

Westchester Magazine

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Golf Guide

“Not only do we think of this as something for the family to do, it’s an activity the boys will have for life.”

—Emily Goldberg
from “Making Golf a Family Affair”

Unless you have a winter condo down south, you’ve been waiting until now for the weather to thaw and the greens to heat up. From the area’s best holes, to our favorite kids’ programs, to tips for improving your swing, here’s our ultimate guide to your best golf season ever.

Edited by **Dave Donelson**

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Roll With It

“The sandwich is arguably the supreme ruler of the food world—what a simple concept and so many permutations.”

Digital Editor **Andrew Dominick** did a lot of “grueling” research (we don’t pity him) to find 23 of the best sandwiches—Italian combos, Cubanos, souvlaki, and everything in-between—that the county has to offer.

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Horse Country

“Picture-perfect farms with horses grazing lazily among verdant pastures reflect the county’s long love affair with all things equine.”

Take a drive through parts of Northern Westchester, and it’s immediately apparent that you’ve entered horse country. **Nancy Claus** is your guide for a photo tour through our most horse-friendly towns.

On the cover: “Tammy Special” sandwich from Royal Scarlet Deli, White Plains
Cover photo by Jennifer May, food and props by Kersti Bowser/Gourmet Butterfly Media. Contents photo by Michael Polito.

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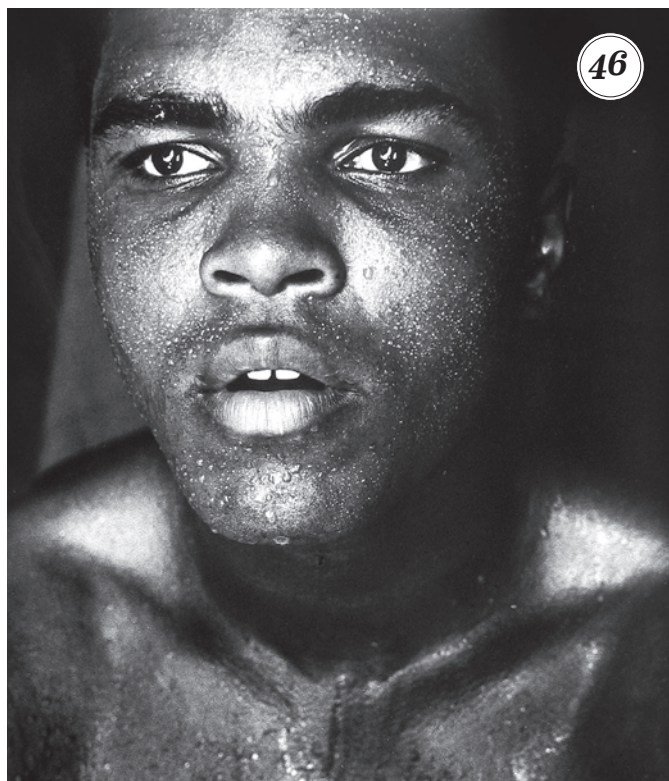
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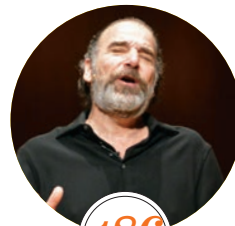
“Whenever you ask someone what superpower they would want, it's usually flight...that's what you get here.”

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“The guiding philosophy of palliative care is respect for what the individual patient wants.”

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“The crême brulee is textbook-perfect, with a brittle, crackly caramelized sugar crust and smooth vanilla-laced custard.”



“I always felt *Homeland* was successful because it re-engages the lost art of listening and I can tell you for a fact, that is what Saul Berenson does.”

MUHAMMAD ALI PHOTO COURTESY OF THE GORDON PARKS FOUNDATION © 1966; FOOD PHOTO BY ROY GUMPEL; ILLUSTRATION BY GARY HOVLAND; MANDY PATINKIN PHOTO BY DARRELL HOEMANN



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Roll Call



Few everyday foods inspire more passion and loyalty than the almighty sandwich. Like most people, I have my particular favorites and go-to's: For me it's smoked turkey and Swiss on seeded rye, a well-grilled Reuben with tangy sauerkraut, or—if I'm lucky enough to be within a reasonable radius of one of their restaurants—an original Chick-fil-A sandwich.

Years ago, when I worked in the city, I bonded with my colleague, Erica, over our shared love of Chick-fil-A's iconic sandwich. Erica hailed from Georgia, where Chick-fil-A originated, so she

understood in a way none of our other coworkers did. One summer, we had an intern from NYU who, after overhearing one of our chats lamenting the absence of any Chick-fil-A restaurants in New York, informed us that, in fact, there *was* a Chick-fil-A open in Manhattan, but not to the public—it was part of NYU's dining commons, for students and faculty only.

Ten minutes later, we poured the intern into a taxi bound for NYU with a wad of cash and a two-page order list. Upon her return, Erica and I were, at long last, relieved of our Chick-fil-A withdrawal, while the rest of our equally sated colleagues finally appreciated what all the fuss was about.

For Andrew Dominick, who wrote this month's cover story on sandwiches (page 126), a great sandwich is composed of "well-seasoned meat, some texture from crispy bacon or fresh veggies, but, most of all, the choice of bread. It can make or break any sandwich," says Andrew. To that end, one trend Andrew noticed while researching the story is that "restaurants are using higher-quality bread that's either house-made, or they're getting it straight from a local bakery with a good reputation."

Andrew confesses that in order to do justice to the cover story—and, therefore, our readers—he had to check his personal biases at the door. "One big issue I had was to give vegetarian sandwiches a chance," he explains. "It's not that I don't appreciate a veggie option, but I've experienced some bad vegetarian sandwiches throughout my life."

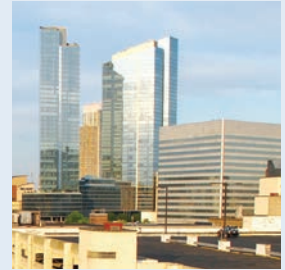
For the record, Andrew's personal favorite can be found just across our border. "It's the Italian combo at A&S Fine Foods in Norwalk. Each cured meat used in the sandwich is sliced fresh to order. I like the addition of a few roasted red peppers, and I also add mayo along with the oil and vinegar just to fatten it up even more."

What are *your* favorite sandwiches in and around Westchester? Tell us which ones we missed on our list—email us at edit@westchestermagazine.com, subject line: Sandwiches.

Robert Schork
Editorial Director

MAY 2016:

By the Numbers



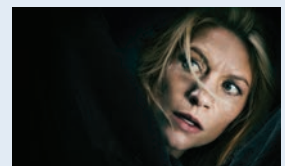
1683

Year that settlers bought 4,000 acres of land from the Weckquaeskeck Native Americans to found **White Plains** (page 48)



80+

Total variety of tequilas at **Sonora's** newly expanded tequila bar (page 165)



6th

Season of Showtime's **Homeland** currently in production for broadcast this fall (page 186)



50,000

Pounds of flour used by **Zaro's Family Bakery** each week (page 38)

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Pardon My Garden!

The sun's out again, and with it come the gardening tools. We all know the freshest ingredients can come from our own backyards, so why not give your garden a proper start this year? Check out these quick tips on getting those greens to bloom like a dream.

Westchestermagazine.com/springgardening

Giddyup

The photos in our "Horse Country" feature on page 136 are just a sampling of the gorgeous pictures of equine life in the county. For more go to

Westchestermagazine.com/horses



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Making Mother's Day Memories

There are a million things you can do to make your mom feel special on the day created in her honor. Let us help you make those memories perfect with this Mother's Day guide, featuring restaurant specials, local events, and the best gifts you can find in the county.

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Celebrate Cinco de Mayo

Cinco de Mayo is a holiday Mexico doesn't really celebrate, but here in America, we've never needed an excuse to play hooky from work or school to go out for trays of tacos and big bowls of guac while washing it all down with cervezas and salt-rimmed margaritas. Check out these local spots for celebrating Cinco de Mayo in style.

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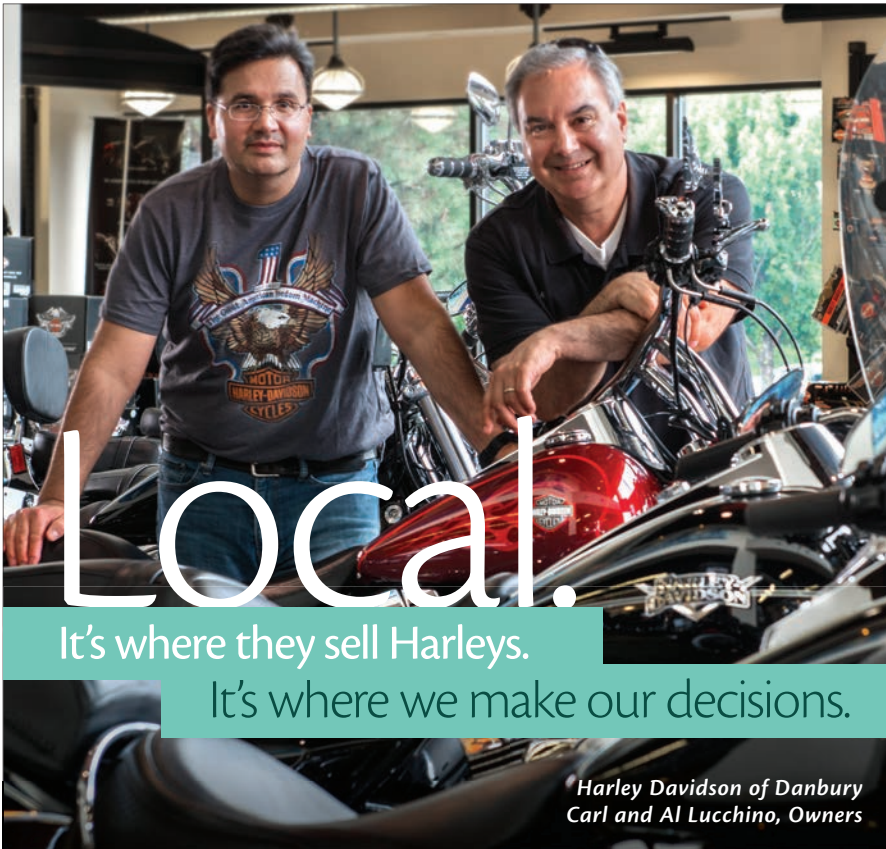
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Domestic Demands

I appreciate Kate Stone Lombardi's article on the affordable housing legal dispute ["Home Sweet Affordable Home?" April]. That was the best summary to date of this ongoing saga between the county and HUD that I have read. Uncivil discourse and political posturing inhibit the ability to achieve a speedier resolution. Even when this is finally settled, the county will remain significantly short of affordable housing. Housing underlies everything in a community: education, poverty, crime, and upward mobility. Much work needs to be done to address this important issue. We need leadership with enough compassion, fortitude and creativity to move in the right direction.

—Bernard Kyle, New Rochelle

Classification Confusion

As soon as I received this month's issue, I immediately jumped in. I came upon the Wellness section, where there was a piece on PDD-NOS ["PDD-NOS: A Garbage Can Diagnosis?" April]. As a special-education teacher who is also a consultant for an Autism-friendly organization, I was instantly intrigued. As I read, I decided to contact some colleagues to find out if I should even comment on this and they all replied "yes."

The new diagnostic manual, DSM V, has actually gotten rid of the terms PDD-NOS as well as Asperger syndrome. Both children and adults are now classified as having an Autism Spectrum Disorder regardless of where they fall on the spectrum. Just wanted to get my thoughts out. I also encourage the magazine to look into www.autismfriendlyspaces.com to see the work we do. We would love to begin to facilitate "Autism Friendly" events in Westchester.

—Dana Khani, New Rochelle



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From WestchesterMagazine.com

Regarding the story "Acupuncture for Fertility?" on the Wellness blog:

I wish everyone who's trying to conceive all the best. More and more alternatives are now available to help couples conceive. I have tried IVF and had two failed rounds. It was too expensive, so we needed to check other options. We tried different fertility treatments and medications, including acupuncture, before something finally worked. I'm so happy we found something. We're now proud parents of a beautiful little boy.

—Jody Perry via

Regarding the story "3 Arthur Avenue Specialty Stores You Have to Check Out" on the Eat. Drink. Post. blog:

Madonia Bakery's olive bread is a must and Cerrini Coffee and Gifts for their imported treats and beautiful trays and dishware.

—Heather Cieslinski via

Regarding the story "Coffeehouses Every County Javahead Should Know," on the Eat. Drink. Post. blog:

Let's not forget my favorite, Antoinette's Patisserie in Hastings-on-Hudson. Family-owned micro-roaster and the best cheese-cake in Westchester, too.

—Simon Feldman via

Regarding the story "How Did Our Food Blogger Fare on a 3-Day Food and Juice Cleanse?" on westchestermagazine.com:

Really great article. I think it is interesting that your sleep improved. I also find the quality of my sleep improves when going through periods of healthy eating!

—Paul Wintergerst via

Oops!

The cover image for our March 2016 issue should have been credited to Tim Lee Photography.



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Katonah | \$4,995,000 | Perched on one of Bedford's highest points, the far-reaching views are spectacular inside and outside of this ~10,400+ sf stone and shingle residence on 33+ acres with stunning pool. Web# 4604560 **Bedford Office 914.234.4590**



PENWOOD ESTATES

Bedford Corners | \$3,500,000 | Travel up the tree-lined drive to this exquisite 5-bedroom, 5.5-bath home on 5+ manicured, level acres with custom-designed infinity-edge pool/spa in gated community. Web# 4608913 **Armonk Office 914.273.1001**



A PELHAM ICON

Pelham Manor | \$2,849,000 | Masterfully designed ~8,000+ sf Colonial set on one prime acre overlooking Pelham Country Club golf course. Veranda overlooks pool, pool house and guest cottage with 2-car garage. Web# 4607962 **Scarsdale Office 914.723.6800**



BEDFORD BEAUTY

Bedford Hills | \$2,395,000 | Set on 4 pastoral acres with pool and hot tub, this sophisticated 5-bedroom home offers a dramatic open floorplan overlooking meadows and apple orchard. Minutes to train. Web# 4611055 **Katonah Office 914.232.3700**



MAJESTIC CENTER HALL COLONIAL

Chappaqua | \$1,539,000 | Set in Lawrence Farms East, this open 5-bedroom, 5.5-bath, ~5,557-sf sunlit Colonial rests on 1.27 acres. Huge finished lower level with theater plus stone terrace and yard. Web# 4601408 **Chappaqua Office 914.238.3988**



TRIBECA LOFT-LIVING IN CHAPPAQUA

Chappaqua | \$1,225,000 | Sited close to town on cul-de-sac, this stylishly renovated 3-bedroom, 3.5-bath home has an open floor plan, pecan wood floors and modern kitchen. 1.5+ acres with in-ground pool. Web# 4610020 **Chappaqua Office 914.238.3988**



A HIDDEN TREASURE

White Plains | \$1,195,000 | Magnificent 3-bedroom, 4-bath home offering great light, space and views, set on almost 3 pristine, secluded acres. Resort-like amenities include custom pool, tennis court and sauna. Web# 4547753 **Scarsdale Office 914.723.6800**



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Bedford | \$1,195,000 | Set high on a knoll overlooking the Bedford quarry, this sensational ~3,800 sf, 4-bedroom, 3.5-bath Contemporary boasts clean lines with walls of glass, bringing the outside in. Web# 4610796 **Bedford Office 914.234.4590**

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ONLY IN WESTCHESTER | ADD TO CART | DIVERSIONS | DIGITALK | SEEING GREEN

EDITED BY

**Nick
Brandi**



ONLY IN WESTCHESTER

The Bike Whisperer

Aresh Mohit of Fenom Fitness in Harrison has made a career of helping Westchesterites gain confidence on two wheels—and in life.

STEFAN RÄDTKE

ONLY IN WESTCHESTER

The Bike Whisperer

Harrison trainer builds confidence through bikes



STEFAN RADTKE

Learning to ride a bike is a quintessential rite of childhood—just as teaching your child to ride one is a rite of parenthood. But with today’s demanding careers and jam-packed calendars, modern parents can no longer be there for every single milestone. That’s where Aresh “The Bike Whisperer” Mohit comes in.

Based out of Fenom Fitness in Harrison, Mohit has taught close to 4,000 children to be “two-wheeled independent” over the past 15 years. It’s a process he equates with therapy rather than lessons. “A lot of people have this anxiety about learning something new, but when they do it and succeed, you can see their confidence grow, and it’s something special,” says Mohit, who adds that it’s not just the kids who are anxious. “No one wants to see their child fall down or fail. It can be just as stressful for the parents as it is for the kids.”

“No one wants to see their child fall down or fail. It can be just as stressful for the parents as it is for the kids.”

Lest you think learning to ride a bike is just for little ones, however, Mohit is quick to correct the misconception. A former BMX and downhill racer, Mohit has taught adults up to 70 years old to glide across the asphalt.

“One person I taught had a traumatic experience when he first tried riding as a kid. As an adult, that fear was magnified, but once he realized you can crash and get back up, he was more enthusiastic about learning.”

Lessons go for \$90 an hour, though the instruction Mohit offers isn’t limited to riding. He also teaches bike safety and etiquette. “I like to put [students] in practical situations, like riding in neighborhoods and on sidewalks,” he said. Though sessions are typically one-on-one, Mohit offers group lessons for up to five. They’re normally held in downtown Harrison, on weekends, in a controlled environment that offers a wide variety of terrain for beginners to practice on.

If you want to get your children off to a good start on two wheels, Mohit promises not to steer you—or your kids—wrong. —William Dwyer

ADD TO CART

Hot Wheels

May is National Bike Month, so we reached out to some local experts for a glimpse of some of the hottest things on two wheels



[Mountain]

Trek Fuel EX 8: \$2,900

Rugged and lightweight, with a sophisticated suspension that will smooth out any trail, this billy goat of a mountain bike allows the rider to climb as easily as they descend, tackling the toughest adventures in terrain all day, every day.

Danny’s Cycles, Mohegan Lake, Steve Kahn, owner



[Kids]

Kokua LIKEaBIKE Jumper: \$299

At just 7.5 lbs., this state-of-the-art balance bike, constructed from aircraft-grade aluminum, will have your 2- to-4-year-old up and cycling in practically no time. Strong, light, and maneuverable, this tight unit will not rust.

Miller’s Bicycles & Toys, Mamaroneck
Taka Andrews, owner



[Road]

Trek Domane 4.5: \$2,500

This sleek racer has exclusive IsoSpeed Decoupler technology, which gives incredible comfort without sacrificing performance. The Domane 4.5 is lightweight, well priced and designed for riders at any level.

Danny’s Cycles, Mohegan Lake
Steve Kahn, owner



[Road]

Giant TCR Advanced Pro 1: \$3,200

Giant calls the all-new TCR the ultimate race bike. Completely redesigned for 2016, this full-carbon-fiber, featherlight rocket climbs as effortlessly as it sprints, combining crisp handling with comfort-conscious ride quality. A remarkable value for serious roadies and racers, the TCR comes standard with carbon-fiber race wheels (typically a \$1,200-\$3,000 upgrade).

Cycleworks, White Plains
Ben Chertoff, GM



[Gravel Grinder]

Giant Tough Road SLR 1: \$1,300

This is a do-anything, go-anywhere hybrid/trail bike with massive tires for off-road traction and a smooth ride. Load it up with a tent, sleeping bag, and all the gear you need for a weekend in the woods. Hydraulic disc brakes and integrated fenders make the Tough Road a sweet ride for any user.

Cycleworks, White Plains
Ben Chertoff, GM

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DIVERSIONS

iFlying High

Indoor skydiving jumps into Yonkers.

Ever wanted to go skydiving but were too worried about the whole “hurtling toward the ground at 120 miles per hour” thing? Well, allow me to introduce you to iFLY—indoor skydiving so safe, a 3-year-old can do it.

I strolled into iFLY’s location at Ridge Hill in Yonkers feeling pretty confident. I’d previously performed a tandem jump from a real plane, so I figured stepping into a vertical wind tunnel would be a walk in the park—albeit an extremely windy one.

After checking in, I was introduced to Lead Instructor Andrew Konetchy. He walked me through a short tutorial, teaching me proper body positions and hand signals for communicating in the wind tunnel. Andrew’s most important advice was simply to relax. Good advice.

Depending on the package, you get multiple rounds in the flight chamber—and you’re definitely going to need them. My first round was just learning how to control my body movements. Every minute movement dictates how the air carries you: Hold your head high, and the wind carries you upward; drop your head, and you begin to descend. Konetchy stood by my side, giving me advice, through hand signals, to relax, extend my legs, and so on.

Having heeded his advice, I was much more



Digital Editor Jonathan Ortiz soars indoors under the supervision of iFly instructor Andrew Konetchy.

in control of my body movements in the second round, and I had a blast. The more body control you have, the more exhilarating the experience. The iFly folks know this, which is why they have a progression system that shares techniques for tricks like floating on your back and flips, for those who want to take things up a notch.

All in all, it was very different from traditional skydiving. The anxiety of jumping out of an airplane was absent, and you have a better sense of your surroundings within the tunnel than while staring at the ground from several thousand feet in the air. This is a great tool for practicing skydiving techniques or simply seeing what the experience is like. Plus, you get a sweet “Flight Certificate” on your way out. “Whenever you ask someone what superpower they would want, it’s usually flight,” says Konetchy. “That’s what you get here, the experience of flying—and anyone can do it.” —Jonathan Ortiz

To see Jonathan Ortiz and others riding the wind at iFLY, check out www.westchestermagazine.com/indoorskydiving

SEEING GREEN

The Billionaires’ Club

Each year, *Forbes* magazine publishes its list of the 400 wealthiest Americans. We wanted to see how Westchester fared and were pleased to note that several of these illustrious individuals make their cribs right here with us. From Regeneron’s Leonard Schleifer to hedge-fund manager/political activist George Soros, here are your eight richest neighbors:

(Numbers in parentheses refer to the individual’s nationwide ranking.)

No. 7 (tie) (375):
Leonard Schleifer
(pharmaceuticals),
Tarrytown, and
David Einhorn
(hedge funds), Rye
\$1.8 billion



No. 5 (tie) (358):
Thomas Secunda
(software, data services, media),
Croton, and
Nelson Peltz
(investments),
Bedford
\$1.9 billion



No. 4 (234):
David Siegel
(hedge funds),
Scarsdale
\$2.8 billion



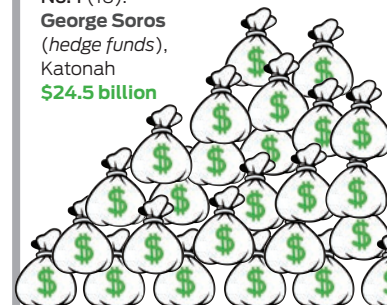
No. 3 (211):
David Rockefeller Sr.
(oil, banking),
Sleepy Hollow
\$3 billion



No. 2 (171):
Daniel Och
(hedge funds),
Scarsdale
\$3.5 billion



No. 1 (16):
George Soros
(hedge funds),
Katonah
\$24.5 billion



JUST PAWS

Pet Project

Paws Crossed steps up to make sure no pet gets left behind.



Greenburgh’s 100 Warehouse Lane was once again the site of an animal-rescue shelter when Paws Crossed officially opened its doors in April. But according to Paws Crossed President/CEO Jennifer Angelucci, the 40,000 sq. ft. facility is not just a no-kill animal shelter but rather a true no-kill shelter.

What’s the difference? “Animal shelters may euthanize up to 10 percent of their animals for reasons involving health or temperament and still be considered no-kill,” says Angelucci, but as a true no-kill shelter, “Paws Crossed will never euthanize an animal that is in good health, has behavioral issues, is of a particular breed, or takes up space.”

Paws Crossed (www.PawsCrossedNY.org) even

has plans for a rehabilitation program for animals that demonstrate aggressive or vicious behavior. The program is designed to “improve the behavior of animals that need help so that they become more adoptable,” Angelucci says, “thereby eliminating the need to destroy what may well be a perfectly wonderful animal, pet, and companion over a totally temporary and correctable issue.

“From the beginning,” she adds, “our mission has been to rescue these animals one by one until there are none. We want to become a pillar in the community and show people that a true no-kill animal shelter can be successful.” —Patty Monaghan



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NATIONAL TREASURE

Red-Light District

Croton-on-Hudson is home to one of the nation's remaining 'dummy' lights.

Some may regard them as obsolete nuisances; others see them as civic heirlooms. Either way, dummy traffic lights are a vanishing breed, and Croton-on-Hudson is one of the few places left in the US to have its very own.

The term “dummy light” is something of a misnomer, in that the upright, freestanding traffic-control mechanism functions the same way modern traffic lights do. “But some Crotonites speculate that they’re called ‘dummy’ lights because anything that stands still in the middle of traffic all day can’t be very smart,” offers a tongue-in-cheek Carl Oechsner, president of the Croton

Friends of History and a self-described backyard historian.

One of three such traffic lights left in New York State and only a few more nationwide, the Croton dummy light—perched proudly on Old Post Road South and Grand Street—was installed circa 1926. After 75 years of faithful service to the community, says Oechsner, the seven-foot structure got a facelift when the son of former mayor Roland Bogardus reinforced the original base. With a dozen 15-watt LEDs supplying the luminosity, this red-brick remnant of a time since passed is but one more example of what’s cool about Croton. —*Nick Brandi*



EXPRESS LANE

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

1

Rye Playland’s opening day is May 7, which leaves us wondering if *this* is the year they make headway on plans to renovate and upgrade. Standard Amusements extended the deadline to finalize its \$25 million investment/management proposal, but we kinda like Playland the way it is and are in no rush to see it change.



2

When’s the last time you almost broke the speed limit indoors? Well, speed demons and leadfoots, as of March you can at the 43K sq. ft. **Autobahn Indoor Speedway** at the Palisades Center mall in West Nyack, where Italian-made, Formula One-style go-karts hit speeds of up to 50 mph (for those 13 and up).



3

Westchester goes VR when the USA Today Network launches **VRtually There**, a virtual-reality news program scheduled to debut in the spring. Able to support 360-degree video content on smartphones, desktop displays, tablets, mobile VR viewers, and more, *VRtually There* will deliver its finance reports from a newsroom located in Westchester.

DIGITALK

Screening Your Screen Time

A Scarsdale mom fights back for family time.



If you’re vexed that the sounds around the family dinner table these days have gone from a buzz of conversation to the buzzes, beeps, and tones of smartphones, or if you’ve had enough of only talking to your kids in passing, you will definitely want to check out Screen, a new device coming this summer that will keep your family’s screen time under control.

Screen was born out of the frustrations of Tali Orad, a Scarsdale-based mom of three. Orad had tried every combination of parental-control apps out there until she decided she’d take matters into her own hands, creating Screen for her family.

With Screen, parents set up the software app on their and their children’s devices, connect the TVs and gaming systems to the Screen console, and then make the house rules. One family may decide, for example, that all cell phones will be

off during dinner, while another may choose to power down all gaming devices after 10 p.m. Screen works anywhere and with all devices and operating systems but doesn’t require an Internet connection.

Orad emphasizes that her invention is about more than just shutting off electronic devices, however. She says it’s about balance, encouraging families to come up with alternatives to make the best of their “unplugged” time. “And it’s not just for the children’s devices, either; it’s for the entire family,” Orad adds. “One time, my children said to me, ‘Mom, you have Screen for us, but you need to have it, too.’” The result is that at dinnertime now, Orad is available only to her family, which not only sets an example for her kids but also gives them some exclusive mom-time. For more information, visit www.getscreen.com.

—*Carlos Villamayor*



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MEDICAL MIRACLES

Face Value

Three Westchester surgeons help perform the most extensive face transplant yet.

In a sign we may be living in times that had once existed only in the minds of science-fiction writers, surgeons from NYU Langone Medical Center in New York City have successfully transplanted an entire human face. The 26-hour surgery—performed in August on a volunteer firefighter whose face was severely disfigured in the line of duty in 2001—required a support team of more than 100 special-

of Scarsdale, helped prepare 42-year-old Patrick Hardison for the transplant, which included not only attaching the face, scalp, eyelids, and blinking muscles, but also removing the damaged skin and exposing blood vessels, to re-establish blood flow.

Staffenberg says that to succeed, the procedure required near-perfect coordination. “We couldn’t get too far ahead of the donor surgery, and we couldn’t

sure that Hardison was the ideal candidate and that the donor was not only a good transplant match but also matched the firefighter’s skin tone and hair color. “Another medical first,” says Staffenberg, who also practices at the NYU Langone facility in White Plains, “is that we used CAT scans to create 3D cutting guides that we could place on the donor’s and patient’s bone structures, to make sure the surgeries were engineered for a perfect fit.”

Even before the surgery was complete, doctors could see Hardison’s new lips and ears grow pink with fresh blood. His new hair and beard began to grow immediately, and within three days, he was able to blink.

“The idea of a face transplant may seem like science fiction, but each of us performs these same techniques every day,” Staffenberg says. “When all of our individual expertise is put together on a team, it becomes an incredibly transformative force.”

Like all transplant patients, Hardison will require regular checkups and be on anti-rejection medication the rest of his life. Still, the former first responder can’t help but feel reborn.

“I went to Macy’s to get clothes, and I was just another guy; nobody [was] pointing or staring. I wasn’t scaring any kids,” Hardison said in a recent interview. “It’s just... it’s very emotional to have that.”

—Amanda McCorquodale



THE RECIPIENT:
Patrick Hardison, prior to his 2001 accident



THE DONOR:
David Rodebaugh of Brooklyn



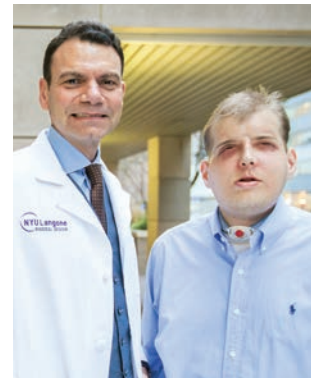
The face-transplant team at NYU Langone Medical Center

ists as part of the most extensive face transplant to date and the first ever in New York State.

Three of the eight plastic surgeons at the frontlines of the historic procedure are residents of Westchester. Chappaqua’s Daniel Ceradini, MD, helped remove the face of the donor, David Rodebaugh of Brooklyn, who died in a cycling accident at age 26. At the same time, James Levine, MD, and David Staffenberg, MD, both

waste any time either.” He adds that because the patient’s safety is always paramount, the groundbreaking operation also required extensive preliminary measures. “With so many physicians and steps involved, the team rehearsed this transplant for many months, performing 14-hour surgeries on cadavers so that we could provide the best possible care for Patrick.”

It also took many months to do the research necessary to en-



THE RESULT:
Hardison with lead surgeon Eduardo Rodriguez, MD, after the unprecedented procedure

EDITORS' OBSESSIONS

We Can't Shut Up About...



“I am obsessed with the many hiking and biking trails in Westchester. My most recent trek was **Anthony's Nose in Peekskill**. It was my first time there, and it was spectacular. I was worried my 6-year-old wouldn't be up for it, but he and his pal did just fine.”

—Kate Walsh, Senior Editor



“Whether you're a parent, a grandparent or spend lots of time with little ones, nothing beats a kid-friendly live-theater outing among Westchester's many options. **Yorktown Stage** is a frequent fun destination for me and granddaughter Ayanna, and we'll be first online for **The Wizard of Oz** this fall!”

—Karen Odum, Senior Writer

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EDITED BY

Carol
Caffin



MENTAL HEALTH

Got a Phobia?

Unlike garden-variety fear, phobias can be truly debilitating. For some, the stress, anxiety, and panic that phobias cause can make life seem unbearable.

MENTAL HEALTH

Phobias: Fear on Steroids

From spiders and snakes to flying and germs, phobias can be debilitating

The diagnostic criteria for phobias, according to the *DSM-V*, includes a marked fear or anxiety of a specific object or situation. But how can you distinguish between being really scared and phobic? There are several ways, according to Megan Hughes-Feltenberger, PhD, assistant professor of Clinical Psychology in Psychiatry at Weill Cornell Medicine, New York-Presbyterian Hospital—Westchester Division. “The level of distress must be clinically significant or it must cause impairment,” she says. “Clinically significant distress could be getting so anxious that you are having panic attacks in the presence of the trigger. Impairment could be doing poorly in school or work, or it could be making decisions—like moving out of a house that has mice—that demonstrate how much the phobia is impacting your day-to-day life. Someone with a fear of vomiting might restrict the types of foods that they eat, or refuse to go to bars—where they think they’ll encounter vomit.”

Phobias can be caused by a traumatic event, but, according to Hughes-Feltenberger, most people with phobias can’t remember the reason their phobia started. Others, she says, develop phobias by observational learning (seeing someone else be afraid of a situation) or “informational transmission, such as being warned of a danger by others or something in the news.”

Treating phobias can be tricky. “Medications have not been particularly helpful for phobias,” Hughes-Feltenberger says. “They can treat the symptoms—for example, taking a benzo to get on a plane—but will not make the phobia go away.”

Instead, behavioral treatments are preferred. Cognitive Behavioral Therapy (CBT) focuses on identifying thoughts (overestimating dangers, magnifying predicted negative outcomes), feelings (such as anxiety), and behaviors (avoid-

ance) associated with how the person responds to the phobic object. In CBT, a therapist will “work on decatastrophizing the thoughts, then preparing to expose a person to their feared stimulus in small steps,” says Hughes-Feltenberger. “You create a hierarchy of your fear. If you are afraid of mice, you might start with pictures of mice, then videos of mice, then mice in a room nearby, then mice in a cage in a room with you, et cetera.” The goal is to have a person stay in the situation without avoiding the trigger until his or her anxiety decreases. Then it’s on to the next step. *For more on phobias and how to treat them, please visit www.westchestermagazine.com/phobias.* —Carol Caffin

Where to Find Help

There are many wonderful mental-health professionals in the county, including a number (too many to list here) who specialize in anxiety and phobias. There are also local centers and organizations that specialize in treatment of phobias. Here are a few.

The Anxiety & Phobia Treatment Center

at White Plains Hospital (914-681-1038; phobia-anxiety.org) has been helping people with phobias and other anxiety disorders for 45 years. All of the center’s counselors are graduates of the center’s Phobia Counselor Certification Program, and many have personally experienced phobias and other anxiety disorders. The center offers a variety of workshops, groups, and courses, including ongoing weekly support groups; one-on-one therapy sessions; and specific programs for health anxiety, fear of flying, OCD, public speaking and social anxiety, and more.

Columbia University Clinic for Anxiety and Related Disorders (CUCARD)

(White Plains, 914-631-4618; columbiapsychiatry.org/clinicalservices/cucard-westchester) This clinic specializes in accelerated outpatient care for children, adolescents, and young adults whose lives are severely impaired by obsessive-compulsive disorder (OCD), anxiety, tic disorders, and trichotillomania.

National Institute for Mental Health

Hotline for Acute Phobia Attacks; 800-647-2642

Anxiety Disorders Association of America

(301-231-9350; www.adaa.org)



ASK THE EXPERT

A Summer Camp Checklist

Is your child ready?

Most parents know that when you send your child off to camp it's important to pack sunscreen (with an SPF of 30 or higher that protects against UVA/UVB rays); insect repellent (containing less than 10 percent DEET for kids); and, of course, a water bottle. But what else should you keep in mind? We asked Ellen Lestz, MD, a pediatrician with White Plains Hospital Medical and Wellness in Armonk, to share some tips to make sure both you and your child are ready for camp.

What if my child has special health needs?

Children should bring their medications to camp. “Have your doctor fill out the necessary paperwork to include the prescription directions,” Lestz says. “For children with allergies, have multiple EpiPens at the nurse’s office and with the counselors.”

Is it okay to send my child to camp if she

has a cough? “If your child has a little cough or cold, it is probably okay to send them,” says Lestz. “Children with fever (a temp higher than 100.5°F) should be kept home” and



be fever-free for 24 hours before returning to camp. “Also, keep your child home if they develop a rash, pink eye, sore throat, vomiting, or diarrhea,” says Lestz.

What vaccinations does my child need before attending camp?

“Your child should be up to date for all-age appropriate immunizations,” says Lestz. “Children age 11 should receive their Tdap booster, which protects against tetanus, diphtheria, and pertussis, as well as their first meningitis shot.”

How can I protect my child against Lyme, Zika, and other tick- and mosquito-borne illnesses?

For tick and mosquito bites, use a combination of DEET repellent on exposed skin and wear Permethrin-treated clothing, Lestz advises. “Wear long pants tucked into the socks when walking through tall grass or hiking. For lice prevention, maintain the hygiene of your own personal items. Tell your children not to share clothing, bedding, hats, or brushes.” —Carol Caffin



ALTERNATIVE HEALTH

The Healing Power of Touch

Practitioners and proponents swear by Reiki.

Like yoga, meditation, and acupuncture have already done, Reiki is an Eastern healing practice that's beginning to gain mainstream acceptance as an effective alternative wellness therapy.

Reiki (pronounced "Ray-Kee") is a Japanese form of touch therapy that promotes deep relaxation, stress reduction, and healing. In a typical 60- to 90-minute treatment, the client remains fully clothed and may either be seated or lying on a massage table. The practitioner then places his or her hands on, or just above, the client's body in a series of hand positions, usually on or around the head and shoulders, stomach, and feet.

Founded in 1922 by Mikao Usui, a Japanese scholar and Tendai Buddhist Monk, Reiki is based on the idea that an unseen "life-force energy" flows through all living things. If a person's life force energy runs low, or becomes blocked, stagnant, or imbalanced, he or she becomes more susceptible to stress and illness.

Despite this mystical premise, Reiki has gained increasing popularity in recent years in medical settings, thanks to a growing body of research supporting its value as a complementary therapy.

According to studies by The American Cancer Society and Penn's Abramson Cancer

Center's Integrative Oncology Initiative, Reiki, when performed in conjunction with traditional cancer treatments, can result in a reduction in patients' perceptions of pain, stress levels, and anxiety, as well as an increase in relaxation. Memorial Sloan Kettering Cancer Center offers Reiki therapy as part of its Integrative Medicine Service.

Since the program's inception in 2004, Northern Westchester Hospital has offered Reiki, along with other complementary therapies, as part of its Integrative Medicine Program. According to Anne West, RN FNP LAc (Holistic Nurse-Acupuncturist), Reiki is offered bedside, hospital-wide by advanced-practice holistic nurses and certified nursing staff. Complimentary sessions are also offered at both the inpatient and outpatient Cancer Treatment and Wellness Center, to assist those undergoing treatment.

"The most profound benefits I have witnessed are moving someone from a place of fear and pain to one of love and comfort," says West. "For example, someone may have received a new diagnosis, which evokes fear, anxiety, and separation. After the session, there is a 'shift,' and patients report feeling lighter, relaxed, and have a profound sense of well-being that carries them through the day." — *Lisa Cesarano*



NUTRITION

5 Food Additives to Leave on the Shelf

Local nutrition experts weigh in

There are many reasons to avoid processed foods—including unhealthy additives and preservatives. Here's the lowdown on five of the most common, and why you may want to steer clear of them.

1. Artificial Food Coloring

"Artificial food coloring and dyes are so toxic to our bodies that they are banned in many countries, including England and France," says nutritionist Jody Baretz, LCSW CHHC. "They are made from chemicals that are derived from petroleum and are linked to cancer, ADD, and ADHD in children." Robert Silverman, DC, a certified nutritional specialist agrees, warning: "Avoid food coloring at all costs!"

2. Sodium Benzoate

"Sodium benzoate is a salt that naturally occurs in low levels in some fruits," says Baretz. "However, when it is used as a preservative in food and synthesized in a lab, it can be dangerous, especially when it mixes with metal cans." According to Silverman, consumption of sodium benzoate "can trigger allergic reactions in some people and be a potential trigger for hyperactivity in children with ADHD."

3. Sodium Nitrate

"Sodium nitrate is a salt that is added to hot dogs, bacon, and other cured meats to help preserve them," says Silverman. "Consumption of nitrates can lead to a decrease in oxygen consumption and to an increase in cancer risk."

4. Aspartame

"Aspartame is an artificial sweetener commonly found in diet drinks and yogurt. It is a neurotoxin and can cause headaches, as well as memory loss, nerve problems, and infertility," says Baretz. Silverman adds that aspartame can "adversely affect the gut microbiome and lead to blood-glucose dysregulation." Baretz says that people often "think they are being 'healthy' or will lose weight by drinking diet sodas, but it fools [their] metabolism into eating more sugar and makes them more likely to be overweight."

5. MSG

"MSG (monosodium glutamate) is a flavor-enhancer most commonly used in Chinese food, canned veggies, soups, and processed meats. Even if you don't get sick immediately, long-term use can be harmful," says Baretz. "Some symptoms are muscle fatigue, numbness or tingling, and flushing." Silverman's advice? "Avoid it." —PA

HEALTH

Sunscreen or Vitamin D?

You don't have to choose.



While unprotected exposure to the sun may increase the risk of skin cancer, sunlight is also a key source of vitamin D—a vital, fat-soluble molecule that enhances the body's absorption of numerous other vitamins and minerals. Unfortunately, while sunscreen offers protection against skin cancer, it also blocks the absorption of vitamin D. What to do? Slather on the sunscreen—and take a vitamin D

supplement, says dermatologist Athena G. Kaporis, MD. "Vitamin D comes from both the sun and nutrition, and it cannot be used by the body until it is processed by the liver and the kidneys." Kaporis suggests consuming foods rich in vitamin D3, including fortified milk, cheese, yogurt, and oily fish like salmon and tuna. "Vitamin D supplements are well tolerated, safe, and effective," says Dr. Kaporis. —*Paul Adler*



Business Council of Westchester

Westchester-Putnam Youth Summit, White Plains

On March 23, more than 250 young people received expert insight and motivation for finding success in the workplace at the fifth annual Westchester-Putnam Youth Summit at the Crowne Plaza Hotel in White Plains. The summit featured interactive activities and workshops aimed at providing attendees with employment skills and advice. *Top:* Donovan Beckford, director of the Westchester-Putnam Workforce Investment Board; Putnam County Executive MaryEllen Odell; and William M. Mooney III, director of the Westchester County Office of Economic Development. *Right:* keynote speaker Lucinda Cross, founder and president of Activate Movement, with Marsha Gordon, president and CEO of the Business Council of Westchester.



Concordia College Business Breakfast, Bronxville

Concordia College held its Business Breakfast on February 23 at the Krenz Academic Center, on the college's Bronxville campus. Gil Alba, president of the Associated Licensed Detectives of New York State and a nationally recognized private investigator and security consultant, served as the keynote speaker. *Pictured:* Gil Alba and William Salva, director of Concordia's Graduate Business Programs and professor of business.



PHOTO BY EMMA NYGARD

Hudson Valley Center for Contemporary Art WORD Opening Reception, Peekskill

The Hudson Valley Center for Contemporary Art (HVCCA) held the opening reception for their exhibition *WORD* on February 27 at the center's Peekskill location. *WORD* is HVCCA's first open-call juried exhibition purposed to highlight regional artists who prominently feature a word or words in their artistic productions. *Pictured:* Artist Kathryn Frund poses in front of her installation *One Word*, with husband Steven Whinfield.



New York Medical College William Cullen Bryant Exhibit & Reception, Valhalla

The Basic Sciences Building lobby at New York Medical College was the setting for the William Cullen Bryant Exhibit & Reception on March 22. The event honored Bryant, who founded the college and served as Editor-in-Chief of the *New York Evening Post*. *Pictured:* Edward Halperin, MD, MA, chancellor and CEO of New York Medical College; and John B. Dawson, Jr., president of The Friends of Cedarmere, Inc.



PHOTO BY LYNDA SHENKMAN CURTIS

Jacob Burns Film Center

Viewing & Doing: An Afternoon of Film & Family Fun, Pleasantville

In celebration of its 15th anniversary, the Jacob Burns Film Center (JBFC) held its first Viewing & Doing: An Afternoon of Film & Family Fun event at the center in Pleasantville. A preview screening of the animated film *The Little Prince* was followed by an intergenerational and interactive party at the Media Arts Lab, with animation and technology activities inspired by the film. *Pictured:* Mark Osborne, director of *The Little Prince*; Dominick Balletta, JBFC managing director; and Edie Demas, JBFC executive director.

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Greenwich Hospital Foundation

Taste the Towns, Greenwich, CT

More than 250 guests were in attendance at The Stanwich Club in Greenwich, Connecticut, on March 4, when the Greenwich Hospital Foundation held its Taste the Towns event. This culinary-themed evening featured creative cocktails, fine wines, and gourmet food prepared by more than 35 top chefs and beverage distributors in support of outreach services provided to residents of Fairfield and Westchester Counties by Community Health at Greenwich Hospital. The event, which included a silent auction and dancing, honored several local emergency-medical-service organizations. *Top:* United States Senator Richard Blumenthal, Taste the Towns Event Chair Geri Corrigan, and Greenwich Hospital President Norman G. Roth. *Right:* George Tsangaroulis, DDS, with wife Melanie.



City of Yonkers

Irish Flag Raising Ceremony, Yonkers

On March 6, the City of Yonkers held a flag-raising ceremony to kick off festivities for the 2016 Saint Patrick's Day Parade at Yonkers City Hall. The event, which was followed by mass at Saint Mary's Church, was attended by members of the Yonkers Saint Patrick's Day Parade Committee, Ancient Order of Hibernians, and Grand Marshall Pat Quinn. *Pictured:* Jenn Quinn; City Council President and attorney Liam McLaughlin; Grand Marshall Pat Quinn; and Aide to the Grand Marshall Dennis Keane.



PHOTO BY LYNDA SHENKMAN CURTIS

Phelps Hospital

Phelps Food, Wine & Beer Fest, Tappan Hill

The second annual Phelps Food, Wine & Beer Fest took place on March 13 at Abigail Kirsch in Tappan Hill. Featuring more than 60 wineries, 30 restaurants, and a beer garden, the event attracted more than 300 attendees and raised more than \$42,000. *Pictured:* Dr. Avraham Mirav with wife Susan Mirav, and Dr. Richard Peress.



PHOTO BY C. SEMMES

Greenwich Chamber of Commerce & CancerCare

Networking Event, Greenwich, CT

The Greenwich Chamber of Commerce and CancerCare held a networking event in the Vanderbilt Auditorium at The Greenwich Historical Society on March 30. *Pictured:* Corey Contienpo of CancerCare with Greenwich Chamber of Commerce President and CEO Marcia O'Kane.



League of Women Voters of Westchester

Fix It: Healthcare at the Tipping Point Forum, White Plains

The League of Women Voters of Westchester held a forum titled Fix it: Healthcare at the Tipping Point at the White Plains Public Library on April 3. *Pictured:* Dr. Elizabeth Rosenthal from Physicians for a National Health Program; Madeline Zevon, healthcare chair for the League of Women Voters of Westchester County; and New York State Assemblywoman Amy Paulin.

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Four generations of the Zaro clan at their main bakery in the Bronx, from the eldest, Dorothy Zaro (far left), 93, to the youngest, Sydney Zaro (far right), now 1½, being held by her mother, Agnes.

Breaking Bread With the Zaro Family

The Zaros of Westchester on their eponymous fourth-generation baking company and their secret ingredients for success **BY LAURIE YARNELL**

On an unseasonably warm winter Saturday, Michael Zaro, a friendly, bearded young man in jeans and bare feet, welcomes me to his Colonial-style home in Bedford. I'm ushered into the kitchen, where his wife, Agnes, is feeding lunch to 4-year-old Benjamin and his little sister, Sydney, 1½. As Aunt Zoe perches Sydney on her hip and takes a taste of banana-chocolate-chunk pound cake ("I try to convince myself it's breakfast food," she says), Benjamin is ready for dessert. The tousled blond-haired cutie, clad in a green Ninja Turtle t-shirt, happily accepts a Zaro's black-and-white cookie from his mom—though he doesn't seem too eager to share it with Great-Uncle Joe.



The late Philip Zaro—father of current co-presidents Stuart Zaro and Joseph Zaro—at one of the company's stores in 1959.

ufacturing and retail operations, respectively.

Though the company's main factory is in the Bronx, all the Zaros have strong ties to the county, making it truly a Westchester brand. Philip and his wife, Dorothy, moved to New Rochelle in 1958, and it was there they raised their sons, Stuart, Joseph, and Andrew. Dorothy, who is now 93 and resides in Harrison, still goes to the factory for her favorite raisin-walnut bread.

Today, Stuart and his wife, Keri, live in Armonk, where they raised their five sons, and Joseph and his wife, Nancy, recently moved to Greenwich after spending 30 years in Purchase and Harrison while raising their own three sons. Andrew, a Manhattan resident and the only brother with daughters, works in the financial sector.

A household name in the New York Metro area—1.5 million people pass by its retail outlets daily—Zaro's has 11 stores in its busiest commuter hubs, including a new location in Lower Manhattan's Fulton Street Transit Center. Famous for its delectable baked goods, like black-and-white cookies, bagels, and challah, Zaro's bakes all its products at its 40,000-square-foot plant in the Bronx. Each week, more than 50,000 pounds of flour and 4,000 pounds of butter are used, and about 44,000 bagels, 2,000 black-and-white cookies, and 1,500 challah loaves are sold. It's products are sold nationwide and are available locally at Mrs. Green's, Stew Leonard's, Whole Foods, and Balducci's.

On this sunny day in Michael's living room, I settle into a deep, modern, gray couch to chat with him, Brian (his wife is Zoe of the banana pound cake), and Joseph; Stuart is away in LA visiting his youngest son. The

The history of this family's fourth-generation business reads like a classic American success story. In 1927, founder Joseph Zarobchik—Ben and Sydney's great-great grandfather—sailed to Ellis Island from Eastern Europe and started what is now known as Zaro's Family Bakery in Newark, New Jersey. In the 1950s, his sons, Philip and William, took over and, in 1977, they opened the first of the company's four current Grand Central Station stores. Though Philip passed away in 2004, two of his three sons—Stuart, 64, and Joseph, 58 (aka Great-Uncle Joe), who are co-presidents—run the company together with Stuart's sons, Michael, 38, and Brian, 34, who are vice presidents in charge of man-

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neighbor

(Continued from previous page)

brothers are close, and I'm struck by how polite and respectful they are of their uncle. It's clear that this is a family who enjoy one another's company; in fact, Michael and Joseph had just cycled 15 miles together earlier that morning through Bedford and Armonk, something they do regularly. As Stuart would tell me later: "Our family is tight."

The laughter-punctuated conversation focuses on growing up in the family business. "My father worked a lot," says Joseph, "so I enjoyed going to the factory with him." Brian recalls assembling boxes and helping to move bags of sugar from the warehouse to the factory floor in between grabbing warm cookies right off the rack. When Michael adds how much his mom loved picking at the crumbs on the top of their chocolate babka, his uncle is quick to playfully correct his terminology by telling him that the crumbs are technically called "streusel."

"Zaro's is all about the stories," reflects Joseph, recounting the story of a friend who

to maintain through generations. According to the Harvard Business Review, about 70 percent of family businesses fail or are sold before the founders' children can come on board; just 10 percent still exist by the time the grandkids are ready.

Clearly, the Zaros are bucking that trend. "There needs to be communication, and everyone must have his or her niche," says Stuart, "and there should be minimal conversation about business outside of work; you need to focus on being a family."

One challenge unique to their industry is the presence of all those calorie-laden baked goods. Yet, each of the Zaros look very fit. They all hit the gym regularly, and Joseph—who loves Zaro's bagels—cycles and snowboards. Stuart, who favors the babka and black-and-whites, never brings anything home from work. Michael, an avid cyclist and babka and cheesecake fan with a major sweet tooth, limits himself to bringing home one item each Friday.



Flour Power: Though the temptation to regularly sample their scrumptious merchandise must be overwhelming, (L to R) Michael, Brian, Scott, and Richard Zaro manage to refrain, opting instead for regular visits to the gym.

says she learned math by having to return change to her mom every time she was sent to buy a loaf of rye bread at a Zaro's store in the Bronx. Another Bronx native, US Supreme Court Associate Justice Sonia Sotomayor, even mentions in her memoir that her first part-time job was at a Zaro's store close to her home.

To what do the Zaros attribute their success? "The hands-on philosophy that we apply to the day-to-day operations," says Michael, "whether it is a family member behind the counter helping customers with cups of coffee or working in the factory braiding challah." Indeed, about 70 percent of their roughly 400 employees have worked for the company for between 10 and 40-plus years.

According to the Zaros, there are many positives associated with being part of a family business, including "being able to work with your family members on a daily basis," says Brian. Yet it's well documented that family businesses come with their own challenges and thus are notoriously difficult

And Brian, a toasted-everything-bagel-with-scallion-cream-cheese man, says his temptation has lessened over the years.

But even after four generations, this family is far from done. It has a strong bench with the addition of Stuart's son, Scott, 30, who's involved in marketing and promotions on the retail side, and Joseph's son, Richard, 26, who focuses on implementing new retail technology. There also will be continued expansion of its branded wholesale division selling to upscale markets, both in the tri-state area and elsewhere, and the opening of more retail stores. With even just a little luck, we can expect the fifth-generation Zaros to eventually take their turn at the plate—provided, of course, that Benjamin doesn't stick with his current vocational ambition to be a professional Ninja Turtle. **U**

Laurie Yarnell of Rye, a former longtime Westchester Magazine features editor, writes frequently about local notables, like Georgina Bloomberg and Joseph Abboud.



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Dying in Westchester

Doctors are helping patients with grave diagnoses, in part by focusing on empathy and dignity. **BY KATE STONE LOMBARDI**

To those who didn't know him well, Alexandru Galdau could appear harsh, sometimes even intimidating. He'd lived through hardship growing up in Communist Romania and, throughout his decades working as a builder in this country, had maintained a demeanor of toughness.

But to his wife of 41 years, Adriana, Alexandru was the man with gorgeous blue eyes, a Paul Newman lookalike, the man who took incredible care of his family. Alexandru, she said, "was my rock, my anchor."

She became concerned when her 77-year-old husband—who always projected unwavering strength—began to feel weak and started to lose his appetite. But Adriana, who lives in Mount Vernon, was completely unprepared for

what followed. The couple sat in front of a doctor they'd only just met, who delivered his diagnosis quickly and bluntly: Alexandru had aggressive pancreatic cancer that had spread to his liver and lungs. There was no cure and nothing could be done. The doctor offered chemo, but cautioned that it would only give Alexandru another three or four months to live.

The diagnosis was terrible enough. But it was the way the news was delivered that causes 70-year-old Adriana, almost a year later, to weep when she remembers it.

"I heard someone gasp, and I realized it was me," she recalls. "Nothing prepared us. It was just shocking. You can't give someone a death sentence and be so indifferent and cold. Do they take lessons in medical school on how to dehumanize themselves?"

Conversations about the end of life are not easy for anyone—not for health professionals or patients.

More than 25 percent of adults, including those 75 and older, have given "no thought" to end-of-life care.

But today's medical community is taking a new look at how to improve people's experience as they face serious diagnoses, an approach that optimally begins well before a patient becomes gravely ill and continues through the patient's final days of life.

Spurred by the Institute of Medicine's (IOM) government report on "Dying in America" and fostered by new Medicare provisions that reimburse doctors for taking the time to discuss these issues, the medical community has responded with a new range of tactics on coping better with the end of life. These include improving advance-care planning, focusing on affordability and access, and expanding palliative care both inside and outside the home.

"The report was getting at the need to provide patient-centered care, care that focuses on the patient's quality of life and their goals for their lives," says Rebecca O. Johnson, associate director of graduate and professional studies for the End of Life Care Program at Sarah Lawrence College. The program, launched last June as part of the Continuing Education and Professional Studies offerings, trains healthcare providers and community members. Focusing on dignity in healthcare at all ages and stages of life, it provides in-depth training on advance-care planning and end-of-life care.

The new focus is long overdue, say experts in the field. A century ago, before the invention of antibiotics, most people died quickly of accidents and infections. Advances in modern medicine have not only prolonged life but also prolonged dying. About 2 million Americans die annually, but fewer than 10

percent will experience a sudden death due to trauma or cardiac disease. Most people are diagnosed and live for a prolonged period with a chronic condition before reaching the end of life.

Yet, surprisingly, few Americans are prepared for this likelihood. More than 25 percent of adults, including those 75 and older, have given “no thought” to end-of-life care, according to the IOM report. Even fewer have written down their preferences or talked about it with their family or doctors. And though most Americans say they would prefer to die at home while surrounded by family, roughly half of those with chronic conditions will die in the hospital, surrounded by bewildering machinery while having endured invasive procedures that will not improve their prognoses.

A misunderstanding of palliative care has added to the problem. Some people conflate the term with hospice care, or the complete withdrawal of medical treatment. But “palliative care is about living, not dying,” says Julie Buyon, a vice president of the Westchester End of Life Coalition, who has worked with people with serious, life-limiting illnesses for more than a decade. The guiding philosophy of palliative care is respect for what the individual patient wants, whether that’s longevity at all costs, or perhaps living a shorter period of time, but with less pain or heroic interventions. This approach can include anything from sophisticated pain management to a massage and manicure to brighten a patient’s day. Care is dictated by a person’s individual values and goals. Far from hastening death, multiple studies have shown that patients who receive palliative care live longer than those who don’t.

Yet most physicians, long focused on doing everything they can to cure people, aren’t trained to talk to patients about their needs and desires as they cope with life-threatening illness. “We suture and debride and diagnose,” explains Sayantani DasGupta, MD, who teaches narrative medicine at Columbia University and has taught at the Sarah Lawrence Health Advocacy Program. “But in the midst of all of the medical multitasking—checking the labs, talking to the radiologist and ordering the rehab—how do we still remember to make room for storytelling and listening? We need nothing less than a real cultural change.”

In teaching narrative medicine, DasGupta uses literature to help medical students and other health professionals learn how to elicit, listen, and interpret a patient’s story. Such “attending” leads to better medical care, she says. “If you really listen to what’s going on, you can manage

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someone's pain better or not order the test they really don't want or get them home because that's where they want to be," she explains. Not only is this approach more humane, but it also saves money.

Deborah Cappell, MD, is a member of the Critical Care Intensivist Team at NewYork-Presbyterian/Lawrence Hospital and the medical director of the Inpatient

"When bad news is delivered with sensitivity, the tension in the room usually goes down..."

—Deborah Cappell, MD

Palliative Care Program. As an Intensivist, she treats the hospital's most acutely ill patients. Sometimes in the ICU, says Cappell, the goals of care change, and the kind of care changes based on the patient's wishes.

"When patients get to the ICU, they are critically ill and generally need aggressive care," says Cappell. "However, despite this aggressive treatment, a patient's condition continues to deteriorate sometimes, and it becomes clear they could be dying. If there's a patient who's coding, and the limits of what medicine can offer them is being reached, then you have to be able to switch gears and look at the new reality."

Cappell says that, optimally, end-of-life decisions are best discussed before a patient becomes critically ill. Having the conversation about what kind of interventions the patients do and do not want before going into the ICU helps doctors deliver better care to extremely ill patients.

Understanding a patient's desires often requires more than one conversation. Doing it well means understanding where the patient is coming from—how they've lived their lives, what they've been told about their illness, reviewing what's been tried, talking about the people who are important to them, and what they value.

"End-of-life conversations are hard for many physicians," Cappell says. "However, people generally appreciate being told about our understanding of their reality. When bad news is delivered with sensitivity, the tension in the room


about the unknown usually goes down, because when people are told about the reality of their condition, they are given the opportunity to voice their fears and plan how they want to proceed. They are given the opportunity to face their prognoses with dignity."

In response to one of the IOM report's recommendations, Medicare has begun reimbursing physicians for both training in and conducting end-of-life-care conversations. Once politicized as "death panels," the regulations went quietly into effect this year.

Westchester reflects the rest of the country in embracing advance planning and palliative care. Just seven years ago, only three hospitals in the county offered palliative care. Julie Buyon remembers calling a large hospital in Westchester to ask about services. Her call was bounced from the president's office to the volunteer office and finally to the gift shop. Today, every major hospital in the county has a staffed palliative-care program.

The Westchester End of Life Coalition, based in Bronxville, works to expand awareness in the community, holding educational forums, training volunteers and providing resources. At press time, trained volunteers were slated to visit libraries throughout the county to talk to patrons about the importance of having a health proxy. Another initiative will facilitate end-of-life and advance-care discussions at synagogues throughout Westchester. The coalition has created a website, www.livewithcare.org that can help residents prepare for and live with serious illness.

"Palliative care is answering the question, 'What can we do to make you feel better?'" says Buyon. "And who isn't deserving of that kind of care?"

As she approaches the one-year anniversary of her husband's death, Adriana Galdau still struggles. She recalls her son Andrew's eulogy at the funeral, when he quipped that his father was so tough, the family was sure that even illness would be afraid to go near him. But support from the bereavement staff from the hospital has helped. "They helped me tremendously on the road to recovery, the little things that help you get through the day," she says. "The paradox of healing is that it's both holding on and letting go." 

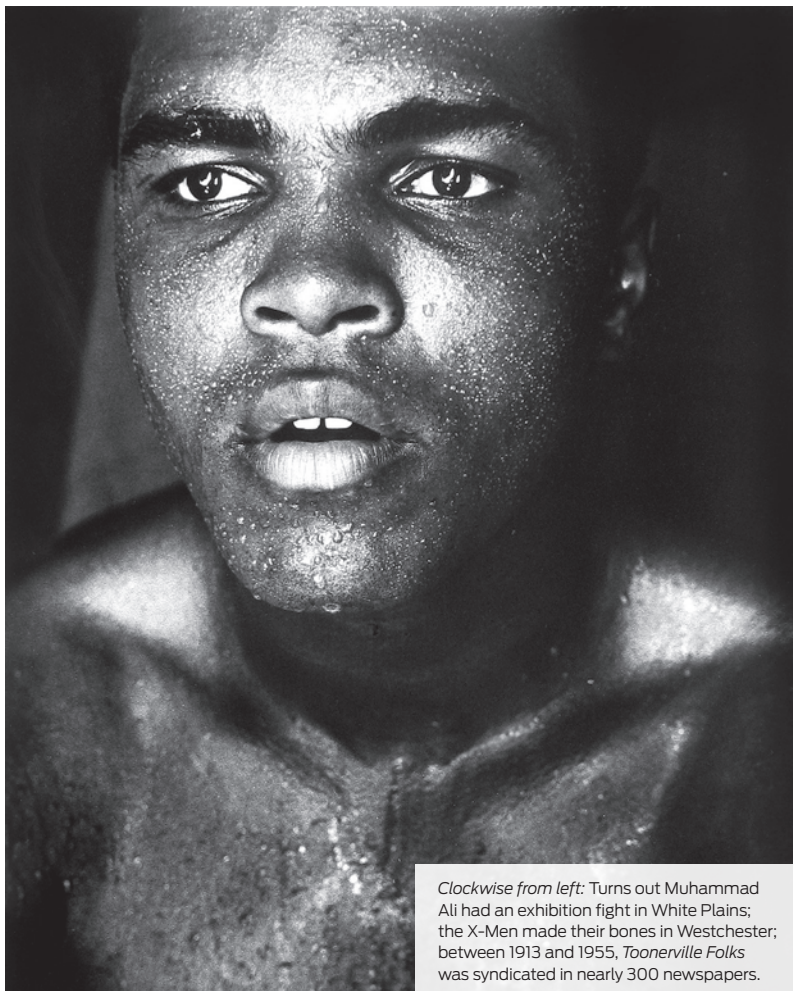
Kate Stone Lombardi is a Westchester-based author and journalist.

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Clockwise from left: Turns out Muhammad Ali had an exhibition fight in White Plains; the X-Men made their bones in Westchester; between 1913 and 1955, *Toonerville Folks* was syndicated in nearly 300 newspapers.



Heavy Hitter

Plus, superhero cribs and the Toonerville Trolley BY TOM SCHRECK

Q

'The Greatest' in Westchester?

I have a friend who claims Muhammad Ali once fought in White Plains. Is this true?

—Raul Sainz, Peekskill

A: On January 17, 1972, Ali fought an eight-round exhibition bout with pro Alonzo Johnson (whom Ali had officially fought and beaten in 1961) at the Westchester County Center in White Plains. Reports are that Ali did the exhibition as a thank-you to promoter Pete Bennett, who'd helped Ali get \$5,000 speaking gigs during Ali's exile from professional boxing because of his refusal to serve in the US Army.

Reportedly, the Westchester County Center was only half-full that night as an out-of-shape Ali clowned and danced with his sparring partner for the eight rounds. The fans loved it, and Ali made himself accessible to all who wanted a photo or an autograph.

Mutant Manor

Q: Settle the debate: Is Xavier's School for Gifted Youngsters located in North Salem or Salem Center, and has it changed over the years, or is it different for different media, e.g., in the movies or (totally awesome) TV cartoon vs. the comic books?

—Mike Ferlazzo, Mount Vernon

A: Okay, well, first of all, thanks for coming up from your mom's basement to ask this burning X-Men question.

But let's be crystal clear: The X-Men don't *actually* exist. That didn't, however, deter your humble correspondent from putting the question to Jon Jordan, the publisher of *Crimespree Magazine* and a Marvel Comics expert. According to Jordan: "Sometimes the location is listed as merely 'Westchester, New York,' like in the 2011 X-Men movie, and other times it's listed as 'Salem Center.'"

Since Salem Center is a real-life hamlet within the town of North Salem, and North Salem is in Westchester, technically, all three references would be correct.

Here's where it gets weird. For a while, you could actually find the school on Google Maps. It was listed at 1407 Graymalkin Lane, Westchester County, North Salem, NY 10560—the same address that is frequently used in the comic books. Turns out a prankster used the Google Map Maker tool to hack into the system.

Google issued the following about the hack:

"While we encourage people to add places to Google Maps using our Map Maker tool, they need to be part of our world, and not Cyclops' and Storm's."

Tooting in Toonerville


Q: Can you tell me about the Toonerville Trolley and what possible connection it has to Westchester? I was told it originated in Westchester, but the only reference I can find about it is on a website for a trolley ride through the wilderness in the Upper Peninsula of Michigan. What gives?

—Steve Prudent, Pelham

A: Sounds like you've been traveling down the wrong track, son. Let's blow the whistle and stop the madness.

Fact is, you aren't completely wrong. There is something called the Toonerville Trolley in that weird Canadian-ish part of Michigan that takes folks on a train ride to see whatever kind of wild-life can survive in the UP. After the folks see enough wolverines, bears, and I-don't-know-what-else, they get to go on a riverboat and look at fish. (They sure know how to party in the UP.)

If you're thinking this has nothing to do with Westchester County, you're right. However, from 1913 to 1955, there was a popular comic strip that appeared in up to 300 newspapers across North America called *Toonerville Folks*. The strip took a humorous look at life on and around the Toonerville Trolley and at its gossipy conductor. It was created by Fontaine Fox (1884–1964).

In several interviews, Fox said he was inspired to write his comic from traveling the H-line trolley in Pelham in August of 1909. At the end of the 1800s, up to the middle part of the last century, trolley tracks crisscrossed Pelham, Yonkers, Mount Vernon, and New Rochelle, and you could catch a ride for eight cents. When the H-line was replaced by a bus in 1937, 8,000 folks turned out for a ceremony that included the last ride of what came to be known as the Toonerville Trolley. 

Have a question about the county?
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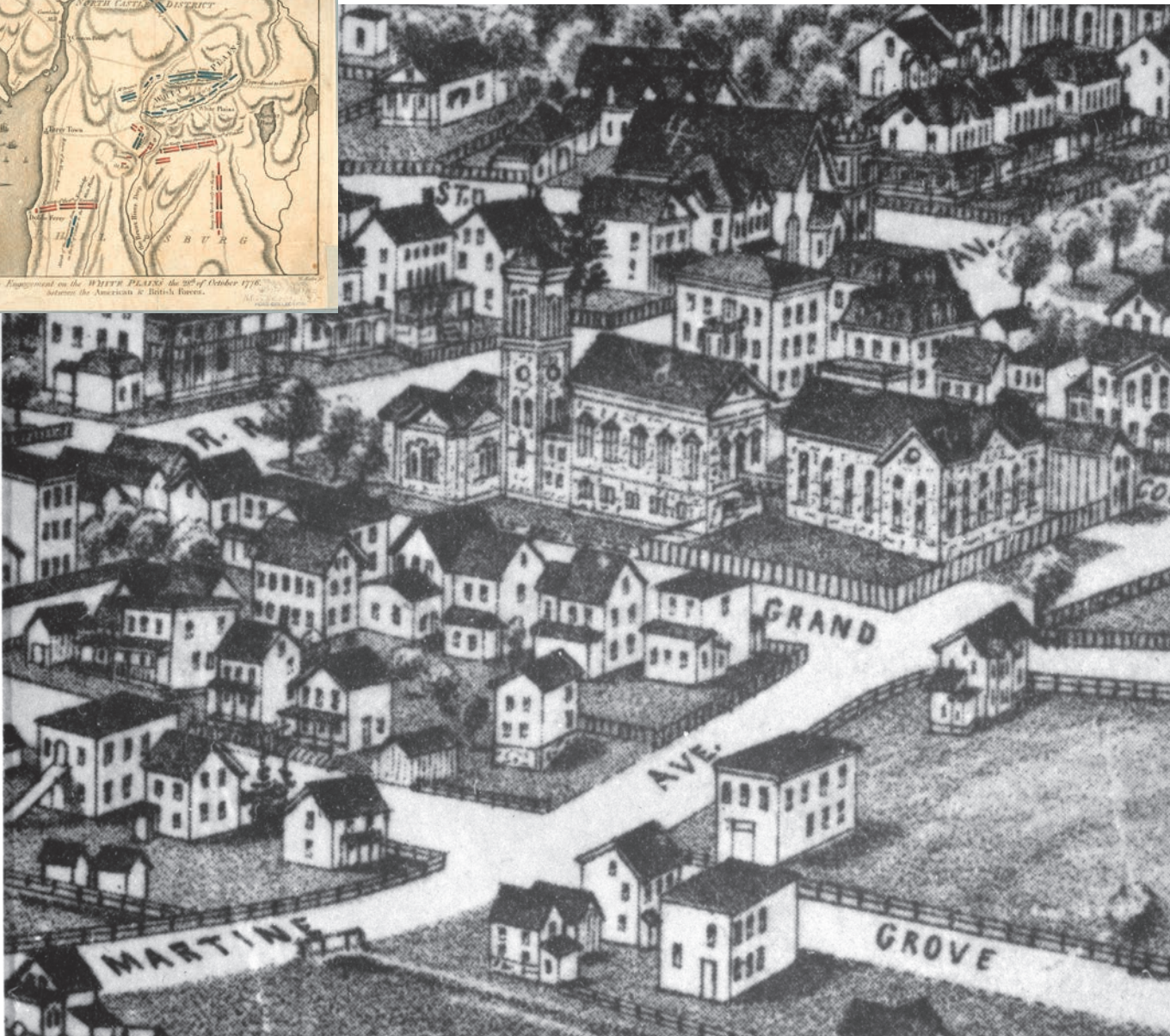
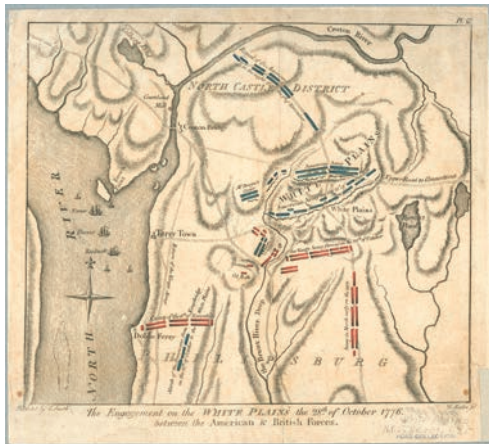
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White Plains Makes Its Mark in History

Celebrating a city's centennial **BY DAN ROBBINS**

If there were a Doris Kearns Goodwin of White Plains, it would be Renoda Hoffman. City historian for three decades, starting in the 1960s, Hoffman always had a good story. Her family left Imperial England for a life in Westchester. From that new family doorstep, in Shrub Oak, her grandmother fed the "Leather Man"—a nomad who wore only leather and lived in Westchester's caves in the 1860s. Her grandfather delivered the weekend newspaper to summer-stock royalty on Lake Mahopac. A distant aunt married into the Vanderbilt family, although Hoffman wished she had been related to the outlaw Jesse James.



(Clockwise from far left): A map showing the battle lines of the British and American armies during the Battle of White Plains in 1776; a drawing of the town of White Plains by L.R. Burleigh, 1887; the courthouse in the 1930s; the Bar Building was the tallest building in White Plains in 1926; and the USS White Plains, which defended the American camp in the Philippines from the Japanese fleet during World War II, was named to honor the Battle of White Plains.



The tale that Hoffman loved most, however, was that of White Plains. She was a prolific author, penning nonfiction books from *It Happened in Old White Plains* to *The Changing Face of White Plains*. This year's White Plains centennial—marking 100 years since its official incorporation as a city—would no doubt have been cause for another celebratory chapter by Hoffman, had she not passed in 2006, at age 95.

White Plains' modern history began in 1683, when Puritan settlers from Rye traveled to a site where the The Westchester mall sits today, to meet local Weckquaeskeck chieftains. After negotiations, a deal was reached: The Puritans would buy more than 4,000 acres of what the Native Americans called *Quarropas*, or "white marshes"/"plains of white," a name that obviously stuck.

Colonial homes and farms expanded along an old trading route that

later became Broadway. Livestock grazed in the middle of town, and volunteer militias trained along the dirt roads. King George II granted the settlers a patent for the land in 1721, and White Plains became the county seat in 1757. In front of the courthouse on July 11, 1776, Judge John Thomas unfurled the Declaration of Independence from the Continental Congress in Philadelphia and read it aloud. New York's Provincial Congress met in White Plains, now the "Birthplace of New York State," to ratify the statement.

White Plains cemented its place in American history a few months later, during the Battle of White Plains. General George Washington and more than 10,000 men had abandoned Manhattan to hold the line between the Bronx River and Croton River. As the British approached what are now the neighborhoods of Battle Hill and Purdy Hill, a melee



Ed Michaelian, county executive from 1958-1973, spurred much of the county's postwar growth; (top) a groundbreaking ceremony for the Physical Education Building at Westchester Community College in 1963.

of Red Coats, Hessians, Continental troops, and various militias exchanged fire. The Americans retreated, but they had drawn away British resources and blocked the campaign northward.

“If the British Army had managed to overrun Washington, what would have happened?” Hoffman would later ask during a ceremony celebrating the Battle of White Plains. Her matter-of-fact answer: “We would have been under British rule.”

Washington later re-established his headquarters at the Jacob Purdy House in White Plains. By the end of the war, the town had only a few hundred residents and more cattle than people. Major John Austin and his troops—perhaps by drunken accident—burned most of town center to the ground.

The era of rebuilding and growth did not truly take off until 1844, when newly laid New York & Harlem railroad tracks reached Westchester. Shops, saloons, and a new court sprang up on Railroad Avenue, which later evolved into Main Street. Faster transportation meant more mills along the Bronx River that profited from a Manhattan experiencing an increased level of immigration.

White Plains, however, remained a close-knit “hello neighbor” town even as officials baptized it a city in 1916, a time when the United States was maturing and redefining itself. The temperance movement was on the rise, and the era of trust-busting and tenement housing was winding down. Democrat Woodrow Wilson had edged out Republican Charles E. Hughes for re-election, promising a peace platform that kept America out of the war in Europe. Pancho Villa and his Mexican raiders had ridden roughshod into New Mexico. The head of the Endicott-Johnson shoe factories had shaken up the shoemaking industry with a radical new idea: the 40-hour workweek.

In downtown White Plains, 1916 also began marking a makeover toward modern commerce. The opening of the Municipal Building, Home Savings Bank, and Lawyers Building nearly a decade later, all heralded White Plains as a new national financial center. The 10-story Bar Building

became the tallest in Westchester County when local officials cut the ribbon in 1926.

On the weekends, actors Henry Fonda and Vincent Price moonlighted at the neighborhood Ridgeway Theatre. Families picnicked at Recreation Park (now Carl Delfino Park) to watch the semipro White Plains Giants or their rivals, the White Plains Bears, play football as NFL scouts camped out in the bleachers for the weekend.


World War II brought greater fame when the USS *White Plains* (named in honor of the Battle of White Plains), alongside several US Navy ships, defended the main American camp from a Japanese fleet in the Philippines. When the GIs returned home and started families, though, urban centers were being eschewed in favor of the growing suburbs.

County Executive Ed Michaelian countered by rebuilding the library, courthouse, and the rest of the central city. Known as Mr. Republican, Michaelian started in business before moving to a career on the City Council. Leading an era of unprecedented growth, his team enticed New York department stores to White Plains and turned more than 100 acres of downtown land into a business district. By 2003, construction in the city totaled \$650 million. Several Fortune 500 companies were calling Westchester home, including Heineken USA and Starwood Hotels & Resorts in White Plains.

Last year, the White Plains Common Council signed into law a Historic Preservation Act to protect the city's treasures. Few white marshes remain today, but nine sites are already listed on the National Register of Historic Places, including Soundview Manor and the White Plains Armory.

In some ways, though, the commemoration of White Plains' centennial is arbitrary. White Plains actually became a town 333 years ago and was anointed the capital of Westchester 259 years ago. Before that, the Mohican Nation traced centuries of rich history in the area, clearing trails that later became White Plains' first roads (even today some of the original names of Native American chiefs remain—Quarropas Street, Nosband Avenue, Shapham Place).

Perhaps a centennial is not about looking back, but looking forward. Westchester County's Director of the Office of Economic Development, William Mooney III, envisions a White Plains 100 years from now that has New York City's Department of Economic Development bragging about Manhattan's proximity to Westchester. The future White Plains might include mixed-use, multifamily projects and an easily accessible transit system to connect them. The White Plains Beautification Foundation has committed to growing White Plains into “a city of trees.” In Mooney's words: “We will surely be the place where people will be ‘living, working and playing’ 100 years from now.”

Famous venture capitalist and essayist Paul Graham, tells us that: “A city speaks to you mostly by accident—in things you see through windows, in conversations you overhear.” Without question, the windows and conversations in White Plains have shared a vibrant past. 

Dan Robbins majored in history and American studies at Cornell University and remains an unabashed history buff, particularly when it comes to his own backyard.

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Wed | June 8

Fashion, Food & Wine

Bloomingdale's, White Plains, NY 6:00PM - 8:00PM
Price: \$25 (includes \$25 Bloomingdale's gift card and Bloomingdale's gift bag)

Join *Westchester Magazine* and Bloomingdale's, White Plains, at the kick-off party for the 6th annual *Westchester Magazine Wine & Food Festival*. Sample a variety of tasty treats from local restaurants and enjoy a cooking and wine demo with cookbook author and chef Rafael Palomino (Palomino & Sonora) and Windows on the World Wine School founder Kevin Zraly. Shopping opportunities abound throughout the store all evening long.



Thu | June 9

Burger & Beer Blast

Kensico Dam Plaza, Valhalla, NY 6:00PM - 10:00PM
Price: \$75

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Fri | June 10

**An Evening with
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Sat | June 11

Grand Tasting Village

Kensico Dam Plaza, Valhalla, NY 12:00PM - 5:00PM
Price: \$75
Connoisseurs Tent: \$125
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Benefiting Charity:
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Sat | June 11

Chef Demos

NewYork-Presbyterian Chef Demo Tent
Kensico Dam Plaza, Valhalla, NY 12:30PM - 4:00PM
(Entrance is included in Grand Tasting Village admission tickets)

The stars come out as celebrities and local chefs show off their skills while creating wonderful dishes on stage in the NewYork-Presbyterian Chef Demo Tent. Enjoy samples of their dishes as they offer advice and tips to recreate your own perfect dishes at home.

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Sat | June 11

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Sat | June 11

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Sun | June 12

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“One of the most popular spa bath trends is creating a personal spa oasis, starting with a soothing shower. For example, Kohler’s most advanced showering system, DTV+, delivers a multisensory experience. The system features a digital user interface panel to control water, steam, music, and lighting and an easy-to-read color touchscreen that puts your dream shower right at your fingertips. Other luxury add-ons include an overhead rain shower with integrated mood-enhancing chromatherapy, high-fidelity water-resistant speakers, or a 54-nozzle wall-mounted body spray for a relaxing hydromassage. In no time, you’ll be able to escape to a soothing spa right in your own home.”

Kymerly Weiner, Marketing & Showroom Merchandising Manager
Best Plumbing Tile & Stone
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“In Northern Westchester especially, simple white kitchens are still holding strong. And transitional is by far the most popular style—no more overly traditional or too contemporary. I’m noticing a mixing of metals, especially burnished bronzes and brass (but, not your mom’s antique brass!), and polished nickel for cabinet-door and backsplash accents, along with hardware and appliances. People also are moving away from wood flooring to large-format tiles that are easier for upkeep. Functionality, including plenty of storage, is still very important. So are ‘command centers’ or a central desk area, not for actually sitting, but to serve as a charging station and central location to keep everything organized and accessible.”

Danielle Florie, Designer
Bilotta Kitchens of Mount Kisco
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Valentina Herrera, Marketing Manager
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"Keep in mind that as the nucleus of the home, the kitchen must be, above all, functional and, of course, stylish. The emphasis of a house is focused towards the kitchen, and the popularity of high-grade stainless steel sinks and faucets, accessories, and point-of-use fixtures such as filtered hot- and cold-water faucets, seamlessly combine form and function. The emphasis of a house is focused towards the kitchen, and the popularity of high-grade stainless steel sinks and faucets, accessories, and point-of-use fixtures such as filtered hot- and cold-water faucets, seamlessly combine form and function."

Valerie Ezra, Show Manager
Central Plumbing Specialties
Grande Central Showrooms
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Yonkers
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"When you're searching for a reputable contractor for your kitchen or bath renovation, be sure to ask neighbors and friends for recommendations as well as request and contact the contractor's references from other projects. You not only want to feel confident that your contractor will do a good job, but you also need to feel comfortable with the contractor being in your home. I am proud of my work and the good reputation I have built. When I'm working on a project, the neighbors see it, like it, and refer me to other homeowners. Building a trusting relationship will go a long way—your project will go smoother and you're more likely to use the same contractor for future work."

Peter Chomiak, Owner
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ability. In cabinetry, companies like Bertch are using no VOCs in their finishes and sustainable forestry techniques for their wood. Saving space is also trendy, as seen in smaller vanities from the Vanico Maronyx Loft series."

Douglas Bradford, Vice President
Consolidated Plumbing Supply
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"Today's kitchen is the center of the home. Even in down economic times, investing in a kitchen is still a good idea. Kitchens are one of the most remodeled rooms in the house and have best return-on-investment rates. Most of our customers are choosing beautifully designed yet very functional kitchens. White kitchens with quartz counter tops continue to be very popular."

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Kurt McKinney, Vice President
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"More often homeowners are opting for a 'transitional design' for their cabinetry, countertops, and accessories when renovating their kitchens. By definition, transitional design is an update on a classic. Today's transitional designs

also incorporate a modern flair with clean lines and a sophisticated and streamlined look. Hidden charging stations for devices, microwave drawers, and built-in appliances help address modern family needs. In my opinion, transitional design has become so popular because of the serenity it offers—the soft lines, smooth textures, and clutter-free environment help us relax from our often hectic lives.”

Rob Stonbely, Vice President
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Aviva Weiss, Marketing
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(gray with warm beige tones) accenting the color scheme. The focus is still very much on clean lines—large-scale rectangle floor tiles with a focal wall or detail for interest.”

Gina Occhigrossi, Design Consultant
Terra Tile & Marble
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“When it comes to design, many homeowners today prefer to have a more modern, contemporary look. They are looking for clean, with hidden pools, slots, or push latches for doors. Upper cabinets are lately utilized much better than before with modern pull-down hardware for easy access. In the last 5 to 6 years, Caesarstone became very popular due to its consistency in color; however, granite’s come-back is on the rise, with a specialty: Quartz. Stainless steel heavy-duty farm sinks are replacing regular farm sinks and American-made cabinetry is returning after all their problems with imports that floated the market for some time. Quality and durability remain in USA-made products.”

Zeljko (Jerry) Tomic, President
Top Drawer Custom Cabinetry
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“Today, decorating any room, including kitchens and baths, is about starting with an inspiration and bringing a part of yourself to the environment you live in. Color can have a major impact on enhancing a space. In fact, Benjamin Moore and Kohler have just announced a new comprehensive color collaboration. “Collaboration in Full Color” features inspiring, easy-to-use tools and color palettes that will be available online, in Kohler showrooms, and at select Benjamin Moore retailers like Wallauer’s, the largest Benjamin Moore dealer in Westchester and Putnam, with 10 locations that offer design services and professional color consultations in-store or on site.”

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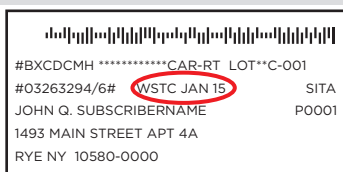
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GOLF 2016



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Visit www.westchestermagazine.com or www.hvmag.com and check out "Tee to Green" for golf news year-round. For golf courses to play, clubs to join, fitness centers, and much more, see "Sports & Recreation" in our Local Business Guide.

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First Tee

Golf Through the Eyes of a Child



Golf in our area is a big tent with lots of room in it for everyone...

As Cyndi Lauper famously sang, “Girls just want to have fun.” Boys, too, it turns out. At least that’s the universal opinion of the golfers, teachers, coaches, and parents we asked for advice on how to bring kids into golf. The universal secret, they all said, is... fun.

And fun is what we had putting together this year’s golf issue for *Westchester Magazine* and *Hudson Valley Magazine*. It was delightful to see the many programs now available for young golfers at all skill levels (pg 32). From The First Tee to the wildly successful PGA Junior League to the Met PGA’s junior tournament schedule, golf in our area is a big tent with lots of room in it for everyone from toddlers to tour-ready teens. There’s even room for a 25-foot inflatable Golfzilla!

It was also wonderful to meet seven families who make golf a central part of their lives (pg 24). In a society where we can’t even seem to walk down the street without a screen in front of our faces, these parents

have found a way to spend hours and hours with their kids in the great outdoors, walking and playing on the grass and actually interacting with each other. They’ve learned that golf makes that possible.

Speaking of fun, how much do you have on the golf course? If you’re like most of us, you’ll have more of it when you play better, which is why we expanded our instruction feature this year (pg 14). We broke the game down into distinct skills and asked some of the best players—and teachers—in Westchester to give us some pointers on how to improve. From how to keep the ball in play off the tee, to a sure-fire method for getting up and down out of the sand, to drills to help you shave strokes with your putter, we’ve got six lessons you’ll refer to again and again.

As my final message for this issue, I’d like to pass along one other lesson we learned this year: Every time you tee it up, do it with fun in your heart!

Dave Donelson
Executive Editor



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Tuesday, June 14, 2016

4th Annual Golf Invitational
Trump Golf Links, Ferry Point, Bronx

Wednesday, July 20, 2016

4th Annual Golf Invitational
Morefar Back O' Beyond, Brewster

Tuesday, July 26, 2016

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Trump National Golf Club, Briarcliff

Monday, August 8, 2016

Bon Secours Community Hospital Golf Outing
High Point Golf Club, Montague, NJ

Monday, August 22, 2016

17th Annual Golf Tournament/4th Annual Golf Invitational
Winged Foot Golf Club, Mamaroneck

Wednesday, September 14, 2016

Bon Secours Warwick Health Foundation Golf & Tennis Classic
Warwick Valley Country Club, Warwick

Tuesday, September 20, 2016

Good Samaritan Golf & Tennis Classic
The Tuxedo Club, Tuxedo



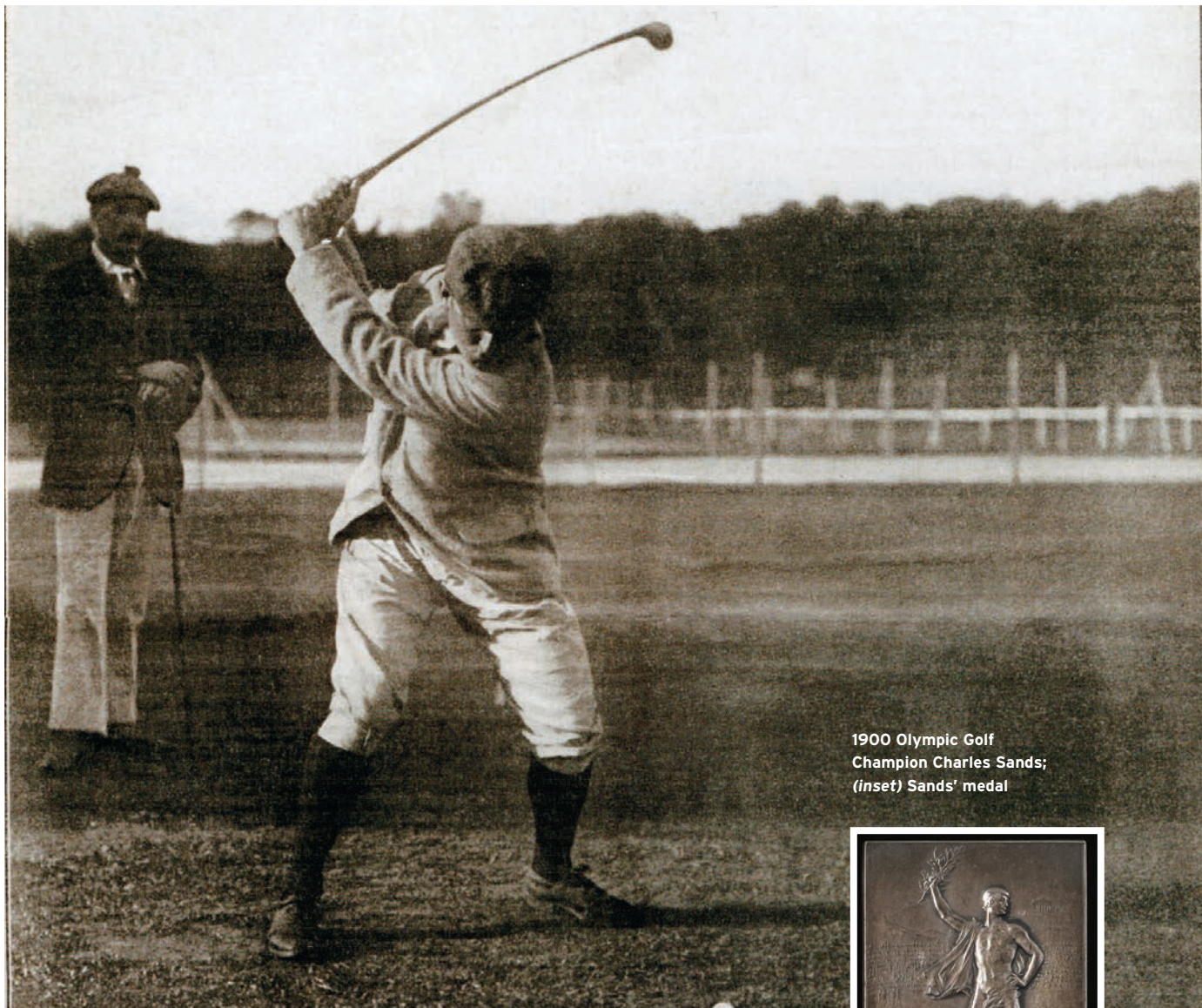
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91FORE!

Champions old and new • Club news • Awards and honors



1900 Olympic Golf
Champion Charles Sands;
(inset) Sands' medal



Westchester's St. Andrew's Home to the First Olympic Golf Champion

When 60 players from around the world tee it up in Rio at the 2016 Summer Olympics, they'll be vying for a prize first won by a golfer from St. Andrew's Golf Club in Hastings-on-Hudson. Charles Sands, who joined St. Andrew's in 1895, took home the (then) solid-silver championship medal in 1900, making him the first—and so far America's only—men's Olympic golf champion. This year's tournament marks golf's return to the Olympics for the first time since 1904.



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Siwanoy Country Club

100th Anniversary of PGA Championship at Siwanoy

The roots of the PGA of America run deep in Westchester. The first president of the organization founded in 1916 to represent the nation's golf professionals was Robert White, head pro at Wykagyl Country Club in New Rochelle. The group's inaugural tournament, the PGA Championship, was played for the first time at Bronxville's Siwanoy Country Club, which has undergone extensive course renovations to get ready for this year's centennial celebration. While the PGA Championship tournament this year will be played at storied Baltusrol Golf Club in Springfield, NJ, the local pros will celebrate September 20-22 at the Lincoln Met PGA Championship, to be played at Siwanoy.

Local Golf Sees Changes at the Top

Both major area golf organizations, the Metropolitan Section of the PGA of America (Met PGA) and the Metropolitan Golf Association (MGA), are undergoing staff leadership changes this year. Charles Robson, executive director of the Met PGA for 43 years, retired at the end of last year. Jeff Voorheis stepped up from tournament director to head the organization, which represents some 700 golf professionals in the area. Jay Matolla, executive director of the MGA, retires this year, after 34 years with the organization. At press time, a replacement had not been named. The MGA is made up of more than 565 clubs, with 140,000 golfers in the tri-state region.

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Courses in Transition

Two Westchester and two Hudson Valley clubs are undergoing major changes. On the positive side, Brynwood Golf & Country Club in Armonk temporarily closed the golf course this year to enable a complete overhaul of the course by noted golf architect Rees Jones. Green complexes, fairways, and bunkers will be regraded and re-turfed in the project, and bunkers will be rebuilt. Seven holes will receive major upgrades to improve playability and conditioning. In the process, the course will be stretched from its current 6,350 yards (par 70) to about 6,700 yards (par 71). To tide them over, Brynwood members received special membership rates at Westchester Hills and Centennial.

Hampshire Country Club in Mamaroneck remains open this year, although the ultimate fate of the golf course is still tangled in the courts and village offices. The initial plan to create a golf community with a small condominium building replacing the existing clubhouse was rejected and the owners responded with both a lawsuit and a new plan, to plow the course under in favor of building single-family homes on the property, a step that does not require a zoning change. Stay tuned.

In the Hudson Valley, the Silo Ridge Field Club in Amenia continues construction of a new Tom Fazio course that promises to be the jewel of the 800-acre Discover Land Company residential development. Across the Hudson, Minisceongo Golf Club has closed. The property will become a residential community and catering facility.

Turn Off TV Golf!

Why not walk the course with the best golfers in the world? Among the many opportunities to do so are these four events:

May 19-25 USGA Amateur Four-Ball Championship at Winged Foot Golf Club, Mamaroneck

July 28-31 PGA Championship at Baltusrol Golf Club, Springfield, NJ

August 22-24 Met Open at Glen Oaks Club, Old Westbury, NY

August 25-28 The Barclays at Bethpage Black, Bethpage, NY

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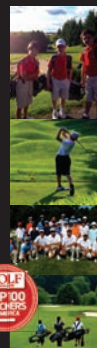
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Dinner With Davis Love III

One of the most memorable sights in Westchester golf history was the rainbow that crowned Davis Love III's victory at the 1997 PGA Championship at Winged Foot Golf Club. This year, Love will be honored by the Metropolitan Golf Writers Association with their Gold Tee Award July 25 at the Tarrytown Marriott. Love has won 21 events on the PGA Tour, captained the 2012



US Ryder Cup team and will lead the team again this year at Hazeltine in Minnesota. Other honorees at the dinner include MGA Executive Director Jay Mottola, who will receive the Distinguished Service award, and Century Country Club in Purchase, named Club of the Year.

Years of Service Earn Awards

Gene Westmoreland, longtime MGA Tournament Director, received the Ike Grainger Award from the USGA in February. The award recognizes his 25 years of volunteer work at events that include the US Open at Bethpage, Shinnecock Hills, and Winged Foot.

Nelson Long of Century Country Club in Purchase was named 2015 PGA Professional of the Year by the Met PGA. Long, who won the 2010 PGA of America Bill Stausbaugh Award, begins his fifth decade at Century this year.

John Kennedy, director of golf at Westchester Country Club, was awarded the Sam Snead Award for contributions to golf by the Met PGA. Kennedy has also received two national awards, the 2010 Horton Smith and the 2012 Patriot Award from the PGA of America.

Home Green on TV

Armonk's Home Green Advantage (HGA) played an important role in the debut of *Golf Magazine's* new TV show, *Golf Live*. The studio set in Manhattan includes a 7'x12' putting green designed by HGA's Michael Lehrer and built at his shop in Westchester. "I was thrilled to be able to create a custom green that could fit their needs," Lehrer says. "I am looking forward to watching the pro test it out on camera." The design includes a collar around the green and a special border around the sides. It was made portable, to move around to different places in the studio as needed. ●

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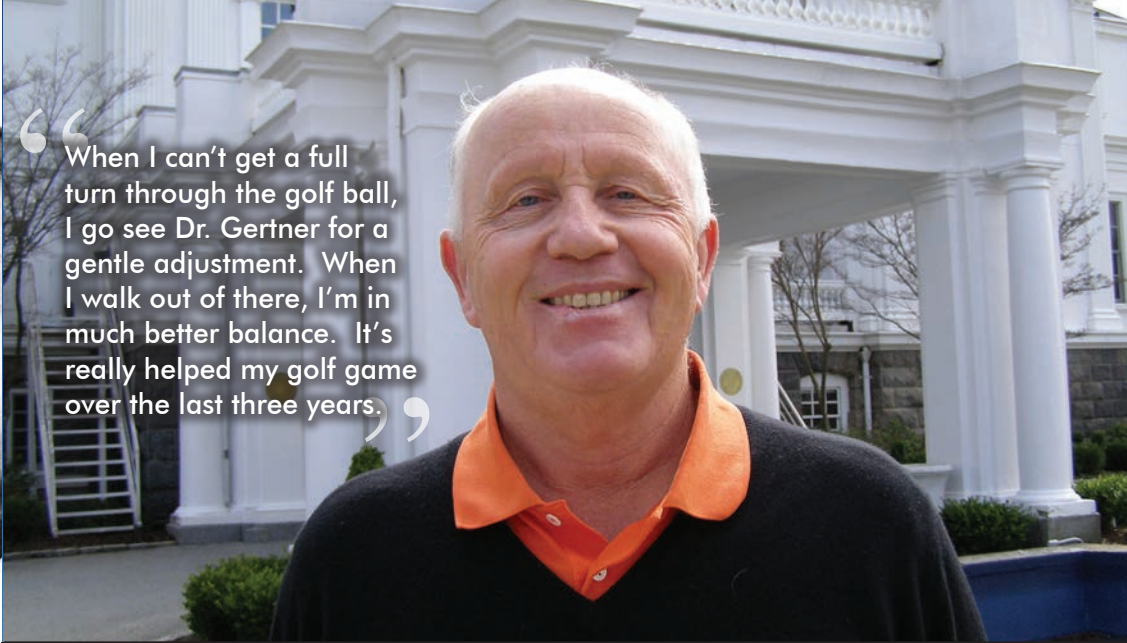
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The right gear and some common sense will help protect you from the sun's damaging rays. **By Dan Berger**



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You may think pro golfers wear shades to look cool, but most of them are really taking sensible steps to protect their eyes against UV radiation. You should, too! Sunglasses like Oakley's Radar EV use Plutonite® lens material that the company says filters out 100% of all UVA, UVB, UVC, and harmful blue light up to 400nm. Okay, they look pretty cool, too. **\$190**



Brim-full of caution

Wallaroo hats for men, women, and children, with a 3-inch-or-wider brim and fabric rated UPF 50+, are recommended by the Skin Cancer Foundation. Fabrics are tested by the Australian Radiation Protection Agency and block 97.5% of the sun's ultraviolet rays. "This is a hat you're going to wear and use constantly," says company founder Lenya Shore. "All of our hats are adjustable, too. We take sun protection seriously and contribute 1 percent of our profits to skin-cancer research."

Women's Victoria **\$40**, Men's Cameron **\$44**



Long is cool

Shorts are cool, but so are lightweight Knokdown Pants by Ogio. These breathable golf pants have moisture-wicking properties to keep you dry and provide enough stretch for full range of motion. The gripper gel waistband helps keep your shirttail where it belongs, too. **\$80**

Rub on the protection

"Skin Sunscreen Golf was specifically created for golfers, so it's non-greasy," according to company general manager Jessica Folino. "We removed all those oils that aren't necessary. Once you rub the product in, you don't have to go wash your hands, and it's not going to run into your eyes." It contains zinc and titanium oxides but no oxybenzone. There's a lotion, lip balm, and a continuous spray that provides SPF 30 protection against UVA and UVB rays. **\$14**



Sleeves, please

Antigua's new Exceed long-sleeve polos for men and women are a lot more comfortable than you think, even in warm weather. The polyester micro-flat pique fabric features Antigua's Desert Dry Xtra-Lite D2XL moisture management, so the fabric won't stick to your skin. They're cut for full freedom of movement, too—something you don't often find in a long-sleeve golf shirt. The UPF rating? 50+! For both men and women. **\$50.**



Sun Protection DOs and DON'Ts

from Westchester dermatologist Rhoda Narins, MD

1

"You want sunblock that blocks both UVA and UVB rays. You might actually put on two kinds, one with chemicals, the other with micronized zinc and reapply during your round."

2

"A long-sleeve shirt and long pants are good, if you can find some that are cool."

3

"A baseball-type hat leaves your ears uncovered and doesn't protect the back of your neck or the sides of your face. You should wear a hat with a brim that goes all the way around."

4

"Play earlier in the morning and later in the afternoon rather than right in the middle of the day."

5

"Most people play golf with one glove, which leaves the other hand unprotected. It's better to wear two gloves. A V-neck shirt leaves your chest exposed, too."

6

"Eyewear is important, especially if you have light eyes. Sunglasses need both UVA and UVB protection, too."



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From the Tee Box to Bottom of the Cup

Six top pros deliver lessons to improve every swing in your game **By Dave Donelson**

Putting Out With Greg Bisconti

“Putting is all about feel,” according to St. Andrew’s Golf Club head pro Greg Bisconti. “You have to decide on the pace you want to put on your ball before you choose a line. Do you want to lag it, die it into the hole or ram it into the back of the cup?”

Bisconti, winner of the crystal trophy as low club pro at the 2009 PGA Championship at Hazeltine, recommends several drills to help you learn to control the pace of your putts. He suggests you practice them at about 10 feet from the cup.

Hit putts while looking at the hole instead of the ball, like Jordan Speith does.

Putt with your eyes closed, then guess how close you came before you open your eyes.

Keeping your eyes on the ball, alternate between hitting harder and softer putts, again guessing your results before you look up.

The last thing you should think about when putting for real is your stroke. Bisconti says, “The only thought that should be in your head is either nothing or the target.”





Grooving the Full Swing With Alana Swain

“When you’re under the gun, you need a swing that will hold up on the course,” says Alana Swain, former Scarsdale Golf Club director of instruction. The athletic pro, who moved to Atlantic Golf Club this spring, suggests practicing the perfect swing sequence without hitting balls.

Swain’s go-to drill is designed to create a smooth transition from the backswing to the downswing, with proper weight shift that will eliminate a deadly over-the-top slice.

Hold a headless shaft (or flip a club around to grip the shaft just above the head) in your right hand and put your left hand against your chest with the elbow pointing left.

With your feet together, swing the shaft to the top while moving your left elbow in sync with it. This creates good shoulder turn.

Stop the swing at the top, step along the line with your left foot, then swing through, again moving the shaft and left elbow together.

Swain adds, “Keeping your grip pressure light and your body balanced will help groove the move.”

Sand Blasting With Terri Migliaccio

Keep it simple, and you'll never have to fear a bunker shot again, according to Westchester Country Club teaching pro Terri Migliaccio. "Don't worry about hitting two inches behind the ball, slapping the sand or any of those other things," she says. "If you set up right and swing through, you'll hit a good sand shot."

Take an extra-wide stance with bent knees and the ball positioned at the inside of your flared left foot.

Put your weight slightly left but keep your left knee directly over your left foot for extra stability and your sternum centered behind the ball.

Take a full swing with a complete shoulder turn but no movement from your hips down.

If you swing through the sand without decelerating, Migliaccio explains, your ball will fly up and onto the green. She points out that once you've mastered the basic technique, it's just a matter of practicing, to hone distance and direction until you can blast close to the cup.



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Chipping In With Brian Gaffney

Pinpoint chipping accuracy depends on how you use your wrists during the shot, according to Quaker Ridge head pro Brian Gaffney. “After you set up with the ball in the middle of your stance and your weight slightly center-forward,” he says, “the amount of wrist action determines ball flight and distance.”

The winner of the low club pro title in the 2015 PGA Championship at Whistling Straits points out there are three possible combinations of wrist action for the backswing, impact, and follow-through. Each produces different results.

1. No wrist cock throughout the three positions (almost a putting

stroke) will send the ball a short distance but give you good directional control.

2. Cocking on the backswing, then holding that same wrist position through the ball and to a low finish will produce a low shot that checks up.

3. Some wrist cock back, straight wrists at impact, then following through with wrists cocked the opposite way (think of your arms and club forming an “L” to “L” pattern) will produce a high, soft flop shot.

Gaffney recommends practicing all three combinations with different clubs from varying lies to develop a complete repertory of finesse shots that will shave strokes off your scores.

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Driving Straight With John Reeves

You'll get more distance off the tee when your ball lands in the short grass, advises Willow Ridge Country Club head pro John Reeves. "The direction your club face travels is more important than how hard you swing," he says. "The club face has to be square to your target when it makes contact with the ball."

Reeves recommends a simple tool you can use to improve your driving:

Lay a pair of fiberglass sticks or even a couple of club shafts on the ground, aimed along your target line.

Take your stance, then visualize your club moving along that line.

Start with slow half-swings, gradually increasing to full swings while you concentrate on squaring the club face through the hitting zone.

"There are a lot of factors with any individual that affect their swing path," Reeves explains, "but if the club face hits the ball square, it will fly where you want it to go."





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Pitch It Close With Carl Alexander

If you want to score, you have to be an optimist, says Carl Alexander, director of golf at the Golf Club of Purchase. “Try to make every pitch shot,” he advises. “Start by visualizing the ball going into the hole from the landing spot you pick. Then, take a practice swing and hold the finish.”

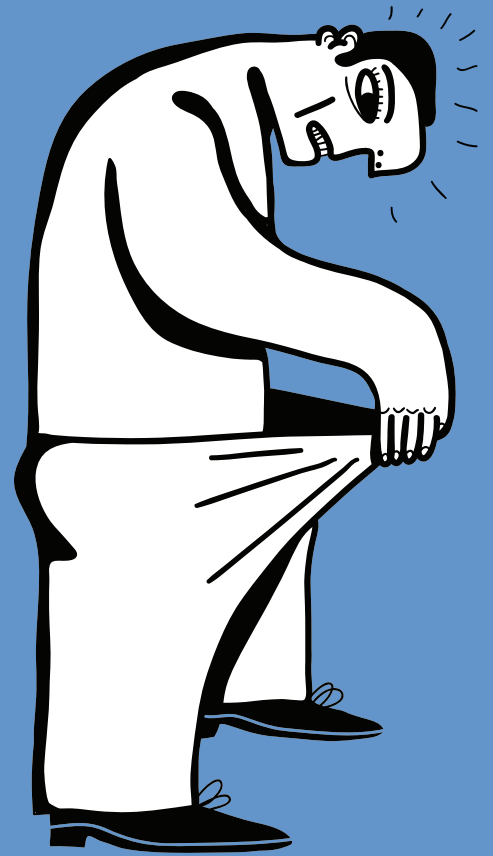
His favorite drill starts with golf balls—but no club—in your hands.

1. Set up as if you’re going to swing a club, but hold a ball in each hand.

Keeping your left hand still, swing your right arm back as if you were cocking a club, then return it to meet the ball in your left hand.

2. Repeat the move, but this time swing a club in your right hand, so the grip meets the ball in your left one.

Most high-handicappers try to pitch the ball with an arms-only swing, Alexander points out. With this drill, he says, “You have to turn your body to complete the motion.” ●



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Making Golf a Family Affair

What better way to strengthen family ties than with family time in the great outdoors? **By Jeremy Leigh**

The Stoltz Family St. Andrew's Golf Club, Hastings

The overloaded golf trophy shelf sags in the home of Murray and Sheila Stoltz, multiple men's and women's club champions at St. Andrew's, and it looks like the next generation will be adding to it soon as their three golf-hungry offspring advance their competitive skills.

The kids—McKenna, 15, Conner, 14, and Molly, 12—started playing when each was about 4 years old, according to Murray, who lit the fire by handing them a club and telling them to go have some fun. “There’s no other way,” he says. Now, the kids play in

many events at St. Andrew's, as well as Met PGA Junior tournaments. McKenna played in the high-school regional tournament in 2015 as an eighth grader at Bronxville, barely missing the state tournament in a playoff.

Murray and Sheila are avid golfers who value the opportunity for family closeness the game affords. “Sheila gets to the course with the kids in some fashion during the week,” he says, “and we play together once or twice on the weekends. Sometimes it’s nine holes; sometimes we just go and prac-

tice. You’ve got to keep it steady. Even if they’re not clamoring to go, we’ll still take them.” They also play in fun family events at the club.

What’s the Stoltzes key to keeping easily discouraged kids interested in a game known for its difficulty? “Kids have a tendency to want mulligans, so you just have to let them do that,” Murray says. “If they don’t start out well in a round, they get discouraged, so you may have to let them take a couple of mulligans early, so you can keep the round going.”



The Fortin Family Apawamis Club, Rye

“Time spent with my children on the golf course is really special,” says Jason Fortin. “It’s a great passion of mine, so playing with them is wonderful.” He and his wife, Heidi, have three kids: 14-year-old Simone, 11-year-old Julian, and 8-year-old Thea, who says, “I like golf because it’s fun to play with my dad.”

Jason gets in nine holes with his daughters a couple of evenings each week during the season, fitting in other rounds and practice around their busy schedules. Julian, who is on the autism spectrum, joins in sometimes.

Simone has been swinging a club since she was 3, Jason says,

which helps explain why she made the varsity golf team at Rye High School as an eighth grader. “A couple of years ago, when Apawamis opened the performance center,” he says, “she worked on her game throughout the winter.” She hones her game with Apawamis’ teaching pro, Monique Thoresh.

Jason points out kids need to have fun on the course, too. “Whenever we play, I make sure we visit the halfway house, so Thea can get a lemonade and a Hershey bar,” he says. “There were a lot of butterflies around the short-game practice green one time, so I got her a butterfly net to bring along when we work on our putting.”



The Rothenberg Family Lake Isle Country Club, Eastchester

Golf truly spans the generations in the Rothenberg family. Ellen was guided into the game by her mother and today plays with her husband, Barry, her son, Daniel, and her 13-year-old grandson, Ian. In their family, she says, "Everything is secondary to golf."

Ellen Rothenberg literally grew up on a golf course in her parents' home on the fifth hole at Lake Isle, which was Vernon Woods at the time. "My mother was an avid golfer, so she didn't need a babysitter," she says. "She would leave me at Cherry Lawn driving range in New Rochelle while she

played at Saxon Woods."

It is, apparently, a tradition that has survived to this day. "We've been taking Ian around with us since he was 5," says Ellen of her grandson, who lives with her and Barry. "Once he started hitting the ball, he wanted to play a lot. He's taken lessons at Lake Isle and really loves it." They play together nearly every weekend now. "Ian has ADD, and golf is a maturing experience for him," Ellen explains. "When you make a mistake, you can't erase it from your scorecard, although you can correct your play for the next time."



The Goldberg Family

Elmwood Country Club,
White Plains

“Not only do we think of this as something for the family to do, it’s an activity the boys will have for life,” observes Emily Goldberg, mother of Harry, 11, and Eddie, 6. She and husband Robert practice and play together with the boys on Sundays throughout the season.

“Harry started taking lessons when he was 4,” Emily explains. “Elmwood was our home away from home, and when Eddie came along, he started playing, too. It became something we could all do together.” Emily took time off from golf when the kids first came along and then while she battled two bouts of breast cancer. “When Harry started taking lessons, I thought it was time for me to get back into the game.” She competed in her first Play for Pink fundraising event at Elmwood last year.

Harry went to golf camp for 9- to 14-year-olds at Elmwood for the first time last summer. “Now he knows strategy and course management,” Emily says. “I can’t believe how calm he stays!”

The foursome generally plays nine holes—or even six if Eddie wears out—but they always emphasize the lighter side of the game. Don’t tell the USGA, Emily says, but “Sometimes we make up our own games and even our own rules, just to make it more fun.”



The Bond Family Brynwood Golf & Country Club, Armonk

Jason Bond's daughter, Jessica, can't decide whether she wants to be a star on the stage or the fairway when she grows up. The 8-year-old has a budding theatrical career but got hooked on golf last year at Brynwood, saying she finds the two pursuits alike in many ways. "I feel real jittery when I play golf, just like when I am acting," she says. "I get nervous about if I am going to make it in the hole."

Jason, a divorced father, finds the golf course a great place to spend weekends with Jessica and her 5-year-old brother, Jackson, who's just now showing an interest in the game. "We're pretty much

at the club every other weekend" Jason says. This year, the family will play at other courses while Brynwood undergoes renovation.

"My dad told me a lot about golf," Jessica explains, "and I thought it would be a really fun sport. My first lesson was 30 minutes, but I liked it so much, I asked if I could have an hour. I really like it!"

Brynwood teaching pro Nick Annunziata took Jessica under his wing, and she took his lessons to heart. "Nick told me to give the grass a haircut when I swing," she says. "He also told me to make an imaginary line, then line up the ball with it. Then, I take a practice swing, and it usually works, but not all the time."



The Davi Family

Mount Kisco Country Club,
Mount Kisco

Boden Davi was all of 4 years old when he won his first golf tournament. It was a parent-child event he played with his dad, Mike, at Mount Kisco Country Club in 2013. The format of the event is alternate-shot for nine holes, with everyone teeing off from the 150-yard marker. The duo won in 2015, too.

"My father-in-law gave Boden some plastic clubs when he was about 2," Mike says. "We got him his first junior set of clubs when he 3 or so." Starting golf at a young age is a tradition on both his wife's and his sides of the family, he explains. "I have memories of my father taking us to hit balls at the high-school field in Pleasantville. The first time I was on a golf course, I was in third grade. My father would get my sister to go out on the course by letting her drive the cart."

Today, Mike, his wife, Lisa, and Boden play several times a month, often in the afternoon when the course isn't crowded and they can fit in nine holes at Mount Kisco before dinner at the club. Boden's game has grown along the way. "I used to send him down to the 150-yard marker to tee off," Mike chuckles, "but now he wants no part of that. He plays from the red tees."





The Cooper Family Ardsley Country Club, Ardsley

“At 13, he drives the ball 280 to 300 yards!” Mark Cooper exclaims when asked to describe son Matt’s game. “I’ve seen him on the range, hitting shots on command from his instructor. He’ll hit a low draw, a high fade... he can do it all without being told how. He just seems to instinctively know how to make the ball do what he wants it to do.”

Matt’s mom, Jema, and sister Alexandra, 11, make up the other members of the Cooper foursome, a regular sight at Ardsley Country Club. In addition to golf, the kids play hockey, lacrosse, and basketball. Mark explains: “Our belief is to expose

them to a lot of sports, so they don’t get burned-out on one thing.”

The members of the family play with varying degrees of intensity, although Matt’s 4.7 handicap index shows who the star is. Ardsley head pro Jim Bender says, “Matt is going to be one of the top junior players in Westchester.”

Mark also takes a longer, wider view of the game for his kids. “Golf is a great metaphor for life,” he points out. “It’s very rewarding to see them have the joy of hitting it well and then to struggle at times. There’s so much in golf that builds character.”

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Kids Golf Explodes

We've seen the future of golf—and it's fun!

By Dave Donelson

Some of the most exciting golfers in Westchester aren't quite tall enough to ride the Dragon Coaster at Playland. They're part of the growing legion of kids drawn to golf by attention-grabbing variations on the game, kid-friendly equipment, welcoming golf courses, and enthusiastic parents and instructors. Judging by the swelling ranks of young duffers (and maybe a few future PGA and LPGA Tour stars), the outlook for golf is pretty bright.

"Golf is now geared to showing kids how to enjoy the game more,

rather than teaching them to swing the club," reports Brian Crowell, head pro at GlenArbor Golf Club in Bedford and leader of the national PGA of America Youth and Family Summit, which took place in Orlando this winter. "Golf gets kids outdoors in the fresh air and gives them a great level of fitness if they're walking and carrying their bag," Crowell points out. "It's also a great way to learn to overcome disappointments."

Kids don't care about all of that, of course. They just want to have fun—something golf provides in lots of ways.

Brian Crowell's Advice For Parents



Equipment

Put an age-appropriate club in their hands as soon as they're physically able to handle it—and let them swing it any way they want.

Don't go overboard with equipment at first—or ever. Sneakers, a putter, and a seven iron, and you're playing golf.

Teaching

Giving lessons isn't necessarily the best way for a parent to introduce their kid to golf. It's great to put a club in their hand and have some fun with them, but don't get all technical about it. Tee it up—tee everything up—and let them swing away and have some fun.

Let the youngster play a three-ball scramble on their own. Have them hit three balls off the tee, then pick the best one and play three more shots from there until they hole out. Everybody likes to succeed.

Encourage your kids to invite their friends to learn with them; like most sports, golf is more fun with a group.

Learning Together

Have fun on the course. Bring the whole family, and forget your score (and theirs). To get everyone involved, play alternate shot or a scramble.

Think about what kind of role model you are for your kid on the golf course. How do you react when you miss a shot? Do you ever stretch the rules? What kind of language do you use?

PGA Junior League Hits A Home Run

The most successful grow-the-game initiative the PGA of America has ever introduced is PGA Junior League Golf. "PGA Junior League has been a great success for us," says Met PGA Operations Director Kelli Clayton. "We had over 80 teams competing last year. That was up from four just two years before. Approximately 900 junior golfers participated."

The success of the concept stems largely from turning golf into a team sport that encourages social interaction. In other words, it's kids having fun with kids. The teams comprise both boys and girls ages 13 and under, and no prior playing experience is required. Players wear team jerseys, much like other team sports. They play nine-hole matches in a two-person scramble format, which reinforces the team concept and aids the learning process. Coaches substitute players every three holes so that all of the golfers on the team can participate.

While teams were still being formed at press time, both public and private courses field them. Mohansic Golf Course participated last year, and the other county courses are working on it this year. Other public courses with teams included Patriot Hills, Beekman, Moshulu, and Phillip J. Rotella.

To find a team in your area, visit www.pgajlg.com.



Fenway Golf Club PGA Junior League Team

Scarsdale Sets The Pace

"Kids are great," says Scarsdale Golf Club head pro Bill Smittle. "They're the future of the game, and we want to show them how much fun they can have on the golf course." Scarsdale mounts one of the largest and most successful junior golf programs in Westchester, having introduced the game to 138 kids in 2015.

"We offer multiple levels of golf education," Smittle explains. Junior programs run nine months of the year, including after-school sessions, day camp with golf two days a week for 4- to 10-year-olds, junior golf and tennis camp for 11- to 14-year-olds, an after-camp golf program for those who want additional golf, and numerous competitions, teams, and formal and informal groups. Scarsdale fields a PGA Junior League team and stages club competitions for kids, too, some as few as three holes.

Kids at Scarsdale earn different color bag tags as they advance through various skills tests and playing levels that include everything from health and posture to green-reading to the ability to curve the ball on command. To earn their first tag, kids have to shoot par on the front nine from the 50-yard markers. Each level moves 25 yards farther from the green. As Smittle says, "The kids love it because they're achieving something tangible."



Learning the basics at Scarsdale Golf Club

The First Tee Opens The Game To All

The biggest program in our area for kids ages five and up is The First Tee, a multifaceted program that offers golf instruction, after-school programs, summer camps and more, all built around an educational experience that teaches essential life skills, as well.

First Tee reaches 40,000 youngsters in the metropolitan NY area. Some 3,200 of them attend weekly classes that combine golf and life-skills programs. About 500 kids are part of the program at Moshulu Golf Club in the Bronx and Westchester Golf Range in White Plains.



The First Tee teaches more than the golf swing

"The values of the game of golf are part of everyday life," says Barry McLaughlin, senior director of operations for The First Tee of Metropolitan New York. McLaughlin adds that First Tee is for kids of all backgrounds and that scholarships are available for those who may need some help. www.thefirstteemetny.org

Patriot Hills Specializes in Fun

Fun was the key ingredient in the new junior golf programs at daily-fee course Patriot Hills in Stony Point last year. Head pro Dave Fusco says they were so successful he's anticipating an even bigger turnout in 2016.

One big addition was PGA Junior League. "We competed against Rotella, Rockland Country Club, Tuxedo, and Paramount," Fusco explains. In addition to the schedule of matches, Fusco says Jim McCann, who coached the team, held practice sessions twice a week. "He worked with them on the range and on their short games. It not only helped them play better, it kept them involved."

Then there was something out of the ordinary. "A couple of evenings, we bring Golfzilla into play. The kids are hitting balls and working on the range, then we blow this thing up and they go 'Whoa!' They have an absolute blast." The kids hit oversized balls and plastic golf darts at the 25-foot monster. As Fusco points out, "The key ingredient is having fun."

Patriot Hills also holds junior golf camps in the summer. Sessions for 7- to 14-year-olds run half days four days per week. The teacher-pupil ratio is generally five to one.



More Golf Opportunities for Kids

Westchester County Courses

Junior golfers are welcome to play at the six county-owned courses, although those 12 and under must be accompanied by an adult and get permission from the club pro. Juniors 16 and under save on greens fees, too. Golf camps are scheduled by the individual courses during the summer. golf.westchestergov.com

LPGA/PGA Girls

The LPGA has teamed up with local experts to make the game fun for girls ages 6 to 17. Each Girls Golf site provides golf instruction mixed in with pizza parties and fashion shows, connects them to resources like college programs, and organizes events and even national academies. www.girlsgolf.org

Drive, Chip, and Putt!

Who wouldn't like to compete at Augusta during Masters Week? The Met PGA hosts six local qualifiers for boys and girls ages 7 to 15. The kids compete in separate divisions by age category and winners advance to a series of regional qualifying rounds to play their way to the National Finals to be played at August National on Sunday, April 2, 2017. Advance registration is required. www.drivechipandputt.com



Junior Tournaments

Ready for tournament golf? The Met PGA offers a full schedule of junior events throughout the season at www.metpgajuniorgolf.com. Slightly older juniors may want to tee it up in MGA events like the Met Junior Championship or the MGA/MetLife Boys Championship. Details at www.mgagolf.org. If you'd like to take your game on the road, try the American Junior Golf Association, which has nine tournaments scheduled in New York, New Jersey, and Connecticut this year. www.ajga.org

Golf School

Golf Magazine Top 100 Instructor Mitchell Spearman's golf academy at Doral Arrowwood in Rye provides summer camp, after-school and weekend programs, and individual instruction for golfers of all levels (and ages). www.spearmanjuniorgolf.com

See the Stars

Kids admission is free at two area PGA tournaments this summer: The PGA Championship at Baltusrol in Springfield, NJ (July 25-31), and The Barclays at Bethpage Black in Long Island (August 23-28). A ticketed adult can bring three youngsters to The Barclays and four to the PGA. thebarclays.barclaysgolf.com and www.pga.com/pgachampionship



Nathan Han, 14, of Somers and Rina Jung, 16, of Briarcliff Manor won the 2015 Metropolitan Junior PGA Championship at Metropolis Country Club in White Plains.

Kids' Gear

U.S. Kids Golf Builds Enthusiasm

The leading brand in kids' golf equipment, U.S. Kids Golf, not only sells a complete line of size- and skill-appropriate clubs and equipment, but funds a non-profit organization to train and certify coaches and stage tournaments as well.

The company offers nine sizes and three models of clubs to fit to the player by height, not age.

Last year, there were eight U.S. Kids tournaments on the Westchester-Fairfield local tour. Check www.uskidsgolf.com for upcoming events for ages 5 to 14. They play for the opportunity to advance to state, regional, and world championships.

Top Local Instructors

These area pros made U.S. Kids' Top 50 list of Kids Teachers and Master Kids Teachers.

Jessica Carafiello
Innis Arden Golf Club,
Greenwich

Brian Fallon
Westchester Country Club, Rye

Ryan Peffer
Tuxedo Club, Tuxedo Park

Joseph DiDomenico
Pelham Country Club, Pelham

Harvey Lannak
Westchester Country Club, Rye

John Deigan
Wykagyl Country Club,
New Rochelle



The lightweight cushioning of the **FootJoy Junior Hyperflex** shoe provides great underfoot comfort and heel support. Sizes 1 to 6 **\$75**



The **Zero Friction Junior Compression Golf Glove** has mesh lycra on the back and palm for breathability and a patch around the first finger for a solid grip. One size fits most—universal fit. **\$14**



Sunscreen's a given, but protect your young golfer even more with this soft, quick-dry **Jackson hat** with a 3-inch brim by Wallaroo. It's 100% microfiber and ventilated for comfort and rated UPF 50+ against UVA and UVB. **\$28**



The **Yard club**, by U.S. Kids, with an oversized wedge head and a training grip, is perfect for beginners. Three foam balls, included, but you can hit real golf balls, too. **\$45**

Antigua polos like this **Pique Xtra-Lite** let your future PGA or LPGA star move on the course the way they need to hit it long and straight. Desert-Dry Xtra-Lite moisture management will keep them cool, too. Sizes XS-XL in eight colors. **\$27**





Eight Great Courses Everyone Can Play

Our daily-fee golf keeps getting better and better as courses are rejuvenated and amenities improved. **By Jimmy Guzewicz**

Lake Isle Country Club

Eastchester
www.lakeislecountryclub.com

Lake Isle Country Club features a short (6,019 yard) course that's long in character. It was designed by Devereux Emmet in 1926 and updated by Stephen Kay in 2000. It's owned and operated by the town of Eastchester, which does an exemplary job of maintaining it. Greens are small and fast; the pro staff is helpful; and the club draws a great mix of friendly families and players of both genders. The course is fun, too, since it has a great mix of short and long holes that let players at all levels succeed at something.

The first three holes—two of them drivable par fours—give you a chance to make some hay in the sunshine, but clouds may



Lake Isle Country Club

come out on the fourth, a 425-yard par four that's long and mean with a lean fairway, out of bounds left, and a wickedly narrow green. Even longer and tighter is the 449-yard sixth hole. Both par fives on the par 70 course are reachable, but only if you're willing to take risks like the 230-yard approach over water on the 17th hole.

While Lake Isle is open to daily-fee play with weekend greens fees of \$55, nonresidents of Eastchester, Tuckahoe, and Bronxville must be accompanied by a member to play. Nonresident memberships are also available, however.

Mansion Ridge

Monroe
www.mansionridgegc.com

New management and significant investments in the course, clubhouse, and amenities have reinvigorated Mansion Ridge, one of the few Jack Nicklaus Signature courses you can play in the Hudson Valley. The course, which is now run by Troon Golf, sits on a historic 220-acre estate in the foothills of the Catskills. It's an easy drive from Westchester and one well worth taking to enjoy an excellent golf experience.

Like the best Nicklaus courses, Mansion Ridge is both mentally and physically challenging, but it's entirely possible to score well if you keep your wits about you. From the championship tees it measures 6,462 yards, with a 72.3 rating and 136 slope. Four other sets of tees (one longer, three shorter) are available, as well. Nicklaus took full advantage of the topography and natural features of the site, creating some intimidating forced carries, sloping fairways, and interesting green complexes. The par fives are in the 500-yard range, bringing them

all within reach, and the par threes range from 136 to 202 yards, for good variety of shot value.

Mansion Ridge also has several memorable holes. The seventh and ninth, both par fives, require double-carries over hazards to reach the green. Head pro Nick Schremser says of the 514-yard ninth hole in particular, "We see scorecards with a lot of nines on this hole." On the other hand, the first, fourth, eighth, and tenth holes are all short par fours, under 350 yards, that will let you put some birdies on your scorecard if your wedge game is sharp enough.

Mansion Ridge uses dynamic pricing, but greens fees generally start at \$45. Annual memberships are available, too, and offer real

value. For \$215 per month, for example, you can play all the golf you want weekdays and after 1 pm on weekends and holidays.

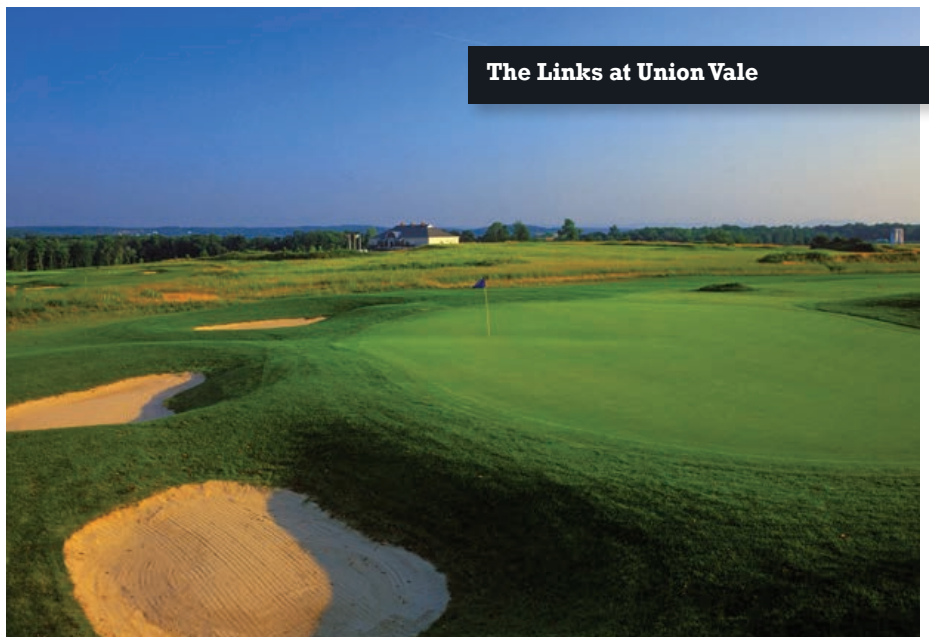
The Links at Union Vale

Lagrangeville
www.theLinksatunionvale.com

The popular Links at Union Vale completed several changes to the course recently, making it a bit more playable without losing the unique feel and look of the links-style layout. A new set of tees that play at 5,740 yards will help out those of us who don't bomb 250-yard drives, while forced carries on the first, second, and 14th holes were removed, eliminating the aggravation they'd often caused.

The Links is still quite a challenge, though, with the 6,646-yard blue tees earning a 72.1/132 slope and rating. Course management really pays off here, especially on the front nine, where four of the par fours are under 400 yards, but good scores don't come without deft ball placement. The back nine, which is longer, really beats you up on the par fives. The 14th hole is a monstrous 587 yards; the 18th is 573 from the blue tees. Both have trouble in the landing areas off the tee and require distance control, as well as accuracy on the second shot.

Greens fees are quite reasonable, considering the quality and condition of the golf course. Peak weekend rates are \$92, including mandatory cart, but you can walk the course other times for as little as \$30. Another recent improvement was to the practice facility, which features new grass teeing areas for the range, two large undulating putting greens, practice bunker, and chipping areas.



The Links at Union Vale



Garrison Golf Club

Garrison Golf Club

Garrison
www.thegarrison.com

Golfers keep coming back to Garrison Golf Club for good reason: The course has a variety of fun, challenging holes; the staff makes it easy to enjoy yourself; the views are stunning. To keep them coming back, Garrison recently underwent a major facelift. Not only were several tee boxes rebuilt, trees were removed to improve airflow and turf conditions in a few places, and all of the bunkers were renewed. The spectacular views of the Hudson River, West Point, and the Hudson highlands were left untouched, of course.

As you might expect, elevation changes are the distinguishing feature of this highlands course perched 800 feet above the river. Rolling hills, side-hill lies, carries over ravines, and other natural elements are plentiful, too. At 6,497 yards from the tips, Garrison sports a 71.9/134 rating and slope. Right-handed players who draw the ball will have a bit of an advantage, since seven of the longer holes turn left. One of the best is the 404-yard sixth hole, a downhill par four with a beautiful pond in front of the green. Drive it long and right, and you're faced with an impossible second shot, but draw it off the tee, and you'll have an easy pitch.

The Garrison greens fees peak at \$85 for weekends; weekday rounds after noon are a bargain at \$50. All rates include carts. Food service at Garrison, meanwhile, is a major cut above your standard golf-course fare. The Valley restaurant features seasonal American cuisine using fresh products from Garrison Farm and other local farms. The Terrace Grill is a casual outdoor restaurant with freshly prepared "grab and go" fare.

Hanah Mountain Country Club

Margaretville
www.hanahcountryresort.com

Water is the theme of the exciting Hanah Mountain golf course, a 7,033-yard killer course in the Catskills. There are places to drown your ball on all nine holes of the front side and five more after you make the turn. But don't be discouraged—the water just adds to the excitement of this bucolic mountain-valley layout.

You also don't have to play from the blue tees, which have a 73.5 rating with 133 slope. Big hitters may be tempted to try the blacks, which measure 7,195, but most of us will opt for the 6,313-yard white tees. Two other sets of tees are even shorter and more manageable. Greens have lots of slope and moderate speed, so putts need to be looked over carefully.

The sheer variety of holes makes Hanah Mountain worth the drive. Par threes range from 145 to a whopping 257 yards from the blue tees, with water in play on three of the four. On the front nine, you'll face a 479-yard par four (the ninth hole) with a bunker-lined landing area and green protected by both sand and water. Then you'll tackle the 598-yard par five 10th hole, where the river along the left and a pond on the right threaten your drive. A real treat, though, is the shortest par four, the 17th hole. It's only 330 and plays downhill, so go for it! Just watch out for the cross bunker in the landing area.

During peak summer months, the weekend greens fees are \$65, with midweek twilight rates just \$40. Something to consider is a stay-and-play package. Hanah offers delightful guest rooms, indoor pool, and other resort accommodations for an overnight stay.

Pound Ridge Golf Club

Pound Ridge
www.poundridgegolf.com

Pete Dye's impact on the modern game of golf is immeasurable, which makes his only New York-area course a must-play for anyone serious about the sport. It's radical, scenic, and it's as tough a golf course as you can play in our area.

Most of all, Pound Ridge dares every golfer to do his or her best. It's far from easy, but players who respect the challenges and choose an appropriate set of tees will find par an achievable feat. You just need to remember that if you let Pete Dye get inside your brainpan, you'll be posting some big numbers on the scorecard. If you follow the handicap guidelines on the scorecard and play within yourself, though, you'll have a round you can brag about. The "granite" tees, for example, are for players with course handicaps of 13 to 20. At 6,261 yards, it may look short, but the course plays to a 71.2 rating and 142 slope from those tees—how much tougher do you want?

Consider the second hole, a 413-yard par four from the granite tees. If you hit a good 250-yard drive, you'll be left with 163 to the center of the green, a mid-iron for most mid-handicappers. Step back to play from the "oak" tees, though, and that same drive will leave you facing 201 yards—over water. Why would you want to try that?

Pound Ridge Golf Club's peak greens fees are \$210, but you can also play for \$120 after 2 pm seven days a week. With its award-winning golf course and clubhouse, Pound Ridge Golf Club is a great alternative to private-club membership or an excellent change of pace for club members seeking something different.

Saxon Woods

Scarsdale
golf.westchestergov.com

Saxon Woods may not be a long course, but it's entirely possible you'll use every club in your bag to navigate it. At 6,293 yards, the Westchester County-owned course is replete with elevation changes, impinging trees, water hazards, and small, testy greens that produce a 70.2/125 course rating and slope. Best of all, according to regular player Ron Vitti, "Saxon Woods is in the best condition of any of the county courses."

While Tom Winton is credited with the 1931 design of the course, a number of holes at Saxon Woods look like they could have been



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Putnum County Golf Course

lifted intact from two nearby A.W. Tillinghast masterpieces, Winged Foot and Quaker Ridge. The third hole, a 511-yard par five, has an obviously artificial mound cramping the fairway at the landing area for the second shot, as well as two steep-faced bunkers squeezing the green. The fifth hole, the number-one handicap hole, is a 390-yard dogleg par four you can play off the tee two ways: with a straight drive to the left half of the fairway, which leaves a mid-iron over another mound, or a long fade to the narrow alley next to the mound, which rewards you with a wedge in. The 16th hole is one of the best 152-yard par threes you'll ever play, with a steep, narrow green flanked by bunkers and protected in front by a stream.

Westchester County park-pass holders pay \$36 to play during peak times; others pay \$46. Weekday rates are lower, and seniors and juniors receive substantial discounts.

Putnam County Golf Course

Mahopac
www.putnamcountygolfcourse.com

The eighth and ninth holes at Putnam County Golf Club exemplify perfectly the



quality of the golf course. They're both 438-yard par fours, only the eighth plays downhill and favors the player with a draw off the tee, while the ninth is uphill all the way and calls for a controlled fade. There's not a lot of trouble on either hole, as long as you stay in the fairway, much like the rest of the course.

Putnam County has gone through some management changes in recent years, but it's on an even keel now. Conditions are good; service is excellent; and the course remains a favorite of golfers in Westchester, Putnam, and beyond.

When playing, expect rolling fairways and a good use of elevation changes. The course has plenty of length, measuring 6,804 from the blue tees, and a substantial course rating of 73.3. The moderate slope of 129 is a sign that while there's trouble, it's not going to jump out to get you. Keep the ball in play, and you'll be fine.

Putnam County residents pay \$59 to play on peak weekend hours while non-residents pony up \$10 more. Carts are \$18 for each. Season golf passes are available to both. ●

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Gems of the Hudson Valley

Four country-casual clubs with great golf pedigrees **By Stephen Louis**

West Hills Country Club



West Hills Country Club
Middletown, NY
www.westhillscountryclub.com

A recent course renovation at West Hills saw the Bonura family invest several million dollars into a remodeled clubhouse, catering facility, pool, and tennis operation. The new poolside cabanas and dining area make this a popular place for the whole family.

The Bonuras also brought in Jim Fazio to rebuild much of the golf course, with very good results. The original first hole remains, but there's a new second hole that plays over the Walkill River and doglegs back to the old seventh green, making a 529-yard par four. After you tee off, you'll drive over a historic suspension bridge designed by Roebling & Sons, builders of the Brooklyn Bridge. Also relatively new is the fourth hole, an uphill 160-yard par three with a green that's wider from the tee than you'd think. Next comes a birdie-length dogleg par five of 486 yards. Your second shot plays uphill to a bunker-lined landing area. The 385-yard par-four sixth hole just cries out for a driver but will punish an off-line shot severely.

The back nine was basically left intact dur-

ing the renovation, although the greens were upgraded along with the rest of the course. The 11th hole, a 417-yard par four, plays along the river, making it one of the most picturesque on an already-scenic golf course.

Another enhancement at West Hills is the new nine-hole par-three course built along the river. It was designed so golfers—and not-yet-

golfers—could enjoy the game without the pressure of playing on a full-size championship course. Three different sets of tees give the nine holes lengths from 76 to 240 yards and make the River Course fun for everyone.

Paramount Country Club

New City
www.paramountcountryclub.com

One of the great golf club rejuvenation stories in recent years is set at Paramount, where the Mandelbaum family set out to put some life back into the property that once belonged to Paramount Pictures founder Adolf Zukor. They started the project in 2009 and triumphed unequivocally.

While great attention was paid to the food and beverage operations, as well as the clubhouse and other facilities, it was the restoration of the A.W. Tillinghast golf course by architect Jim Urbina that really put the club on the map. "Paramount has subtleties that we just don't do anymore in modern architecture," Urbina says. "It's the gradual slope of the greens and their locations, what's in the background. Or, look at the routing. It's that up-and-down, up-and-down style of golf, where some holes are a test and some are breathers."

Most players will remember the testers, of course, and Paramount has plenty of them, starting with the very first hole. As head pro Steve Scott points out: "You won't find very many harder pars." The hole, a 372-yard par four, requires a tee shot under 200 yards to stay short of the road that crosses the fairway. That leaves a long, uphill approach that requires at least two more clubs than the distance in the yardage book to clear the false front on the steeply canted green. It's no wonder the first hole is also the number-one handicap hole on the course.

The back nine presents some other fun-to-tackle holes. The 12th, for example, a 394-



Paramount Country Club

yard par four, calls for a long draw off the tee, to hold the reverse-canted fairway as it bends left about 250 yards from the tee. You must then get your distance absolutely right for the shot to land on the elevated green. Hit short, and your ball will roll back 50 yards. Land above the cup, though, and putting off the green and into perdition is equally possible.

The next hole, a 250-yard par three, is one of Urbina's favorites. "Tillinghast talked about a one-shot hole where you had to use a wood driver that required the player to execute a long shot," he says. "A hole with that length was unheard of then, but Tillinghast knew the game was changing, and even in that era, the ball was traveling farther." Urbina restored a wicked bunker on the right-front of the green, to make it even more fun.

Paramount measures a punishing 6,781 yards and carries a 72.7 rating/126 slope from the back tees.

Woodstock Golf Club

Woodstock, NY
www.woodstockgolf.com

Nine-hole courses are some of the Hudson Valley's underappreciated golf experiences, and Woodstock Golf Club certainly falls into that category. The club features a fine mix of short and long holes that can entertain you for a couple of hours, perfect for the quick late-afternoon or evening round. It's a relaxed, casual, friendly place—the way a golf club ought to be. And the setting beneath the slopes of Overlook Mountain, at the entrance to the town of Woodstock, makes for a beautiful walk with your clubs.

Founded in 1929, Woodstock has had some interesting members over the years, including satirical-cartoonist/inventor Rube Goldberg. The course is also the site of the Woodstock Open, which the Club claims is the longest-running US golf tournament held at the same course and open to both pros and amateurs.



Gene Sarazen teed it up twice in the Open in the 1960s but failed to win either time.

You can play a full 18 if you like, of course, and different tees give you a front nine of 2,735 yards and a back of 2,695. While the course is short, a plethora of rock formations, deep rough, and water hazards keep you on your toes. Position is everything on this golf course, so aim carefully on every tee. The second hole, a par four at 359 yards, is a perfect example of the multitude of trouble spots that threaten your score throughout the course. It begins with a tee shot that must be under 230 yards to avoid the creek that cuts across the fairway. If you're lucky enough to end up on the left side, you'll have a level lie and a short iron or wedge into the elevated, two-tiered green. But don't get overconfident: That green is narrow, deep, and bunkered on three sides. Par is a good score here.

Red Hook Golf Club

Red Hook, NY
www.redhookgolfclub.com

Bring your walking shoes when you visit Red Hook Golf Club. The course is eminently walkable and surrounded by excellent

scenery that's best enjoyed on foot. You also won't have to worry about climbing mountains; Red Hook is laid out on pleasantly level terrain with many push-up greens, mogul-lined fairways, and generous use of natural doglegs to provide the challenge.

Red Hook measures 6,539 yards from the blue tees, although there are three shorter tee boxes to make the course enjoyable for golfers at all levels. The rating is 72.4 with a 132 slope, which should give you a good idea of how difficult it can play. Shot placement is everything on this winding, twisting layout.

Your first hint of how much fun the course can be comes on the third hole, a 559-yard double-dogleg par five. The tee shot is over water and uphill, but the real tester is your second shot, which has to avoid bunkers and trees on the right while staying out of the rough on the left. Another par five, the 480-yard 13th, is a real scenic gem. Your tee shot—a blind one—has to navigate through a notch in the woods, then avoid the pond that cuts across the landing area about 200 yards out. If you insist on risking a driver in search of a very slim reward, there is a 10-yard ribbon of fairway to the right of the pond at 250 yards from the tee. The hole wraps around the pond with only a perfectly aimed second shot leaving you a clear approach to the tiny green.

The driving range at Red Hook is one of the largest in the Hudson Valley. Other amenities include The Club Restaurant, recently renovated locker rooms, and an adept pro staff. The course is noted for its quick drainage, too, so you are unlikely to find yourself wading through a soggy fairway.

Red Hook, like many progressive clubs in the Hudson Valley, has adopted a semiprivate business model. Members receive preferred tee times, unlimited free use of the practice facilities, and discounts on many other items. Greens fees for daily fee play are about \$50 on weekends, making Red Hook one of the best bargains in the area. ●



Red Hook Golf Club

GOLF 18 HOLES

The Long and Short of Golf in Westchester

What makes golf so much fun? Long holes you can't reach with a cannon and short ones that make you cry for your mama!

By Dave Donelson





Hollow Brook Golf Club, Hole 8

What's the most memorable hole you played during your last round? Odds are it was either really, really long or really, really short—a hole, in other words, that made you stretch your game for distance or accuracy or both. We love them and hate them, but most of all, we remember the holes that stand out on the scorecard because of their length.

Golf architects today wouldn't think of designing a course without at least one drivable par four. The same holds true for a monster par five that even Bubba can't reach in two shots. But those aren't just modern design ideas. A.W. Tillinghast laid out many local par threes that are so long, the golfer still needs a driver to reach the green today. In 1922, Walter Travis built a par four that you can reach with one shot from tee, the first hole at Westchester Country Club. The year before, Devereux Emmet stretched the first hole at Bonnie Briar to a whopping 468 yards, quite a par four in the days when a good drive traveled 185 yards.

Westchester is blessed with extreme holes. We chose 18 of them to make up our imaginary Long and Short course. On the scorecard, it measures 6,914 yards and plays par 72. You'll start your round by playing 3,831 yards on the long front nine, then sharpen your aim for the short nine, a mere 3,083 yards. Which one do you think best suits your game?

1 Mount Kisco Country Club

Mount Kisco • Hole 16 • 466 yards • Par 4

One of golf's simple pleasures is shaping a shot to curve in the direction that will produce the best chance to score. Players who can hit a solid draw (or fade, for lefties) will prosper at Mount Kisco's 16th hole, a long par four where a well-aimed tee shot with moderate right-to-left curl can catch a fairway speed slot and leave them with a mid- or even short-iron approach to the green. Long and straight off the tee will fly through the fairway into the rough, as will a long fade, creating the probable need for a layup to the creek at the bottom of the hill, about 85 yards short of the green.

2 Pelham Country Club

Pelham • Hole 13 • 454 yards • Par 4

Distance control off the tee isn't usually something most golfers worry about, but you'll need it on this long dogleg par four. A booming, straight drive over 250 yards can run through the fairway on the 13th hole at Pelham, giving you a hybrid or so out of the rough that has to travel over 200 yards. A drive that's too short, under about 225 yards, means you'll need two more shots to put your ball on the green, one to layup left around the dogleg and the other to reach the putting surface. The green itself is guarded by bunkers on both sides. Watch out, though: It looks flat but breaks more than you think.

3 Hollow Brook Golf Club

Cortlandt Manor • Hole 8 • 550 yards • Par 5

Even at 550 yards, the eighth hole at Hollow Brook isn't the longest on the course. It has its own challenges, however, which require accuracy as well as length off the tee to make a par or better. Your first goal is to keep your drive out of the bunkers bordering the fairway. The Club made the ones on the right a little more forgiving recently, but you still don't want to mess with them. Then you have to navigate over, around, or under the massive tree that stands directly in the best line for your second shot. Assuming you manage that task, a small, well-bunkered green awaits your third shot. The green has a lot of movement, too, so don't take your putts for granted.

GOLF 18 HOLES

4 Winged Foot Golf Club, East Course Mamaroneck • Hole 17 • 227 yards • Par 3

The toughest hole during last year's Met Open played on Winged Foot's East course was the brutal 17th hole, a long par three with a tiny green. It played to a stroke average of 3.7 during the tournament—extremely high, considering it's the only hole on the course without a bunker. The difficulty is the target, which is small and protected by a massive grass depression on the left side, where you might expect a bunker to be. Ask most players, and they'd much rather play out of nicely predictable sand than have their ball snuggled down into grass where the outcome is in doubt. Putting on this green is no cinch either; Tillinghast named it "Lightnin'" for a reason.

5 Bonnie Briar Country Club Larchmont • Hole 13 • 458 yards • Par 4

Like on many of the best holes at Bonnie Briar, rock formations play a big scenic role on the long 13th hole. Your ball sails over one on your drive, then lands (hopefully) in the fairway next to a high rock wall that runs along most of the right side of the landing area. All but the biggest hitters will have a long second shot to the green. It's over water, too, so many players opt to lay up safely and try to stick a wedge next to the cup for their par.

6 Anglebrook Golf Club Lincolndale • Hole 18 • 440 yards • Par 4

The closing hole at Anglebrook isn't just long and hard; it's controversial, too. Golfers either laugh at or curse the gigantic bunker placed in the middle of the fairway, 200 yards from the tee. They can love it or hate it, but what they can't do is ignore it, since the only way to reach the



Salem Golf Club, Hole 18

elevated green in regulation is with a second shot from somewhere in the bunker's vicinity. It's about 235 yards to carry the sand monster, but a drive of 260 yards will send your ball into the hazard that bisects the fairway. There is some room on the fairway left and right of the bunker, though, and it's not unusual for players to aim for the sand and hope for a lucky miss.

7 St. Andrew's Golf Club Hastings-on-Hudson • Hole 8 • 449 yards • Par 4

A solid drive in the fairway brings you to the real difficulty on the long "Road Hole" at St. Andrew's. Both distance and direction of your second shot have to be perfect to make par, since the green is a short-game nightmare. The green is a full 45 yards deep, so there can be as much as a four-club difference in the distance for your approach to the pin. The green is a classic Biarritz with a false front, a middle canyon, and a back tier. If your ball lands on the wrong level, you'll have an interesting putt—or two or three. Just to keep you honest, the green is also rather narrow, and four bunkers lurk along the right side.

8 Westchester Hills Golf Club White Plains • Hole 12 • 224 yards • Par 3

Expanded bunkers, part of Westchester Hills' recent course-wide facelift, add to the difficulty of this long, long par three. The green is somewhat elevated and totally exposed to the wind, which all too often blows directly toward the tee box, so most golfers play at least one more club in an effort to reach it. Just hitting the green may not assure par, however, since the crowned green often repels even a seemingly perfect shot. There's no easy way to score here without a little luck.

9 Salem Golf Club North Salem • Hole 18 • 563 yards • Par 5

Wrapping up the long front nine is the longest hole on our imaginary course, the brutal but beautiful 18th hole at Salem Golf Club, a true three-shot par five. In addition to its length, optional playing strategies make this an exceptional golf hole. The tee shot is pretty straightforward—hit it as long and straight as you can, avoiding the rough along the left and the fairway bunkers on the right. Then, you get to make a choice about setting up your third shot. Aim straight toward the humongous bunker guarding the front of the green and leave yourself a blind wedge over it to the pin, or veer to the left edge of the fairway, which will give you a longer shot in but takes the bunker pretty much out of play.

Long and Short Scorecard

Hole	Club	Par	Yards
1	Mount Kisco #16	4	466
2	Pelham #13	4	454
3	Hollow Brook #8	5	550
4	Winged Foot East #17	3	227
5	Bonnie Briar #13	4	458
6	Anglebrook #18	4	440
7	St. Andrew's #8	4	449
8	Westchester Hills #12	3	224
9	Salem #18	5	563
OUT		36	3,831
10	Siwanoy #6	3	160
11	Knollwood #7	4	383
12	Hudson National #5	4	395
13	Westchester CC West #3	5	485
14	Scarsdale #9	4	325
15	Brae Burn #13	4	344
16	Leewood #11	3	136
17	Elmwood #9	5	493
18	GlenArbor #10	4	362
IN		36	3,083
		72	6,914



**Bonnie Briar Country
Club, Hole 13**

More Short vs. Long

Ardley Country Club

Ardley-On-Hudson • Hole 2 • 248 yards • Par 3

Not just long, this bruiser features a huge green with more peaks and valleys than the Catskills.

Sunningdale Country Club

Scarsdale • Hole 11 • 300 yards • Par 4

Looks like a pushover until you notice the crossbunker in the landing area off the tee and the severe slope of the green.

Apawamis Club

Rye • Hole 9 • 600 yards • Par 5

Aside from the out-of-bounds wall on the right, the left-to-right tilt of the fairway, and the fact that every shot plays uphill, this hole is a piece of cake.

Fenway Golf Club

White Plains • Hole 1 • 285 yards • Par 4

Drive it if you can, but bring along your bunker game, just in case you miss short, long, right, or left.

Quaker Ridge Golf Club

Scarsdale • Hole 9 • 143 yards • Par 3

With a green the shape—and size—of a pear, this little one-shotter can make even the pros cry.

Bedford Golf & Tennis Club

Bedford • Hole 4 • 472 yards • Par 5

A booming drive will put you in the “go zone” at the bottom of the hill. Anything less will send you there, too, but only after your layup second shot.

Wykagyl Country Club

New Rochelle • Hole 3 • 456 yards • Par 4

Two long shots can get you to the green, but bogey or worse is in your future if the second one ends up above the hole.

Sleepy Hollow Country Club

Briarcliff Manor • Hole 7 • 217 yards • Par 3

It plays downhill, so this one-shotter isn't as long as it looks. The difficulty is hitting the huge green in just the right spot, so your ball ends up below the hole.

Whippoorwill Club

Armonk • Hole 16 • 551 yards • Par 5

You'll play your approach to a green that is so uphill, it's practically blind, so take a club or two or three extra to get there.

10 Siwanoy Country Club

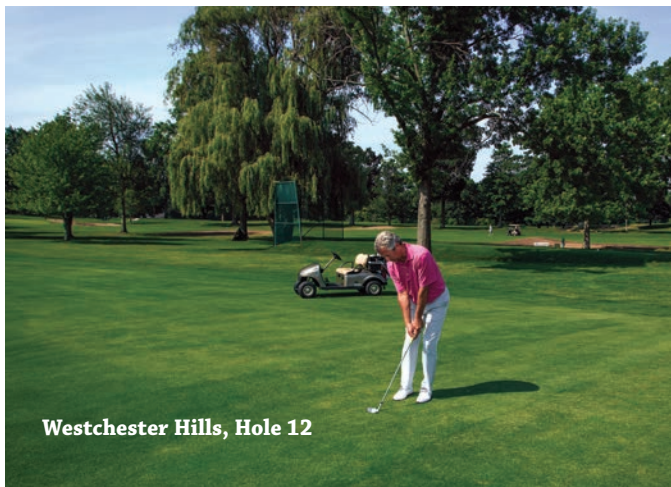
Bronxville • Hole 6 • 160 yards • Par 3

The short nine on our course begins with a short hole, the 160-yard newly renovated par three sixth hole at Siwanoy. The devilish one-shotter received a complete makeover as part of the grand restoration of the 115-year-old club's Donald Ross course, by architect Mike DeVries, over the last couple of years. “Great greens make great golf,” DeVries says. “That's where the majority of the game is played and the greens affect the angles and strategies of every shot.” That's never been more true than on this gem, which requires pinpoint accuracy from an elevated tee to an elevated green to not only avoid the wicked bunkers but also to land your ball below the cup—a must for a chance at par on the slick, strongly contoured green.

11 Knollwood Country Club

Elmsford • Hole 7 • 383 yards • Par 4

This short par four plays downhill, but hit plenty of club off the tee, since you'll want to leave as easy an approach shot as possible. A picturesque pond wraps from the front around the right side of the green to add character as well as scenic value to the hole, not to mention a little



Westchester Hills, Hole 12

difficulty to your second shot. Resist the temptation to bump-and-run your approach onto the green, since the entire area in front of it actually tilts strongly toward the water. Once safely on, you'll need a deft putt to navigate the green's strong slopes.

12 Hudson National Golf Club

Croton-On-Hudson • Hole 5 • 395 yards • Par 4

There's a lot going on around the tee at Hudson National's fifth hole. The path to the tee goes through some of the scenic ruins of the old Hessian Hills clubhouse that stood on the site a hundred years ago. They compete for your attention with the panorama of the Hudson River over the new back tee on the hole. From the regular tee box itself, you're confronted with a choice: bomb one over the trouble in the landing zone to a narrow strip of fairway and a steeply downhill lie or play it safe with a 200-yard shot to a level lie and a mid- to short-iron in. Either way, par is a good score.

13 Westchester Country Club, West Course

Rye • Hole 3 • 485 yards • Par 5

You really, really expect to pick up a stroke on this short par five, but it's a tough birdie—and not that easy a par, either. Architect Walter Travis took full advantage of the topsy-turvy topography on this hole, which actually played as a par four for the Champions Tour. Your tee shot needs to thread the needle between bunkers that flank the fairway. A big drive past them will leave you hitting off a downhill lie to an elevated green—not a good omen for low scores when you're probably swinging a fairway wood or hybrid. Most players will lay up to the bottom of the ravine, then pitch up blind to the green far, far above their heads.

14 Scarsdale Golf Club

Hartsdale • Hole 9 • 325 yards • Par 4

The tee shot pretty much determines your score on this scenic, hazardous par four. Bite off as much lake as you dare from the tee but keep in mind that a drive aimed straight at the heart of the green will need to carry—not roll out—280 yards to reach dry land, so plan your shot accordingly. A line of bunkers along the right side of the fairway start

**Knollwood Country Club,
Hole 7**



about 225 yards from the tee and make good aiming points—or score wreckers, depending on your accuracy and distance control.

15 Brae Burn Country Club
Purchase • Hole 13 • 344 yards • Par 4

You don't need to shape your drive on this tough little uphill hole, but it doesn't hurt. The fairway bunkers that guard the left corner of the slight dogleg are closer than you think, so you can carry them with a decent drive. It's not necessary to risk that, though, since a straight tee shot along the right edge of the bunkers will find a generous landing area and actually give you a better angle into the steeply elevated green. A word of advice on putting: Check your line twice because the breaks here are subtly devastating.

16 Leewood Golf Club
Eastchester • Hole 11 • 136 yards • Par 3

If you don't love the 11th hole at Leewood, you don't have a soul. Take a moment to enjoy the view from the tee high above the green. Admire the picture-perfect stone-wall-bordered pond you'll have to carry when you swing away. Let your eye wander to the line of colorful ornamental trees behind the green, then note that they're also behind two of the three bunkers surrounding it—bunkers you don't want to blast out of too often, since the green slopes steeply from back to front toward the water. The 11th hole got a new tee box during the recent renovation at Leewood, one that just adds to the exquisite pleasures of this short par three.

17 Elmwood Country Club
White Plains • Hole 9 • 493 yards • Par 5

For a short par five, the ninth hole at Elmwood plays long—maybe another 50 yards worth, depending on the wind. It's all uphill and begins



**Leewood Golf Club,
Hole 11**

with a bit of psychological warfare as the golfer tries to ignore the water in front of the tee. It's not really in play, but it's there. A solid drive to the center of the narrow fairway will leave what would be an easy approach if it weren't for the substantial elevation and false front on the green. The target is small, too, one of the smallest greens on the course, so double-check your aim for that second (or third) shot.

18 GlenArbor Golf Club
Bedford Hills • Hole 10 • 362 yards • Par 4

Your second shot makes or breaks your score on this short, downhill par four, so play the odds and hit something safe off the tee to set up a good approach. Then double-check the pin position and ask your caddie where to land the ball to get it close. From the fairway, you see some of the breaks but not nearly all of them, and the caddie's advice will be crucial to a good result. ●

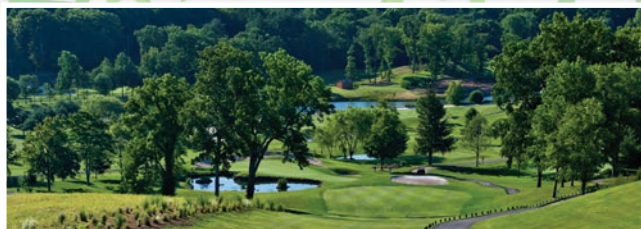
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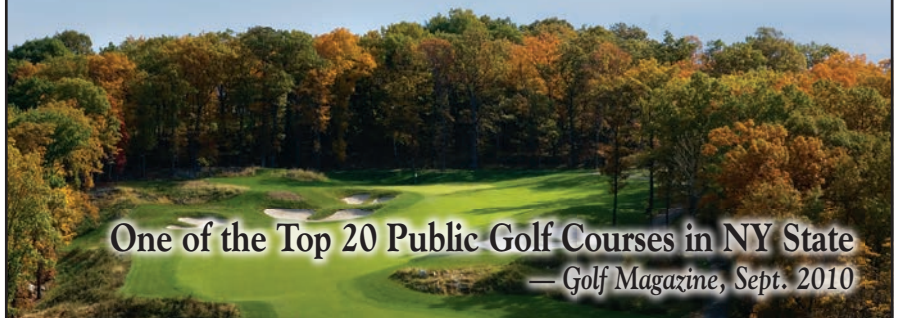
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Quivira Golf Club

Spectacular **Los Cabos**

Enjoy the good life in Mexico where the Sea of Cortez meets the Pacific Ocean
By Stephen Louis

If you want a second home far removed from the humdrum, check out Quivira Los Cabos (www.quiviraloscabos.com), the expansive gated community growing at the tip of the Baja Peninsula, next to Quivira Golf Club, one of the most stunning golf courses in Mexico, and just minutes away from the relaxed yet luxurious Pueblo Bonito Pacifica resort (www.pueblobonito.com).

"We provide an experience, not a place," says the property's chief development officer Jose Luis Mogollon. "We could talk about value for your real estate dollar, but what's more important is the quality of life here. It's a fun place to live." Mogollon says the concept driving Quivira is "The Good Life," a holistic group of amenities that range from exemplary spa services to world-class restaurants, organic gardens and markets, and art galleries, not to mention over three miles of private beachfront.

Chief among those amenities is the Quivira Golf Club, a Jack Nicklaus Signature course that opened in 2014 and gathered a huge pile of rave reviews and awards since. It's the first of two Nicklaus courses in the master plan.

"We tried to create some excitement on the mountain and in the dunes," Nicklaus said at the opening, "and I believe we've created a golf course that plays as spectacular as it looks." Every hole on the course offers panoramic views of the Pacific.

Quivira also features the only golf hole you'll probably ever play that will literally make you dizzy. It's the cliff-hanging par-four fifth hole, reached after a vertiginous cart ride that climbs a mountain-hugging path for three-quarters of a mile, passes over an arched stone bridge, and offers dramatic views from far above the golf course, hotels, and the ocean if you dare take your eyes off the road. The hole itself is a tester, too, 310 yards from the back tee that's all carry if you go for the green or a more manageable blind tee shot followed by a blind approach if you insist on hitting in the fairway.

The latest additions to the many residential options behind the gates at Quivira Los Cabos are Copala, a community with seven six-floor one- to three-bedroom condo towers and 86 stand-alone homes, and Coronado, 68 single-level hacienda-style homes next to the golf course. Pacific views aren't optional—

they're standard throughout the community.

The first two condo towers in Copala sold out before construction last year, so the next phases are well underway. Red tile roofs, wrought iron, and extensive use of cantera stone mark the Mexican contemporary styling. Inside, all homes have granite countertops, travertine marble floors, and top-of-the-line appliances. The units are 1,250 to 1,760 sq. ft. with first-floor gardens and penthouse condos with rooftop terraces, splash pools, and firepits.

Homes in Coronado are larger, with floor plans from 3,000 to 5,000 square feet. Although highly customizable, homes typically feature cedar woodwork and handcrafted forged ironwork, and outdoor living areas that include pools with swim-up bars, Jacuzzis, barbecues, firepits, and convenient outdoor bathrooms.

And just in case you're hesitant about second home life in a foreign country, nearly everyone you'll encounter speaks English and dollars are as welcome as pesos. There are also now direct flights from New York to Los Cabos International, which makes it about as convenient as most West Coast US destinations.

Winter Homes in Fabulous Florida

Overwhelmed by the sheer number of choices? For luxurious living, narrow your sights to these four.

By Dave Donelson, Jimmy Guzewicz, and Jeremy Leigh

Medalist Village Combines an Exclusive Location With Friendly Neighbors

www.medalistvillage.com

Greg Norman always intended Medalist Village to be intimate, not expansive, a place to be close to both friends and nature.

"Medalist Village is somewhere I can enjoy spending time with my friends and family whether at the Aussie Pub, spa, or out on the par-three course," he says. "It offers privacy, a haven for relaxation, and the members provide a sense of community not often found in other clubs."

That's why the 119-home community in Hobe Sound is surrounded by 870 acres of

untouched coastal-Florida nature preserve. That's also why the amenities like the rustic wood-beamed clubhouse are casual and social, with nary a jacket and tie in sight. It's the center of the community and home to an authentic Aussie pub, the wellness spa, and a refreshingly down-to-earth veranda where you can sip a cocktail, watch your friends finish their rounds of golf and enjoy the warm coastal breezes.

Along with the clubhouse amenities, Medalist Village members also enjoy a unique 12-hole par-three golf course designed by Greg Norman, as well as a tennis and fitness center. Although separate, famed Medalist Golf Club adjoins the community.

Existing 4-bedroom, 4.5-bath homes begin in the million dollar range. Sites for

custom homes by the area's premier home builders are also available.

Amenities Never Quit at Boca West Country Club

www.bocawestcc.org

A new golf and activities center opening later this year headlines the \$50 million renovation at Boca West Country Club, home to four 18-hole golf courses, 31 tennis courts, and 3,500 families who live in luxury in the 1,400-acre membership community midway between West Palm Beach and Fort Lauderdale. New restaurants, retail space, and a bar and grill will complement the new locker rooms and golf pro shop at the property, where 300,000 square feet of



Medalist Village



The Concession Golf Club

resort-style amenities include six restaurants, a fitness center, a sports aquatics complex, and a 38,000-square-foot spa.

Golf is the lifeblood of the Boca West community. Four courses—one each by Pete Dye and Jim Fazio and two by Arnold Palmer—surround the 54 residential villages. The first Palmer course opened in 1997 and is distinguished by water in play on 12 holes. Palmer came back in 1999 to build his second course, a shot-maker's delight that makes you stop and think before you hit every shot. The Fazio course is highlighted by water, too, this time by waterfalls on four holes. Pete Dye's unique styling is evident throughout the challenging course that bears his name. The third hole, for example, plays straight away, but a palm-tree-studded waste area stretches along the entire fairway from tee to green.

Home ownership choices include single family homes, townhomes, garden apartments, and even a nine-story building now under construction, the Akoya, which will feature thoughtfully designed two- and three-bedroom residences with valet service and 24-hour security. Homes in Boca West range in price from \$200,000 to \$5 million, not including a mandatory membership equity fee of \$70,000. One recent listing for \$2.2 million was a 5-bedroom, 7-bath home with media room, family room, elevator, and a balcony off the master suite that's the perfect place to view the sunset.

Historic Golf Inspired The Concession Golf Club

www.theconcession.com

One of golf's most historic Ryder Cup moments inspired The Concession, home to a Jack Nicklaus Signature golf course and the community that surrounds it. The moment came when Nicklaus conceded the final putt in the 1969 Ryder Cup to Tony Jacklin in a gesture of pure sportsmanship that resulted in the first tie in the event's history.

Fast-forward to 2004, when the two competitors discovered a 1,200-acre site perfect for a golf course and residential community minutes from downtown Sarasota. The Nicklaus team designed a thought-provoking course that winds through wetlands, 150-foot pines, and 200-year-old oaks on 520 wildlife-filled acres with few homes in sight. Imaginative routing ensures each hole on the 7,474-yard course plays into a different wind with no parallel fairways. From the tips, The Concession earns the highest slope rating the USGA allows, 155. Four other sets of tees make the course a pleasurable experience for players of all levels.

The Concession Residences is a luxury gated community with 236 large single family home sites in natural settings that provide

expansive lake and protected wetland views. With almost half the home sites one acre or larger and generous setback requirements, you'll never feel crowded by your neighbors. Home sites start at \$229,000 and range up to \$699,000, with minimum home size requirements of 2,800 to 3,800 square feet. Eight first-class builders have been pre-approved to build custom homes in the community.

Shopping and services can be found in nearby Lakewood Ranch, and Sarasota, just a few minutes away, boasts a vibrant arts and culture scene that includes a professional symphony orchestra, ballet, opera, theaters, museums and art galleries, not to mention the world-famous Ringling Circus Museum.

Try Second Home Living with a Rental at The Reunion

www.reunionresort.com

You don't have to own a second home to get away from the winter nastiness in the Northeast. Rentals are a surprisingly good alternative and there are few places better to try out second home living than the Reunion in Orlando. It's just minutes from the theme parks, offers unparalleled resort amenities and conveniences, and the golf is simply spectacular! Best of all, you can rent a single family 3-bedroom, 3-bath home with a private pool and golf course view for as little as \$9,600 per month.

Vacation home rentals at Reunion include full and unlimited use of the resort's five-acre water park and 10 swimming pools, plus preferred tee times on three excellent golf courses, an award-winning tennis center, and full-service spa (at an additional cost). Golf at Reunion is played on courses designed by the biggest names in the game. The Arnold Palmer course runs like a roller coaster over hilly terrain. The Tom Watson course—his first in Florida—demands a creative short game and thoughtful approach shots. The Jack Nicklaus course rounds out the trio with elevated tees and greens and plenty of risk-and-reward opportunities.

Be sure to save time during your stay for a visit to the ANNIKA Academy, the only one of its kind in the world. The academy offers numerous learning programs that combine golf skills instruction with nutritional consultation, fitness, club fitting using the Callaway CPAS System, and even opportunities to play golf with Annika herself.



Reynolds Lake Oconee

Great Golf Living From the Lake to the Low Country

Historic charm, challenging golf, and casual sophistication mark these second-home communities in Georgia and South Carolina. **By Dave Donelson, Jeremy Leigh, and Stephen Louis**

Pick Your Pleasures at Reynolds Lake Oconee

There's something downright compelling about a place where you can play a different golf course each day for six days in a row, then spend the seventh day at "rest"—boating, fishing, swimming, waterskiing or whatever else on Georgia's second-largest lake. But that's what life is like at Reynolds Lake Oconee. The 4,000-home luxury golf community (formerly known as Reynolds Plantation) covers 10,000 acres along 80 miles of shoreline on 19,000-acre Lake Oconee and attracts a diverse mix of year-round and second-home residents intent on getting the best out of life.

Reynolds got a new owner (MetLife) in 2012 and \$40 million worth of enhancements in the years since. The golf courses have received major facelifts, everything from the pedestrian trails to the wellness campus was updated, and even the logo was redesigned to reflect a new, modern community lifestyle.

All of which makes Reynolds an increasingly popular place to live. There are a few condo buildings (although no high-rise buildings or timeshares), but most residents opt for single-family homes that start as low as \$200,000. Over 90 percent of the planned 4,200 lots have been sold, but only 60 percent of the homes have been built, so you have ample opportunity to get exactly what you want. You can choose

from over 20 models available from approved builders or design your own. For less than \$1 million, you can move into a 5,000-square-foot, 4-bedroom, 4.5-bath beauty, complete with elevator, top-grade appliances and finishes, and an additional 2,800 square feet of roofed outdoor-living space—not to mention a dramatic golf course view.

Speaking of golf, it is so good and so plentiful at Reynolds that it's almost embarrassing. There are six championship courses, designed by leading architects like Jack Nicklaus, Bob Cupp, Tom Fazio, and Rees Jones—each unique and each with its own fully staffed and stocked pro shop and practice facility. You may have seen one of them, the Great Waters Course, when it was featured on the Golf Channel as the home course

of *Big Break* in 2014. With nine holes along the water and some of the most breathtaking views in the area, Great Waters is hard to forget. The National Course, a Tom Fazio design, includes three nines routed through dense hardwood forests, as well as along the lakeshore.

The Creek Club, which opened in 2007, is strictly private, but the other five are also open to guests of the Ritz Carlton, the 251-room lakefront resort and spa at Reynolds. The Landing also allows some daily-fee play. There are three available membership packages, with initiations starting at \$20,000, according to Reynolds VP Laurie Cicco. The \$35,000 Gold membership gives you unlimited play on five of the courses, and you can add The Creek Club for \$30,000 more. Cicco adds, "All memberships include tennis, indoor- and outdoor-pool privileges, the fitness centers, lectures and classes, and access to the Lake Club."

For golfers serious about improving their scores (and who isn't?) there is the Reynolds Golf Academy, a state-of-the-art golf learning center on a 16-acre campus adjacent to the Oconee Course. It's under the direction of well-known instructor Charlie King, director of golf at Reynolds, and offers a wonderfully expansive range, enclosed hitting bays for off-weather days, video technology, short-game areas, classrooms, and dining facilities. You can also take advantage of custom club-fitting and swing analysis at a level generally available only to PGA Tour pros at the Kingdom, the TaylorMade shop on site.

But before there was golf there was the lake, of course, and it gives residents and visitors to Reynolds an immense number of recreational opportunities. There are four full-service marinas, where you can rent everything from kayaks to boats and jet skis if you don't have your own watercraft or just want to try something different. Reynolds is a fisherman's heaven, too, with an estimated 433 pounds of fish per acre—double that normally found in other lakes in mid-Georgia. Largemouth bass are the big attraction, but you can haul in bream, crappie, and catfish, too.

Life Ever-Changing at Belfair

www.belfair1811.com

Enter the magnificent oak-lined drive to Belfair, and you're tempted to think you're driving back to a time when genteel golfers retired to the library-quiet clubhouse for a convivial toddy after their rounds. That would be wrong. Belfair today is a vibrant, lively community where members are just as likely to belong to a photography, travel, meditation, or political discussion club as to swing a golf club every day. Lifestyles have

changed since Belfair was founded a little over 20 years ago, and so has the community.

Belfair, about five miles from Hilton Head Island, is home to historic sites, dramatic marsh and river views, secluded wetlands, and a 42-acre freshwater chain of lakes including one of the most important wading bird rookeries in the state. It's also home to two Tom Fazio-designed golf courses, a 9,300-square-foot fitness center, two pools, tennis, a spa, and even a dog park. There are about 730 property owners who are automatically members with full access to all the amenities and services.



Sea Island

The two golf courses are as different as night and day. The East Course is a links-style layout that's very walkable and features an imaginative use of lakes and ponds to challenge the player. The West Course is a parkland design that plays a bit harder, with bunkers framing nearly every green and hazards lining most fairways. Belfair's Jim Ferree Learning Center, named for the club's original director of golf and PGA Tour member, offers a huge range, a short-game facility with multiple greens and bunkers, and an indoor hitting room with all the latest electronic gadgetry to help you groove a better swing.

Belfair is a single home community, with 4-bedroom, 4-bath homes as low as \$400,000. A recent listing of a 7,700-square-foot home with spectacular views of the Colleton River was priced at \$1,795,000. Realtor Debra Lowman points out, "Our tides swing up to nearly twelve feet at their highest—the most extreme on the East Coast south of Maine. That means the views are ever-changing." Just like life at Belfair Plantation.

Five-Star Living at Sea Island

For numerous reasons, fourteen PGA Tour pros including major championship winners Davis Love III and Zach Johnson live on Sea Island and adjacent St. Simons Island. Topping the list are three excellent golf courses with an unbeatable practice facility and four seasons including a short, gentle winter. Then there are the world-class amenities that made Sea Island and the award-winning Cloister an upscale vacation destination since the 1920s: five miles of private beach with a year-round beach club, nonstop water sports, a 5,800-acre sporting club for quail and pheasant hunting, freshwater fishing, even falconry! It's no wonder Sea Island is the only resort in the world to receive four Forbes Five-Star awards for seven consecutive years.

You don't have to be a tour pro to get the most out of Sea Island. Homeowners can enjoy membership in Sea Island Club, which, along with all the other amenities, includes golf privileges on the three resort courses on St. Simons Island. The best-known is the Seaside Course, a windswept links-style track that's the home of the PGA Tour's RSM Classic. A different challenge is its sister, the Plantation Course, which is a bunker-bedeveled parkland course with ocean views. Rounding out the rota is the Retreat Course, which is the most popular of the three with local members. Director of Golf Brannen Veal points out, "We try to be a place where a golfer can get everything they need—good courses, instruction, fitness, even a golf psychologist."

Like the amenities, there are numerous home-ownership options on Sea Island, one of the few completely private islands in America. The cottage colony was the original development and today reflects that history in a variety of architectural styles ranging from quaint small weekend getaway places (starting around \$2 million) to estate-size oceanfront compounds with prices topping \$12 million. There are a variety of tasteful, flexible townhouse and single-family neighborhoods dotted around the island, too.

The Cloister Ocean Residences presents one of the most intriguing options: deeded one-quarter ownership of elegant two- and three-bedroom furnished residences just steps from the beach. A share, which gives the owner access for 13 weeks during the year, are priced from \$375,000 to \$1.1 million. "It's a smart way to own and enjoy the best of Sea Island, with all the amenities and benefits of a five-star resort and none of the worries of maintaining a vacation home," says Project Director Randy Burgess, "all at a fraction of the initial and ongoing costs." ●



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Roll With It: 23 Great Westchester Sandwiches

Hot or cold, piled high or melty with cheese, these are the county's must-have between-the-bread masterpieces.

By Andrew Dominick

The sandwich is arguably the supreme ruler of the food world—what a simple concept yet so many permutations. Sandwiches are approachable, sometimes messy, downright delicious, and you probably find yourself scarfing one down more often than you'd care to admit. Still, a little more sandwich knowledge is a good thing, so embrace each one with both hands and an open mouth, and check out the **Great Sandwiches of Westchester** ▶





Balboa

Larchmont Tavern, Larchmont

Toasty garlic bread, house-made rare roast beef smothered in melted Swiss, and ready to plunge into a vat of natural juices. Yeah, we're talking about that decades-old decadence known as the Balboa, whose gooey perfection can be enjoyed every day at one of the sandwich's earliest purveyors, Larchmont Tavern. So dip that sandwich deep and enjoy this eminently local creation (the Balboa originated here, not Philly)—but don't forget to wipe your chin.



The Julia Child

Got Thyme, New Rochelle

Vegetarian sandwiches can be delicious, too! Got Thyme proves that with one of its signatures: The Julia Child (Brie, arugula, caramelized onion, fig jam, and Granny Smith apple), a sweeter—but not too sweet—sandwich that gets pressed until melty and toasty. Got Thyme offers several veggie-sandwich choices, which get changed up, but, if you're a carnivore, try the medium-rare prime rib sandwich, roasted with a porcini mushroom dust-spice rub.



Pastrami and Corned Beef

Rye Ridge Delicatessen, Rye Brook & Stamford

NYC has Carnegie & Katz's, but we've got Rye Ridge Deli. Its sandwiches, like pastrami or corned beef, are piled so high with meat (and creamy coleslaw) that you might have to deconstruct it just to fit it in your mouth. If you like your meat a bit leaner, you have your choice of the first-cut for \$1 more. You can also choose whatever bread you'd like, but I have no idea why you'd get anything other than the classic rye or pumpernickel.

Porchetta

Tarry Market, Port Chester

I doubt there's a soul who can make a porchetta sandwich better than the Mario Batali/Joe and Lidia Bastianich-owned Tarry Market. The deboned pork is stuffed with hot sausage and slow-roasted to juicy perfection with crispy skin. The sandwich itself is simple: They slice and hack it up in front of you, including parts of the chicharrón-like skin, for added greasy crunch, and throw it on fresh Italian bread drizzled with EVOO.





Cubano Iron Vine, Peekskill

Finding a legit Cubano can be difficult. Restaurants often ruin them by making them into panini. This practice must be stopped! A real Cubano is made with buttered Cuban bread and then pressed to toasty perfection—exactly what they’re doing at Iron Vine. They keep it mostly original, with Cuban bread from Rockland Bakery and all the traditional ingredients, like country ham, tender mojo pork, pickles, and mustard. The only thing they do that deviates from the norm is they use Gruyère instead of Swiss, which makes it nuttier and, ultimately, better.

The Super Wacky

Heavy Bear Deli, Yorktown Heights

A damn fine breakfast sandwich is one of the world’s ultimate comfort foods, and, at Heavy Bear in Yorktown Heights, there are a bunch of delicious and “wacky” ones. My friend Damion, who lives in the area, is a regular, so it was inevitable that he’d eventually turn me on to the breakfast bliss that is the Super Wacky: two eggs, bacon, sausage, ham, cheese, and home fries on a hard roll. There’s nothing more nostalgic than breakfast on a hard roll, and more pork (and this sandwich has plenty) equals heaven. Not enough meat? The breakfast beasts out there might want to dive into the Super Bombero: six eggs, sausage, bacon, ham, steak, home fries, Jack cheese, and hot peppers on a wedge. This 2½ pound breakfast is greasy, carb-loaded, porky, cheesy—everything breakfast should be.



Crispy Calamari Sandwich

251 Lex, Mount Kisco

Lex is a cozy, classy restaurant, but to take down this seafood sandwich and its sides, you’ll need your elastic-waist sweatpants. While Lex offers only a few sandwich options, the crispy calamari stands out because you don’t see something like this very often. It’s a weighty sandwich on crusty Italian bread, stuffed to the max with lightly breaded squid, which offers a slight crunch while remaining tender. The tartar sauce that consists of yogurt, tuna belly, caviar, and dill, adds elements of creaminess and saltiness with an herbaceousness really coming through. This seafood sandwich also comes with hearty, delicious sides: a bunch of potato croquettes and a few giant, salty yucca fries.

Parm Stars

Eggplant Parm

Amore Pizzeria & Italian Kitchen, Armonk

I judge eggplant by its tenderness and by whether you can tell it’s eggplant. You see, I’m just not a fan. However, I kept wanting more of Amore’s version, and having a rustic tomato sauce helps big time. If this eggplant-parm non-fan liked it, true believers will love it.

Meatball Parm

Fortina, Armonk, Rye Brook, Stamford

It was a no-brainer for Fortina to take their already excellent deep-fried meatballs and tomato ragù and line them up on toasted Italian bread topped with copious amounts of grated Parmesan.

“BOH” Sandwich

(chicken parm)

Amore Cucina & Bar, Stamford

While most spots make it classic, Bruno DiFabio’s Amore puts their own spin on a chicken parm by adding a couple fried eggs and a touch of spicy Sriracha on top of house-made bread. Eggs and chicken parm? It works for brunch, lunch, or dinner. ▼



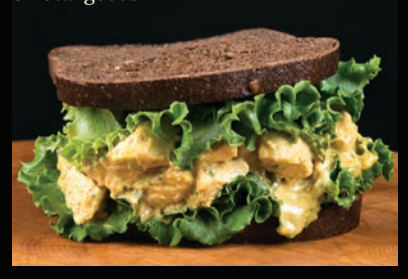
Sandwiches



Curried Chicken Salad Sandwich

Bedford Gourmet, Bedford

Most of us remember eating chicken-salad sandwiches only when Mom ran out of lunchmeat. Bedford Gourmet has a kicked-up version using its own curry blend, mixed with mayo and dill, that adds way more flavor than that bland, white mixture you're used to. It's served on Russian black bread that has a sweet, pumpernickel quality to it. What's also great about this quaint specialty store is that nothing is fried, and they carry lots of local goods.





Chicken Souvlaki MP Taverna, Irvington

I've been a fan of Chef Michael Psilakis for a while now, so it was a no-brainer that MP Taverna's chicken souvlaki (also offered in beef, pork, or veggie) would make the list. The pita is light, not doughy, and stuffed with chunks of marinated broiled chicken and all the classic veggie ingredients (tomato, lettuce, onion, roasted red peppers) and tzatziki sauce that has so much flavor, they should bottle and sell it. What's perfect about the marriage of ingredients is there's not an overuse of any one thing, and it's not overdressed. It comes with MP Taverna's famous, super-crispy smash fries, which will leave you wondering if they're the best fries you've ever had.

Pig's Head Doughnut

The Cookery, Dobbs Ferry

No, your eyes didn't deceive you: pig's head. But just hear us out. Chef David DiBari and crew are real envelope-pushers when it comes to being culinarily creative and daring. They start with a light and tasty house-made cinnamon-sugar doughnut, then they slice it in half and fill it with tender, marbled meat from the pig and drizzle it with maple syrup. It's the perfect marriage of sweet and savory—and you don't even need to be drunk to eat it. So, if you've been known to dive deep into a stack of pancakes with maple syrup and a side of bacon, you owe it to yourself to give The Cookery's concoction a fair try. You'll be glad you did.



Pork-Sket

Dinosaur BBQ, Stamford

There are extreme sandwiches that are so ridiculous that it's not even feasible to eat one, and there are others that fall into the extreme category without being cartoonish (and it helps if it's actually good). The latter explains the Pork-Sket (pulled pork, sliced brisket, melted cheddar, jalapeño pickles, slaw, and horsey mayo, a mayo-horseradish combo). When this piled-high barbecue sandwich reaches the table, it's intimidating. But once you get hold of it, squeeze it down, and take a big bite, it turns out to be a manageable, smoky, delicious experience, despite its obviously wicked calorie count. But let's face it: You're at a barbecue joint; counting calories is illegal.

Sides

Smash Fries

MP Taverna, Irvington

Smash fries are something you will crave over and over again. The process is intensive: Potatoes are soaked for 24 hours to remove starch and increase crispiness when cooked. Afterward, they're fully cooked in the oven, then flash-fried, smashed, and fried again. The result? Flattened, well-salted, super-addictive potato wedges with a crunchy exterior and plenty of potato inside.

Coleslaw

Dinosaur BBQ, Stamford

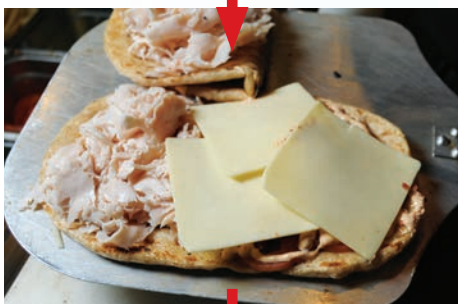
Decent slaw isn't easy to find, but Dinosaur BBQ nails the mayo-to-vinegar ratio perfectly. It's also made every 20 minutes—to ensure optimum freshness.

Crispy Brussels Sprouts

Village Social, Mount Kisco

Sprouts are everywhere these days, but Village Social is doing them differently and better than most. These slightly charred baby cabbages are drizzled with a sweet/spicy chili glaze, creamy garlic aioli, and sesame seeds. I dare you to stop at just one order. ▼





Fresh Roasted Turkey

Melt Sandwich Company, White Plains

Usually packed during lunchtime, Melt Sandwich Company has endless options for creating your own sandwich. Some go together perfectly; with others, you can use your imagination and create something pretty wild. It all starts with Melt's roasted meats—done on the premises—all of which are juicy and worthwhile. They get serious props for their turkey, which somehow isn't at all dry. I paired the turkey with their cheddar-bacon-flavor profile, which means it comes with small chunks of smoked bacon, ripened tomatoes, gooey cheddar, and a spicy/smoky chipotle rémoulade.



Sauces

Tzatziki

MP Taverna, Irvington

It's creamy, light, refreshing, and there's not an overuse of dill. While it was good inside the souvlaki, try it with the pita sections as an appetizer; I promise you'll slather it all over each piece.

Tartar Sauce

251 Lex, Mount Kisco

When I bit into the crispy calamari sandwich, I noticed that it wasn't an ordinary tartar sauce. It had a briny quality to it, due to the addition of tuna belly and caviar with some yogurt and dill to balance it out.

Fig Jam

Exit 4 Food Hall, Mount Kisco

If you order the mortadella sandwich, you'll immediately get the taste of something sweet and tangy—that's the delectable fig jam. ▶





Grilled Sausage and Broccoli Rabe

Amore Italian Kitchen, Armonk (lunch menu only)

Amore has that old-school, family-style feel, and its menu reflects that, but there's plenty of modern-Italian fare, too. I went in to try a few classic sandwiches but came away loving Amore's grilled sausage on toasted ciabatta bread (made by Sullivan Street Bakery in Manhattan). There are strong, assertive flavors here from the split-in-half fennel sausage—from Vincent's Meat Market on Arthur Avenue—with a snap-when-you-bite-it casing, and the garlicky broccoli rabe. Plus, there are actual caramelized garlic cloves on the sandwich. Vampires won't touch you after you eat it.



Mortadella

Exit 4 Food Hall, Mount Kisco

One of the coolest places in Mount Kisco is the newly opened Exit 4 Food Hall. They've got lots of choices under one roof (Italian, seafood, sushi, barbecue, local craft beer, and more). One thing Exit 4 is not short on is sandwiches. Their mortadella on brick-oven-baked focaccia bread with arugula, Brie, and sweetfig jam was my overall winner out of about 10 sandwiches sampled. Honorable mention to their deliciously greasy porchetta—on a short Italian hoagie—with sweet caramelized onions that, together, achieve balance.



Texas Sandwich

Café Mirage, Port Chester

Thinly sliced steak, onions, chili, and thick and gooey cheddar on a hoagie. The "Famous Texas Steak Wedge" needs no further description—except their version is delicious. This fat-boy sandwich is perfect for that Friday night when you've got no plans other than to enjoy your own company and indulge in a cheat day.

Tammy Special (chicken cutlet)

Royal Scarlet Deli, White Plains

It's no wonder Royal Scarlet Deli has been open for 75 years and counting. They serve up just about every classic sandwich you can think of, plus a bunch of original creations. There's a lot to choose from, but their chicken-cutlet flavor combos, stacked with thick pieces of fried, boneless breasts on crusty Italian wedges, are some of the best. I chose the Tammy Special, which marries the cutlets with plenty of roasted red peppers, fresh mozzarella, and lots of sweet honey mustard.





Italian Combo

Cosmo & Alex Pisano Bros, Mamaroneck

When you step into this Mamaroneck Avenue Italian deli, you have to stop for a second and remember you're in a place that only *looks* like it belongs on Arthur Avenue. Everything about it is spot on: the Italian grocery items, the prepared foods, and the intimidation factor when you're called upon to place your order. When you hear, "Who's next?!" you'd better step up, and you should order an Italian combo—on a wedge, so you can experience the bread's chewy softness. The meat in combos differs from place to place, but at Cosmo & Alex, they're giving us a variety of hams: domestic, mortadella, capicola, and prosciutto—all layered evenly, so as not to give too much of any single ham. All that is combined with a sharp and strong provolone, not too many veggies (lettuce and tomato) and a restrained use of oil and vinegar, so the cold cuts stand on their own. After all, that's what you want to taste the most.



140° Steak Sandwich

Village Social, Mount Kisco

There's a lack of decent steak sandwiches in Westchester. Luckily, Village Social comes through with a bang-up version. It's far from a true Philly, but it's not trying to be: It's a more fancied-up steak sandwich than what I've seen around. It begins with a soft, club roll with just the right amount of chew, medium-rare sliced steak, caramelized onions, plenty of smoky chili aioli, and pungent Mancho, which adds some appreciated funk.



Lobster Roll


Saltaire Oyster Bar, Port Chester

Saltaire Oyster Bar is one of the hottest and most raved-about new restaurants in the county. Their stacked and meaty lobster roll (\$26) is simple but showcases creativity by using a brown-butter Hollandaise for a mayo-buttery effect and quick-pickled celery for some acidity and texture. Saltaire is pricey, but you'll be hard-pressed to find a better lobster roll.



Panino

Porta Napoli, Harrison

Porta Napoli is doing wood-fired panini (I dare you to find one anywhere else) by using their very light pizza dough, which gets cut into a squarish shape, baked to rise, cut and stuffed, and fired again until that dough gets a perfect blistering. Their name-sake panino (grilled chicken, avocado, homemade mozzarella, arugula, lemon vinaigrette) is fresh, fragrant, and on the lighter side. I have a feeling I'll be a regular for a long time to come. Oh, and definitely try the top-notch pizza! 

Andrew Dominick lives in Norwalk, Connecticut and is a writer/blogger/photographer. He is passionate about good food, craft beer, and well-made cocktails. His favorite sandwich doing research for this story was the porchetta at Tarry Market. Since completing this freelance assignment, Dominick has joined the *Westchester Magazine* team as a digital editor. Photographs by **Jennifer May** (pages 127, 128 bottom, 130, 133 top, and 134), food & props by **Kersti Bowser/Gourmet Butterfly Media**. Additional photography by **Roy Gumpel** (pages 129 top, bottom left and right, 132, 133 bottom left and right, 135 top); **Andre Baranowski** (page 131 top).





Horse Country

A panorama of equestrian life in Westchester

Picture-perfect farms with horses grazing lazily among verdant pastures reflect the county's long love affair with all things equine: pony parties, dressage lessons, leisurely trail rides, fox hunts, and show competitions. In the following pages, we take you on a photographic tour of Westchester's horse country.

By Nancy L. Claus



The Bedford Pace

The Fall Bedford Pace and Luncheon, a biannual horse competition/fundraiser run by the Bedford Riding Lanes Association (BRLA), was held at John Jay Homestead in Katonah in September. *Clockwise from above:* A color-coordinated horse and rider are all set for the Pace; an array of prize ribbons awaits the winners in hunt, junior, pleasure, and Western riding; John Barry of Cheshire, Connecticut, removes stones and dirt from the hooves of his horse, Guinness, before the ride; there are more than 50 jumps in the 10-mile course, which also includes streams, bridges, meadows, and woodland trails.





North Salem "Neigh"bors

Clockwise from above, left: A pretty horse in a pensive pose; Georgina Bloomberg's gorgeous white mini-horse, Lola, whom she rescued and who now lives at Gotham North farm in North Salem; Olympic Gold Medalist McLain Ward of Brewster riding HH Azur, the winners of last year's \$50,000 Old Salem Farm Grand Prix.





The American Gold Cup

The 2015 American Gold Cup, the prestigious show-jumping classic, returned to scenic Old Salem Farm in North Salem for the fourth time last September. Old Salem's beautifully manicured grounds, list of elite horses and riders, and fabulous social gatherings draw spectators from Westchester County and beyond. Many world-class competitors, representing 14 nations from around the globe, participated in the 45th American Gold Cup event.



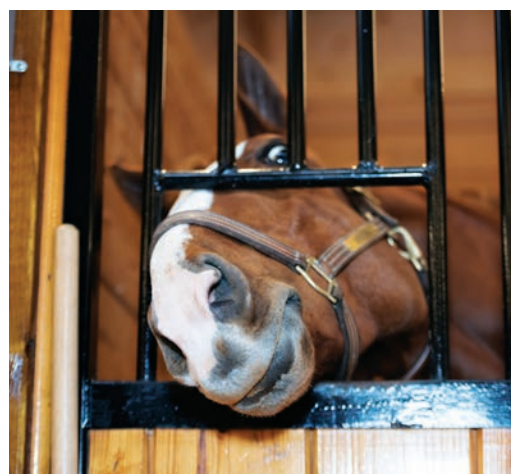




Heritage Farm

Heritage Farm, a beautiful facility located in a bucolic setting in Katonah, trains riders and horses at the nation's top level of competition. Brothers Michael and Andre Dignelli, one of the best trainers in the business, bought the 40-acre farm with 54 stalls in 1994; since then, it has grown to more than 100 stalls. *Clockwise from above:* Sean Leckie, Oakley Clark, and horses; Leckie admiring a beautiful creature; a cute horse angling for a treat; Oakley Clark and two friends.

Next page, clockwise from top: A very relaxed horse allows its groomer to do his job; barn manager Angela Okrent clipping a horse; Sean Leckie applying a hoof dressing to Redafin; "Don't hate me because I'm beautiful."








Bedford Riding Lanes

The Bedford Riding Lanes Association (BRLA), which dates back to the 1920s, created and maintains the historic network of 160 miles of trails and dirt roads in the Bedford and Pound Ridge areas. *Clockwise from above:* Buxton Pond Farm in Bedford Hills; Laura Evans, longtime BRLA member and volunteer, readies her mount, Bella, for a ride on the trails; a training session.





Sunnyfield Farm

Sunnyfield Farm is one of the most beautiful horse farms in the county, a spectacular 230-acre spread along Guard Hill Road in Bedford. *Clockwise from above:* Sunnyfield's resident horses enjoy the view; Heather Ward opened HW Dressage at Sunnyfield Farm in 2009, teaching the basics of dressage and jumping to riders of all levels; a Sunnyfield foal. 

For more images of equestrian life in Westchester, please visit our photo gallery at www.westchestermagazine.com/horses

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OUR JUDGES

A panel of esteemed Westchester-based judges—each one an accomplished healthcare or community leader—was charged with the challenging task of selecting our extraordinary finalists from the numerous nominations we received. They include:

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OUR THANKS

A heartfelt thanks to our judges for their time and insight; our readers and individuals throughout Westchester for their continued interest, and for bringing to our attention the achievements of so many who deserve our respect and admiration; and our sponsors who have supported this effort with such generosity and commitment. Most importantly, we thank the Healthcare Heroes who are being honored this year—and those heroes who remain unknown—for their selfless dedication.

OUR AWARD LUNCHEON

Join us in honoring the people we so admire at our third annual Healthcare Heroes Luncheon on May 19, from 11:30 am to 2 pm, at Mulino's at Lake Isle in Eastchester. Seats are filling fast! For more information and to purchase tickets, please visit westchestermagazine.com/healthcareheroes

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Anne DuVal Frost, PhD, RN

PSYCHIATRIC NURSE AND FOUNDER OF PROJECT COMMUNITY, INC.

Anne DuVal Frost, PhD, RN, grew up in a family in which caring for others was part of their DNA, including her father who played Santa for underprivileged children. So, it was only natural for her to pursue a career in a helping profession. Wearing many hats—nurse, psychotherapist, educator, author—Dr. Frost is committed to influencing community healthcare broadly and from multiple directions. She has been recognized in the past for her community work as a “Woman of Distinction” by the New York State Senate.

“As a nurse, it’s frustrating to realize that many issues are preventable, especially in mental health,” she explains. That insight inspired Dr. Frost and a small group of nurses to form the community-based Nurses Network of America, which later evolved

into Project Community, Inc. She guided the organization in addressing previously unmet healthcare needs through unique healthcare programs and educational components offered at no or very little cost: Project CHILDD to support children, parents, and families impacted by developmental disabilities including autism; Teen Project CHILDD to support teen girls who live in group homes; Project MEDGO to educate the elderly on medical compliance; Project Rewind I to educate teens and young adults about binge drinking, alcohol toxicity, and how to save someone at risk of overdosing; and Project Round II to address sexual assault prevention.

For 30 years, Dr. Frost has also been teaching the psychiatric nursing at the College of New Rochelle and in private



practice as a psychotherapist, working with all ages, from children with behavioral issues to adults who want to improve relationships.

Dr. Frost has no intention of slowing her ambitious pace. “In the future, we’d like to package Rewind I and II and make it available across the country.” What keeps her going? “The letters we receive from teens, parents, and teachers thanking us for saving lives, which is supported by our research studies,” she says.



David Eger, PhD, (shown left in the photo above) a White Plains clinical psychologist, has made it his mission to end Parkinson’s disease. Diagnosed in 2000, Dr. Eger has worked locally and nationally with the Parkinson’s Disease Foundation (PDF) to help end the disease and serve those living with it.

For more than a decade, he has hosted an annual concert in Westchester County, which raises funds for critical Parkinson’s research. The Music for Parkinson’s Research (MPR) has become a tradition in Rye, recently breaking the half-

million mark in funds raised. The chamber music concerts usually entertain more than 150 guests per year with the sounds of internationally acclaimed musicians.

Robin Elliott, President of the Parkinson’s Disease Foundation, observes, “Dr. Eger has shown that he is a force to be reckoned with in our fight against Parkinson’s disease as a volunteer, an advocate, and a professional. His commitment to making a difference to people living with Parkinson’s in his own community and beyond is what makes him PDF’s healthcare hero.”

David Eger, PhD

WHITE PLAINS CLINICAL PSYCHOLOGIST

Dr. Eger is a former founding co-chair of PDF’s People with Parkinson’s Advisory Council. The council ensures that people with Parkinson’s have a seat at PDF’s table. While volunteering with PDF, Dr. Eger ensured the voice of the Parkinson’s community was heard by serving as a patient consultant to the Food and Drug Administration on the development of new Parkinson’s disease therapies. In private practice, he helps provide therapy, counseling, and support to people living with Parkinson’s in his community, especially those newly diagnosed.



Edward C. Halperin, MD, MA

CHANCELLOR/CEO, NEW YORK MEDICAL COLLEGE

Before Edward C. Halperin, MD, MA, embarked on his career, he knew he wanted to make a difference. While growing up, admiring the wisdom and impact of an uncle who was a Justice of the New Jersey Supreme Court responsible for desegregating New Jersey public schools, he considered a legal career. But, realizing that “lawyers often had to get people out of self-created trouble,” he took a 180-degree turn.

“I wanted to have the opportunity to do the greatest good and have a meaningful impact on the lives of others—for me, there was no better way than by treating children with cancer,” explains Dr. Halperin of his decision to become a pediatric radiation oncologist, a specialty he has practiced through years of teaching and academic leadership and continues to practice today. As Chancellor and CEO of New York Medical College (NYMC), Dr. Halperin continues to make a major difference for future

generations of healthcare professionals.

Since assuming his latest leadership position in 2012, Halperin has focused on improving the NYMC campus, the student experience, academic affiliations with hospitals, and middle and high school science education. That includes launching a Master of Science in Biology Education program in partnership with Touro’s School of Education to train middle and high school biology teachers; opening a Clinical Skills and Simulation Center to help medical and dental students refine their clinical skills; and using the traveling exhibit, “Deadly Medicine: Creating the Master Race” from the U.S. Holocaust Memorial Museum, to reinforce the inherent dangers resulting when healthcare providers ignore basic human rights and values.

Dr. Halperin doesn’t reflect on his own accomplishments without including those of his family—his wife Sharon, with whom



he will soon celebrate 35 years of marriage, and their three daughters—a pediatric physical therapist, a fashion buyer/designer, and a college professor. “As when I was young, my family inspires and motivates me in all that I do.”



Lindsay Farrell, MBA, FACMPE

PRESIDENT AND CEO, OPEN DOOR FAMILY MEDICAL CENTERS

Lindsay Farrell had no idea what the future held when, as a young mother and new resident in Ossining, she volunteered as a patient driver at Ossining Open Door. “I was looking to get connected in the community and to get a feel for what was here,” she recalls. Her exposure to the disadvantaged community and their desperate need for quality healthcare proved providential. It awoke in her an ambition to do more.

Hired by Open Door Family Medical Centers (ODFMC) for fundraising in 1985, Farrell’s organizational skills, her ability to learn, work hard, and her set of solid leadership skills led to the titles of President and CEO of ODFMC 18 years ago. Since then, the organization

has grown to 12 locations throughout Westchester and Putnam counties. Combined, the Centers see 1,000 patients a day, 93% of whom are disadvantaged. In total, ODFMC provides for almost 50,000 patients annually.

These Federally Qualified Health Centers do more than meet immediate medical healthcare needs. ODFMC also offers dental care, along with programs that support behavioral healthcare, wellness, good nutrition, stress reduction, and promote physical activity.

Farrell’s passion and generous spirit has proved fruitful, as she’s won many awards for her achievements. Under her guidance, ODFMC has tripled in size, and quadrupling the number of people helped. “I’m very grateful that I landed here and I saw the opportunity,” says Farrell. “When the personal and professional passion come together, you can be a very happy person.”



Jesus Jaile-Marti, MD, FAAP

CHIEF OF THE DIVISION OF NEONATOLOGY, WHITE PLAINS HOSPITAL



"I'm so blessed—I get to do what I love to do every day of my life. I'm not just caring for a baby, but also a family—a Mom who's distraught and a Dad who's overwhelmed." That's the way Dr. Jesus Jaile-Marti views his role as Chief of the Division of Neonatology and the 15-bed Level III Neonatal Intensive Care Unit (NICU) at White Plains Hospital, where more than 400 infants are treated each year. It's a role he was destined to fill.

"I grew up with my Mom and grandmother who were both nurses and my role models for healthcare," he explains. Early exposure to nurses and doctors and exciting stories about patients' healthcare fascinated him, setting him on a determined course to become a doctor.

Captivated by seeing babies born—each a miracle—during an obstetrics and gynecology residency, he found his true calling through a neonatology rotation. "I realized what I found incredible was the ability to take care of newborns in need." Together with a team of six neonatologists and 40 specialized nurses, Dr. Jaile-Marti has been providing all levels of neonatal care in the NICU he helped launch in 1993 and lead. Known for being personally involved with each of his tiny, fragile patients (many as small as one pound) and extended families (including introducing a Neonatal Parents Network support system), nothing gives him greater joy than to succeed in setting them on a path to a normal life.

That happiness is only exceeded by their return through the hospital's biannual NICU Reunion and as neonatal volunteers: "How fantastic to think we had a little bit to do with their survival!"



Martin Lederman, MD

PEDIATRIC OPHTHALMOLOGIST, LEDERMAN AND LEDERMAN, LLP

Pediatric Ophthalmologist Martin Lederman, MD, sees that helping fix a child's vision often helps much more than a patient's sight. It can change a life! He has traveled to Panama and other countries for more than 20 years to perform surgeries on children with ocular misalignment (strabismus) and pediatric cataracts. The surgeries prevent lifetime disabilities due to vision loss and prevent people from becoming social outcasts.

After helping a hundred or so children each trip, he realized that to make more of an impact, he and his medical teams needed to teach the doctors how to perform the surgeries themselves. In 2013, Dr. Lederman co-founded One World One Vision.

The non-profit has a global scope with an emphasis on developing countries where citizens have little or no access to effective care. Dr. Lederman's team, which consists of surgeons (now including his daughter), anesthesiologists, and all

support personnel, has traveled to Belize twice, Kenya twice, and Nepal once in its short existence.

"It becomes part of your life," Dr. Lederman observes. "You realize this is the sort of thing you went into medicine for. It is very pure."

Stateside, Dr. Lederman is an associate professor at the Edward S. Harkness Eye Institute of Columbia University and NewYork-Presbyterian Hospital. When not caring for patients or performing surgery, he has served on a number of boards and is a charter member of the American Association for Pediatric Ophthalmology and Strabismus. Currently, Dr. Lederman is on a mission to show legislators how important eye safety is for children as they play sports, especially basketball.



"You can get caught in the minutia of practice, which is important," Dr. Lederman says. "But there are all sorts of public issues that need to be addressed as well."

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Joann Galley, JD, MEd, PsyD

SCHOOL PSYCHOLOGIST, JOHN A. COLEMAN SCHOOL

For 15 years after receiving her JD from Columbia University Law School, Dr. Joann Galley pursued the legal career she had trained for before making an abrupt life change.

Following her heart and desire to work as an advocate for children, Dr. Galley's career change 23 years ago resulted in a huge gain for both Dr. Galley and the 137 special needs children who are students of the John A. Coleman School and long-term residents of the Elizabeth Seton Pediatric Center.

In a multifaceted role as school psychologist and ongoing advocate, Dr. Galley's mind is constantly focused on children and what they want and need. "I try to determine how to reach inside to communicate and guide children who are

dealing with immensely complex medical situations to help them to learn and, even more importantly, to just enjoy being children," she says.

Working with medically fragile children from birth to age 21, Dr. Galley and an indispensable team have helped create memorable experiences, including fun shopping sprees at Toys R Us, an annual afternoon prom every June that allows wheelchair-bound participants to "dance" in donated prom dresses and tuxedos, and a Family Support Group that helps parents and family members realize they're not alone.

In a role that crosses the full emotional



spectrum from the heartwarming joy of seeing the children smile to the heartbreaking reality of loss when a child dies—a difficult reality of the challenges faced by this pediatric population—Dr. Galley firmly believes, "The true heroes are the children, who smile despite their physical disabilities and medical complications, and their families."



While Orthopedic Surgeon J. Robert Seebacher, MD, has performed nearly 4,000 hip and knee replacements at Phelps Memorial Hospital Center over the course of his career, he has spent much of his career perfecting effective alternatives to surgery.

anti-inflammatories made available in short courses. The medications used in the treatment are generally available and accepted, but the sequencing of administration is novel, creating a treatment with a new level of success. Dr. Seebacher



J Robert Seebacher, MD

ORTHOPEDIC SURGEON,
HUDSON VALLEY BONE & JOINT SURGEONS

Dr. Seebacher developed a treatment program to assist patients whose arthritic knees cause painful inflammation and swelling, reducing their ability to be active and leading to weakness and atrophy. Patients receive paired injections of steroid and knee lubricant every three months. When necessary and feasible, patients have non-steroidal

began offering this treatment to his patients at the end of 2006. Since then, 950 patients with 1,350 involved knees have been treated.

"I have always been a patient advocate," Dr. Seebacher says. "I basically felt the need to not jettison patients who I thought were in a gray zone."

Now, DuPuy Mitek, a subsidiary of Johnson & Johnson, has funded the retrieval of data for Dr. Seebacher's research on this controversial non-surgical treatment program. The data will be used as the basis for petitioning the FDA for permission to begin a controlled multicenter study of this approach. Dr. Seebacher's dedication to developing his innovative protocol has helped many patients postpone or avoid knee replacement without sacrificing health and lifestyle.

Dr. Seebacher concludes, "I would really like to say that a lot of what I achieved I owe to Phelps having partnered with me. I consider being a doctor an extreme privilege."

Patricia Tursi
 CEO OF ELIZABETH SETON PEDIATRIC CENTER, JOHN A. COLEMAN SCHOOL AND CHILDREN'S REHABILITATION CENTER

"Hazard Yet Forward," meaning to move ahead whatever the risk, was the motto of St. Elizabeth Seton. It is also the modus operandi of Patricia Tursi. As CEO of the saint's namesake Elizabeth Seton Pediatric Center, the John A. Coleman School, and the Children's Rehabilitation Center in Yonkers, Tursi advocates for and oversees the care of the 5,000 medically complex children (some of the most fragile and poorest in New York State) who are served by the continuum of care each year.

"All children have a sacred right—they should be loved and be in an environment that's like home, and have an opportunity to grow and be the best that they can be," says Tursi.

An outstanding example of her tireless perseverance is Tursi's mission to expand the Center's Long-Term Ventilator Care Program. In 2001, when she first came to the Center (then located in Manhattan), there were no pediatric long-term care facilities in

New York that offered care for children on ventilators, and families were being forced to take their children out of state. Under Tursi's leadership, the Center started a 4-bed program in 2006.

There are now 18 ventilator-dependent children at the Center. But that's not enough for Tursi, who is dedicated to building "a future where all children who need ventilator care can receive it in a caring and nurturing environment." Despite the turbulent healthcare economy, Tursi is committed to an expansion that will add 32 more beds.



"You can't say no. You just have to figure it out, fight, and advocate until you get the job done because it's the right thing to do," says Tursi. "The motivation is the children. They are just so beautiful."



Rosa Orbegozo-Jaramillo
 HOME HEALTH AIDE, NEIGHBORS HOME CARE SERVICES

Rosa Orbegozo-Jaramillo, a home health aide with Neighbors Home Care Services, cares for her patients' needs, but also gives them the patience they need. A native of Peru, she has been with Neighbors Home Care, a licensed homecare services agency operated by Lifting Up Westchester, for five years. Currently, she works with a patient, Lena, who has schizophrenia and struggled with communicating with her healthcare aides in the past.

Now, with Orbegozo-Jaramillo, Lena looks forward to their time together and has formed a strong bond, saying she does not know what she would do without her. "She's the light in my life."

The family feels the same way. Orbegozo-Jaramillo has eliminated the worries of how day-to-day care would be handled and the family appreciates the kindness that comes with each chore or doctor's visit. Orbegozo-Jaramillo is also the communication line between doctors

and family and Lena and family.

"My thinking is that we have to respect the patient in any condition that they are," she says explaining that Lena's condition has its challenges. "We have to know exactly what they want." Orbegozo-Jaramillo often anticipates Lena's needs and solves issues before they arise, such as forgetting it is time to pay the bills or take a medication.

In addition, Orbegozo-Jaramillo dedicates much of her time to the retired Sisters at Maryknoll Convent, often pulling double shifts when they are short-handed. After all this, she also still cares for her own elderly mother back in Peru, by sending financial support for her mother and siblings.

Orbegozo-Jaramillo sums up why she gives so much saying, "I do my best because I like to do with my mind, my heart, and all my energies. I like to be very responsible."

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6 Kitchen and Bath Upgrades that Deliver “the Whole Package”

Let's face it—once you get past high school, the people who go farthest in life are the ones who are the “whole package,” those who balance style, good looks and brains. The same can be said of kitchen and bath upgrades. The ones that will stand the test of time—the ones you'll love as much in five years as you do the day they're installed—are the improvements that blend style and intelligence.

When you sell your home one day, will buyers agree with you that it was worth giving up an entire walk-in closet to get five more square feet in the master bathroom? Great bathrooms and kitchens really do sell homes, so it makes sense to invest in upgrades that are the whole package. They look great, are stylish, functional, and enjoyable, and will give you a decent return on your investment when it comes time to sell.

These six kitchen and bathroom improvements really deliver the total package:

1. Granite countertops

Countertops are both a major design feature and a vital necessity in both kitchens and baths, improving the appearance and function of either room. Granite is still a top kitchen counter choice and gives bathroom vanities a high-end look. A *USA Today* study found more than half of buyers said they would pay more for a home with granite countertops.

2. Skylights

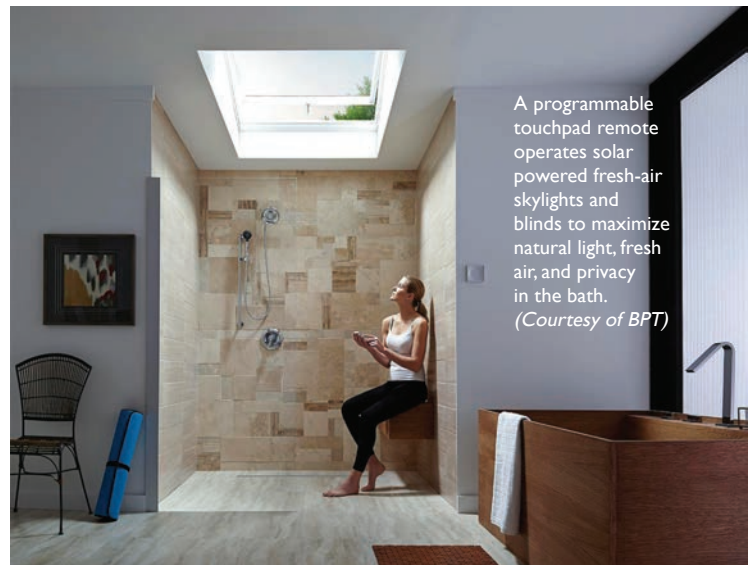
Skylights brighten a kitchen or bathroom with abundant daylight and freshen the air with natural ventilation. Energy Star-qualified no-leak skylights, such as those from VELUX America, can be operated by a touchpad programmable remote control, as can solar powered blinds in an array of designer colors and patterns, and are eligible for a 30 percent federal tax credit for the skylights, blinds, and the cost of installation.

3. Quality lighting

In addition to natural light sources, such as skylights and windows, installing upgraded light fixtures is a wise investment. You should have multiple layers of light, including overhead for rooms, task lighting, or under-the-cabinet lighting in kitchens, and vanity lighting in the bathroom.

4. Eco-friendly fixtures and appliances

New appliances and fixtures can make kitchens and baths more appealing to buyers, and more enjoyable for you. But, choosing options that help reduce your water, sewer, and utility bills heighten their value.



A programmable touchpad remote operates solar powered fresh-air skylights and blinds to maximize natural light, fresh air, and privacy in the bath. (Courtesy of BPT)

From low-flow showerheads and ultra-high-efficiency toilets, to Energy Star-qualified dishwashers and refrigerators, eco-friendly fixtures and appliances will put money back into your pocket for years to come.

5. Tile

Replacing worn or dated tile in showers or bathroom floors improve the room's look and function. Adding a tile backsplash is an affordable way to make a kitchen design statement while protecting walls from cooking spatters.

6. Organization and storage solutions

Adding cabinet and drawer organizers, as well as extra storage solutions, can increase the storage capacity and make it easier for you (and future buyers!) to use both rooms. Plus, it will help reduce clutter, giving your kitchen and bath a more open, clean look.

You don't need a huge budget to make kitchen and bathroom upgrades that are the whole package. Even minor renovations can have a major impact on your home's livability, beauty, and resale value.

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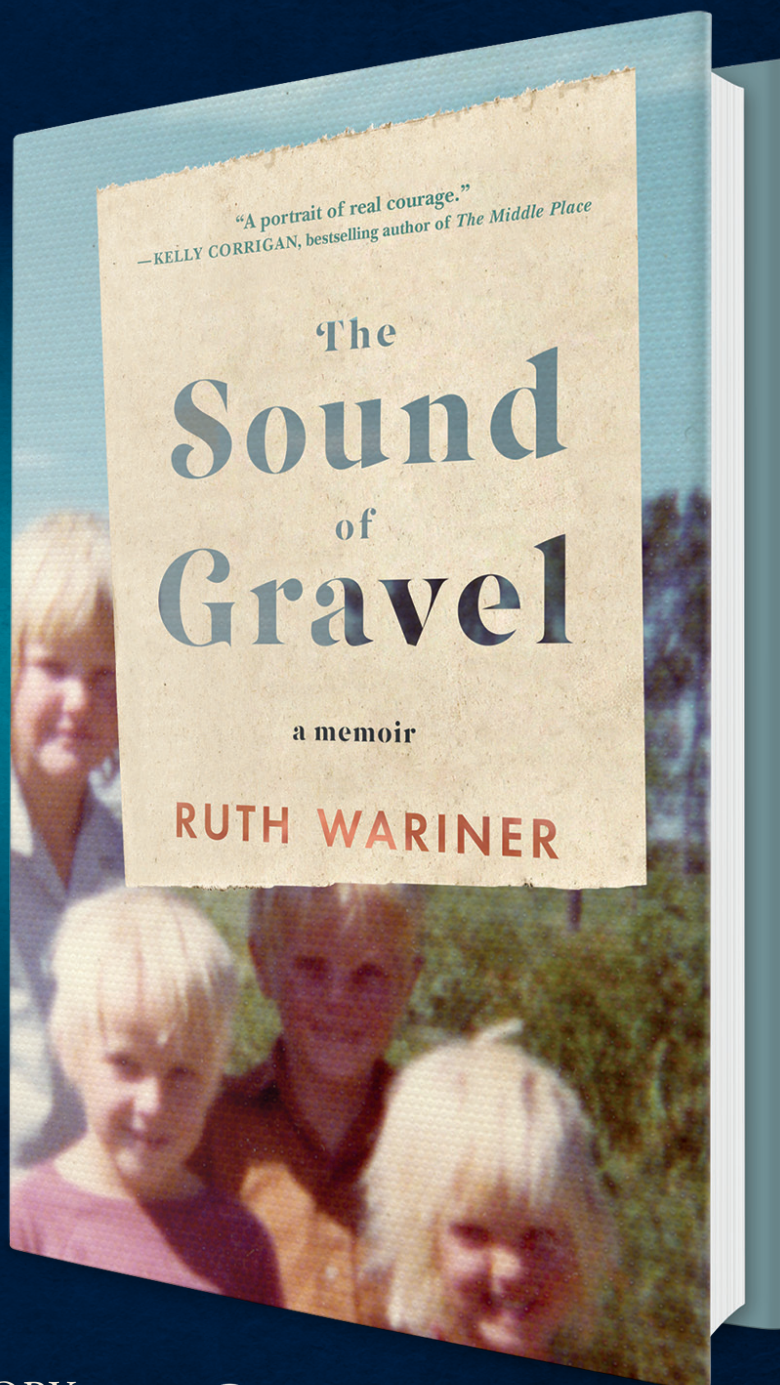
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EDITED BY
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REVIEW

Restaurant Rebirth

After shuttering its doors on Port Chester's Main Street, Café Mirage has re-opened nearby in the village, serving its signature globally inspired comfort fare. Reviewer Dina Cheney lauded the golden-brown crab cakes served with crunchy cabbage slaw. See what else she liked in the full review on page 170.



PHOTO BY ROY GUMPEL



Top: the decor at Pax Romana is contemporary with accents that belie an old-school spirit; bottom: fusilli with Roman broccoli, red onion, and ricotta salata

PREVIEW
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 (914) 437-579
 www.paxromanany.com

The full name of Pax Romana, the new restaurant that took over the space that formerly housed Taleggio, includes the word *Pastificio*—meaning “pasta-maker.” The 80-seat eatery lives up to this part of the moniker in impressive fashion, with a \$12,000+ Bottene pasta machine cranking out house-made pastas, like cocoa-infused pappardelle and whole-wheat penne. There’s also a pasta bar, where you can sit and watch your dinner being made.

Just don’t expect huge plates of red-sauced Italian American cuisine.

“Our portions are moderately sized,” says co-owner Christian Runco of North Salem. “We’re going for a European model of dining, where guests can order an app, entrée, and dessert and not feel overly full. We’re the opposite of *abbondanza*-style of dining; instead, it’s as if you were dining in a household in Italy.”

A Roman household to be exact. Chef Cristian Petitta, an Eastchester resident and previously of La Bocca in White Plains, has crafted a menu inspired by Roman cuisine. Items to try include chickpea stew, braised artichokes, oxtail ravioli, roasted porchetta pizza,



and spaghetti carbonara, made the way Romans eat it—no cream or mushrooms; just egg yolk, guanciale, black pepper, and pecorino. “Most of our dishes are just four ingredients or so,” says Petitta. “True Italian cooking is simple and uses fresh ingredients.”

Be sure to try the lasagna or any of the dishes with sausage, made by Christian Runco’s grandma Giovanna, or the pizzelle in the gelato sundaes, made by Graziella Fante (co-owner Paul Russo’s grandma).

Also of note is the graffiti wall in the rear of the restaurant, which is covered in Roman-dialect slang. One line reads: “You cannot live off love alone, you also need carbonara.”

—John Bruno Turiano

PREVIEW
Le Moulin Eatery and Wine Bar
 One Pier Pointe St, Yonkers
 (914) 469-6762; www.lemoulin catering.com

There are a number of worthwhile dining options on the redeveloped Yonkers waterfront, including X2O Xaviars on the Hudson, Zuppa, La Bella Havana, Yonkers Brewing Co., and Dolphin. As of February, that tally went up by one.

Josyane “Josie” Colwell, self-taught chef and successful caterer for more than 25 years, has shuttered her gourmet takeout/catering storefront in Irvington and opened Le Moulin across from the waterfront pavilion.

“A painter paints or a musician plays music because it is inside of them to do it. That’s how it is with cooking and me,” says the Bronxville resident, who was born in Nice and grew up in Opio, France.

“Many expect me to do strictly French



Green “Bouquet”: mâche, spring greens, and pea shoots in a Champagne vinaigrette

cuisine,” says Colwell. “But, while the South of France inspires much of what I do, I also like to mix things up, using Asian or Middle Eastern spices, for example.”

The menu changes weekly but expect dishes such as braised Kobe-beef short ribs, grilled filet mignon with green salsa, and wild sea bass sautéed in white wine. Entrées typically range from \$20 to \$25.

The short wine list has bottles from France, Italy, and South America that predominately range from \$45 to \$60.

Colwell will operate her catering business in the same space as the restaurant/wine bar, which, by the way, may be difficult to find, as there is no proper signage, just a “Le Moulin” etching on the door.

—JBT

SPIRITED

Tequila!

This Cinco de Mayo, ditch the blender in favor of refined craft tequilas.

If your only experience with tequila has been shots or frozen margaritas (and the wicked hangovers they can engender), you don't know tequila. "Many people have the perception that tequila is not refined, but, in actuality, it *is* very refined," says Chef Rafael Palomino of Sonora in Port Chester, which recently completed the transformation of its lounge area into one of Westchester's largest tequila bars. As people begin to discover the diversity of Mexico's regional cuisine, they're also discovering that tequila production goes beyond Cuervo and Patron, to include both artisanal and craft brands. At Sonora, Tromba Anejo—a small-batch tequila aged 20 months in American oak whiskey barrels—evokes the woody spirit. Puro Verde, another

of Palomino's favorite brands, is 100 percent organic and meant to be sipped neat, like Scotch.

At Rio Bravo Tacos & Tequila in Larchmont, owner Edgar Brambila estimates the bar stocks 150 to 180 brands of tequila and at least a dozen mezcals. "In the last five or ten years, [tequila production] has become very competitive," says Brambila. "There are a lot of handcrafted distilleries that produce only so much tequila, and each bottle is numbered and comes with a little certificate." On Tuesdays, Rio Bravo offers a "tequila of the week" at a discounted price, as an incentive for curious customers to try new brands. —*Samantha Garbarini*



SPICE RACK

Discovering unusual spices and herbs, one jar at a time

[Stevia]



aka candy leaf, sugar leaf, sweet honey leaf

Flavor Strength



Description: A green herb in the chrysanthemum family, stevia looks like a small weed with serrated wide leaves. It's a natural alternative to artificial sweeteners, as the powdered leaves of stevia are 30 times sweeter than table sugar, have no effect on blood sugar, and are non-caloric.

Flavor: Stevia-sweetened foods have a thin sweetness that can leave a bitter after-taste. Traditional bakers tend to prefer caloric sweeteners, such as cane sugar and honey, as they give flavor fullness and body that stevia can't.

Use: Once limited to the health-food market in the US as an unapproved herb, the plant-derived sweetener stevia is now widely available. Sweeten tea or lemonade with stevia; sprinkle it atop warm or cold cereal.

FDA Battles: In 1991, stevia was banned in the US due to early studies that suggested the sweetener may be a carcinogen. A follow-up study repudiated the initial study, and, in 1995, the FDA allowed stevia to be imported and sold as a food supplement but not as a sweetener. At the time, some argued that artificial-sweetener manufacturers pressured the FDA to keep stevia out of the industry. In December 2008, however, the FDA changed its position and allowed stevia in mainstream US food production. —*JBT*

FARE WELL

Square Wheels

Old Chatham Shepherding Creamery makes (square) sheep cheese in the Hudson Valley.



The first thing you need to know about sheep's cheese is that it's nothing like goat cheese. "When people think of sheep, they automatically think of goat and that really musty taste," says Allyson Brennan, national sales and marketing manager at Old Chatham Shepherding Creamery. "But sheep's milk is clean and grassy." Twenty years ago, Tom and Nancy Clark started the company with a flock of about 150 sheep and began making cheese in Old Chatham in Columbia County. Fast-forward to 2016 and the award-winning creamery has expanded to meet large customer demand.

The company makes three cheeses: Hudson Valley Camembert, Ewe's Blue, and Kinderhook Creek, with the Camembert best known for its unique square shape (it also comes in wheels

and wedges). Its soft, bloomy rind gives way to buttery flavor with a grassy finish. Ewe's Blue is a fruity, Roquefort-style blue with plenty of veining. And Kinderhook Creek can be eaten straight from the store when the texture is a soft paste, or aged in the refrigerator for a few weeks until it becomes super soft and oozy. At that stage, you can slice off the top and serve the whole wheel at room temperature like a natural fondue, says Brennan.

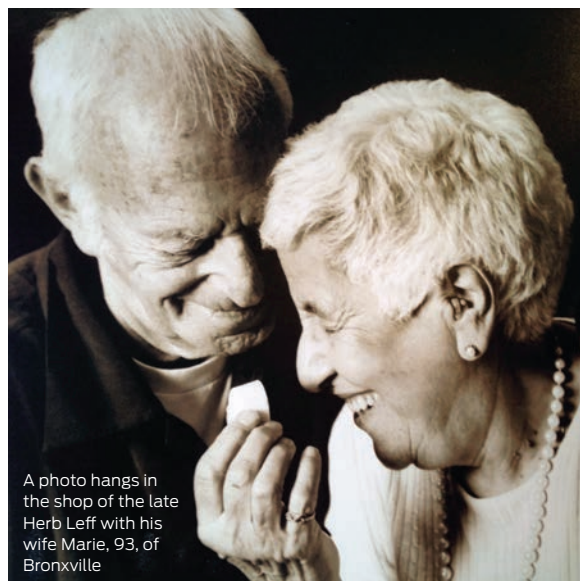
There's also a sheep yogurt (flavors include crystallized ginger, pure maple syrup, and mission fig, to be introduced this summer) that's become a best-seller. You can find a selection of these products at local stores including June & Ho in Rye and Mrs. Green's, or order them online (www.oldchathamsherding.com). —*SG*

OUTSIDE THE KITCHEN

Chef/Chocolatier: Angela Ingrao
Residence: New Rochelle
Food Business: Cocoa in Larchmont

Angela Ingrao cites two artistic influences: Marc Chagall and Uncle Herb. One wowed her at the Metropolitan Opera with paint, the other at her kitchen table with paper.

Uncle Herb was Herb Leff, an art teacher who lived near Ingrao's family in Bronxville. "After school, we'd do art projects," she says. There were Calder-like mobiles and Matissean cutouts. "He inspired my artistic aesthetic, which plays into my chocolate-making. I always loved working with my hands." Uncle Herb also happened to stock Mallomars, a childhood obsession. "They were enrobed in dark chocolate," she notes. And Chagall? "My father loved opera; we'd go to the Met once or twice a year. The beautiful Chagalls [on display there] were another huge component [of my artistic development]."



A photo hangs in the shop of the late Herb Leff with his wife Marie, 93, of Bronxville

We're sitting in her confection of a confectionary: powder-pink walls enveloping sheaves of nut-stippled bark, peanut-butter-cup domes and bonbons gold-flecked like fairy dust. Benevolently overlooking it all is a portrait of Uncle Herb. "He passed away but got to see the shop," Ingrao says softly. "He was thrilled to have the portrait here." She named a bark in his honor, as she does for cherished family and friends. His is gingerroot. But Uncle Herb's influence seems to have extended beyond art. "When we'd go out for Chinese food, Uncle Herb was always pushing us to try new flavors. My Italian family didn't cook with ginger. He opened my eyes."



Chef Speak

"When we'd go out for Chinese food, Uncle Herb was always pushing us to try new flavors. My Italian family didn't cook with ginger. He opened my eyes."

Today, lavender, cinnamon, and chili pepper all make appearances in her chocolate—of which dark remains her favorite. "As a kid, I'd squirrel the Special Dark out of the Hershey's Miniatures bag," she recalls, grinning. And when relatives from Italy and France visited, it got even better: They brought dark chocolate in bulk. There were, however, two summers when she did the visiting, with family road trips in Italy (Milan down through Sicily) and France (Paris to Avignon).

She's done a lot of European traveling with her own three now-grown children, but in-between there were more prosaic journeys: to Manhattan, for college at Barnard and a fine-arts degree; to the New York Restaurant School, for pastry; and on to the Institute of Culinary Education and French Culinary Institute, for candy, bonbons, and truffles. "In the early '80s, the culinary scene in the city was exploding," she says. "The Silver Palate had opened; Dean & DeLuca was catering, and I would get lunch there. I loved working with my hands, especially making ceramics, and a teacher told me that pastry chefs and ceramicists have things in common." She took that suggestion and ran with it, making pit stops in restaurant pastry kitchens, with a final lap in Larchmont, when she opened Cocoa in 2002.

She's 56 now, happily settled with a significant other and successful children. But she has a few more laps in mind. "I'd have an herb garden, to create my own tinctures, make ceramics, and live near the water," she muses. But that water wouldn't be Long Island Sound. "Maybe Messina, Sicily, where my grandparents are from," she considers. "Or the Aeolian Islands: Lipari or Volcano. I'd sit by the sea and drink nero d'avola." I know that wine; it goes very well with dark chocolate.

—Diane Weintraub Pohl

WHAT THE HECK IS A...
Korean Melon



Description: Though there are many varieties of melons popular in Korea, the most common to North America is the chamoe, better known (in the US anyway) as the Korean melon. Approximately the size of a papaya, the oval fruit has a bright-yellow skin with a series of evenly spaced white seams running top to bottom. Inside, the look is similar to that of a honeydew melon, except it's all white instead of pale green. In addition to the crisp flesh, the seeds and surrounding sweet pulp are targets for many Korean melon fans. The thin, yellow rind, however, while edible, is bitter.

Flavor Profile: The flesh, which is a few notches more supple than a pear, tastes of cantaloupe, pear, and even banana. Others say it has a mildly sweet cucumber flavor.

Choosing a Good One: Avoid a melon with brown spots. Look for a firm melon with a dull, waxy texture that's heavy for its size and yields slightly under pressure.

Storage: Store whole melons up to five days at room temperature. Once cut, wrap melon in plastic and refrigerate up to three days.

Culinary Uses: Similar to watermelon, Korean melon makes for a juicy and refreshing summer snack. Eat fresh in wedges or chop into cubes for an addition to fruit salads or green salads. It is also excellent for smoothies, ice cream, and other frozen desserts. —JBT

TABLE MATTERS
DINING SCENE
News and Notes

Chef Dinesh Karuppasamy, formerly of the defunct Shukaila in Yonkers, has opened **Valley Indian Bistro** (1550 Central Ave, Yonkers 914-222-9418; www.valleyindianbistroyonkers.com) in the space that once held Zafran Fusion Foods of India. Valley serves the customary Indian favorites, with an emphasis on Southern Indian specialties. Veggie pakora (deep-fried vegetables in chickpea flour), lamb vindaloo, Malabar fish curry, and vegetarian korma are dishes to try. A \$14 lunch buffet is offered on weekends ➔ **T-Swirl Crêpes** (151 Mamaroneck Ave, White Plains www.t-swirlcrepe.com), a budding chain centered on the unique concept of Japanese-style crêpes, is scheduled to open by summer aside Haiku in a space that was formerly a salon. The 22 crêpes offered are made from gluten-free rice flour and served in cone-shaped paper holders convenient for on-the-go nosing. Savory flavors include Thai chicken, shrimp avocado, smoked salmon, and egg-white mushroom truffle. Among the sweet offerings: caramel Fuji apple, matcha chocolate truffle, wild berries, and mango raspberries. There are also shakes, including matcha, red bean, and black sesame ➔ A five-course white-truffle dinner is on offer through May 31 at **Il Sogno Ristorante** (316 Boston Post Rd, Port Chester 914-937-7200; www.ilsognony.com). The \$50 dinner includes truffle bruschetta, organic eggs in white-truffle sauce, house-made linguine in cream of white truffle; veal scaloppine with portobello carpaccio in a white truffle sauce and white truffle mash, and truffle hazelnut gelato. Chef Rafael Palomino of Sonora is a partner at Il Sogno ➔ Chef Matt Kay of **Cedar Street Grill** (23 Cedar St, Dobbs Ferry 914-674-0706; www.cedarstreetgrillny.com) has a few new items on his spring menu, including charred octopus with black quinoa and sweet corn; blackened grouper with lentils, grilled asparagus, and marinated oranges; and a grilled maple pork chop over couscous with bacon, almonds, cranberries, and wild mushrooms. —JBT

Pearl

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Eat your flowers! Jane's Ice Cream spring offerings: Apricot orange blossom and lavender flavors.



Petals for Your Palate

Come spring, there's another way to eat seasonally. Do you admire the beautiful, fragrant flowers that blossom after April showers? Well, eat them. **BY AMY SOWDER**

When spring blooms, we like to nuzzle our noses into every pretty petal to inhale the fresh, floral essence with all our pent-up winter eagerness. Naturally, chefs, farmers, diners, and home cooks alike are hungering to take that color, fragrance, and beauty to the next level—enabling more than just our sense of smell to be titillated by those sweet little suckers. We want them snuggling with our palates, too.

We're not just talking goat-cheese-filled fried squash blossoms or those purple violas decorating your plates at sushi restaurants. Chefs are appreciating flowers for more than their visual appeal as garnishes, instead plucking them for their specific, subtle flavor to enhance an entrée, salad, drink, or dessert.

This is about the flower petal itself, yes, but also flower water, essence, oil, powder, and crystals. Flower Power has returned.

"There has been a lavender explosion, from hand cream to ice cream," says Amy Keller, co-owner, with her husband, Bob Guidubaldi, of Jane's Ice Cream. The family-owned company makes its ice cream in Kingston, New York, and sells it to businesses throughout the tri-state area, including The Hudson Creamery in Peekskill. The creamery carries

16 of Jane's flavors, including lavender and apricot orange blossom. Founded in 1985, Jane's now has almost 100 flavors, including another floral: date rosewater.

Keller and Guidubaldi created the flowery flavors in just the past five years, Keller says. Unlike some ideas, these flavors were popular enough to remain on the menu. "We were doing this originally because we love those flavors ourselves. It wasn't really trending at the time," she says.

Chef Nigel Spence of Ripe, a Caribbean-influenced restaurant in Mount Vernon, uses rosewater almost as a liquid spice in his island-style bread pudding with guava sauce.

"I use rosewater in my bread pudding as sort of a secret ingredient because, if used in the proper proportions, you don't realize that it's there, but it carries a subtle floral scent and essence that vanilla cannot provide."

The chef uses hibiscus in several forms in two of his restaurant's most popular seasonal cocktails. The Pink & Pretty is made with Champagne, pink grapefruit juice, and hibiscus syrup, with a whole hibiscus flower submerged inside the flute. The other drink is what people in the Caribbean call sorrel, Spence says. The sepals of fresh or dried hibiscus flowers are boiled and then steeped overnight with ingredients such as cinnamon sticks, whole pimento berries, ginger, rum, and sugar. The resulting complex flavor

Edible Flowers

Lavender



Geranium



Hibiscus



Nasturtium



TOP PHOTO BY CAIT BREWSTER

becomes a base for many cocktails because it blends well with most types of alcohol.

“Sorrel is like a tart, fruity wine syrup that is usually flavored with ginger,” Spence says. “When left to steep at room temperature, or even in the refrigerator, it becomes fermented and the flavors become more complex.”


Rose and hibiscus are gaining a lot of attention in particular. Hastings Tea & Coffee Lounge in White Plains offers two nonalcoholic tea cocktails featuring those flower infusions: a Honey Rose Oolong and a Berry Hibiscus. Paleteria Fernandez in Port Chester and Mamaroneck has a hibiscus flower paleta, which is a frozen bar usually made with fruit. And Chantilly Patisserie in Bronxville has a seasonal raspberry-rose-macaron flavor. The patisserie also uses real flowers on cakes at clients’ requests.

Mediterranean and Middle Eastern cultures have been using rose petals and rosewater in their cuisines for ages. In Elmsford, Shiraz Kitchen offers Persian ice cream—a vanilla base perfumed with saffron and rosewater. It’s also in sandwich form, between two vanilla wafers. And Shiraz’s Faloodeh dessert has rosewater-and-cardamom-flavored frozen rice noodles, accompanied by sour-cherry syrup.

It’s no coincidence that chocolatier Diane Holland named her Rye shop Blue Tulip Chocolates when she opened in September 2013. Besides the connection between her surname and the flower-filled European country, she paints flowers with sugar and attaches them to chocolates every spring. She candies pansies, roses, and hibiscus—the last two having particularly subtle flavor. She’ll pulverize the petals painted with egg whites and sugar and use the pink crystals to garnish her raspberry-dark chocolate truffle and her Himalayan Salted Caramel Splash.

“Rose and hibiscus add another layer of flavor,” says Holland, whose shop offers almost 50 flavors—some seasonally, some year-round. “Those two have become regulars, though, because people really like them.”

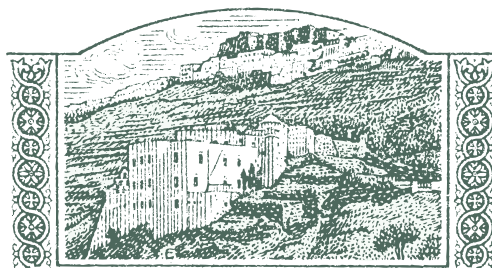
Holland also purchases dried French lavender and infuses it in cream, strains it, and incorporates into ganache with honey from Provence. The chocolatier, along with other culinary-flower fans, warns against creating an overly floral flavor. “If you keep lavender in too long, there’s this line; it turns savory and tastes like meat. You learn from experience. You have to keep it light,” Holland says. “You want it to float over your tongue but not drown in it.”

 For a list of edible flowers, flavor profiles, and the best way to enjoy them, go to www.westchestermagazine.com/ef

Amy Sowder is a freelance food and fitness writer based in Brooklyn; she also works for chowhound.com in Manhattan. She loves eating flowers, although, lavender and jasmine can sometimes be a little too soapy. Rose is her favorite. Learn more at www.AmySowder.com.

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This page: Sesame-crust seared yellowfin tuna with seaweed salad is simply yet elegantly presented. *Opposite page:* The Bangkok mussels is a top dish at Café Mirage.

Good Food Oasis

After a 15-year stint in a limited-seat location on Main Street, popular Port Chester mainstay Café Mirage is back in bigger digs, serving its signature global comfort fare. **BY DINA CHENEY**

Imagine an ideal community restaurant. A place where the mood is convivial, the patrons are greeted warmly, and the food is always delicious and elevated above the everyday. Café Mirage, which moved from North Main Street to a larger location on Westchester Avenue in bustling downtown Port Chester, is well worth visiting for a crowd-pleasing experience. I'm not the only one to have made this discovery: On a recent Friday night, the place was packed with a variety of customers: families, couples, seniors, and 20-somethings.

All that said, I was initially nonplussed by its appearance. The restaurant's sign is a neon palm tree, and its entrance is strange. You open a door and reach a vestibule with a hostess stand (which is sometimes unattended). From there, you can either venture left, to an area with a large bar and flat-screen televisions, or head to the right and reach a quieter dining room, without the bar feel. The décor throughout, though pleasant, comfortable, and extremely clean, is generic, with naked wooden tables, wood floors, and blue walls. Considering the restaurant's relatively high prices, Café Mirage should have aimed for a more sophisticated, distinctive look.

Despite my disappointment in its design, I

was immediately won over, on all three of my visits, by the friendly and ample staff, excellent service, and mostly impressive food. At dinner on a Friday night, our charming and considerate waiter, Peter, rightly pointed us toward the restaurant's top savory dishes (the Bangkok mussels and duck-and-goat-cheese quesadilla appetizers and the Maryland-style jumbo-lump crab cake and coconut curry chicken entrées). Meanwhile, our bread basket (with white, whole-grain, and olive options, plus butter and hummus) and water glasses were constantly refilled. During a Monday lunch, my dining companion and I were saying we wish we had another set of chopsticks, which a manager overheard and immediately brought over. Meanwhile, the food always arrived with no lag times.

Across the board, the amply portioned food impressed—especially pan-fried, deep-fried, and sauced items. The expansive menu includes globally inspired comfort-food dishes, specials, a kid's menu, and even spice-level options for several dishes (the Asian sticky wings can come mild, medium, hot, or “volcanic!!!”)

The arugula salad, featuring pink-grapefruit sections, pine nuts, red onion, and crumbled blue cheese in poppyseed vinaigrette, offered a refreshing start to our meal. The Bangkok mussels (perfectly

Café Mirage
 223 Westchester Ave.
 Port Chester
 (914) 481-5581
www.cafemirage.com
 Food ★★★★★
 Service ★★★★★
 Atmosphere ★★★★★
 Cost \$\$\$\$

For more restaurant reviews, visit www.westchestermagazine.com/restaurantreviews.

PHOTOS BY ROY GUMFEL

cooked, all opened) arrived in the most flavorful, nuanced Thai-inspired coconut broth. It was so delicious, I sopped up the remainder with some of the fresh bread and expertly prepared parsley-flecked fries. The duck-and-goat-cheese quesadilla, topped with chipotle sour cream, was golden brown and crispy on the outside, and creamy and tender on the inside.


Amongst the entrées, the shrimp and andouille sausage gumbo, with subtle heat from jalapenos, tasted very authentic, while the sesame-crust, seared yellowfin tuna was medium-rare, cut in elegant slices and served over rice with seaweed salad and dipping sauce. Flawless tacos (choose from tuna,



chicken, or steak) came with guacamole, pico de gallo, rice, black beans, and lime wedges. The meat in the coconut curry chicken was extra-tender, blanketed by a crave-worthy sauce laden with sautéed vegetables. The crab cakes, though pricey (\$30), came two to an order. Golden brown on the outside, their interiors brimmed with large chunks of crab meat. The remoulade and slightly sweet and crunchy cabbage slaw were ideal accompaniments.

Any quibbles I had with the savory dishes were relatively minor. The crab cake entrée and lobster-and-vegetable-egg-roll appetizer were underseasoned, and the shrimp in the Thai lemongrass shrimp appetizer and beef in the Korean *bulgogi* appetizer were overcooked (the steak was unpleasantly chewy). Although the Philly cheesesteak sandwich was an excellent rendition of a classic, it would have benefited from a bright mayonnaise (such as lemon and pickled pepper) for intensity and contrast.

For dessert, you *must* order the bread-and-butter pudding, dripping with salted caramel sauce and topped with house-made whipped cream. The crème brûlée is textbook-perfect, with a brittle, crackly caramelized sugar crust and smooth vanilla-laced custard. The whipped-cream-topped chocolate mousse is another winner (it's a terrific way to introduce children to a sophisticated dessert mainstay).

For solidly executed food with no pretense, head to the new Café Mirage. I guarantee you will leave satiated, content, and dreaming of the Bangkok mussels and bread-and-butter pudding. 

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BY SAMANTHA GARBARINI

New This Month to Our Listings

EXIT 4 FOOD HALL *Eclectic* \$\$

The food-hall trend comes to Mount Kisco with nine stations serving everything from wood-fired pizzas to barbecue to sushi. Don't miss the ahi bánh mì from the Panini, Sandwiches and Wraps station; fresh pastas from Piaci Pasta Bar; plates of charcuterie; the raw bar; and a rotating selection of craft beers at X4 on Tap. Rustic communal tables made of salvaged and reclaimed wood comprise the majority of the seating. Open daily for lunch and dinner. 153 Main St, Mount Kisco (914) 241-1200; www.exit4foodhall.com

TREDICI NORTH *Italian* \$\$\$ (Pastas)/\$\$\$\$ (Mains)

Chef Giuseppe Fanelli runs the kitchen at this 68-seat Italian eatery in the space previously occupied by China White. Dishes to try include indulgent appetizers such as "Inside-Out" meatballs stuffed with mozzarella and ricotta or a main plate of smoked short ribs with balsamic onions and stoneground polenta. A don't-miss dessert is the whimsical peanut butter and jelly panna cotta. Open for lunch and dinner Tues to Fri; dinner only Sat and Sun; closed Mon. 578 Anderson Hill Rd, Purchase (914) 997-4113; www.tredicinorth.com

CAFÉ MIRAGE *Eclectic* \$\$\$

Food: ★★★ Service: ★★★ Atmosphere:★★
(See review on page 170.)

In its new, larger location, Café Mirage serves up an array of international dishes ranging from authentic Louisiana shrimp and andouille sausage gumbo to jerk chicken, skirt steak, or yellowfin tuna tacos. The Bangkok mussels in a Thai-inspired coconut-milk broth, and the decadent bread-and-butter pudding are musts. Open for lunch and dinner Mon to Sat; brunch and dinner Sun. 223 Westchester Ave, Port Chester (914) 481-5581; www.cafemirageny.com

THE OLDE STONE MILL *Italian American* \$\$\$

Housed in a 200-year-old stone mill, this 160-seat restaurant serves all the classics, including penne alla vodka, chicken scarpapello, linguine with frutti di mare, and almond-crust salmon. Live piano on Saturday evenings; outdoor dining on the patio or in the picturesque garden during warmer months. Open Tues to Sat for lunch and dinner; brunch and dinner Sun; closed Mon. 2 Scarsdale Rd, Tuckahoe (914) 771-7661; www.theoldestonemill.com

RIVER CITY GRILLE *New American* \$\$\$

Bobby Manzi is the chef/owner at this Irvington institution in business for nearly 20 years. Dishes to try include mushroom ravioli with cream, pecorino, and truffle oil; duck dumplings with hoisin sauce; Korean beef tacos; simply grilled meats; roasted chicken with potatoes, fennel, and lemon; and Sunday gravy with a dollop of ricotta. A full gluten-free menu is also available. Open for lunch and dinner Mon to Fri; brunch and dinner Sat and Sun. 6 S Broadway, Irvington (914) 591-2033; www.rivercitygrille.com

Ardsey

BOW 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.lacatenaardsley.com

BOW 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

BOW 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

BOW 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

BOW MODERNE BARN *New American* \$\$\$

The Livanos Restaurant Group's (City Limits Diners, Molyvos, Abboccato) hometown eatery is a New American restaurant with Mediterranean touches. Executive Chef Ethan Kostbar uses natural, local ingredients to create such dishes as black peppercorn seared tuna, mint pappardelle in

TASTINGS

Lean, Clean, and Green

Fresh-pressed juices made from ginger, juicy apples, and nutrient-rich kale; crisp salads loaded with plump tomatoes and a colorful confetti of fresh vegetables; sandwiches that don't leave you hungry an hour after lunch. At Green Life (266 Mamaroneck Ave, Mamaroneck 914-341-1725; www.greenlifeny.com), taste is definitely not a casualty of nutrition.

Born and raised in Harrison, brothers Gregory, Anthony, and Mark Caligiuri were always struggling to find somewhere healthy to eat among the delis and local pizza joints. After growing up in the restaurant business (their father owned Cold Cut City in Riverdale), the Caligiuri brothers opened Green Life in June 2015.

Quality and portion control are the foundation of healthy eating, so the brothers teamed up with nutritionist Lesley Greenspan (founder of CaveCrave, a local granola brand available at at Green Life) to ensure their meals are properly sized and nutritionally balanced. All the meat is GMO-free, and deliveries of fresh produce arrive daily from New York State farms.

Gregory Caligiuri's favorite dish might be the Sweet Chick: a wrap with grilled chicken, sweet potato, spinach, and provolone, topped with chipotle mayo. But if eating another chicken sandwich (even a good one) doesn't excite you, the diverse menu includes turkey chili with sweet potatoes and corn salsa, organic bison burgers, and tuna tartare served over mashed avocados with a light, teriyaki-balsamic glaze.

"I think the biggest thing we want to do is not stay constant," says Gregory. "We want to have something different almost every week in this store." —Christina Farah



a braised lamb-shoulder ragu, and lobster cobb salad. Private dining available. Open for lunch Mon to Fri, every day for dinner, and Sun for brunch. A \$20 two-course express lunch is offered. 430 Bedford Rd, Armonk (914) 730-0001; www.modernebarn.com ★★★ (12/2010)

BOW 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

BOW 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

BOW 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

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 & FISH *Seafood* \$\$\$

Andrew Hopkins is executive chef at this 65-seat seafood-centric bistro. On the menu: fried oysters, shrimp and grits, a variety of mussel pots, seafood pasta, and clam strips. Cocktails with ingredients ranging from lychee to fresh herbs are offered. Open every day for lunch and dinner, and brunch on weekends. 143 Parkway Rd, Bronxville (914) 337-5100; www.143parkbistroandfish.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

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dining out

(Continued from previous page)

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

Dobbs Ferry

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 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

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 polpetta 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

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 (10/2015)

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

DELFINO'S Italian \$\$\$

Chef Anthony Delfino serves Italian classics like eggplant rollatini; cavatelli rustica with sweet sausage, fresh basil and ricotta; tender veal chop martini; and a breaded Chicken Alex with sliced tomato, fresh mozzarella, and roasted peppers on a bed of spinach. Expect live entertainment on Friday nights. Outdoor dining available in warmer weather. Open for lunch and dinner Tues to Fri; dinner only Sat and Sun; closed Mon. 60 Halstead Ave, Harrison (914) 835-2535; www.dineatdelfinosny.com

PORTA NAPOLI Pizza \$\$

This Neapolitan-style pizzeria from the owners of Kesté Pizza & Vino in Manhattan's West Village turns out thin-crust pies from its Stefano Ferrara wood-burning oven. Choose from nearly 40 pies, including the Del Papa, with butternut-squash cream, peppers, zucchini, and smoked mozzarella, and the Montanara, which is lightly fried, topped with red sauce and smoked provola, and finished in the 900°F oven. There are also a number of gluten-free pizzas and a wine list featuring Italian bottles (most bottles between \$36 and \$54). Open daily for lunch and dinner. 261 Halstead Ave, Harrison (914) 732-3232; www.portanapoliny.com



Kishuya

Hartsdale

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

KISHUYA Ramen \$\$

Food: ★★★ Service: ★★½ Atmosphere: ★★½ (12/2015)

This traditional ramen shop tucked into a shopping center on Central Avenue serves well-executed noodle bowls. Dishes to try include pork bao with a sweet-and-savory brown sauce; spicy Tantanmen ramen with ground pork; and an earthy miso ramen

with fresh vegetables. A selection of drinks and Japanese beers is available. Open daily for lunch and dinner. 163 S Central Ave, Hartsdale (914) 949-0600; www.kishuya.com

Hastings-on-Hudson

SAINT GEORGE French \$\$\$

In the space that was formerly Buffet de la Gare comes this contemporary French bistro from Chef Chris Vergara. Look for dishes like onion soup made with duck bouillon; coq au vin; and côte de boeuf or cassoulet for two. The wine list comprises all-French bottles, and the bistro has an absinthe fountain. Open for dinner Tues to Sun; brunch Sat and Sun; closed Monday. 155 Southside Ave, Hastings-on-Hudson (914) 478-1671; www.saintgeorgebistro.com

Irvington

BOWL 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)

BOWL 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-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 marechiare, 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

BOWL 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; www.encore-bistro.com

LENNY'S SEAFOOD AND STEAKHOUSE

Steakhouse \$\$\$

Food: ★★½ Service: ★★★★★ Atmosphere: ★★★ (04/2016)

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

UPDATE MADISON KITCHEN *Small Plates \$\$\$*

Chef and Owner Nick DiBona has completely revamped the menu to feature mostly small plates and select number of large dishes meant for sharing. Dishes to try include roasted eggplant meatballs; Sir Madison sliders with cheddar cheese and bacon-onion jam; and buffalo chicken and blue-cheese waffle skewers. Four pastas "for the table" are also offered. For dessert, don't miss DiBona's signature Bona Bona ice cream in flavors like rainbow cookie and backyard mint. Reservations recommended. Open for dinner Mon to Sat; closed Sun. 7 Madison Ave, Larchmont (914) 732-3024; www.mklarchmont.com

Mamaroneck

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

MODERN ON THE RAILS *Italian \$\$\$*

The owners of Modern Restaurant & Lounge in New Rochelle also operate this 140-seat restaurant in the space that was formerly Club Car in Mamaroneck. Try an upscale take on fried meatballs made with Kobe beef, chipotle calamari, or selections from the raw bar. Open daily for dinner, Tues to Sat for lunch and a Sun brunch. One Station Plz, Mamaroneck (914) 777-9300; www.modernontherails.com

Millwood

SPACCARELLI'S RISTORANTE *Italian \$\$\$*

This 80-seat Italian eatery specializes in the cuisine of the Abruzzese region. Try the homemade gnocchi, branzino 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

Mount Kisco

251 LEX *Mediterranean \$\$\$*

Constantine Kalandranis, owner of Harrison's 273 Kitchen and 8 North Broadway in Nyack, runs this 135-seat restaurant housed in an 100-year-old Victorian. The ever-changing menu features small plates and entrées (with a special emphasis on fresh seafood). There's also a three-course prix-fixe menu for \$45 and a selection of small-production wines and craft beers. Open daily for dinner. 251 Lexington Ave, Mount Kisco (914) 218-8156; www.251lex.com

CAFÉ OF LOVE *New American \$\$\$*

Leslie Lampert, owner of gourmet-shop Ladle of Love, owns this 55-seat restaurant showcasing local ingredients. Dishes to try include butternut squash, sweet potato, and apple soup with maple syrup; pan-roasted John Fazio duck breast and confit with figs and sautéed mustard greens; and truffled chickpeas. Open for lunch and dinner Tues to Fri; brunch and dinner Sat and Sun. Reservations strongly recommended. 38 E Main St, Mount Kisco (914) 242-1002; www.cafeofloveny.com



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dining out

(Continued from previous page)

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

LITTLE DRUNKEN CHEF TAPAS + OYSTER BAR

Global Tapas \$\$\$

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

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 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 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 putanesca. 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

ROC-N-RAMEN *Ramen* \$\$\$

Food: ★★ Service: ★★½ Atmosphere: ★½ (12/2015)

This small eatery across from New Roc City features classic appetizers and ramen bowls, plus unique fusion flavors. Don't miss the special oxtail curry ramen when available, pork-based tonkotsu, or

fusion jerk chicken ramen. BYOB. Open daily for lunch and dinner. 19 Anderson St, New Rochelle (914) 365-1166; www.rocnramen914.com

North Salem

VOX BAR & RESTAURANT *French/Eclectic* \$\$\$

With an outdoor patio overlooking the green landscape of North Salem, this unpretentious French restaurant serves classics like escargots with parsley-garlic butter, croque monsieur, and poulet frites. Beyond French, look for dishes like Asian-inspired ahi tuna served with seaweed salad and wasabi cream, comforting lobster macaroni and cheese, and fresh seafood served in boats of shaved ice. Open for dinner Thurs to Sun; lunch Thurs and Fri; closed Mon and Tues. 721 Titicus Rd, North Salem (914) 669-5450; www.voxnorthsalem.com

Ossining

BASTA *Pasta/Pizza* \$\$\$

If you seek out this hidden gem, you're likely to be rewarded with classic Italian favorites expertly executed with an eye toward simplicity and fresh ingredients. Chefs Leah DiSisto and Roger Mason turn out 11 pizzas, ranging from simple margherita to sausage and arugula, to fig and prosciutto with balsamic roasted onions. There are also simple antipasti; traditional pastas, like carbonara and aglio olio; and a handful of mains. The restaurant does not have a liquor license. Open for dinner Tues to Sun; lunch Wed to Sat; closed Monday. 27 Campwoods Rd, Ossining (914) 236-3400; www.basta27.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 Executive Chef Krista Espinal 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 Honeymoon (Bulleit Bourbon, honey syrup, lime juice, and cloves), are offered. Open Mon to Sat for lunch and dinner. 911 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

BOW RAMESQUE *Japanese* \$\$

This Japanese restaurant with locations in Peekskill and Thornwood is known for its ramen bowls, including classics like chicken or pork tonkotsu; miso ramen; spicy, Thai-inspired TomYum; and tangy kimchi ramen. You'll also find appetizers, udon, a vast selection of sushi, and mains like bulgogi beef donburi (marinated Korean rib-eye bowl). All dishes are made without MSG. Open for lunch and dinner Wed to Sun; Tues Thornwood only; closed Sun and Mon. 1008 Main St, Peekskill (914) 930-1788; 14 Marble St, Thornwood (914) 741-5100; www.ramesque.net

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

WOOD & FIRE *Italian* \$\$\$ (pizza); \$\$\$ (entrées)

Food: ★★★ Service: ★★★ Atmosphere: ★★½ (11/2015)

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 COALS *Italian* \$\$

Hand-stretched pies made with imported Italian ingredients are grilled at this pizzeria and craft-beer restaurant. On the menu: classic margarita; the Smokey Joe with fontinella, smoked mozzarella, tomato, sweet coppa, and red onion; and other grilled dishes like spicy wings. The hand-formed beef burger won Best Burger at our 2015 Burger & Beer Blast. Some sidewalk seating available in warm weather. Open Mon through Thurs for dinner and Fri through Sun for lunch and dinner. 35 N Main St, Port Chester (914) 305-3220; 131 Parkway Rd, Bronxville; www.coalspizza.com ★★★ (11/2012)

PANKA PERUVIAN BISTRO *Peruvian*

Among Port Chester's multitude of Latin restaurants is Panka, a family-owned Peruvian bistro serving traditional dishes. Expect five kinds of fresh ceviche bathed in lime juice; lomo saltado (steak with peppers, tomatoes, and onions); pollo alla brasa; and a South American twist on mushroom risotto made with quinoa. Open for lunch Mon to Sun; dinner Mon to Sat. 167 Westchester Ave, Port Chester (914) 481-5424; www.pankabistro.com

RYE HOUSE American \$\$\$

An offshoot of the Union Square restaurant of the same name, this 100-seat gastropub serves American fare with a Southern tilt. On the menu: truffle grilled cheese with fontina, arugula, and mushrooms; four varieties of chicken wings; cider-glazed pork belly with crushed pecans and apple; and a can't-miss Carolina shrimp and grits. The bar features more than 100 whiskeys from around the world, plus a selection of craft beers and cocktails. A \$15 lunch special includes an appetizer and sandwich. Open daily for lunch and dinner and brunch on Sun. 126 N Main St, Port Chester (914) 481-8771; www.ryehousepc.com

SALTAIRE OYSTER BAR AND FISH HOUSE

Seafood \$\$\$

Food: ★★★★★ Service: ★★★★★ Atmosphere: ★★★★★ (02/2016)

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

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

Rye

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

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

RUBY'S OYSTER BAR & BISTRO

Seafood Bistro \$\$\$\$

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.rubysosterbar.com

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 cowboy 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



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dining out

(Continued from previous page)

Scarsdale

BOWL 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

BOWL 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

UPDATE WUJI Chinese \$\$\$
This 100-seat Chinese-American restaurant aims to improve the classics with high-quality ingredients and stylish plating. Dishes to try include organic heritage pork spare ribs with honey-plum glaze, Cantonese roast chicken with crispy garlic and shallots, or spicy fried rice served under an oozy, soft egg. Additional locations are slated to open in Rye and Greenwich, CT. Open daily for dinner; lunch Rye only Mon to Sat. Open daily for dinner; lunch Rye only Mon to Sat. 2 Chase Rd, Scarsdale (914) 713-8811; 26 Purchase St, Rye (914) 481-4758; 68 E Putnam Ave, Greenwich (844) 985-4669; www.wujirestaurant.com

Tarrytown

BOWL 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 Kittle 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

Sleepy Hollow

SEASPICE Thai \$\$
The owners of Noodle+ in White Plains own this 50-seat Thai eatery. The menu includes a variety of freshly made dumplings, noodle soup bowls, and special plates, like the Tiger Cry, featuring marinated, grilled beef with papaya salad, sticky rice, and special sauce. Open for lunch and dinner Tues to Sun. 128 Cortlandt St, Sleepy Hollow (914) 909-5089; www.sea-spice.com

Tuckahoe

BOWL 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

BOWL 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.thetaphouse.com

White Plains

BOWL 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)

CORIANDER MODERN INDIAN Indian \$\$\$
These stylish restaurants feature locally sourced ingredients, craft beer, and organic wines. The 15-seat bar at the White Plains location showcases an assortment of Indian-style tapas. Dishes to try include tacos stuffed with crispy cauliflower in a garlic-and-tomato sauce (lasooni gobi) and Indian Ocean tiger shrimp marinated in a mix of fennel, garlic, yogurt, saffron, cilantro, and lemon juice. Open for lunch and dinner every day except Mon. 154 Larchmont Ave, Larchmont (914) 235-1306; 74 Mamaroneck Ave White Plains (914) 358-4500; www.coriandermy.com

BOWL 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

BOWL 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

MOKOMIYA Ramen \$\$
Food: ★★★ Service: ★★ Atmosphere: ★½
(12/2015)
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

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

TRE ANGELINA Northern Italian \$\$\$

This cozy, white-tablecloth Northern Italian restaurant offers chicken scarpicello, 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

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)

BOW **X2O 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

BOW **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

ABBOCATO ITALIAN KITCHEN Italian \$\$\$\$

The Livanos family, the group behind City Limits and Moderne Barn, owns this 85-seat Midtown Italian eatery. Executive Chef David Arias' menu features dishes from Italy's diverse regions, including butternut squash ravioli with butter, sage, and vin cotto; branzino with sautéed baby arugula, oven-roasted potatoes, and cherry tomatoes; and grilled lamb chops on a Sicilian-style eggplant-and-squash caponata. Reservations recommended. Open daily for dinner; lunch Mon thru Sat; breakfast Sat and Sun. 136 W 55th St, New York, NY (212) 265-4000; www.abbocato.com

ELM STREET OYSTER HOUSE Seafood \$\$\$\$

A high-energy seafood restaurant serving such specialties as pan-fried oysters, wasabi-crusted 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

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dining out

(Continued from previous page)

classical cooking techniques and superior ingredients can be had at this Livanos (City Limits, Moderne Barn) restaurant. Try dishes such as roasted eggplant with tomato, yogurt, garlic, and herbs; classic lamb shank with orzo; or a selection of Greek cheeses. Reservations recommended. Open daily for lunch and dinner. 871 Seventh Ave, New York, NY (212) 582-7500; www.molyvos.com

THE NATIONAL *New American* \$\$\$

Food: ★★★★★ Service: ★★★★★ Atmosphere: ★★★★★ (03/2016)

Manhattan chef Geoffrey Zakarian's (co-host of Food Network's *The Kitchen*) first restaurant outside of NYC, The National specializes in wood-grilled fare, including the "Ugly Burger," with cheddar, crispy shallots, and National sauce. Don't miss the chicken liver mousse with red onion marmalade; grilled Spanish octopus with preserved lemon on a bed of potato confit; and snail-shaped lumache pasta with sopressata, broccoli rabe, and Calabrian chilies. Come early for some of the expertly crafted cocktails or after hours for the late-night menu. Open for dinner every day; lunch Mon to Sat; brunch served Sun from 10 to 3; late-night menu Thu to Sat. 376 Greenwich Ave, Greenwich (203) 861-6851; www.thenational-ct.com

OCEANA *Seafood* \$\$\$\$

Chef Ben Pollinger heads up the kitchen at this highly touted gourmet seafood restaurant in Midtown owned by the Livanos family. Innovative favorites include fluke tartare, General Tso's

lobster, and tamari-glazed salmon with water chestnuts and shiitake broth. Don't miss world-class desserts from Pastry Chef Colleen Grapes. Lunch Mon thru Fri; dinner every day. Reservations recommended. Open for breakfast, lunch, and dinner Mon to Fri; dinner only Sat and Sun. 120 W 49th St, New York, NY (212) 759-5941; www.oceanarestaurant.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-crusted 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

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 

KEY TO SYMBOLS

UPDATE We note any significant changes.

BOV 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.



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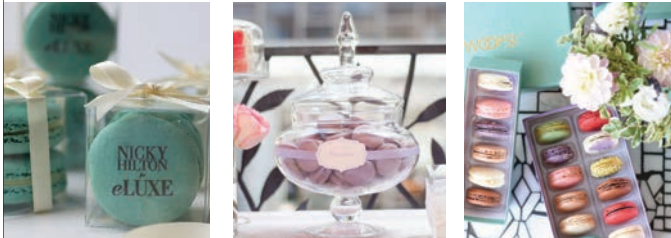
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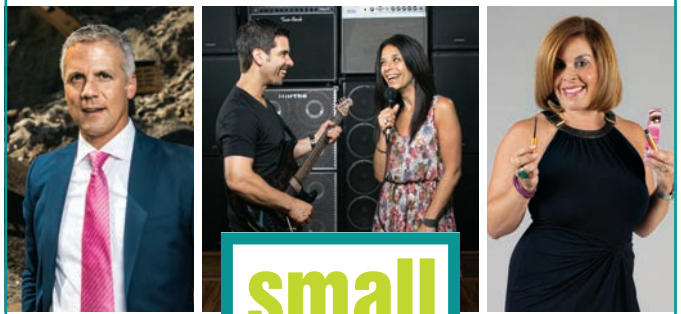
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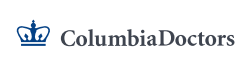
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Lighten Up

A stirring combination of state-of-the-art illumination and special effects, **Lightscaapes** takes visitors through a glowing gallery of sculptures that dapple the grounds of Croton-on-Hudson's Van Cortlandt Manor. Designed and handmade on-site, these inspiring illuminations include a glowing bubble tunnel, a 15-foot-high luna moth, a massive centipede, and a drawbridge spanning a river of light that leads to a glowing castle. Visitors can also enjoy spring-themed treats, including organic sorbet from The Blue Pig in Croton and homemade candy and baked goods from Geordane's of Irvington. Whether enjoying the breathtaking sculptures or the scenic grounds of the manor, guests will find a lot to brighten up their evenings at this multi-week event.

Best Bets

Our favorite reasons to get out of the house this month **BY PAUL ADLER**



May
12

Shock Therapy

It's not every day the reigning "Godfather of Shock Rock" takes the stage in Westchester. **Alice Cooper** first brought a darkly theatrical element to arena rock, fusing elements of horror movies and vaudeville acts into his jaw-dropping shows. The renegade rocker made a name for himself with such hits as "School's Out," "Welcome 2 My Nightmare," and "Poison." Credited with helping to shape the sound of both hard rock and heavy metal, Cooper was a watershed artist throughout the '70s and '80s, drawing both rave reviews and red-hot controversy. He continues in that fearsome vein to this day, with a show at Port Chester's Capitol Theatre this month. With any luck, fans in attendance will be treated to some of the the same mesmerizing visual effects that helped enshrine Cooper as the Grammy-nominated icon he is today.



May 14-
Sep 4

Electric Art

Degas, Cassatt, Bonnard. The names themselves conjure up images of 19th-century Parisian life, genius-level skill, and world-class artwork. In the Bruce Museum's new exhibition, **Electric Paris**, works by these painters and numerous other masters will be on show through the summer in Greenwich. A love letter to the City of Light, the exhibit is divided into four sections: Nocturnes, Lamp Lit Interiors, Street Light, and In and Out of the Spotlight. Over the course of these four subdivisions, the ways in which artists responded to and represented oil lamps and the electric lighting that replaced them are investigated. Works by Vuillard, Toulouse-Lautrec, Marville, and Tissot will join those by Cassatt and Degas in this exhibition showcasing notable artists examining an even more notable city.



May
1

Pops Stars

Get ready for an evening with what is arguably America's most admired orchestra, **The Boston Pops**. Led by conductor Keith Lockhart, the Pops are the most recorded orchestra in the country and have been a legendary force in classical music for more than a hundred years. In this rare Westchester performance at The Performing Arts Center at Purchase College, the Pops will present a program featuring audience favorites from the Broadway and American songbooks, as well as a range of 20th-century classical works. Turns out you don't have to drive all the way up to Beantown to experience that city's most majestic classical orchestra in the flesh.

ELECTRIC ART PHOTO BY TERRA FOUNDATION FOR AMERICAN ART, CHICAGO; BOSTON POPS PHOTO BY STU ROSNER



Hot off the Grid

The Emelin Theatre's fan-favorite program, **Dance Off The Grid**, brings together the biggest names in contemporary dance for three months each year. Closing out its third season this month, Dance Off The Grid will feature three wholly different but equally enthralling companies. Cornfield Dance, founded by famed dancer Ellen Cornfield in 1974, focuses on the subtleties of human interaction and everyday happenstance with a distinct beauty and playfulness. Graham 2, a company dedicated to honoring the enduring legacy of monumental dancer and choreographer Martha Graham, performs pieces from Graham's body of work, as well as those of guest choreographers. And, finally, the Reggie Wilson/Fist and Heel Performance Group is a Brooklyn-based dance company whose mission is to develop and present performance work that examines the intersections of culture and movement.

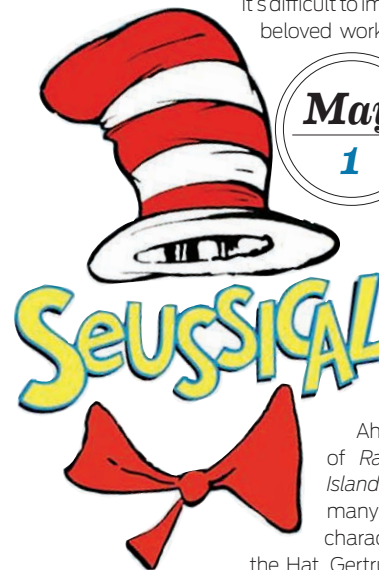


Feat of Clay

When **Andrew Dice Clay** hits the stage, he hits it hard. One of the most infamous stand-up comedians in the history of the medium, the Dice Man is known for his no-holds-barred act, as well as his recent re-emergence as a television-and-film actor in the hit HBO show *Vinyl* and Woody Allen's Oscar-winning comedy *Blue Jasmine*. Clay will return to his roots during his stand-up performance at The Capitol Theatre in Port Chester, when the unrepentantly irreverent funnyman comes armed with a battery of blue jokes. The first comedian to sell out Madison Square Park two nights in a row, Clay is also set to appear in his own Showtime miniseries, titled *Dice*. Considering his recent phoenix-like rise from the ashes of obscurity, now is the ideal time to see what all the fuss is about.

The Doctor Is In

It's difficult to imagine childhood without the beloved works of Dr. Seuss. From *Green Eggs and Ham* to *The Lorax* to *Hop on Pop*,



May
1

Seuss is responsible for some of the most memorable and touching works in children's literature. In **Seussical Jr.**, a stage adaptation presented by the Clocktower Players KIDS Troupe at the Irvington Town Hall Theater. Adapted by Tony Award winners Lynn Ahrens and Stephen Flaherty of *Ragtime* and *Once on This Island*, *Seussical Jr.* brings to life many of the author's most vibrant characters, including the Cat in

the Hat, Gertrude McFuzz, and Horton the Elephant. A kooky score and uplifting storyline complete the production, which teaches youngsters and adults alike the power of friendship, family, loyalty, and community.



May
13, 14

Sneak Peekskill

Founded to promote film literacy throughout the region, the **Peekskill Film Festival** provides a prime opportunity to see some of the world's greatest emerging directors strut their stuff. With a wealth of features, shorts, animation, documentaries, and student work, the festival will overtake Paramount Hudson Valley for two days this month. Focusing on black and Hispanic filmmakers and themes, day one includes a screening of Brooklyn Film Festival winner *But Not for Me*, which stars Peekskill resident Marcus Carl Franklin. On day two, the most honored Mexican film in history, *The Golden Dream* (above), will be screened. With several other independent features, film workshops, and red carpets, anyone interested in the silver screen will want to head to Peekskill for this annual event.

For more information on these events, plus more listings this month, see **Book It!** on page 188.



"It is my favorite thing to do, bar none," says Patinkin of his musical performances. "It is live as live can be, and the reservoir of material is endless."

When the Stage Is His Homeland

Homeland star Mandy Patinkin discusses his landmark show, humanitarian work, and upcoming Westchester performance **BY PAUL ADLER**

While Mandy Patinkin has garnered Emmys and a Tony for his acting, the star actually views singing as a natural extension of this work. "I have always thought of myself as an actor, not a singer, but that I simply tell stories that happen to be in musical notes," he shares. "So, I really think I am just reciting a tale and that the pitch is what changes."

Patinkin, who plays Saul Berenson on the Showtime megahit *Homeland*, will bring this nuanced view of song to Westchester when he performs a wealth of popular standards at The Tarrytown Music Hall on May 20. For the actor, such

musical performances are similar to donning a costume for a part. "Because singing is a different pitch than when we talk, it's a bit like wearing a mask or having an accent," says Patinkin. "Whoever I am most of the time is hidden a bit, and, ironically, that act of being hidden frees me."

As one of the most esteemed actors currently working in television, Patinkin is intimately familiar with what it is like to successfully embody a character. *Homeland* is set to begin shooting its sixth season, which will be filmed primarily in the New York area, according to Showtime president David Nevins. The award-winning program's subject matter dovetails with what has become one of the most important threads in the star's life: his abiding concern for the welfare of those in need.

PHOTO BY DARRELL HOEMANN

In November, Patinkin traveled to Greece to aid Syrian refugees, a trip that was inspired by his acting work. "I was shooting the fifth season of *Homeland* in Berlin, and it was very dark material, which was a reflection of the real world," the actor recalls. "The refugee explosion was happening all around Europe. They were fleeing this horrible war, and I wanted to go over there and walk with those people, hold their hands, give them comfort and reconnect with the real world, as opposed to the fictional world I live in while I'm working."



"[Homeland] is not reality TV. It is a drama, and I feel drama at its best is a poetic version of the real world."

Patinkin joined The International Rescue Committee [IRC] in Greece, where he met with several refugees and gained newfound respect for the organization's work. "I was just so overwhelmed by these young people who run the IRC," says Patinkin. "They literally set up a village to handle 5,000 people a day, and they are expecting another million. I also met families [of refugees], and I was so deeply moved by them."

This experience compelled Patinkin to meet human-rights activists and workers in Cambodia with the American Jewish World Service [AJWS] three months later. Surprisingly, the actor's television

work informed his approach to this humanitarian journey, as well.

"I always felt *Homeland* was successful because it re-engages the lost art of listening, and I can tell you for a fact, that is what Saul Berenson does. Whether engaged in good acts or questionable acts, he listens," says Patinkin. "When we were in Cambodia on this study tour, [AJWS president] Ruth Messinger said that the most important thing we could do is listen and that the power of that is unbelievable."


The impact of these trips on Patinkin is difficult to overstate. "These human-rights journeys I have been on have really been a sea change in my life experience," he admits. "It was one of the great privileges of my life that I was able to go there and meet these people and speak for them. I don't know if I will get a greater gift in my life than that, other than my children and my wife."

However, this does not mean that Patinkin's career has fallen to the wayside.

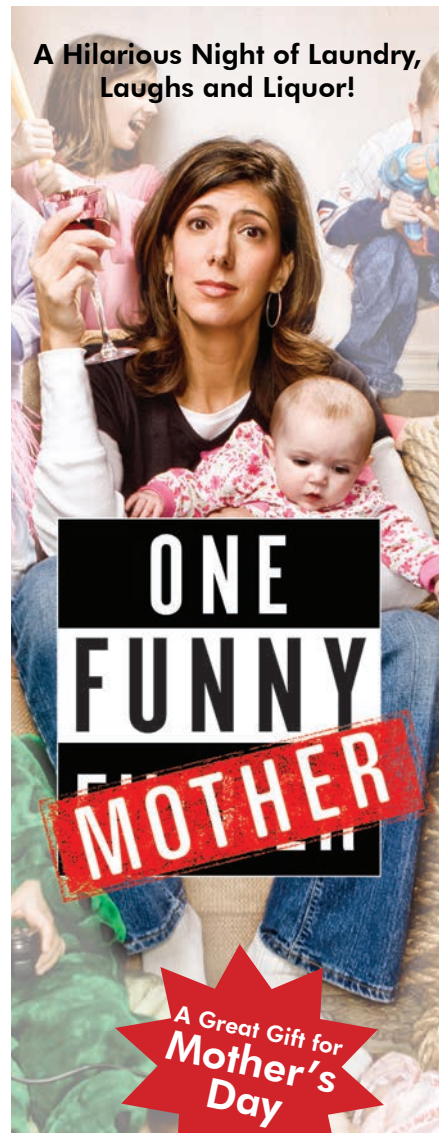
He is currently working on a musical, traveling to Spain and Budapest to star in a movie with Penelope Cruz, and gearing up for his singing tour—not to mention shooting *Homeland's* sixth season, which will air in September. For Patinkin, the importance of the show stretches far beyond its ratings and awards.

"[*Homeland*] is not reality TV. It is a drama, and I feel drama at its best is a poetic version of the real world," muses Patinkin. "And what is that poetic version? It is what we wish the world would be, what we hope for."

In his performance at Tarrytown, Patinkin hopes to tell stories through music, much in the way *Homeland* does through dialogue. "People like Gershwin, Bernstein, and Sondheim are the descendants of the Eastern European musical lineage. They are storytellers," he says.

While Patinkin plans to continue campaigning for human rights around the world, he knows his homeland will forever remain the stage. "I love being with a live audience—that is where I am from—and I am never at home like I am when I am onstage," he says. "I love being in films, and I love doing television, but that is not where I live. I live in the theater." 

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EDITED BY PAUL ADLER



May 24
LABYRINTH at The
Avon, Stamford, CT

art

Ongoing through May 30

ART ON A STRING: ASIAN KITES IN FLIGHT. This colorful exhibition presents a comprehensive look at the variety of kites developed and used across the Asian continent, including an intricate Malaysian moon-kite, and Pakistani fighting kites. *Stamford Museum & Nature Center, Stamford, CT (203-322-1646; www.stamfordmuseum.org)*

Ongoing through June 5

THE MIANUS RIVER GORGE: PHOTOGRAPHS BY WILLIAM ABRANOWICZ. In order to commemorate its 60th anniversary, the Mianus River Gorge organization gave renowned photographer William Abranowicz unrestricted access to the area over the course of a year. This exhibition features selected photos from the book published to mark that anniversary. *Bruce Museum, Greenwich, CT (203-869-0376; www.brucemuseum.org)*

Ongoing through June 19

THE NEST: AN IMAGE OF ART IN NATURE. This exhibit incorporates contemporary art, relics from the natural world, and items of material culture to examine the profound symbolism of the nest in modern culture. *Katonah Museum of Art, Katonah (914-232-9555; www.katonahmuseum.org)*

Ongoing through June 25

SHE. This contemporary-art exhibition explores issues related to gender and female identity through themes of self-adornment, the body, and the domestic sphere. Featured artists include Nicole Awai, Barbara Segal, and Mari Ogihara, among others. *ArtsWestchester, White Plains (914-428-4220; www.artswestchester.org)*

Ongoing through July 3

WILD READING: ANIMALS IN CHILDREN'S BOOK ART. This lighthearted show explores the portrayal of animals in historic and contemporary illustrations from children's books. *Bruce Museum, Greenwich, CT (203-869-0376; www.brucemuseum.org)*

Ongoing through July 31

LOUISE FISHMAN: A RETROSPECTIVE.

The American Federation of Arts and the Neuberger Museum of Art present the first traveling exhibition in over 40 years of 60 paintings and sculptures from the Museum's collection of modern American art. *Neuberger Museum of Art, Purchase (914-251-6100; www.neuberger.org)*

Ongoing through July 31

WORD. HVCCA's first open-call juried exhibition held to highlight talented regional artists who prominently feature 'a word' or 'words' in their

artistic productions. *Hudson Valley Center for Contemporary Art, Peekskill (914-788-0100; www.hvcca.org)*

Ongoing through December 31

WHEN MODERN WAS CONTEMPORARY: SELECTIONS FROM THE ROY R. NEUBERGER COLLECTION TOUR. The American Federation of Arts and the Neuberger Museum of Art present the first traveling exhibition in over 40 years of 60 paintings and sculptures from the Museum's collection of modern American art. *Neuberger*

THREE QUESTIONS FOR...

Marin Mazzie and Jason Danieley

Widely known as Broadway's golden couple, Marin Mazzie and Jason Danieley have had long careers on the Great White Way, earning a number of nods in the process. Tony Award nominee Mazzie is set to return to Broadway this month, to play the lead role of Anna in *The King and I*, while Emmy-nominated Danieley just returned to the Broadway boards himself, as Billy Flynn in *Chicago*. Westchester residents will have the opportunity to see these true stars of stage in person when they perform at the Caramoor Center for Music and the Arts in Katonah on May 14.

How did you first become involved in the stage?

MM: I grew up in Rockford, Illinois, and both my parents loved all different kinds of music. I started singing when I was very young, and the things I gravitated toward were the musicals. I would say performing was just something that was within me.

JD: My dad was a preacher, my mother played the organ at church, and my grandmother played the piano. I started singing when I was four in my dad's church with my mom playing, and the thing that really made me want to perform was watching my dad tell a different story every week and have something to say that affected people's lives.



How did you meet each other?

MM: We did a show together Off-Broadway in the summer of 1996 called *Trojan Women: A Love Story*. When the actress playing Dido was let go, I replaced her, and Jason and I ended up playing opposite each other, as two characters who fall in love at first sight—and that is exactly what happened. We knew within about five days that we wanted to spend the rest of our lives together.

JD: Actually, the show that we are going to be doing for Caramoor is called *He Said, She Said*, and it tells that story of how we met and fell in love doing *Trojan Women* through [musical] standards. When we perform this in Caramoor's Music Room, it will be 19 years and 11 months since Mazzie and I met.

Why do you keep returning to Broadway?

MM: The theater is such a great vehicle for storytelling. I think we are both very attracted to live performance and having the audience as another element of the evening. The experience is different every night because the audience is different every night. I feel blessed that we get to keep telling great stories in this amazing city.—PA

Museum of Art, Purchase (914-251-6100; www.neuberger.org)

May 1—February 5

FOUR SOLO EXHIBITIONS ENGAGING PLACE.

This series of exhibitions features site-specific commissions ranging from sculpture and drawing to performance-based works by David Brooks, Kim Jones, Peter Liversidge, and Virginia Overton. *The Aldrich Contemporary Art Museum, Ridgefield, CT (203-438-4519; www.aldrichart.org)*

May 14—November 6

ELECTRICITY. Visitors will learn the fundamental principles behind electricity such as magnetic fields, electric charges, and battery technology during this exhibition developed by The Franklin Institute. *Bruce Museum, Greenwich, CT (203-869-0376; www.brucemuseum.org)*

May 14—September 4

ELECTRIC PARIS. Organized thematically into four sections, this exhibition explores the ways in which Parisian artists responded to oil and gas lamps as well as the newer electric lighting that began to replace them around the turn of the twentieth century. *Bruce Museum, Greenwich, CT (203-869-0376; www.brucemuseum.org)*

May 14—September 18

JUAN BERNAL: PURE AND SIMPLE. This exhibition of paintings by famed artist and architect Juan Bernal features works that focus on the minutia and beauty of nature. *Hudson River Museum, Yonkers (914-963-4550; www.hrm.org)*

film

May 2

NOTORIOUS. Alfred Hitchcock directs this heart-pounding espionage tale set in post-WWII South America starring Cary Grant and Ingrid Bergman. *Bow Tie Cinema, Greenwich (914-725-0999; www.greenwichclassicfilmseries.com)*

May 4

SOMETHING WILD. Jeff Daniels stars in this quirky film about an uptight tax consultant who meets an eccentric young lady and enters a world of absurdity, adventure, and unlikely romance. A Q&A with FTMA professor Damon Malucci will follow the screening. *The Avon, Stamford, CT (203-967-3660; www.avontheatre.org)*

May 4

THE SILENCE OF MARK ROTHKO. This penetrating exploration of the work of monumental painter Mark Rothko explores the artist's seminal influences—such as Fra Angelico's frescoes in Florence—as well as his New York City studio. *Jacob Burns Film Center, Pleasantville (914-747-0098; www.burnsfilmcenter.org)*

May 5

POVERTY, INC. Drawing from more than 200 interviews in 20 countries, this startling documentary investigates the underside of charity. A Q&A with Magatte Wade, entrepreneur and TED Global Africa Fellow, and Laura Rossi, executive director of Westchester Community Foundation, will follow the screening. *Jacob Burns Film Center, Pleasantville (914-747-0098; www.burnsfilmcenter.org)*

May 7

MCCABE AND MRS. MILLER. Warren Beatty stars in this tale about a gambler who joins forces with a working girl played by Julie Christie to face off against a large corporation. *Jacob Burns Film Center, Pleasantville (914-747-0098; www.burnsfilmcenter.org)*

May 13, 14

PEEKSKILL FILM FESTIVAL. This popular festival offers an opportunity to view new



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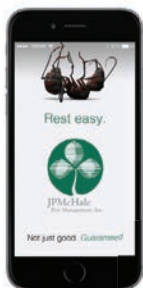
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(Continued from previous page)

works by emerging filmmakers, including features, documentaries, shorts, animation, and student work. *Paramount Hudson Valley, Peekskill (914-739-0039; www.hudsonvalley.com)*

May 14

FORTY GUNS. Jessica Drummond stars in this classic western as a powerful landowner who rules an Arizona town with the help of forty hired gunslingers. *Jacob Burns Film Center, Pleasantville (914-747-0098; www.burnsfilmcenter.org)*

May 19

A MARRIED WOMAN. Legendary French New Wave auteur Jean-Luc Godard directs this film about a young lady torn between her staid husband and artistic paramour. *The Avon, Stamford, CT (203-967-3660; www.avontheatre.org)*

May 21

ONCE UPON A TIME IN THE WEST. After a loving mother returns home to find her family murdered, a sadistic outlaw blames a bandit with a heart of gold for the brutal crime. *Jacob Burns Film Center, Pleasantville (914-747-0098; www.burnsfilmcenter.org)*

May 24

LABYRINTH. When goblins kidnap a girl's baby brother, she goes on a quest to rescue him from a fantastical labyrinth overseen by David Bowie's Goblin King. *The Avon, Stamford, CT (203-967-3660; www.avontheatre.org)*

May 28

SEVEN MEN FROM NOW. When a robbery results in the death of a former sheriff's wife, he goes on a mission to track down the seven men responsible. *Jacob Burns Film Center, Pleasantville (914-747-0098; www.burnsfilmcenter.org)*

music Classical, Jazz & Opera

May 1

BOSTON POPS ESPLANADE ORCHESTRA. Keith Lockhart leads the Boston Pops during this local performance featuring 20th-century classical works and favorites from the Broadway and American songbook. *The Performing Arts Center, Purchase College, Purchase (914-251-6200; www.artscenter.org)*

May 4, 11, 18, 25

DOWNTOWN MUSIC AT GRACE. The church hosts lunch-hour concerts that are free to the public. Sachiko Uchida and Svetlana Gorokhovich perform the 4th, Jun Hwi Cho performs the 11th, Gilda Lyons and Daaron Hagen perform the 18th, and Peter Muir performs the 25th. *Grace Church, White Plains (914-949-0384; www.dtmusic.org)* **FREE**

May 8

WEISS CONCERT. The Copland House celebrates Mother's Day at Lyndhurst mansion with a concert featuring masterpieces from the American songbook. *Lyndhurst, Tarrytown (914-631-4481; www.lyndhurst.org)*

May 14

WESTCHESTER SYMPHONIC WINDS: BIRDS OF EARTH & SKY. Guest conductor Darryl Bott conducts Twelve Seconds to the Moon by Robert W. Smith among a number of other celebrated classical works. *Tarrytown Music Hall, Tarrytown (914-631-3390; www.tarrytownmusicall.org)*

May 15

YOUNG ARTIST SERIES: MATTHEW GRAYBIL. In collaboration with the New York International Piano Competition and the Stecher and Horowitz Foundation, the Quick Center for the Arts hosts a performance by gifted young pianist Matthew Graybil. *Quick Center for the Arts, Fairfield University, Fairfield, CT (203-254-4010; www.quickcenter.com)*

May 19

BERLIN PHILHARMONIC IN CINEMAS: BEETHOVEN PROJECT. World-famous conductor Sir Simon Rattle leads the Berlin



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May 22

SOUNDS AT THE CROSSROADS. Two Copland House Residents perform three generations of music by, about, or inspired by the ancient and contemporary Middle East. Works include *Cantillations* by Ofer Ben-Amots and *Kaman Fantasy* by Saad Haddad. *Copland House at Merestead, Mount Kisco (914-788-4659; www.coplandhouse.org)*

music Folk, Rock, and Pop

May 1

JUAN DE MARCOS AND THE AFRO-CUBAN ALLSTARS. A unique orchestra devoted to promoting traditional Cuban music, the Afro-Cuban Allstars are joined by Buena Vista Social Club founder and bandleader Juan de Marcos. *Tarrytown Music Hall, Tarrytown (914-631-3390; www.tarrytownmusicall.org)*

May 3

DWEEZIL ZAPPA & THE ZAPPA PLAYS ZAPPA BAND. The son of legendary rock icon Frank Zappa hits the stage with his own band upon the release of his first solo album in nearly a decade, *Via Zammata*. *Ridgefield Playhouse, Ridgefield, CT (203-438-5795; www.ridgefieldplayhouse.org)*

May 6

GET THE LED OUT: THE AMERICAN LED ZEPPELIN. The premier Led Zeppelin tribute band returns to Tarrytown after three consecutive sold-out performances. *Tarrytown Music Hall, Tarrytown (914-631-3390; www.tarrytownmusicall.org)*

May 7

GAELIC STORM. The chart topping, multi-national Celtic band that has played more than 3,000 live shows takes the stage. *Tarrytown Music Hall, Tarrytown (914-631-3390; www.tarrytownmusicall.org)*

May 8

ARLO GUTHRIE. The celebrated folk rock hero and son of legend Woody Guthrie performs. *Ridgefield Playhouse, Ridgefield, CT (203-438-5795; www.ridgefieldplayhouse.org)*

May 11

PAT BENATAR AND NEIL GIRALDO. Four-time Grammy Award winner and platinum recording artist Benatar performs with professional musician and songwriter Neil Giraldo. *Paramount Hudson Valley, Peekskill (914-739-0039; www.hudsonvalley.com)*

May 12

ALICE COOPER. The king of shock-rock known for such hits as "School's Out" and "Welcome to my Nightmare" heads to Port Chester for a riotous performance. *The Capitol Theatre, Port Chester (914-937-4126; www.thecapitoltheatre.com)*

May 14

KEB' MO'. The three-time Grammy award-winner and visionary roots music icon takes the stage upon the release of his new studio album, *BLUESAmericana*. *The Capitol Theatre, Port Chester (914-937-4126; www.thecapitoltheatre.com)*

May 18

THE ANDERSONPONTY BAND. Music icon Jon Anderson, the original lead singer of super group YES, joins celebrated rock and jazz musician Jean-Luc Ponty onstage. *Tarrytown Music Hall, Tarrytown (914-631-3390; www.tarrytownmusicall.org)*

May 20

GRAND FUNK RAILROAD. The monumental rock group known for such megahits as



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book it!

(Continued from previous page)

"Some Kind of Wonderful" and "The Loco-Motion" performs. *Paramount Hudson Valley, Peekskill* (914-739-0039; www.hudsonvalley.com)

May 20

MANDY PATINKIN. Returning to the Music Hall after a sold-out 2013 performance, the Emmy and Tony-winning star of Showtime's *Homeland* performs a wealth of popular standards. *Tarrytown Music Hall, Tarrytown* (914-631-3390; www.tarrytownmusicall.org)



May 14

KEB' MO at The Capitol Theatre, Port Chester

May 20, 21

DARK STAR ORCHESTRA. The country's most beloved Grateful Dead tribute band performs live. *The Capitol Theatre, Port Chester* (914-937-4126; www.thecapitoltheatre.com)

May 27, 28, 29

PHIL LESH & FRIENDS. The world-famous bassist for monumental jam band The Grateful Dead hits the stage with his own experimental group. *The Capitol Theatre, Port Chester* (914-937-4126; www.thecapitoltheatre.com)

May 27

DON FELDER. The former lead guitarist for The Eagles, one of the highest-selling rock groups in history, takes to the stage in a solo performance. *Paramount Hudson Valley, Peekskill* (914-739-0039; www.hudsonvalley.com)

May 29

SLAM ALLEN BAND. A new inductee into New York's Blues Hall of Fame, this celebrated group features James Cotton's lead guitarist, vocalist, and songwriter. *The Towne Crier Café, Beacon, NY* (845-855-1300; www.townecrier.com)

dance

May 8

CENTER STAGE DANCE RECITAL. This dance production showcases the talents of Center Stage Dance Studio students in jazz, tap, ballet, and creative movement. *The Palace Theatre, Stamford, CT* (203-325-4466; www.palacestamford.org)

May 20

DANCE OFF THE GRID. In its third season at the Emelin Theatre, this celebrated dance event features Cornfield Dance, Graham 2, and the Reggie Wilson/and Fist and Heel Performance Group. *Emelin Theatre, Mamaroneck* (914-698-0098; www.emelin.org)

theater

Ongoing through May 1

MAN OF LA MANCHA. This five-time Tony Award-winning play tells the story of Don Quixote and Sancho Panza, who go on a fantastic quest to bring chivalry back to the world. *Westchester Broadway Theatre, Elmsford* (914-592-2222; www.broadwaytheatre.com)

May 3-29

ART/RED. Mark Lamos directs two Tony Award-winning plays concerning the production, ownership, and anguish of art. *Westport Country Playhouse, Westport, CT* (203-571-1293; www.westportplayhouse.org)

May 5-7

ONCE UPON A PASTIME. This musical portrays the life of one-time baseball prospect Mac McCarthy, whose struggles with his own father are echoed in his troubled relationship with his daughter. *White Plains Performing Arts Center, White Plains* (914-328-1600; www.wppac.com)

May 8, 9, 15, 16

PICASSO AT THE LAPIN AGILE. Albert Einstein and Pablo Picasso meet in a Parisian bar at the turn of the 20th Century in Steve Martin's wry and witty comedy. Over the course of an evening the two geniuses muse on a range of hilarious topics. *Fort Hill Players, White Plains* (914-403-8332; www.forthillplayers.com)

May 13, 14

HOW TO SUCCEED IN BUSINESS WITHOUT REALLY TRYING.

This tune-filled comic gem that won both a Tony Award for Best Musical and a Pulitzer Prize, boasts a score by Frank Loesser including "I Believe in You" and "Brotherhood of Man." *Irvington Town Hall Theater, Irvington* (914-591-6602; www.irvingtontheater.com)

May 14

A MIDSUMMER NIGHT'S DREAM. A production of Shakespeare's most mischievous comedy, in which unrequited lovers, a fairy king, an enchanted forest and a wily trickster named Puck come together. *Westchester Community College, Valhalla* (914-606-6600; www.sunywc.edu/events)

family

May 1

SEUSSICAL JR. The Clocktower Players KIDS Troupe presents this lively stage production that brings several of Dr. Seuss' most beloved stories to life. *Irvington Town Hall Theater, Irvington* (914-591-6602; www.irvingtontheater.com)

May 7

CURIOUS GEORGE. Families are invited to join the inquisitive and loveable monkey Curious George in this delightful new musical event. *Ridgefield Playhouse, Ridgefield, CT* (203-438-5795; www.ridgefieldplayhouse.org)

May 14, 15

PINKALICIOUS. When Pinkalicious can't stop eating cupcakes she ends up in the doctor's office with a bad case of Pinkittitis, an affliction that turns her pink from head to toe. In this all-ages stage performance, Pinkalicious must figure out how to get out of this colorful predicament. *Emelin Theatre, Mamaroneck* (914-698-0098; www.emelin.org)

special events

Ongoing through May 30

LIGHTSCAPES. State-of-the-art illumination in addition to sound and other special effects takes visitors on a journey through glowing garden

vignettes. *Cortlandt Manor, Croton-on-Hudson* (914-631-8200; www.hudsonvalley.org)

May 5

THROUGH THE EYES OF FRIEND: THE WORLD OF ANNE FRANK. This moving production brings audiences through the friendships and trails of Anne Frank as seen through the eyes of her best friend. *Ridgefield Playhouse, Ridgefield, CT* (203-438-5795; www.ridgefieldplayhouse.org)

May 7

GARDEN CONSERVANCY'S OPEN DAYS. Tour magnificent local gardens in Ossining and Chappaqua that are normally not open to the public. *Various locations* (888-842-2442; www.gardenconservancy.org)

May 7

MADNESS & NUDITY: WOMEN IN ART. This multimedia performance honors a wealth of powerful women, both past and present. *Hudson Valley Center for Contemporary Art, Peekskill* (914-788-0100; www.hvcca.org)

May 7

MOTHERS AND OTHERS TEA MUSICAL. This Mother's Day-themed event includes a tour of the Rosen House, a mini-concert with Caramoor favorite Kristin Gornstein in the Music Room, and Afternoon Tea with an assortment of tea sandwiches, scones, clotted cream, preserves, and desserts. *Caramoor, Katonah* (914-232-5035; www.caramoor.org)

May 11, 25

GARDEN CLASS. Learn the process of designing and implementing your own organic garden during this informative class led by horticulturalist Sharyn Siegal. *John Jay Homestead, Katonah* (914-232-5651; www.johnjayhomestead.org)

May 14, 15

SPRING ON THE FARM FESTIVAL WEEKEND. During this family-friendly weekend visitors can watch the center's flock of sheep get sheared, learn about what happens to the wool, and enjoy a range of hands-on demonstrations, face painting, crafts, live music, and a plant and herb sale. *Stamford Museum & Nature Center, Stamford, CT* (203-322-1646; www.stamfordmuseum.org)

May 21

DISNEY IN CONCERT: MAGICAL MUSIC FROM THE MOVIES. Regal Pops Orchestra conductor Dirk Hillyer leads this special event featuring projected video clips from Disney films and four leading vocalists. *The Palace Theatre, Stamford, CT* (203-325-4466; www.palacestamford.org)

Lectures & readings

May 1

JOHN PATRICK: HEALTH CARE IN THE CLOUD ERA. Business executive, author, and founding member of the Worldwide Web Consortium at MIT, Dr. John Patrick discusses the future of healthcare in America. *Ridgefield Playhouse, Ridgefield, CT* (203-438-5795; www.ridgefieldplayhouse.org)

May 5

HERB SOCIETY OPEN MEETING. The New York unit of The Herb Society of America's spring meeting and lecture features Founding Editor of NYT Cooking and food columnist for The Sunday Times, Sam Sifton. *John Jay Homestead, Katonah* (914-232-5651; www.johnjayhomestead.org)

May 6

MEET THE MAKERS. Some of the Hudson Valley's foremost furniture makers—including Christopher Kurtz, David Morton, Michael Puryear, and Rob Hare—will share their thoughts on living, working, and finding inspiration in the Hudson Valley. A reception will follow in the Carriage House. *Boscobel House and Gardens, Garrison, NY* (845-265-3638; www.boscobel.org)



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(Continued from previous page)

May 12

BIRDS OF THE CARRIBEAN: AN ISLAND TOUR WITH HERBERT RAFFAELE. International conservationist Dr. Herbert Raffaele leads a discussion on Caribbean birds as well as the ecology, folklore, and avifauna of the region. *Greenburgh Nature Center, Scarsdale (914- 723-3470; www.greenburghnaturecenter.org)*

May 13

SPOKEN INTERLUDES. Bestselling author Charles Bock reads from his new novel *Alice and Oliver*; fashion journalist and contributing editor to TIME Kate Betts reads from her memoir *My Paris Dream: An Education in Style, Slang, and Seduction in the Great City on the Seine*; and Random House editor Andy Ward and Stanford physician Dr. Lucy Kalanithi discuss the late Dr. Paul Kalanithi's bestselling memoir *When Breath Becomes Air*. (914-307-1683; www.spokeninterludes.com)

May 22

MANSIONS OF THE GILDED AGE. This daylong lecture series curated by author Gary Lawrance features speakers who will discuss the architecture of prominent estates throughout the Hudson Valley. *Lyndhurst, Tarrytown (914-631-4481; www.lyndhurst.org)*

comedy

May 4

COMEDY BANG! BANG! LIVE! Scott Aukerman's popular improvisational comedy podcast and television show hits the stage in this live podcast taping. *Tarrytown Music Hall, Tarrytown (914-631-3390; www.tarrytownmusicall.org)*

May 7

JANEANE GAROFALO. Star of numerous feature films and a true standup legend, Garofalo brings her acerbic wit and biting commentary to Mamaroneck. *Emelin Theatre, Mamaroneck (914-698-0098; www.emelin.org)*

MAY 17

ANDREW DICE CLAY. One of the most outrageous and raunchy acts in standup, the comedic powerhouse who has appeared on such shows as *Celebrity Apprentice* and *Entourage* takes the stage. *The Capitol Theatre, Port Chester (914-937-4126; www.thecapitoltheatre.com)*

galas & benefits

May 14

PAPER JAM. This evening event features a live and silent auction when art collectors can bid on pieces donated by contemporary artists and prestigious commercial galleries. *Neuberger Museum of Art, Purchase (914-251-6100; www.neuberger.org)*


May 14

CABARET IN THE MUSIC ROOM WITH MARIN MAZIE AND JASON DANIELEY. This benefit features Broadway sensations Marin Mazie and Jason Danieley performing a number of traditional songs spanning half a century. *Caramoor, Katonah (914-232-5035; www.caramoor.org)*

May 19

VNS WESTCHESTER SPRING BENEFIT GALA. This festive evening features a cocktail reception, gourmet dinner stations, dessert bar, and a silent auction to benefit the not-for-profit agency's home healthcare services and free community health education programs. *Willow Ridge Country Club, Harrison (914-682-1480 ext. 639; www.vns.org)*

May 21

EN EVENING OF WINE. This evening of indulgence benefits Caramoor's Arts-in-Education programs for children and features fabulous food prepared by noted chefs as well as rare wines. *Caramoor, Katonah (914-232-5035; www.caramoor.org)* 



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Sensational Smiles

Q. What is the best way to eliminate the large gap between my front teeth?

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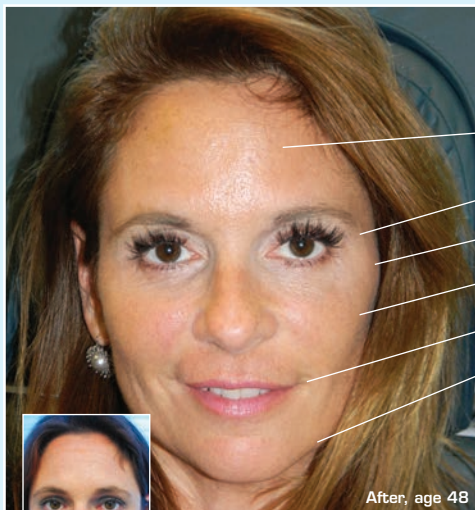
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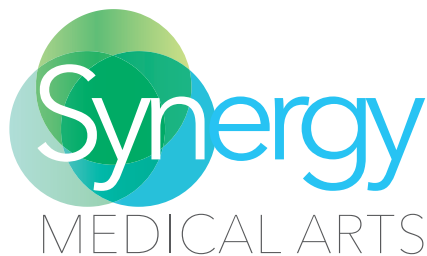


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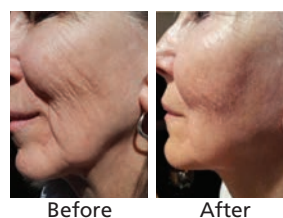
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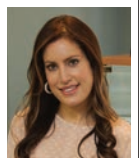
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994 Fifth Ave
New York, NY
(212) 288-9910
www.narins.com

Q. Isn't the summer the most important time to use sunscreen?

"Sun protection is important year round. But, as we approach summer when the sun's UVA rays are even stronger, it's best to use sunscreen that's 30 SPF or higher as part of your daily routine. And, don't forget to reapply every two hours to ensure your protection remains effective. Fun fact: Contrary to common belief, glass does not provide protection from sun damage—more specifically, from UVA rays. So, be sure to use sunscreen even while driving or riding in a car."

Nataliya Kisseleva,
Owner & Managing Partner
Massage Envy Scarsdale
777 White Plains Rd
Shoppes at Eastchester
Scarsdale
(914) 902-9200
www.massageenvy.com/clinics/NY/Scarsdale.aspx

Q. What can I do to get my skin in the best possible shape for summer?

"This winter, our skin dodged a serious bullet, thanks to a milder-than-usual season. It's now time to show some skin—whether you're headed to the beach, pool, or simply want to wear your favorite summer outfit. Get your skin 'summertime ready' at Oasis Day Spa. Start with a heavenly scrub/wrap combo to

remove dry skin, toxins, and hydrate the skin. Then have a relaxing aromatherapy massage, followed by one of our newest offerings—an Elemis specialty facial, which pairs hands-on touch, state-of-the-art technology, and uber-active ingredients to deliver the most effective and luxurious treatment available. In a few short hours, you'll leave feeling refreshed, revitalized, and ready for summertime fun!"

Christie Lavigne
Director of Skincare
Oasis Day Spas
(914) 409-1900, x240
(212) 254-7722, x324

www.oasiswestchester.com
www.oasisdayspansyc.com

Q. What are some avant-garde cosmetic treatments that you offer your patients?

"We offer so many minimal or no downtime procedures to rejuvenate the eyes, face, hair, and skin. Laser blepharoplasty is the gold standard, but fillers, Botox/ Dysport, and your own PRP (platelet rich plasma) also help lift and brighten the eyes. While a mini-facelift with liposculpture significantly improves lower facial definition, a liquid lift with injectables also helps lift and sculpt the face. For hair, low-level laser treatments and PRP injections to the scalp stimulate growth and promote volume. And, for skin, we offer IPL photofacials, microneedling with PRP, mild chemical peels, laser resurfacing, dermafirm, and Titan treatments to build collagen, reverse sun damage, and improve acne scars."

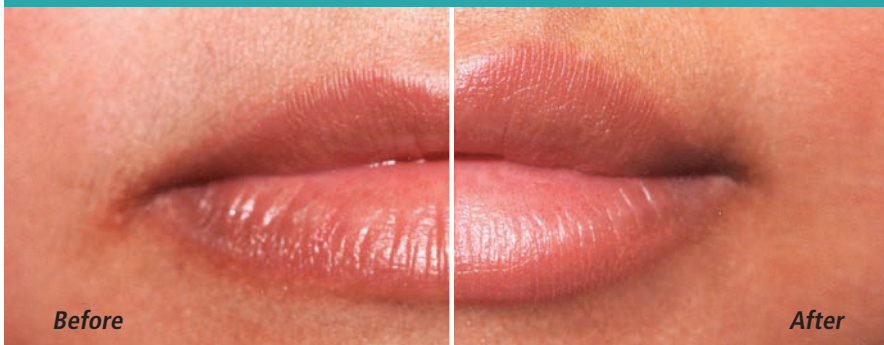
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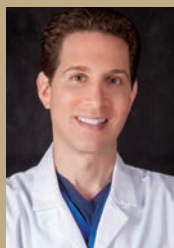
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Dr. Narins is Clinical Professor of Dermatology at New York University Medical Center. She lectures and publishes world-wide and is a Past President of the American Society For Dermatologic Surgery. She has received many awards including the prestigious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



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**Q&A Topic:
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Some of the questions
Dr. Magid-Katz addresses
include:

*What innovative technologies
do you use in your practice, and
how do they improve the patient
experience?*

*What can be used to make people
who have a phobia of the dentist
more comfortable and at ease?*

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SPECIAL ADVERTISING SECTION

Hair loss

Q. Have there been any encouraging developments in treating hair loss?

"In addition to hair prosthesis, lasers, weaves, and hair extensions, extricating platelet rich plasma (PRP) provides an alternative procedure to regenerate androgenic hair loss. PRP is a concentrated source of blood products enriched with growth factors to stimulate growth and healing. Similar to jump-starting your car, PRP simply jump-starts the regrowth process. Once a determination is made during a consultation with hair replacement experts, the clear plasma is injected into the thinning areas of the client's scalp by a licensed healthcare professional. If the client's issue was androgenic alopecia or male-pattern hair loss, he or she will see a marked difference in hair regeneration after three rounds of injections."

Gerri Parsley, Owner
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Putting your health first

Q. Is there any way to restore the libido and sexual response I've lost since menopause?

"Yes, it's possible to have renewed sexual vitality, vaginal rejuvenation, and improved relationships. The Laurence Miller Wellness Center is the only practice in Westchester to offer two unique and effective procedures to help women realize their full feminine potential. Femilift, a breakthrough technology, uses a CO2 laser to deliver fractionated thermal energy to stimulate vaginal mucosal revitalization and restore the vagina and supporting structures to a more "youthful" pre-pregnancy state. Additionally, the O-Shot uses platelet rich plasma (PRP) injections in the clitoris and vagina to stimulate new cell growth and improve sexual response and urinary incontinence. Both procedures work remarkably well alone, and when combined, the results are stupendous."

Laurence Miller, MD, FCCP
Laurence Miller Wellness Center
1053 Saw Mill River Rd
Ardley
(914) 231-7666
www.DrLMiller.com

SPECIAL PROMOTIONAL PAGE

WESTCHESTER MAGAZINE ON THE SCENE

WESTCHESTER MAGAZINE'S 2016 WINE & FOOD KICK-OFF PARTY

Monday, April 4, 2016 • Harvest-On-Hudson, Hastings-On-Hudson, NY

Westchester Magazine excited the participating chefs and sponsors of the upcoming 2016 Wine & Food Festival by hosting a kick-off party at the beautiful Harvest-on-Hudson.



1. Erica Gendler of License 2 Grill and Bruce Schoenberg of Oasis Day Spa 2. Mariel DiVenere and Bambi Hinden of ViaMedia 3. Sandra Perez and Stephen Sutor of Manhattan Beer Distributors 4. Some of the participating chefs of the 2016 Wine & Food Festival 5. Bernard Janssen and Nina Dols of Zwilling J.A. Henckels with Barbara Begley of *Westchester Magazine* 6. Chef Peter Kelly of X20, Westchester County Executive Rob Astorino and Chef Phil McGrath of Westchester Community College 7. The Cookery's Chef Dave DiBari with Janine Guastella of Harvest-on-Hudson 8. Sherry and Jeff Blockinger of Sherry B Dessert Studio 9. The Dessertist Samantha Eichenberg with *Westchester Magazine's* Jennifer D'Ambrosio 10. Rob Woodrow of Woodrow Jewelers, *Westchester Magazine* Publisher Ralph Martinelli and Chef Ethan Kostbar of Modern Barn 11. Angelo Liberatore of Harvest-on-Hudson

PHOTOS BY SARA STRAUSS

Katonah

BY JOHN BRUNO TURIANO | ILLUSTRATION BY GARY HOVLAND



Katonah Reading Room—From the owners of Little Joe's Coffee & Books down Katonah Ave comes this café and gourmet-takeout shop located in the space that once held Katonah's first library. Grab a good read from the wall of books and settle into a comfy chair with a coffee and daily-made scone.

Willie Nick's—Commuters abound at this stylish American comfort-fare restaurant located across the street from the Metro-North entrance. The lobster mac 'n' cheese is a must-try.

KR Café—Classic American diner fare (even breakfast all-day!) can be had at this 49-seat eatery that also has worthwhile daily dinner specials and house-made desserts.

Katonah Village Library—On December 10, 1880, the first village library opened with 400 books. Today, there are more than 61,000, plus close to 5,000 CDs, some 3,900 DVDs, and a sizable collection of plays.

Kelloggs & Lawrence—Approaching 130 years in business (founded in 1887), this antithesis to the big-box hardware store was originally in Old Katonah, on the banks of the Muscoot River. In 1895, however, it moved on soaped rails (along with 55 other buildings, including homes, stores, barns, and even a church) to its current location, to make way for a New York City reservoir.


Charles Department Store—Owned and operated by the Raneri family since 1924 (Kelly is the fourth generation Raneri to work there full-time), expect men's and women's clothing and footwear, housewares, and high-grade grills within the store's Victorian-style clapboard walls.

Peppino's Ristorante—Housed in a historic-landmark train station (built in 1910), Peppino's serves well-portioned plates of Italian American fare.

Katonah Wine & Liquor—Owner and oenophile Adam Ottly offers wine and vodka tastings on weekends, plus a wine club where customers purchase four recommended wines monthly and receive recipe pairings to go along with the selections.

Uovo Moderno—This mother-daughter-owned shop offers home and living-ware gifts inspired by celebrations and gatherings.

Blue Dolphin—Don't let the stainless steel, 1950s-era diner exterior fool you: The menu proffers not omelets and hash browns but Italian fare such as chicken cacciatore and spaghetti marinara with shrimp and scallops.

Awakenings—Tibetan singing bowl have a crack in it? New puppy chew up your tarot cards? This metaphysical shop sells healing crystals, incense, sacred statuary, candles, feng shui supplies, and other spiritual-needs goods. 

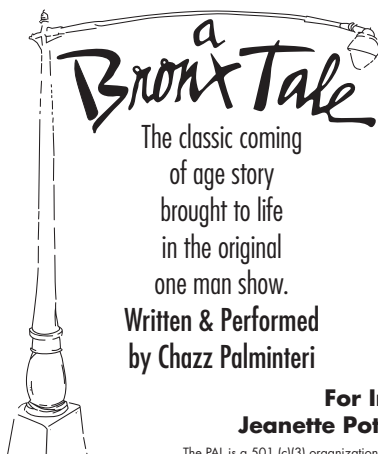
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The Thrill of the Hunt

Rob Petrone, host of *Restaurant Hunter* on FiOS1, shares with us his best Westchester finds.

Amanda Prince, *Restaurant Hunter's* intrepid correspondent. A great talent and teammate.

Bill Murray. My dream dining companion. Can you imagine the stories?

Craft beer. Westchester has no shortage of homegrown brews, and two in particular—Captain Lawrence Brewing Company and Peekskill Brewery—are making beers as good as any in the nation.

Dubrovnik Restaurant in New Rochelle. The best vacation of my life was to Croatia, and this gem of a Croatian restaurant effortlessly transports me to the Adriatic Sea.

Ethnic food. From Ethiopian to Indian, Nepalese to Portuguese, the diversity of eats in Westchester is outstanding—you just have to be willing to do a little digging.

FiOS1 News. What else did you think I was going to say? Best place to get your local news, weather, traffic, and sports in Westchester!

Eric Gabrynowicz, executive chef and co-owner of Restaurant North and Market North in Armonk. He knows more about what goes into the food he cooks than anyone in Westchester—and he's a Mets fan.

Hudson River. I'm sure it's everyone's favorite, but can you blame them? It's the greatest river in the world.

Instagram. Every restaurant should be using it. It's the most powerful form of social media when it comes to food. (I do a lot of research on it.)

Jean-Georges Vongerichten. Interviewing this legendary chef—and part-time Waccabuc resident—was a career highlight. His enthusiasm for his work is palpable.

Katonah-Bedford Veterinary Center. Our first dog, Bailey, fought cancer many times, and these wonderful people helped him win some battles.

Leaves. The fall foliage in Westchester is spectacular—like no place else!

Mets. Getting to the World Series last season was nice. Now it's time to win it. (Thirty years since the last one!)

Nigel Spence, the chef/owner of Ripe in Mount Vernon. One of the coolest guys we've worked with on the show; his restaurant will transport you to the Caribbean.

Pizza party. Places like Coals, Fortina, Polpettina, and The Parlor not only make great pies, they make pizza-night fun.

Quirky. My favorite places to eat in Westchester often have some zany twist to them, be it an obscure location, trend-defying decor, an eccentric chef, or bizarre menu items.



Restaurant Hunter. You saw this one coming, too. Very proud of the show we produce—we recently won three New York Emmys!

Stroll. One of my favorite things to do is to explore by foot the many walkable communities the county has. (It's how we find many of the restaurants we profile.)

Taconic Parkway. A road I've traveled many times to visit my parents upstate. A fun drive—except in winter.

Urban. I love that Westchester is a suburb with actual cities and all the great things they bring.

Venison. If you've never had it, imagine a cross between lamb and a lean steak. Crabtree's Kettle House in Chappaqua does it very well.

Wife and kids. The three lovely ladies in my life—Christie, Claire, and Amelia—constantly keep me on my toes.

Peter X. Kelly. The first chef we had on *Restaurant Hunter* from the lower Hudson Valley—which was a no-brainer. He's the dean of local chefs.

You (the show's fans). I love engaging with all of you out in public and over social media.

Zillow. I may be a wee bit obsessed with their app. Real estate is a secret obsession of mine—I like house-hunting, too. 

ILLUSTRATION BY CAITLIN KUHWARD



Bouton d'or necklace
pink gold, carnelian,
white mother-of-pearl and
diamonds.

Van Cleef & Arpels

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