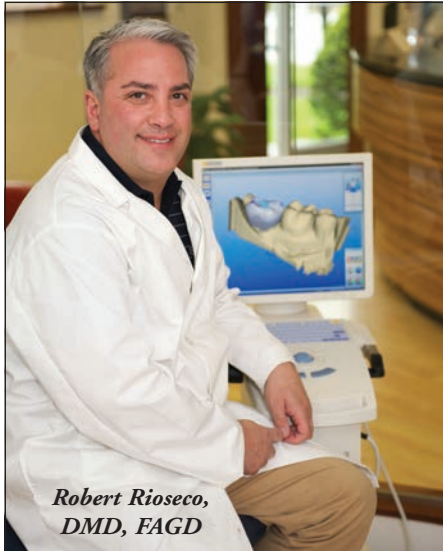
Bronxville Family Dental is a full-service dental practice led by Jessica M. Bonifate, DDS, offering comprehensive treatment to the entire family within a calm, compassionate environment.

Dr. Bonifate believes in a conservative and collaborative approach to dentistry—an approach that also extends to her youngest patients. "I think it's important to keep patients informed so that they can make educated decisions about their treatment," she explains. "I understand that a dental office can be intimidating and I believe creating a more familiar atmosphere can help alleviate a patient's anxiety."

A graduate of NYU and SUNY at Buffalo, School of Dental Medicine, Dr. Bonifate is trained in all phases of dentistry. She completed an additional year of advanced education at the Veteran's Association of Western New York. Dr. Bonifate has been practicing for the past ten years in both Westchester and Rockland counties, where she has been a frequent participant in community outreach and school programs.

Located conveniently next to the Bronxville train station, Bronxville Family Dental offers a wide range of dental services, from restorative, cosmetic and pediatric dentistry, to implants and Invisalign.

Cosmetic Dentistry



*Robert Rioseco,
DMD, FAGD*

THE CENTER FOR COSMETIC DENTISTRY

147 Underhill Avenue • West Harrison, NY
(914) 761-8229 • www.zendentist.com

For more than 20 years, Dr. Robert Rioseco has focused on providing services that give patients the straightest, whitest and healthiest teeth possible. At the Center for Cosmetic Dentistry, Dr. Rioseco delivers top-level restorative and rehabilitative dentistry in the most efficient and comfortable manner. The high-tech facility is a destination in Westchester County for patients seeking veneers, full-mouth rehabilitation, and crowns that are computer-milled and installed on site in about one hour. This cutting edge environment is also sought out by doctors, who come to the Center for Cosmetic Dentistry to learn about such innovative procedures. Dr. Robert Rioseco, an alumnus of Tufts University and Boston College, holds a fellowship from the Academy of General Dentistry, has completed the Master's Level from the Rosenthal Institute of Aesthetic Dentistry at New York University College of Dentistry, and has had extensive training in the use of CEREC computer-aided dentistry. Dr. Rioseco is also a Sustaining Member and Accreditation Candidate of the American Academy of Cosmetic Dentistry. Voted *topDENTISTS* 2009-2015

Medical Spa

BELLA DIOSA LASER MED SPA

909 Midland Ave • Yonkers, NY
(914) 376 5500 • www.belladiosamedspa.com

If you're looking for a new experience in skin rejuvenation, then look no further than Bella Diosa Laser Med Spa. Not only does Bella Diosa have the newest equipment available in its new facility, but they perform everything that you might expect of a skin spa for men and women, like laser hair removals, chemical peels, microdermabrasion, skin rejuvenation, stretch mark removals, acne treatments, and more. However, at Bella Diosa, skin rejuvenation can go deeper.

"We have a board certified physician who can do Botox, fillers, and invasive chemical peels," says owner Vera Luthra. Plus Bella Diosa offers HydraFacial™ treatments. This new technology involves four steps to skin that feels soothed, refreshed, and hydrated. And it can be done over your lunch hour for a revitalized look.

Consultations are free, and special deals are available on the occasion of the Grand Opening. Beautiful skin is just a phone call away!



*Front: Shamoona Tareen
Back (L to R): Jennifer Kaminer,
Alicia Almendral, MD*

Spine Surgery

CRISTIAN BROTEA, MD

Specialty Orthopaedics

600 Mamaroneck Avenue, Suite 101 • Harrison, NY
(914) 686-0111 • www.SpecialtyOrthoNY.com



Dr. Cristian Brotea

Dr. Cristian Brotea's dual engineering and medical background offers a unique insight into spinal diseases. He specializes in the surgical evaluation and treatment of upper and lower back problems, including sports and work related injuries, disc herniations, vertebral fractures, scoliosis, and arthritic/degenerative spine diseases of the neck and back. Dr. Brotea treats patients of all ages ranging from children and adolescents with spine problems, such as scoliosis, to older individuals with osteoporotic vertebral fractures.

At the Cleveland Clinic, Dr. Brotea was part of a team, which included world-renowned spine neurosurgeons and orthopaedics surgeons. He has extensive training in complex spine instrumentation as well as handling spine related tumors and infections. Dr. Brotea also has experience with some of the newest spine surgical interventions, including kyphoplasty and vertebroplasty, special minimally invasive surgical techniques with the ability to perform major spine procedures through much smaller incisions, as well as the just recently FDA approved cervical disc replacement.

Hyperbaric Medicine & Wound Care

OWEN J. O'NEILL, MD, FUHM

Westchester Hyperbaric Medicine & Wound Care, P.C.

777 N Broadway • Sleepy Hollow, NY
(914) 366-6665 • www.WestchesterHyperbaric.com

Westchester Hyperbaric Medicine & Wound Care, P.C. (WHMWC) is a private hyperbaric medicine and advanced wound care practice founded in 1990 and operated by certified hyperbaricist and advanced wound care specialist Owen J. O'Neill, MD, FUHM, FAPWCA. The practice provides exceptional hyperbaric medicine and advanced wound care modalities for those with chronic non-healing wounds and ulcers of the skin. Hyperbaric treatments are conducted in one of the largest hyperbaric chambers in the country. With over 25 years of service to the community, Dr. O'Neill is one of the most experienced hyperbaric medicine and advanced wound care physicians in Westchester County and the Northeastern United States. He is recognized as a Fellow in Undersea & Hyperbaric Medicine, an honor bestowed upon only 60 hyperbaric physicians worldwide. He also elected a Fellow of the American Professional Wound Care Association.

Dr. O'Neill is known for his compassionate care and attention to detail. From the time of initial consultation through the course of treatment, the plan of care is individualized and advanced. His reputation for holding the highest hyperbaric patient safety standards in the nation is well recognized, having performed well over 65,000 hyperbaric treatments over the past 25 years.

Dr. O'Neill has successfully healed organ damage caused by radiation treatment of various cancers such as brain, prostate, rectum, head, neck, and breast. Additionally, our team helps prevent complications when hyperbaric treatments are performed prior to the surgical procedures such as breast reconstruction, breast implants following breast radiation, and others. For more information, visit WestchesterHyperbaric.com

Owen J. O'Neill, MD, FUHM, FAPWCA



Dentistry

THE DENTAL DESIGN CENTER

280 Dobbs Ferry Road • White Plains, NY
(914) 683-5898 • www.dentaldesigncenter.com

The Dental Design Center headed by Ira J. Handschuh DDS, is committed to providing the highest quality dental care in the most relaxed, nurturing environment possible. To ensure this Dr. Handschuh schedules and treats only one patient at a time. Dr. Handschuh's office is for the discriminating client who wants a caring, highly skilled dentist who is always prompt, has years of experience, impressive credentials, and knowledge of the latest dental techniques, equipment and procedures. It's for the client who wants a comfortable, stress free office visit with cool drinks, warm towels, cervical pillows and headphones with soothing music at the ready. The Dental Design Center is not your average dental office. Dr. Handschuh offers what he calls "Total Dental Care", including all types of general and cosmetic dentistry. One such cosmetic procedure is a two-visit smile makeover with porcelain veneers. This procedure can correct short, crooked, or misshapen teeth and create a naturally beautiful smile without the need for braces. Call today and discover the meaning of service with a smile. Dr. Handschuh has been honored by Castle Connolly in America's Cosmetic Doctors and Dentists. Voted *topDENTISTS* 2009-2015



Ira J. Handschuh, DDS

Optometry

OPTICAL VISIT, INC.

375 White Plains Road • Eastchester, NY
(914) 633-3075 • www.opticalvisit.com



*Tonia DeMasi,
owner/optician
and Dr.
Ellen Cutler,
Optometrist*

Optical Visit, Inc. has been serving the visual needs of Westchester County for the last 38 years. Optical Visit offers the latest designs in frames for everyone from infants to geriatric patients. With a specialty in pediatric care, Optical Visit even has a dedicated suite for children's frames, including sports glasses and optical swim goggles.

Additionally, Dr. Ellen Cutler, therapeutic Optometrist, has over 30 years of experience in eye examinations as well as diagnosing and treating many eye-health conditions. She specializes in fitting contact lenses.

"People come from all over for the personal and attentive care, at an affordable price, that we give to them," says Owner and Optician Tonia DiMasi. "That special relationship over the years is why people come back to us." Optical Visit has been voted Best in Westchester for 2014 and 2015. Come and find out why! Walk-ins welcome.

Dentistry

DENTAL GROUP OF WESTCHESTER

10 Mitchell Place, Suite 102 • White Plains, NY
(914) 683-5203 • www.DentalGroupofWestchester.com

We specialize in new smiles! At Dental Group of Westchester, patients can experience expertise from a specialized group of dental practitioners. Specialties include periodontics and implants, endodontics and oral surgery. Our team of dentists offer a full spectrum of the latest care and provide comprehensive cosmetic makeovers that give patients a more youthful and beautiful smile.

Our specialists address the importance of oral health and treatment of gum disease. Procedures such as implant placement, sinus lifts, bone and soft tissue grafting, root canals and crown and bridge are performed with the utmost skill and care. The practice prides itself on its emphasis on cosmetics and provides Invisalign, botox and dermal filler treatment.

At the Dental Group of Westchester, the mission is delivering exceptional dental care with a personal touch. All consultations are free of charge for surgical and cosmetic procedures, and all aspects of treatment are conveniently located in one location. Our dental group is fluent in many languages and provides a warm, family friendly environment.

Thank You, Gracias, Cà m on ban, Grazie, Obrigado, Todah Raba, धन्यवाद.



*Seated: Amparo Krestin, DDS
Standing: (L-R) Giovanna Cofre-Contreras, RDH;
Firas Marsheh, DDS, Endodontist;
and Tatiane Gaviao, office manager*

Sports Medicine

YASMIN DHAR, MD Specialty Orthopaedics

600 Mamaroneck Avenue, Suite 101 • Harrison, NY • (914) 686-0111
www.SpecialtyOrthoNY.com • www.YDharMD.com



Dr. Yasmin Dhar

Dr. Yasmin Dhar specializes in the prevention and treatment of sports-related injuries. Fellowship-trained and board-certified in Sports Medicine, Dr. Dhar has advanced training in both arthroscopic and open procedures of the shoulder, elbow, hip, and knee joints. Her expertise includes the treatment of rotator cuff tears, shoulder dislocation, ACL injury, meniscus injury, shoulder arthritis, and cartilage restoration. An avid athlete, Dr. Dhar understands the demands professional and amateur athletes place upon their bodies and works to help them recover from injury in a safe, effective way. Dr. Dhar focuses on each patient as an individual, formulating a comprehensive treatment plan that works best for lifestyle and athletic goals.

Dr. Dhar currently serves as the Chief of Sports Medicine at Montefiore New Rochelle Hospital and Assistant Professor of Orthopaedic Surgery at New York Medical College, as well as the team physician for Rye Country Day School and Monroe College, and an affiliate physician for the PGA.



*(Seated, left to right): Niki Stefanou,
Dr. Victor Sternberg and Rebecca Morales
(Standing): Tammy Ryan, Anni Perkowski, RDH,
Laura Fassacesia, RDH, BSDH, and Liz Fatecha*

Periodontics

WESTCHESTER CENTER FOR PERIODONTAL AND IMPLANT EXCELLENCE

Victor Sternberg, DMD, PC

141 North State Road, Briarcliff Manor, NY • (914) 762-1885 • www.dr.savemyteeth.com

More than three decades of clinical practice, combined with years of teaching and continuing education have benefitted our patients, enabling thousands of individuals to retain their natural teeth in a state of health, function, and aesthetics.

Aligning the newest technology with deep experience, judgment, and compassion, we provide our patients with state-of-the-art treatment combined with personalized, compassionate care.

We are excited to have a new opportunity to expand our connection to the community through a weekly radio program, **"Our Distinguished Doctor Hour"** on WFAS AM. Every Friday from 9 am to 10 am, Dr. Victor Sternberg, will be featured, sharing helpful information about dentistry and answering call-in questions about dental care and specific issues.

Our patients and fellow clinicians can continue to depend on our continued commitment to sharing our experience using an exceptionally effective technology to detect and remove bacteria and tartar from under the gum tissue. We are only one of 70 offices in the U.S. using Perioscopy, a nonsurgical technology that enables our exceptionally well-trained dental hygienists to remove bacteria and tartar from areas that formerly required

surgical procedures. Not only does it help reduce surgical procedures, but also it maintains patients who have reoccurring periodontal disease.

When tooth loss is inevitable or patients present with missing teeth, our exceptionally well-trained staff is able to provide our patients with the highest level of implant technology available. Whether replacing a single tooth or a mouthful of missing teeth, implant dentistry has given our patients a second opportunity to enjoy a third set of healthy, aesthetic, functioning teeth.

In addition to the perioscope, we employ cone-beam scanning technology that provides three-dimensional images of the jaw structures. This enables us to diagnose as well as carefully place implants in a manner that ordinarily would not be possible with traditional dental x-rays.

Dentistry can be a frightening experience for many individuals. By making the experience humane, compassionate, and painless utilizing sedation and careful treatment, we are able to treat anxious or phobic patients who have avoided dentistry all of their lives. We never lose sight of the fact that attached to every tooth and implant is a human being whose needs, fears, and concerns become ours. Voted *top DENTISTS* 2012-2015

Periodontal & Implant Dentistry



Evan S. Wetzler, DDS, PLLC

EVAN WETZLER, DDS, PLLC

200 Veterans Road, Suite 8 • Yorktown Heights, NY
(914) 245-1550
www.PerioWestchester.com

Dental implants are a major focus in Dr. Evan Wetzler's periodontal practice. Trained at New York University, Dr. Wetzler has been placing dental implants for over 25 years. For accurate diagnosis and treatment, he utilizes the latest in 3D imaging. "The loss of one tooth or multiple teeth impacts daily life," asserts Dr. Wetzler. "Dental implants—anchors for replacement teeth and fixed or removable bridges—are ideal solutions for tooth loss. Implants give people total confidence in their appearance and comfort when speaking, eating, and smiling. Our office strives to offer our patients the best care possible for long-term health and wellness." Voted *topDENTISTS* 2009-2015

Pediatric Dentistry

MAIN STREET PEDIATRIC DENTISTRY

115 Main Street, Tuckahoe, NY
(914) 633-4440 • www.mainstreetpediatricdentistry.com

Will your kids loving coming to the dentist? If you take them to Dr. Penny (as children refer to Penny Resnick-Graulich, DMD), chances are excellent that they will. "We make it a really fun environment, and the kids like coming here," says Dr. Penny. She uses a process she calls "tell, show, and do." "We tell them about a procedure, then show them, and then do it," she says of the desensitization process. "Nothing is scary."

Dr. Penny does restorative dentistry and her practice extends to caring for children with all types of disabilities. Her entire office is designed to help her patients, from ages 1 to 22 years, to have a happy experience at the dentist.

While active in a multitude of community affairs, Dr. Penny's ultimate goal is to make the world a better place—one child at a time. Voted *topDENTISTS* 2009-2015



Penny Resnick-Graulich, DMD



The staff at Raymond Opticians

Optical Care

RAYMOND OPTICIANS

Located throughout Westchester: Jefferson Valley • Yonkers • Thornwood • Ossining
Mamaroneck • Larchmont • White Plains • Katonah • Somers • Tarrytown • and more
www.RaymondOpticians.com

When asking a friend or family member where you should go to get your next pair of eyeglasses, chances are they will mention Raymond Opticians. Even with over 20 locations in the Lower Hudson Valley, they are able to maintain a friendly, local business atmosphere that Westchester and the surrounding communities have grown to love. They run a refreshingly welcoming, "know your name" kind of business.

The company's skilled opticians, many of whom are family members, use their extensive knowledge to provide professional care and service to customers of all ages. They are always equipped with the newest lens technologies and the latest eyewear trends. Raymond Opticians offers comprehensive eye examinations, contact lenses, prescription eyewear, and a large selection of sunglasses from Oakley, Ray Ban, Michael Kors, Tory Burch, Coach, Prada, Gucci, and more. Year after year, generations of families pass through the doors of Raymond Opticians, where the experience is always a rewarding one.

Orthopaedics



From left: Dr. Cristian Brotea, Dr. James McWilliam, Dr. Yasmin Dhar, Dr. Steven Zelicof and Dr. Aaron Insel

SPECIALTY ORTHOPAEDICS

600 Mamaroneck Avenue, Suite 101 • Harrison, NY • (914) 686-0111 • www.SpecialtyOrthoNY.com

Specialty Orthopaedics is equipped to meet all of your orthopaedic requirements. They provide high quality, advanced sub-specialty orthopaedic care to Westchester and surrounding communities. With the practice's award-winning team, patients can expect treatment and technology that's personalized to meet individual needs. Doctors Steven Zelicof, James McWilliam, Cristian Brotea, Yasmin Dhar, and Aaron Insel share a commitment to innovation, excellence, and compassionate patient care. They also share a philosophy of first considering conservative, non-surgical approaches to musculoskeletal issues before pursuing a surgical solution.

The practice's sub-specialties include: arthritis surgery, joint replacement, fracture care and sports medicine; evaluation and treatment of disorders of the hand, elbow, and shoulder; spinal conditions including scoliosis; foot and ankle disorders; and the prevention and treatment of women's sports injuries.

Patients can feel secure knowing they are receiving the best possible care through physicians who were trained and teach at the most prestigious orthopaedic centers in the country. Their extensive expertise has also been recognized in such well-respected listings as "America's Top Doctors," *New York Magazine's* Best Doctors, and *Westchester Magazine's* Top Doctors.

Leaders in joint care, Specialty Orthopaedics physicians are dedicated to the development of new techniques, research, and educating the next generation of orthopaedists. They also provide care at many regional hospitals, including Westchester Medical Center, Montefiore New Rochelle Medical Center, White Plains Hospital, and the Hospital for Special Surgery. In addition to a state-of-the-art facility, patients enjoy the benefit of Specialty Orthopaedics' convenient and easily accessible location that includes ample free parking. Call to see what Specialty Orthopaedics can do for you!

Orthodontics

LEBLANC ORTHODONTICS

1415 Boston Post Road, Larchmont, NY • (914) 833-2306

559 Gramatan Avenue, Fleetwood, NY • (914) 668-8880

www.leblancorthodontics.com • drlesterleblanc@aol.com

If you're looking for orthodontic "artistry" and first-rate care at a reasonable cost, LeBlanc Orthodontics should be your destination. Board-certified orthodontist, Lester A. LeBlanc, an honors graduate of Columbia University Dental School, is celebrating 20 years in practice and continuing to love every minute of it. A clinical expert in creating beautiful smiles through early orthodontic and non-extraction treatment, Dr. LeBlanc continually evaluates new technology and introduces the latest advancements in orthodontics.

Dr. LeBlanc strongly believes that patients should rely on the doctor, rather than assistants, to provide professional dental work. At two convenient locations, he has developed a multi-cultural practice where all patients feel comfortable and at home. His offices are designed in a whimsical museum-style way that showcases pictures of Dr. LeBlanc's work and provides patients with fun things to do while waiting for their visit. Dr. LeBlanc is a member of the American Board of Orthodontics, the American Association of Orthodontics, and the American Academy of Dental Sleep. You are invited to visit Dr. LeBlanc for a complementary orthodontic consultation. No referrals are necessary. Dr. LeBlanc will work together with your dentist to create the best treatment plan for you and if you do not have a dentist, Dr. LeBlanc will be happy to help you find one. Voted *topDENTISTS* 2013 - 2015



Lester A. LeBlanc, DDS, PC

Gastroenterology

PHELPS MEDICAL ASSOCIATES, GASTROENTEROLOGY

777 N Broadway, Suite 305 • Sleepy Hollow, NY • (914) 366-5420

www.westchestergastro.com • www.phelpsmedicalassociates.org

Phelps Medical Associates, Gastroenterology specializes in the screening, diagnosis, and treatment of gastrointestinal, digestive, and liver disorders. These include conditions that involve the esophagus, stomach and small intestine, large intestine or colon, pancreas, liver, bile duct, and gallbladder.

The gastroenterology practice is a four-person group with, collectively, more than 70 years of experience in managing the full spectrum of gastroenterology conditions. The group includes Barry Field, MD, Floyd Byfield, MD, FACP, Christopher Martin, MD, and the most recent addition to the practice, Diana Winston-Comartin, MD, MPH.

Dr. Field, a Harvard graduate, earned his medical degree at the Albert Einstein College of Medicine, completed his residency at Metropolitan Hospital Center in New York City, and served as a fellow in gastroenterology at UCLA, Harbor General Hospital in California. He has a special interest in helping patients manage inflammatory bowel disease.

Dr. Byfield, a graduate of Binghamton University, earned his medical degree at Mount Sinai Medical Center and completed his residency and fellowship in gastroenterology at Columbia-Presbyterian Medical Center. He was one of the first to bring endoscopic ultrasound to patients in Westchester and surrounding counties. He has an additional interest in hepatobiliary diseases.

Dr. Martin graduated from Cornell University and did post-baccalaureate training at Harvard. He earned his medical degree from Cornell University Medical College, completed his residency at NewYork-Presbyterian Hospital and fellowship training in gastroenterology at Columbia Presbyterian's St. Luke's-Roosevelt Hospital. He has a strong interest in colon cancer prevention and hepatobiliary diseases.

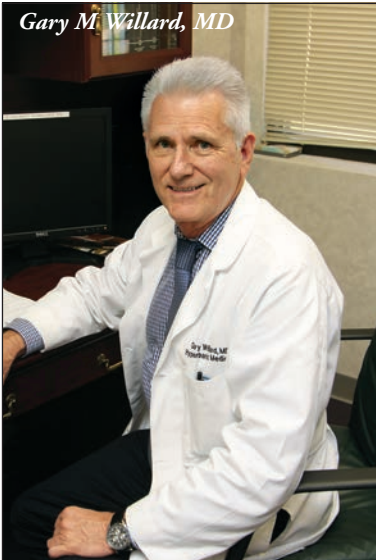
Dr. Winston-Comartin is a graduate of McGill University and earned her medical degree from Indiana University School of Medicine. She completed her residency and fellowship at Tufts Medical Center, where she was Chief Resident, and earned a Master of Public Health degree from Yale University. She brings to the practice a particular interest in women's gastrointestinal health, as well as a focus on swallowing disorders.



From left to right: Diana Winston-Comartin, MD, MPH, Barry E. Field, MD, Christopher Martin, MD, and Floyd C. Byfield, MD, FACP

Wound Healing & Hyperbaric Medicine

Gary M. Willard, MD

GARY M. WILLARD, MD
PHELPS MEDICAL ASSOCIATES

755 N Broadway • Sleepy Hollow, NY

(914) 366-3040 • www.phelpshospital.org • www.phelpsmedicalassociates.org

Gary M. Willard, MD, a wound care specialist, is board certified in family medicine and undersea and hyperbaric medicine. He sees patients at Phelps' Wound Healing Institute and is medical director of its Hyperbaric Medicine Center, connecting two services that together provide the greatest healing potential for patients with difficult wounds. Patients undergoing hyperbaric oxygen therapy breathe pure oxygen while sitting inside a pressurized chamber. This promotes healing because more oxygen is delivered to tissues and organs of the body. In addition to wound healing, hyperbaric medicine helps individuals with tissue damage from radiation treatments and numerous other conditions—including carbon monoxide poisoning. Entire families exposed to carbon monoxide have traveled to Phelps, because the 12-seat chamber is the only one in the region that is large enough to accommodate them at once. "With cushioned seats—and even TV—it's a comfortable environment for patients," says Dr. Willard. "Its spaciousness permits a member of the hyperbaric team to be in the chamber with patients at all times to offer support or provide medical treatment if necessary."

Obstetrics & Gynecology

PHELPS MEDICAL ASSOCIATES, OBSTETRICS & GYNECOLOGY

755 N Broadway, Suite 560 • Sleepy Hollow, NY • (914) 366-5400

777 N Broadway, Suite 308 • Sleepy Hollow, NY • (914) 631-0908

www.phelpsmedicalassociates.org

The Phelps Medical Associates Obstetrics/Gynecology practice consists of six board certified OB/GYN physicians who have different backgrounds and expertise, but are united in their commitment to bringing the highest level of care to their patients. They provide a full range of OB/GYN services, including prenatal care, labor and delivery, birth control and family planning, breast health, and routine gynecologic examinations. As noted by Obstetrician/Gynecologist Sarina DiStefano, MD, a member of the Phelps medical staff for 30 years, "Phelps Medical Associates OB/GYNs are dedicated to providing exceptional care for women throughout their childbearing years, through menopause, and beyond."

The physicians offer expectant mothers individualized, personal care, establishing a relationship early in the pregnancy to help ensure optimal prenatal health. The doctors invite expectant parents to share with them the type of birth experience they would like, and the doctors do all they can to accommodate the parents' desires while ensuring the safety of mother and baby.

"Not only are our physicians experienced and skilled obstetricians," says Lawrence Mendelowitz, MD, Director of Phelps' Department of OB/GYN, "they also have patience when caring for mothers during labor. That's why our practice's rate of Caesarean section is among the lowest in the region."

The personalized approach to childbirth is shared by all the physicians in the practice, which in addition to Dr. Mendelowitz and Dr. DiStefano includes Vanessa Dinnall, MD, Anjali Ankolekar, MD, Lourdes Castano, MD, and the newest member of the team, Janice Teixeira, DO. Dr. Teixeira also has a background in nutrition with a special interest in the effect of nutrition and obesity on maternal health.

Having offices conveniently located on the Phelps campus is beneficial for everyone. Patients can visit their doctor and have tests performed in one location; and for physicians, it's a quick walk from their office to the labor and delivery suites.

Seated left to right: Anjali Ankolekar, MD, and Sarina DiStefano, MD; standing left to right: Vanessa Dinnall, MD, Lawrence Mendelowitz, MD, Lourdes Castano, MD and Janice Teixeira, DO



Endocrinology

ENDOCRINOLOGY/DIABETES,
OSTEOPOROSIS & METABOLISM CENTER

777 N Broadway, Suite 300 • Sleepy Hollow, NY

(914) 366-2270 • www.phelpsmedicalassociates.org

Phelps Medical Associates endocrinologists provide treatment for conditions such as diabetes, osteoporosis, thyroid disorders, thyroid cancer, polycystic ovarian syndrome, and other hormonal imbalances and glandular ailments. All of the endocrinologists—James Hellerman, MD, Delia M. Stefan, MD, and Michael Marchese, MD—are board certified in internal medicine. Drs. Stefan and Hellerman are also board certified in endocrinology, diabetes, and metabolism. Dr. Marchese, who is fellowship-trained in endocrinology, diabetes, and metabolism, is board eligible in that specialty.

Hormonal imbalances are complex and involve many organs, but according to Dr. Stefan, diabetes is particularly dangerous because complications can lead to heart attack, stroke, or even blindness. "Diabetes is chronic and difficult to control," says Dr. Stefan. "Our goal is to help patients manage their diabetes so that it does not affect their quality of life." The Phelps Medical Associates doctors promote healthy lifestyle changes and treat diabetes patients with the most effective medications, glucose sensors, and insulin pumps. The physicians' affiliation with Phelps Memorial Hospital means patients have easy access to other Phelps specialists, such as nutritionists and podiatrists, as well as a comprehensive diabetes education program.

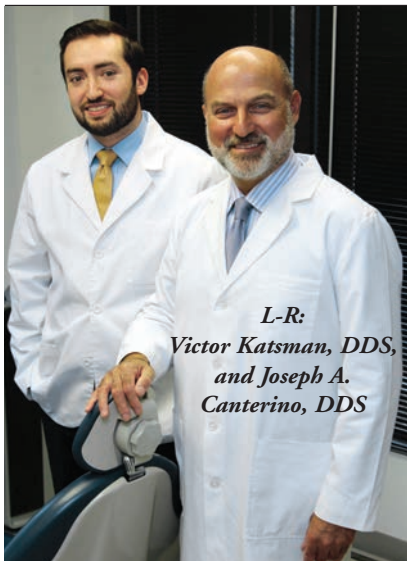


L-R: Michael Marchese, MD, Delia Stefan, MD, and James Hellerman, MD

General Dentistry

CANTERINO & KATSMAN DENTAL

984 N Broadway, Suite 408 • Yonkers, NY
(914) 376-1100 • www.jacanterinodds.com



*L-R:
Victor Katsman, DDS,
and Joseph A.
Canterino, DDS*

Dr. Joseph A. Canterino, DDS, has provided the Westchester community with cutting-edge family dentistry for more than 34 years. Dr. Victor Katsman, Dr. Canterino's partner, is the newest member of the practice. He earned his dental degree at the Columbia University College of Dental Medicine and completed his general practice residency at Flushing Hospital in Queens, New York. At Canterino & Katsman Dental, patients find a warm welcome, the complete spectrum of preventative, restorative, and cosmetic dentistry, and state-of-the-art dental technology.

Together with their expert staff, Drs. Canterino and Katsman are dedicated to providing the best care possible and strive to educate patients so they can make informed decisions about their treatments. Patients can make appointments for everything from cleanings and digital X-rays, to white fillings and prosthetics, and elective cosmetic procedures.

Dr. Canterino is a graduate of the Georgetown University School of Dentistry and has attended the prestigious Dawson Academy, a postgraduate educational and clinical research facility dedicated to the advancement of dentistry. Dr. Canterino and Dr. Katsman stay ahead of the curve by bringing their patients the latest treatments and pursuing advanced dental studies. Voted *topDENTISTS* 2009-2015

General/Bariatric Surgery

AMANDA L. MESSINA, MD, FACS

Mount Kisco Medical Group • 111 Bedford Rd • Katonah, NY • (914) 232-3135, x 4551
110 S Bedford Rd • Mount Kisco, NY • (914) 241-1360 • www.mkmg.com

As part of the highly regarded Mount Kisco Medical Group, Dr. Amanda Messina is a board certified general surgeon who specializes in cutting-edge bariatric, laparoscopic, and robotic assisted surgeries. The bariatric procedures she performs span the full spectrum of life-altering weight-loss treatments, including minimally invasive lap band and gastric sleeve, as well as gastric bypass, duodenal switch, and SIPS. "It's incredibly rewarding to help my bariatric patients take back control of their own lives," she explains. "These are good people who have found themselves on the losing side of a hard-fought battle. For the right candidate, weight-loss surgery has a transformative effect that can improve life in dramatic ways."

Dr. Messina's expertise also includes a wide range of general surgeries, such as breast cancer, hernia repair, gallbladder removal, and colon surgeries, most of which are performed laparoscopically. "Laparoscopic surgery allows for a faster recovery with less pain, which means a quicker return to normal activities," Dr. Messina notes. "The smaller incisions also produce better cosmetic results." A member of the Mount Kisco multi-specialty practice since completing her General Surgery residency at NYU Medical Center, Dr. Messina's training also included undergraduate work at Dartmouth College and medical education at Temple University School of Medicine.



*Dr. Amanda
Messina*

Hand & Upper Extremity Surgery

AARON INSEL, MD

Specialty Orthopaedics

600 Mamaroneck Avenue, Suite 101 • Harrison, NY
(914) 686-0111 • www.SpecialtyOrthoNY.com



Dr. Aaron Insel

Dr. Aaron Insel is fellowship-trained in hand and upper extremity surgery and specializes in both conservative and operative treatment of the hand, wrist, elbow, and shoulder. His training included several of the most advanced, minimally invasive procedures, including Xiaflex® injections to treat Dupuytren's disease, endoscopic carpal tunnel release as well as wrist arthroscopy. He specializes in microsurgical reconstruction of injured nerves and blood vessels in the hand and upper extremity.

He treats all ages from children with congenital trigger thumb to elderly individuals with arthritic joints. His particular interests include treating fractures; reconstructing arthritic joints of the shoulder, elbow, and fingers; peripheral nerve disorders; and tendinopathies. His training also allows him to treat orthopaedic injuries aside from upper extremity issues.

Dr. Insel currently serves as the Section Chief of Hand Surgery at Montefiore New Rochelle Hospital. He is a candidate member of the American Academy of Orthopedic Surgeons (AAOS) and American Society for Surgery of the Hand (ASSH).

Women's Sexual Issues

MAZE WOMEN'S SEXUAL HEALTH

2975 Westchester Avenue • Purchase, NY
(914) 328-3700 • www.MazeWomensHealth.com

Opened over 15 years ago in Purchase, Maze Women's Sexual Health (formerly the Medical Center for Female Sexuality) now also has locations in Manhattan and Long Island—for good reason. It is one of the few places in the country that provides medical, psychological, behavioral, and emotional support, as well as physical therapy, for patients with sexual issues.

"We see women who have low desire, problems with arousal and orgasm, and pain—or any combination of these issues," says Dr. Bat Sheva Marcus, clinical director at the Center. "Often, the lack of a sex life diminishes a patient's self esteem, and can even destroy her relationship."

For each patient, a team consisting of a medical professional and a therapist at the Center provides an initial consultation lasting 1-1/2 hours. Treatment, which is compassionate and patient-driven, is dependent upon the condition. It could require a few appointments or a more extended period of time, and may include medical prescriptions, behavioral therapy, psychological counseling, and/or physical therapy. In all cases, Dr. Marcus and her colleagues focus on the overall well-being of women and reestablishing a happy sexual life. Dr. Bat Sheva Marcus is a licensed social worker with master's degrees from Columbia University and a PhD in Human Sexuality.

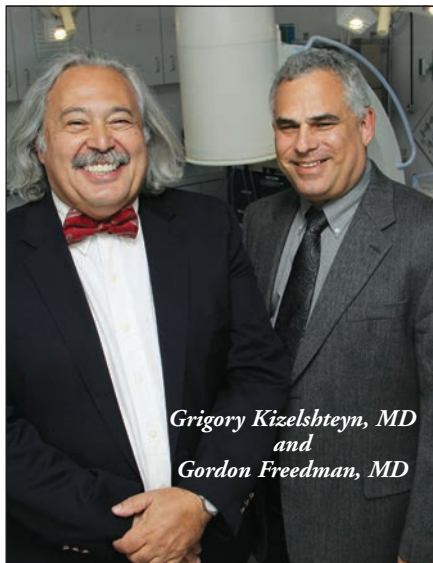


*Bat Sheva Marcus,
LCSW, PhD
Clinical Director*

Pain Management

AABP INTEGRATIVE PAIN CARE

220 Westchester Ave • White Plains, NY
(914) 289-1507



*Grigory Kizelshteyn, MD
and
Gordon Freedman, MD*

AABP division of Pain Medicine is proud to welcome Gordon Freedman, MD, to the Westchester area. Dr. Freedman is joining Dr. Grigory Kizelshteyn in a comprehensive Pain Management Center, offering Westchester patients the latest and most complete Pain interventions, by two of the most experienced Pain Management doctors in the tri-state area. The doctors treat all types of pain syndromes using interventional (injections), implantable (stimulators), and conventional analgesic regimens. Both Drs. Freedman and Kizelshteyn have been practicing Pain Management for over 20 years and virtually no practice in the New York area can boast the number of successful patient encounters facilitated by these recognized experts in their field. Dr. Freedman and Dr. Kizelshteyn are consistently listed in *New York* and *Westchester Magazines'* "Top Doctors" issues for Pain Medicine, including 2015. No Pain Management office strives harder to provide the true essence of pain management; that is, getting patients more comfortable, more functional and leading better, more productive and fulfilling lives.

Urology

MICHAEL A. WERNER, MD

Maze Men's Sexual & Reproductive Health

2975 Westchester Ave, Purchase, NY • (914) 997-4100 • www.MazeMensHealth.com

Michael A. Werner, MD is a board certified, fellowship-trained urologist whose practice is limited to male sexual dysfunction, andropause, and infertility. Focusing on just these areas allows him to offer the most cutting-edge treatments, and ensures the greatest likelihood of success.

Male sexual dysfunction is a widespread, often age-related problem, and for these patients Dr. Werner is able to diagnose and treat erectile dysfunction, premature ejaculation, impotence, low sex drive, and andropause.

Dr. Werner also offers the latest and most advanced treatments for male infertility. He performs microscopic surgery for varicoceles—the most common reversible cause of male infertility. He is one of the only U.S. doctors to offer sperm mapping, a procedure that determines if a patient has any viable sperm. Dr. Werner also performs a "no-scalpel" vasectomy—a minimally invasive procedure that eliminates the need for stitches and minimizes pain. Dr. Werner strongly believes in individualized care, and says that patients "need to have a complete understanding of all the medical options available to them." Dr. Werner was selected as one of *Westchester Magazine's* Top Doctors for 2012.



Michael A. Werner, MD

Endocrinology

JONAS LEIBOWITZ, MD

770 McLean Avenue, Suite B
Yonkers, NY
(914) 237-3636

Aboard-certified endocrinologist, Dr. Jonas Leibowitz specializes in endocrinology, diabetes, osteoporosis, and hormonal disorders. His experience and expertise covers a wide spectrum of conditions, including thyroid, pituitary, and adrenal dysfunctions, and other endocrine-related diseases. Running an independent practice allows Dr. Leibowitz to provide more individualized care and deliver "concierge medicine without the concierge fee."

Attracted to the field of endocrinology that would give him the opportunity to treat the whole person, Dr. Leibowitz completed an accelerated BS/MD medical program by the age of 24, followed by residency and endocrinology fellowship at Mount Sinai Medical Center. Over the past several years he has served as Division Chief Physician at White Plains Hospital and New York-Presbyterian/Lawrence Hospital and is an Academic Affiliate at Columbia University Medical Center. In addition to running the practice he has headed for more than 15 years, Dr. Leibowitz makes time to lecture regionally, teach medical students, and conduct clinical research.



Dr. Jonas Leibowitz

Chiropractic

ROBERT G. SILVERMAN, DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, SASTM

311 North St, Suite-G-1 • White Plains, NY • (914) 287-6464

www.drrobertsilverman.com



Dr. Robert Silverman

Dr. Silverman graduated Magna cum Laude from the University of Bridgeport College of Chiropractic and has a Masters of Science in human nutrition. His extensive list of educational accomplishments includes his designations as a certified nutrition specialist, certified clinical nutritionist, certified strength and conditioning specialist, certified Kinesio® taping practitioner, NASM-certified corrective exercise specialist, and a certified sports nutritionist from The International Society of Sports Nutrition. Dr. Silverman is a diplomate with the American Clinical Board of Nutrition and diplomate with the Chiropractic Board of Clinical Nutrition. Dr. Silverman is also HardStyle Kettlebell Certified instructor. He has a full-time successful private practice in White Plains, NY, where he specializes in the treatment of joint pain with innovative, science-based, non-surgical approaches. He is an internationally known speaker and author, contributing to articles published in multiple peer-reviewed journals.

Dentistry

MARK S. BRISKIN, DDS

1053 Saw Mill River Road • Ardsley, NY
(914) 693-1221 • www.FineComprehensiveDentistry.com

Since opening his practice in 1979, Dr. Mark Briskin has been exceeding the expectations of his patients. He emphasizes comprehensive care in his practice, which includes fine cosmetic, restorative, implant, and general dentistry. He notes, "As part of our commitment to exceptional care, we treat every patient with respect and understanding. We feel that your relationship with us should be one of mutual comfort and trust. To us, excellent care means a total commitment to the 100 percent satisfaction of our patients." Technology has revolutionized the level of care that restorative and cosmetic dentistry can achieve. Dr. Briskin's office has embraced technology to improve patient care and experience. These technologic advances include laser assisted dentistry, digital oral scanner impression system, joint vibration analysis, computerized bite analysis, computerized shade matching, oral cancer screening and digital x-ray system among others. Dr. Briskin's strong commitment to excellent care has included more than 2000 hours of continuing education. He has completed the course series at the Seattle Institute for Advanced Dental Education and the prestigious L.D. Pankey Institute, both of which are devoted to promoting excellence in dentistry. Voted *topDENTISTS* 2009-2015



Mark S. Briskin, DDS

Neurosurgery

BENNIE W. CHILES III, MD, FACS**Westchester Spine and Brain Surgery, PLLC**

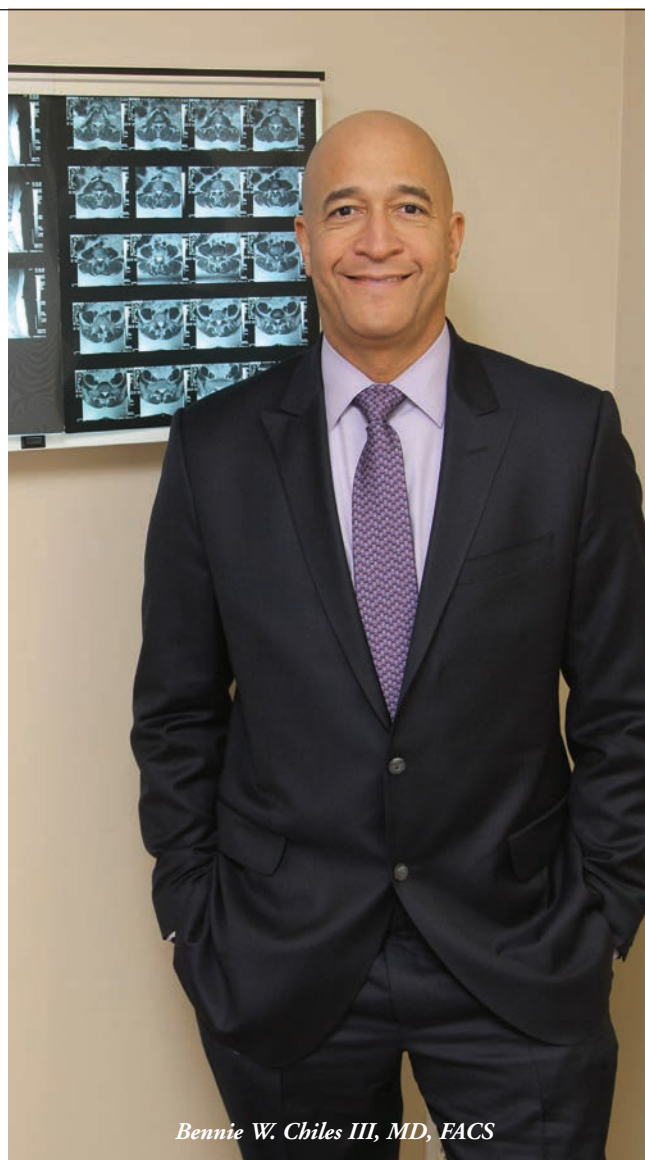
280 North Central Ave, Ste. 235 • Hartsdale, NY

(914) 332-0396 • www.wsbsonline.com

Westchester Spine and Brain Surgery, PLLC, is a multi-hospital private neurosurgical practice founded in 2005 and operated by board-certified neurosurgeon Bennie W. Chiles III, M.D., F.A.C.S. The practice provides state-of-the-art surgical evaluation and treatment for a wide variety of conditions related to the spine and brain, with emphasis on surgical spine problems such as disc herniations and spinal stenosis, often requiring complex operative treatments such as laminectomies, discectomies, and fusions. Dr. Chiles also specializes in innovative techniques such as minimally invasive spinal surgery and cervical artificial disc replacement. Dr. Chiles is an attending neurosurgeon at numerous hospitals throughout Westchester, including White Plains Hospital Center, Lawrence Hospital Center, Montefiore New Rochelle Hospital, St. John's Riverside Hospital, Community Hospital of Dobbs Ferry, and Westchester Medical Center. He is also an attending neurosurgeon at New York University (NYU) Langone Medical Center and the NYU Hospital for Joint Diseases (NYU-HJD) in New York City.

Dr. Chiles is a New York City native and Harvard University graduate, who attended medical school at the University of California, San Francisco (UCSF). He then completed his residency in neurosurgery, as well as a combined orthopedic-neurosurgical fellowship in complex spine surgery, both at New York University (NYU) Medical Center. He has performed thousands of operative procedures since entering practice in Westchester seventeen years ago.

Dr. Chiles currently serves as Chief of Neurosurgery at Lawrence Hospital Center in Bronxville. He is a Clinical Assistant Professor in the New York University (NYU) Department of Neurosurgery, as well as a Clinical Assistant Professor of Neurosurgery at New York Medical College. He was certified by the American Board of Neurological Surgery in 2002, and was named a Fellow of the American College of Surgeons in 2004. He is a Fellow of the American Association of Neurological Surgeons, as well as an active member of the New York State Neurosurgical Society, where he serves as a member of the Board of Directors, and just finished a two-year term as President.

*Bennie W. Chiles III, MD, FACS*

Oral Surgery

**WESTCHESTER ORAL AND
MAXILLOFACIAL ASSOCIATES, PLLC**

19 Bradhurst Avenue, Suite 2500 • Hawthorne, NY

(914) 592-0440 • www.westchesteroralsurgery.com*Benjamin Kur, DDS*

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Dr. Kur offers full-scope oral surgery care, including dental extractions and wisdom teeth removal, dental implant placement, major and minor jaw bone grafting, surgical adjuncts to orthodontic treatment and corrective orthognatic jaw surgery, treatment of pathology, orofacial trauma care, TMJ disorders management, and minimally invasive cosmetic procedures, including Botox and Dermal Fillers. Voted *topDENTISTS* 2010-2015

Family Dentistry



Anthony DeBenedictis, DDS

ANTHONY DEBENEDICTIS, DDS

51 W. Grand Street • Mount Vernon, NY
(914) 665-1121 • www.bestdentistwestchesterny.com

Welcome to the family practice of Dr. Anthony DeBenedictis, the place to receive honest and dedicated dental treatment for you and your family. Fluent Spanish and Italian are spoken here! The personal and friendly dentistry of Dr. DeBenedictis is known throughout the community he has served for more than 20 years. In-house specialists, including a prosthodontist, periodontist, orthodontist, and oral surgeon, staff this bustling practice.

The clean modern office features all the latest equipment and technologies—from digital X-rays that emit less radiation, CEREC restorations for single-visit crowns, Zoom whitening, Invisalign clear braces, Implants, and much more—yet treatment is always gentle and painless in a relaxed atmosphere.

A graduate of NYU College of Dentistry in 1990 with Honors, and a member of OKU Dental Honor Society, Dr. DeBenedictis has been specialty trained in Prosthodontics at Montefiore Hospital. He has been Prosthodontic Attending at St. Barnabas Hospital for 15 years.

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Fall: *the best season for home improvement*



(Courtesy of BPT)

The rituals of fall still focus on sending kids back to school, raking leaves, and cheering on the local football team. But, lately, a new fall tradition has emerged for the country's nearly 74 million homeowners—home improvement.

Energy efficiency is top of mind

With colder weather on the horizon, homeowners shudder at the thought of higher heating costs. They upgrade windows, layer in more insulation, service or replace old furnaces and, in some cases, do all of the above.

The weather is nice

Home improvement projects can be hard and even grueling work, particularly for DIYers. Lower temperatures and humidity create a much more comfortable environment for getting things done (and rhetorically keeping your cool when obstacles inevitably arrive).

The wow factor during the holidays

Everyone wants their home to sparkle when they welcome family and friends during the holidays. Completing a home improvement project before Thanksgiving sets up a big reveal when the holidays roll around.

Falling prices

Fall is an excellent time to save money by finding great deals on home improvement supplies and service. Year-end sales begin and discounts can be steep. Retailers often offer deep discounts to clear inventory before the New Year. Also, contractors are busiest during the warmer months—their business cools along with the weather, making them more available at this time of year.

Facing tight timelines and tighter budgets, homeowners may need to prioritize home projects. Installing hardwood floors, for example, often provides a high return on investment, both from a quantitative (home value) and qualitative (pride in ownership) perspective.

But, no matter what you choose to tackle during this home improvement season, any project will help reduce your cabin fever and blast the winter blues.

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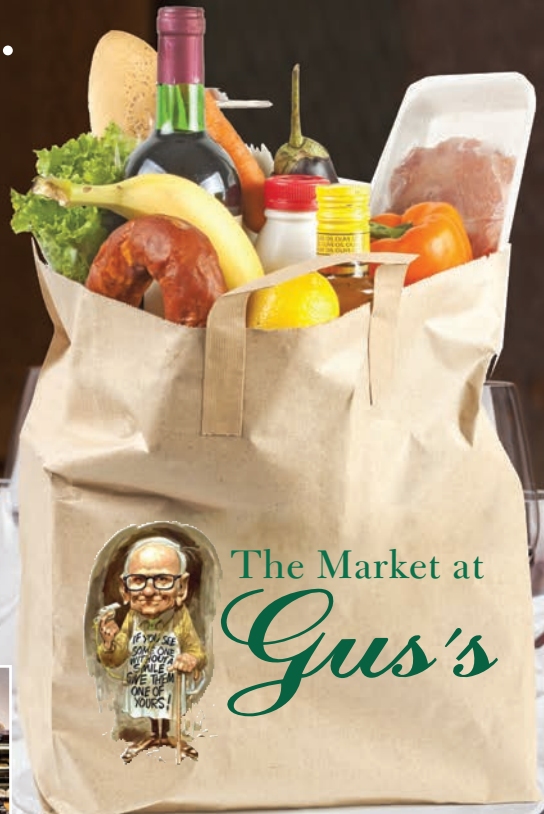
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MENU | REVIEW | TRENDING | DINING OUT

EDITED BY
*John Bruno
Turiano*



PREVIEW

Wok 'n' Roll

A fresh take on Chinese-American fare, including wok-seared pork dumplings made with pasture-raised pork (above), is what to expect at Scarsdale's WUJI. Organic chicken, a pretty dining room, and eye-catching delivery bikes are other pluses. See the following page for more on this exciting newcomer.

PHOTO BY THOMAS MCGOVERNI

PREVIEW



Perhaps the most stylishly plated Chinese restaurant in the county; the spare ribs are made with organic heritage pork and dressed in a honey-plum glaze.

WUJI

2 Chase Rd, Scarsdale
(914) 713-8811;
www.wujirestaurant.com

There's a litany of jokes about the low quality of Chinese food, but the MAAC Hospitality Group (part of Greenwich-based cb5 Hospitality Consulting) aims to change this perception by reintroducing Chinese food as most Americans know it.

"The family-run Chinese corner place doesn't fit into the modern food sensibilities related to local, fresh, and health consciousness," says Jody Pennette, cb5 founder.

Enter WUJI, a 100-seat ode to classic Chinese-American cuisine, thoughtfully prepared and stylishly plated by Hong Kong-trained chefs. MAAC's "farm-to-wok" dining concept in-

cludes the use of organic chicken, pasture-raised pork, grass-fed beef, wild-caught fish, cage-free chicken eggs, and, when possible, organic vegetables.

There are vegetable spring rolls with sweet chili dipping sauce, organic heritage pork spare ribs with honey-plum glaze, hand-shaped dumplings, Peking Duck served with plum sauce and mu shu pancakes, Cantonese roast chicken with crispy garlic and shallots, and spicy fried rice capped by a soft egg. Half entrée plates, enough for one, run \$14 to \$18, while full entrée plates for sharing cost \$20-plus.

"It's not healthy but healthy-ish," says Pennette. "It is Chinese food after all."

The beverage program includes less sweet versions of Trader Vic's-inspired cocktails, such as the Singapore Sling and the Mai Tai, plus Asian beer selections, cold sake, a well-curated wine list, organic house-made soda, herbal-infusion ice tea service, and blossoming flower hot tea.

And WUJI forgoes the sparse "lucky cat" décor typical of many Chinese restaurants and instead has outsized Chinese Buddha statue prints, an "energy wall" with shards of Chinese Blue Willow china, and enormous Chinese porcelain vases.

Look for a brand-new location in Rye later this month and one in Larchmont in December. A Westport, CT, spot is scheduled to debut winter 2016.

—John Bruno Turiano



SPIRITED

Beer With Your Bird

Depending on your Thanksgiving beer personality, there's a brew for you.

We don't know if beer was served at the first Thanksgiving. The Pilgrims, who had aimed for Virginia, landed in New England low on beer, which was safer than water aboard the ship. The Pilgrims possibly brewed hard cider. But Manhattan's first brewery was already up and running, and Roanoke was brewing ale with corn.

Toast the Colonists with beer at your feast—but which one? Let your personality be your guide:

For the Wine Snob: Must you serve suds? Bring out some wine-like bottles of The Bruery's Autumn Maple, a Belgian-style brown ale brewed with cinnamon, nutmeg, allspice, vanilla, molasses, maple syrup, and loads of yams. Doug Cedrone, co-owner of Beer Nogg in Bronxville, suggests serving it after turkey but before

dessert. Yams in place of pumpkin make it more Thanksgiving, less Halloween.

For the Hearty Partier: Having buddies over for deep-fried turkey and football? Oktoberfest (aka Märzen) beer, one of the world's great party styles, rules, says Jason Daniels, chief operating officer of Half Time in Mamaroneck. The malty amber beer with a clean, dry finish is a cheery companion to browned, caramelized foods. Weihenstephaner Oktoberfestbier, from the world's oldest brewery, is the classic; Dinkelacker and Paulaner are other greats. Authentic



Oktoberfest must be brewed in Munich, but to honor America, try Ballast Point Dead Ringer, Broken Bow Pumpkin Spiced Oktoberfest, or, for ecologically minded friends, Peak Organic Hop Harvest Oktoberfest.

—Leslie-Anne Brill

WHAT THE HECK IS A...

Pomelo



Description: The largest member of the citrus family, the pomelo ranges from the size of a cantaloupe to a 25-pound watermelon. It's native to Malaysia and grows on thorny evergreen trees with leathery leaves. The thick, soft rind varies in color (yellow to yellowish-brown to pink), while the interior can be a coral pink or light yellow. Pomelos also have thicker pith than other citrus varieties.

Flavor Profile: The flavor is like a grapefruit but milder, without the occasional bitter tang.

What's in a Name?

Pomelos are also known as shaddocks (likely a variation on chaddock, after 17th-century English sea captain Captain Philip Chaddock, who introduced the fruit to Barbados). They are also known as Chinese grapefruits, as the Chinese word for pomelo is a homophone for "blessing."

Buying Tips: November through March is the prime season to buy pomelos. Latin and Asian markets, as well as most grocery stores, carry them. Look for pale green to yellow fruits that feel heavy for their size. Avoid soft fruits with dull color and ones that yield easily to pressure. Pomelos can last a week in the fridge.

How To Use: Remove the thick rind and peel the membrane from around the segments. Pomelos can be eaten out of hand, mixed into salads, used in a marinade, or juiced for a cocktail. The aromatic peel can be candied or used to make marmalade.

—JBT

FARE WELL

Better Butter

Add high-quality butter to your Thanksgiving shopping list.

Thanksgiving is all about turkey, right? In truth, there's one ingredient that's even more ubiquitous for the big meal: butter. It's in everything from the stuffing to the mashed potatoes to the crust of your pumpkin pie, and once Christmas season rolls around, is there any cookie recipe that doesn't call for butter?

Look beyond the standard supermarket brands and you'll find many stores also sell high-quality artisanal butters, with slightly higher fat content (makes for a flakier pie crust) and more flavor. Milk from Hudson Valley-based Ronnybrook Farm Dairy can be found all over the county, but the company also produces award-winning European-style butter, charmingly packaged in little tubs.

At Kriemhild Dairy Farms in upstate New York, "Meadow Butter" is only made from May to November, when cows eat flavorful grass. "We don't add a lot of salt to our butter, because the



flavor's fantastic," says co-owner Lindsey Jakubowski. "We don't want to interfere with the grassy notes." Their butter—which contains about 85 percent butterfat (most butters are only 80 percent)—is rich and decadent, perfect for spreading on your morning toast or making fantastic baked goods. Jay Muse, chef and partner at Lulu Cake Boutique in Scarsdale, agrees (it's one of the butters he uses at the bakery). "Butter holds the key to a perfectly baked sweet," says Muse. "Happy cows make happy butter and happy cakes!" And happy cakes make for very happy customers.

—Samantha Garbarini

OUTSIDE THE KITCHEN

Chef: Peter Larsen
Residence: Westwood, New Jersey
Restaurant: Formerly of RiverMarket Bar and Kitchen, Tarrytown

Most kids would resent being uprooted from friends and school every few years to a different place for their father's work. Peter Larsen never did. And he was being uprooted from continents, not just states. "It was interesting," he says. "It opened me up to all the traveling I'd do later." His Danish pathologist father moved the family for teaching stints from Larsen's birthplace in Philadelphia back to Denmark when Larsen was 2 years old, then to Sacramento when he was age 6, Bangkok at 8, and back to Copenhagen. "My father constantly traveled for work—to Asia, Africa, and came back with stories and pictures." He chuckles. "Still, I always thought my parents were boring back then: so conservative. I'm getting some of that back now. My daughters are 10 and 11."

Yes, that's how it goes. He's settled down now in New Jersey, but Larsen misses the peripatetic life. "I read a lot as a child and always wanted to know more—and know why. It's been a thread my whole life, wanting to know more." That restlessness would haunt his Copenhagen youth: through art school aiming to be a painter, through bartending for pocket money, through apprenticing at a fine-dining restaurant, through culinary school and restaurant jobs. "Copenhagen's a great city, but I always felt it was too small," he says. Cooking was interesting, he felt, but the post-work late night partying was more so. For years, it kept the restlessness at bay. Until it didn't. "I realized I wasn't going anywhere. Things were getting too crazy, and I had to get out." The siren chanted America. "I wanted to get back to California. As a child there, it opened something up in me, gave me the sense of something bigger."



Chef Speak

"I realized I'd had it with fine dining, the pretension."



He arrived after detours in Ireland and St. Louis, cooking in Michelin-starred restaurants and country-club kitchens. San Francisco was his Mecca. "I'd heard about the food scene there, the innovations of Thomas Keller." He joined the fray in the hip kitchens of Rubicon and Aqua, planning to stay one year before setting out for Europe. He stayed three: Love intervened in the form of a waitress who would become his wife. But the restlessness surged, and it led them to New York, and then two months in Las Vegas ("hated it"), and back to New York, with a stint at Geoffrey Zakarian's haute Towne ("It set the bar, the French cooks' resumés read like a phone book of three-star restaurants"), and nine years at Marseille. "I realized I'd had it with fine dining, the pretension."

After a stint at Terrance Brennan's Artisanal and some consulting, he'd had it for good. The late-night commute home to New Jersey, marriage, and fatherhood had prevailed. He found work in New Jersey, and then at Tarrytown's RiverMarket (he recently started a new position at Wallabout Seafood & Co. in Fort Greene, Brooklyn). So is he settled? Content? "I think I belong in California. That's where I want to end up. But we have a special needs child, and the programs here are the best in the country." He looks away, searching the distance. "I love change—or used to. I want to go somewhere else, but I have to stay here now. I have obligations."

—Diane Weintraub Pohl

SPICE RACK

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[**Ajowan**]



aka bishop's weed, ajwain, carom

Flavor Strength



Description: Native to southern India, ajowan is related to caraway and cumin, but its flavor is closer to thyme with some oregano-like pungency and a bite reminiscent of cumin. It looks similar to parsley (to which it's also related) when growing, but the leaves are not used in cooking—only the seeds. The annual herb can grow two to three feet in height; its tiny white-petaled flowers ultimately develop into small, oval-shaped olive green- to brown-colored seeds.

Use: The spice complements vegetables and carbohydrates and is popular in chutneys, breads, curried dishes, bean dishes, and in spice blends for deep-fried food.

Better Than Viagra?

A Unani (traditional medicine practiced in South Asia and Middle Eastern countries) folk remedy for impotence has ajowan seeds soaked in lemon juice and then dried. Eating the treated seeds purportedly stimulates waning libidos. —JBT

AJOWAN PHOTO BY SANJAY ACHARYA

SIZZLING...

Smoked Turkey



HEATING...

Grill-Roasted Turkey

FIZZLING...

Deep-Fried Turkey

TABLE MATTERS
DINING SCENE
News and Notes

In addition to a month-and-a-half-long décor makeover at **Bao's** (*White Plains Mall 200 Hamilton Ave, White Plains 914-682-8858; www.baoschinese.com*), owner May Tan has added many new dishes including Malaysian fried rice and bao buns plus a Szechuan section with dishes such as malatang (a hot pot of meats, shrimp, tofu, veggies, and noodles) and flounder in a spicy peppercorn and hot oil sauce. For adventuresome palates, order off the menu (as many of the Chinese ex-pat regulars do) for Hong Kong-style soups like winter melon or superb Shanghai meatballs made with bean curd and water chestnuts. Owner Marc Tessitore of **Nessa** (*325 N Main St, Port Chester 914-939-0119; www.nessarestaurant.com*) has rebranded his Italian eatery as an American bistro, bringing in Joseph David Mortelletti, chef and co-owner of On The Way Café in Rye, to co-create a new menu with Executive Chef Jose Castro. Expect such dishes as salmon carpaccio; mussels in a curry cream broth with dipping breads; beet salad with bacon and goat cheese over "soil" (ground pumpernickel, almond flour, grapeseed oil, and ground shiitake); and wild mushroom pasta with Parmesan and shiitake cream. Scheduled to have opened by this month in the space that once housed Club Car is **Modern on the Rails** (*1 Station Plz, Mamaroneck*), a second location of Modern Restaurant & Lounge in New Rochelle. The menu is primarily homemade Italian classics, though there also will be Mediterranean selections by partnering New Rochelle restaurant Dubrovnik. Expect dishes such as broiled herb- and olive oil-crustéd bronzino and grilled porterhouse steak plus handcrafted cocktails and a raw bar. Also new to the county dining scene is **Seaspice** (*128 Cortlandt St, Sleepy Hollow 914-909-5089; www.sea-spice.com*), a 50-seat Thai restaurant from the same owner as Noodle+ in White Plains. On the menu: a variety of noodle soup bowls, stir-fry dishes, and curries; crispy pork belly in a basil sauce; and Thai-style roasted chicken with papaya salad. **Hudson Valley Restaurant Week** (*www.hudsonvalleyrestaurantweek.com*) returns for its fall edition November 2 to 15 with more than 200 participating restaurants offering three-course, prix fixe dinner menus (\$29.95) and three-course lunch menus (\$20.95). Cerebral Palsy of Westchester is hosting **A Taste of Westchester** (*Renaissance Westchester Hotel, 80 W Red Oak Ln, West Harrison www.ticketriver.com/event/16634*) November 9 at 6:15 pm (\$125 pp) to raise money for adults and children with disabilities. More than 20 local restaurants and food and drink purveyors, including Emma's Ale House, Rockland Bakery, and Aries Wine and Spirits, will offer samples.

—JBT



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Clockwise: Sunflower-seed oil and hemp-seed oil are just two of many alternative oils to consider trying; raw coconut oil goes into the sunflower-butter cookies at Organic Pharmer

Oil Up

Move aside, olive oil. There's an ever-expanding crop of nut- and fruit-based oils that should be on every pantry shelf. **BY AMY SOWDER**

Fat is back, in all its glorious drippy, oozy, gleaming goodness. While sugar has been taking beatings from health experts these days, fat is shedding its bad name. For on-trend restaurants and gourmet markets, that means a celebration of the full-bodied, unabashed, oh-so satisfying flavor found in oils.

"My sales in oils in the past three years have multiplied by five," says Alexandra Walsh, co-owner of Bedford Gourmet, a specialty food shop and caterer. "In the last year, it's at least doubled."

Walsh is ordering more pine-nut and hazelnut oils in response to customer requests. Bedford Gourmet's prepared risottos and roasted beet salads are drizzled with black and white truffle oils. These kinds of high-end oils are best enjoyed uncooked for maximum tasting pleasure.

"Nut and seed oils are nice to make dressings with, or drizzled over heirloom tomatoes and Burrata cheese," Walsh says. "And a little goes a long way with truffle oil."

Plant-based oils are finally getting their day in the sun (but, please, store your oils away from sunlight to prevent spoiling).

For many people, the go-to oil at home is that Mediterranean classic, the much-lauded olive oil. When an

oil with a higher smoke point is required for frying, most people resort to canola or safflower. Restaurant chefs once commonly used blended oils to mix the benefits of higher heat tolerance with better flavor. Now? Not as much.

The first wave of alternative oils splashing upon our foods is unrefined coconut oil; spicy sesame oil; decadent truffle oil; grapeseed oil; rich, red palm oil; and tasty peanut and sunflower oils.

The current wave is even nuttier: Think almond, hazelnut, pistachio, pecan, walnut, avocado, mustard, flaxseed, hemp, rice bran, porcini, butternut squash seed, toasted pumpkin seed, and even argan (it's not just for hair!).

"Argan? Gorgeous oil," says Chef Lee Gross, who is co-partner at Gorgeous Pharmer, a carry-out café and delivery service of foods free of gluten, dairy, soy, corn, and eggs in Rye Brook, with his wife, Chef Darleen Gross. "At home, I've used it for drizzling. It's got a little bit of a nutty sesame quality to it." At work, he uses toasted sesame oil for the dressing on the Pharmer's Asian salad.

Darleen scoops out unrefined, raw coconut oil for almost all their café's baked goods, from her sorghum breads to her sunflower butter cookies.

"When it's room temperature, it's solid. I can cream it for cookies, and it has a more buttery taste, not as strong as olive oil," she says. "It's like an all-purpose baking fat."

Many of these other oils, such as avocado and nut varieties, have similar health benefits to olive oil, such as the monounsaturated fats that lower bad cholesterol, raise good cholesterol, and regulate insulin.

Dabbling in all these choice oils can provide a wider array of vitamins, antioxidants, and anti-inflammatory polyphenols than sticking with the mainstream olive, tried and true as it is. Plus, it's hard to tell which olive oils really are extra-virgin—meaning produced by simply crushing the olive, without applied heat or chemical process—or just mislabeled. Extra-virgin olive oil, or EVOO, retains the most health benefits and flavor and has the highest price. But the US doesn't regulate the "extra-virgin" product claims, and a 2010 study conducted by the UC Davis Olive Center reported that 69 percent of imported oil labeled as extra-virgin olive oil did not meet the standards for extra virgin.

So get a load of these nuts: Walnut oil has more than 10 times the healthy omega-3 fatty acids found in olive oil. Almond and hazelnut have an extra helping of vitamin E.

One tropical oil has deluged our store aisles more than any other oil offshoot.

"The fastest growing alternative oil is coconut, as it is extremely versatile and can be used in not only cooking and baking, but also in health and beauty," says Gerald Lacasale, the oils and vinegars product merchant for Balducci's in Scarsdale. Avocado, nut, seed, and truffle oils are next in line on the road to popularity, because "different types of oils are utilized for different culinary purposes," Lacasale says.

Still, more olive oil infusions are luxuriating on home and restaurant tables.

Pure Mountain Olive Oils & Vinegars, a tasting shop with locations in Tarrytown, Bronxville, and Rhinebeck, New York, takes infusions to another level with blood orange, butter-flavored, chipotle, and tandoori masala. Customers request basil and garlic-mushroom the most, though, says co-owner Wolfgang Foust.

Truffle oil, whether pure or in a blend, also adds instant panache. At Mint Premium Foods in Tarrytown, the eggs Benedict earns the white truffle-infused oil treatment. And guests receive bread at the table with olive oil from Crete, mixed with eucalyptus honey.

"It's somewhat of a more Mediterranean-style oil," says Daniel Fry, restaurant manager of the gourmet shop and restaurant.

Argan oil, produced from the kernels of the Moroccan argan tree, is sometimes drizzled on the saffron-infused orzo or Moroccan chicken entrée at Mint. Argan has the same heart-healthy properties of olive oil, and it's typically thought of as a beauty product for hair, skin, and nails, like coconut used to be.

"Argan oil is incredibly exclusive and expensive," Fry says. But, we say, worth the occasional splurge. **u**

Amy Sowder is a NYC-based freelance writer covering food, fitness, and culture. She loves her toasted sesame oil but tends to forget to put it in the refrigerator as the label suggests. Oops. Learn more at www.amysowder.com.



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Clockwise: Arancini with shredded squash blossoms and bacon sweetened with maple syrup; staffer Luigi Dolgetta with a wood-fired pie; the Positano Death Door Gin and Tonic with cucumber and basil leaf



Fired Up

Neapolitan food—wood-fired pizza, of course, but also more—shines at this Pleasantville trattoria.

BY ROSEMARIE T. ANNER

It's a mistake to label Wood & Fire in Pleasantville first as a pizzeria and second as a restaurant. Yes, the pizzas—as many as three every two minutes—come out of its 800°F wood-fired oven with beautifully blistered crusts and just the right amount of bite and with toppings that excite all the senses, but it's what the kitchen sends out from the rest of the menu that sparked our gustatory exploration on two separate visits, the first on a sultry summer night.

As we cruised into Pleasantville, we came to what looked like a friendly place, where people sat outdoors at gray tables and chairs under red Stoli umbrellas. Inside was a noisy environment with baseball on giant TV screens and people at the bar and at tables placed closely together. We unfolded our dish-towel napkins at a street-side

corner table with a bird's-eye view of a live ball game across the road.

I sipped a strong Lemontini made with the house limoncello. The drink's bristling acidity unfortunately got nudged aside by Absolute Citron and Cointreau. Positano Death Door Gin and Tonic, which has cucumber and basil leaf and is served in a large tumbler crammed with ice, had a citrusy undertone and was more refreshing. The creative

bartender crafted an unusual Negroni, spritzed with Prosecco: different and fun.

As young families were replaced with young couples at the tables, we dug into a house salad heaped with arugula and other garden pickings perked up with pickled onions. A flatbed of prosciutto, fried shallots, olive tapenade, and shaved Parmesan rendered a “carpaccio” salad a top choice. A chilled Lugano Trebbiano nicely complemented the piquant flavors in the dish. W&F riffs on the

Wood & Fire Neapolitan Pizza

59 Marble Ave
Pleasantville
(914) 747-2611

www.woodandfirepizza.com

Food: ★★★★★

Service: ★★★★★

Atmosphere: ★★★★★

Cost: \$\$\$\$

For more restaurant reviews, visit www.westchestermagazine.com/restaurantreviews.

PHOTOS BY ANDREBARANOWSKI

Iceberg/blue cheese salad darling of the '50s with three long wedges of romaine lettuce bathed in a buttermilk dressing—so crisp it's served with a steak knife.

One salad could easily satiate three people as a first course, ditto the appetizers. Our favorites were the arancini suffused with shredded squash blossoms and bacon sweetened with maple syrup, and the tasty tar-tar (tuna) tacos mixed with Sriracha, lime juice, scallions, and avocado.

Specials are just that at W&F (swordfish rang in at \$28), like the yellow risotto with shredded squash blossoms and surrounded by six perfectly cooked pink shrimp. From the menu, we picked clams, which were ocean fresh (and practically overflowing a huge bowl), but the tomato-y broth was a disappointment. There was not a hint of the promised roasted garlic or of spicy soppressata. A quartet of breaded veal meatballs in tomato sauce were dense, each topped with a peculiar swirl of ricotta, the sweet creaminess of which lightened the dish considerably.

On a second evening, the ravenous among us chose Lidia's Lasagna with house-made everything (noodles, mozzarella, ricotta, tomato sauce, and minuscule meatballs), as well as the fusilli swathed in a lamb ragù cushioned with mascarpone. Both *delizioso*. There was much more going on in the veal saltimbocca, which had breaded cutlets that were layered and created a thickness that required that handy steak knife to cut through. Break the yolk of the fried egg to ooze over the scaloppine, mushrooms, and prosciutto for a dish fit for a prince—or, considering the size, a lumberjack. Fork up some broccoli rabe with the mains, and you'll have a Neapolitan feast. Eggplant rollatini, their bellies stuffed with mozzarella and ricotta, would have benefitted from a more seasoned tomato sauce, like the one dressing the margherita pizza.

Did we say pizza? You can't leave without having one of the 15 selections. Thin, soft crusts blessed with savory toppings and the scents of basil, tomato sauce and truffle perfuming the air. We tried three: margherita, with its classic balance of garlic and basil; quattro stagioni, with prosciutto, artichokes, olives, and mushrooms; and, my favorite, the bianca, with its overlay of garlicky spinach skirting the mozzarella and ricotta, which are dewed with truffle oil. We ordered a spicy soppressata version with honey to take home but discovered that the waiter had mistakenly boxed the simple classico instead. Now we'll have to go back for that—and maybe another three.

Desserts are inventive but not especially memorable. Skip the dry cheesecake and the wet biscotti with gelato, and try the doily-sized cookies that hug vanilla gelato instead. **W**



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dining out

BY PAUL ADLER

New This Month to Our Listings

LITTLE DRUNKEN CHEF TAPAS + OYSTER BAR

Global Tapas TK

This fifth and largest venture from Chef and Owner Bonnie Saran serves globally inspired tapas in an eclectic, 84-seat space in Mount Kisco. Dishes to try include a rotating selection of fresh oysters, Vietnamese Bahn-style bao, Tibetan dumplings, and croquetas with jamon and manchego. Reservations accepted. Open for lunch and dinner every day; the bar is open late Thu to Sat. 36 E Main St, Mount Kisco (914) 242-8800

Ardasley

LA CATENA ITALIAN RESTAURANT

Italian \$\$\$

On the menu at this white-tablecloth Italian restaurant: pappardelle Emiliano; chicken paesana (on-the-bone chicken with vinegar peppers, cottage potatoes, and mushrooms); broiled whole branzino in a white wine sauce; and grilled swordfish. Desserts, including apple strudel, are homemade. Open every day for lunch and dinner. Reservations recommended. 871 Saw Mill River Rd, Ardsley (914) 231-9260; www.lacatenaaardsley.com

L'INIZIO Italian \$\$\$\$

Food: ★★½; Service: ★★½; Atmosphere: ★★★ (08/14)

Executive Chef Scott Fratangelo's menu at L'inizio is divided along traditional Italian lines: antipasti, primi, pasta, secondi, and sides. Go with a pasta and choose from dishes like ricotta cavatelli with fennel sausage Bolognese, and Parmesan or acorn-squash ravioli with cider butter and crispy Brussels sprouts; or opt for one of the secondi like seared New York strip steak, roasted Hemlock Hill free-range chicken, or wild striped bass. Reservations recommended. 698 Saw Mill River Rd Ardsley, (914) 693-5400; www.linizio.com

Armonk

AMORE PIZZERIA & ITALIAN KITCHEN Italian \$\$

This modern Italian eatery offers artfully prepared Italian fare in a casual, family-friendly atmosphere. The menu ranges from brick-oven-style pizza to a slew of traditional Italian pasta dishes, like aglio e olio, alla vodka, Amatriciana, and Bolognese, plus a variety of customizable and pre-fab salads. Open every day for lunch and dinner. 1 Kent Pl, Armonk (914) 273-3535; www.amorearmonk.com

BEEHIVE RESTAURANT Continental \$\$\$

Set in a modern country house with an open kitchen, this restaurant offers comfort fare along with Greek and Continental specialties. Braised short ribs, moussaka, four varieties of Belgian-style mussels, and blackened mahi mahi tostada are entrées to try. Outdoor seating available. Open every day for breakfast, lunch, and dinner. Brunch on Sun. 30 Old Rte 22, Armonk (914) 765-0688; www.beehive-restaurant.com

RESTAURANT NORTH New American \$\$\$

The seasonal menu by Chef Eric Gabrynowicz, a James Beard Awards nominee, changes daily at this farm-to-table eatery. Menu selections have included pan-roasted Chatham cod, orecchiette with lamb Bolognese, and scallops with fennel soubise.

Stephen Mancini, previously wine director at Union Square Cafe, is co-owner. Open for lunch Tues to Fri, dinner Tues to Sun, and brunch Sat and Sun. 386 Main St, Armonk (914) 273-8686; www.restaurantnorth.com ★★★ (11/2010)

Bedford

BEDFORD 234 New American \$\$\$

Food: ★★★ Service: ★★½ Atmosphere: ★★★ (09/2015)

More than 20 local farms and purveyors supply the ingredients for the globally inspired seasonal comfort food served at this chic Bedford restaurant. Popular dishes include lobster knuckle "escargot"; Long Island duck lacquered with aged sherry; and roasted pork belly bao buns. Open for lunch and dinner Wed to Fri, brunch and dinner Sat and Sun, and dinner only Tues. Reservations are not accepted. 635 Old Post Rd, Bedford (914) 234-5656/(914) 234-2507; www.bedford234.com

CAMPAGNA Italian \$\$\$\$

Food: ★★½; Service: ★★★; Atmosphere: ★★ (02/2015)

The Bedford Post Inn's flagship dining option, offering a range of antipasti, pasta, fish, meat, and sides. Dishes to try: creste nero—black pasta with shrimp, squid, scallop, Calabrian chilies, and tarragon;

ippoglosso—pan-seared halibut in a shellfish broth with chickpeas and salsa verde; and bistecca—New York strip steak, bone marrow panzanella, roasted onion, red wine sauce, and aged balsamic. Open for dinner Wed through Sun. 945 Old Post Rd, Bedford (914) 234-6386; www.campagna-bedford.com

LA CRÉMAILLÈRE French \$\$\$\$

The regular dinner menu at this picturesque French stalwart features sautéed sea scallops, rack of American lamb, and mussel soup with saffron. Wonderful soufflés for dessert. A spring/summer three-course, prix-fixe lunch menu (\$29) is offered from 12 to 2:30 pm Thurs to Sat and 1 to 3 pm Sun. Lunch is served Thurs to Sun and dinner Tues to Sun. Reservations advisable.

46 Bedford-Banksville Rd, Bedford, (914) 234-9647; www.frenchcountryrestaurant.com

Briarcliff Manor

FLAMES BAR AND GRILL Steakhouse \$\$\$

This steakhouse serves up old favorites like dry-aged porterhouse steaks and Nova Scotia lobster. Dine in the wine cellar or in the private dining room. Open every day for lunch and dinner. Reservations recommended. 533 N State Rd, Briarcliff Manor (914) 923-3100; www.flamesbarandgrill.com

TASTINGS

Green Gourmet

Kate Brewster-Duffy has always been close to her food. "I grew up on a farm, and my parents were big into the wellbeing of animals and keeping things as close to the old way of farming as possible," says Brewster-Duffy. "I was brought up with that ingrained in me, and I like to bring that sensibility to my food."

Her food, which she now sells out of Stillmeadow Gourmet—a market, bakery, and takeout shop located in Bronxville—embodies many of Brewster-Duffy's environmentally and agriculturally conscious practices. "All of our meat and dairy products are antibiotic- and hormone-free, all soy products are GMO-free, and when possible all the produce is local and seasonal," says Brewster-Duffy.

Such sustainably grown gourmet food had long been a rarity in the area. Brewster-Duffy hopes to change that with the wealth of dishes and desserts churned out by her new venture. "Stillmeadow Gourmet's goal is to be the go-to location for Bronxville families and the surrounding towns to get the elements of an at-home dinner without having to make anything at home," says Brewster-Duffy. "It's also a nice place to sit and have a cup of coffee and a snack with some friends."

She adds that all of the snacks baked in-house are made with organic flour and eggs, including the scones, croissants, muffins, and biscuits. Baguettes and sandwich breads are provided by some of New York's best artisanal bakeries, such as Balthazar and Tom Cat.

Popular dishes include individual chicken potpie, biscuit ham and cheese, and cold sesame noodles. Brewster-Duffy is particularly proud of her rotisserie chicken. "They are simple, free-range, hormone- and antibiotic-free chickens with a little bit of herbes de Provence that we make in-house," she says. "It is a very nice home-cooked element without being kitschy."

—Paul Adler



105-TEN BAR & GRILL *New American* \$\$\$

Tucked away in a shopping center behind Mrs. Green's Natural Market in Briarcliff is where Chef Eddie Martinez cooks up hearty New American dishes like lobster mac and cheese, steak frites, tuna tacos, and pork shank. Also look for a selection of burgers, and small-plate indulgences like espresso-rubbed St. Louis ribs, smoked pork belly sliders, and fried avocado. Open every day from 11:30 am to 11 pm. 127 Woodside Ave, Briarcliff (914) 236-3651; www.105ten.com

Bronxville

BOW **PARK 143 BISTRO** *American Bistro* \$\$

Jason Holmberg, formerly sous chef at Picholine in Manhattan, is executive chef at this 65-seat American bistro. On the menu: made-to-order savory crêpes (sweet shrimp in pesto and mango-cucumber salsa; wild mushrooms in crème fraîche) and fresh pastas. Cocktails with ingredients ranging from chipotle syrup to fresh dill are offered. Open weekdays for lunch, every day for dinner, and brunch on weekends. 143 Parkway Rd, Bronxville (914) 337-5100; www.park143.com

Chappaqua

BOW **CRABTREE'S KITTLE HOUSE**

New American \$\$\$\$

Jay Lippin is executive chef at this New American restaurant where the specialties include roasted organic local beets with goat cheese, rye berries, cilantro, and caraway salt; Berkshire pork chop with garlic braised Swiss chard and bourbon sauce; and warm Valrhona chocolate "gift" dessert. The Grand Award-winning wine cellar houses 60,000 bottles. Go for dinner, breakfast, lunch on weekdays, or Sun brunch, but call ahead to reserve a spot. 11 Kittle Rd (off Rte 117), Chappaqua (914) 666-8044; www.kittlehouse.com

LE JARDIN DU ROI *French* \$\$\$\$

A casual spot serving authentic French bistro fare. Popular dishes include French toast, croque madame, steak au poivre, and shrimp flambé. Open every day 8 am to midnight, for breakfast, lunch, and dinner with brunch on Sun. Alfresco dining available. Reservations recommended. 95 King St, Chappaqua (914) 238-1368; www.lejardinchappaqua.com

Croton-on-Hudson

OCEAN HOUSE *Seafood* \$\$\$

A small diner was transformed into a tiny (20 seat) dinner-only oyster bar and grill. Self-taught chef Brian Galvin presents New England-style seafood dishes including Maine lobster roll, fried West Coast oysters, and pan-seared Norwegian salmon with eggplant chutney and curry vinaigrette. Reservations are not accepted. BYOB. Open for dinner Tues to Sat. 49 N Riverside Ave, Croton-on-Hudson (914) 271-0702; www.oceanhouseoysterbar.com

BOW **TAGINE RESTAURANT & WINE BAR**

French/Moroccan \$\$\$

Chef Laurent Ceron, formerly of Thyme in Yorktown, is crafting French dishes with a Moroccan twist at this restaurant. On the menu: classic steak frites, 15-minute fish stew (the restaurant's take on bouillabaisse), and traditional Moroccan dishes like lamb tagine and vegetable couscous. Tagine offers beer, wine, and sangria on tap. Open every day for dinner. No reservations accepted. 120 Grand St, Croton-on-Hudson (914) 827-9393; www.taginecroton.com ★★½ (07/2013)

Dobbs Ferry

BOW **THE COOKERY** *Italian* \$\$

This progressive Italian restaurant serves some of the best pasta in the county, including radiatore with lamb Bolognese, plus other stellar dishes, e.g., pork osso buco with creamy polenta and apple mustard; and white



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dining out

(Continued from previous page)

lasagna. Most of the meat, fish, and produce is locally sourced. Open for lunch Tues to Fri; dinner Tues to Sun; brunch Sun only. Reservations taken on weekends for parties of five or more only. 39 Chestnut Ave, Dobbs Ferry (914) 305-2336; www.thecookeryrestaurant.com

HARPER'S New American \$\$\$

This 80-seat New American bistro by Chef Chris Vergara (also owner/chef at Meritage in Scarsdale) offers such dishes as roasted free-range chicken, grilled rainbow trout, Long Island duck breast, and sautéed local fluke. Order a drink from the thoughtfully crafted cocktail list. Garden patio seating adjacent to the Croton Aqueduct wall is available in warmer months. Open for dinner every day plus Sat and Sun for brunch. Reservations recommended. 92 Main St, Dobbs Ferry (914) 693-2306; www.harpersonmain.com

BOV! THE PARLOR Pizza \$\$

Food: ★★½ ; Service: ★★★; Atmosphere: ★★★ (03/2014)

Chef David DiBari offers a selection of craft pizzas à la his DoughNation pizza truck. Look for mainstays like decadent bone marrow pizza with vin cotto; house-smoked pepperoni; and polpette with meatballs from The Cookery (DiBari's other Dobbs Ferry eatery). Pizza specials include potato and pesto; or sriracha honey. Apps are largely vegetarian or seafood-based, and there's wine on tap, along with craft beer and "bottled" cocktails, which come in hip flasks. Open Wed to Sun for lunch and dinner; Tues, dinner only. 14 Cedar St, Dobbs Ferry (914) 478-8200; www.theparlordf.com

BOV! SUSHI MIKE'S JAPANESE RESTAURANT Japanese \$\$\$

Popular for its special sushi rolls (the "Out of Control" is a favorite), this neighborhood Japanese restaurant is often packed. In addition to the sushi and sashimi specials and maki rolls, hot entrées are offered. A jazz vocalist entertains every Monday evening. Open for lunch and dinner Mon to Sat; dinner only on Sun. Reservations suggested. 146 Main St, Dobbs Ferry (914) 591-0054; www.sushimikes.com ★★½ (10/2013)

Harrison

273 KITCHEN Mediterranean \$\$\$

Food: ★★½ Service: ★★★★★ Atmosphere: ★★½ (See review on page 132.)

The latest from Chef Constantine Kalandranis of 8 North Broadway (that's his Mediterranean restaurant in Nyack, New York) is this 30-seat small-plates Mediterranean bistro. The seafood-heavy, three-course menu changes frequently but includes a range of raw, cured, and ceviche dishes; meat-based dishes (stuffed quail à la plancha); and small bites (soups, house-made potato croquettes, falafel). Open daily for dinner; Sun brunch. 273 Halstead Ave, Harrison (914) 732-3333; www.273kitchen.com

HALSTEAD'S BAR AND GRILL Pub \$\$\$

John Muscatella, formerly owner of T&J Villaggio Trattoria in Port Chester, has opened Halstead's in the space that was previously Trinity Grill. His menu is an Italian take on traditional pub fare, offering brick-oven pizza, sandwiches like the paesano burger (topped with crumbled sausage and onion), and entrées like scallops with risotto and white wine, and tripe marinara (there are also traditional pub dishes.) Open from 11:30 am to 10 pm Tues to Thurs; 11:30 am to 11 pm Fri and Sat; 2 to 9 pm Sun. Reservations recommended. 7 Purdy St, Harrison (914) 835-8335; www.halsteadsbarandgrill.com



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COPPER KETTLE CAFÉ Café \$

Chef Joey D'Angelo of Manhattan's Spigolo and The Gilroy has partnered with Chef Gino Gabriel to bring gourmet, seasonal, and affordable comfort food to central Westchester. On the menu: a series of whimsically named panini like the Shroomwich with wild mushrooms, fontina, and truffle dip; and The Noble Pig with slow-roasted pork, sharp provolone, and rapini. Salads, plates (pierogies, eggplant "meatballs," homemade ricotta gnocchi), and desserts also served. Open 11 am to 11 pm. 201 E Hartsdale Ave, Hartsdale (914) 723-1065; www.copperkettlecafe.com

Hastings-on-Hudson

THE PRIME, AN AMERICAN GRILLE American \$\$\$

The Prime is family-owned and -operated by Mike and John DeMiceli, former owners of James Beard Foundation Award-winning The Prime Burger in New York City. Chef Scott Karns, a CIA grad, whips up 10 burger varieties named after NYC landmarks, along with a stable of steaks, seafood, chicken, pasta, and salads. Reservations recommended. Open every day from 11 am to 2 am. Mon to Sat and 11:30 am to midnight Sun. 19 Main St, Hastings-on-Hudson (914) 478-1147; www.theprimeamericangrille.com

Irvington

CHUTNEY MASALA Indian \$\$\$

Chef Navjot Arora offers an under-\$10 small-plates menu (crispy okra slivers, onion fritters, lamb kebab) at this modern Indian bi-level bistro, named "Best New Indian Restaurant 2009" by this magazine. Popular dinner entrées: tandoori shrimp, baby eggplant in a sweet/sour sesame-peanut sauce, and lamb curry. A two-course lunch prix fixe (\$14.95) is offered Mon to Fri. Open every day for lunch and dinner. Reservations suggested. 4 W Main St, Irvington (914) 591-5500; www.chutneymasalabistro.com

IL SORRISO Italian \$\$\$

Traditional Italian fare served in a charming Colonial house with river views. Lamb osso buco, grilled jumbo shrimp, and veal scaloppini with artichokes are favorite dishes. Jazz on Thurs. Open Tues through Sun for lunch and dinner. Reservations recommended. 5 N Buckhout St, Irvington (914) 591-2525; www.ilsorriso.com

MIMA VINOTECA Italian \$\$\$

The owners of Zuppa in Yonkers run this trattoria serving Italian "home-cooking." Orecchiette with egg, black pepper, onion, smoked bacon, and Parmigiano Reggiano; braised short ribs; and wild mushroom polenta are dishes to try. A 25-plus wine-by-the-glass menu is offered. Open for lunch Tues to Fri and dinner every day. Reservations recommended. 63 Main St, Irvington (914) 591-1300; www.mimarestaurant.com ★★★ (02/2013)

RED HAT ON THE RIVER French Bistro \$\$\$

There are stunning Hudson River views to be enjoyed at this stylish bistro. Menu selections include steak frites, steamed mussels, and frisée aux lardons. Don't skip the toffee-and-



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dining out

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amaretto bread pudding. Live jazz on Wed nights. Reservations recommended. Open for lunch weekdays; dinner every day; brunch on Sun. 1 Bridge St, Irvington (914) 591-5888; www.redhatbistro.com

Katonah

PEPPINO'S RISTORANTE Northern Italian \$\$\$

Lots of regulars come to this family-owned (since 1991) restaurant, located in a converted train station, to sit at candlelit tables and dine on veal Sorrentino, eggplant parmigiana, tilapia marechiaro, and any of more than 12 pasta dishes. The predominantly Italian wine list has bottles that mostly range from \$35 to \$65. Outdoor dining is available in warmer temps. Open every day for lunch and dinner. Reservations recommended. 116 Katonah Ave, Katonah (914) 232-3212; www.peppinosristorante.com

Larchmont

ENCORE BISTRO FRANÇAIS French \$\$\$

Enjoy savory French cuisine in a charming bistro setting, including homemade pâté, escargot, breast of duck, and sweetbreads. Sidewalk dining available. Open every day for lunch and dinner. Reservations suggested on weekends. 22 Chatsworth Ave, Larchmont (914) 833-1661; 67 Purchase St, Rye (914) 481-8833; www.encore-bistro.com

LENNY'S SEAFOOD AND STEAKHOUSE

Steakhouse \$\$\$\$

At Lenny's, all steaks are dry-aged for 21 days. Take your pick: a 46-oz porterhouse for four; a 6-oz petite filet; or a 16-oz New York strip (there are more choices, too). A range of seafood and pasta dishes and a raw bar are available as well. Reservations recommended. Open Tues to Sun for lunch and dinner; Mon for dinner. 2047 Boston Post Rd, Larchmont (914) 630-7800; www.lennyssteakhouse.com

MADISON KITCHEN New American \$\$\$\$

Chef and Owner Nick DiBona serves up a wide range of New American fare, including starters like grilled octopus and entrées like a grilled 16-oz T-bone steak, a Maine lobster cake, and pan-seared breast of duck. A fireplace adds a dose of ambience to the 45-seat dining room. Reservations recommended. Open Wed to Mon for dinner. 7 Madison Ave, Larchmont (914) 732-3024; www.mklarchmont.com

Mamaroneck

FRANKIE & FANUCCI'S WOOD

OVEN PIZZERIA Italian \$

Frankie & Fanucci's offers thin-crust pizza cooked in an 800-degree wood-fired oven. Choose from one of 12 toppings or order one of their favorites (spicy sausage and onion; meatball, sausage, and pepperoni; and zucchini, mushrooms, caramelized onions, and roasted peppers). Also offered are hot-pressed panini such as the Italian tuna with tomatoes, capers, red onion, and mixed greens. 202 E Hartsdale Ave, Hartsdale (914) 725-8400; 301 Mamaroneck Ave, Mamaroneck (914) 630-4360; www.fandfwpizza.com

IL CASTELLO Mediterranean/Italian \$\$\$

Expect homemade pastas and elaborate table presentations at this Italian restaurant, located a stone's throw from the Mamaroneck Metro-North Station. On the menu: branzino, veal Siciliano, pappardelle Bolognese, chicken Calabrese, and shrimp scampi. A prix-fixe \$20.95 lunch is offered. Open Tues to Sun for lunch and dinner. Reservations recommended. 576 Mamaroneck Ave, Mamaroneck (914) 777-2200; www.ilcastellomenu.com

Millwood

SPACCARELLI'S RISTORANTE *Italian* \$\$\$

This 80-seat Italian eatery specializes in the cuisine of the Abruzzese region. Try the homemade gnocchi, bronzino al forno, osso buco, and pappardelle Bolognese. Specials offered daily, and al fresco seating is available, weather permitting. Visa and MasterCard only. Closed Mon. 238 Saw Mill River Rd, Millwood (914) 941-0105; www.spaccarellirestaurant.com

Mohegan Lake

BOW **AUGIE'S PRIME CUT** *Steakhouse* \$\$\$\$

This 135-seat steakhouse and bar serves various cuts of dry-aged steaks such as porterhouse and prime rib, along with a selection of seafood entrées. It also features a wine and martini list, with cocktails such as the cucumber martini and the chocolate pretzel. Enjoy live music on Thurs. Open for lunch Tue to Sat, dinner Mon to Sun, and brunch on Sun. Reservations recommended. 3436 Lexington Ave, Mohegan Lake (914) 743-1357; www.augiesprimecut.com

Mount Kisco

BOW **CAFE OF LOVE** *French-American* \$\$\$\$

Leslie Lampert, owner of gourmet shop Ladle of Love, owns this 55-seat restaurant. Entrées include tuna tartare, raclette, mussels, Chatham cod, steak frites, homemade agnolotti, and cote de chon (roasted pig). Open Tues through Sun for lunch and dinner. Reservations strongly recommended. 38 E Main St, Mount Kisco (914) 242-1002; www.cafeofloveny.com

LEXINGTON SQUARE CAFE *New American* \$\$\$

Casual New American eatery offering lots of seafood and dishes such as braised fish-of-the-day in a green Thai curry, fresh oysters daily, and simply grilled steaks. Elaborate birthday cakes are available. A sweeping staircase leads to a 60-seat private party room popular for showers and christenings. Open for lunch and dinner seven days a week. Reservations recommended on weekends. 510 Lexington Ave, Mount Kisco (914) 244-3663; www.lexingtonsquarecafe.com

OLIVE GRILLE *Mediterranean* \$\$\$

A wealth of Italian and American bistro-style dishes can be found at this cozy and charming downtown eatery, completed with white tablecloths and a dark wood interior. Dishes include grilled veal chop draped in mushroom sauce; branzino piccante served atop a bed of risotto; and a New York strip steak. Open Tues to Fri for lunch and dinner; dinner only Sat and from 3 pm Sun. 213 E Main St, Mount Kisco (914) 241-8777; www.olivegrillenyc.com

THE ROSE ROOM *Italian/Traditional American* \$\$\$\$

On the menu at this 100-seat restaurant lounge is contemporary Italian and traditional American selections with all meat ordered from the famed Pat LaFreida Meats. Roasted duck with cranberry glaze and wild rice pancake; a 16-oz, center-cut veal chop, and salmon stuffed with shrimp and crabmeat are dishes to sample. There are 30 additional seats at the bar and 20 outside. Lunch served Tues to Fri; dinner Tues to Sun (open late Thurs to Sat). Reservations recommended. 222 E Main St, Mount Kisco (914) 218-3876; www.roseroomny.com

Mount Vernon

BOW **RISTORANTE BUONA SERA** *Italian* \$\$\$

This taste of Tuscany in the Fleetwood section of Mount Vernon offers such dishes as chicken reggiano, homemade pasta purses, veal buona sera, and Chilean sea bass marechiaro. Don't miss the Gorgonzola-broccoli rabe garlic bread. Also offered



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dining out

(Continued from previous page)

are more than 20 \$9.95 lunch entrées plus dinner specials. Party room available for 50. Open everyday for lunch and dinner. 546 Gramatan Ave, Mount Vernon (914) 665-9800; www.ristorantebuonasera.com

New Rochelle

bow! ALVIN & FRIENDS Southern/Caribbean \$\$\$

This contemporary Southern and Caribbean eatery features entrées such as jerk rubbed duck, smothered double-cut pork chops, and the 2011 Best of Westchester-winning crispy fried chicken. Besides the main dining room, a rear dining room is available for private events. Open for lunch (11:30 am-3 pm) and dinner (4:30-11 pm) Tues through Sat, plus brunch and dinner on Sun. 14 Memorial Hwy, New Rochelle (914) 654-6549; www.alvinandfriendsrestaurant.com ★★½ (01/2012)

bow! MODERN RESTAURANT & LOUNGE

Italian \$\$\$
Old-school Italian fare in a contemporary setting. Dishes to order are the chicken parmigiana, veal Sorrentino, pork chop contadina, and whole-wheat spaghetti puttanesca. A selection of brick-oven pizzas are also offered. An 85-person catering room is available. Open Mon for dinner only and Tues through Sun for lunch and dinner. Reservations recommended. 310 Huguenot St,

New Rochelle (914) 633-9479;
www.modernrestaurant.com

bow! NOMA SOCIAL Tapas \$\$\$

Chef Bill Rosenberg, formerly of F.I.S.H. and Barcelona, is serving a menu of mostly small plates at the 125-seat NoMa Social in the Radisson Hotel. On the dinner menu, entrées include wood-fired pizzas, paella Valenciana, and grilled Colorado lamb. The restaurant also features an extensive wine and beer menu, plus a bar menu. Open for lunch weekdays and dinner every day. Reservations required. 1 Radisson Pl, New Rochelle (914) 576-4141; www.nomasocial.com

SPADARO Italian \$\$\$

Anthony Spadaro's eponymous—and much lauded—New Rochelle restaurant, serving Italian fare in the spot that was formerly ZaZá Italian Kitchen. Feast on house specialties like pappardelle mare e monti (smoked-mozzarella red sauce with bits of asparagus and shrimp), stracotto di vitello (braised veal), and lobster risotto. Reservations recommended. Open from 12 pm to 10 pm Tues to Sun; open Fri and Sat until 11 pm. 211 Main St, New Rochelle (914) 235-4595

Ossining

KEENAN HOUSE KITCHEN & TAP ROOM

New American \$\$\$

Keenan House boasts a wide selection of craft brews on tap and in bottles. The menu offers small plates like bourbon barbecue wings, pretzel breadsticks, and baba ganoush; personal pizzas, sandwiches, and salads; and entrées like grilled shrimp skewers, grilled salmon, and buttermilk fried chicken. Open Tues to Sun for lunch and dinner plus Sunday for brunch. 199 Main St, Ossining (914) 236-3393; www.thekeenanhouse.com

Peekskill

bow! GLEASON'S Eclectic \$\$

Tim Reinke and John Sharp, owners of the nearby and very popular Birdsall House, own this 60-seat restaurant named after comic legend and former Peekskill resident Jackie Gleason. Birdsall Chef March Walker is overseeing the kitchen. On the seasonal, often locally sourced menu: artisan

flatbread pizzas, pasta dishes, soups, and salads. Dishes to try are the margherita pizza, sausage and broccoli rabe pizza, and orecchiette with lamb in a rosemary sauce. A selection of craft beers, both on tap and in bottles, plus specialty cocktails, such as The Honeymooner (Bulleit Bourbon, honey syrup, lime juice, and cloves), are offered. Open Mon to Sat for lunch and dinner. 917 South St, Peekskill, (914) 402-1950; gleasonspeekskill.com. ★★★ (04/2013)

IRON VINE Tapas \$\$\$

Food: ★★; Service: ★★½; Atmosphere: ★★★½ (08/2014)

Owner Gabriel Arango restored this 1863 building using only materials found in Peekskill and the Hudson Valley. The result is a warm, 52-seat restaurant and wine bar serving tapas dishes like adobo chicken wings, bacon-wrapped dates; and squid, shrimp, blue crab, and avocado ceviche. A small selection of lunch plates and entrées available as well. Brunch Sat and Sun. Open 11 am to 2 am Mon through Sat; 11 am to 4 pm Sun. 992 Main St, Peekskill (914) 930-8506; www.ironvinepeekskill.com

Pleasantville

BOW **BATONNAGE WINE BAR** Wine Bar \$\$

Panini, artisan cheeses, gourmet pizza, and salads are paired with international wines (from both small and large producers), apéritifs, imported beers, and cocktails at this wine lounge with comfy sofas. Piano and guitar Thurs and Fri evenings. Open Mon to Sat 4 pm to 1 am. 10 Marble Ave, Pleasantville (914) 769-4040; www.batonnagewinebar.com

BOW **BHOG INDIAN RESTAURANT** Indian \$\$\$

Lamb chops, masala grilled sea bass, nargisi biryani (lamb, chicken, and shrimp), and masala roast chicken are just a few of the dishes from the long menu at this Indian restaurant. Dine in the cozy 50-seat dining room or, in warmer months, out on the sidewalk seating. Open for lunch and dinner every day plus brunch on Sun. Reservations recommended. 68 Wheeler Ave, Pleasantville (914) 769-4100; www.bhogindian.com

WOOD & FIRE Italian \$\$ (pizza); \$\$\$ (entrées)

Neapolitan cuisine is the name of the game at this family-run establishment with a menu spanning salads, pizzas (everything from Margherita to the "Wood & Fire" with fried chicken, cherry peppers, tomato, and fresh mozzarella); small plates (mussels, butternut squash arancini); pastas; and mains (pepper-crusted yellow-fin tuna; veal Milanese). Half-off wine Wednesdays. Open every day for lunch and dinner. 59 Marble Ave, Pleasantville (914) 747-2611; www.woodandfirepizza.com

Port Chester

ALBA'S RESTAURANT Northern Italian \$\$\$

Northern Italian cuisine featuring cold antipasto, branzino arrosto, Caesar salad prepared tableside, escargot with polenta; gnocchi all 'Alba, and snapper brodetto. Private dining rooms are available Sat afternoons and Sun. Open Mon to Fri for lunch and dinner; Sat dinner only. 400 N Main St, Port Chester (914) 937-2236; www.albasrestaurant.com

BOW **Q RESTAURANT & BAR** Southern \$\$

From the owners of venerated The Kneaded Bread, this Southern/Midwestern eatery offers mouthwatering smoky brisket, pulled pork-and-coleslaw sandwiches, Texas no-bean chili, and heaping sides of collard greens and house-cut fries. Open every day for lunch and dinner. 112 N Main St, Port Chester (914) 933-7427; www.qrestaurantandbar.com



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dining out

(Continued from previous page)

SALTAIRE OYSTER BAR AND FISH HOUSE

Seafood \$\$\$

Leslie Barnes, owner of the popular London Lennie's in Queens, has transformed a historic 18th-century warehouse into one of Port Chester's most notable eateries. Executive Chef Bobby Will crafted a seafood-centric menu full of shareable starters, large plates, plus an extensive raw bar. Expect dishes such as red snapper ceviche with charred lime; fried Point Judith calamari; and grilled short line swordfish drizzled with a spicy cherry glaze. Open for dinner every day. 55 Abendroth Ave, Port Chester (914) 939-2425; www.saltaireoysterbar.com

BOW SONORA Nuevo Latino \$\$\$

Fans of Chef Rafael Palomino's Vida restaurant in Murray Hill love the ceviches, oyster and sweet plantain mofungo, seafood paella, and for dessert, churros (cinnamon and sugar sticks). Outdoor patio in the summer. Open for lunch Wed to Fri; dinner every day; brunch on Sun. Reservations recommended on weekends. 179 Rectory St, Port Chester (914) 933-0200; www.sonorarestaurant.net



Sonora

Purchase

BOW TRATTORIA 632 Italian \$\$\$\$

Brick-oven pizzas (try the figs, arugula, goat cheese, and honey); pastas (squid-ink tagliatelle; orecchiette with peas, pancetta, and wild mushrooms); and mains such as chicken scarpariello, veal osso buco, and pan-seared branzino are served at this 110-seat regional Italian restaurant. Wi-Fi and a large private dining room are available. A band plays Thurs 7 to 10 pm. Open every day for lunch and dinner. Reservations suggested. 632 Anderson Hill Rd, Purchase (914) 481-5811; www.trattoria632.com

Rye

BOW FRANKIE & JOHNNIE'S Steakhouse \$\$\$\$

Upscale steakhouse with a posh bar and lounge area. Specialties include porterhouse steak for two, Chilean sea bass, and lobster ravioli. Open for lunch Tues to Fri and dinner every day. Reservations recommended. 77 Purchase St, Rye (914) 925-3900; www.frankieandjohnnies.com

BOW MORGANS FISH HOUSE Seafood \$\$\$

This casual seafood restaurant offers a dinner menu featuring such dishes as Portuguese fisherman's stew, sautéed Gulf shrimp, and filet mignon with lobster mashed potatoes. Lunch and dinner served Mon to Sat; brunch and dinner on Sun. Reservations recommended. 22 Elm Pl, Rye (914) 921-8190; www.morgansfishhouse.net

BOW RUBY'S OYSTER BAR & BISTRO

Seafood Bistrot \$\$\$\$

A seafood bistro serving Continental food with a French flair. Popular entrées include pistachio-dusted halibut with goat cheese butter, linguine with jumbo lump crab, and barbecued salmon with a sweet onion compound butter. Come for breakfast (Mon to Sat at 8 am), lunch, and dinner

or Sun brunch. Reservations recommended. 45 Purchase St, Rye (914) 921-4166; www.rubysoysterbar.com

BOW RYE GRILL & BAR Traditional American \$\$\$\$

This bi-level Rye eatery in the Metro-North parking lot has reopened after an almost two-year renovation. Some entrées to try are pan-seared scallops, grilled cow-boy steak, grilled swordfish steak, and farfalle with hot Italian sausage. Open for lunch and dinner Mon to Sat; Sundays brunch and dinner. Reservations recommended. 1 Station Plz, Rye (914) 967-0332; www.ryegrill.com

Rye Brook

BOW THE ATRIUM AT DORAL ARROWWOOD

Continental \$\$\$

The perfect place for a romantic Saturday evening of Continental dining and dancing. Sun brunch served at 11:15 am and 1:45 pm, accompanied by live music. Open seven days. Reservations required. Anderson Hill Rd, Rye Brook (914) 935-6600; www.doralarrowwood.com

Scarsdale

BOW EASTCHESTER FISH GOURMET

Seafood \$\$\$

Monday is Lobster Night at this casual restaurant serving fresh seafood. Features a raw bar with oysters and clams. Popular dishes include fish n' chips, Parmesan-crusted cod, grilled pompano, and Dover sole. Thurs night is Raw Bar night. Reservations requested only for parties of five or more. Dinner every day; lunch on Thurs and Fri only. 837 White Plains Rd, Scarsdale (914) 725-3450; www.eastchesterfish.com

BOW KUMO SUSHI & LOUNGE Sushi \$\$\$

A Scarsdale location joins two Rockland County locations. Chef Hua Chen studied sushi making in Japan for 15 years and incorporates specialty fish like Japanese madai and New Zealand shima aji into his dishes. Try the lobster pancake appetizer and the Good 4 You roll (spicy crab and avocado topped with lobster salad, mango, and peanuts). Open daily for lunch and dinner. 777 White Plains Rd, Scarsdale (914) 713-8899; www.kumoscarsdale.com

Tarrytown

BOW RIVERMARKET BAR AND KITCHEN

New American \$\$\$\$

Food: ★★; Service: ★★; Atmosphere: ★★ (04/2014)
This New American restaurant with Mediterranean influences comes via the owners of Crabtree's Kettle House and uses primarily local, sustainable ingredients in dishes such as Hemlock Hill pasture-raised chicken, seared Sunburst Farms trout, and wood-fired Heritage pork-shoulder roast. House-made desserts include toffee cake with Hudson Valley crème fraîche. On-premise farm market. Open daily for lunch and dinner. Reservations recommended. 127 W Main St, Tarrytown (914) 631-3100; www.rivermarketbarandkitchen.com

BOW SUNSET COVE Italian \$\$\$

A location immediately north of the Tappan Zee with impressive Hudson River views is a draw at this 220-seat (100 outdoors) Italian restaurant. Entrées by Chef/Owner Thomas Calandrucci include chicken scapariello, maple-walnut salmon, pork osso buco, and pan-seared scallops. Some gluten-free items are offered. Tiki bar with grill menu is open in the summer. Open Mon to Sat for lunch and dinner; Sun for brunch and dinner. Reservations recommended. 238 Green St, Tarrytown (914) 366-7889; www.sunsetcove.net

SWEET GRASS GRILL New American \$\$\$

Juan Jimenez is executive chef at this farm-to-table

restaurant across from the Tarrytown Music Hall. Notable entrées include honey-glazed chicken, grass-fed hanger steak, and vegan shepherd's pie. Open for lunch and dinner every day; brunch on weekends. 24 Main St, Tarrytown (914) 631-0000; www.sweetgrassgrill.com

Tuckahoe

BOW ANGELINA'S RISTORANTE

Southern Italian \$\$\$

Enjoy authentic Italian fare from Chef Peter DiNardi at this cozy restaurant. Try tagliatelli with King crab leg meat and shrimp; ricotta- and spinach-stuffed eggplant, or Chilean sea bass portofino topped with rock shrimp. The mostly Italian wine list includes about 700 selections. Open every day for lunch and dinner. Reservations recommended on weekends. 97 Lake Ave, Tuckahoe (914) 779-7944; www.angelinasoftuckahoe.com

MAMBO 64 Latin American/Caribbean \$\$\$

Cookbook author and Food Network's Rewrapped winner Arlen Gargagliano and Stephanie Landis are the chefs at this Latin- and Caribbean-style restaurant. Tapas include Arlen's Guacamole, Brazilian cheese puffs, sherry-sautéed shrimp, and bite-sized empanadas. Large plates include mole chicken, camarones sofrito, and chimichurri-marinated and grilled hanger steak. Menu contains gluten-free and vegetarian options. Open for lunch and dinner Tue through Fri; dinner Sat and Sun. Reservations recommended. 64 Main St, Tuckahoe (914) 222-9964; www.mambo64.com

BOW THE TAP HOUSE Gastropub \$\$\$

Gastropub offering dishes like pan-roasted chicken in a lemon white wine sauce; truffle gnocchi; and grilled bratwurst, plus fish entrées, steaks, salads, and small plates. Lunch and dinner Mon thru Sat; brunch and dinner Sun. 16 Depot Sq, Tuckahoe (914) 337-6941; www.thetaphouseny.com

White Plains

BOW BENJAMIN STEAKHOUSE

Steakhouse \$\$\$\$

This 200-seat restaurant owned by ex-Peter Luger staffers Chef Arturo McLeod and Benjamin Prelvukaj is a sibling of midtown Manhattan's Benjamin Steak House. Offerings include dry-aged steaks and chops, Chilean sea bass, grilled yellowfin tuna, and a 4-lb jumbo lobster broiled or steamed. Open Tues to Sat for dinner and Sun for brunch and dinner. Reservations recommended. 610 W Hartsdale Ave, White Plains (914) 428-6868; www.benjaminsteakhouse.com ★★½ (05/2011)

BOW CITY LIMITS DINER Traditional American \$

The diner's menu offers a broad selection of dishes: oriental chicken salad, gourmet pizzas, and seafood entrées from fish delivered fresh daily. The White Plains location also has a bar and lounge area with cocktails and craft beer. Fifty percent off any bottle of wine when ordered with Allen Brothers black Angus steak. Open daily for breakfast, lunch, and dinner. 200 Central Ave, White Plains (914) 686-9000; 135 Harvard Ave, Stamford, CT (203) 348-7000; www.citylimitsdiner.com

BOW EMMA'S ALE HOUSE Comfort American \$\$\$

Among the entrées on this neighborhood pub's menu: brick chicken, braised short ribs, and sesame-crusted ahi tuna. For dessert: try the famous Krispy Kreme bread pudding. A large assortment of craft brews are offered; bottles of wine are half price on Mon. Emma's is a Certified Green Restaurant. Open daily for lunch and dinner; brunch on Sat and Sun. Reservations suggested. 68 Gedney Way, White Plains (914) 683-3662; www.emmasalehouse.com



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1	2	3	4	5	6	7
8	9	10	11	12 MNE 7:00	13	14 ERI 1:00
15	16	17	18	19	20 SXF 7:00	21 @CTN 7:00
22	23	24 IDA 7:00	25	26	27	28
29	30 GRD 7:00					

● **DECEMBER 2015** ●

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 FWN 11:00am	3	4 @AUS 8:30	5 @DKC 8:00
6	7	8		10 GRD 7:00		12 DEL 1:00
13 @RAP 6:00	14	15	16	17	18 @MNE 7:00	19 @MNE 7:00
20 ERI 7:00	21	22	23 DEL 7:00	24	25	26 @DEL 3:00
27	28	29	30	31		

● **JANUARY 2016** ●

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 DEL 1:00
3 SCW 5:00	4	5	6 Santa Cruz NBA D-League Showcase	7 Santa Cruz NBA D-League Showcase	8 Santa Cruz NBA D-League Showcase	9 Santa Cruz NBA D-League Showcase
10 Santa Cruz NBA D-League Showcase	11	12 @IWA 8:00	13	14	15 @ERI 7:00	16 @RAP 7:00
17	18	19 @DEL 6:30	20	21	22 RAP 7:00	23 ERI 5:00
24	25	26	27	28	29 @SXF 8:00	30 @SXF 8:00
31						

● **FEBRUARY 2016** ●

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 SFX 7:00	6 @MNE 7:00
7	8	9 @IWA 11:00am	10	11	12	13 Toronto NBA D-League All Star Game
14	15	16	17 RAP 7:00	18	19 IWA 7:00	20
21 IWA 1:00	22	23	24	25 @FWN 7:00	26 @GRD 7:00	27
28	29					

● **MARCH 2016** ●

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 CTN 7:00	4	5 @ERI 7:00
6 MNE 5:00	7	8	9 @CTN 7:00	10	11 @FWN 7:30	12
13	14	15	16 @GRD 7:00	17	18 @ERI 7:00	19
20	21	22	23	24 RAP 7:00	25	26 @RAP 2:00
27	28 CTN 7:00	29	30 FWN 7:00	31		

● **APRIL 2016** ●

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 @DEL 7:00	7 MNE 5:00
8	9	10	11	12	13	14

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dining out

(Continued from previous page)

BOWL **42 THE RESTAURANT** *New American* \$\$\$\$
 A top The Ritz-Carlton, Westchester on the 42nd floor, is this Anthony Goncalves-helmed restaurant offering sophisticated New American fare with Iberian influences such as halibut with Japanese yams, Portuguese fried chicken, and pan-roasted duck breast and duck leg confit. Wine Director Ernani Silva oversees a 3,600-bottle wine cellar. Dinner only Mon to Sat (closed Mon March to September). Reservations recommended. *The Ritz-Carlton, Westchester, 1 Renaissance Sq, White Plains (914) 761-4242; www.42therestaurant.com*

MOKOMIYA *Ramen* \$\$
 Chefs Junzo Miyajima and Shuichi Kotani specialize in three classic, authentic styles of ramen: traditional soy-based shoyu, salty shio, and nutty miso. Open for lunch and dinner Tues to Sun from 11:30 am to 3:30 pm and 5 to 9:30 pm; open until 10 pm Fri and Sat. *51 Court St, White Plains (914) 949-3712; www.mokomiya.com*

BOWL **RACANELLI'S ORIGINAL PIZZA & BREW** *Italian* \$\$\$
 Chef Jose Moreno offers dishes such as linguine with clams, fettuccine Bolognese, veal osso buco, and citrus-marinated shrimp at this revamped family-owned Italian restaurant. Open every day for lunch and dinner. Reservations recommended for parties of five or more. *85 Knollwood Rd, White Plains (914) 946-5211; www.pizzaandbrew.com*

BOWL **RED PLUM** *Asian* \$\$\$
 A new location in White Plains joins the existing Mamaroneck location; both offer a wide selection of pan-Asian fare. The menu houses a long list of appetizers; sushi, sashimi, and specialty rolls; kitchen entrées like steamed Chilean sea bass and General Tso's chicken, plus tempura, teriyaki, red curry, and hibachi dishes. Lunch specials (\$9 to \$16) are offered. Open every day for lunch and dinner. *251 Mamaroneck Ave, Mamaroneck (914) 777-8696; www.redplumrestaurant.com; 91 Mamaroneck Ave, White Plains (914) 288-0777; www.redplumwhiteplains.com*

SAPORI *Italian* \$\$\$
 Indoor and outdoor seating—including partially enclosed booths tucked in brick-lined outcoves—are available at this large, 160-seat Italian eatery in White Plains. Try the veal chop, branzino, chicken scarpariello, and rigatoni Bolognese. Reservations recommended. Open every day for lunch and dinner. *324 Central Ave, White Plains (914) 684-8855; www.saporiofwhiteplains.com*

THE TRAVELERS CLUB *Mediterranean* \$\$\$\$
 This 100+-seat restaurant, with views of the runway at Westchester County Airport, features a Mediterranean-influenced menu with dishes like chicken scarpariello and veal Milanese, plus options such as filet mignon, miso-glazed Chilean sea bass, and lobster cavatelli. Free valet parking. Open every day for lunch and dinner; brunch on Sun. *Westchester County Airport, 240 Airport Rd, White Plains (914) 437-7650 ext 1; www.travelersclubwestchester.com*

TRE ANGELINA *Northern Italian* \$\$\$
 This cozy, white-tablecloth Northern Italian restaurant offers chicken scarpello, double cut veal chop, shrimp in garlic basil over fettuccine and filet of sole with toasted almonds. Reservations recommended. Closed Sun (except for private parties). *478 Mamaroneck Ave, White Plains (914) 686-0617; www.treangelina.com*

Yonkers

DECOSTA'S RESTAURANT *Italian* \$\$\$
 Homemade pastas and desserts are the draw at this 69-seat Italian eatery in Yonkers. Owner Nuno DeCosta and Chef Edwin Partillo serve mains like chicken scarpello, veal alla Nonna, and cappellini with crab and shrimp. Desserts to try include white chocolate bread pudding and the Apple Brown Betty (graham cracker-

crusted apple pie à la mode). Sit-down bar and private dining room on-site. Open for lunch and dinner every day except Mon. Reservations recommended. *400 Yonkers Ave, Yonkers (914) 964-8887; www.decostas.com*

DOLPHIN RESTAURANT BAR LOUNGE *Seafood* \$\$\$

The Rugova family of Yonkers runs this bi-level restaurant where Executive Chef Denzil Richards, formerly of Alvin & Freinds in New Rochelle, proffers a menu of seafood, pasta, steaks, and big salads. A 100-seat patio lends views of the Hudson River. The wine list features selections mostly from Italy, France, and California. Open for lunch and dinner every day; a late-night menu is offered Thurs to Sat 11:30 pm to 1 am. *1 Van Der Donck St, Yonkers (914) 751-8170; www.dolphinrbl.com* ★★ (09/2011)

TEXAS DE BRAZIL *Brazilian* \$\$\$\$
 Southern Brazilian dishes along with Texas favorites make up the extensive menu at this churrascaria with 24 locations nationwide. Diners pay either \$24.99 for a gourmet salad buffet, or \$46.99 for salad bar and 15 grilled meats prepared over an open flame and carved tableside. Among the meat selections: Brazilian sausage, rack of lamb, and the house specialty picanha (top sirloin). Children under 2 are free, from ages 3 to 5, \$5, and children 6 to 12 dine for half price. Open every day for dinner. *1 Ridge Hill Blvd, Yonkers (914) 652-9660; www.texasdebrasil.com*

BOWL **X20 XAVIARS ON THE HUDSON** *New American* \$\$\$
 Venerated four-star chef Peter Kelly's fourth restaurant sits on the historic Yonkers Pier offering breathtaking views of the Hudson River. Separate menu available in the casual Dylan Lounge Tues to Sun; there's also a sushi bar. Lunch Tues to Fri; dinner Tues to Sun; brunch—one of the best deals in the county—Sun. The Hudson Room on the upper tier can seat 80 for a private party. Reservations highly recommended. *71 Water Grant St, Yonkers (914) 965-1111; www.xaviars.com*

BOWL **YARD HOUSE** *American* \$\$\$
 This 400-plus seat restaurant features 130 tap handles of craft, imported, and specialty ales and lagers that go well with the more than 100 food offerings. On the food menu: salads, pastas, sandwiches, street tacos, grilled burgers, pizza, seafood, steaks, and ribs. Miso-glazed sea bass and a pepper-crust Gorgonzola burger are among the most popular dishes. Open daily for lunch, dinner, and late-night dining (until midnight Sun to Thurs and 1 am Fri and Sat). Limited reservations available. *237 Market St, Ridge Hill Blvd, Yonkers (914) 375-9273; www.yardhouse.com*

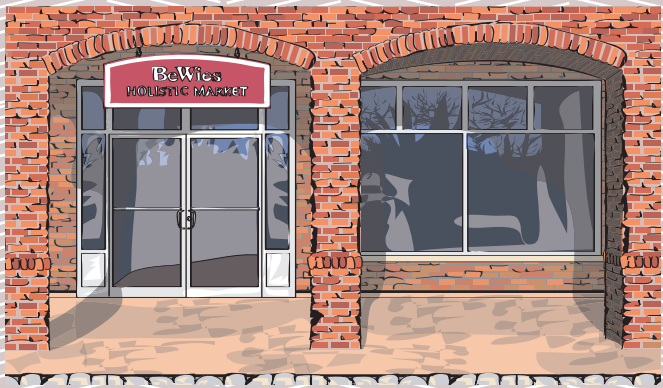
BOWL **ZUPPA** *Italian* \$\$\$
 Paskual Dedi is the executive chef at this urbane Italian restaurant serving brick-oven pizzas, creative homemade pastas, and top-notch entrées. For dessert, don't miss the warm bag of zeppole. Lunch three-course prix-fixe (\$24) weekdays. Three private rooms are available for parties. Open Mon through Fri for lunch and dinner every day. Reservations recommended for large parties and on weekends. *59 Main St, Yonkers (914) 376-6500; www.zupparestaurant.com*

Nearby

CLOCK TOWER GRILL *American* \$\$\$
 Chef Richard Parente sources the ingredients for Clock Tower's farm-to-table American fare locally, sustainably, and organically. Inside, décor evokes the farms that supply it—rustic wooden tables, sliding barn doors. Menu items include sherry-cured and applewood-smoked Long Island duck; elk osso buco; and wild-caught scallops in porcini sauce. There's a large selection of craft beer on tap. Open for lunch and dinner Tues to Fri; dinner only on weekends; outdoor seating available. Reservations recommended. *512 Clock Tower Commons Dr, Brewster, NY (845) 582-0574; www.clocktowergrill.com*

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11:15 am & 12:30 pm	Dobbs Ferry, Elmsford, Hastings, Irvington, Tarrytown
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dining out

(Continued from previous page)

CHAR RESTAURANT *New American* \$\$\$\$

This upscale-casual eatery sources local ingredients whenever possible, and utilizes reclaimed wood throughout the interior. Seasonally rotating menus feature dishes like char-grilled octopus, spinach and pear salad, hanger steak frites, and bucatini lamb Bolognese. Open every day for lunch and dinner. Reservations recommended. 2 South Water St, Greenwich, CT (203) 900-1100; www.charct.com

ELM STREET OYSTER HOUSE *Seafood* \$\$\$\$

A high-energy seafood restaurant serving such specialties as pan-fried oysters, wasabi-crusting tuna, and crab quesadillas. Lunch and dinner every day; brunch on Sun. Accepts lunch reservations only. 11 W Elm St, Greenwich, CT (203) 629-5795; www.elmstreetoysterhouse.com

GOLDEN VIEW FIRENZE *Italian* \$\$\$\$

This Italian eatery has a sister restaurant in Florence, Italy. Specialties include tagliatelle al cinghiale (ribbon pasta with wild boar ragù), linguine allo scoglio (linguine with seafood), and carré di agnello (rack of lamb). Wine menu is extensive and organized by region of Italian origin. Open Mon to Sat for lunch and dinner; dinner only Sun. 249 Railroad Ave, Greenwich, CT (203) 817-0919; www.gvft.com

PIER 701 RESTAURANT AND BAR

Mediterranean \$\$\$\$

Executive Chef Denis Whitton pairs water views with seasonal menus of small and large plates at this Piermont, New York, restaurant and catering hall. Look for a seasonal menu with dishes like lobster seafood fettuccine, surf and turf, and wasabi-crusting ahi tuna. Open year-round; outdoor seating on a large deck (or on the beach!) is a main attraction. Live music Fri and Sat nights. Open every day for lunch and dinner. 701 Piermont Ave, Piermont, NY (845) 848-2550; www.pier701ny.com

BOW XAVIARS AT PIERMONT

New American \$\$\$\$

George DeMarsico, previously at Peter Kelly's X20 Xaviars on the Hudson in Yonkers, is head chef at Kelly's jewel box restaurant known for impeccable service, extraordinary food, and superb prix-fixe dinners. A farm-to-table prix-fixe menu is offered on Sun from 5 to 8 pm (\$55 for four courses). AmEx only. Lunch only on Fri and Sun. Jackets and reservations are a must. 50 Piermont Ave, Piermont, NY (845) 359-7007; www.xaviars.com **W**

KEY TO SYMBOLS

UPDATE We note any significant changes.

BOW Best of Westchester winner

\$ Average entrée \$10 or less
\$\$ Average entrée between \$11 and \$17
\$\$\$ Average entrée between \$18 and \$24
\$\$\$\$ Average entrée above \$25

RESTAURANTS REVIEWED STARTING JANUARY 2014

Reviewers judge restaurants in three categories: Food, Service, and Atmosphere. Reviewers dine anonymously and make at least two visits.

★★★★ Excellent
★★★ Good
★★ Average
★ Poor

RESTAURANTS REVIEWED BEFORE JANUARY 2014

★★★★ Excellent
★★★ Good
★★ Average
★ Poor

Prices, hours, and specialties are provided by the restaurants and are subject to change. Calling to confirm days and hours is recommended. Restaurants accept major credit cards unless otherwise noted. Some of the restaurants in this guide are *Westchester Magazine* advertisers.

coming attractions

BEST BETS | TOP BILLING | BOOK IT!

EDITED BY

Paul
Adler

WATCH THIS

Happy Meal

Can anyone actually whip up a meal the way chefs do on cooking shows? Food Network Star and reigning queen of Italian eats Giada De Laurentiis comes to The Palace Theatre in Stamford, Connecticut, on November 4 to answer that eternal question. De Laurentiis will regale audience members with her gastronomic know-how and a wealth of tips, tricks, and stories that inspired her new book, *Happy Cooking* (a signed copy would make an excellent holiday gift). The event also features a Q&A so you can finally present the master chef with some of your own burning culinary questions. For more information, visit www.palacestamford.org



Best Bets

Our favorite reasons to get out of the house this month BY PAUL ADLER



Nov
1

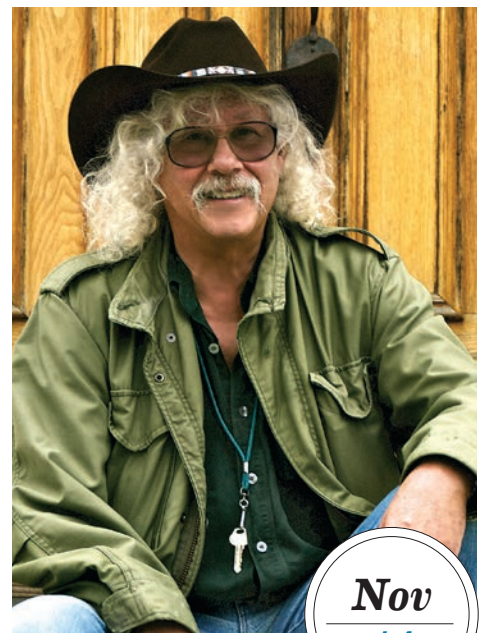
On Key

When **Taka Kigawa** performs, people take note. Called a “phenomenon” by the *New York Times*, Kigawa is one of the most celebrated pianists ever to come out of Japan. Having performed in such venues as Carnegie Hall in New York City and Severance Hall in Cleveland, Kigawa is known for drawing crowds with his unique style, which combines influences ranging from baroque to the most experimental elements of contemporary classical music. In his return to the **Hammond Museum and Japanese Stroll Garden**, Kigawa will be performing significant modern and contemporary compositions designed to challenge and expand the piano’s boundaries (and likely the way audience members view the instrument as well).

All Dolled Up

Some say that domesticity was never the same after Henrik Ibsen’s groundbreaking play, **A Doll’s House**, first hit the stage in 1879. Telling the story of a constrained housewife fed up with her domestic life, the play and its unprecedented ending still reverberates to this day. Director John Michael DiResta breathes new life into this celebrated masterpiece, at **Pleasantville’s Axial Theatre** this month, by reimagining it in 1950s America. The jump 70-plus years forward provides the seminal drama with a greater connection to contemporary audiences as well as a fresh, but no less impactful, perspective.

Nov
6-22



Nov
14

Folk Hero

People throw the word “legend” around all the time, but **Arlo Guthrie** is legit. Along with his late father, Woody Guthrie, Arlo is one of the most important and widely known folk singers in American history. On tour to celebrate the impending 50th anniversary of his satirical counter-culture classic “Alice’s Restaurant,” Guthrie will perform live at the **Tarrytown Music Hall** this month. Taking Guthrie more than a year to finish, “Alice’s Restaurant” defined an entire generation with its anti-war message and spurred countless individuals to take up the banner of social action, peace, and human rights.

TAKA KIGAWA PHOTO COURTESY OF TAKA KIGAWA

Night Moves

In the hit film, *Night at the Museum*, dinosaurs, mummies, and frightening animals spring to life. While the **Bruce Museum's Family Benefit: Night at the Museum** may not have so many breathing beasts, it will undoubtedly offer just as much fun. The family-focused event will feature a movie on the museum's big screen, along with a scavenger hunt, silent auction, craft activities, pizza, and dessert. Even adults won't be left out in the cold, as the event will also have an open bar serving wine and beer. Kids are encouraged to come dressed in their pajamas for this evening of food, fun—and, hopefully, no living dinosaurs.



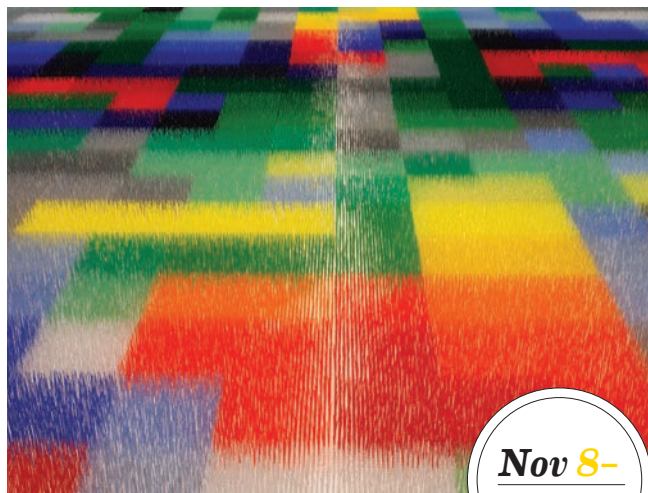
Nov
6

To Market, To Market

There aren't too many places where you can pick up antique furniture, comic books, jewelry, and a wealth of collectibles all in one visit. But you can do just that at the **Hastings Flea**, a specialty, curated outdoor flea market that takes place each month in the MTA commuter parking lot beside the river in Hastings-on-Hudson. Even if you don't pick up your next family heirloom from one of the local vendors hawking home goods, crafts, and more antiques than you can shake a stick at, you can still enjoy live entertainment, animals, and a fleet of local food options.



Nov
8



Nov 8-
Feb 21

Just Bead It

Tired of art exhibitions that feature one painting after another, with little difference between the individual pieces other than the images that they depict? Enter **Liza Lou** and her pioneering style that blends 3D sculpture, glasswork, textiles, crafts, and painting to produce truly one-of-a-kind artworks. In her new exhibition at the **Neuberger Museum of Art**, Lou's artistic range will be on full display with her two new pieces *Color Field*, a large-scale sculpture composed almost entirely of glass beads, and *Solid Gray*, a series of smaller monochromatic woven beaded works. With *Color Field* taking up an astonishing 1,400 square feet of gallery space, it will be hard to miss this giant artistic leap forward.



Nov
13

Laugh Factory

As Howard Stern's former right-hand man, **Artie Lange** is known for pulling no punches whatsoever when it comes to cracking jokes. With his signature blend of bawdy humor and ribald ridiculousness, Lange is one of the most famous—and infamous—comedians performing today. Lange

will undoubtedly bring along this ultra-edgy humor when he hits the stage at **The Paramount Hudson Valley** in Peekskill this month.

As co-host of "*The Artie Lange Show*," a program he created for the Fox News Network, and author of the *New York Times* bestselling memoir *Too Fat to Fish*, Lange has more than enough up his sleeve when it comes to coarse comedy.

For more information on these events, plus more listings this month, see **Book It!** on page 196.

It's a Small World

Darren Scala of D. Thomas Fine Miniatures offers insight into the fascinating world of small-scale art.

BY PAUL ADLER



Louise Krasniewicz's startlingly detailed miniature reproduction of the set of Alfred Hitchcock's *Rear Window*; (opposite page) Scala at a workbench in his shop

Darren Scala knows a great miniature when he sees one. As owner and founder of D. Thomas Fine Miniatures, a unique gallery, retail store, and exhibition space in Hastings-on-Hudson, Scala is intimately involved in this underappreciated art form. Today, D. Thomas Fine Miniatures displays some of the world's most exceptional dollhouses and miniature collectibles and offers workshops and classes as well as special exhibitions of nationally recognized artisans.

The space's current show, a miniature reproduction of the set of Alfred Hitchcock's seminal film *Rear Window*, is perhaps one of its most notable. Artist Louise Krasniewicz's piece reveals the very best of what miniature art has to offer: its ability to reimagine, rejuvenate, and breathe new life into everyday items. From a piece of furniture to a celebrated film, the world of miniatures reveals its subjects from a fresh perspective and presents them in a form that encourages deeper appreciation.

Scala, who was recently appointed to the International Guild of Miniature Artisans' Board of Trustees, has been both appreciating and producing his own miniatures for nearly as long as he can remember. The story of his involvement in the form is suffused with equal parts passion and hard work.



D. Thomas Fine Miniatures
579 Warburton Ave #6
Hastings-on-Hudson
www.dthomasfine.com

When did you first become interested in miniatures? Since I was a very young boy. My father was a skilled cabinetmaker and craftsman, and I was always around him while he was in his workshop. As a child, I had seen a catalogue as a child featuring a dollhouse, and I knew I had to have one. So, I asked my father to build it for me for my birthday. He was this burly, staunchly conservative, Brooklyn-born Italian guy. I knew I was taking a risk by even asking. Thankfully, after some prodding and pushing from my highly supportive mom, he agreed.

What compelled you to follow your passion? It was the late 2000s, and, as the economy was falling apart, I was laid off from a long career with a prominent cosmetics company. I knew things would get rough emotionally and I needed to find a way to keep myself busy, so I started making miniatures again. I built myself a workbench in the lower level of my home in Yonkers and began taking classes to learn new skills.

The employment situation didn't improve for me, and I realized that I would never be returning to a career in the beauty world. So I decided to combine the skills and talents I had acquired in my years in marketing and brand management, along with the passion I had around miniatures, to create D. Thomas Fine Miniatures.

How did the idea to open a physical shop and exhibition space first come about? When I started writing my business plan, I knew I needed to do things differently to have folks really think differently about miniatures. I needed people to see, feel, and touch these objects. I wanted to reshape the perception that miniatures are cute toys for children to play with, and I needed a physical space in order to achieve that.


How do you go about selecting the artists for exhibitions? I look for artists who create work that tells a larger story than just the piece's size and content. It's important that folks with varied interests identify with the work, draw a connection to their own lives, and walk away feeling like they've had an experience.

What attracted you to the work of Louise Krasniewicz? I was introduced to Louise Krasniewicz at the 2015 Philadelphia Flower Show, where she was showing *Rear Window* as part of their popular *Miniature Settings* exhibit. Her piece won best in show in the drama category, and I was awestruck from the moment I saw it. It tells a larger story around art, culture, and how we look at miniatures. It appeals to a wide range of people, whether you enjoy miniatures, art, film, or great stories.



“ [Miniatures] have the ability to transport the viewer to a place of wonder. They challenge the senses, especially when something is made so beautifully and intricately that you don't quite know how.”

What do you like most about Krasniewicz's Hitchcock piece? My absolute favorite part is the lighting. To make the film, Hitchcock built an elaborate set inside a sound studio, several stories high, and lit it with hundreds of lights to help represent certain times of the day. Louise did an amazing job of recreating that. It actually makes you feel like you are a visitor on set during the day of filming.

Why do you feel miniatures are timeless? There is something quite seductive about miniatures. They have the ability to transport the viewer to a place of wonder. They challenge the senses, especially when something is made so beautifully and intricately that you don't quite know how. It's an illusion. But no matter who you are and from what perspective you come, miniatures delight, excite, and provide an enjoyable experience. 

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EDITED BY PAUL ADLER

art

Ongoing through November 8

MADAGASCAR: GHOSTS OF THE PAST. Visitors can explore three major phases of Malagasy history and encounter a variety of living and extinct species. *Bruce Museum, Greenwich, CT (203-869-0376; www.brucemuseum.org)*

Ongoing through November 8

THEN & NOW: TEN YEARS OF RESIDENCIES AT THE CENTER FOR BOOK ARTS. The Castle Gallery exhibits works by more than 60 artists who have participated in programs at the Center for Book Arts over the last 10 years. *Castle Gallery, The College of New Rochelle, New Rochelle (914-654-5423; castlegallery.cnr.edu)*

Ongoing through November 29

THEODORE NIERENBERG: PHOTOGRAPHS FROM HIS WORLD TRAVELS. The exhibit features 30 portraits of indigenous people by Nierenberg, best known for his photographs of gardens and for founding Dansk International Designs. *Bruce Museum, Greenwich, CT (203-869-0376; www.brucemuseum.org)*

Ongoing through November 29

EVERY KIND OF A PAINTER: THOMAS PRICHARD ROSSITER (1818-1871). Boscobel displays an exhibit of works by the American artist representing a diverse range of subjects including still lifes, portraits, landscapes, and genre and history scenes. *Boscobel House and Gardens, Garrison, NY (845-265-3638; www.boscobel.org)*

Ongoing through December 6

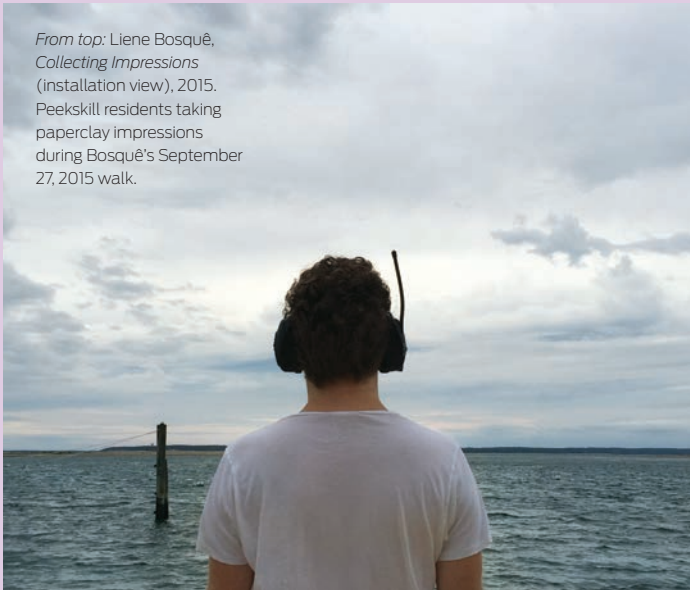
LOVE: THE FIRST OF THE SEVEN VIRTUES. The center presents an exhibition of works that explore love in its various forms; featured artists include Matthew Barney, Robert Indiana, and Robert Mapplethorpe. *Hudson Valley Center for Contemporary Art, Peekskill (914-788-0100; www.hvcca.org)*

Ongoing through December 6

LEVITICUS. The installation features terragraph prints by artist Hermann Nitsch with accompanying extracts from *Leviticus* in both Hebrew and German. *Hudson Valley Center for Contemporary Art, Peekskill (914-788-0100; www.hvcca.org)*



Through
November 29
**EVERY KIND OF A
PAINTER: THOMAS
PRICHARD ROSSITER
(1818-1871)** at Boscobel
House and Gardens



From top: Liene Bosquē, *Collecting Impressions* (installation view), 2015. Peekskill residents taking paperclay impressions during Bosquē's September 27, 2015 walk.



INSIDE LOOK

A Peek at Peekskill Project 6

With an explosion of new restaurants, events, and shops, Peekskill is currently one of the hottest cities in Westchester. Of Peekskill's more notable cultural offerings is their citywide, public art festival, Peekskill Project 6 (which runs through December 31), founded in 2004 by the Hudson Valley Center for Contemporary Art.

Livia Strauss, director of the Peekskill Project, notes that "the goal of the Peekskill Project initiative was to give [a platform to] talented artists producing work that is not necessarily reaching the public for several reasons: lack of commercial feasibility, lack of gallery representation, or lack of exhibition opportunity."

Nearly 60 local and internationally acclaimed artists in various mediums will exhibit at public venues like the Field Library and the Riverfront Green. Highlights of this year's festival include Man Bartlett's groundbreaking 24-hour audio work *RAGA/PEAK*, in which improvised melodies are transmitted over short-range FM radio signals, as well as Liene Bosquē's *Collecting Impressions*, experimental fusions of performance art and pottery.

A far-reaching public program will coincide with the festival, offering film screenings, workshops with artists, public performances, and events. A talk series will also be presented, during which curators, artists, and the public will be able to discuss numerous themes including the role of contemporary art in everyday life.

—PA

Ongoing through December 31

PEEKSKILL PROJECT 6. HVCCA presents a public art festival showcasing works throughout the City of Peekskill. *Hudson Valley Center for Contemporary Art, Peekskill (914-788-0100; www.hvcca.org)*

Ongoing through January 3

CHARLES HAROLD DAVIS, MYSTIC IMPRESSIONIST. This retrospective exhibit of works by Charles Harold Davis (who established the Mystic, Connecticut, art colony) traces his works from early beginnings to impressionism and expressionism in his later years. *Bruce Museum, Greenwich, CT (203-869-0376; www.brucemuseum.org)*

Ongoing through January 3

BJØRN OKHOLM SKAARUP: CARNIVAL OF THE ANIMALS. The Danish sculptor's first American museum exhibition features 20 bronze animal sculptures, which evoke famous works of art, whimsical stories, ancient fables, and modern animation. *Bruce Museum, Greenwich, CT (203-869-0376; www.brucemuseum.org)*

Ongoing through January 17

DANCERS AMONG US: JORDAN MATTER. The exhibit of work by photographer Jordan Matter features images from his acclaimed book *Dancers Among Us* and from his forthcoming book *Tiny Dancers Among Us*. *Hudson River Museum, Yonkers (914-963-4550; www.hrm.org)*

Ongoing through January 24

SUPRAENVIRONMENTAL. Works by contemporary artists shed light on the relationship between our natural and man-made environments. *Katonah Museum of Art, Katonah (914-232-9555; www.katonahmuseum.org)*

Ongoing through February 28

GREENWICH CHOICES: 50 OBJECTS THAT ILLUSTRATE OUR HISTORY. In celebration of the town's 375th anniversary, the exhibit features 50 historical items that point to significant moments in Greenwich's history. *Greenwich Historical Society, Greenwich, CT (203-869-6899; www.greenwichhistory.org)*

Ongoing through March 13

AFTER 1965. The exhibit features works from the late 1960s and early 1970s and explores their significance during that period of tremendous change and their lasting impact today. *Neuberger Museum of Art, Purchase (914-251-6100; www.neuberger.org)*

November 5

POP-UP SHOW. This one night only pop-up exhibition features work by the 150 members of the Westport Artists' Collective. *Westport Arts Center, Westport, CT (203-222-7070; www.westportartscenter.org)* **FREE**

November 8 – February 21

LIZA LOU: COLOR FIELD AND SOLID GRAY. This dazzling exhibition includes Lou's recent large-scale sculpture composed almost entirely of glass beads as well as a series of the artist's woven canvases. *Neuberger Museum of Art, Purchase (914-251-6100; www.neuberger.org)*

November 15 – April 3

PAINTING IN FOUR TAKES. This semester-long series of solo exhibitions focuses on the practices of four painters, Steve DiBenedetto, Julia Rommel, Ruth Root, and Hayal Pozanti. *The Aldrich Contemporary Art Museum, Ridgefield, CT (203-438-4519; www.aldrichart.org)*

November 20 – January 9

DREAMSCAPES. This annual group exhibition features over 200 entries from talented artists. *Westport Arts Center, Westport, CT (203-222-7070; www.westportartscenter.org)* **FREE**

November 21 – April 17

SECRETS OF FOSSIL LAKE. Explore an awe-inspiring assemblage of rare fossils collected from a lake that dried up nearly 50 million years ago. *Bruce Museum, Greenwich, CT (203-869-0376; www.brucemuseum.org)*



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(Continued from previous page)

film

November 1

OKLAHOMA. Enjoy beloved songs from this all-time classic film such as "Oklahoma" and "Oh, What a Beautiful Mornin'" on the big screen. *Ridgefield Playhouse, Ridgefield, CT (203-438-5795; www.ridgefieldplayhouse.org)*

November 1 - 8

DANCE ON FILM. True film classics featuring some of history's most celebrated dancers take to screen, including *Fred Astaire: Greatest Dancer in the World* and *Fall to Rise*, both of which will have Q&As after the show. *Jacob Burns Film Center, Pleasantville (914-773-7663; www.burnsfilmcenter.org)*

November 4, 18

FILM CLUB WITH MARSHALL FINE. The Picture House's film club is back for fall. Guests learn the name of the film upon arrival and enjoy post-film conversations with film critic Marshall Fine. *The Picture House, Pelham (914-738-7337; www.thepicturehouse.org)*

November 4, 18

FTMA FALL TALK BACK SERIES. The Avon Theatre and Sacred Heart University present a series of films with post-film Q&As with professors Damon Maulucci and Justin Liberman. This month's features are the classic comedies *Hannah and Her Sisters* and *Planes, Trains, and Automobiles*. *The Avon, Stamford, CT (203-967-3660; www.avontheatre.org)* **FREE**

November 6

SEE MEMORY: A FILM BY VIVIANE

SILVERA. Silvera returns to the Edward Hopper House to present her experimental film, which pays homage to Hopper's work through its themes, psychology, and use of light. *The Edward Hopper House, Nyack, NY (845-358-0774; www.edwardhopperhouse.org)*

November 12

FRENCH CINEMATHEQUE: THE NEW

GIRLFRIEND. The Avon presents Francois Ozon's celebrated psychological drama *The New Girlfriend*, featuring Romain Duris as a cross-dressing father coming into his own. *The Avon, Stamford, CT (203-967-3660; www.avontheatre.org)*

November 13

THE RAILWAY MAN. The college's fall season of films features this tale of a former British Army officer on a mission to confront the man who tortured him during WWII. *Westchester Community College, Valhalla (914-606-6600; www.sunywcc.edu/events)*

November 16

THE BIG HEAT. Catch a screening of Fritz Lang's immortal film noir masterpiece in which a cop will stop at nothing to bust a city crime ring. *Bow Tie Cinema, Greenwich (914-725-0999; www.greenwichclassicfilmseries.com)*

November 20

IT'S A WONDERFUL LIFE. Watch one of the most beloved holiday films in history starring Jimmy Stewart in all its glory on the big screen. *Bow Tie Cinema, Greenwich (914-725-0999; www.greenwichclassicfilmseries.com)*

November 24

MONTY PYTHON AND THE HOLY GRAIL. The Avon screens the cult classic directed by Terry Gilliam and Terry Jones, in which the legend of King Arthur is irreverently spoofed. *The Avon, Stamford, CT (203-967-3660; www.avontheatre.org)*

music *Classical & Opera*

November 1

TAKA KIGAWA. The acclaimed Japanese piano virtuoso performs significant modern and contemporary compositions. *Hammond Museum & Japanese Stroll Garden, North Salem (914-669-5033; www.hammondmuseum.org)*

November 4, 11, 18

DOWNTOWN MUSIC AT GRACE. The church hosts lunch hour concerts that are free to the public. *Grace Church, White Plains (914-949-0384; www.dtmusic.org)* **FREE**

November 7

CYRUS CHESTNUT TRIO. Heavily influenced by gospel and classic Jazz, this Brooklyn-based legend takes to the keys for one night only. *Caramoor, Katonah (914-232-5035; www.caramoor.org)*

November 7

THE SYMPHONY OF WESTCHESTER. Alon Goldstein performs selections from Beethoven including the *King Stephen Overture* and *Symphony no. 1. Christopher J. Murphy Auditorium, Iona College, New Rochelle (914-654-4926; www.thesymphonyofwestchester.org)*

November 15

COLLEGE DAYS. A night of music from and about youth featuring piano trios by Charles E. Ives, Claude Debussy, and Leonard Bernstein. *Copland House at Merestead, Mount Kisco (914-788-4659; www.coplandhouse.org)*

November 16

WESTCHESTER SYMPHONIC WINDS. Dr. Mary K. Schnieder serves as guest conductor when the celebrated symphony performs their new program, "Ayre and Space." *Tarrytown Music Hall, Tarrytown (914-631-3390; www.tarrytownmusicall.org)*

November 21 – 22

GREENWICH SYMPHONY ORCHESTRA. Concerts on these days feature works by Brahms, Haydn, and Canteloube. *Greenwich High School, Greenwich, CT (203-869-2664; www.greenwichsymphony.org)*

music *Jazz, Folk, Rock, and Pop*

November 1

THE MAVERICKS. The group known for the songs "All You Ever Do is Bring Me Down," "Here Comes the Rain," and "Dance the Night Away" performs. *Tarrytown Music Hall, Tarrytown (914-631-3390; www.tarrytownmusicall.org)*

November 1, 5 – 7

PHIL LESH & FRIENDS. Lesh, who was one of the founding members of the Grateful Dead, is back at The Capitol Theatre for a performance of the band's music with fellow musicians. *The Capitol Theatre, Port Chester (914-937-4126; www.thecapitoltheatre.com)*


November 3

DON HENLEY. Henley, the winner of eight Grammy Awards and former lead singer of the enormously popular rock group The Eagles, takes the stage in Port Chester. *The Capitol Theatre, Port Chester (914-937-4126; www.thecapitoltheatre.com)*

November 6

CHERISH THE LADIES. The critically acclaimed all-female Celtic, folk, and roots group performs. *The Towne Crier Café, Beacon, NY (845-855-1300; www.townecrier.com)*

November 6

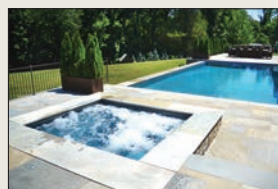
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(Continued from previous page)

The Towne Crier Café, Beacon, NY (845-855-1300; www.townecrier.com)

November 7

NELLIE MCKAY. The British-born American singer-songwriter, Broadway vet, and former standup comedian performs music of varying genres and styles. *Emelin Theatre, Mamaroneck* (914-698-0098; www.emelin.org)

November 8

BUDDY GUY. The world famous, Grammy Award-winning guitar legend performs his celebrated blues music. *Ridgefield Playhouse, Ridgefield, CT* (203-438-5795; www.ridgefieldplayhouse.org)

November 8

CALIFORNIA GUITAR TRIO. With a repertoire fusing rock, classical, bluegrass, jazz, and surf music, this acoustic trio performs songs in their singular style. *The Towne Crier Café, Beacon, NY* (845-855-1300; www.townecrier.com)

November 8

ELLIS PAUL. The performer of such songs as "Sweet Mistakes" and "Annalee" takes the stage. *Turning Point Café, Piermont, NY* (845-359-1089; www.turningpointcafe.com)

November 8

NORAH JONES. The Grammy Award-winning singer of such hits as "Come Away with Me" and "Don't Know Why" brings her unforgettable voice to the Capitol Theatre. *The Capitol Theatre, Port Chester* (914-937-4126; www.thecapitoltheatre.com)

November 13

RHIANNON GIDDENS. Former singer of the Carolina Chocolate Drops performs. *The Towne Crier Café, Beacon, NY* (845-855-1300; www.townecrier.com)

November 14

ARLO GUTHRIE. Celebrate the 50th anniversary of the mega hit "Alice's Restaurant" when this rock and folk singer performs. *Tarrytown Music Hall, Tarrytown* (914-631-3390; www.tarrytownmusicall.org)

November 14

BILLY GIBBONS. Best known as the guitarist and lead singer for the Texas-based rock band ZZ Top, Gibbons takes the stage on his brand new solo tour. *Ridgefield Playhouse, Ridgefield, CT* (203-438-5795; www.ridgefieldplayhouse.org)

November 14

DON MCLEAN. The Billboard-topping artist of such songs as "American Pie" and "Castles in the Air" performs. *Paramount Hudson Valley, Peekskill* (914 739-0039; www.paramounthudsonvalley.com)

November 14

LIVINGSTON TAYLOR. The singer of such top-forty hits as "I Will Be in Love with You" and "I Will Come Running" performs. *The Towne Crier Café, Beacon, NY* (845-855-1300; www.townecrier.com)

November 15

FOUR WOMEN. Led by DJ Reborn and inspired by Nina Simone, four DJs boldly create new work in the male-dominated world of Hip Hop. *Quick Center for the Arts, Fairfield University, Fairfield, CT* (203-254-4010; www.quickcenter.com)

November 15

LORETTA LYNN. The superstar singer of the eponymous country hit "Coalminer's Daughter" performs her celebrated songs. *Tarrytown Music Hall, Tarrytown* (914-631-3390; www.tarrytownmusicall.org)

November 16

ANI DIFRANCO. The enormously popular folksinger with 20 studio albums under her belt performs on stage. *Tarrytown Music Hall, Tarrytown* (914-631-3390; www.tarrytownmusicall.org)

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November 20

THE WEIGHT. Former members of The Band, Levon Helm Band, and Rick Danko Group perform their hits. *Tarrytown Music Hall, Tarrytown (914-631-3390; www.tarrytownmusicall.org)*

November 21

GARLAND JEFFREYS BAND. The folk rock singer of such songs as "Turth Serum" and "It's What I Am" performs live. *Turning Point Café, Piermont, NY (845-359-1089; www.turningpointcafe.com)*

November 21

NO BS! BRASS BAND. The East Coast modern funk band that blends elements of James Brown, John Coltrane, and Led Zeppelin performs. *purpl, Hastings-on-Hudson (914-231-9077; www.purpl.org)*

November 22

ERIC ANDERSEN. Famed folk legend and singer of hits including "Blue River" and "Salt on Your Skin" performs. *Turning Point Café, Piermont, NY (845-359-1089; www.turningpointcafe.com)*

November 22

SUSANNE VEGA AND DUNCAN SHEIK. Two brilliant, critically acclaimed singer/songwriters join forces for one unforgettable night. *Tarrytown Music Hall, Tarrytown (914-631-3390; www.tarrytownmusicall.org)*

November 25

ARTURO SANDOVAL. Watch as Dizzie Gillespie's world-famous protégé shows why he is widely known as a master of jazz trumpet and flugelhorn. *The Performing Arts Center, Purchase College, Purchase (914-251-6200; www.artscenter.org)*

November 25

GEORGE CLINTON AND PARLIAMENT FUNKADELIC. One of the century's most influential R&B, funk, and soul performers takes to the stage in typically dazzling fashion. *Paramount Hudson Valley, Peekskill (914 739-0039; www.paramounthudsonvalley.com)*

November 27 – 28

GUSTER. The celebrated rock group known for such hits as "Medicine," "Fa La La," and "Demons" performs live. *The Capitol Theatre, Port Chester (914-937-4126; www.thecapitoltheatre.com)*

dance

November 7

DAVID DORFMAN DANCE. The world-famous choreographer presents his new critically acclaimed dance *Come, and Back Again*, about loss, beauty, love, and resiliency. *Quick Center for the Arts, Fairfield University, Fairfield, CT (203-254-4010; www.quickcenter.com)*

November 19

TAYLOR 2. The innovative dance troupe plays tribute to Taylor's genius with its signature style of athleticism, humor, and range. *Westchester Community College, Valhalla (914-606-6600; www.sunywcc.edu/events)*

November 25

JESSICA LANG. A former performer with Twyla Tharp and one of the world's most celebrated dancers, Lang choreographs two of her notable new works, *The Wanderer* and *The Calling*. *The Performing Arts Center, Purchase College, Purchase (914-251-6200; www.artscenter.org)*

theater

Ongoing through November 7

CARRIE, THE MUSICAL. Just in time for Halloween, the Irvington Town Hall Theater performs the musical theater adaptation of the classic teen horror film. *Irvington Town Hall Theater, Irvington (914-591-6602; www.irvingtontheater.com)*



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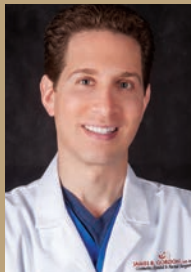


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(Continued from previous page)

Ongoing through November 29

SHOW BOAT. Westchester Broadway Theatre stages the famous musical about life on a Mississippi riverboat, with book and lyrics by Oscar Hammerstein. *Westchester Broadway Theatre, Elmsford (914-592-2222; www.broadwaytheatre.com)*

November 6 – 22

A DOLL'S HOUSE. Henrik Ibsen's seminal play about a housewife fed up with her life is reimagined in the 1950s. *Axial Theatre, Pleasantville (914-286-7680; www.axialtheatre.org)*

November 12

ONE MAN STAR WARS TRILOGY. Canadian actor Charles Ross brings his love of everything geek-related to the stage in this hilarious one-man show. *The Palace Theatre, Stamford, CT (203-325-4466; www.palacestamford.org)*

November 13 – 15

LITTLE SHOP OF HORRORS. The Broadway and Hollywood sci-fi smash musical about a meek man and his ostentatious man-eating plant comes to the stage. *White Plains Performing Arts Center, White Plains (914-328-1600; www.wppac.com)*

November 21 – 29

PETER PAN. The timeless classic musical whisks audience members away to Neverland where the evil Captain Hook faces off against Peter Pan and his troupe of Lost Boys. *Yorktown Stage, Yorktown Heights (914-962-0606; www.yorktownstage.org)*

family

November 6

FAMILY EVENT: LIVE ANIMALS WITH THE BEARDSLEY ZOO. Enjoy a day of fun activities for the whole family along with a performance featuring live animals by Connecticut's Beardsley Zoo. *Bruce Museum, Greenwich, CT (203-869-0376; www.brucemuseum.org)*

November 7

FANTASIA. Just because this seminal Disney masterpiece featuring groundbreaking animation and a stirring soundtrack is primarily for kids doesn't mean adults can't get in on the fun as well. *Jacob Burns Film Center, Pleasantville (914-773-7663; www.burnsfilmcenter.org)*

November 8

GOODNIGHT MOON AND THE RUNAWAY BUNNY. Families can watch as whimsical puppets tell the tales from two all-time favorite children's books. *Tarrytown Music Hall, Tarrytown (914-631-3390; www.tarrytownmusicall.org)*

November 14

VISIONS OF GINGERBREAD TEA PARTY.

Kids get a chance to decorate their own gingerbread boys and girls with bow ties and hair bows made of frosting, as well as enjoy tea, sweets, and sandwiches. *Stamford Museum & Nature Center, Stamford, CT (203-322-1646; www.stamfordmuseum.org)*

November 15

BERENSTAIN BEARS LIVE! Part of the playhouse's Family Festivities Series, this live musical features the popular bear family brought to life on stage. *Westport Country Playhouse, Westport, CT (203-571-1293; www.westportplayhouse.org)*

November 15

CAT IN THE HAT. Based on the celebrated book by Dr. Seuss, families can enjoy this stage adaptation of the tale of two mischievous kids and their extra-large feline friend. *Quick Center for the Arts,*

Fairfield University, Fairfield, CT (203-254-4010; www.quickcenter.com)

November 15

TURKEY SCAVENGER HUNT Toddlers are welcome to the center's traditional "turkey token" hunt along a woodland trail, after which they can partake in snacks and enjoy nature crafts. *Greenburgh Nature Center, Scarsdale (914- 723-3470; www.greenburghnaturecenter.org)*

November 16 – February 7

A BILLION BRICKS: LEGO GALACTIC TRAVELS. Celebrate the 15th anniversary of LEGO *Star Wars* with 500 mini LEGO figurines, authentic LEGO *Star Wars* spaceships, original set boxes, and movie memorabilia. *Stamford Museum & Nature Center, Stamford, CT (203-322-1646; www.stamfordmuseum.org)*

November 21

COOKING FOR CHILDREN. Kids and adults alike can join Chef Cathy for a fun-filled afternoon of learning how to make *maltagliati*, a kind of pasta made with only flour and water. *Westchester Italian Cultural Center, Tuckahoe, NY (914-771-8700; www.wiccny.org)*

November 21 – January 18

FESTIVAL OF LIGHTHOUSES CONTEST. Twenty-four creative model lighthouses made by local artists, families, and students light the way through the aquarium over the holiday season. *Maritime Aquarium, Norwalk, CT (203-852-0700; www.maritimeaquarium.org)*

November 27

MOOSELTÖE. Bring the entire family to this stage show that tells the charming story about a moose who wants to fly with Santa's reindeer. *White Plains Performing Arts Center, White Plains (914-328-1600; www.wppac.com)*

November 28 – 29

TRAIN SHOW Presented by the Yonkers Model Railroad Club, kids can get a firsthand look at an amazing display of model trains. *Greenburgh Nature Center, Scarsdale (914- 723-3470; www.greenburghnaturecenter.org)*

special events

Ongoing through November 1

CRAFTS AT PURCHASE. The annual craft show features more than 100 artists selling works of art and holiday gifts, with proceeds benefiting the Performing Arts Center. *The Performing Arts Center, Purchase (914-251-6200; www.artrider.com)*


Ongoing through November 15

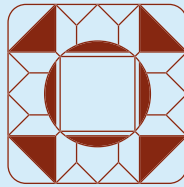
THE GREAT JACK O' LANTERN BLAZE. The county's most popular Halloween tradition returns to Van Cortlandt Manor with more than 7,000 illuminated, hand-carved jack-o'-lanterns. *Van Cortlandt Manor, Croton-on-Hudson (914-631-8200; www.hudsonvalley.org)*

November 4

29TH ANNUAL HOLIDAY BOUTIQUE. The Junior League of Central Westchester holds its annual holiday sale featuring gifts ranging from jewelry to home goods benefitting programs that promote health and literacy. *Scarsdale Golf Club, Scarsdale (914-723-6130; www.jlcentralwestchester.org/hb)*

November 7

STAR PARTIES. Join other amateur astronomers to observe the stars, find favorite constellations, and compare telescopes (if you don't have one, you can share equipment). *Meadow Parking Lot, Ward Pound Ridge Reservation, Cross River (www.westchesterastronomers.org/?q=StarParties)* 



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(Continued from previous page)

November 7 – 8

FALL WESTCHESTER COUNTY HOME SHOW.

Experience the 11th annual Home Show, featuring over 150 displays from the best home improvement companies in the metro area. *Westchester County Center, White Plains (845-526-4845; www.reptileexpo.com)*

November 7, 21

BLACKSMITHING WORKSHOP.

Adults are invited to join the farm's blacksmith as he teaches the basics of blacksmithing. Program lasts all day, so it is recommended participants bring a lunch. Pre-registration is required. *Muscoot Farm, Katonah (914-864-7284; www.muscootfarm.org)*

November 8

HASTINGS FLEA. Browse the selection of art, jewelry, furniture, and clothing then stick around for live music, entertainment, and food from local food trucks. *MTA Commuter Parking Lot, Hastings-on-Hudson (www.hastingsflea.com)*

November 8

MAIN STREET MARKET. Enjoy local food, crafts, apparel, and a range of other products from area artisans and sellers. *Westchester County Center, White Plains (845-526-4845; www.reptileexpo.com)*

November 13 – January 2

CRAFT-TASTIC. More than 15 local and national craftspeople and artists present works for sale for the holidays. *Pelham Art Center, Pelham (914-738-2525; www.pelhamartcenter.org)*

November 21

CLAY ART CENTER'S HOLIDAY SALE. The Clay Art Center hosts a sale of functional pottery and one-of-a-kind clay art for purchase over the holiday season. *Clay Art Center, Port Chester (914-937-2047; www.clayartcenter.org)*

lectures & readings

November 3

FOUNDERS LECTURE.

Author and historian Joseph Ellis will be speaking about his newest book, *The Quartet: Orchestrating the Second American Revolution, 1783-1789*. *John Jay Homestead, Katonah (914-232-5651; www.johnjayhomestead.org)*

November 4

GIADA DE LAURENTIIS: HAPPY COOKING TOUR.

The Emmy Award-winning chef, writer, television personality, and host of "Giada in Italy" comes to Stamford to share cooking tips as well as the inspiration for her new book, *Happy Cooking*. *The Palace Theatre, Stamford, CT (203-325-4466; www.palacestamford.org)*

November 5

FEODOR DOSTOEVSKY'S CRIME AND PUNISHMENT.

The Great Books Forum presents an evening of classic and modern literature with discussions focusing on issues of context and interpretation. *Westchester Community College, Valhalla (914-606-6600; www.sunywcc.edu/events)* **FREE**

November 8

KIMMEL AWARD AND LECTURE.

Presented by a renowned artist in the field of visual arts, this stirring annual lecture also celebrates the speaker's notable achievements. *Katonah Museum of Art, Katonah (914-232-9555; www.katonahmuseum.org)*

November 9

SPOKEN INTERLUDES.

Acclaimed journalist and author Lisa Belkin reads from her new book, *Show Me a Hero: A Tale of Murder, Suicide, Rage, and Redemption*; Ann Hood reads from her novel, *An Italian Wife*; and writer and pundit Tim Parrish reads from his memoir, *Fear and What Follows*.

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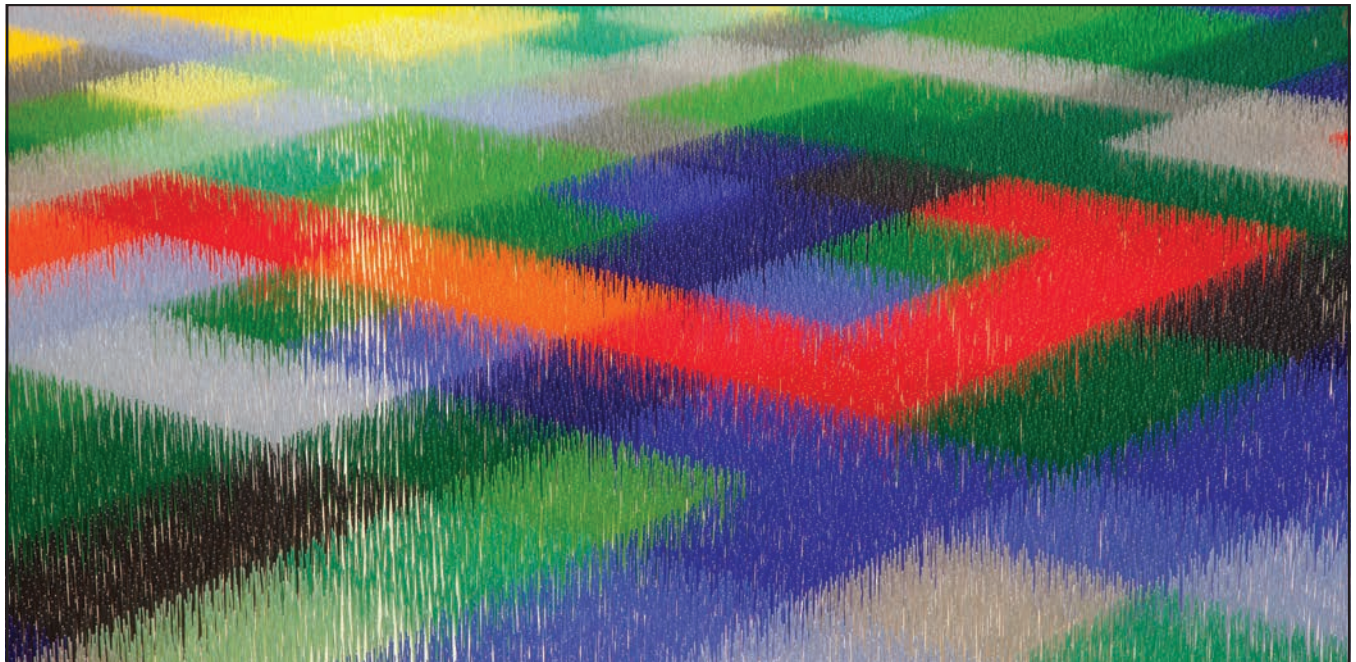
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Liza Lou, *Color Field*, 2010-2013, Glass beads, stainless steel and Perspex; 56 x 24 feet; Courtesy of the artist and White Cube, London. *Liza Lou* is possible with generous support from Donna and Marvin Schwartz. Additional support is provided by ArtsWestchester, with support from Westchester County government. Photo: Pablo Mason

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Riverview, Hastings-on-Hudson (914-307-1683;
www.spokeninterludes.com)

November 12

STORY BARN: BY CHANCE OR BY CHOICE?

Follow along as a group of local raconteurs present brief, unscripted, live stories about the confluence of good luck and blind chance. *Greenwich Historical Society, Greenwich, CT (203-869-6899; www.greenwichhistory.org)*

November 19

EDGAR OLIVER. New York-based playwright, storyteller, performer, and poet, Oliver speaks live in the college's reading and lecture series. *Westchester Community College, Valhalla (914-606-6600; www.sunywc.edu/events)*

comedy

November 7

BILL ENGVALL. Grammy-nominated recording artist and world-famous comedian, Engvall serves up non-stop laughs at the Palace Theatre in his unforgettable standup act. *The Palace Theatre, Stamford, CT (203-325-4466; www.palacestamford.org)*

November 13

ARTIE LANGE. One of the country's most sought after comedians and regular on "The Howard Stern Show," Lange brings his no-holds-barred standup to the stage. *Paramount Hudson Valley, Peekskill (914-739-0039; www.paramounthudsonvalley.com)*

November 20

UPRIGHT CITIZEN'S BRIGADE. Enjoy a night of provocative sketch comedy and hilarious improv by one of the country's most famous and infamous touring companies. *The Palace Theatre, Stamford, CT (203-325-4466; www.palacestamford.org)*

November 28 — 29

JIBARO SOY. Enjoy an evening of laughter and stories when famed comedian Elizardi Castro takes the stage in this family-oriented show. *White Plains Performing Arts Center, White Plains (914-328-1600; www.wppac.com)*

galas & benefits

November 6

BRUCE MUSEUM FAMILY BENEFIT: NIGHT AT THE MUSEUM. In celebration of the exhibition *Madagascar: Ghosts of the Past*, families are invited to wear pajamas to this night of craft activities, movies, pizza and dessert, open beer and wine bar, and a silent auction. Proceeds will benefit children's education and scholarship programs at the Bruce Museum. *Bruce Museum, Greenwich, CT (203-869-0376; www.brucemuseum.org)*

November 13

WHITE PLAINS HOSPITAL FALL GALA White Plains Hospital honors Clara and former New York Yankee Mariano Rivera at a glitzy gala featuring cocktails, dinner, and dancing. *Brae Burn Country Club, Purchase (914-681-2264; www.givetowphospital.org)*

November 13

THE LOFT'S ANNUAL GALA Support the area's LGBT community at this fun and flashy gala that takes place at Tarrytown's Double Tree Hilton. *Double Tree Hilton, Tarrytown (914-948-2932; www.loftgaycenter.org)*

November 20

ARTSWESTCHESTER GALA ArtsWestchester celebrates its 50th anniversary with a ritzy gala featuring a cocktail reception, dinner, dancing, and entertainment. *Ritz Carlton Westchester, White Plains (914-428-4220; www.artswestchester.org)*

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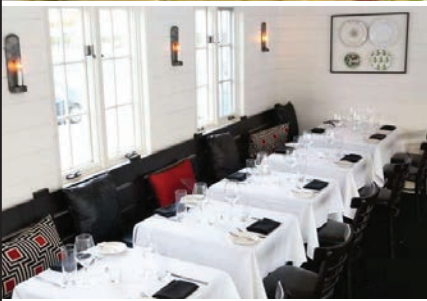
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	Average No. Copies Each Issue During Preceding 12 Months	Actual No. Copies of Single Issue Published September 2015
a. Total No. Copies (Net Press Run)	56,016	54,578
b. Paid Circulation		
1. Outside-County Mail Subscriptions Stated on Form 3541 (include Advertisers' Proof Copies/Exchange Copies)	0	0
2. In-County Mail Subscriptions Stated on Form 3541 (include Advertisers' Proof Copies/Exchange Copies)	26,720	24,441
3. Sales through Dealers and Carriers, street Vendors, Counter Sales and other Non-USPS Paid Distribution	2,105	2,606
4. Other Classes Mailed Through the USPS	0	0
c. Total Paid and/or Requested Circulation (Sum of 15b(1), (2), (3), and (4))	28,825	27,047
d. Non-requested Distribution by Mail (Samples, Complimentary, and Other non-requested)		
1. Outside-County as Stated on Form 3541	18,008	18,616
2. In-County as Stated on Form 3541	0	0
3. Non-requested Other Classes Mailed Through the USPS	0	0
4. Non-requested Distribution Outside the Mail (Carriers or Other Means)	4,287	4,428
e. Total Free Distribution (Sum of 15d and 15e)	22,295	23,044
f. Total Distribution (Sum of 15c and 15f)	51,120	50,091
g. Copies Not Distributed	4,896	4,487
h. Total (Sum of 15g and 15f)	56,016	54,578
i. Percent Paid Circulation (15c/15a x 100)	56.4%	54.0%
16. Electronic Copy Circulation		
a. Requested and Paid Electronic Copies	121	
b. Total Requested and Paid Print Copies (Line 15c) + Requested/Paid Electronic Copies (Line 16a)	28,946	27,047
c. Total Requested Copy Distribution (Line 15f) + Requested/Paid Electronic Copies (Line 16a)	51,241	50,091
d. Percent Paid and/or Requested Circulation (both Print & Electronic Copies) (16b divided by 16c x 100)	56.5%	54.0%

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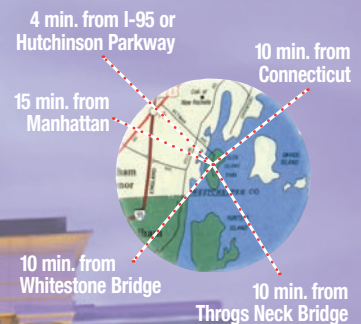
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Pelham

BY JOHN BRUNO TURIANO | ILLUSTRATION BY GARY HOVLAND



B&B's 5th Avenue Pub—Opened in 1996, this friendly corner pub with origins in the Wakefield section of the Bronx is a Yankees and Rangers stronghold.

Pelham Lumber & Mason Supply—At this fourth generation lumberyard and hardware store, you can also pick up solid endorsements for local contractors.

Ruby Rose—Sandy and Tom Waibel named their store after their respective mothers and offer designer, vintage, and resale women's clothing and accessories. Among the prom gowns and Escada belts is a selection of Native American turquoise jewelry.

Pelham Art Center—Hosting exhibitions, classes, and public programs for the arts and serving more than 16,000 people annually, the Pelham Art Center's offerings range from digital photography to life drawing to creative writing. A recent folk arts workshop covered Mexico's Day of the Dead celebration.

Bistro Rollin—Every town needs a comfortable, consistent restaurant serving bistro classics such as this. Try the hanger steak or winter cassoulet.

Pelham Pizzeria—In a town with numerous pizzerias (Villaggio farther down past the Metro-North station being the main competitor), Pelham Pizzeria has been making killer sausage pies since 1978.


Pelham Town Hall—In 1788, when the state legislature incorporated the Town of Pelham, its borders included all of City Island and what is now Pelham Bay Park east of the Hutchinson River. In 1895, Pelham was reduced to its current area when New York County annexed City Island and Pelham Bay Park as part of the Bronx.

Pelham Bicycle Center—This bike shop, run by a certified master fitter and expert road racer, was established in 1945 and offers free adjustments for 90 days on new bike adult purchases; their sales manager leads Saturday morning bike rides for beginning road riders.

La Fontanella—White tablecloths and waiters in tuxes denote a classic dining experience at this refined Northern Italian restaurant. Order the homemade lobster ravioli.

Caffe Regatta Oyster Bar and Grill—Chef/owner Anthony Labriola's seafood/Mediterranean eatery has an extensive raw bar, sushi-quality ahi tuna, Sunday brunch, and Tuesday night BYOB with no corkage fee.

The Picture House—This two-screen theater (operating since 1921) was saved from demolition in 2001 by concerned citizens and now offers weeklong theatrical runs of popular, independent, art house, and classic films, plus curated series and other special events.

Pelham Provisions Bake Shop—Cupcakes (salted caramel, Creamsicle), fresh-dipped Mallomars, and apple pie are just some of the worthwhile treats to stop in for. 



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Ask the Experts

Welcome to our popular **Ask the Experts** program, an annual feature showcasing some of the area's most respected doctors and dentists. In fact, our panel of experts features only those professionals who have the distinction of being recognized as a *Top Doctor* by *Castle Connolly Medical Ltd.* or as a *Top Dentist* by *topDentists, LLC™*. Each panelist will provide meaningful insights into their medical specialty, as well as answers to the questions that matter most to our readers. This exciting feature will be available online

November 1, 2015 and throughout the year by visiting: westchestermagazine.com/AskTheExperts



AESTHETICS

David A. Palaia, MD, FACS

Northern Westchester Hospital
400 East Main Street
Mount Kisco, NY 10549
914-242-7610
www.nwhplasticsurgery.org/DrPalaia

Q&A TOPIC: [Facial Plastic Surgery](#)



AESTHETICS

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Q&A TOPIC: [Aesthetic Oncology](#)



BARIATRIC

Mitchell S. Roslin, MD

Northern Westchester Hospital
400 East Main Street
Mount Kisco, NY 10549
914-242-8350
www.nwhsurgicalweightloss.org/DrRoslin

Q&A TOPIC: [Benefits of Weight-loss Surgery](#)



BREAST

Karen Arthur, MD, FACS

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400 East Main Street
Mount Kisco, NY 10549
914-242-7640
www.nwhbreastinstitute.org/DrArthur

Q&A TOPIC: [Breast Health](#)



BREAST

Anthony C. Cahan, MD, FACS

Northern Westchester Hospital
400 East Main Street
Mount Kisco, NY 10549
914-517-8220
www.nwhbreastinstitute.org/DrCahan

Q&A TOPIC: [Breast Surgery: Lumpectomy vs. Mastectomy](#)



CANCER/ONCOLOGY

Alain C.J. de Lotbinière, MD, CM, FACS, FRCSC

Northern Westchester Hospital
400 East Main Street
Mount Kisco, NY 10549
914-948-6688
www.nwhgammaknifeny.org/DrdeLotbiniere

Q&A TOPIC: [Trigeminal Neuralgia](#)



CANCER/ONCOLOGY

Thomas Lester, MD

Northern Westchester Hospital
400 East Main Street
Mount Kisco, NY 10549
914-242-2999
www.nwhcancercenter.org

Q&A TOPIC: [Benefits and Risks of Cancer Screening](#)

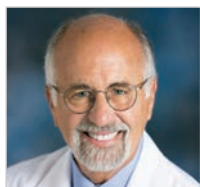


CANCER/ONCOLOGY

Alfred Tinger, MD, FACRO

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400 East Main Street
Mount Kisco, NY 10549
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Q&A TOPIC: [Cancer Survivorship](#)



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Q&A TOPIC: Veneers, Cosmetic Makeovers, and Smile Enhancement



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Q&A TOPIC: High-technology Dentistry for the Whole Family and Phobic Patients



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Q&A TOPIC: Non-Surgical Eyelid and Facial Rejuvenation



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Q&A TOPIC: CEREC Digital Dentistry and Full Mouth Reconstruction



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Q&A TOPIC: Wisdom Tooth Extraction



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Q&A TOPIC: Dental Implants



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John Abrahams, MD, FAANS

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Q&A TOPIC: Chronic Back Pain and Advanced Surgical Solutions



ORTHO & SPINE

Deborah L. Benzil, MD, FACS, FAANS

Northern Westchester Hospital
 400 East Main Street
 Mount Kisco, NY 10549
 914-241-1050
www.nwhorthoandspine.org

Q&A TOPIC: Concussions and the Youth Athlete



ORTHO & SPINE

Evan H. Karas, MD, FAAOS

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 Mount Kisco, NY 10549
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 DrKaras

Q&A TOPIC: Shoulder Pain and Advanced Shoulder Surgery



ORTHO & SPINE

Victor Khabie, MD, FAAOS, FACS

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 400 East Main Street
 Mount Kisco, NY 10549
 845-278-8400
www.nwhorthoandspine.org/
 DrKhabie

Q&A TOPIC: Robot-Assisted Partial Knee Replacement



ORTHO & SPINE

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 400 East Main Street
 Mount Kisco, NY 10549
 914-948-0444
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 DrKornel

Q&A TOPIC: Whiplash and Traumatic Brain Injury



ORTHO & SPINE

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www.nwhorthoandspine.org/
 DrPeris

Q&A TOPIC: Scoliosis and Lateral Spine Fusion



ORTHO & SPINE

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Q&A TOPIC: [Ankle Sprains](#)



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Q&A TOPIC: [Chronic Knee Pain and Knee Replacement](#)



PEDIATRIC DENTISTRY

Minerva Patel, DDS

Westchester Pediatric Dentistry
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White Plains, NY 10601
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Q&A TOPIC: [Optimizing Infant and Toddler Dental Health](#)



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Chhavi Agarwal, MD, MS, MRCP, FAAP

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Q&A TOPIC: [Growth Disorders in Children](#)



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Q&A TOPIC: [Prostate Cancer](#)



ROBOTICS

Elisa Burns, MD, FACOG

Northern Westchester Hospital
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Q&A TOPIC: [Robot-Assisted Gynecologic Surgery](#)



ROBOTICS

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Q&A TOPIC: [Ovarian Cancer](#)



ROBOTICS

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Q&A TOPIC: [Colorectal Cancer and Colonoscopy](#)



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SPECIAL PROMOTIONAL PAGE

WESTCHESTER MAGAZINE ON THE SCENE

914INC.'S EXCELLENCE IN SMALL BUSINESS AWARDS

Thursday, September 17, 2015 • The Crowne Plaza, White Plains, NY

914INC. Magazine celebrated the winners of their 3rd Annual Excellence in Small Business Awards with a lavish cocktail party. Fourteen noteworthy businesses in Westchester County were selected from hundreds of nominations and featured in the current Q3 issue.



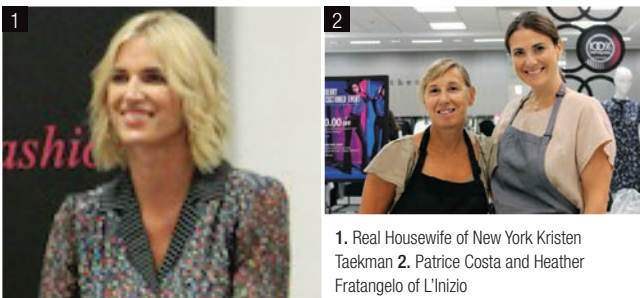
PHOTOS COURTESY OF WESTCHESTER MAGAZINE AND MIKE DARDANO

1. Honorees George Williams and Paul Viggiano of A.G. Williams Painting Company 2. MJ Harkins of Strauss Paper Company, one of the event's Sponsors 3. Honoree Alicia Grande of Grande Naturals 4. Honoree Irene Amato of A.S.A.P. Mortgage with Douglas Petri, also of A.S.A.P. Mortgage 5. Honoree Dr. Richard Goldstein of Mobile Vet Squad 6. Madeleine Griffiths, Rebecca Pollack, Jen Tomas and Lisa Beckenstein of event Sponsor, Indeed 7. Honoree Brooke Lawer of The Upper Class, 914INC. Publisher Ralph Martinelli and Maria Tanzola 8. Melissa Miser, Honorees Mike & Miriam Risko of Mike Risko Music School, Susan Kamasa and Chris Kamasa 9. 2015 Excellence in Small Business Honorees Linda & Laura Rey of Rey Insurance Agency, Glenn Pacchiano of Thalle Industries, Peter Herrero of NY Hospitality Group, Michael Gallin of Gallin Beeler Design Studio Architects, Karen Herrero of NY Hospitality Group, Ray Beeler of Gallin Beeler Design Studio Architects and Joe Guilderson of Corporate Audio Visual Services 10. Deputy County Executive Kevin Plunkett

BLOOMINGDALE'S WHITE PLAINS TURNS 40!

Saturday, September 12, 2015 • Bloomingdale's, White Plains, NY

Bloomingdale's White Plains celebrated 40 years of fashion with festivities throughout the store that included a fashion show hosted by Kristen Taekman of Bravo's *Real Housewives of New York City*, a live DJ, tasty treats from Westchester's top restaurants, and more.



1. Real Housewife of New York Kristen Taekman 2. Patrice Costa and Heather Fratangelo of L'Inizio

transFORM OPENING RECEPTION

Saturday, September 26, 2015 • New Rochelle, NY

transFORM Gallery celebrated the opening of their new Fall exhibit, "Cross County - Yoho Meets NewRo" at their New Rochelle showroom and gallery.



1. Guests Allie Citarella and Sandy Carvalho 2. Exhibiting Artists Alexa Grace, Catherine Latson, Ginny Fox, transFORM Art Gallery Director Kara O'Neill and exhibiting artist John Folchi



Madam President

Family, faith, and fashion are just a few of The College of New Rochelle President Judith Huntington's favorite things.

Amanda. My firstborn, my "Mini Me," and my partner in crime for shopping and theater in New York City.

Bradley, my incredible son, is a senior at Marist College and already an "IBMer" in a second-year internship there.

CNR. I am so proud to be the president of The College of New Rochelle. Our students are my inspiration and the personification of transforming lives through the power of education.

Diners, Drive-ins and Dives. Far from it! Some of my favorite restaurants are La Panetière in Rye, La Fontanella in Pelham, and Mulino's of Westchester in White Plains.

Entrepreneurship. I am in awe of this generation of millennials who embody the entrepreneurial spirit. It's a culture that CNR embraces wholeheartedly.

Fall in Westchester—from apple picking and pumpkin carving to Halloween parades and the Legend of Sleepy Hollow ride!

Gym. I am the quintessential "gym rat." I spin, row, lift weights, and cycle.

Horses. I began riding at 9 years old at Flying Arrow Stables in



Eastchester and have been riding throughout Westchester ever since.

Italy. I've been on several major excursions to Italy, including the trip I took in 2012 for the elevation of His Eminence, Timothy Cardinal Dolan. Amanda and I were thrilled to have the Cardinal bless our rosaries.

Joanne, my sister, is an attorney in White Plains and a Pace Law School graduate. She is the smartest, most beautiful woman I know.

Kitchen. My kitchen is the epicenter of my home. I love to cook!

Leland Castle on CNR's New Rochelle campus—home to the Castle Gallery—is on the National Register of Historic Places.

Mount Vernon, where I was born and raised in a huge three-generation home. With six kids—three boys and three girls—we were like the Italian Brady Bunch.

New Rochelle. From Wykagyl in the north end to Glen Island on the south side, it's a wonderfully diverse city and CNR is proud to call it "home."

Opportunity. Education opens a world of opportunities and has the power to transform lives.

Pace University in Pleasantville, where I earned my undergrad degree (BBA), magna cum laude.

Quotes. One of my favorites, from Bon Jovi: "Map out your future, but do it in pencil. The

road ahead is as long as you make it. Make it worth the trip."

Ritz-Carlton's 42 The Restaurant in White Plains—excellent food and the most phenomenal views.

Signature Bank, where I proudly serve on the board of directors. It is an exemplary model of solid corporate leadership and integrity.

Traditions. Family traditions, passed down to me by my mother and father, include a strong commitment to education, a solid work ethic, and love of family.

Ursulines. These visionary women of faith established the foundation from which CNR and our mission of *Serviam*—"I will serve"—evolved.

Vogue magazine. I have an insatiable appetite for fashion—a magnet that inevitably leads me to Bloomingdale's and The Westchester on my way home!

Westlake High School, where I attended with County Executive Rob Astorino. Go, Wildcats!

X-chromosome. Women have two, which might explain why we are better at multitasking, a characteristic for which I am famous!

Yankees. Especially CNR's good friend Mariano Rivera—someone determined to make an impact by dedicating his gifts and talents to helping others less fortunate.

Zzzz. Something I just don't get enough of!



ILLUSTRATION BY CATLIN KUHWALD; LA PANETIERE PHOT BY KIM WILLIAMS



“Peekskill is my home, and keeping us safe is my job.”

Kaitlyn Corbett
Nuclear Engineer

Kaitlyn Corbett has always called New York home. Born and raised in Buffalo, she earned her degree in nuclear power engineering at SUNY College of Technology and moved to Peekskill to start her career at Indian Point. Safety is the single most important mission for Kaitlyn and her 1,000 colleagues at the plant, and it’s been the focus of her years of study and training in the nuclear power industry. Every day, engineers are graded on their performance by inspectors from the Nuclear Regulatory Commission. The NRC recently gave Kaitlyn and the team at Indian Point its highest safety rating — for the fifth year in a row.

Discover more about Indian Point at [SafeSecureVital.com](https://www.SafeSecureVital.com)

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