

# Westchester Magazine

## March 2017

# WESTCHESTER

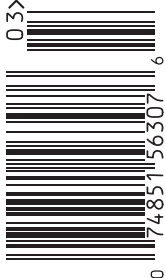
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## High School: The Real Deal

From stress and studying to drugs and bullying, 10 Westchester high school students, plus their parents, open up about what high school today is really like. Learn about their triumphs and worries, and don't forget to check out our annual data chart to see how your child's school stacks up. Edited by **Carol Caffin**

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2017 Market Report:

## Downsizing Heats Up Housing

It comes as no surprise that Westchester is a pricey place to purchase a home. With Millennials on the search for finished homes and boomers looking to downsize, we take an in-depth view at how the county's residential real estate market will be impacted in 2017.

By **Dave Donelson**

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Photo Essay:

## Houses of Worship

'Jaw-dropping' and 'breathtaking' don't begin to describe these eight gorgeous local sacred spaces. Between the stained-glass windows and the exquisite organs, you will be oohing and ahing at these heavenly structures.

By **Robert Schork**

Bedford Presbyterian Church is the spiritual home to a congregation of about 400.



On the cover: Photograph by Toshi Tasaki. Contents photograph by Ken Gabrielsen



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*“Everybody is here to learn and learn at their own pace and help each other learn. It's not a place for negativity.”*

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*“The thing I loved about growing up in Mamaroneck is that feeling that everyone knew everyone. I've never had that in any of the other places I've lived.”*



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*“The community needed a place with a Manhattan vibe. I think we've accomplished that.”*

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*“I am an Easterner through and through, and little things like the Emelin seem to me an anomaly in this world.”*





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## Getting Schooled

This month, we present our annual High Schools Issue, including the much-anticipated data chart on Westchester's 47 public high schools. Whether you're a parent, student, or just a curious taxpayer, we understand why you like to see how our schools stack up against one another. But since statistics tell only part of the story, we find a way each year to go beyond the numbers. This time, we hosted a pair of simultaneous roundtable discussions with students and parents from 10 local public high schools, to give our readers an up-close-and-personal look at the Westchester high-school *experience*.

Roundtables are my favorite type of story to produce, because they usually become freewheeling, candid conversations that yield insightful and

entertaining comments and observations. This time was no exception — all of the parents and students were eager to jump into the discussions, which were quite lively.

I moderated the parents' roundtable and, when we concluded, I couldn't help but think about what high school was like when I was a student. I realized that the more things change, the more they stay the same: Students are still worried about test scores to get into their colleges of choice — but now it's the ACT, not the SAT. Competition remains keen among students, but, as one of our participants noted, competitiveness in the classroom now often exceeds competitiveness on the athletic field. And, unfortunately, bullying remains a concern — but now more so in cyberspace than in the cafeteria.

Features Editor Carol Caffin, who

moderated the students' roundtable, says, "What intrigued me the most were the many similarities among the kids — their fears, worries, goals, day-to-day experiences — despite their very different school environments. We chose students from different areas of the county, large schools and small schools, schools with a lot of ethnic and economic diversity, and schools with less. So it was interesting to hear that except for things directly related to class size, the concerns were pretty consistent across the board."

Westchester is known for many great things besides its schools, including its buildings and architecture. Some of the finest examples can be found among our houses of worship. On page 72, we take you on a photographic tour of some of these beautiful structures. I've always been awed by the majesty of churches, cathedrals, synagogues, mosques, and temples — the thought and passion that go into their designs and ornamentation, and the solemn significance they often confer. One of my fondest memories from the college semester I spent studying in Istanbul was visiting two of that city's biggest architectural marvels and religious sites: the Blue Mosque and the Hagia Sophia. Constructed in 537 AD, the latter served, at different times, as an Eastern Orthodox cathedral, a Catholic cathedral, and an Ottoman mosque, and was one of the architectural inspirations for the design of the Greek Orthodox Church of Our Saviour in Rye, included in our feature.

We are truly blessed (no pun intended) to have more magnificent houses of worship than we have room to present on these pages. We'd love to see (and showcase) more of them online for everyone to enjoy. Please send us your best photos of yours, along with a brief description, and we'll include them in a gallery on our website. Email them to [edit@westchestermagazine.com](mailto:edit@westchestermagazine.com), subject line: Houses of Worship.



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## Where to Get your Green On

From Mamaroneck to McLean Avenue, find out where the rest of the county will be partying this St. Paddy's Day. Check out this quick guide for the top spots to eat, drink and pretend to be Irish come March 17. [www.westchestermagazine.com/stpatricksdays](http://www.westchestermagazine.com/stpatricksdays)

## Recipes for Success

Need a little inspiration for your next meal? Head to our Eat & Drink section for a quick, 10-ingredient recipe for a warm spring-vegetable risotto. If you need a little more inspo, our online guide will have you making apps, dishes, and cocktails like a pro. [www.westchestermagazine.com/recipes](http://www.westchestermagazine.com/recipes)




## A Walk in the Park

With spring's arrival, so, too, comes National Take a Walk in the Park Day, which falls on March 30. Check out our First Things First section for some appropriate locales to celebrate, and go online for additional scenic snapshots. [www.westchestermagazine.com/walkinthepark](http://www.westchestermagazine.com/walkinthepark)

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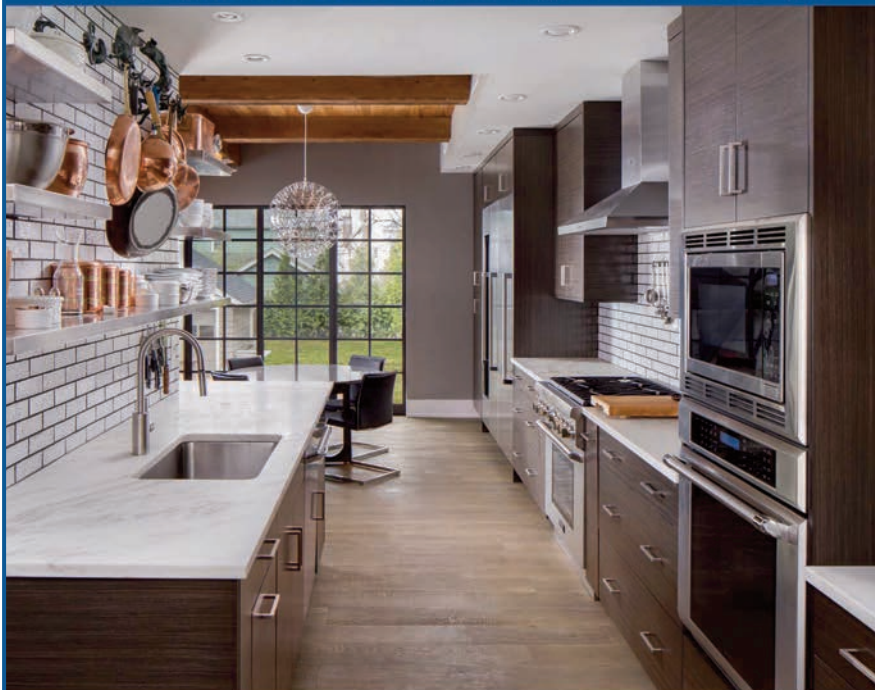
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**A Ravishing Review**

When I brought in my monthly issue of *Westchester Magazine* from my mailbox, I discovered your lovely review of my memoir, *Miracle at Midlife: A Transatlantic Romance* ["A Man and a Miracle," February 2017]. Thank you so much for your carefully chosen and enthusiastic words about it, especially for placing the review in the issue that includes Valentine's Day. I did indeed write the book to encourage more hope and love in the world.

— Roni Beth Tower, Tarrytown

**Susan's Scrumptious Sweets**

As I was paging through your excellent bakeries feature ["Top Bakeries and Bread-Lovers' Guide," February 2017], Susan O'Keefe's reflection of what influenced her to be the baker she is today caught my eye. It warmed my heart to read the life lessons her mother taught her as a child and to see that they have stayed with her through adulthood. I also completely agree with her views on grocery-store bakeries, or "fakeries," though I can't believe she's gone her whole life without eating a Twinkie!

— Lydia DiPasquale, Yorktown

From [WestchesterMagazine.com](http://WestchesterMagazine.com)

Regarding the story "Aspiring Sports Broadcasters Learn From the Pros at Bruce Beck Camp" on the Tee to Green blog:

This is great for Westchester!

— Stephanie King on Facebook

# LESTER'S

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Regarding the story “Dig Inn to Rye Brook’s New Veggie-Centric, Farm-to-Counter Restaurant” on the Eat. Drink. Post. blog:

Growing up in Rye Brook, we knew a very different Rye Ridge Shopping Center. Amazing how it has been transformed over the years.



— Above & Beyond Marketing Strategies on Facebook

Regarding the story “Celebrate Hot Tea Month in These Hudson Valley Tea Rooms” on westchestermagazine.com:

My favorite luncheon/tearoom was Helenett’s in Bronxville back in the ’50s. Second favorite was the Bird Cage at Lord & Taylor in Eastchester. They made the best tea sandwiches and had a wonderful dessert cart with the best Napoleons I’ve ever tasted.

— Carolyn McEvoy Thomas on Facebook

Regarding the story “Eat With Your Eyes: Raga Indian Cuisine” on the Eat. Drink. Post. blog:



I like this restaurant. Very good food!

— Gina Andress on Facebook

From Twitter 

Regarding the story “How You Can Get In-Shape Without a Gym Membership” on the Westchester Wellness blog:

For all of us in Westchester, NY with #fitness resolutions but no time to visit a gym!

— @ravessmith

## Join the Conversation

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# *first things* **first**

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ROUNDUP | PROFILE | EDITORS' OBSESSIONS | BY THE NUMBERS | EXPRESS LANE | BOOK CLUB

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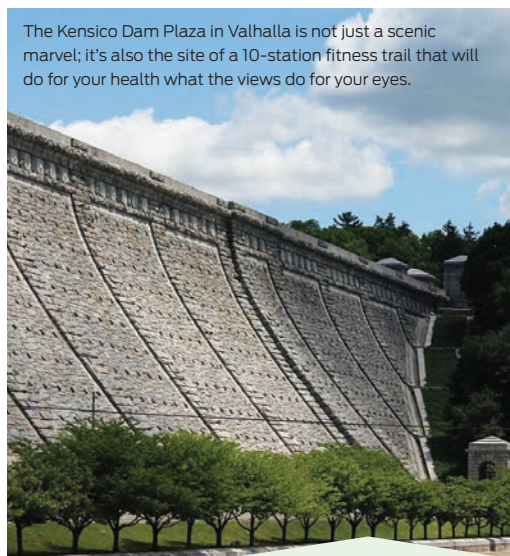
*Nick  
Brandi*



## **Parking Spots**

The park is the quintessential metaphor to express something that's easy peasy, which is why we say, "It's just a walk in the park!" Well, March 30 is National Take a Walk in the Park Day, so just turn the page to soak up some of the county's prime spots for basking in Mother Nature's glory.





The Kensico Dam Plaza in Valhalla is not just a scenic marvel; it's also the site of a 10-station fitness trail that will do for your health what the views do for your eyes.

## Parking Spots

Take a Walk in the Park Day happens this month.

With spring's arrival, so, too, comes National Take a Walk in the Park Day, which falls on March 30. Seeing as Westchester is a place that boasts lots of green in places other than its residents' pockets, we thought we'd suggest some appropriate locales to commemorate the occasion.

### Trail of Honor – Lasdon Park & Arboretum

Stride with purpose along the Trail of Honor in Katonah's Lasdon Park, a path leading past a series of stone monuments commemorating every major American conflict from the Revolutionary War through Desert Storm. Memorials at the end of the trail list Westchester residents who have served in the military. 2610 Amawalk Rd, Katonah; [www.lasdonpark.org](http://www.lasdonpark.org)

### Old Croton Aqueduct State Historic Park

Walk and learn along the route of the old Croton Aqueduct, a 41-mile feat of 19th-century engineering designed to bring fresh water from the Croton River to New York City. Historic structures and gorgeous views of the Hudson highlight this unique and scenic trail. 15 Walnut St, Dobbs Ferry; [www.aqueduct.org](http://www.aqueduct.org)

### Westchester Wilderness Walk

Princess Pine Grove, Trudeau's Point of View, and Tulip Tree Heights are just a few of the landmarks you'll pass along the Westchester Wilderness Walk in

the Zofnass Family Preserve. Not quite wilderness, these serene 150 acres in Pound Ridge, with 8 miles of trails, feel far away. 258-278 Upper Shad Rd, Pound Ridge; [www.westchesterlandtrust.org](http://www.westchesterlandtrust.org)

### Graff Sanctuary

Share your stroll with bald eagles and great horned owls at the Graff Sanctuary in Croton-on-Hudson. This 29-acre preserve offers a quick and easy walk with only .9 miles of trails, but glimpses of the Hudson River and, with luck, large birds of prey, make it worthwhile. Furnace Dock Rd, Croton-on-Hudson; [www.sawmillriveraudubon.org/graff](http://www.sawmillriveraudubon.org/graff)

### Baxter Preserve

Let your inner Jane Austen character roam free in this open space of meadows, rock walls, horses, and (small) hilltops in North Salem. Its 114-acres offer a gorgeous, leisurely walk around a small lake (big pond?) and through fields that seem like they lead to Pemberley (Mr. Darcy's estate). Baxter Road, North Salem; [www.nsof.org](http://www.nsof.org) — Gale Ritterhoff

### POWER WALK Kensico Dam Fitness Station Trail

Add a workout to your walk at the Kensico Dam Plaza's 10-station fitness trail. Each stop provides instruction for a specific exercise, boosting the cardio-and-strengthening benefits of your outing but making it, perhaps, less of a "walk in the park."

1 Bronx River Parkway, Valhalla; [www.parks.westchestergov.com/kensico-dam-plaza](http://www.parks.westchestergov.com/kensico-dam-plaza)

## The More Things Change...

College spring break stats from our **March 2007** issue compared with today.



### Average number of alcoholic beverages consumed per day



### TOP-3 SPRING BREAK DESTINATIONS

2006	2016
Acapulco, Mexico*	Austin, Texas
Cancun, Mexico*	Cabo San Lucas, Mexico
Panama City Beach, Florida*	Tampa, Florida

\*Acapulco didn't make the 2016 top 10; Panama City Beach fell to no. 8; Cancun fell to no. 9.

ROUNDUP

## The Voice of Experience

Westchester County's most distinguished seniors weigh in on what life has taught them.

**T**he Westchester Senior Citizens Hall of Fame inducted a new class in December. Honorees were nominated by community members for their contributions to the county through their professions and volunteer efforts over the years. Each inductee is recognized with an engraved plaque located at the Westchester Department of Senior Citizens Programs and Services office in Mount Vernon. With centuries of experience among the nominees, we wanted to know what advice they would give their younger selves:



**Ralph Vellone, 84 Rye**

"I've done quite a bit for the community, but the advice I'd give myself is to start at a younger age so that I could do more for mankind."



**Pearl Christian Quarles, 86 New Rochelle**

[Inducted 2015] "Stay focused, with positive life goals and sincere outreach to help others; take the time to listen to those who have experienced life and can help you to stay on course."



**John F. Larkin, 67 Eastchester**

"I would say, I should have asked more questions, both in and out of the classroom. Pursue the truth. It sounds easy, but it isn't. The pressures of life can seem suffocating."



**Mamie Masullo, 86 Ossining**

"Don't be a wimp! You know, you get bold with experience, and you become more aggressive. But at a young age, I didn't know any better. I wish I took more chances and wasn't as shy."



**Marie Murphy, 79 Peekskill**

"Always believe you're smarter than you are, braver than you believe you are, and stronger than you think you are."

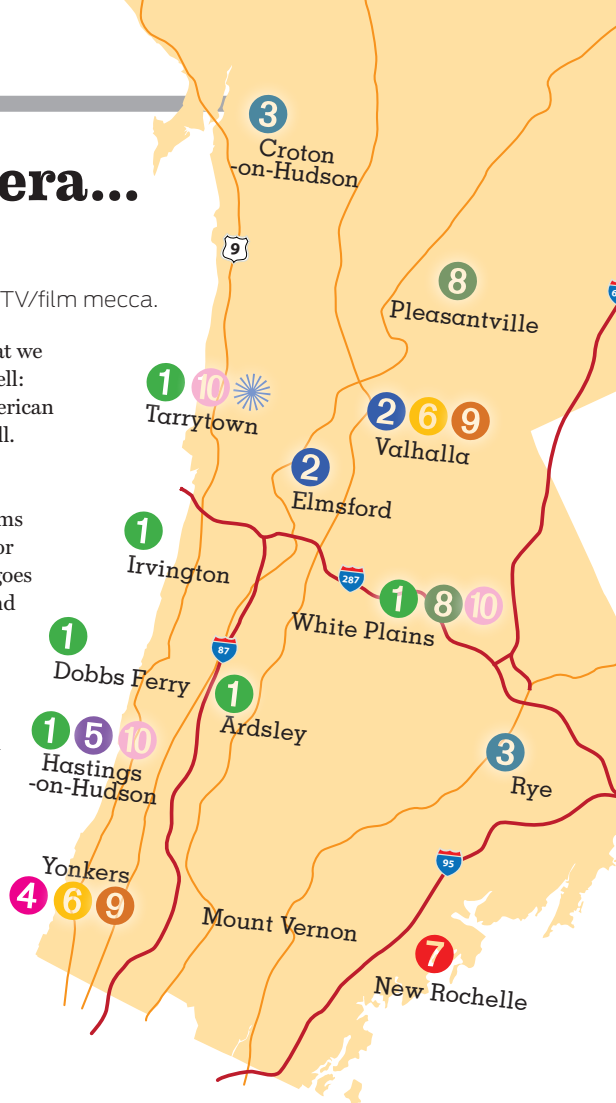
—William Dwyer

# Lights... Camera... Westchester!

The county continues to emerge as a TV/film mecca.

**H**ollywood has discovered what we residents already know so well: Westchester is an iconic American county that basically has it all.

This was never more true than in 2016, when literally dozens of production crews descended on the county to make their films and TV shows. A large part of the credit for Westchester being on Hollywood's radar goes to Westchester County Tourism & Film and its director, Natasha Caputo, who estimates that these productions brought in approximately \$500K in production fees alone, not even counting all the money spent at hotels, stores, and restaurants. In 2014, this amounted to a whopping \$18 million, and 2016 is expected to exceed that. To celebrate this boon, here are our top-10 TV & film productions in Westchester last year. —Nick Brandi



**1 The Girl on the Train (DreamWorks Pictures/Universal):** Station Road tunnel (Irvington) and locations in Tarrytown, Dobbs Ferry, Hastings-on-Hudson, Ardsley, and White Plains



**2 Homeland (Showtime):** Valhalla (at Westchester County Correctional Facility) and Elmsford (Blueline Tactical Supply)



**3 The Americans (FX):** Playland (Rye) and Croton Gorge Park (Croton-on-Hudson)



**4 Orange Is the New Black (Netflix):** Homeland Bowl (Yonkers)



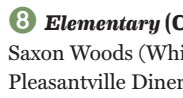
**5 Mr. Robot (USA Network):** Lenoir Mansion (Hastings-on-Hudson)



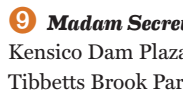
**6 The Affair (Showtime):** Westchester County Correctional Facility (Valhalla) and locations in Yonkers



**7 The Blacklist (NBC):** Glen Island Beach (New Rochelle)



**8 Elementary (CBS):** Saxon Woods (White Plains) and the Pleasantville Diner (Pleasantville)



**9 Madam Secretary (CBS):** Kensico Dam Plaza (Valhalla) and Tibbetts Brook Park (Yonkers)



**10 Divorce (HBO):** Saxon Woods (White Plains), Tarrytown, and Hastings-on-Hudson locations



**\* Honorable Mentions:** *Blindspot* (NBC), various Westchester locations; *Quantico* (ABC), Main St, Tarrytown





Left: After 55 years of relentless training, eighth-degree black belt Masakazu Takahashi has cultivated a loyal following in his Mount Kisco dojo of students from all ages and backgrounds. Writer William Dwyer reports that the 70-year-old master hasn't slowed down one bit.



PROFILE

## Sensei & Senseibility

Septuagenarian martial artist alive and kickin' in Mount Kisco

**S**ensei Masakazu Takahashi of Armonk is an eighth-degree black belt and the head of the US Kenkojuku Karate Association. Impressed? You should be, especially considering that Takahashi is also 70 years old and hasn't slowed down one bit.

"Aside from a slight dip in endurance, I think my speed is still the same," says Takahashi, who's taught karate at Shotokan Karate in Mount Kisco for more than 35 years. Perhaps this longevity is less surprising when one realizes he's been training six hours a day, six days a week, for more than 55 years.

Born in Tokyo, Takahashi moved to America in 1971. He taught alongside masters in Long Island and Queens before holding his first classes in a

church in Katonah. When his enrollment outgrew the classroom, the dojo moved to Mount Kisco and was followed by a dojo in Amity Harbor.

Today, classes are filled with students of all ages and skill levels. Some students are third generation, training alongside their parents, grandparents, aunts, and uncles. "He's always moving through the class, showing students the proper techniques," says third-degree black belt Jim Rielly, a Rockland County resident. "He'll show you how a kick should look and what you're doing wrong with your feet." Incredibly, one of Takahashi's longest-tenured students is 90-year-old Edward Giobbi of Katonah, who recently received his sixth-degree black belt.

There is a sense of community between the students and teachers that permeates the dojo. This is something Sensei Takahashi encourages. "Everybody is here to learn and learn at their own pace and help each other learn. It's not a place for negativity."

With an iron grip and lightning hands, it becomes crystal clear quite quickly that if an untrained opponent even half Takahashi's age were to take on the master in mortal combat, it would be like feeding guppies to a great white. And Takahashi shows no signs of kicking back anytime soon. He plans to continue leading his classes from the front of the dojo, practicing the same punches and exercises he's performed for more than half a century.

—William Dwyer

EDITORS' OBSESSIONS

### We Can't Shut Up About...



Confession: I'm a bit of a girly girl. A girly girl who loves high-quality makeup but loathes malls and department stores. A quandary, right? Not anymore. Sephora, I love you, but **Ulta Beauty** in Port Chester has become my happy little lunch-hour respite when I'm stressed or depressed or need a new Becca or Urban Decay. (BTW, thanks for raising my credit line!) —Carol Caffin, Features Editor



Call me biased, but the **Hastings-on-Hudson farmers' market** is one of the best-curated around. Through March, the year-round market is held on the first and third Saturdays, from 9 a.m. to 1 p.m., inside the James Harmon Community Center. In April, it heads back outside, to the Hastings-on-Hudson Library parking lot. —Robert Schork, Editorial Director

## By the Numbers

# \$212,528

The median household income supporting Chappaqua's Byram Hills High School, the highest among Westchester public high schools.

# \$40,698

The median household income supporting Mount Vernon's Thornton High School, the lowest among Westchester public high schools.



# 52

the diameter, in feet, of the dome in the Greek Orthodox Church of Our Savior in Rye

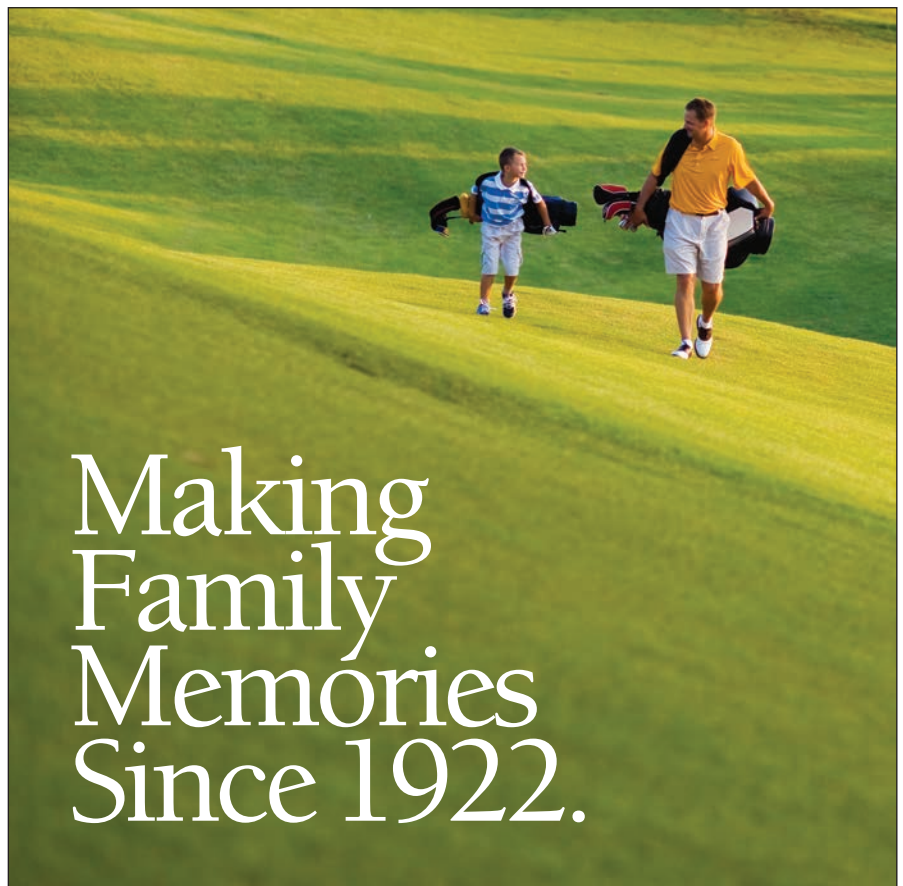
# 1685

the year in which ground was broken to construct the Old Dutch Church in Sleepy Hollow



# 18

the average number of alcoholic beverages consumed by males per day during spring break.



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**first things first**

EXPRESS LANE

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

1

**ACADEMIC EXCELLENCE**

Congratulations to Jonathan Chung of Henrick Hudson High School, Blake Hord of Dobbs Ferry High School, and Audrey Saltzman of Byram Hills High School, the brilliant Westchester seniors who were named 2017 top-40 finalists in the prestigious **Regeneron Science Talent Search** (formerly the Intel Science Talent Search). Selected from 1,700 seniors nationwide, they will be competing in Washington, D.C., later this month for the \$250K top prize.



2

**ALL THAT JAZZ**

Music lovers rejoice! **Jazz Forum** is slated to open for business in March at One Dixon Lane in Tarrytown. Owner Mark Morganelli says his brand-new live-music venue will feature top names in jazz and Brazilian music, along with food and drinks every weekend.

3

**SEPARATION ANXIETY**

**Maria Fareri Children's Hospital** in Valhalla recently performed the first-ever separation of conjoined twins in the Hudson Valley region. A dozen surgeons from five pediatric specialties and 50 additional medical professionals labored for 21 hours to successfully separate then-11-month-old Ballenie and Bellanie Camacho of the Dominican Republic. At press time, hospital representatives reported that the twins were recovering well.

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BOOK CLUB

## Of Science and Suburbia

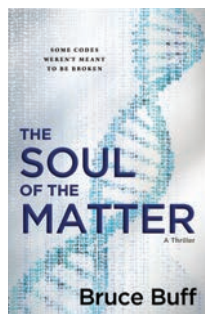
The final word on good reads from local authors

REVIEWS BY PATTY MONAGHAN

### The Soul of the Matter

By Bruce Buff (September 2016)

In Bruce Buff's debut novel, a renowned geneticist claims that the answers to all of life's questions, including the existence of God, lie within DNA. After his suspicious



death, his estranged friend, Dan Lawson, is trusted to continue the investigation before time runs out. Buff, a Crestwood resident, combines science and faith in this action-packed thriller filled with suspense,

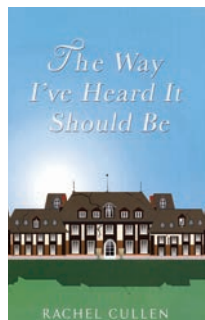
redemption, and mystery. Readers will be spellbound by the unexpected twists and turns Buff's prose will take them on. At once captivating and compelling, this unforgettable book will fascinate readers and make them thirsty for more.

432 pgs, Howard Books, \$25.00 (hrd)

### The Way I've Heard It Should Be

By Rachel Cullen (April 2016)

Pelham resident Rachel Cullen sets her debut novel about four suburban women close to home. Gretchen, Olivia, Laura, and Danielle seem to live picture-perfect lives as doting housewives and mothers in the wealthy town of Rye. Behind closed doors, however, each woman is dissatisfied and



makes reckless decisions that could lead to catastrophe. Cullen's writing, told through multiple perspectives, is simultaneously simplistic and engrossing. Perfect for the beach or a lazy Sunday afternoon, readers

will dive right into the surprisingly relatable situations that unfold as the pages turn and won't come up for air until the back cover is shut.

302 pgs, CreateSpace Independent Publishing Platform, \$11.99 (pbk)



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# living well

EDITED BY

Carol Caffin  
& Erin  
O'Keefe

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HAUTE STUFF

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SKIN DEEP

## Double Duty



**T**oo often, our nightly skincare regimens can seem like a chore. But sometimes it can be a soothing, relaxing alternative to meditation. What's better after a long, hard day than washing away stress while pampering your skin? The **Natura Bissé Diamond Extreme Night Dual Treatment** starts with my new favorite beauty ingredient: oil. Part 1 of the treatment involves applying the Diamond Extreme Oil (actually a combination of seaweed, omega-5, chia, carrot, and other oils), which helps your skin boost production of procollagen and increase cell turnover overnight, with the included high-definition massager. Part 2 of the luxurious treatment is the Diamond Extreme Mask, which is designed to maximize the effects of the oil by sealing the ingredients into the skin. Both products are scented with lavender to aid in relaxation before bedtime. It's the perfect way to wind down after a long day.

**Diamond Extreme Oil, \$160; Diamond Extreme Mask, \$110; Eiluja Beauty Lounge, Katonah; [www.eilujabeauty.com](http://www.eilujabeauty.com)**

### TOOLBOX

## Laser Focus: Tria Age-Defying Laser

**L**aser skin treatments for wrinkle-reduction and skin-smoothing are ultra-popular, but scheduling (and keeping) multiple professional appointments can be ultra-expensive, not to mention inconvenient. The Tria Age-Defying Laser, a non-ablative laser (less invasive than an ablative laser) that's been FDA-cleared for home use, distributes microscopic laser beams into the skin to stimulate cell renewal, as well as collagen and elastin production. You can treat targeted areas of the face; treatment of the entire face takes just minutes. You can customize the intensity level, and, best of all, there's no downtime!

**\$495; Sephora, White Plains [www.sephora.com](http://www.sephora.com)**



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SPOTLIGHT

## Designing Woman

**T**hirty-five-year-old Melissa Colabella of Melissa Colabella Homes, in Irvington, happened upon her career as an interior designer out of necessity when she renovated and furnished her first co-op at the age of 25. With no prior experience, she threw herself into learning about space, design styles, color theory, and aesthetics while maintaining her limited construction budget. This experience led her to study for her MA at the New York School of Interior Design, and, realizing the importance of diversifying, she earned a real estate license, as well.

When working on a design, Melissa starts with the architecture and then works inward. She insists you can ruin a house by not paying attention to the elements around you and can appreciate even

the most bastardized revival styles if the concept follows through. She believes it's important to stay true to what speaks to you and mentions that in her own home, she has a Renaissance print of Jean Fouquet's *Madonna* behind a Post-Modernist Memphis-style geometric desk, declaring that they work because all of the colors are primary and that she finds the juxtaposition interesting.

What's her advice on ensuring design choices stay relevant? "Nix the trend and select something that is a supporting element to the broader vision of your space." Take Melissa's advice and lose an afternoon checking out the colorful Victorian porches along the Rivertowns.



## HOMESTYLE Office Space

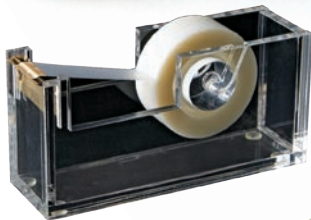
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The Open House, Rye; [www.shoptheopenhouse.com](http://www.shoptheopenhouse.com)

ON TREND

## Soft Touch

It may feel counterintuitive, but buck tradition and carry this year's hottest trend of wearing velvet into spring. Designers are offering so many velvet options, like this off-the-shoulder blouse (\$68) from Pookie & Sebastian, which you can pair with your favorite jeans. [www.pookieandsebastian.com](http://www.pookieandsebastian.com)



## TRICKS OF THE TRADE



▲ A quick and easy test to determine if pearls are real is to run them over your teeth. Real pearls will have a slightly gritty feeling, while fake feel perfectly smooth.



◀ Let your blouse cool off after ironing. Getting dressed while it's still warm will crease it further.

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OPEN FOR BUSINESS

If you love high-end designs with a hip, contemporary flair, you'll be happy to know that Saks Fifth Avenue The Collective has just opened in Greenwich. The 14,000-square-foot, two-level space, the newest addition to the Saks Shops at Greenwich, will feature fresh, chic fashions, jewelry, accessories, and more, as well as a Tom Ford Beauty counter on the ground floor.

Saks Fifth Avenue SVP and Fashion Director Roopal Patel is excited "to take the luxury boutique experience to the next level," noting that "The Collective is centered around a unique lifestyle experience, featuring new and of-the-moment designers that only Saks can offer. It is sure to be a shopping destination for Fairfield and Westchester Counties."

Fashion brands, some of which are exclusive to the Greenwich market, include Alice McCall, Opening Ceremony, See by Chloe, and Stella McCartney Denim. Jewelry brands include Devon Woodhill, Ef Collection, and Lana jewelry. And what would any Saks location be without sunglasses by Gucci and Valentino?

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NUTRITION

# Foods & Moods

## Is Your Asparagus Turning You On?

**T**he foods we eat have a direct impact on our moods. Here, Westchester-based dietician-nutritionist Alexandra Kaplan Corwin confirms and dispels some common food myths.



**Trans Fats Cause Brain Fog. TRUE.**

“Hydrogenated oils, aka trans fats, are used to extend the shelf life of foods,” Corwin explains. They increase “bad cholesterol and may contribute to moodiness and to brain shrinkage, by replacing the healthy fats in the brain’s cell membranes.”



**Turkey Makes You Tired. FALSE.**

Turkey is high in the amino acid tryptophan, a component of serotonin, which converts to melatonin (the “sleepy” hormone). But tryptophan needs the help of high-carb foods to have an affect on serotonin levels and, when combined with a high-fiber carb, turkey helps “keep your blood sugars stable, your energy levels up and *prevents* you from feeling tired.”



**Sugar Makes You Hyper — Then Groggy. TRUE.**

Carbs are converted into sugar in your blood, which can “give you a ‘sugar high’ or hyperactive feeling,” Corwin says. Insulin is then released from your pancreas, “which moves the sugar out of your blood and into your cells.” The drop in blood sugar is what makes you feel tired and groggy.

**Dark Chocolate Makes You Happy. TRUE.**

Chocolate contains the neurotransmitter anandamide, which can block feelings of pain and depression. It also “contains phenylethylamine, which causes your brain to release endorphins, making you feel happy,” says Corwin, adding that “phenylethylamine is the same chemical your body produces when you are falling in love!”



**Chinese Takeout Makes You Cranky. TRUE and FALSE.**

The culprit is not the food itself but the MSG (Monosodium Glutamate) that’s sometimes added to enhance flavor. MSG — which is also found in “packaged and canned foods, and even in cold cuts” — can cause headaches, nausea, anxiety, and weakness. Corwin suggests reading ingredient lists to avoid MSG, because “It may be hidden by another name, such as autolyzed yeast, hydrolyzed protein, yeast extract, or glutamic acid.”



**Coffee Perks You Up. TRUE.**

But it’s not just because of caffeine. Studies have shown that coffee causes the brain to release the protein BDNF (brain-derived neurotrophic factor), which increases neurogenesis (the growth of nervous tissue); low levels of BDNF are associated with depression.



**Yellow Jelly Beans Make You Moody. TRUE.**

FD & C Yellow No. 5 is a food dye that’s found in lots of sweets. Yellow No. 5 has been linked to a number of ailments and reactions, as well as to mood disorders. “Some research has shown that food colorings, such as yellow No. 5, may cause symptoms of hyperactivity,” Corwin says.



**Oysters Make You...Frisky. POSSIBLY TRUE.**

“Oysters are high in zinc and deficiencies in zinc have been associated with impotence,” Corwin says. “Some research has shown that oysters suggest sex to the brain because they look like genitalia. However, we cannot be sure that the nutrients in oysters themselves are actually aphrodisiacs. We definitely need more research on this topic.”

## Rev It Up!

### 7 Ways to Boost Your Metabolism

**S**pring is in the air, and if your slow-mo metabolism has been dragging you down all winter, now is a great time to do something about it. Certified nutritionist and personal trainer Sloane Davis of Yorktown Heights offers seven awesome tips to give you the energy you need.

**1. Use intermittent fasting.**

“When you don’t eat for a long period of time, the glucose in the liver gets depleted, and your body is forced to utilize fat as fuel.”

**2. Cut white carbs.**

These are easy to digest, which makes your metabolism burn more slowly. Davis recommends high-fiber foods to speed up your metabolism.

**3. Drink green tea.** “It contains catechins, an antioxidant that triggers the release of fat from fat cells...and turns it into energy.”

**4. Lift weights.** Weight training builds muscle and, says Davis, “The more lean muscle mass you have, the more calories you are burning while resting.”

**5. Eat more protein.** Lean meats, fish, poultry, eggs, and beans are great sources of protein. Eating protein builds and preserves muscle mass, so you can continue burning calories as you rest. “Yes, watch TV and burn calories!”

**6. Choose full-fat dairy.**

Opt for full-fat cheeses, yogurt, and other dairy products, rather than low- or non-fat versions. “Calcium through full-fat dairy products may help your body metabolize fat more efficiently.”

**7. Do cardio.** Cardiovascular exercise burns carbs for the first 20 minutes of exercise, giving you an instant boost, according to Davis.

— Patty Monaghan

HEALTH

## March Is Colorectal Cancer Month Here's What You Need to Know

**T**he American Cancer Society reported approximately 134,000 cases of colorectal cancer last year, with about 49,000 deaths from the disease. Despite these shocking numbers, there are things you can do to stay healthy.

According to Xiang Da (Eric) Dong, MD, FAC, a surgical oncologist at Westchester Medical Center, people age 50 and older should be screened annually for colorectal cancer, and those with a family history



of cancer should be screened earlier. In addition, says Dong, “Certain people have a higher risk of colon cancer, including those with a history of ulcerative colitis or Crohn’s disease.” What steps can people take to reduce their risks of developing this potentially deadly cancer? “Limiting our intake of red and processed meat over a long period of time can reduce the risks,” says Dong. He also urges people to stop smoking, limit alcohol intake and maintain a healthy weight. —PM



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## National Association of Hispanic Real Estate Professionals (NAHREP)

Empowerment Breakfast, Larchmont

The Westchester/Bronx chapter of NAHREP hosted the Latina of Influence Empowerment Breakfast & 2017 Board Installation at The Cambium in Larchmont on Jan 25. *Top:* Jeliana Melendez, account manager of Cabanillas & Associates and NAHREP Westchester/Bronx advisory director; Angelo Ponzi of PLI Realty and NAHREP Westchester/Bronx event director; and Danielle Reese of Home Resource Realty Inc. and NAHREP Westchester/Bronx sponsorship director. *Right:* keynote speaker Jacky Teplitzky, top Douglas Elliman broker and leader of the Jacky Teplitzky team, with Beatriz Alvarez, West-Green & Associates broker/owner and NAHREP Westchester/Bronx president.



## Thompson & Bender

30th Anniversary Celebration, Tarrytown

Thompson & Bender held a gala reception to celebrate its 30th anniversary at the Castle Hotel & Spa in Tarrytown on Dec 20. Clients, friends, and community and government leaders were in attendance. *Pictured:* County Executive Rob Astorino with Thompson & Bender partners Geoff Thompson, Elizabeth Bracken-Thompson, and Dean Bender.



## Westchester Institute for Human Development (WIHD)

Ribbon-Cutting Ceremony, Valhalla

WIHD unveiled its newly renovated Child Welfare Program space with a ribbon-cutting ceremony at its Valhalla location on Jan 17. *Pictured:* Ken Kirshenbaum, former board member of the Christensen Fund; Wendy Breitner, retired director of the Child Welfare Program at WIHD; and Susan Fox, PhD, president and CEO of WIHD.

## Greenwich Chamber of Commerce

Centennial Cocktail Celebration, Greenwich

On Jan 26, the Greenwich Chamber of Commerce held a cocktail celebration at Betteridge Jewelers in Greenwich for nearly 200 attendees, to commemorate its 100th anniversary. *Pictured:* Board Chairman Frank McBrearity with Marcia O'Kane, president and CEO of the Greenwich Chamber of Commerce.



## Clay Art Center (CAC)

Opening Reception, Port Chester

The Clay Art Center hosted the opening reception of a new celebratory art exhibit titled *REWIND: 60 Years at CAC* on Jan 29 at its Port Chester location. *Pictured:* Judith Schwartz, PhD, NYU professor of art and CAC board member; Adam Chau, program manager at CAC; and Reena Kashyap, director emeritus of CAC.

PHOTO BY FAIRFIELD COUNTY LOOK

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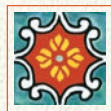


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**Barbara E. Giordano Foundation**

*Stars & Stripes Gala, Rye Brook*

The Barbara E. Giordano Foundation held its first Stars & Stripes Gala at Doral Arrowwood in Rye Brook on Oct 14. Approximately 150 guests were in attendance to celebrate the foundation's 20th anniversary and to honor retired Sergeant Major Jocene Henderson. *Top:* event attendee Corrine Sampson; Virginia Giordano, founder and board chair; and event attendee Mary Ann Rimmel. *Right:* retired Sergeant Major Jocene Henderson with husband Gregg Henderson.



**Professional Women of Westchester**

*4th Annual Media Panel, Tarrytown*

The Professional Women of Westchester held its 4th annual media panel, Meet the Media, on Jan 9 at Ruth's Chris Steakhouse in Tarrytown. The panel discussed how to think like a reporter and pitch stories to local press. *Pictured:* panelist Amy R. Partridge, managing editor, *Westchester Magazine*, and executive editor, *914INC.*; Rose Colonna, president of *Tasteful Treats & Treasures Gift Baskets*; panelist Faith Ann Butcher, production manager and editor-at-large for *Halston Media*; Jamie Imperati, president of *Professional Women of Westchester*; panelist Anne Jordan Duffy of *Westfair Communications*; and moderator Lisa Kaslyn of *Prosper Communications*.

PHOTO BY MIKE DARDANO



PHOTO BY MARGARET FOX

**ArtsWestchester**

*Arts Alive Grant Ceremony, White Plains*

On Feb 3, ArtsWestchester presented more than \$55,000 in Arts Alive grants to 25 organizations and four artists at Gallery 9 at ArtsWestchester in White Plains. *Pictured:* White Plains Mayor Thomas Roach; Claudette Bell, representing Sidra Bell; and New York State Senator Andrea Stewart-Cousins.



**Westchester County Association**

*2017 Breakfast With the County Executive, White Plains*

The Westchester County Association (WCA) hosted its annual Breakfast With the County Executive on Jan 12 at the Westchester Marriott Hotel in White Plains. *Pictured:* Jay B. Hashmail of PFK O'Connor Davies; Richard Wishnie of Richard G. Wishnie Associates; and George Oros, chief of staff for the county executive's office.

**Wilson & Son Jewelers/ Food Bank for Westchester**

*Fundraiser, Harrison*

Wilson & Son Jewelers partnered with the Food Bank for Westchester for a fundraiser benefiting the Food Bank on Dec 1 at the Willow Ridge Country Club in Harrison. *Pictured:* Michael Wilson, owner of Wilson & Son Jewelers in Scarsdale, with Joshua Kaufman, CEO of Martin Flyer.



PHOTO BY SARA STRAUSS





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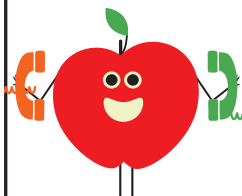
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PHOTOGRAPH BY DOUG SCHNEIDER

## In Her Father's Footsteps

Determined to preserve her father's legacy, Meral Kathwari took over her family's international textiles business at just 20 years old — all while maintaining her status as a full-time student at Iona College.

BY ALI JACKSON-JOLLEY

**O**n the morning of November 7, 2014, 20-year-old Meral Kathwari began her day as any other carefree student — enjoying college life and studying Mass Communications at Iona College in New Rochelle with aspirations of one-day reporting on and producing the news. But her life as a typical college student would be forever changed when she received the devastating news that her father, international businessman and renowned textiles artist, Tariq Kathwari, had been caught in a riptide and drowned during an ocean swim.

"It happened overnight. The day I found out my dad tragically passed away, I knew my life was going to take a drastic change. Not only had I lost one of my best friends, but I knew that it was up to me to continue to protect him and his business," she explains.

As an only child, protecting her father meant looking after his legacy as an artist and businessman — and that meant taking over Kathwari of Kashmir, the high-end

textiles company her dad started from scratch in the early 1980s. In the ensuing 30 years, Tariq had earned international acclaim as an artist whose textile designs have hung in the Metropolitan Museum of Art in New York, The Smithsonian American Museum in Washington, D.C., and Galleries Lafayette in Paris. During this time, Kathwari of Kashmir had grown into an international brand, selling one-of-a-kind collectible rugs, carpets, kilims, pashminas, and Crewel-embroidered textiles to some of the poshest retailers around the globe, including Bloomingdale's in Manhattan, Bijenkorf in Holland, and Stockmann in Finland.

Born in the New Delhi region of India, Meral relocated to the US when

*"I knew my life was going to take a drastic change."*

she was five years old, a move prompted by her poor health. "I had terrible asthma, and my lungs just weren't strong enough for the pollution where we lived. So when my mom and I took a business-related trip to New Mexico with my dad, my parents realized that my asthma was much better here." This move meant the close-knit Kathwari family would be split up, living on two different continents. "It was a sacrifice, but my parents decided my mother and I would live in New Mexico, while my father continued to run his business from Kashmir. We would always be together for all of the important holidays and events, and that's how our family worked from then on out," she explains. Eventually, Meral and her mother moved to Mamaroneck, where Meral graduated from high school. "The thing I loved about growing up in Mamaroneck is that feeling that everyone knew everyone. I've never had that in any of the other places I've lived — that feeling of coming home, walking down Mamaroneck Avenue and always seeing someone you know."

Now, 15 years later, Meral knew it was her turn to sacrifice for her father. "I wanted to carry on his legacy to help the struggling artisans of Kashmir. Kashmir is known for its handicraft business. It's the main tourist attraction, and many

of these artisans depend on financial relief from his business. I've heard many say that [my father] alone helped the local economy so much," she explains.

So, shortly after burying her father, Kathwari set up an office in the Mamaroneck home she shared with her mother and took over the family enterprise. "During my junior year of college, using any break I could get from school, I started to travel to Kashmir to take care of the business," she explains.

Kathwari of Kashmir is headquartered in Kashmir's fashionable, famed Polo View District, a shopping corridor often compared with Manhattan's 5th Avenue. This is where the company's showroom, four full-time employees, and suppliers are also based. "I was able to manage the business through Skype and email at night, while attending classes and studying by day," she says, jokingly describing herself as student by day, international businesswoman by night. "I could honestly do it because of the time-zone difference. When I got home, everyone in India was just waking up, so I was able to set up an agenda and check in on everything before I went to bed. I'd get up early sometimes to make sure everything was running smoothly throughout the day." Kathwari explains that during this time, she also had a great deal of support from her mother, who would travel to India to visit friends and family, and while visiting, she would also find time to act as her liaison to suppliers, buyers, and employees.

Yet, somehow, Kathwari still remained a constant presence in the Iona student community. During her senior year, she became the first and only female president of the Iona College Men's Rugby team. "I didn't play the game, but I loved the sport and the team. I managed their funding, media coverage, schedules, events, community-service hours, etc. I did this all while going to school and managing a business," she says. She also made sure to carve out a little downtime for her two favorite pastimes — dishing with her tight-knit circle of high school friends and dispensing travel-and-lifestyle advice on her blog, *brunettesecrets.com*.

Even more difficult for Kathwari than the challenges of balancing school with the demands of business ownership, or overcoming the geographic distance, were her young age, gender, and the social climate in Kashmir. "Sometimes I feel like I have to work extra hard to be taken seriously in a district that's ruled mostly by older men," she explains. "The fact that I'm American, speaking broken Urdu, as well, presents a challenge itself, but I manage to get by. Another main thing is trying to run a business in a place like Kashmir, which, for the past few months, has been in turmoil



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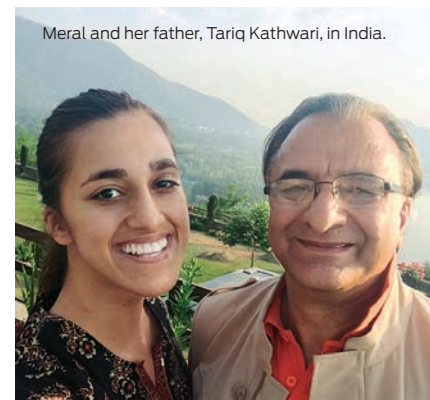
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## neighbor

(Continued from previous page)

because of a political situation in the territory that has been causing curfews and lockdowns throughout the state. During times like these, I see it as a positive for my business that I can be in the US to receive client calls and inquiries, when there are power and media outages [in Kashmir]."


Not one to wallow in the negative, Kathwari is quick to point out that the people of Kashmir have embraced her. "Everyone who's worked for my dad and the shop-owners in the area and around Kashmir have my



Meral and her father, Tariq Kathwari, in India.

back! They knew my dad and were so happy I was continuing to run his business. They always try to help me, and most of them are very overprotective. No matter where I am, they keep an eye out to make sure everything is running smoothly when I'm gone."

Today, Kathwari is a college graduate, splitting her time between her work as a freelance writer/reporter and her work as a seasoned international business owner. As to whether she will eventually be forced to choose between her love for reporting and passion for running Kathwari of Kashmir, she says, "Time will tell. Perhaps the business will become so big someday that it becomes necessary for me to put all of my energy into it. But for now, I am able to pursue both dreams, to do both of the things I love, side by side."

For now, Kathwari is making good on her promise to grow her father's business. In 2015, she opened a second showroom in New Delhi, with plans to reintroduce many of her dad's classic designs and introduce her own collection of chainstitch rugs. "Even though I will never be my dad, I'm proud that I've continued his legacy. His designs are one-of-a-kind. It makes it worth it when I get an email from one of his old clients in another country, placing orders and telling me they're so happy that everything is continuing on," she says. 

*A freelance journalist based in Croton Falls, Ali Jackson-Jolley frequently covers business and entrepreneurship. She is inspired daily by the movers and shakers who make up Westchester's business community.*





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Identical twins Drew Scott (left) and Jonathan Silver Scott are the beef behind HGTV reality-TV hit *Property Brothers*.



## Bed & Breakup

Plus, a criminal Durst-raction and HGTV's twin beefcakes. BY TOM SCHRECK

Q:

### Unreal Estate?

Last year, the HGTV show *Property Brothers* came to Westchester for a second time. I love the show, and the twins, Drew and Jonathan, are real hunks. My question is, how real is the show? —Debbie Kaplan, Mount Kisco

**A:** It all depends how you define “real.” This is, after all, reality TV, and one has to apply a sliding scale with regard to the authenticity quotient.

For those who don't know the premise of the show: Two dashing identical twins, one a Realtor (Drew Scott), the other a contractor (Jonathan Silver Scott), help home seekers decide among their ideal luxury homes (which they can never afford) and three fixer-uppers. Jonathan then goes about designing and renovating one of the choices into the dwelling of their dreams, but not before a seemingly insoluble building challenge occurs,

right about 17 minutes into the show.

So, what's just (double-hung, fiberglass, insulated) window dressing? When you apply to be on the show, part of the requirements include: already having funding in place to buy a home, having four rooms you want made over and having at least a \$65,000 budget. Also, you can have the kitchen or a bath renovated but not both, and you must have a partner in buying the home. This last point is presumably so that the couple can bicker on national TV, which is a cornerstone of the show's plot.

It doesn't take much thought to also realize that Drew can't be wheeling and dealing real estate all over the country while doing this show, making appearances and hawking books. And do we really think Jonathan, hunk that he may be, is cranking out all of this work solo? There are also claims that show participants have already picked out their houses, know they can't buy their dream homes and have been asked for a 25 percent contingency fee, probably to spend on the big insurmountable challenge presented in that 17th minute.

So, how *real* is it? You'd be safe to assume, as with any reality-TV show, that some scripting is involved.

### The Devil Made Me Do It

**Q:** I read that Robert Durst used an “Asperger's defense” to get out of a murder charge in one of his cases. Is that true, and how did that work out?

—Charlie Tedeski, Yonkers

**A:** That's probably overstating things a bit.

As was well documented in the HBO series *The Jinx*, Durst fled New York for Galveston, TX. He was a suspect in the death of his wife, Kathie, though her body was never found, and there was no forensic evidence of her disappearance. In Texas, Durst lived as a deaf-mute woman in a nondescript apartment. His next-door neighbor's body parts, minus a head, washed up from Galveston Bay, and the police found a trail of blood leading from the house he'd shared with Durst, who was charged with the crime.

Durst claimed self-defense, but during the trial, the question arose of how an individual could coldly and

methodically dismember a body. After consulting a psychiatrist, Durst's lawyers attributed it to Asperger's syndrome. Asperger's is a developmental disorder on the autism spectrum in which the afflicted have average to above-average IQs but poor social skills.

Though his lawyers made this claim, it is probably not responsible for his acquittal. The jury pointed to a lack of evidence necessary to support premeditated murder.

According to the Interagency Autism Coordinating Committee of the US Department of Health and Human Services, "There is no scientific evidence linking [those with autism spectrum disorders] with homicides or other violent crimes. In fact, studies of court records suggest that people with autism are less likely to engage in criminal behavior than the general population, and people with Asperger's syndrome, specifically, are not convicted of crimes at a rate any higher than that of the general population."

## Gere Splitting

**Q:** What happened to the ownership of the Bedford Post Inn in the wake of Richard Gere and Carey Lowell's brutal divorce? Who got the B&B?

—Sally Ann Rumack, Ossining

**A:** The much-publicized divorce proceedings took more than three years, with Gere's estimated \$120-million-plus fortune at stake. It was reported that at times, Lowell and Gere wouldn't even acknowledge each other's presence in the courtroom, though she'd hug his attorney. Lowell played ADA Jamie Ross for five years on *Law & Order* and first came to fame as a Bond girl in 1989's *Licence to Kill*, with Timothy Dalton.

The terms of the settlement weren't made public when it was finally completed in October of last year. However, Gere's name appears, without Lowell's, on the current ownership documentation.

Even if you're not into celebrity B&Bs, eateries Campagna and The Barn are reasons enough to visit the Bedford Post Inn. **W**



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# HIGH SCHOOL

The Real Deal





# Ten Westchester public high school juniors and seniors — and their parents — open up about college, stress, drugs and alcohol, socializing, sex, studying, and more...

Westchester's public high schools are among the very best in the country. And while statistics are important, they don't give a sense of what the high school *experience* is like for county students — or their parents. What are their concerns, triumphs, worries? What do they love (and not love) about high school? We got together recently at Serendipity Labs in Rye with local high school students and their parents. We talked, laughed, had pizza. Then, we asked the tough questions. They gave candid answers.

**Edited by Carol Caffin • Photographs by Toshi Tasaki**





# Student Roundtable

**Carol Caffin [Moderator]:** What have been some of the best aspects of your high school experience so far?

**Elizabeth Fernandez-Fermin, Peekskill High School, Junior:** I think sports have been the best part. You get to meet other students; it helps a lot to take the stress off, and it's just fun.

**Jaeger Dochtermann, Fox Lane High School, Junior:** So far this year, I was able to start a debate club, and I'm teaching some of my fellow students how to debate. I'm taking a course over the summer on it and will be able to translate that knowledge.

**Elisa Mateo-Saja, White Plains High School, Senior:** I'm very involved in my school's student government, and it's one of my favorite things to do.

**Spencer Kaplan, Blind Brook High School, Senior:** I'm also involved in student government. I've been a class representative for the past four years. It allows me to be closer to my peers.

**Sophie Masson, Scarsdale High School, Junior:** Back in middle school, I was really shy and quiet. I'd sit in the back of the classroom with my hood up. But now, I've had teachers that have forced me, basically, to talk in class, to get good grades, which I want. It's really opened

me up a lot. I'm grateful for that, because without high school, I wouldn't be who I am today.

**On the flip side, what have been some of the worst or more difficult aspects of your high school experience, whether it's social, academic, extracurricular, or whatever?**

**Spencer:** Something that has always been a bit of a challenge for me is that my grade has only 125 people; most of us have known each other since kindergarten. It's good, in that you get close to your peers, but it's also a hindrance, because people remember what you did in earlier grades, and they know pretty much everything about you.

**Does anyone else have a similar situation?**

**Danny Maher, Ardsley High School, Senior:** My school is also small; my grade is around 160-something. Ardsley is great with integrating a bunch of grades into different classes, so, in recent years, I've had a lot of friends who weren't exactly my age.

**How is it with a larger school? Do you encounter the opposite of that?**

**Elisa:** We have cliques; that's still a thing. My school is very diverse, and we have racial divides, too. But we are so proud of our diversity — it's really wonderful. I mean, it's high school. It's a bunch of teenagers, and teenagers will act like

teenagers no matter where they are.

**What's your biggest concern with where you are right now in school, socially, academically, or otherwise?**

**Elizabeth:** My biggest concern would be just getting into the college I want.

**Elisa:** I was going to say college. I guess friends can be stressful, too.

**Sophie:** I'm still a junior, so probably ACTs.

**Spencer:** I would have to agree on the college point, especially at this time of the year, when it's starting to become really real.

**Serena Sarkiso, Lincoln High School (Yonkers), Junior:** My biggest concern right now is college. Being in the top 20 of my class, I have a lot of pressure put on me, especially by my administrators, because they are always pushing you to do amazing in everything.

**Henry Titcomb, Sleepy Hollow High School, Senior:** Yeah, college applications are pretty stressful.

**Rebecca Taylor, Rye Neck High School, Junior:** Definitely grades. I feel like it's a big push to get very good grades this year, because in senior year, it's only like the first two quarters, and then you send off your application.

**Jose Boyer, Yorktown High School, Senior:** The biggest thing for me is the competitiveness between students in the classroom. I play sports, and it's not as



**Jaeger Dochtermann**  
Fox Lane High School

**Danny Maher**  
Ardsley High School

**Henry Titcomb**  
Sleepy Hollow High School

**Rebecca Taylor**  
Rye Neck High School

**Elisa Mateo-Saja**  
White Plains High School

We asked the participating parents and students to tell us how prevalent they think that these high school issues are:

competitive on the field as it is in the classroom. That's definitely been the hardest part for me.

**Jaeger:** I absolutely agree. I think the biggest concern now is not only ACTs but also making sure you're still viable and competitive for colleges. You have to make sure you are doing not only the same things as your peers, but something to "one-up" them, basically. It's a perpetuating cycle of competitiveness.

**Danny:** I think the hardest thing is just keeping it all together — keeping your GPA and your grades up, right as the transcripts are being sent out.

**What do you think your parents see as your biggest concern? Are they correct, or is it something else?**

**Elizabeth:** I think they know, because they see how stressful it is. Like all the college applications and keeping all your grades up. So they basically know.

**Elisa:** I know my mom knows that my biggest stress is college.

**Sophie:** I'm pretty sure my mom stresses about my ACT test more than I do [laughs]. It's my biggest concern and stress at this moment, but I'm not taking it as seriously as I should. I have no idea what I want to do with my life.

**Spencer:** For me, it's not the college stuff that my dad would be aware of

as the main stressor, but rather how the college stuff manifests itself in my other activities, whether school, or athletics, or extracurricular activities.

**Serena:** My mom definitely stresses about college and my GPA, because she always told me, "I want you to do better than I did."

**Henry:** I guess my mom and dad don't want me to start slacking off in senior year, as a lot of seniors tend to do.

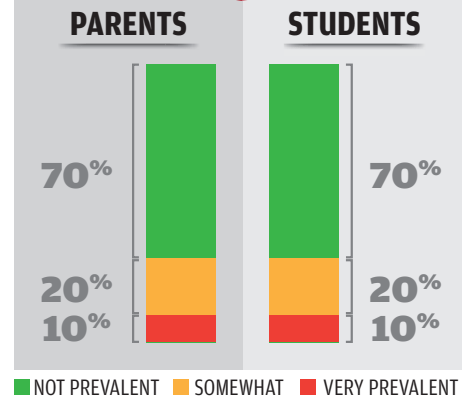
**Rebecca:** It's definitely my happiness my parents are concerned about a lot, because, if there are certain tests or projects coming up, I get into these moods where it's tunnel vision, and I'm in my room and don't come out.

**Jose:** I think my parents think my biggest thing is maintaining where I am now. They don't want me to get overwhelmed, they don't want me to slack off; they just want me to find that happy area in the middle where I'm doing the best I can in everything.

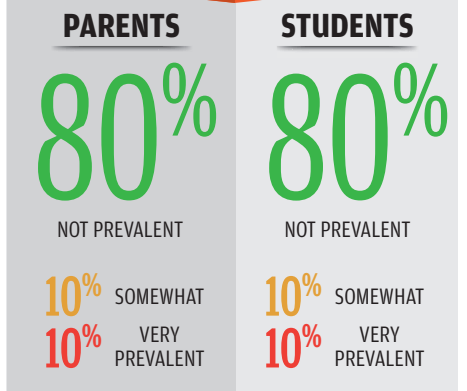
**Jaeger [to Jose]:** I think your parents somewhat mirror mine, in that they want me to be viable for college, but I don't think their biggest focus is on grades. It's kind of: "What are you doing with your summers? How are you using that to differentiate yourself?"

**Danny:** I think my parents are pretty confident in me. They just want to see me keep myself going and that I'm not

## BULLYING



## CYBERBULLYING



**Elizabeth Fernandez-Fermin**  
Peekskill High School

**Jose Boyer**  
Yorktown High School

**Serena Sarkiso**  
Lincoln High School

**Sophie Masson**  
Scarsdale High School

**Spencer Kaplan**  
Blind Brook High School





**“I don’t have a lot of free time. I work, and I’m in extracurriculars, but I love everything that I choose to do.”** – *Elisa Mateo-Saja, White Plains HS Senior*

slacking off. But also that all the things I’m doing are not stressing me out too much.

**Okay, so it sounds like balance is a big part of everyone’s concerns. Do you think you have too much homework, or is it the right amount for your grade?**

**Elizabeth:** In AP classes, especially, they give way too much. But in other subjects, it’s good.

**Elisa:** The classes you choose tell you what you’re going to have homework-wise and, with White Plains, you have a lot of options. So I’ve been able to choose, knowing in advance what homework I’m giving myself.

**Sophie:** I agree that in some classes they give way too much homework. I know in math you’re supposed to do repetitive questions, to understand whatever you’re learning, but it’s so time-consuming, and

after a certain point, you just want to give up.

**Spencer:** A lot of times, students lose sight of the reason we have homework, which is to reinforce what’s being taught during that day. And if you aren’t going to do that, you simply aren’t going to learn the information as well.

**Serena:** In my regular classes, they don’t give too much homework; in honors and AP classes, you have more work. But that’s a class you want to take, and you should be prepared.

**Henry:** I think that homework should be eliminated in classes that don’t pertain to somebody’s chosen career path. When you’re doing homework for a class that you enjoy, it’s not really work.

**Does everyone feel that some homework benefits you, and some doesn’t? Like, “I’m never going to use geometry or**

**algebra, so why do I need to take it?”**

**Rebecca:** I feel like doing it definitely benefits you, but it gets overwhelming when it’s in every subject, and there’s an influx of assignments.

**Jose:** I think we’re not getting enough homework in some classes. If I have no homework in a class, I don’t know what’s going on in that class.

**So, Jose, you’re the guy who wants more homework. We’ll let your school know that [laughter].**

**Jose:** Yeah, let’s not put my name down for that one [laughs].

**Jaeger:** I believe homework should be directly tied to comprehension.

**Danny:** At my school, homework is fine. The problem is procrastination. I’ll have homework, and I’m like, *I’m gonna do it*. But then I’ll sit down and play with my

dog, and I don't get it done [laughs].

**How many of you have a set time that you do your homework every day? Do you usually do your homework in the evening?**

**Jose:** I usually start at 11:30.

**Danny:** As soon as I get home from school, I need a little break.

**Do you feel that your time is too structured? Is there enough unstructured, free time?**

**Elisa:** I don't have a lot of free time. I work, and I'm in extracurriculars, but I love everything that I choose to do. So for me, it's not free time, but it's time that I enjoy.

**Spencer:** I think it's pretty evident that there is a fundamental flaw in how structured it actually is. If you look at kids when they get back from vacation, they are in a significantly better mental state than when they left.

**Danny:** I make sure to leave myself free time toward the weekend. And, going back to what Elisa said, if I'm at school, rehearsing for six hours, it's not free time, but it's me time. I'm having fun doing it.

**What are some of the biggest social challenges? Dating life, bullying, drugs, alcohol, peer pressure?**

**Spencer:** One of the biggest is cyberbullying. When I was growing up, I didn't really see it, but once I got into high school, I realized it's very subtle, but it's there.

**Can you give me an example of what you mean by subtle?**

**Spencer:** Here's one that's happened a lot: Someone accepts a friend request on Facebook, and it might be some random person, maybe some underclassman no one really knows. People will comment on it, like, "Oh, Ben, it's amazing you finally found The One." It's just joking, but it might be perceived by the person who was friended as kind of cruel, almost harassment.

**Do your schools have anything in place to deal with cyberbullying? Or is it a 'it's not on school grounds, so it's not our problem' sort of thing?**

**Spencer:** Legally speaking, they can't do much because it isn't on school grounds, but they do bring in a lot of speakers to talk about it, and it's addressed in our health classes. If it

starts to affect life in school, or if it endangers someone's mental health, they might be able to take action. In fact, I'm pretty sure they're required to take action if they're aware of it.

**Henry:** For us, the students just deal with it. The school can't really do much about it, so it's up to the kids to raise their voices.

**Rebecca:** My school is really small, so if something happens on Saturday, everyone knows about it by Sunday. Our guidance counselors are proactive, so if you say something [wrong] on social media, they will know about it and call you in, and the issue will be resolved.

**Serena:** There have been incidents where something will get leaked onto the Internet, and we've actually had a few suspensions because of things like that. The kids whose things got leaked do deal with a lot of bullying. It's really sad.

**Elisa:** My school's big, so a lot of times, they don't notice that kind of stuff happening. Kids will hear about it, like Henry said, and it becomes your job if you're part of the leadership or if you're just someone who wants to stop it. We struggle with a lot of stuff because, like on Twitter, people will "sub" other people.

**I'm sorry, what does that mean, to 'sub'?**

**Elisa:** Subtweeting. A subtweet is when someone says something, but they won't address the person directly. If you're having a fight with someone, they will say something pertaining to the argument that you're having on Twitter, but they don't address you directly. So no one can say anything because there isn't a name.

**Do those of you who are in leadership positions or student government ever get picked on or bullied because of those positions?**

**Elisa:** To some degree. Sometimes, other kids see it as being the snitch. But I've always been involved in whatever our school is doing, and I can't let things go unnoticed, so I think they understand that.

**Spencer:** Real leadership is doing the right thing, even if it's the unpopular choice. I think people respect that, too. I haven't experienced any sort of harassment or bullying resulting from my leadership position.

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30%  
40%



### STUDENTS

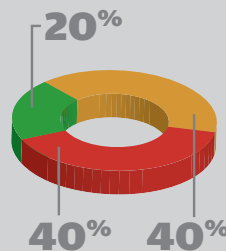
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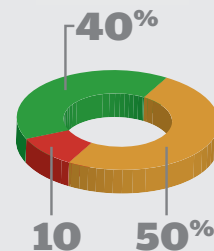
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## MARIJUANA USE

### PARENTS



### STUDENTS



■ NOT PREVALENT ■ SOMEWHAT ■ VERY PREVALENT

## USE OF OPIATES OR OTHER HARD DRUGS

### PARENTS

60%  
10%  
30%



### STUDENTS

80%  
10%  
10%



■ NOT PREVALENT ■ SOMEWHAT ■ VERY PREVALENT





“People at my school are pretty responsible [concerning alcohol use]. They know what they can handle and look out for and support each other.” — *Danny Maher, Ardsley HS Senior*

**What about traditional bullying — that is, physically or by intimidation. Does that happen?**

**Henry:** Yeah. It would be ignorant to say it doesn't happen, because obviously it does, but it's not like the guy walking down the hallways who pushes a kid into a locker or something, and it continues day after day. That kind of mass bullying doesn't happen anymore.

**Tell me about drugs and alcohol. Are they a big issue in your schools?**

**Serena:** At my school, there is a very big problem with marijuana use. There have been incidents where you'll smell it in the hallways and in the back of the gym.

**How about hard drugs? Are they an issue?**

**Henry:** No.

**Danny:** Not really — at least not out in the open.

**Spencer:** I also feel like the constituency you have here probably isn't exposed. So, it might be a thing, but we might not know about it.

**Jaeger:** We're definitely biased in the fact that we don't see it nearly as much.

**Is it the same with alcohol?**

**Danny:** People at my school are pretty responsible. They know what they can handle and look out for and support each other. My school has taken some measures to discourage destructive decisions. We have a program called Ardsley Safe Rides, which I am president

of, and we give students free rides home through the four Rivertowns — Ardsley, Hastings, Dobbs, and Irvington. Wherever you are, we'll pick you up. It's confidential. We get police involved if they need to be involved, but otherwise, we take you home, and we don't say anything.

**Henry:** We're responsible with it at this point. People know their limits, and it's not like people who drink and smoke and do that stuff...[are] bad people, obviously. I know plenty of people who have an active social life, active party life and still get good grades.

**Spencer:** Alcohol itself is not a problem in my school, but drunk driving is a bit of a problem. It's not that prominent, but it's naive to say it doesn't exist.

**How about in terms of acceptance of other students? How accepting are students of each other and of diversity?**

**Elisa:** We do have a divide, and I think it's largely because we go automatically to what we're familiar with. I hang out with a lot of other Hispanics because I'm Hispanic, and we talk about Hispanic things; a lot of other kids in school identify with their race and hang out with their race. And we also have so many clubs; probably half of them are dedicated to different areas of diversity.

**Danny:** Coming from a small school, we're obviously not as diverse, but there are people who stand out because of their race or sexuality, and I think that now a lot of things are more accepted. Some of the problem could actually be parents who don't want their kids to be around this or that. They'll say, "Well, back in my time, you were harassed for your sexuality." They don't understand it's different now.

**Spencer:** Blind Brook is exceedingly not diverse. It's pretty bad. We have 125 kids in my grade, and we don't have a single black kid. Luckily, some of us get to experience summer camp where there is a lot more diversity. I do feel like our school is pretty liberal, and I think they would be accepting if there were more diversity.

**Henry:** My school is a lot different from yours, Spencer. Our town is about 60 percent Hispanic or Latino, primarily Dominican. And the high school is incredibly diverse. I'm grateful to come from such a diverse school and, regarding racial discrimination, we don't let that happen. Our students are strictly against that.

**Jaeger:** I'm in a very similar situation. Fox Lane has about a 40 percent Hispanic population and a variety of other ethnicities, as well. So apart from the various cliques that get formed around some races, I've never seen any racism or people who've been segregated or treated differently based on race whatsoever.

**Serena:** In my school, I would say maybe 85 percent of the student body is African American and Hispanic, and we don't have any racial problems, because we all connect somehow.

**One last question: What is there to do in Westchester for people your age, other than extracurriculars?**

**Elisa:** I go out to eat a lot. White Plains has a ton of food places, just on Mamaroneck Avenue. We go to a lot of sports games; that is big in White Plains.

**Elizabeth:** We mostly just travel around town, go to restaurants, go to the movies. We really don't go out of Peekskill that much.

**Sophie:** There is this really popular restaurant in the little village of Scarsdale called Lange's. Everyone hangs out there.

**Spencer:** One of the really big places is Rye Ridge, and a lot of people will go into White Plains because it's pretty close. A lot of it is usually just watching movies, hanging out at each other's houses.

**Serena:** We usually go to Ridge Hill in Yonkers; that is our hotspot.

**Henry:** In my town and Westchester as a whole, a lot of people don't know, but there is an amazing music scene around here. There are tons of amazing locals bands with original content.

**Rebecca:** My friends either go to the city or go to The Westchester for shopping, see a movie, or go to sporting events at our school.

**Jose:** I think the whole sporting-event thing is huge for our town. We try to travel to everything we can. And there is this dairy bar in Mahopac called Bliss; I think if you go to Yorktown, it's an automatic place to go.

**Jaeger:** There's a prominent sports scene around us, as well, but a lot of it is getting together with friends, going out to eat and going to see a movie.

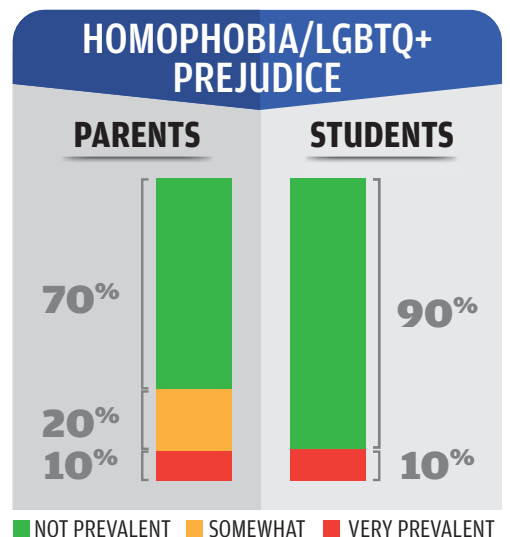
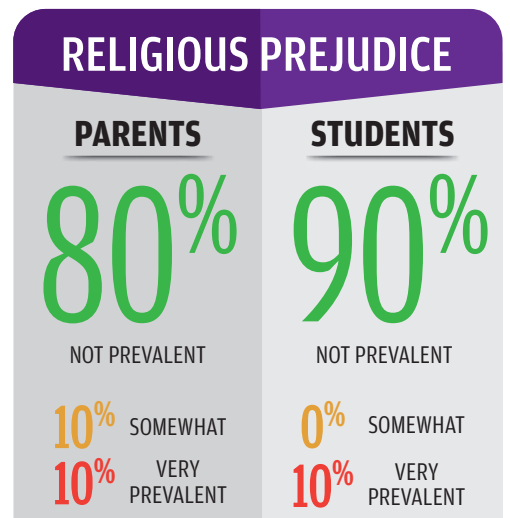
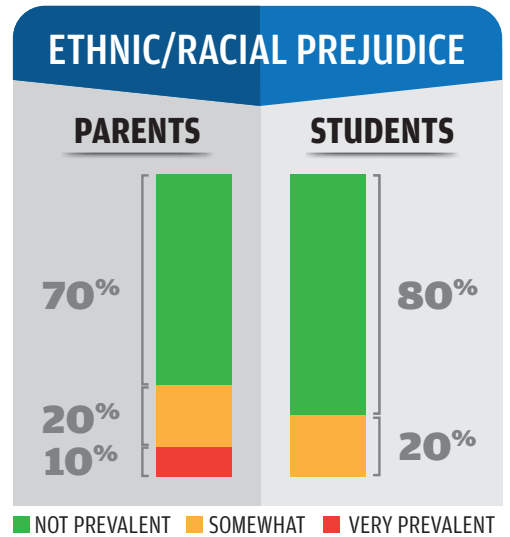
**Danny:** Ardsley is kind of in the middle of this gray area; we're right next to Central Avenue, which is where everything is, including Eldorado III, the 24-hour diner where everyone goes to eat. If not there, we are either at a sports game, or we go to the city.

**Any final thoughts?**

**Spencer:** Westchester is a great place to live.

**Does everybody feel that way?**

**[In unison]** Yes!





# Parent Roundtable

**Robert Schork [Moderator]: What do you think have been the best aspects of the Westchester high school experience?**

**Margarita Saja, mother of Elisa Mateo-Saja, White Plains High School:** What I love about our school is that there are so many choices of sports, clubs, and academics.

**Rebecca Masson, mother of Sophie Masson, Scarsdale High School:** The quality of the teachers is really impressive; they support the students and go above and beyond just teaching.

**Mary Kohrher, mother of Henry Titcomb, Sleepy Hollow High School:** I think the proximity to New York City, in terms of arts, is a great thing for the kids.

**Ruth Lorenzo, mother of Serena Sarkiso, Lincoln High School, Yonkers:** The school's support system, the teachers and the principals. They are close-knit with the students. From freshman year, everything was about college; it still is.

**Christina Dochtermann, mother of Jaeger Dochtermann, Fox Lane High School:** I think there is some wonderful collaboration among the schools. You look at New York State School Music Association, some of the music and arts where Westchester schools come together for these high-level competitions, or the

science competitions, like the Westlake Science Fair.

**Steve Kaplan, father of Spencer Kaplan, Blind Brook High School:** I agree about enrichment opportunities and the quality of the faculty. And compared to other places around the state, we seem to be faring better in terms of budgets. So there's more consistency in the programming.

**Ramón Fernandez, father of Elizabeth Fernandez-Fermin, Peekskill High School:** The diversity in the school is very important. And sometimes, participation in sports is an incentive to keep students doing better in their academics.

**Marianne Boyer, mother of Jose Boyer, Yorktown High School:** Diversity, being involved in sports, band, and the tremendously supportive faculty.

**Anita Maher, mother of Danny Maher, Ardsley High School:** Dittoing everybody, I think it's the variety of enrichment. My kids tend to be extremely academic and artsy, so it's like the whole breadth of it is there. I like that there is community service, band, sports, and drama. Also, the faculty is so involved in their lives, really caring; I think that's the big difference.

**Shirley Taylor, mother of Rebecca Taylor, Rye Neck High School:** Rye Neck is a smaller school, and they have followed my daughter since kindergarten. The counselors, they fell in love and had a connection all the way. She has followed

through and been on the accelerated course.

**Margarita:** The sports and music can be very competitive, and I don't always like the competition part, but if the kids want more, they can get more.

**Anita:** They also do an excellent job with students who are disabled. It's not just "reach the top." They take the very bottom, and those less fortunate and really work with them. They have excellent programs. I remember one of my children had difficulties, and this was the area to go to. It's known; it's recognized.

**Rebecca:** Parent involvement is really high in these communities.

**What do you think are the worst aspects of the Westchester high school experience?**

**Margarita:** There's only one lunch period, and sometimes the lines are really long, and not everybody can get lunch. If you're that last person on line, you have like three minutes to eat, you know?

**Rebecca:** I would say the competition and the pressure on students. There's a lot of high-level students in the area, so there's a lot of competition to get better grades, good SAT scores and to get into a good school. So kids do feel a lot of pressure. In Scarsdale, there have been suicides, and there have been a lot of kids in counseling. It's really a big problem that they're addressing,



**Mary Kohrher**  
(Henry Titcomb/Sleepy Hollow HS)

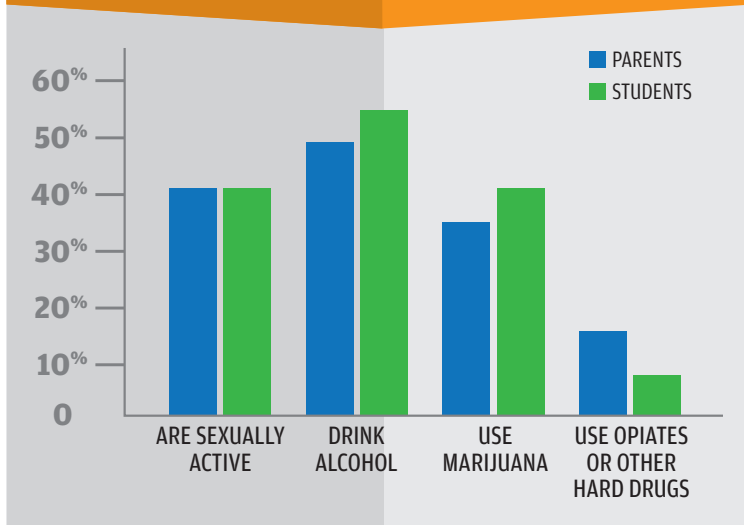
**Ramón Fermin**  
(Elizabeth Fernandez-Fermin/Peekskill HS)

**Anita Maher**  
(Danny Maher/Ardsley HS)

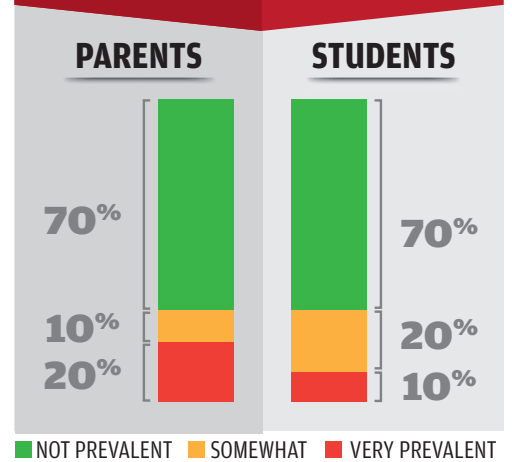
**Margarita Saja**  
(Elisa Mateo-Saja/White Plains HS)

**Ruth Lorenzo**  
(Serena Sarkiso/Lincoln HS)

## STUDENT BEHAVIOR: WHAT THEY THINK



## STDs/PREGNANCIES



with counselors, as well as parent education and involvement. It's about trying to figure out where you need to be pressuring your child and where you need to ease off.

**Ruth:** In Yonkers, the balloting process for high school is very discouraging. You get to ballot for three schools, and where they place you is where you're going to go, which I think is not right.

**Christina:** I echo on Scarsdale. Everything seems to have gotten compressed. What used to happen in kindergarten now is preschool. What happened in fifth grade is now in first grade. Many of these kids are over-programmed and overstressed. You talk to kids, and they're talking

about stress and anxiety. Fox Lane does a wonderful job of trying to get the kids to be more in the moment. Yes, there's that end goal, but how do you be in the moment here and now?

**Steve:** I was struck that a lot of you mentioned diversity. In Blind Brook, my son only has about 130 classmates, and it doesn't have a lot of diversity. It doesn't mirror the nation at large. In some of these smaller districts, the kids have been together since kindergarten. Some students get branded a certain way and never have that chance to re-create themselves. Also, a lot of kids are being tutored, and in some cases they don't need tutoring;... a lot of things are driven by parents. I was a school-board member

for six years in Blind Brook, and you see a lot of things about what parents say and do; there's a lot of pressure from parents. There's also a lot of pressure among the kids themselves and expectations from faculty.

**Ramón:** In Peekskill, participation and parent involvement really need to go up.

**Marianne:** We have great schools, and we offer great programs. Some parents are involved; some aren't. And some... I hate to be negative, but sometimes parents are overly involved, to the point it's not healthy. And yes, we are competitive, but sometimes I think we are *too* competitive, and I don't think it's a benefit to our children. I consider

**Marianne Boyer**  
(Jose Boyer/Yorktown HS)

**Shirley Taylor**  
(Rebecca Taylor/Rye Neck HS)

**Christina Dochtermann**  
(Jaeger Dochtermann/Fox Lane HS)

**Rebecca Masson**  
(Sophie Masson/Scarsdale HS)

**Steve Kaplan**  
(Spencer Kaplan/Blind Brook HS)





## “We value schools for all the intangibles, but no ranking can tabulate all those things.” – Steve Kaplan

myself an involved parent, but to a point. And I think that balance is really important.

**Anita:** I think the most negative thing is the over-scheduling. As a parent, I step back on it, because I want them to make the mistakes while they're still home.

**What do you think is the source of the over-programming?**

**Anita:** I don't think it's the school.

**Mary:** When you have a high-achieving student, you have someone who they all want to mold, so they can say, “Look at my star student.” So you're pulled in so many different directions. I tell my kids of course you want to do well, but you have to pace yourself. It's a tough balance and every kid is different.

**Steve:** Kids feel that they have to do all these things. Colleges want to see students who have passion, but the passions don't shine through because a lot of kids have seven things, and they

all want to say they're president of X, Y, and Z club.

**Do you think colleges are putting pressure on them to be well-rounded students?**

**Anita:** I do think the schools have been attuned to “be well-rounded — colleges need well-rounded.” But it's also the students.

**Christina:** Well, they keep saying the Common App [a website/app that allows students to apply to multiple colleges at once] has like 10 lines for activities, “better have every one of them filled with something meaningful.” The kids are beside themselves trying things and trying to make that pedigree.

**Shirley:** I agree with what everyone has said. When Rebecca was selecting classes for 11th grade, she had all these AP classes. I was like, that is way too many. I talked to her counselor, and I said she can't do all that. And the counselor said,

“Let her try,” and I said no. Rebecca was upset that I didn't let her do it, but I said you're not going to take all of your APs now. I don't understand why her counselor was going to let her do it.

**Steve:** Part of the ranking of schools is about how many APs kids have taken. So the media is pushing that because the schools feel they have to do it.

**We run a data chart every March as part of the high schools package, but we don't rank the schools; they're listed alphabetically.**

**Anita:** There comes a point when parents have to pull back... like Shirley was saying: “No, you can't do that.” It's like the opt-out movement; it starts with the parents.

**Rebecca:** I think a lot of the pressure is coming from parents, as far as applying to college.

**Is there too much homework in high school?**

**Mary:** It depends which kid. My kid this year,... I never see him doing homework. I guess he is; I don't know.

**Margarita:** I've seen more study halls getting worked into the schedules, so they're getting at least half their homework done in school. And I do think it's important that they offer the variety of AP classes. My daughter stays up until 2 in the morning on a regular basis. It's too much.

**Steve:** I'm kind of ambivalent on homework. If you don't have the rigor and the homework now, then when you get to college, you're not going to be successful.

**Mary:** Some of these kids can do it, but others have peer pressure, and they are setting themselves up for failure, because they can't do it.

**Rebecca:** I think the homework is manageable. It's just that these kids are so over-scheduled, they don't have time to do it. By the time they even start doing homework, it's 9 p.m. They have dinner, maybe a bit of free time or talk on the phone. And it's not healthy. They need time to socialize and spend time with their families.

**Something has to give at that point. So what gives? Family time? Downtime?**

**Rebecca:** Dinner. No dinnertime.

**Margarita:** Sleep.

**Steve:** The media is setting the criteria. So what makes a good school? Is it how many APs? There are so many things that make a good school. We value schools for all the intangibles, but no ranking can tabulate all those things.

**Mary:** I'm Sleepy Hollow High School, and I feel like a lot of people have a negative feeling toward it. It's very diverse, and our rankings of the state tests are never up like Scarsdale and other places, but I find it is the richest school district in so many ways. This is what the real world is, and the kids are ready for it. We also have had the Special Olympics at our school two years in a row. There's so much joy in that school.

**Regarding teaching for the test, do you think that's what's happening in your high schools? Is there too much emphasis on that, at the expense of actually enjoying the high school experience and appreciating what they're they're learning?**

**Mary:** I feel like it's not. It's about being in the moment. And every kid is so

different. At least the experience my son is having now, because it's all music, acting, and performing. There's so much opportunity; I feel none of that pressure, and I don't think [Henry] feels the pressure.

**Anita:** Ardsley definitely is not like that. As a matter of fact, they gear more toward: "What's your passion? Stick with your passion."

**Margarita:** I don't feel that the high school teaches to the test. The SAT and ACT courses, we have to pay out-of-pocket for those, and they go to classes outside of school for that.

**Rebecca:** I think they are helping students find their passion and enjoy their lives before they go into the workforce.

**Steve:** There are some classes that are teaching to the test, at least in our district. Our school has had a session each year to explain the SAT and the ACT, and they bring in Kaplan Test Prep. I feel it's almost like a sales thing. I don't think the school should be bringing in outside test prep. I think the guidance department should be able to handle it, tell the kids what they need to know, and that's it.

**Christina:** When Common Core came in, that put a huge amount of pressure on teachers to teach to the test. But there are teachers who are so engaging and dynamic. I know my children's teachers are all about getting the kids to think. It is not about teaching to the test, not just about the end result. It's how do you get there.

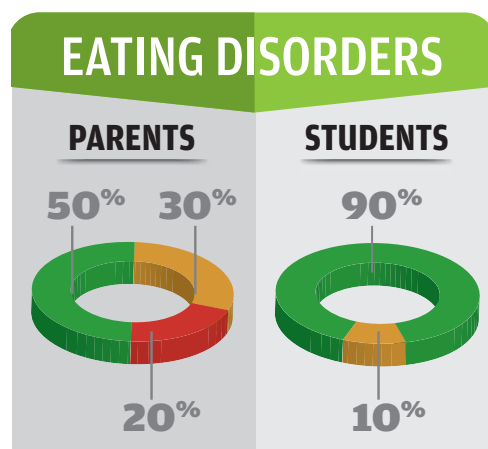
**How about students who aren't thinking about college yet or who may choose another path?**

**Margarita:** That's something else I like about the schools: Several Westchester schools collaborate with BOCES. So it's a theme nowadays that college is really not for everybody. Kids have the option in 11th and 12th grade to go a half-day to BOCES and learn a trade. And I think that's a really great option.

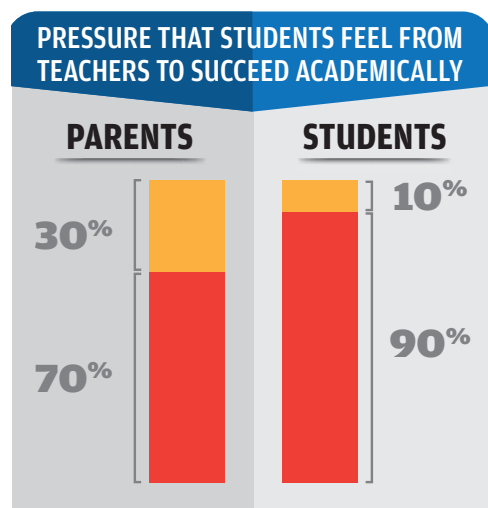
**They offer quite a lot there, and they're very good programs.**

**Margarita:** Yeah, there's mechanics, cosmetology. I have seen kids who want to go to college who, for instance, took cosmetology, because they'll charge their fellow students, and that's their part-time job, to do eyebrows [laughs].

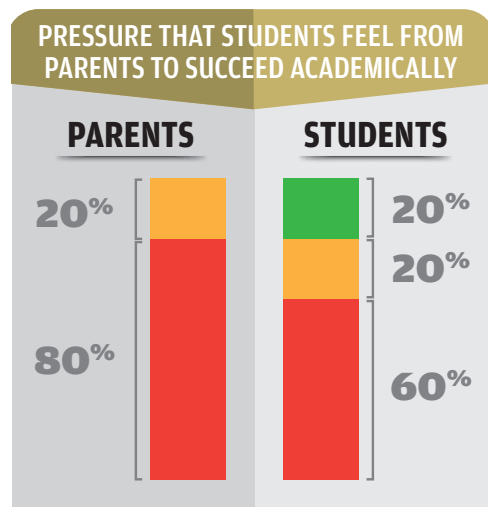
**Rebecca:** I know some students now are taking a gap year between high



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“My children’s teachers are all about getting the kids to think. It is not about teaching to the test, not just the end result.” — *Christina Dochtermann*

school and college, which I also find refreshing. They’re not totally focused on just getting into college but traveling and getting some real-life experience. In Scarsdale, they do senior options the second half of the year, where they do an internship at a company, so they get real-world experience, and some of them continue to work for that gap year.

**Ramón:** I think sometimes we have plans that all the kids have to go to college, but not every kid wants to, or can, for various reasons.

### What is the biggest social challenge for your kids in high school?

**Anita:** As a senior, the biggest challenge is that his friends were seniors who graduated. So, with most of his friends gone, he had to re-establish friendships. If kids don’t have friends across the grades, it can be a challenge in senior year.

**Christina:** Our greatest social pressure is the fact that pressure is what drives

kids to want to be involved in so many different things. They are trying so hard to fit in and diversify themselves, not just be the sports kid or just be the academic kid — they want to be doing all these different things. The social pressures aren’t so much the classics of yesteryear, of drugs, sex, alcohol. The social pressure is really to be the best and be in all these different things.

**Rebecca:** It’s hard for kids to have a social life and go to parties without having to worry about: Are they going to be drinking alcohol? Are they going to be smoking? Are they going to be having sex? Sometimes my daughter won’t go to parties because she knows a certain crowd is going to be there, and she doesn’t want to be involved in it.

**Mary:** I struggle with it because you want your child to have some experience with those things before they go off to college. If something goes horribly wrong at that point, you know...they’re not home.

**Do you think peer pressure is a real thing?**

**Mary:** Absolutely, yeah.

**Shirley:** I don’t know, because my daughter hasn’t talked about any of this stuff. [I ask her:] “Why don’t you want to go to the parties?” and she says, “I’m just going to study.”

**Mary:** Maybe because she knows that these things are going on. But kids need to find kids who are like-minded, because you have to be comfortable saying no and being in those situations. Some kids go to college, and they just go crazy if they’ve never experienced it.

**Anita:** That’s why I said earlier: “Make the mistakes under our roof.”

**Shirley:** What do you think I should do then? Say, “Go to the parties”? [laughs]

**Steve:** You can always host the party in your house...

**Mary:** Yes! That was the other thing.

**Rebecca:** I was surprised to find out the level of what was going on at these parties.... I mean, girls passed out on the side of the street, and people calling ambulances.

**Are you shocked by what you hear from your kids about what’s going on and at the ages at which it’s occurring?**

**Anita:** I was shocked about the party buses going to bar mitzvahs, bat mitzvahs. That shocked the heck out of me.

**Mary:** And prom, too.

**Shirley:** So what do they do on the party buses? [laughs]

**Mary:** When my oldest daughter went for junior prom, the kids would all pitch in, and somebody’s parents would put the bus on the credit card. Then, all of a sudden, you’re sending these kids off with a driver that they’ve tipped extra, so he’ll let them drink on the bus. It’s insane! They don’t do that at Sleepy Hollow; they stopped that two years ago.

**Margarita:** I talk to my kids a lot about those things, but the party bus I was never comfortable with because you can’t just walk out, and that’s why I always said no to that. I let them go to other parties, because they can always call, and, before texting, we had passwords like, “I gotta feed the dog.”

**Mary:** I love that. I did that, too.

**Margarita:** Now you can quietly text, and no one knows that you’re the nerd who doesn’t want to do that, you know?

**Steve:** Some of the schools are starting to take action. I know spring break is always a concern for seniors. A lot of kids go down to the Bahamas, but some parents go to “shadow” them, as if they know what’s going on.

**What about bullying and cyberbullying? Is that an issue here in Westchester?**

**Mary:** I mean, there’s probably bullying. My kids have always said they never see any of it; I don’t know if they’re lying to me or what. I haven’t heard of any cyberbullying in our town, but I’m sure there’s some.

**Rebecca:** I think it’s more of an issue in middle school.

**Steve:** I was going to say the same thing.

**Rebecca:** I think by the time they get to high school, they’ve been educated enough to know what’s acceptable and not, and, on social media, they all kind of include each other. I think there was discrimination — some gay, lesbian — in middle school, and maybe going into high school, but by the time they’re juniors and seniors, they’re a bit more inclusive.

**Christina:** I agree. We have five elementary schools that converge into one middle school, and at the middle-school level, digital citizenship and cyberbullying and a lot of those topics were addressed because that was where it was coming to a head. By the time they get to high school, technology is used as a tool, not as a weapon, and the kids really are sensitive to the idea of digital footprints.

**Steve:** I think a lot of the PTAs also sponsor outside consultants to come in and teach them. They work together with the police department, so I think the kids are very aware of a lot of different things. It doesn’t mean they always listen, but they certainly know about it. But I don’t think it’s the biggest, most prevailing issue that we have.

**Shirley:** I agree with everyone. By high school, they’re too busy, and they’ve already developed the groups they’re going to hang out with.

**Marianne:** I’ve seen it in our school, mostly middle school. And then they re-educate the students.

**Most of you have given your schools high marks for academics. How about for addressing and managing these social issues?**

**Christina:** The home/school community connection is really important within our school, and they are always availing themselves of the outside resources. The community-resource officers, the hospital, the police are really integrated into the school to help the kids understand consequences.

**What about drugs and alcohol?**

**Christina:** We go through a lot of education on social-host laws and on all the different levels of legal exposure of hosting parties, not hosting parties. Serving alcohol, or if you have knowledge of it — it’s no joke. You’ll have some parents who’ll say, “Well, pot has become the big issue everywhere.” A lot of kids see alcohol as more serious than pot.

**Steve:** We have something called community coalition. It includes police, parents, students, faculty, and clergy. All come together and host a variety of things. The police send out things in the beginning of the year, warning about the consequences of hosting a party and what they will do if things happen. We also contract with student-assistant services, which basically is staffing the school a number of days a week with a social worker.

**Anita:** Our district has also turned some of this over to the kids. They started Safe Rides in our district, but the kids run it. Kids will call because they know it’s a kid who is picking them up, not a parent.

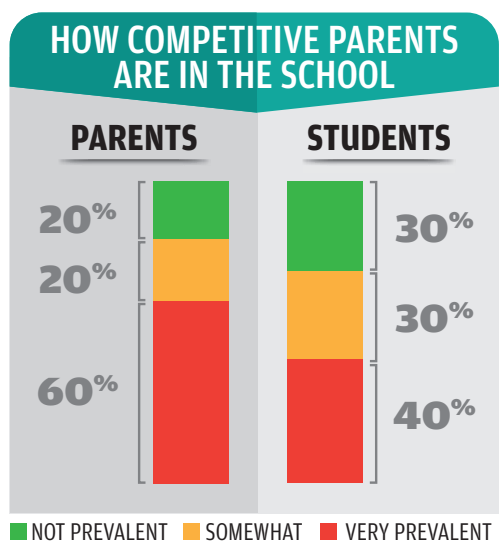
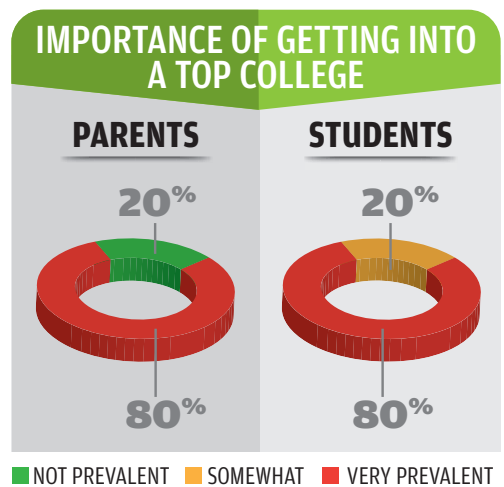
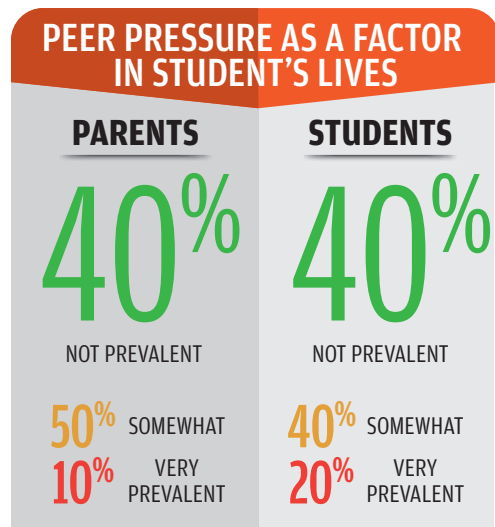
**What do you think is the biggest source or subject of disagreement between you and your kids, regarding high school?**

**Mary:** For me, it’s just getting him to get his work done, because he’s so focused on performing and everything else. That and getting the kid to go to sleep!

**Steve:** Time management.

**Rebecca:** For my daughter, it’s getting her to focus on the next phase of her life, which is college. I keep telling her, “You need to start looking at schools; we need to start thinking about it.” And she’s just not at all focused on that.

**Anita:** With mine, it’s reminding them that family matters. They’ve gotten so busy that they’ve forgotten the priority of family, so that’s my biggest argument. We have to have one meal together, and it’s dinner. And that’s always been the rule in my house. You’re either at dinner, or you’re not getting the car. That’s always the battle. *w*





# Our Public High Schools: By The Numbers

High School	Zip Code	Median Household Income in High School's ZIP Code	Mean SAT Scores: Total/Reading/Math/Writing	*Aspirational Performance Measure (APM) Rate	Students Who Qualify for Free Lunch	4-Year Grad Rate
Alexander Hamilton (Elmsford)	10523	\$87,353	1375/465/458/452	19%	36%	79%
Ardsley	10502	\$157,132	1795/585/607/603	73%	5%	97%
Blind Brook (Rye Brook)	10573	\$67,206	1895/623/638/634	N/A	0%	100%
Briarcliff	10510	\$146,723	1831/603/616/612	76%	2%	100%
Bronxville	10708	\$98,014	1855/607/635/613	N/A	<1%	100%
Byram Hills (Armonk)	10504	\$205,912	1838/599/638/601	N/A	2%	99%
Croton-Harmon	10520	\$101,932	1667/558/567/542	65%	0%	99%
Dobbs Ferry	10522	\$116,671	1610/542/534/534	46%	11%	96%
Eastchester	10709	\$95,625	1602/524/554/524	64%	0%	98%
Edgemont	10583	\$175,123	1880/609/645/626	N/A	0%	99%
Fox Lane (Bedford, Bedford Hills, Mount Kisco)	10506	\$206,207	1620/535/550/535	46%	8%	91%
Harrison	10528	\$105,570	1570/514/545/511	58%	10%	98%
Hastings	10706	\$127,632	1754/588/574/592	60%	5%	98%
Hendrick Hudson (Montrose)	10548	\$77,059	1607/536/548/523	50%	12%	93%
Horace Greeley (Chappaqua)	10514	\$212,528	1913/627/637/649	N/A	2%	99%
Irvington	10533	\$139,574	1781/596/597/588	67%	6%	97%
John Jay (Katonah-Lewisboro)	10518	\$187,898	1701/566/572/563	N/A	3%	99%
Lakeland (Shrub Oak)	10588	\$73,054	1540/516/517/507	49%	13%	94%
Mamaroneck	10543	\$83,827	1687/565/562/560	N/A	14%	96%
Mount Vernon-Mount Vernon High	10552	\$70,991	1211/413/399/399	9%	61%	55%
Mount Vernon-Thornton	10550	\$40,698	1211/413/399/399	12%	66%	84%
New Rochelle	10801	\$56,101	1436/474/486/476	32%	37%	85%
North Salem	10560	\$126,905	1649/543/561/545	N/A	5%	100%
Ossining	10562	\$71,773	1512/506/500/506	34%	39%	83%
Peekskill	10566	\$52,125	1336/451/455/430	14%	59%	70%
Pelham	10803	\$151,607	1701/564/567/570	60%	10%	97%
Pleasantville	10570	\$125,814	1757/590/586/581	52%	6%	100%
Port Chester	10573	\$67,206	1371/451/475/445	20%	57%	80%
Rye	10580	\$156,595	1824/592/614/618	N/A	3%	98%
Rye Neck (Mamaroneck)	10543	\$83,827	1636/536/546/554	57%	10%	98%
Scarsdale	10583	\$175,123	1941/634/658/649	N/A	0%	99%
Sleepy Hollow (and Tarrytown)	10591	\$78,388	1471/491/489/491	43%	47%	88%
Somers	10540	\$100,240	1657/553/554/550	51%	5%	99%
Tuckahoe	10709	\$95,625	1502/503/501/498	55%	17%	93%
Valhalla	10595	\$103,889	1542/509/522/511	33%	9%	99%
Walter Panas (Cortlandt Manor)	10567	\$119,521	1540/516/517/507	53%	15%	96%
Westlake (Thornwood and Mount Pleasant)	10594	\$116,950	1539/510/517/512	45%	7%	99%
Woodlands (Greenburgh)	10530	\$102,317	1371/452/464/455	24%	33%	95%
White Plains	10605	\$107,325	1456/487/491/478	39%	25%	87%
Yonkers-Yonkers High	10705	\$45,446	1198/402/397/399	46%	65%	89%
Yonkers-Palisade Preparatory	10701	\$42,238	1198/402/397/399	1%	86%	73%
Yonkers-Gorton	10703	\$58,244	1198/402/397/399	2%	90%	64%
Yonkers-Lincoln	10704	\$70,272	1198/402/397/399	2%	86%	78%
Yonkers-Riverside	10701	\$42,238	1198/402/397/399	<1%	88%	65%
Yonkers-Roosevelt	10710	\$82,324	1198/402/397/399	3%	80%	71%
Yonkers-Saunders Trades & Technical	10701	\$42,238	1198/402/397/399	9%	77%	92%
Yorktown	10598	\$116,862	1629/533/558/538	55%	5%	97%

ZIP codes: high school's ZIP code. Median household income: US Census Bureau 2011–2015 American Community Survey 5-Year Estimates and corresponds to ZIP code in preceding column; Somers corresponds to zip code 10589. Mean SAT scores: furnished by The College Board and reflects the 2014–2015 school year; SAT scores by school district; Estimated Average Property Taxes (2012): computed based on median home sales price using 2012 full-value tax rates from the NYS Comptroller's office; Valhalla and Westlake reflect Mount Pleasant

	Students to 4-Year School	Students to 2-Year School	Students to College	Total Senior Class Enrollment	**Average Class Size	English Language Learners	Teachers MA/PHD	Teachers w/ fewer than 3 years of experience	Economically Disadvantaged Students	Students With Disabilities
	52%	32%	84%	79	16	10%	59%	5%	57%	16%
	89%	10%	99%	177	19	N/A	75%	0%	7%	13%
	97%	2%	99%	107	19	N/A	50%	6%	1%	13%
	97%	2%	99%	162	13	N/A	84%	0%	4%	7%
	96%	3%	99%	112	19	N/A	73%	0%	N/A	7%
	96%	4%	100%	209	20	N/A	46%	4%	3%	13%
	81%	11%	92%	128	26	N/A	60%	2%	5%	11%
	85%	7%	92%	110	17	N/A	56%	0%	18%	9%
	82%	11%	93%	229	22	1%	79%	4%	N/A	13%
	98%	1%	99%	163	23	1%	74%	4%	N/A	12%
	75%	16%	91%	299	21	8%	51%	4%	24%	10%
	78%	16%	94%	245	20	4%	37%	9%	18%	11%
	88%	4%	92%	121	20	N/A	65%	3%	6%	12%
	71%	19%	90%	207	19	1%	49%	1%	18%	11%
	93%	3%	96%	335	23	N/A	85%	4%	4%	13%
	83%	11%	94%	131	21	N/A	68%	2%	10%	14%
	93%	3%	96%	290	22	<1%	57%	1%	4%	11%
	68%	24%	92%	280	25	N/A	72%	3%	13%	18%
	90%	6%	96%	334	21	3%	51%	6%	17%	17%
	29%	45%	74%	260	30	6%	50%	4%	68%	26%
	45%	43%	88%	141	24	4%	39%	0%	72%	14%
	54%	30%	84%	808	26	5%	58%	2%	46%	14%
	89%	8%	97%	100	20	N/A	79%	1%	8%	11%
	54%	34%	88%	329	25	9%	70%	2%	49%	15%
	33%	38%	71%	179	19	12%	61%	5%	67%	18%
	88%	7%	95%	190	20	1%	64%	2%	14%	14%
	83%	11%	94%	147	17	1%	37%	9%	8%	18%
	38%	52%	90%	294	25	15%	46%	9%	70%	12%
	96%	3%	99%	247	23	1%	51%	8%	4%	7%
	83%	11%	94%	100	20	2%	28%	4%	16%	13%
	97%	1%	98%	399	22	1%	81%	4%	N/A	12%
	55%	34%	89%	213	18	11%	46%	3%	56%	11%
	82%	11%	93%	285	22	1%	59%	4%	6%	13%
	79%	18%	97%	62	17	N/A	46%	8%	25%	13%
	80%	17%	97%	112	17	1%	82%	0%	13%	10%
	64%	25%	89%	222	27	2%	57%	1%	15%	16%
	82%	16%	98%	144	23	1%	52%	0%	11%	17%
	68%	23%	91%	128	21	3%	55%	3%	46%	18%
	64%	27%	91%	520	23	7%	70%	3%	50%	17%
	72%	21%	93%	295	27	10%	80%	0%	73%	5%
	45%	46%	91%	110	21	7%	58%	0%	91%	12%
	13%	56%	69%	233	24	14%	67%	2%	92%	21%
	29%	64%	93%	279	24	11%	76%	1%	90%	19%
	52%	28%	90%	256	22	9%	66%	2%	93%	17%
	26%	40%	66%	200	27	11%	61%	4%	86%	17%
	29%	32%	61%	279	26	2%	48%	5%	83%	14%
	83%	12%	95%	298	20	<1%	76%	1%	7%	16%

data and district tax rates may vary; Hendrick Hudson reflects Buchanan data; Lakeland (Shrub Oak) reflects Yorktown data; Edgemont reflects Scarsdale data. All other data: obtained from NYSED School Report Card and reflects 2014–2015 school year. \*Aspirational Performance Measure is an indicator of college and career readiness and reflects the percentage of students who earned a Regents diploma with advanced designation. \*\*Average Class Size: reflects sophomore social-studies classes during the 2014–2015 school year.









2017 MARKET REPORT:

# Downsizing Heats Up Housing

Millennials, boomers, and other persistent market forces drive Westchester home sales in 2017.

**By Dave Donelson**





**M**illennials and boomers will drive Westchester County's residential real estate market this year, according to Nancy Kennedy, associate broker with Houlihan Lawrence in Croton-on-Hudson. "The Millennials are ready to go into the housing market, and the boomers will be downsizing," she says. "The forecast is that inventory will remain low, and there will be lots of competition among buyers."

Rising interest rates, sky-high New York City rents, and a strengthening national economy all affect our market, as well — in very positive ways. About 9,500 single-family homes, condos, and co-ops changed hands in Westchester in 2016, the fifth consecutive year that saw an increase in the number of unit sales, and a healthy 58 percent increase over sales in 2009, the bottom of the market.

Amy Kane, senior regional VP of William Raveis for Westchester and Fairfield Counties, forecasts a further uptick in unit sales for 2017. "Conditions have been favorable in the stock market," she says. "There's confidence coming into the job market, as well. Consumer confidence is also strong."

"Our transactions have been tracking up for the past few years, and 2016 was no exception," says Dorothy Botsoe, owner of Dorothy Jensen Realty in White Plains and president of the Hudson Gateway Association of Realtors. "Listing prices are flat, but sales have been up-trending very well. Both sellers and buyers did well last year."

What hasn't changed much, Botsoe points out, are prices of single-family homes in the county. Last year, the median price was \$624,000, a change of only one percent over 2015 and in line with the \$615,000 median since 2010. Keep in mind, however, that this figure is very much a function of the types of homes that come on the market in a given year. Kane notes that "sometimes it's not the quantity but the quality of the inventory."

One of the biggest perennial constraints on the market is the number of homes that are put up for sale. "The average buyer used to stay in



a home for six years," says Kennedy. "Now, it's closer to 10." Still, she says, there's very little new construction in Westchester. "The Toll Brothers community in Rye Brook sold at a record pace. Their community in Cortlandt Manor sold well, too. But aside from an occasional one-off, that's about all you see in new construction. We're pretty much out of land here."

How tight is inventory? According to Berkshire Hathaway Home Services Regional VP Brenda Maher, "We have only about eight months of inventory, compared with 18 months in nearby territories."

That's where the boomers come into play. As they downsize, many become home sellers, which, in turn, makes them buyers not only for

smaller single-family homes but for condos, as well. That's a trend that will certainly continue, since US Census Bureau estimates show the 65+ age group growing 11 percent from 2010 to 2020, while the under-65 population stays flat.

"We've seen an increase in boomers not wanting the responsibility of a home anymore and not wanting to leave Westchester," Kennedy explains, "so the condo market has been very attractive to them. There is also a huge savings in property tax when you go from a big home to a condo."

Marge Schneider, executive VP of the Cappelli Organization, agrees. "Empty-nesters don't want to be bothered anymore

## Simplify Your Home Purchase

Tom Ralph, of Thomas J. Ralph Real Estate in New Rochelle, on how to streamline the home-buying process

**Get Pre-Approved.** Unless you're planning to pay cash, visit a couple of lenders to get pre-approved for a mortgage. That will give you an idea of your potential price range.

**Narrow Your Search.** Before you start looking, at least decide on the location (walkability, shopping, distance to transportation and high-

ways, school district), size (including square footage, number of bedrooms and bathrooms, size of yard, etc), and condition (move-in, in need of updates, fixer-upper, etc).

**Use Online Tools.** Check out Realtor.com, Zillow, and other sites to get a feel for what's out there, filtering by your criteria.

**Visit Open Houses and Do Drive-bys.** If you see something you like, contact the listing agents.

**Consider Working With a Buyer's Agent.** The commission will be included in the purchase price of the home, just like the seller's commission.





## Villa BXV

Easy Metro-North access attracts buyers to upscale condo projects in walkable communities like Bronxville.

with a house. They don't want to have to call the landscaper and arrange for snowplowing. Also, a lot of people in Westchester have second homes in Florida or Arizona, and they want a lock-and-leave situation. When they come back, they want all the services and amenities."

Boomers may be downsizing, but they're certainly not cheap-sizing. "When they sell their houses, they don't want to give up any of the luxuries," Schneider points out. "They want the marble bath. They want stainless-steel appliances, granite countertops, and all the nice finishes."

In 2016, she reports, the Ritz-Carlton New York, Westchester, in White Plains, sold 22 units for \$33 million, leaving only 14 left for sale in the tower, which she expects to easily sell out this year. Trump Tower in White Plains and Trump Plaza in New Rochelle both sold out quickly — and that was before the election.

Boomers are also looking for walkable communities, according to Gateway Development Group President Jim Carnicelli, whose Villa BXV condo development sold 30 of its 53 homes in 2016 without even a model unit. "Bronxville is an elite community with everything right at your doorstep," he says. "Metro-North is literally steps away from your door. Walk a few more steps, and you're right in the heart of Bronxville, which has

great shops, great restaurants, a movie theater. You don't need a vehicle in this community." Carnicelli adds that while homes in the development start at around \$1.3 million, "the sweet spot has been around \$1.7 million. Our penthouse homes start at \$3.5 million."

But what happens to the grand center-hall Colonial, quaint Tudor, or stately Georgian single-family home in Chappaqua and Scarsdale that the boomers are selling? According to Rob Vannucchi, executive VP of Douglas Elliman, this is where there may be some softness in the market. "At the higher-end price points in the luxury market, it is not as strong as we would like. It's a case of supply slightly exceeding demand," he says. "What we've seen in Westchester, though, is consistent with the North Shore and the Hamptons on Long Island, South Florida, Beverly Hills, and even in Manhattan to some extent." The firm's market report shows luxury homes (the top 10 percent by price) stayed on the market about five days longer in the third quarter of 2016 than the year before, while the average sale price declined year over year, even though there has been a slight uptick in the units sold.

"When you get over \$1 million, it's a very select market," according to Botsoe. "You don't get a ton of activity there."



### SALES OF Single-Family Homes, Condos, and Co-ops

<b>2010</b>	6,217
<b>2011</b>	5,839
<b>2012</b>	6,745
<b>2013</b>	8,135
<b>2014</b>	8,200
<b>2015</b>	8,860
<b>2016</b>	9,496

Source: Hudson Gateway Association of Realtors





Millennials aren't looking for (and probably can't afford) those seven-figure homes. Another market segment that was once important in the high end has all but disappeared now, too. "The relo market still exists, but it's not as significant as it has been historically," Vannucchi says. "The higher cost of living in Westchester compared with other metro markets discourages transfers. Then there is the high cost to the employer of transferring an employee, which makes it more practical only for the higher-level executives."

"Those homes that are farther out from the immediate center of town is where we see a little softness in pricing," says Maher. "Everything closer to downtown, even if the house is on a smaller piece of land, is going very, very quickly. The boomers and the Millennials are at opposite ends of the spectrum, but their needs are very similar."

Westchester has always been a first-home destination for Millennials, and skyrocketing rental rates in New York City contribute to the demand, according to Kane. "As affordability decreases in the city, it continues to drive Millennials into the suburban market," she says. "We've seen increased demand in Westchester for communities with train stations and affordable price points. That's why the Rivertowns tend to have strong demand. People like the blend of homes, the beauty of the Hudson, the walkability of the towns, the cultural life that is part of them, the ability to walk to the train. Buyers want active communities because quality of life is very important."

Many of the same qualities attract Millennials to White Plains, New Rochelle, Harrison, and other places with easy access to the city. "Everything that's south of [Interstate] 287, because you're close to the city and transportation, is really good," Botsoe says.

While Millennials are eager to buy, they're also particular about what they want in a home. "The trend for Millennials is that their first home purchase comes later in life," Maher observes. "They want everything 100 percent finished and in move-in condition. They don't want to do a thing, whether it's fix one toilet or whatever; they can't see beyond that."

Does that mean there's no hope for sellers with a less-than-perfect



### Condos and Co-ops

Downsizing baby boomers want condos and co-ops with all the luxuries but none of the headaches they experienced as single-family homeowners.





# EXIT: Stage Right

If you want to get the best price for your home, consider hiring a professional home stager. You may love being surrounded by hundreds of photos of your children and grandchildren through the years — but potential buyers want to envision themselves in your home. They can't do that if it's all about you.

"These days, you have buyers who want everything done before they move in," says Marlene Gold, who in the last eight years has staged homes that sold for more than \$150 million. "A good professional stager understands who the buyer is and what they should be seeing. If a property has a to-do list, it just keeps lowering the price. Staging is a process of taking things off that to-do list."



**AFTER**

First impressions matter a lot, so brighten up the exterior with light and modern colors, and freshen up the landscape with new plantings.



**BEFORE**



**AFTER**

Dark kitchens with dated appliances, out-of-style lighting, and has-been seating will destroy the prospect's appetite for your home.



**BEFORE**

## Here are some quick staging tips:

**Eliminate** coat hooks, since they give the impression the house has no closet or mudroom.

**Refresh** landscaping with new plantings, to show the home has been kept up-to-date.

**Replace** old light fixtures, to demonstrate the house has been updated.

**Take** worn carpeting off staircases. Even if you don't replace it, the negative will be gone.

**Get rid of** wallpaper. These days, it's a turnoff in any room other than a powder room.

**Switch out** older kitchen appliances for stainless, even if the old ones work.



**AFTER**

Face it: Your treasures are somebody else's junk. Put your favorites in storage, throw out the rest, and replace them with half the number of pieces.



**BEFORE**





## Selling Out Smartly

Looking to put your home on the market? Consider these suggestions from local experts.

### A “Zestimate” From Zillow Is Not Gospel.

“We recently changed our website to give you three different estimates of what your home is worth. There’s almost always a variation among them,” says Brenda Maher of Berkshire Hathaway. “When an agent meets a potential seller now, the Zestimate is already in their hands. It may say their home is worth \$1.5 million when it’s really worth more like \$900,000, because the algorithms don’t contemplate that the house is next to the town dump or that there’s another development in the works.”

### Research Listing Agents Before Choosing One.

“Consider the depth of knowledge of the Realtor. How long have they been in the business? How well do they know the community? How well does the agent listen to you?” advises Tom Ralph of Thomas J. Ralph Real Estate.

### A Picture’s Worth a Thousand Words

— and maybe several thousand dollars. All agents will list your home in the MLS, “but you want to be sure your Realtor is presenting your home in the best light online,” says Barry Kramer of Westchester Choice Realty. “That includes the photography. You want someone who uses a professional photographer or is one themselves.” Of course, he says, be sure your Realtor and his or her contact info is included in your listing. “If they are featured, the calls will go to the agent who knows your property best.”

### Don’t Be Tempted to DIY.

“For Sale by Owner” is very difficult in the market today,” says Nancy Kennedy of Houlihan Lawrence. “If you are not listed with a broker who is going to disseminate that information to all the online sites, their own networks, *NYTimes.com*, and *WSJ.com*, you won’t get the proper audience.” In addition, she notes, “It’s also one thing to find somebody who says they want to buy your house and another to make sure it goes smoothly all the way to closing.”



## Starter Homes

Single-family homes in the median \$624,000 price range are hard to find because they sell quickly. The exception are fixer-uppers, which don’t appeal to first-time-buyer Millennials.



PHOTOS COURTESY OF WILLIAM RAVES

property? “Today, it’s investors who are buying the fixer-uppers, making them picture-perfect, then flipping them pretty quickly,” Maher says. “Investors have the cash and are buying homes without contingencies.”

Entry-level buyers who want to live in Westchester generally have to act fast, according to Barry Kramer, principal broker of Westchester Choice Realty in Scarsdale, which specializes in co-ops and condos. “We’re finding more and more properties going to multiple bids,” he reports. “This is largely a matter of the amount of inventory for sale. Looking,

for example, on Garth Road, there are fewer than 15 apartments for sale, whereas in the past, there would typically be 60.”

Millennials, says Maher, often rent in a town to “try it out” before making a final purchase. “They want high-end rentals where they can just move right in. The individual living space may be a little smaller, but they have communal space they really like.” The growing demand for condos and co-ops, as well as rentals, explains why nearly all of the county’s new construction is multifamily. In the second quarter of last year, 27 apartment projects were in various stages of





## Luxury Homes

With more down-sizers selling than up-sizers buying, there's some softness in the luxury-home market, especially in neighborhoods located farther from train stations.

### MEDIAN Single-Family Home Price

2010	\$630,000
2011	\$600,000
2012	\$586,500
2013	\$610,000
2014	\$635,000
2015	\$628,875
2016	\$624,000

Source: Hudson Gateway Association of Realtors

development in Westchester. In recent months, developers have announced new projects in White Plains, Harrison, Mount Vernon, and New Rochelle, among others.


Architect and developer Martin Ginsburg, who has left his multifamily mark on the county with a multitude of highly successful projects, has responded to the trend toward renting rather than buying. "We were primarily focused for the first part of this century on building for-sale condominiums — building 350 units a year in Westchester and surrounding areas," he says. "But that business went the wrong direction, so we're now building luxury rental apartments. We were the dominant player in luxury condominiums, and now we're going to be the dominant player in luxury apartments." Ginsburg Development Company has more than 500 units under construction in three projects in Yonkers and Peekskill at the moment.

One of the question marks in 2017 is the effect of rising interest rates. "We believe the new administration will spur economic development, which will create inflation, which means higher interest rates," says David Valcich, a loan officer for Associated Mortgage Brokers in Purchase. "In the short term, I think it will make the market a little softer. In the long term, it's a good thing for the market." Mortgage rates increased about a half-point in the month following the 2016 election (from 3.5 percent to 4 percent), and the

prospect that the Federal Reserve will push rates higher throughout 2017 remains strong.

"An uptick in mortgage rates doesn't necessarily have a negative impact on the market," Kane explains. "What it does is put a little bit more pressure on those who are thinking about buying. It's generally a positive. In the high-end cash market, buyers are more influenced by what's going on in the world economy, job certainty, the stock market, and their bonuses."

Botsoe agrees. "Interest rates are certainly going up, but I don't think it will impact the market much," she says. "Most of us remember when rates were at six or seven percent or even higher. It may affect how much home you qualify for, but overall, if you're going to buy, it's not going to be a big factor."

Though economic conditions fluctuate, Westchester's residential market will remain strong, according to Vannucchi. "We're very optimistic about this year because we don't see major changes in the trends that drive the market. People being priced out or spaced out of the city won't be changing anytime soon." There's another constant factor, too, he says. "The quality of life in Westchester — the schools, restaurants, entertainment, even the nightlife — will always be a big draw." 

*Dave Donelson lives and writes in a 300-year-old farmhouse in West Harrison that can never be accurately priced by an algorithm.*





# Houses of Worship

A look inside (and outside) some of Westchester's sacred spaces.

By Robert Schork  
featuring photography by Ken Gabrielsen





The sanctuary of Bedford  
Presbyterian Church



## Bedford Presbyterian Church Bedford

The cornerstone of this Carpenter Gothic church was laid in 1871; construction concluded the following year. In 2001, master organ builder Martin Pasi designed, built, and installed the church's Opus 13 organ.







## Westchester Muslim Center Mount Vernon

Prior to the Center's founding in the mid-1980s, Westchester's Muslim residents used space provided by the Unitarian churches in Yonkers and White Plains for worship and prayer. Currently, the Westchester Muslim Center serves more than 2,000 Muslim families in the region.









# The Greek Orthodox Church of Our Saviour Rye

Completed in 1962 on the grounds of the former Harmonay estate, the church's design follows Byzantine traditions, with its architects drawing inspiration from the Hagia Sophia in Istanbul, Turkey, and the San Vitale church in Ravenna, Italy. The long diameter of the sanctuary's dome measures 52'.



## Union Church of Pocantico Hills

Tarrytown

This Gothic Revival church was built by John D. Rockefeller Jr. in 1921 and features a rose window designed by Henri Matisse — his last work of art — to honor Rockefeller's wife, Abby. Later, their son Nelson commissioned Marc Chagall to design all the remaining windows in the church, to memorialize his father and other relatives.







## St. Augustine Roman Catholic Church Ossining

Incorporated as a parish in 1878, St. Augustine was forced to relocate and rebuild at its current location at Eagle Park in 1978 because of New York State's plans to widen Route 9. The crucifix overlooking the river was relocated from its original site and refurbished.









Eternal Light



Torah Stands

## Congregation Kol Ami *White Plains*

Designed by Bogdan Grom and completed in 2012, the new sanctuary of this Reform Judaism synagogue is enveloped by a 26' tall insulated glass curtain wall that allows natural light to flood the interior space.



## Old Dutch Church of Sleepy Hollow

Sleepy Hollow

Best known from Washington Irving's short story *The Legend of Sleepy Hollow*, this 17th-century Dutch Colonial stone church is on the National Register of Historic Places.







## Immaculate Conception (St. Mary's) Yonkers

Founded in 1848, this church serves as the oldest Roman Catholic parish in Yonkers. It was designed by Lawrence J. O'Connor in Richardsonian Romanesque style and was named after American architect Henry Hobson Richardson, who studied Romanesque design in France and is best known for Trinity Church in Boston. 





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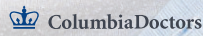
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# GREENWICH HOSPITAL

5 Perryridge Road, Greenwich, CT • 203.863.3000 • [www.greenwichhospital.org](http://www.greenwichhospital.org)



## PROFILE

Greenwich Hospital, founded in 1903, has been a member of Yale New Haven Health since 1998 and is an academic affiliate of the Yale School of Medicine. It is a progressive, 206-bed regional medical center and teaching institution serving residents of Fairfield and Westchester counties. The hospital has garnered a national reputation for patient safety, clinical excellence, and customer service, combining the latest technological advances with skilled, compassionate physicians and healthcare professionals who deliver the highest level of patient care.



## EXPERTISE AND FACILITIES

- Greenwich Hospital's patients have access to a comprehensive range of medical, surgical, diagnostic and wellness programs. The hospital offers medical innovations from robotic surgery to sophisticated diagnostic imaging to national clinical trials.
- The hospital has brought one of the latest advancements in cancer care to the region with the new TrueBeam™ linear accelerator, which treats moving targets quickly and accurately.
- The Center for Behavioral and Nutritional Health combines all medically sound weight-loss treatment options at the Holly Hill Campus.
- The main hospital campus includes the state-of-the-art Helmsley Medical Building and the Watson Pavilion.
- Yale New Haven's Smilow Cancer Hospital, Greenwich Hospital Campus, is across from the hospital and offers high-quality advanced cancer care close to home.
- Satellite facilities in Greenwich include the Endoscopy Center, the Helmsley Ambulatory Surgical Center and the Greenwich Hospital Diagnostic Center in Stamford, Connecticut.

## NOTEWORTHY ACCOMPLISHMENTS

- Recognized by the American Nurses Credentialing Center as a Magnet hospital, the highest honor of nursing excellence that a hospital can achieve.
- A longtime leader in service excellence, Greenwich Hospital is nationally recognized as a leader in patient satisfaction. This exceptional record earned the hospital the prestigious Healthgrades Award for patient experience, placing it among the top five percent in the country.
- In 2017, for the fourth year, Women's Choice has named Greenwich Hospital one of America's Best Hospitals in Cancer Care, Obstetrics and Breast Care and, for the first year, Best in Bariatrics. The hospital also received an "A" grade as one of the safest hospitals in the U.S., according to The Leapfrog Group, a national patient safety watchdog group.
- The hospital recently was recertified by the Joint Commission for its Hip Replacement, Knee Replacement, Spinal Fusion, and Stroke programs.

# An experience focused on getting you back to the life you love.

At Greenwich Hospital, we believe in the promise of health care's future. And as part of one of the country's most advanced health systems, Yale New Haven Health, we bring you that future with one of today's most advanced surgical programs. Our nationally recognized surgical teams use the most innovative techniques, including robotic surgery and minimally invasive procedures that reduce recovery time. Their focus on safety and quality of care promotes healing and a speedy return to the life you love. **That's the Greenwich Hospital experience.**

**[greenwichhospital.org](http://greenwichhospital.org)**

Cancer Surgery • Ear/Nose/Throat Surgery • General Surgery • Neurological Surgery • Orthopedic Surgery  
Plastic Surgery • Vascular Surgery • Weight-Loss Surgery





# NewYork-Presbyterian Hudson Valley Hospital

1980 Crompond Road, Cortlandt Manor • 914.737.9000 • [www.nyp.org/hudsonvalley](http://www.nyp.org/hudsonvalley)

## PROFILE

NewYork-Presbyterian Hudson Valley Hospital is a fully accredited general, 128-bed hospital that is a part of NewYork-Presbyterian Hospital, the #1 hospital in New York and ranked among the best academic medical institutions in the nation, according to *U.S. News & World Report*. NewYork-Presbyterian is affiliated with two of the nation's leading medical colleges: Columbia University College of Physicians and Surgeons and Weill Cornell Medical College.

NewYork-Presbyterian Hudson Valley Hospital, with 450 physicians in 63 specialties and the NewYork-Presbyterian Medical Group Hudson Valley — in collaboration with ColumbiaDoctors, the faculty practice of Columbia University Medical Center — provides easy access to world-renowned specialists who deliver a wide range of ambulatory care and inpatient services. The hospital is home to the region's "No Wait" emergency department, which sees more than 40,000 visits per year.



*NYP Hudson Valley Cancer Center physicians (left to right): Dr. Mark Stoopler, Dr. Martin Oster, Dr. Namrata Patel, and Dr. J. Gregory Mears*



## SPECIALTIES

- The NewYork-Presbyterian Hudson Valley Hospital Cheryl R. Lindenbaum Comprehensive Cancer Center focuses on individual patient needs and treats lung, breast, prostate, colon, stomach, blood, and most common cancers.
- Cancer Center Services: Infusion; Radiation Oncology, including HD Tomotherapy radiation therapy using CT scanning to pinpoint tumors; Stereotactic Body Radiotherapy, providing a precise dose of radiation through image guidance; 3-D Mammography, and an Integrative Therapies Program providing cancer patients with medical education, nutritional guidance, healthy cooking classes, yoga.
- Centers for Rehabilitation: On-site Physical/Occupational therapy with specialties in Hand, Sports, Vestibular, Scoliosis Management, Lymphedema, and Pelvic Floor Therapy; some specialties also available in the Cold Spring and Croton locations.
- The Institute for Wound Care & Hyperbaric Medicine's multidisciplinary team uses the latest wound-healing techniques and hyperbaric chamber.
- The Chef Peter X. Kelly Teaching Kitchen offers cooking classes to patients and community residents of all ages to promote healthy eating.

## NOTEWORTHY ACCOMPLISHMENTS

- Magnet designation for Excellence in Nursing in 2007, 2012, and 2016.
- The Cancer Center's Ashikari Breast Center fully accredited by the National Accreditation Program for Breast Cancers (NAPBC) for operational excellence as a high-level provider of quality breast care.
- The Department of Bariatric Surgery accredited as a Comprehensive Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program®.
- The Center for Sleep Medicine accredited by the American Academy of Sleep Medicine.
- Winner of the American Heart Association's 2016 Gold Plus Award for stroke care.
- In 2016, Ambulatory Surgery received its third Press Ganey "Guardian of Excellence Award" for patient experience.
- Top Performer on Key Quality Measures® by The Joint Commission, for Improving Quality and Safety.
- Certified a "Baby Friendly" hospital by Baby Friendly USA and the World Health Organization for excellence in Maternity care and breastfeeding support.

AMAZING  
THINGS  
ARE  
HAPPENING  
HERE

# AMAZING THINGS ARE HAPPENING HERE IN THE HUDSON VALLEY.

Hudson Valley Hospital is a part of  
NewYork-Presbyterian. To find a physician,  
call 914-788-4635 or visit [nyp.org/hudsonvalley](http://nyp.org/hudsonvalley)



IN COLLABORATION WITH  
**ColumbiaDoctors**

 **NewYork-Presbyterian**  
Hudson Valley Hospital



# NewYork-Presbyterian Lawrence Hospital

55 Palmer Avenue • Bronxville, NY • 914.787.1000 • www.nyp.org/lawrence

## PROFILE

NewYork-Presbyterian Lawrence Hospital is a 288-bed, acute-care facility offering expanded clinical services, leading specialists in virtually every field of medicine, and access to many of the latest technological advances.

The Hospital is affiliated with NewYork-Presbyterian, the #1 hospital in New York and ranked among the best academic medical centers in the nation, according to *U.S. News & World Report*.

Established in 1909, the Hospital has 1,500 employees and more than 600 physicians, including primary care physicians and specialists from ColumbiaDoctors, the faculty practice of Columbia University Medical Center, and NewYork-Presbyterian Medical Group Westchester, a multi-specialty physician practice. Additionally, Lawrence Community Health Services offers home care, hospice, and bereavement services.



## SPECIALTIES AND RESEARCH

- The NewYork-Presbyterian Lawrence Hospital Cancer Center offers comprehensive care including the most advanced radiation therapy, an infusion unit, state-of-the-art operating suites, and rooftop wellness garden. Patients have access to the latest clinical trials and services provided in collaboration with cancer specialists from Columbia University Medical Center's Herbert Irving Comprehensive Cancer Center.
- The NewYork-Presbyterian Hospital Cardiac Catheterization Laboratory, staffed by physicians of ColumbiaDoctors, offers a broad range of diagnostic imaging services and lifesaving treatments, including coronary angiogram, balloon angioplasty, and stenting.
- The Hospital offers the latest technology in robotic assisted surgeries for gynecologic, general, colorectal, and urologic surgery.
- Imaging services are provided by physicians of ColumbiaDoctors. Board-certified radiologists, imagers, and technicians use the latest technology and imaging techniques including MRI and Low Dose CT Scan to provide safe, high-quality imaging for pediatric and adult patients.

## NOTEWORTHY ACCOMPLISHMENTS

- Our Carol H. Taylor Breast Health Center is accredited by the National Accreditation Program for Breast Centers, is a Breast Imaging Center of Excellence, and Pink Ribbon Facility, offering 3D mammography.
- The Joint Replacement Center again earned The Joint Commission's Gold Seal of Approval for dedication to continuous compliance with the Commission's state-of-the-art standards.
- The Stroke Program has received the American Heart and Stroke Association's Get With The Guidelines – Stroke Gold Plus Quality Achievement Award with Target: Stroke™ Honor Roll for its commitment to providing the most appropriate stroke treatment according to the nationally recognized, research-based guidelines determined by the latest scientific evidence.
- Our Center for Sleep Medicine has a five-year accreditation from the American Academy of Sleep Medicine for meeting and exceeding its high standards of professional healthcare.

AMAZING  
THINGS  
ARE  
HAPPENING  
HERE

# FIGHT CANCER IN YOUR OWN BACKYARD.

---

*The new Cancer Center at NewYork-Presbyterian Lawrence Hospital*

---

The same quality cancer care you expect from NewYork-Presbyterian is now in Westchester. Physician teams from ColumbiaDoctors and NewYork-Presbyterian Medical Group provide patients with advanced treatment and comprehensive services, all closer to home.

*To learn more or make an appointment, visit [nyp.org/LawrenceCancer](http://nyp.org/LawrenceCancer) or call 914-787-5000.*



IN COLLABORATION WITH  
**ColumbiaDoctors**

**NewYork-Presbyterian**  
Lawrence Hospital



# THE OSBORN RETIREMENT COMMUNITY

101 Theall Road, Rye, NY • 914.925.8000 • [www.TheOsborn.org](http://www.TheOsborn.org)

## PROFILE

The Osborn is a not-for-profit retirement community offering a continuum of care on a park-like 56-acre campus in Rye. The Osborn Pavilion is a Skilled Nursing facility with all private rooms. Short-term and outpatient rehabilitation are available within the facility. The Osborn also provides excellent care for people with a diagnosis of dementia in a secure, homelike setting in the H.O.P.E. Center for Memory Care. Assisted Living offers private apartments with care management and personal care services. Spacious Independent Living apartments and garden homes are also available with a 100% refundable entrance fee.



Larry Lefever Photography



## SPECIALTIES AND RESEARCH

The H.O.P.E. Center for Memory Care emphasizes the capabilities of those affected by dementia, and provides opportunities for socializing, personal expression, enjoyment of the outdoors in a secure Wander Garden, and the flexibility that is so valuable for people with dementia. The H.O.P.E. Center received the award for Best Memory Care Design from *Senior Housing News*, honoring the beauty and suitability of this homelike residence.

## NOTEWORTHY ACCOMPLISHMENTS

Overall patient satisfaction rates are above 95% for short-term rehabilitation patients, and 96.5% of them would recommend The Osborn to a friend. The Osborn is pleased to report that hospital readmission rates within 30 days for short-stay patients were at half the national average versus the prior year.

The Osborn is accredited by CARF-CCAC, the nation's only organization attesting to a continuing care retirement community's resident-centered focus, effective governance, and financial stability.

# Quality time has a whole new meaning.

Dad's condition became more complicated and we couldn't manage it at home. Friends said the skilled nursing care their parents received at The Osborn Pavilion made a huge difference in all their lives. Now Dad has a lovely private room, and we can both enjoy our time together — just like we did before.

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To learn more, please call **1-877-844-6681**, or visit **TheOsbornPavilion.org**.



**The Osborn Pavilion**

Skilled Nursing • Rehabilitation • Memory Care

101 Theall Road | Rye, NY 10580  
**TheOsbornPavilion.org**

The Osborn Pavilion is Medicare-certified and accepts third-party insurance plans and private pay. It is not a Medicaid provider. The Osborn is a not-for-profit 501(c)(3) charitable organization accredited by CARF-CCAC.





# PHELPS HOSPITAL

701 N Broadway, Sleepy Hollow, NY • 914.366.3000  
www.phelpshospital.org

## PROFILE

Phelps Hospital is part of Northwell Health, the largest health system in New York State. With 1,700 employees and nearly 600 medical staff members representing 60 medical specialties, Phelps offers one of the broadest ranges of community hospital services in Westchester County. Patients benefit from access to the latest technology and advanced procedures performed by distinguished physicians, many of whom are pioneers in their field. Phelps' primary and specialty care medical group, Phelps Medical Associates, has practices conveniently located on the hospital campus and in the surrounding communities.



*The main entrance at Phelps Hospital*



*Yeva Posner, lactation consultant (standing), spearheaded the Baby-Friendly initiative at Phelps, which encourages skin-to-skin contact between mother and baby.*



*In performing robotic surgery, the physician uses controls at a console to maneuver the robotic instruments, while viewing high-definition, 3D images of the surgical site.*

## SPECIALTIES AND RESEARCH

- The Northwell Health Cancer Institute at Phelps Hospital gives patients easy access to a broad range of renowned cancer specialists and specialized treatments. In addition to bringing comprehensive cancer care to the community, the institute provides opportunities for patients to participate in innovative research studies, including early-stage clinical trials available through Northwell Health's strategic affiliation with Cold Spring Harbor Laboratory and its world-renowned cancer researchers.
- Surgical patients at Phelps benefit from the most advanced minimally invasive robotic surgery with the da Vinci Xi Surgical System. The surgeon is totally in control of the robotic-assisted system, which translates hand movements into small, precise maneuvers of the tiny instruments. The surgical technique and small incisions mean patients have less blood loss, less pain, and quicker recovery than with traditional minimally invasive surgery.

## NOTEWORTHY ACCOMPLISHMENTS

- Phelps has been designated as a Baby-Friendly® Hospital, a global program created by the World Health Organization and UNICEF that promotes successful breastfeeding, immediate skin-to-skin mother-baby contact for bonding, and keeping baby in mother's room ("rooming-in") during the hospital stay. The designation signifies that Phelps provides the highest level of care and support to new mothers, ensuring that they go home with confidence and skills needed to successfully breastfeed and care for their newborns.
- The Cardiovascular Department of Phelps Hospital has again received certification for its cardiac rehabilitation program from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). AACVPR-certified programs are recognized as leaders in the field of cardiovascular and pulmonary rehabilitation because they offer the most advanced practices available.
- For seven years in a row, the Phelps Stroke Center has been awarded the highest recognition for stroke care — "Gold Plus" — from the American Heart and Stroke Associations.



# We take care of our community.

Phelps Hospital provides high quality patient centered care to families in Westchester County.

Phelps Hospital, part of Northwell Health, is a center of excellence and innovation poised to lead community health care in the 21st century.



 To find out more about Phelps Hospital visit [www.phelpshospital.org](http://www.phelpshospital.org) or call (914) 366-3000

Phelps Hospital  
701 North Broadway  
Sleepy Hollow, NY 10591



# PUTNAM HOSPITAL CENTER

670 Stoneleigh Avenue, Carmel, NY 10512 • 845.279.5711 • TTY/Accessibility: 800.421.1220  
www.healthquest.org/PHC

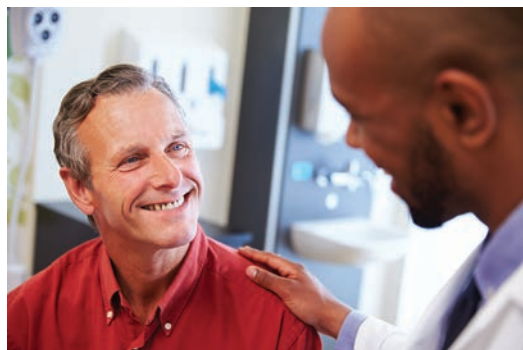
## PROFILE

Putnam Hospital Center offers access to advanced technology and treatment options in a warm and caring environment right in your neighborhood.

Patients are provided with a wide range of services representing many medical specialties, including orthopedics, spine care, cancer care, weight-loss surgery and mental health services, in addition to 24-hour emergency care. Patients also have access to a comprehensive ambulatory surgery unit designed for same-day discharge. The hospital's recent designation as a Nationally Accredited Program for Breast Centers (NAPBC) ensures patients with breast disease will receive treatment at a facility that is held to the highest standard of care.

For the latest surgical options close to home, Putnam Hospital Center has the da Vinci® Robotic Surgical System to perform minimally invasive procedures in gynecology, urology and general surgery. This approach can reduce pain and recovery time.

Putnam Hospital Center's patients are cared for by an experienced team of healthcare professionals who pursue excellence in quality, safety, service and compassion.



## SPECIALTIES AND RESEARCH

- Orthopedics
- Spine Care
- Cancer Care
- Women's Health
- Behavioral Health
- Emergency Care
- New York State Designated Stroke Center
- Minimally Invasive Surgeries

## NOTEWORTHY ACCOMPLISHMENTS

- Recognized among the nation's highest performing hospitals by *U.S. News & World Report* for Heart Failure and Chronic Obstructive Pulmonary Disease (COPD)
- 2016 Professional Research Consultants, Inc., Five-Star Award for Inpatient Services, HCAHPS — Discharge Information; Physical Therapy/Occupational Therapy/Speech Therapy — Overall Quality of Care; Top Performer Award for Radiation Oncology
- Accredited by the Joint Commission on the Accreditation of Healthcare Organizations
- Accredited by the National Accreditation Program for Breast Centers.
- Accredited by the American College of Surgeons Commission on Cancer
- Accredited by the American College of Radiology in Breast Center MRI, Breast Ultrasound, Mammography, and Stereotactic Breast Biopsy
- Accredited by the American Academy of Sleep Medicine — The Sleep Center at PHC





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Whether it's your knees or hips, advanced minimally invasive orthopedic surgery at Putnam Hospital Center can have you back on your feet in no time. Discover high patient satisfaction and an experienced orthopedic team. With comfortable, private rooms all conveniently located in Putnam County, **consider us your hometown hospital.**

PUTNAM  
HOSPITAL CENTER

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# WESTCHESTER MEDICAL CENTER HEALTH NETWORK

100 Woods Rd, Valhalla, NY 10595 • (877) WMC-DOCS (962-3627) • www.WMCHealth.org

## PROFILE

Westchester Medical Center Health Network (WMCHealth) is a comprehensive network of integrated care focused on advancing the health and well-being of the Hudson Valley. As a 1,900-bed healthcare system based in Valhalla, WMCHealth spans 10 hospitals on eight campuses. WMCHealth's flagship Westchester Medical Center—the region's advanced care resource—cares for more than 120,000 patients each year.

WMCHealth now includes MidHudson Regional Hospital in Poughkeepsie, St. Anthony Community Hospital in Warwick, Good Samaritan Hospital in Suffern, Bon Secours Community Hospital in Port Jervis, HealthAlliance Hospital: Broadway Campus and HealthAlliance Hospital: Mary's Avenue Campus in Kingston, and Margaretville Hospital in Margaretville, in addition to Westchester Medical Center, Maria Fareri Children's Hospital, and the Behavioral Health Center in Valhalla. With more than 12,000 employees and nearly 3,000 attending physicians, WMCHealth incorporates Level 1 and 2 Trauma Centers, the region's only children's hospital, an academic medical center, several community hospitals, and numerous health-related centers, programs, and services.



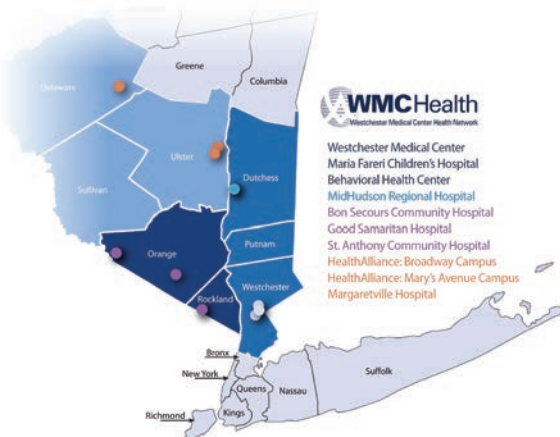
## SPECIALTIES AND RESEARCH

**As the flagship for WMCHealth and the only advanced care medical center in our region, Westchester Medical Center and the network's Valhalla campus are home to:**

- Westchester Heart & Vascular Institute, the region's largest multispecialty cardiovascular practice offering the very best in cardiology, cardiothoracic surgery, and vascular surgery in multiple locations in the Hudson Valley.
- A transplant center that offers state-of-the-art care for patients of all ages who require kidney, liver, heart, corneal, and bone marrow transplants.
- Maria Fareri Children's Hospital, the region's only all-specialty children's hospital, featuring a staff of more than 300 professionals, as well as the region's only pediatric ICU and Level IV neonatal ICU.
- The only Level I adult and pediatric trauma center in our region, and the only burn center between New York City and the Canadian border.
- Cutting-edge cancer and neuroscience programs, as well as a specialized pediatric hematology/oncology center offering dedicated programs in bone marrow transplant and chemotherapy.

## NOTEWORTHY ACCOMPLISHMENTS

- Westchester Medical Center was ranked by *U.S. News & World Report* as one of the area's best hospitals for 2014-2015 in five adult specialties.
- Maria Fareri Children's Hospital was nationally ranked in *U.S. News & World Report's* 2015-2016 Best Children's Hospitals rankings in the pediatric pulmonology specialty area.
- Westchester Medical Center and Maria Fareri Children's Hospital are only the second organization in New York State to receive Level I trauma verification status from the American College of Surgeons for both children and adults.
- WMCHealth recently entered into a multi-year partnership with global technology company Royal Philips to transform the delivery of quality care, including the launch of a TeleHealth program. The healthcare partnership with WMCHealth is Philips' largest worldwide.





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**Westchester  
Medical Center**

Westchester Medical Center Health Network

[westchestermedicalcenter.com](http://westchestermedicalcenter.com)

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*Westchester Medical Center Health Network includes:*

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MIDHUDSON REGIONAL HOSPITAL | GOOD SAMARITAN HOSPITAL | BON SECOURS COMMUNITY HOSPITAL | ST. ANTHONY COMMUNITY HOSPITAL  
HEALTHALLIANCE HOSPITAL: BROADWAY CAMPUS | HEALTHALLIANCE HOSPITAL: MARY'S AVENUE CAMPUS | MARGARETVILLE HOSPITAL



## At the Copacabana: Port Chester's Hot Dining Spot

If only your appetite had no limit. Then you could go on eating at Copacabana Brazilian Steakhouse as long as you wanted. Because the procession of meats on large skewers never stops—14 varieties, including flank steak, pork, and chicken sausages and the perfectly seasoned top sirloin steak. As long as you're ready for more, it all keeps coming. The restaurant calls it a "meat parade."

That's the main attraction at the Brazilian churrascaria—a downtown Port Chester favorite for the past decade.

"We pride ourselves on our service, on the quality of our meats—and on being the best churrascaria in Westchester County," says owner Luiso.

The meal starts with appetizers from the salad bar, including peel-and-eat shrimp and tomatoes with mozzarella cheese. The meat course comes with side dishes—rice, beans, fried bananas, salsa, and yucca flour. If you prefer a single entrée, there's classic Brazilian fare, including moqueca (a fish stew), and for a modern twist, salmon with passion fruit sauce.

For the perfect drink to complement the meal, try a tangy caipirinha, the national drink of Brazil. Copacabana's version was voted Best of Westchester in 2015.

With all that, it may be surprising that people have room for dessert, but they often do, Luiso says. It could be that the various versions of cheesecake, flan, and mousse, all made in-house, are just that irresistible.

Diners enjoy the meals in a lively room with gold-yellow walls. A patio section fills with fun-loving soccer fans for televised games. Luiso plans a tiki bar out back to open next spring. But the restaurant's newest venue is its wine bar, centered around a granite slab on wine barrels.

"This is going to be a big hit," Luiso predicts. When complete, the wine bar will add one more feature that makes Copacabana guests feel like they are, in fact, in Brazil!



CHURRASCARIA  
*Copacabana*

29 North Main Street  
Port Chester, NY  
(914) 939-6894  
[copacabanasteakhouse.com](http://copacabanasteakhouse.com)

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# eat & drink

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MENU | TRENDING | REVIEW | DINING OUT



HOT DISH

## Captain Chicken

Who needs Chick-fil-A when county restaurants are doing bang-up versions of the fried chicken sandwich? Pictured is Captain Lawrence Brewery's buttermilk-brined, farm-raised chicken breast with bacon-aioli on a rosemary biscuit. Turn to page 106 to see four more of Westchester's top fried-chicken sandwiches.

PHOTOGRAPH BY ANDRE BARANOWSKI



There's something very familiar about Buns-N-Bourbon. This latest venture from Peekskill restaurateur Louie Lanza, which opened next door to Taco Dive Bar in summer 2016, combines the best parts of a neighborhood pub (friendly service, solid food, and plenty to drink) with a hipster aesthetic (150-year-old reclaimed wood and ACDC playing just a little too loudly).

The whiskey menu is divided by region, featuring roughly 150 bottles from New York, Kentucky (including Pappy Van Winkle), and "the other 48 states," plus a small selection of international pours.

Beers on draft include a smooth Kentucky-bourbon-barrel-aged ale, and cocktails are based on brown spirits. A special reserve program sells rare bottles at fair prices, with one caveat: customers can only drink them at Buns-N-Bourbon, where they're stored in a special padlocked case.

The food is exactly the kind of stuff you want to eat after knocking



**PREVIEW**  
**Buns-N-Bourbon**  
 55 Hudson Ave, Peekskill  
 914.788.2867  
[www.bunsnbourbon.com](http://www.bunsnbourbon.com)

back some drinks — Tater Tot nachos with bacon-cheese sauce, house-smoked pork, guacamole, and pico de gallo; beef-and-chorizo-blend burgers with goat cheese from Lanza's 40-acre farm in Garrison; and jumbo American Wagyu hot dogs piled high with bacon-fennel kraut — but with carefully sourced ingredients, less grease, and a lot more style.

—Samantha Garbarini



**PREVIEW**  
**Cantina Lobos**  
 217 Wolfs Ln, Pelham  
 914.380.8644  
[www.cantinalobos.com](http://www.cantinalobos.com)

Walk down Wolfs Lane, Pelham's main street, reveals there's not too much besides Italian in its dining scene.

"Pelham has great schools, and it's a great town," says village resident Brennan Hefner, "but so many in the community wished we had a more robust dining and bar scene."

Due to Hefner, along with fellow residents Clayton Bushong, John Gallagher, and a host of minority partners, Pelham's dining choices expanded in October 2016 with the opening of the 65-seat, Mexican-themed cocktail bar and eatery Cantina Lobos.

While none of the partners have any professional restaurant experience (though cooking at home is a passion

From Top: There are approximately 150 different whiskeys to pair with your Wagyu hot dogs and Tater Tot nachos at Buns-N-Bourbon; a selection of tacos at Cantina Lobos.

of Hefner's), they did enlist veteran chef Dennis Cruz to oversee the culinary side of the business. Cruz has cooked in the kitchens of Gotham Bar & Grill and The Four Seasons in Manhattan and is an alumnus of the French Culinary Institute (now the International Culinary Center).

"Before we met Dennis, our original idea was to be a simple taqueria," explains Hefner. "But he elevated our concept with larger plates and some Asian influences. We have octopus on the menu and rib-eye *pinchos*. I didn't know what *pinchos* were before."

Cruz uses locally sourced, sustainable ingredients, such as vegetables and fruit from Pine Hill Farm in Chester, non-GMO pork and Angus beef from John Boy's Farm in Bedford, and fresh tortillas for house-made chips via Tortilleria La Milpa de Rosa in Yonkers.

The short menu has six starters (Spanish octopus with cannellini beans is outstanding), six tacos (the Colombian chorizo was a solid choice), several salads, and a few plated entrées (including a locally sourced, 12-oz rib-eye steak asado).

Behind the bar there's robust tequila offerings, including flights, plus a small yet well-curated beer-and-wine list.

New Rochelle's Ottavio's Studio, a family-owned business run by Pelham resident John DeVivo, oversaw the interior finishes, which include beautiful vintage lumber reclaimed from an old tenement on Rivington Street, on Manhattan's Lower East Side.

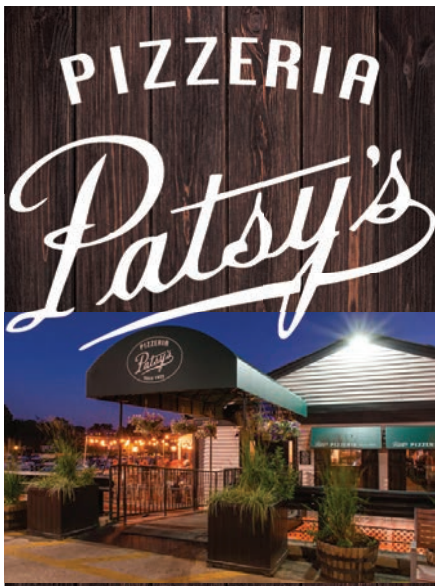
Pelham resident and artist Mike Gracie of GRACIE, Inc., a 117-year-old Manhattan company, created hand-painted tabletops, inspired by traditional Mexican sugar skulls for the restaurant booths.

"The community needed a place with a Manhattan vibe," says Hefner. "We think we've accomplished that."

—John Bruno Turiano

PHOTOGRAPH BY JOHN BRUNO TURIANO





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HOT DISH

# Fryer Fabulous

Fried-chicken sandwiches make their mark on menus throughout the county. BY SAMANTHA GARBARINI

**B**urgers be damned — it's time for fried chicken's moment in the spotlight. Shatteringly crispy and mouthwateringly moist, chicken is the meat of the moment to sandwich between a pair of waffles or perch atop a pillowy potato bun. From brewery tasting rooms to sandwich shops where everything is scratch-made, here are five that are *way* better than what you're getting at the drive-thru window.



## Mason Sandwich Co.

Eastchester; 914.776.2766; [www.masonsandwiches.com](http://www.masonsandwiches.com)

Fortina and The Cookery alum Lou Brindley's riff on the fast-food chicken sandwich boasts ultra-moist and flavorful buttermilk-fried chicken topped with house pickles and doused with spicy maple.



## The Barley House

Thornwood; 914.495.3333; [www.thebarleyhouseny.com](http://www.thebarleyhouseny.com)

This Thornwood tavern's fried-chicken sandwich slants traditional, with coleslaw, lettuce, tomato, and drippy sauce — all on its signature croissant-brioche bun.



## The Wooden Spoon

New Rochelle; 914.278.9432; [www.woodenspoonnewro.com](http://www.woodenspoonnewro.com)

Already home to a great fried-chicken plate, The Wooden Spoon serves up a hefty stack of crispy chicken, fried onions, bacon, and cheddar between two slabs of barbecue-smothered Texas toast.

PHOTOGRAPHS BY ANDRE BARANOWSKI





### Yonkers Brewing Co.

Yonkers; 914.226.8327; [www.yonkersbrewing.com](http://www.yonkersbrewing.com)

This brunch-staple-turned-sandwich starts with pale-ale cheddar-cheese waffles and free-range fried-chicken thighs topped with bacon and a creamy chipotle sauce.



### Captain Lawrence Brewing Co.

Elmsford; 914.741.2337; [www.captainlawrencebrewing.com](http://www.captainlawrencebrewing.com)

Straight-up Southern with a Yankee flair, Captain Lawrence stuffs a split rosemary-flecked biscuit with crispy buttermilk-brined white-meat chicken, pickles, and housemade bacon (!) aioli.



#### HOPPY TIMES

## CAN DO

The stigma of beer in a can is declining as the number of canned craft brews increases.

**N**ot too long ago, you could easily tell good beers from bad: If it was in a can, it was the cheap stuff; quality ales and lagers came in glass bottles. Yet nowadays, visits to beer stores tell a very different tale. The number of canned craft-brewed beers is on the rise. “Decisions were made five years ago to can our beers,” says Michael LaMothe, headbrewer of Tuckahoe-based **Broken Bow Brewery**. “Cans may not be elegant, but they’re practical.”

Very practical, indeed. Easier to stack and transport than bottles, cans also protect beer from being light-struck. Hop acids are UV sensitive; it doesn’t take much to “skunk” a beer. Most bottled beers rely on brown glass to filter such damage out, but glass is never as lightproof as aluminum. Staying away from bottles has marketing advantages, as well. For instance, canned beer can be sold/consumed in more locations, including sports arenas, airplanes, and more.

In some corners, including Westchester, quality canned beer is a reality — as surprising as that may be. **Peekskill Brewery** cans its NYPA and Eastern Standard beer. **Captain Lawrence Brewing Co.** recently began canning its Six Borough Pilsner. And **Gun Hill Brewing Company** — located in the Williamsbridge section of the Bronx — has canned its beers for the last two years. Gun Hill co-owner Kieran Farrell explains: “Selling, stacking, and transporting cans is easier than bottles. It’s hard to even keep up with the sale.”

Are bottles doomed to extinction? Unlikely. Glass is a tradition that will stay, but the stigma of canned beer is finally fading. It’s not the cheap stuff. It doesn’t taste metallic anymore. Craft beers have evolved. It’s time for packaging to do the same. — *Phil Clarke Jr.*





FROM OUR  
TEST  
KITCHEN



10 INGREDIENTS OR LESS

## Spring Vegetable Risotto

Risotto can seem intimidating, but with a little attention to a few simple steps, it is easily mastered. The ultimate Italian comfort food, risotto is rich and creamy and fun to make on a lazy day while sipping a crisp glass of wine (or two). There are countless renditions of the Italian arborio rice classic; this one celebrates the coming of spring with the addition of fresh green vegetables. *Serves 4.*

**Ingredients:**

- 2 Tbsp extra virgin olive oil
- 3 Tbsp butter, divided
- 1½ cups finely chopped onion (about 1 large onion)
- 1 cup arborio rice
- ½ cup dry white wine
- 32 oz simmering chicken or vegetable stock
- 1 cup broccoli, small dice
- ¾ cup thin asparagus, cut into ½-inch pieces
- 1 cup frozen peas, defrosted
- ½ cup grated Parmesan cheese
- Salt to taste

**Preparation:**

1. Heat the olive oil and 2 tablespoons of butter over medium-high heat in a wide, heavy skillet. Add the onion and cook until tender, about 5 minutes. Lower heat to medium, add rice and stir for about 2 minutes. Add the wine and stir until it has been absorbed, about 1-2 minutes.
2. Stir in about 1 cup of stock. When liquid is absorbed, add another ½ cup. Continue this process until all the stock is used. This will take about 25 minutes. Keep a close eye and stir frequently.
3. Meanwhile, prepare broccoli and

- asparagus. Blanch them until al dente in boiling, salted water. Put the broccoli in first and then the asparagus 2 minutes later (broccoli will need about 4 minutes, asparagus only 2). Drain with cold water and set aside.
4. When adding the final ½ cup of stock, add the broccoli, asparagus, peas, and salt to taste (about 1 teaspoon is recommended). When liquid is absorbed, add the remaining butter (1 tablespoon) and Parmesan. Remove from heat. Stir for about 1 minute and serve.

—Josephine D'Ippolito

**PRO TIP**

### Rice Balls (Arancini)

Leftover risotto makes the best rice balls! Combine 1 cup of cold risotto with ¼ cup seasoned breadcrumbs, ¼ cup grated Parmesan and 1 egg. Cut 2 ounces of mozzarella into 20 small cubes and, using your hands, completely surround each cube with the risotto mixture. Roll the balls in about ½ cup breadcrumbs and refrigerate for at least an hour. Using vegetable oil, deep fry the rice balls in batches on medium-high heat for 3-4 minutes. Dry on paper towels and serve. *Makes 20 small rice balls.*





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TABLE MATTERS

# Dining Scene News and Notes

Joe Bueti plans to open a second location of Mount Kisco's popular modish gastropub **Village Social Kitchen + Bar** ([www.villagesocialkb.com](http://www.villagesocialkb.com)) in Rye (67 Purchase St) sometime this month or next in the space that formerly housed Encore Bistro. Bueti, who also owns **Locali Pizza Bar & Kitchen** in New Canaan ([www.localipizzabar.com](http://www.localipizzabar.com)), is also setting up another wood-fired pie joint at the Mount Kisco train station (2 Kirby Plz), to open by summertime.

Muscot Farm owner Bobby Epstein has opened **Kisco River Eatery** (222 E Main St, Mount Kisco; 914.218.3877; [www.kiscoriver.com](http://www.kiscoriver.com)) in the space that formerly housed The Rose Room. The menu is traditional American with leanings toward Italian; mains include short-rib ravioli, pan-seared jumbo sea scallops, and a grass-fed 12-oz hangar steak. Burgers, salads, and a raw bar are also among the offerings.

Rivertown residents can now get their creative salad on at **Chop't** (14 Lawrence St, Dobbs Ferry; 914.279.0430; [www.choptsalad.com](http://www.choptsalad.com)), the fast-casual chain's third county location (after Mount Kisco and Rye Brook), which opened in January.

**Brandi Pizzeria** ([www.brandipizzeria.com](http://www.brandipizzeria.com)), a franchise of the original Brandi in Naples, Italy (one of the oldest European restaurants, dating back to 1780), is scheduled to open sometime this month at 23 Main Street in Port Chester. The same ownership group is also working on opening Brandi Trattoria at 50 Abendroth Avenue, right behind the pizzeria.

Opening sometime this summer in the Rye Ridge Shopping Center in Rye Brook is the first Westchester location of **CAVA** ([www.cava.com](http://www.cava.com)), the Washington D.C.-based Mediterranean fast-casual chain that serves pitas and grain bowls with fillings such as spicy lamb meatballs, roasted seasonal veggies (many locally sourced), falafel, and roasted red pepper hummus.

The always-popular **Hudson Valley Restaurant Week** ([www.hudsonvalleyrestaurantweek.com](http://www.hudsonvalleyrestaurantweek.com)) returns Mar 6 to Mar 19 with approximately 200 participating restaurants offering three-course lunches (\$22.95) and dinners (\$32.95).

Southern-barbecue specialist **Memphis Mae's** (173 S Riverside Ave, Croton-on-Hudson; 914.271.0125; [www.memphismaes.com](http://www.memphismaes.com)) has a new menu with build-your-own-salads, new main-plate combos (2 for \$17.95; 3 for \$22.95), four types of po'boys, and seasonal selections such as smoked bone-in short rib and hot-smoked salmon with a citrus Thai barbecue glaze.

**Stone Barns Center for Food and Agriculture** ([www.bluehillfarm.com](http://www.bluehillfarm.com)) will publish its first book, **Letters to a Young Farmer** ([www.letterstoayoungfarmer.org](http://www.letterstoayoungfarmer.org)), Mar 7. Featuring a group of notable farmers, chefs, writers, professors, and food activists — Barbara Kingsolver, Dan Barber, Alice Waters, Michael Pollan, Rick Bayless, and Temple Grandin among them — the book's 36 essays impart insight and inspiration to the next generation of young farmers. —JBT



From Top: a grain bowl from fast-casual chain CAVA; MP Taverna in Irvington is one of about 200 restaurants participating in Hudson Valley Restaurant Week; braised spicy Greek chicken, local feta, and kale are three main ingredients in the Santorini salad at Chop't.





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PHOTOS (CLOCKWISE FROM FAR LEFT): ISI ALBANESE, KRISTA ESPINAL, FRANNIE ALBANESE

# Purple Reigns

Violet-hued food receives royal treatment at area eateries. **BY AMY SOWDER**

*(Clockwise, from left): Purple and white smashed potatoes are cooked in a wood-fired oven at Exit 4 Food Hall; Birdsall House's Rabbit 2 Ways with roasted purple, orange, and yellow carrots; an açaí smoothie at Frannie's Goodie Shop in Mount Kisco*

**A**bout 7,000 years ago, purple potatoes were reserved for the Inca kings of Peru. No wonder. Those ancient Andeans might have only suspected the superiority of that violet flesh then, but these richly colored potatoes have more than four times the antioxidant potential of white potatoes, according to researchers at the US Department of Agriculture.

Why? The pigment compound that creates the red, blue, and purple colors found in produce and grains is an anthocyanin, a particularly powerful type of antioxidant.

In addition to the simply stunning amethyst sheen, those disease-fighting antioxidants, plus the nutrient density, may be the reasons purple food will revel in the royal treatment this year, according to a 2017 trendwatch report by Whole Foods Market's global buyers and experts. The popularity of Peruvian cuisine's purple potatoes, corn, and quinoa, as well as the focus on health, with smoothie bowls and that Brazilian superfood darling, açaí, point toward more purple in the days to come. It's all part of the #eatherainbow movement, which celebrates the inherent health of a vibrant plate.

The higher the pH level of the anthocyanin, the more purple the food is, says Chef Beau C. Widener, director of culinary operations for ERL Hospitality, which includes Sweet Grass Grill in Tarrytown, Red Zebra in Sleepy Hollow, and

Tomatillo in Dobbs Ferry. (The group also plans to open Grass Roots Kitchen in Tarrytown this spring.)

The research is still young, but Widener says scientists have targeted the pigment in particular as responsible for the powerful kind of anthocyanin that has the potential to prevent cancer, heart disease, obesity, and aging issues such as cognitive deterioration.

"It's kinda cool to know this one little compound has so much power," says Widener, a graduate of The Culinary Institute of America in Hyde Park. "Certainly, purple foods are going to be on the up-and-up as people realize what science can do."

Sometimes, purple pops up in a piece of produce you're used to seeing in another color, including carrots, asparagus, bell peppers, potatoes, pole beans, and cauliflower (which, when purple, is actually broccoli). Spoiler alert about the purple pole beans and asparagus, though: They turn green when you cook them. Such a disappointment. And some foods have always been purple, like eggplant, which has less anthocyanin because only the skin is purple. Other foods are called "red" but look purple, such as grapes and cabbage.

Widener has been tooling around with a brunch muffin made with purple corn meal, called masa. "It'll be really pretty, too, vibrant and dark blue," Widener says. His Tomatillo restaurant offers purple tortillas whenever that masa is available from his source in Brooklyn. When his spring menus emerge, around the end of March, the chef will grab purple kale if it's available, and he likes to do a stunning purple-and-white raw, shaved-asparagus salad with olive oil, fennel, and lemon juice. In early summer, Widener pounces on summer plums. Red Zebra gets a shot of purple cabbage in the summer, too. Back in January, Sweet Grass Grill had a beet-chocolate-cake special, and Widener uses purple carrots whenever he can find them at local farms.

In similar fashion, Executive Chef Krista Espinal at Birdsell House in Peekskill creates dishes from whatever is in season. In January, she got ahold of purple, yellow, and orange carrots, which she wove into her Rabbit 2 Ways dish with duck-fat-confit leg and bacon-wrapped loin with roasted rainbow carrots, kale, and grape Dijon purée.

At Exit 4 Food Hall in Mount Kisco, co-owner and chef Isi Albanese placed a color-coded chart at his Dirty Roots salad station, detailing the health benefits of white, yellow, red, purple, and green foods. "One of our goals this year is to make people more aware of what they're eating, especially since we source from our local farms as much as possible," Albanese says. "People eat with their eyes, right?"

He uses eggplant, red cabbage, plum-colored fruit, and purple-root vegetables — including an Italian wood-oven-fired smashed-potato delicacy at his small-plates tasting station — whenever local farms have them.

Dried purple corn has to be imported from Peru to make Chef Fabian A. Marquez's popular *chicha morada* drink, which customers love to order by the glass or pitcher at Panka Peruvian Bistro in Port Chester. They even get it by the quart, to-go.


South America's purple corn is right up there with its purple potatoes as a nutritional powerhouse. To make the traditional drink, Marquez boils the dried corn with pineapple, cinnamon sticks, and cloves before letting it cool, straining it and adding sugar and lemon juice to taste. "It's like a refreshing juice that's a rich purple, like a very dark red wine. It's so good," says Marquez, who worked for Mario Batali restaurants but learned to cook Peruvian cuisine from his Peruvian grandmother.

Let's not forget the sweeter side of purple.

Durian, a Thai restaurant in Larchmont, scoops out *kao neow dom*, a purple rice pudding with naturally purple glutinous rice and coconut cream. It's a favorite offering at Thai temples.

Açaí adds purple color to the bowls and cups at health-conscious food shops such as Organic Farmer in Rye Brook and Scarsdale; Brazilian eateries, such as Padaminas Brazilian Bakery in Mount Vernon; and frozen-yogurt spots, such as Frannie's Goodie Shop in Mount Kisco.

Frannie Albanese, wife of Isi Albanese, offers two recipes with organic, unsweetened açaí purée. Her açaí bowl blends in blueberries, banana, coconut milk, and honey along with açaí. The mouthfeel is smooth, cool, and creamy, like sorbet. Customers add the toppings and eat it with a spoon. Her açaí smoothie packs bananas, blueberries, cacao powder, almond milk, and honey into the drinking glass.

"The açaí purée has berry and chocolate notes [and] is packed with antioxidants and fiber," she says. "It's extremely satiating." 

**Amy Sowder is a food-and-fitness writer based in Brooklyn, as well as an assistant editor at chowhound.com in Manhattan.**

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# Red-Sauce Redux

The Solano family may be gone, but the new owners of Lincoln Lounge are doing an admirable job of keeping up a beloved legacy. BY P.J. CORREALE

**T**aking over a successful restaurant is a challenge. Memories of meals past mingle with those yet to be made. Keeping alive the heritage of an institution can prove even more formidable. Mastering the tightrope connecting the old and new requires balance, concentration, and commitment.

New owners Federico Guglielmo and Gerardo Petti (Guglielmo's family owns Full Moon Pizza of Arthur Avenue) have committed to let "the legacy continue" at the venerable Lincoln Lounge in Mount Vernon. The Solano family operated the restaurant for 65 years, serving their last meal in May 2015. The partners reopened the place in October 2016, retaining many of the original touches, like the photo-covered, wood-paneled walls and upholstered bar, but adding new lighting and renovated restrooms.

The concept is red-sauce Italian, and the red sauce is really good. It appears across the menu as a chunky marinara alongside crunchy fried calamari, as a smooth foil for dishes like lasagna and the trio of parmigiana (chicken, meatball, and eggplant), and as the base for a number of the brick-oven pizzas. Lots of garlic,

good tomatoes, herbs, and slow cooking meld the mix into a powerful, flavor-packed foundation.

On our first visit, we were seated at a table at the narrow bar. A group of middle-aged men were speaking Italian. They nibbled nuggets of Reggiano and shards of warm, crusty bread spread with the excellent house-made caponata.

Air-kissing friends of the new owners stopped in for a bowl of pasta and a helping of conversation. A cousin of the original owners sat at the bar and boasted how he and his wife used to spend every Friday night on the very same stools. He remembered how on New Year's Eve the place would be closed to all but the closest family and friends. This eclectic mix of characters brought the place to life.

The food is solid, formed from good ingredients that are in the very capable hands of a seasoned kitchen crew, some of whom worked for the Solanos. Nouvelle it is not, more a mix of time-honored, professionally accomplished, recognizable Italian American dishes with a few flourishes to keep things interesting.

From the antipasti section, the meat-and-cheese platter is a good way to start. Paper-thin slices of prosciutto de Parma and sopressata mingle with provolone, olives, and house-roasted peppers, the lot liberally drizzled with good olive oil. The *polpette* (meatballs) were tender and tasty, enrobed in that red sauce and



Top to bottom: Upgrades have been made to the interior at the 65-plus-year-old Lincoln Lounge, but some original touches, like wood-paneled walls, remain; seafood lovers should try the linguine di mare; the house-made tiramisu is a faithful rendition; pizzas are well made and in the tradition of counter-service slice shops.



For more restaurant reviews, visit [www.westchestermagazine.com/restaurantreviews](http://www.westchestermagazine.com/restaurantreviews).



liberally sprinkled with grated cheese. The clams oreganata were plump and juicy, though the breadcrumb topping could have been left under the broiler a little longer for my taste. The escarole-and-bean soup was hearty and satisfying, especially on a chilly evening.


If you are looking for wood-fired, puffy-edged, slightly charred pizza, you won't find it here. What you will find is a well-made, brick-oven version more akin to your neighborhood joint. Thin crust, good cheese, and fresh toppings come both in large or small round versions. The thicker, square Nonna Pan Pie is good enough to stand on its own without the gratuitous slices of (out-of-season) tomatoes. On the more substantial side of the menu, the traditional sandwiches, lasagna, spaghetti carbonara, linguine de mare, chicken Francaise, pork chops Napoletano, and shrimp scampi are all well-prepared versions of these tried-and-true formulas.

A chicken Roma special showed just how good the kitchen at the Lincoln Lounge can be. Half a young chicken was cut up,

*...a mix of time-honored, professionally accomplished, recognizable Italian American dishes...*

sautéed until its skin was burnished and crackling, its meat moist and tender, surrounded by a shimmering brown sauce garnished with diced buttery butternut squash, rings of hot cherry peppers, silky eggplant, and caramelized mushrooms. The side potato croquette, often not much more than a toss-in at many restaurants, was easily the best I have ever had. Crisp exterior, unctuous creamy filling with bits of herbs and a hint of nutmeg, I used it to soak up every last bit of the supple sauce on my plate.

The two desserts we tried — house-made tiramisù and Italian chocolate pudding — were, again, well-executed renditions of the classics.

Service was friendly and prompt. The owners and young staff were attentive and knowledgeable. You got the feeling they were genuinely happy you were dining with them. As the motto on the menu says: *Mangiare, Bere e Divertirsi!* ("Eat, drink and be merry!") 

*P. J. Correale is a seasoned veteran with more than four decades in the restaurant industry as an owner and chef.*



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LIVANOS Restaurant Group



# dining out

BY SAMANTHA GARBARINI

## New This Month to Our Listings

### BLOCKHEADS Mexican \$\$

The first Westchester location of the Manhattan mini-chain serves cheap-but-good San Francisco-style Mexican food (including several vegan options) and margaritas. 40 Mamaroneck Ave, White Plains; 914.288.8070; [www.blockheads.com](http://www.blockheads.com)

### BREAD & BRINE Seafood \$\$

Chef Alex Sze (Juniper) and Jeremy McLellan (The Mill) run this New England-style seafood restaurant and oyster bar serving bivalves, small plates, and a handful of mains and desserts. Closed Tues. 19 Main St, Hastings-on-Hudson; 914.479.5243; [www.breadandbrinehoh.com](http://www.breadandbrinehoh.com)

### BOW BURRATA Pizza \$\$

Some of the county's best Neapolitan pies come from this Eastchester pizzeria that's also home to excellent pasta and well-crafted cocktails. 425 White Plains Rd, Eastchester; 914.337.3700; [www.burratapizza.com](http://www.burratapizza.com) ★★★ (09/12)

### JEWEL OF HIMALAYA Nepalese \$

Westchester's only restaurant serving the cuisine of Nepal and Tibet offers affordable dishes — juicy momos (dumplings), dal, and traditional thukpa soup — at two county locations. Closed Mon. 34 Triangle Ct, Yorktown Heights; 914.302.2886; 751 Central Ave, Scarsdale; 914.874.5506; [www.enjoyhimalaya.com](http://www.enjoyhimalaya.com)

### JORDAN HALL 10803 Italian \$\$\$ Steaks \$\$\$

Eric Mauro is executive chef at this classic Italian steakhouse in the space that previously housed Bistro Rollin. Live piano Fri and Sat in the expanded bar area. Serves Sun brunch. 142 Fifth Ave, Pelham; 914.222.5494; [www.jordanhall10803.com](http://www.jordanhall10803.com)

### LA CAMELIA Spanish \$\$\$

Open since 1984, chef/owner Antonio Alvarez proffers truly authentic dishes from his native Spain at this romantic restaurant housed in a 200-year-old Colonial-style home. Closed Mon. 234 N Bedford Rd, Mount Kisco; 914.666.2466; [www.lacameliarestaurant.net](http://www.lacameliarestaurant.net)

### LINCOLN LOUNGE Italian \$\$

Food ★★★½ Service ★★★½ Atmosphere ★★★  
(See review on page 114.)

The Solano family has moved on, but the new Lincoln Lounge still embraces red sauce in all its glory with classic pastas and brick-oven and pan pizza. 209 Stevens Ave, Mount Vernon; 914.664.9747; [www.lincolnlounge.com](http://www.lincolnlounge.com)

### BOW MP TAVERNA Greek \$\$\$

Michael Psilakis is the award-winning executive chef at this Modern Greek restaurant in Irvington. Traditional roasted whole lamb, goat, suckling pig, and more available with five-days' notice. Live jazz brunch Sat and Sun. 1 Bridge St, Irvington; 914.231.7854; [www.michaelpsilakis.com](http://www.michaelpsilakis.com) ★★★★★ (12/12)

### SLICE SHOP Pizzeria \$

Eric Korn closed his successful New American restaurant Wolfert's Roost to open this casual, by-the-slice pizzeria with an eye toward gourmet ingredients (wild mushrooms, preserved lemon, imported Parmesan cheese). 106 Main St, Irvington; 914.479.5959; [www.sliceshopirv.com](http://www.sliceshopirv.com)

## Ardasley

### BOW LA CATENA Italian \$\$\$

The menu at this white-tablecloth Italian restaurant features classic Italian antipasti, pastas and entrées, plus homemade desserts. 871 Saw Mill River Rd, Ardsley; 914.231.9260; [www.lacatenaaardsley.com](http://www.lacatenaaardsley.com)

### BOW L'INIZIO Italian \$\$\$

Food ★★★½ Service ★★★½ Atmosphere ★★★  
(08/14)

Husband-wife team Scott and Heather Fratangelo run the kitchen at this modern-Italian restaurant serving creative appetizers and some of the county's best pastas. Desserts, including a seasonal selection of semifreddo, are a must. 698 Saw Mill River Rd, Ardsley; 914.693.5400; [www.linizio.com](http://www.linizio.com)

## Armonk

### 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, and a popular Sunday brunch. Outdoor seating available. Open daily for breakfast. 30 Old Rte 22, Armonk; 914.765.0688; [www.beehive-restaurant.com](http://www.beehive-restaurant.com)

### BOW FORTINA Italian/Pizza \$\$\$

Chef Christian Petroni, John Nealon, and Rob Krauss are the guys behind this group of buzzy wood-fired restaurants (with an additional location in Stamford). 17 Maple Ave, Armonk; 914.273.0900; 136 S Ridge St, Rye Brook; 914.937.0900; [www.fortinapizza.com](http://www.fortinapizza.com) ★★★ (10/13)

## TASTINGS

### Butcher to Box

There are more options than ever for buying meat in Westchester. In the past year, nose-to-tail butcher shops have sprung up in Dobbs Ferry and Mount Kisco, while supermarkets put a greater emphasis on stocking local purveyors. Joining the fray in 2017: two new home-delivery services promising quality meats straight to your door.

Somers resident Chris Murray founded **CM Meats** ([www.cmmeats.com](http://www.cmmeats.com)) in 2008 to supply local restaurants (Birdsall House in Peekskill and Purdy's Farmer & the Fish in North Salem among them). "I've also been supplying friends and family with items for years," says Murray. "When people started asking if they could order their weekly items, like chicken cutlets, it really got us thinking." In January, the company began home delivery with a wide range of options, from kid-friendly chicken nuggets to a date-night porterhouse for two. Customers receive personalized service (and place orders) via email: "I have a

New York Prime Beef



real appreciation for old-school butchers," says Murray. "You go in to purchase meat but also for advice on the right cut or an idea of something new to try. We give them ideas, but all of this happens at their convenience."

Bronx-based **New York Prime Beef** ([www.newyorkprimebeef.com](http://www.newyorkprimebeef.com)) is a splurge-worthy service for steak lovers. Launched in May 2016 with a focus on grilling season in the Hamptons, the company ships tender, 28-day, dry-aged steaks throughout the county. Prices are admittedly high (though they include FedEx overnight shipping) but reflect the company's bespoke approach to butchery. Steaks are hand-selected, cut to order, wrapped, and initialed by the butcher. Consider dropping some cash on the company's A5 Japanese Kobe beef. The steaks are perfectly pink (Kobe beef is pink, not red, due to the intense marbling) and are sourced from trusted, certified sources. —Samantha Garbarini

### **KOKU** Japanese \$\$\$

The sleek sushi bar at KOKU offers an extensive selection of sashimi and rolls, including weekly specials from Tokyo's famous Tsukiji Fish Market. 454 Main St, Armonk; 914.730.0077; www.kokujapanese.com

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

Chef Ethan Kostbar uses natural, local ingredients at this New American restaurant with Mediterranean touches from the Livanos Restaurant Group (City Limits Diner, Molyvos). Private dining available. \$20 two-course express lunch. Serves Sunday brunch. 430 Bedford Rd, Armonk; 914.730.0001; www.modernebarn.com

### **BOW!** RESTAURANT NORTH New American \$\$\$

The seasonal menu changes daily at this elegant farm-to-table eatery. Stephen Mancini, previously wine director at Union Square Cafe, is co-owner. Brunch Sat and Sun. 386 Main St, Armonk; 914.273.8686; www.restaurantnorth.com

## **Bedford**

### **BOW!** CAMPAGNA Italian \$\$\$\$

Food ★★★★★ ½ Service ★★ Atmosphere ★★★ (02/15)

Under the guidance of acclaimed Manhattan Chef Michael White, the kitchen at the Bedford Post Inn's flagship dining option serves exceptional crudo, handmade pasta (never dried), and artistically crafted desserts. A warm-weather patio features an outdoor grill. 945 Old Post Rd, Bedford; 914.234.6386; www.campagna-bedford.com

### **BOW!** LA CRÉMAILLÈRE French \$\$\$\$

Dinner at this Bedford stalwart features elegant French fare and spectacular soufflés. Visit at lunch (Thurs to Sun) to take advantage of the \$32 prix-fixe menu. Closed Mon. 46 Bedford-Banksville Rd, Bedford; 914.234.9647; www.cremaillere.com

### **PHO CORNER BISTRO** Vietnamese \$\$

Food ★★★★★ Service ★★★½ Atmosphere ★★ (01/17)

This 12-seat, family-run restaurant proffers traditional Vietnamese dishes, such as rice-paper rolls, noodle bowls, and its eponymous soup. 740 N Bedford Rd, Bedford Hills; 914.242.1668; www.phocornerbistro.com

### **TRUCK** Mexican \$\$

Among Bedford's myriad fine-dining options, TRUCK serves casual Mexican fare and tacos with an emphasis on organic, locally sourced ingredients. Closed Mon. 391 Old Post Rd, Bedford; 914.234.8900; www.truckrestaurant.com  
★★ (06/13)

## **Briarcliff Manor**

### **105-TEN BAR & GRILL** New American \$\$\$

Tucked away in a shopping center in Briarcliff, Chef Eddie Martinez cooks up hearty New American dishes, plus a selection of burgers and indulgent small plates. 127 Woodside Ave, Briarcliff Manor; 914.236.3651; www.105ten.com

## **Bronxville**

### **BOW!** KRAFT BISTRO Mediterranean

Though the menu slants Mediterranean, it's worth trying one of the Afghan dishes scattered across the menu at this warmly lit, romantic Bronxville bistro. Closed Sun. 104 Kraft Ave, Bronxville; 914.337.4545; www.kraftbistro.com



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# dining out

(Continued from previous page)



273 Kitchen

**NEW** **PARK 143 BISTRO & FISH** Seafood \$\$\$  
Andrew Hopkins is executive chef at this 65-seat seafood-centric bistro, specializing in seafood classics like fried oysters and a variety of mussel pots. Sat and Sun brunch. 143 Parkway Rd, Bronxville; 914.337.5100; www.143parkbistroandfish.com

## Chappaqua

**CHAPPAQUA STATION** American \$\$  
Housed in a 1902 New York Central Railroad depot, this restaurant specializing in homemade breakfast items also serves affordable sandwiches and salads, charcuterie, comforting desserts, and craft cocktails. Closed Sun. 1 Station Plz, Chappaqua; 914.861.8001; www.chappaquastation.com

**NEW** **CRABTREE'S KITTLE HOUSE**  
New American \$\$\$\$

Executive Chef Jay Lippin uses locally sourced ingredients both in the formal dining room and on the elevated bar-food menu at the Old World Tap Room. The Grand Award-winning wine cellar houses 60,000 bottles. Call ahead to reserve Sun brunch. 11 Kittle Rd (off Rte 117), Chappaqua; 914.666.8044; www.kittlehouse.com

**NEW** **LE JARDIN DU ROI** French \$\$\$

A casual spot serving authentic French bistro fare, this Chappaqua eatery is also famous for its barbecue and 5x5 chili. Serves breakfast, Sun brunch. Alfresco dining available. 95 King St, Chappaqua; 914.238.1368; www.lejardinchappaqua.com

**MARIO'S RESTAURANT** Italian \$\$\$

Open for more than 50 years, look for Italian fare with some modern interpretations. A selection of

wood-fired pizzas features traditional and creative combos, such as smoked Gouda, caramelized onion, and honey. 13 King St, Chappaqua; 914.238.3858; www.mariosofchappaqua.com

## Cortlandt Manor

**MONTEVERDE AT OLDSTONE**

New American \$\$\$\$

A popular wedding venue, this 1760 mansion overlooking the Hudson is also a restaurant serving inventive New American cuisine. Outdoor seating in warmer months. Closed Mon and Tues. 28 Bear Mountain Bridge Rd, Cortlandt Manor; 914.737.6500; www.monteverdeatoldstone.com

## Croton-on-Hudson

**OCEAN HOUSE** Seafood \$\$\$

Previously a small diner, self-taught-chef Brian Galvin transformed the space into a tiny (30 seat) dinner-only oyster bar and grill with an emphasis on New England-style seafood dishes. Call the day of starting at 4:30 for a table. Terrace seating in warmer temps. Closed Sun and Mon. 49 N Riverside Ave, Croton-on-Hudson; 914.271.0702; www.oceanhouseoysterbar.com

## Dobbs Ferry

**NEW** **THE COOKERY** Italian \$\$

This progressive Italian restaurant from Chef David DiBari serves some of the county's most creative fare with an emphasis on pork, fresh pasta, and unique specials. Small-plates brunch Sat and Sun; closed Mon. 39 Chestnut St, Dobbs Ferry; 914.305.2336; www.thecookeryrestaurant.com

**NEW** **THE PARLOR** Pizza \$\$  
Food ★★★½ Service ★★★ Atmosphere ★★★ (03/14)

The brick-and-mortar incarnation of the popular DoughNation pizza truck, look for a selection of unique pizzas featuring housemade ingredients, plus wood-fired appetizers, wine on tap, and "bottled" cocktails. Closed Mon. 14 Cedar St, Dobbs Ferry; 914.478.8200; www.theparlordf.com

**NEW** **SUSHI MIKE'S JAPANESE RESTAURANT**  
Japanese \$\$\$

Hugely popular for its special sushi rolls (the "Out of Control" is a favorite), this neighborhood Japanese restaurant is often packed. A jazz vocalist entertains every Monday evening. 146 Main St, Dobbs Ferry; 914.591.0054; www.sushimikes.com ★★★½ (10/13)

## Eastchester

**MASON SANDWICH CO.** Sandwiches \$\$

Almost everything is made in-house at this craft-sandwich shop, including a crispy fried chicken sandwich with spicy maple syrup and their gourmet riff on a Big Mac. 33 Mill Rd, Eastchester; 914.776.2766; www.masonsandwiches.com

**NEW** **PIPER'S KILT** Pub \$\$

A county institution, this classic pub serves cold pints, ethereal onion rings, and pretty-near-perfect burgers. Kitchen hours everyday until midnight. 433 White Plains Rd, Eastchester; 914.779.5772; www.piperskilt.com

**YEFSI ESTIATORIO** Greek \$\$\$

Food ★★★½ Service ★★★ Atmosphere ★★ (12/16)  
This upscale, 160-seat Greek restaurant (with a second location in Manhattan) serves refined takes on "homestyle Greek cuisine" in a stylish atmosphere. Many ingredients – olive oil, cheeses,

herbs – are sourced from Crete, and expect an extensive selection of Greek wines and beers. 219 Main St, Eastchester; 914.779.8988; www.yefsy.com

## Harrison

### 273 KITCHEN Mediterranean \$\$\$

Food ★★½ Service ★★★★★ Atmosphere ★★½ (10/15)

Chef Constantine Kalandranis' (8 North Broadway in Nyack) first Westchester restaurant is this 30-seat, seafood-heavy, small-plates Mediterranean bistro with an often-changing menu. Serves Sunday brunch. 273 Halstead Ave, Harrison; 914.732.3333; www.273kitchen.com

### DELFINO'S Italian \$\$\$

Look for the classics like eggplant rollatini, cavatelli rustica, and veal-chop martini at this traditional Italian eatery. Outdoor dining available in warmer weather. Closed Mon. 60 Halstead Ave, Harrison; 914.835.2535; www.dineatdelfinos.com

### LAGO RISTORANTE & WINE BAR Italian \$\$\$

Chef Salvatore Esposito puts an emphasis on fresh ingredients and the flavors of Italy's Campania region at this Harrison spot. Sidewalk tables in warm weather. 97 Lake St, West Harrison; 914.358.9180; www.lagoristorante.com

### PORTA NAPOLI Italian/Pizza \$\$

This Southern Italian eatery features Neapolitan-style pizza from the owners of Kesté Pizza & Vino in Manhattan's West Village. More than 20 thin-crust pies from its Stefano Ferrara wood-burning oven are offered including a number of gluten-free selections. 261 Halstead Ave, Harrison; 914.732.3232; www.portanapoliny.com

## 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. 201 E Hartsdale Ave, Hartsdale; 914.723.1065; www.copperkettlecafe.com

### FANTASY CUISINE Chinese \$

Food ★★★ Service ★★ Atmosphere ★★½ (01/15)

Dumplings are the claim to (well-deserved) fame at this Hartsdale spot with a clean, modern design. Also on the menu: traditional Szechuan plates, springy noodle dishes, and a smattering of Chinese takeout classics. 20 N Central Ave, Hartsdale; 914.358.9046; www.fantasycuisine.com

### KISHUYA Ramen \$\$

Food ★★★ Service ★★½ Atmosphere ★★½ (12/15)

This traditional ramen shop tucked into a shopping center on Central Avenue serves well-executed noodle bowls, including a fiery Tantanmen ramen with ground pork. A unique selection of Japanese beers is available. 163 S Central Ave, Hartsdale; 914.949.0600; www.kishuya.com

## Hastings-on-Hudson

### BORO6 Wine Bar \$

Inspired by trips to Italy, restaurant vets Paul Molakides and Jennifer Aaronson (formerly an editor for Martha Stewart) opened this Hastings enoteca with more than 30 wines by the glass and light, simple plates. Closed Mon. 549 Warburton Ave, Hastings-on-Hudson; 914.231.9200; www.boro6winebar.com



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## dining out

(Continued from previous page)



### **BOW!** SAINT GEORGE *French* \$\$\$\$

In the space that was formerly Buffet de la Gare comes this contemporary French bistro from Chef Chris Vergara (Harper's in Dobbs Ferry, Meritage in Scarsdale). Don't miss the all-French wine list and absinthe fountain. Brunch Sat and Sun; closed Monday. 155 Southside Ave, Hastings-on-Hudson; 914.478.1671; [www.saintgeorgebistro.com](http://www.saintgeorgebistro.com)

## Hawthorne

### **THREE LITTLE PIGS BBQ** *Barbecue* \$\$

Mark Mazarulli, formerly of Opus 465 and Marc Charles Steakhouse in Armonk, is the chef of this 'cue joint serving dry-rubbed meats and classic sides. Mazarulli also runs catering company Westchester Wild BBQ. Closed Sun. 481 Commerce St, Hawthorne; 914.747.2480; [www.threelittlepigsbbqofhawthorne.com](http://www.threelittlepigsbbqofhawthorne.com)

## Irvington

### **BOW!** CHUTNEY MASALA *Indian* \$\$\$

The popular Indian bistro from Chef Navjot Arora may have moved into a new location, but expect the menu to still feature tried-and-true options like a myriad of curries. An Indian-inspired Sunday brunch (\$14.95) is also available. 76 Main St, Irvington; 914.591.5500; [www.chutneymasala.com](http://www.chutneymasala.com)

### **BOW!** MIMA VINOTECA *Italian* \$\$\$

The owners of Zuppa in Yonkers run this trattoria serving Italian "home-cooking" and some of the county's best salumi. A 25-plus wine-by-the-glass menu is offered. 63 Main St, Irvington; 914.591.1300; [www.mimarestaurant.com](http://www.mimarestaurant.com) ★★★ (02/13)

### **BOW!** RED HAT ON THE RIVER

*French Bistro* \$\$\$

There are stunning Hudson River views — and simple French fare — to be enjoyed at this stylish bistro. Live jazz on Wed nights. Serves Sun brunch. 1 Bridge St, Irvington; 914.591.5888; [www.redhatbistro.com](http://www.redhatbistro.com)

### **SAMBAL** *Thai/Malay* \$\$

In the space that was Chutney Masala, chef/owner Navjot Arora opened a Southeast Asian restaurant with a handful of Malaysian plates and unobstructed Hudson River views. 4 W Main St, Irvington; 914.478.2700; [www.sambalny.com](http://www.sambalny.com)

## Katonah

### **PEPPINO'S RISTORANTE** *Northern Italian* \$\$\$

Lots of regulars come to this family-owned (since 1991) restaurant to sit at candlelit tables and dine on dishes like veal Sorrentino and eggplant parmigiana. Outdoor dining is available in warmer temps. 116 Katonah Ave, Katonah; 914.232.3212; [www.peppinosristorante.com](http://www.peppinosristorante.com)

## Larchmont

### **BOW!** DURIAN *Thai* \$\$\$

Named for the pungent Asian fruit, Durian serves authentic Thai cuisine (less sticky sugar, more bright acidity) featuring lesser-known ingredients, such as sweet sticky rice with its namesake fruit. Closed Mon. 147 Chatsworth Ave, Larchmont; 914.833.1900; [www.durianthaifood.com](http://www.durianthaifood.com) ★★★ (07/13)

### **BOW!** 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. 22 Chatsworth Ave, Larchmont; 914.833.1661; [www.encore-bistro.com](http://www.encore-bistro.com)

### **LENNY'S SEAFOOD AND STEAKHOUSE** *Steakhouse* \$\$\$\$

Food ★★★½ Service ★★★½ Atmosphere ★★★ (04/16)

At Lenny's, all steaks — from the 46-oz porterhouse for four to the 6-oz petit filet — are dry-aged for 21 days. Reservations recommended. 2047 Boston Post Rd, Larchmont; 914.630.7800; [www.lennyssteakhouse.com](http://www.lennyssteakhouse.com)

### **MADISON KITCHEN** *Small Plates* \$\$\$

Nick DiBona's menu features funky small plates and select number of large dishes, mostly pastas, meant for sharing. For dessert, don't miss his signature Bona Bona ice cream in flavors like rainbow cookie and backyard mint. Brunch Sat; Closed Sun. 7 Madison Ave, Larchmont; 914.732.3024; [www.mk.larchmont.com](http://www.mk.larchmont.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. Prix-fixe \$20.95 lunch. Closed Mon. 576 Mamaroneck Ave, Mamaroneck; 914.777.2200

### **MODERN ON THE RAILS** *Italian* \$\$\$

The owners of Modern in New Rochelle put their own spin on Italian stalwarts (Kobe beef meatballs, chipotle calamari) at this 140-seat restaurant in the space that was formerly Club Car. Serves Sunday brunch. One Station Plz, Mamaroneck; 914.777.9300; [www.modernontherails.com](http://www.modernontherails.com)

### **SPICE KITCHEN** *Indian* \$\$\$

Diners enjoy the dairy-based cuisine of the subcontinent's northern states under the watchful eye of Annapurna Devi, the Hindu goddess of nourishment, at this Indian eatery. Closed Mon. 122 Mamaroneck Ave, Mamaroneck; 914.873.0250; [www.spicekitchen.com](http://www.spicekitchen.com)

## Mohegan Lake

**BOW AUGIE'S PRIME CUT** Steakhouse \$\$\$\$  
This 135-seat steakhouse and bar serves dry-aged steaks, seafood entrées, and creatively flavored martinis. Live music on Thurs. Serves Sunday brunch. 3436 Lexington Ave, Mohegan Lake; 914.743.1357; www.augiesprimecut.com

## Mount Kisco

**251 LEX** Mediterranean \$\$\$  
Constantine Kalandranis (Harrison's 273 Kitchen and 8 North Broadway in Nyack) owns this 135-seat restaurant in an 100-year-old Victorian with an ever-changing menu. Three-course prix-fixe menu for \$45 and a selection of small-production wines and craft beers. 251 Lexington Ave, Mount Kisco; 914.218.8156; www.251lex.com

**BOW CAFÉ OF LOVE** New American \$\$\$\$  
Leslie Lampert, owner of gourmet shop Ladle of Love, owns this 55-seat restaurant showcasing local ingredients. Don't miss the truffled chickpeas. Closed Mon. 38 E Main St, Mount Kisco; 914.242.1002; www.cafeofloveny.com

**BOW EXIT 4 FOOD HALL** Eclectic \$\$  
Food ★★★ Service ★★★ Atmosphere ★★★ (10/16)  
The food-hall trend comes to Mount Kisco with nine stations, serving everything from wood-fired pizzas to barbecue to sushi (plus craft beers and nitro coffee at X4 on Tap). Rustic communal tables made of salvaged and reclaimed wood constitute the majority of the seating. 153 Main St, Mount Kisco; 914.241.1200; www.exit4foodhall.com

**LEXINGTON SQUARE CAFE** New American \$\$\$  
Casual New American eatery with an emphasis on seafood dishes, such as braised fish-of-the-day in a green Thai curry. A 60-seat private-party room is popular for showers and christenings. Elaborate birthday cakes are available. 510 Lexington Ave, Mount Kisco; 914.244.3663; www.lexingtonsquarecafe.com

**BOW LITTLE DRUNKEN CHEF**  
Global Tapas \$\$\$  
This fifth and largest venture from chef-owner Bonnie Saran serves globally inspired tapas in an eclectic, 84-seat space in Mount Kisco. Expect a popular nightlife scene at the bar, which is open late Thurs to Sat. 36 E Main St, Mount Kisco; 914.242.8800

**PATIO 3** Mexican \$\$\$  
From the same family as Patio and Maya Riviera in Briarcliff Manor, this casual Mount Kisco spot serves regional Mexican cuisine. Closed Mon. 222 E Main St, Mount Kisco; 914.864.2600

**BOW VILLAGE SOCIAL** New American  
Chef Mogan Anthony serves creative appetizers, wood-fired pizzas, and well-executed pastas and mains at this buzzed-about eatery. The popular bar scene includes craft cocktails and street-front dining on the patio in warmer weather. Serves Sunday brunch. 251 E Main St, Mount Kisco; 914.864.1255; www.villagesocialkb.com

**WINSTON** New American \$\$\$\$  
It took three years to design and build this 81-seat, three-story warehouse-style eatery where Executive Chef Michael Williams proffers New American dishes and decadent desserts. Rooftop lounge open in warmer



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## dining out

(Continued from previous page)



weather. Wine Library features rare bottles. Closed Mon. 130 E Main St, Mount Kisco; 914.244.9780; [www.winstonrestaurant.com](http://www.winstonrestaurant.com)

### Mount Vernon

**Bowl** **JOHNNY'S PIZZERIA** Pizza \$\$

Open since the '40s, Johnny's old-school, thin-crust pies are some of the best pizza north of NYC. No slices; cash only. Closed Sun and Mon. 30 W Lincoln Ave, Mount Vernon; 914.668.1957; [www.johnnys1942.com](http://www.johnnys1942.com)

**Bowl** **RIPE** Caribbean \$\$

Chef Nigel Spence curates a menu of authentic Caribbean flavors — curried goat, plantains, and the "Big-Ass" jerk rib-eye — in this funky space with live music and an outdoor courtyard perfect for sipping potent rum cocktails. Late-night dining; Closed Mon. 151 W Sandford Blvd, Mount Vernon; 914.665.7689; [www.riperestaurant.com](http://www.riperestaurant.com)

### New Rochelle

**Bowl** **ALVIN & FRIENDS** Southern/Caribbean \$\$\$

This contemporary spot in downtown New Rochelle serves Southern dishes with a Caribbean flair, including a Best of Westchester-winning fried chicken. Live entertainment several nights a week. Brunch Sun; closed Mon. 14 Memorial Hwy, New Rochelle; 914.654.6549; [www.alvinandfriendsrestaurant.com](http://www.alvinandfriendsrestaurant.com) ★★ ½ (01/12)

**Bowl** **MODERN RESTAURANT & LOUNGE**

Italian \$\$\$

Old-school Italian fare in a contemporary setting. Dishes to order are the chicken

parmigiana, pork-chop contadina, and whole-wheat spaghetti puttanesca. A selection of brick-oven pizzas are also offered. 310 Huguenot St, New Rochelle; 914.633.9479; [www.modernrestaurant.com](http://www.modernrestaurant.com)

**Bowl** **NOMA SOCIAL** Tapas \$\$\$

Chef Bill Rosenberg, formerly of F.I.S.H. and Barcelona, serves a menu of mostly small plates at this 125-seat spot in the lobby of the Radisson Hotel. Late-night dining until 2 am Fri and Sat. 1 Radisson Pl, New Rochelle; 914.576.4141; [www.nomasocial.com](http://www.nomasocial.com)

**Bowl** **ROC-N-RAMEN** Ramen \$\$

Food ★★★ Service ★★½ Atmosphere ★½ (12/15)  
This small ramen shop across from New Roc City features classic appetizers and ramen bowls, plus unique fusion flavors (Don't miss a special oxtail-curry ramen when offered). 19 Anderson St, New Rochelle; 914.365.1166; [www.rocnramen914.com](http://www.rocnramen914.com)

### North Salem

**Bowl** **ONE TWENTY ONE** New American \$\$\$\$

Having undergone a full redesign in 2014, Chef Beck Bolender brings a little contemporary flair to the area's verdant farmland with a menu of locally sourced (many ingredients come from the county) dishes. 2 Dingle Rd, North Salem; 914.669.0121; [www.121restaurant.com](http://www.121restaurant.com)

**Bowl** **PURDY'S FARMER & THE FISH**

Seafood \$\$\$\$

Housed in a historic 18th-century farmhouse and surrounded by three acres of terraced farmland

that supply the restaurant, Farmer & the Fish serves a seafood-and-produce-heavy menu. Serves Sunday brunch. 100 Titicus Rd, North Salem; 914.617.8380; [www.farmerandthefish.com](http://www.farmerandthefish.com)

**VOX BAR & RESTAURANT** French/Eclectic \$\$\$

With an outdoor patio overlooking the green landscape of North Salem, this unpretentious restaurant serves French classics and a handful of Asian-inspired dishes. Closed Mon and Tues. 721 Titicus Rd, North Salem; 914.669.5450; [www.voxnorthsalem.com](http://www.voxnorthsalem.com) ★★ ½ (02/12)

### Ossining

**BASTA** Pasta/Pizza \$\$

If you seek out this hidden gem, you're likely to be rewarded with classic Italian appetizers, pastas, pizzas, and mains, expertly executed with an eye toward simplicity and fresh ingredients. The restaurant does not have a liquor license. Closed Mon. 27 Campwoods Rd, Ossining; 914.236.3400; [www.basta27.com](http://www.basta27.com)

### Peekskill

**BUNS-N-BOURBON** American \$

Billed as "a celebration of bun food and brown spirits," this bar and eatery, from the owners of Taco Dive Bar and Hudson Room, features more than 90 American whiskeys. Closed Sun to Tues. 55 Hudson Ave, Peekskill; 914.788.2867; [www.bunsnbourbon.com](http://www.bunsnbourbon.com)

**BOW** **GLEASON'S** Eclectic \$\$

Chef Krista Espinal of Birdsall House runs the kitchen at this 60-seat restaurant named for the comic and former Peekskill resident, specializing in artisan flatbread pizzas and specialty cocktails. 911 South St; Peekskill, 914.402.1950; www.gleasonspeekskill.com. ★★★ (04/13)

**BOW** **IRON VINE** Tapas \$\$\$

Food ★★ Service ★★ ½ Atmosphere ★★★ ½ (08/15)

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, a small selection of entrées, and exceptional craft cocktails. Serves Sunday brunch. 992 Main St, Peekskill; 914.930.8506; www.ironvinepeekskill.com

**BOW** **RAMENESQUE** Japanese \$\$

This Japanese restaurant (with a second location in Thornwood) is known for its ramen bowls but also serves appetizers, udon, a vast selection of sushi, and several mains. All dishes are made without MSG. Closed Sun and Mon; Peekskill closed Tues. 1008 Main St, Peekskill; 914.930.1788; 14 Marble St, Thornwood; 914.741.5100; www.ramenesque.net

**Pelham**

**CANTINA LOBOS** Mexican \$\$

A small menu of mostly appetizers and tacos encompasses traditional dishes (house-made guacamole, tequila-lime shrimp, pork asado) and international flavors, such as beef bulgogi tacos. Closed Mon. 217 Wolfs Ln, Pelham; 914.380.8644; www.cantinalobos.com

**Pleasantville**

**DAI SUSHI** Japanese \$\$\$

Food ★★★ ½ Service ★★★ Atmosphere ★★ ½ (06/16)

This hidden gem serves superlative sushi and Japanese dishes such as vegetarian udon bowls, buttery rib-eye with teriyaki sauce, and miso soup. Closed Mon. 8 Pleasantville Rd, Pleasantville; 914.769.0638; www.daisushirestaurant.com

**FLIGHTS WINE & WHISKEY BAR** Small Plates \$\$\$

Formerly Batonnage, Flights serves small plates, pizzas, salads, and cheese and charcuterie alongside wine and whiskey flights, including a \$150 tasting of three ages of Pappy Van Winkle. Closed Sun. 10 Marble Ave, Pleasantville; 914.769.4040; www.theflightbar.com

**WOOD & FIRE** Italian \$\$ (pizza); \$\$\$ (entrées)

Food ★★★ Service ★★★ Atmosphere ★★ ½ (11/15)

Neapolitan cuisine is the name of the game at this family-run establishment with a menu spanning salads, pizzas, small plates, pastas, and mains. Half-off wine Wednesdays. 59 Marble Ave, Pleasantville; 914.742.611; www.woodandfirepizza.com

**Pocantico Hills**

**BOW** **BLUE HILL AT STONE BARNS**

New American \$\$\$\$ Among the World's 50 Best Restaurants, the Barber family runs this groundbreaking farm-to-table fine-dining restaurant. The menu changes daily with many of the ingredients grown or raised on-site. The Stone Barns



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## dining out

(Continued from previous page)

Center hosts agricultural and culinary educational initiatives. Closed Mon and Tue. 630 Bedford Rd, Pocantico Hills; 914.366.9600; www.bluehillfarm.com

### Port Chester

#### APPETIT BISTRO *French* \$\$\$

Fondue is just one of the classics on the menu at this tiny bistro – the only French restaurant in Port Chester – where Edi Rivera (previously of L'escale in Greenwich) is executive chef. Serves Sunday brunch. 540A Willett Ave, Port Chester; 914.690.2000; www.appetitbistro.com

#### **BOV** COALS *Pizza* \$\$

Hand-stretched pies made with imported Italian ingredients are grilled at this pizzeria and craft-beer restaurant. The hand-formed beef burger won Best Burger at our 2015 Burger & Beer Blast. 35 N Main St, Port Chester; 914.305.3220; 131 Parkway Rd, Bronxville; 914.337.1901; www.coalspizza.com ★★★★★ (11/12)

#### PANKA PERUVIAN BISTRO *Peruvian* \$\$\$

Among Port Chester's multitude of Latin restaurants is Panka, a family-owned Peruvian bistro serving traditional dishes, including five kinds of fresh ceviche bathed in lime juice. 167 Westchester Ave, Port Chester; 914.481.5424; www.pankabistro.com

#### PICCOLO *Italian Gourmet* \$\$\$

The space that formerly held zeppoleme is now home to this eatery helmed by Roman Chef Stefano Gentile (formerly of Le Sirene in Larchmont) serving regional Italian pastas and entrées. The lunch menu features a wide range of panini. Closed Mon. 321 N Main St, Port Chester; 914.481.5678; www.piccoloitagliangourmet.com

#### **BOV** RYE HOUSE *American* \$\$\$

An offshoot of the Union Square restaurant of the same name, this gastropub serves American fare with a Southern tilt including a can't-miss Carolina shrimp and grits. The whiskey-centric bar features more than 100 bottles from around the world. \$15 lunch special includes an appetizer and sandwich. Serves Sunday brunch. 126 N Main St, Port Chester; 914.481.8771; www.ryehousepc.com

#### **BOV** SONORA *Nuevo Latino* \$\$\$

Fans flock to Chef Rafael Palomino's only Westchester spot for his pan-Latino cuisine. The bar area serves tacos and a vast selection of craft tequila. Outdoor patio in the summer. Serves Sunday brunch. 179 Rectory St, Port Chester; 914.933.0200; www.sonorarestaurant.net

### Pound Ridge

#### **BOV** THE INN AT POUND RIDGE *New American* \$\$\$\$

Food ★★★★★ Service ★★★★★ Atmosphere ★★★★★ (06/14)  
 Expect seasonal ingredients (and the occasional Asian flare) from the kitchen at this 250-seat, special-occasion restaurant from Jean-Georges Vongerichten, featuring two dining spaces, an in-kitchen chef's table, and wine cellar available for private dining. Serves Sunday brunch. 258 Westchester Ave, Pound Ridge; 914.764.1400; www.theinnatpoundridge.com

### Purchase

#### **BOV** TREDICI NORTH *Italian* \$\$\$

Food ★★★★★ Service ★★★★★ Atmosphere ★★ (07/16)  
 Chef Giuseppe Fanelli runs the kitchen at this stylish 68-seat Italian eatery. Expect indulgent dishes like mozzarella-stuffed meatballs and smoked short ribs with balsamic onions and stoneground polenta. Closed Mon. 578 Anderson Hill Rd, Purchase; 914.997.4113; www.tredicinorth.com



## Purdys

### **BOW** BLAZER PUB *American \$*

Totally untouched by modern restaurant trends, this no-pretense pub is rightly famous for its classic, ground-beef chili, juicy burgers served with thick-cut fries, and old-school, perfect-for-beer-drinking vibe. Cash only. 440 Rte 22, Purdys; 914.277.4424; [www.theblazerpub.com](http://www.theblazerpub.com)

## Rye

### **BOW** FRANKIE & JOHNNIE'S *Steakhouse \$\$\$\$*

Upscale steakhouse with a posh bar and lounge area. Specialties include porterhouse steak for two, Chilean sea bass, and lobster ravioli. 77 Purchase St, Rye; 914.925.3900; [www.frankieandjohnnies.com](http://www.frankieandjohnnies.com)

### **BOW** MORGANS FISH HOUSE *Seafood \$\$\$*

This casual seafood restaurant proffers Portuguese fisherman's stew, sautéed Gulf shrimp, and filet mignon with lobster mashed potatoes. Serves Sunday brunch. 22 Elm Pl, Rye; 914.921.8190; [www.morgansfishhouse.net](http://www.morgansfishhouse.net)

### **ROSEMARY AND VINE** *Mediterranean \$\$*

Food ★★ ½ Service ★★ ½ Atmosphere ★★ ½ (11/16)

This casual-chic vegetarian spot serves Mediterranean dishes with Middle Eastern touches, including smokey baba ganoush, avocado crostini, and roasted beets with pomegranate molasses and labneh. Closed Sun. 29 Purchase St, Rye; 914.481.8660; [www.rosemaryandvine.com](http://www.rosemaryandvine.com)

### **BOW** RUBY'S OYSTER BAR & BISTRO

*Seafood Bistro \$\$\$\$*

The dark-wood dining room of this bistro with open windows on Rye's main drag, serves fresh seafood with decidedly French flair. Breakfast daily; brunch on Sun. 45 Purchase St, Rye; 914.921.4166; [www.rubysosterbar.com](http://www.rubysosterbar.com)

### **BOW** RYE GRILL & BAR

*Traditional American \$\$\$\$*

Expect unpretentious American fare — burgers, pan-seared scallops, grilled cowboy steak — at this bi-level eatery in Rye's Metro-North parking lot. Serves Sunday brunch. 1 Station Plz, Rye; 914.967.0332; [www.ryegrill.com](http://www.ryegrill.com)

### **BOW** RYE ROADHOUSE *Cajun/Southern \$\$\$*

Tucked in a residential area of Rye, The Roadhouse is a local institution known for its sweet-potato fries and Cajun flavors, like the grilled or blackened meatloaf. Discounted specials include half-price burger Tuesdays and a \$12.95 fried chicken on Wednesdays. Late-night dining Fri and Sat until 1 am; brunch on Sun. 12 High St, Rye; 914.925.2668; [www.ryeroadhouse.com](http://www.ryeroadhouse.com)

## Scarsdale

### **BOW** EASTCHESTER FISH GOURMET *Seafood \$\$\$*

Owner Rick Ross sources the freshest seafood daily from the Fulton Fish Market for this Westchester seafood institution and his adjoining market. \$29.95 lobster dinners on Mon; raw-bar deals on Thurs. Reservations for parties of five or more only. Lunch Thurs and Fri only. 837 White Plains Rd, Scarsdale; 914.725.3450; [www.eastchesterfish.com](http://www.eastchesterfish.com)

### **BOW** PETRA *Greek \$\$-\$\$\$*

This 30-seat eatery serves traditional Greek fare (many entrees are under \$15) under wide wooden beams and wrought-iron




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## dining out

(Continued from previous page)



Dolphin Restaurant Bar Lounge

chandeliers. Closed Mon. 66 Garth Rd, Scarsdale; 914.874.5674; www.petragreekrestaurant.com

**BOW!** **WUJI** Chinese \$\$\$

This Chinese-American restaurant with three locations aims to improve the classics with high-quality ingredients (heritage pork, organic vegetables) and stylish plating. 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

### Sleepy Hollow

**BRIDGE VIEW TAVERN** American \$\$

This pub lives up to its name with views of the Tappan Zee Bridge and Hudson River. On the menu: a rotating selection of (sometimes hard-to-find) craft beers and perfect-with-a-pint foods, including several incarnations of wild game (elk burgers, wild boar chorizo chili). 226 Beekman Ave, Sleepy Hollow; 914.332.0078; www.bridgeviewtaVERN.com

### Tarrytown

**EQUUS** New American \$\$\$\$

Executive Chef Foster Lukas serves refined New American cuisine with white-glove service in this dining room perched above the Hudson River at the Castle Hotel & Spa. Open for breakfast. 400 Benedict Ave, Tarrytown; 914.631.3646; www.castlehotelandspa.com ★★ ½ (08/12)

**PIK NIK** Barbecue \$\$

Hassan and Alberta Jarane, proprietors of nearby Mint Premium Foods, also own this counter-service barbecue joint serving smoked meats (with mango-quince barbecue sauce), down-home sides, and vintage sodas. Closed Mon. 45 Main St, Tarrytown; 914.631.5600

**BOW!** **RIVERMARKET BAR AND KITCHEN**

New American \$\$\$\$

Food ★★★ Service ★★★ Atmosphere★★★★ (04/14)  
This New American restaurant (with Mediterranean influences) and on-premise farm market from the owners of Crabtree's Kettle House in Chappaqua sources primarily local, sustainable ingredients for its menu, cocktails, and homemade desserts. 127 W Main St, Tarrytown; 914.631.3100; www.rivermarketbarandkitchen.com

### Tuckahoe

**ANGELINA'S RISTORANTE** Southern Italian \$\$\$

Enjoy authentic Italian fare from Chef Peter

DiNardi at this cozy restaurant. The mostly Italian wine list includes about 700 selections. 97 Lake Ave, Tuckahoe; 914.779.7944; www.angelinasoftuckahoe.com

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

Housed in a 200-year-old stone mill, this 160-seat restaurant serves all the classics. Live piano on Saturday evenings; outdoor dining on the patio or in the picturesque garden during warmer months. Closed Mon. 2 Scarsdale Rd, Tuckahoe; 914.771.7661; www.theoldestonemill.com

**BOW!** **THE TAP HOUSE** Gastropub \$\$\$

Gastropub offering dishes like pan-roasted chicken in a lemon white wine sauce; truffle gnocchi; and grilled bratwurst, plus salads and small plates. Serves Sunday brunch. 16 Depot Sq, Tuckahoe; 914.337.6941; www.thetaphouseNY.com

### White Plains

**BOW!** **BENJAMIN STEAKHOUSE**

Steakhouse \$\$\$\$

This 200-seat restaurant owned by ex-Peter Luger staffers specializes in dry-aged steaks and chops. (A second outpost is located in Midtown Manhattan.) Closed Mon; brunch on Sun. 610 W Hartsdale Ave, White Plains; 914.428.6868; www.benjaminssteakhouse.com

**CORIANDER MODERN INDIAN** Indian \$\$\$

These stylish restaurants feature locally sourced ingredients and bold Indian flavors, plus craft beer and organic wines. In White Plains, the 15-seat bar showcases an assortment of Indian-style tapas. Closed Mon. 154 Larchmont Ave, Larchmont; 914.235.1306; 74 Mamaroneck Ave, White Plains; 914.358.4500; www.corianderny.com

**BOW!** **CITY LIMITS DINER** American \$\$

The upscale diner features traditional American dishes, internationally inspired plates, and an array of homemade desserts, plus a bar area with cocktails and craft beer. Breakfast served all day. 200 Central Ave, White Plains; 914.686.9000; www.citylimitsdiner.com

**BOW!** **EMMA'S ALE HOUSE** Comfort Food \$\$\$

This Certified Green Restaurant specializes in comfort-food favorites like pot pie, braised short ribs, and the famous Krispy Kreme bread pudding. Half-priced bottles of wine on Mon. Brunch Sat and Sun. 68 Gedney Way, White Plains; 914.683.3662; www.emmasalehouse.com



**KEE OYSTER HOUSE** Seafood \$\$\$\$

Food ★★½ Service ★★★ Atmosphere ★★★★★  
(09/16)

Lulzim Rexhepi (formerly of Le Bernadin) is executive chef at this New York-style oyster bar serving seafood and a handful of surf-and-turf options. The bar stocks 40 bourbons and single-malt Scotches. 126-128 E Post Rd, White Plains; 914.437.8535; www.keeoysterhouse.com

**LILLY'S** Small Plates \$\$\$

A welcome respite from Mamaroneck Avenue's bar scene (though they still offer Happy Hour deals), this White Plains oyster bar and small-plates eatery serves sophisticated cocktails and affordable bottles of wine. 169 Mamaroneck Ave, White Plains; 914.997.5600; www.lillyswp.com

**MEDITERRANEO** Mediterranean \$\$\$

A White Plains location is the third outpost (Greenwich, Norwalk) of this high-design restaurant, serving Mediterranean fare with an emphasis on seafood. 189 Main St, White Plains; 914.448.8800; www.zhospitalitygroup.com

**BOV** **SAPORI** Italian \$\$\$

Indoor and outdoor seating — including partially enclosed booths tucked in brick-lined outcoves — are available at this 160-seat Italian eatery in White Plains. 324 Central Ave, White Plains; 914.684.8855; www.saporiofwhiteplains.com

**BOV** **SUSHI NANASE** Sushi \$\$\$\$

Sushi master Yoshimichi Takeda (Nobu, Masa) and his pristine cuts of fish are the star at this 18-seat spot that feels like a little slice of Japan hidden away in White Plains. The omakase (from \$80 to \$200) is a must-order. Closed Wed. 522 Mamaroneck Ave, White Plains; 914.285.5351

**TRE ANGELINA** Northern Italian \$\$\$

This cozy, white-tablecloth Italian joint proffers the flavors of Northern Italy. 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 runs this bi-level restaurant serving up seafood, pasta, steaks, and big salads. A 100-seat patio lends views of the Hudson River. Late-night menu Thurs to Sat until 1 a.m. 1 Van Der Donck St, Yonkers; 914.751.8170; www.dolphinrbl.com

**BOV** **FRANK PEPE PIZZERIA**

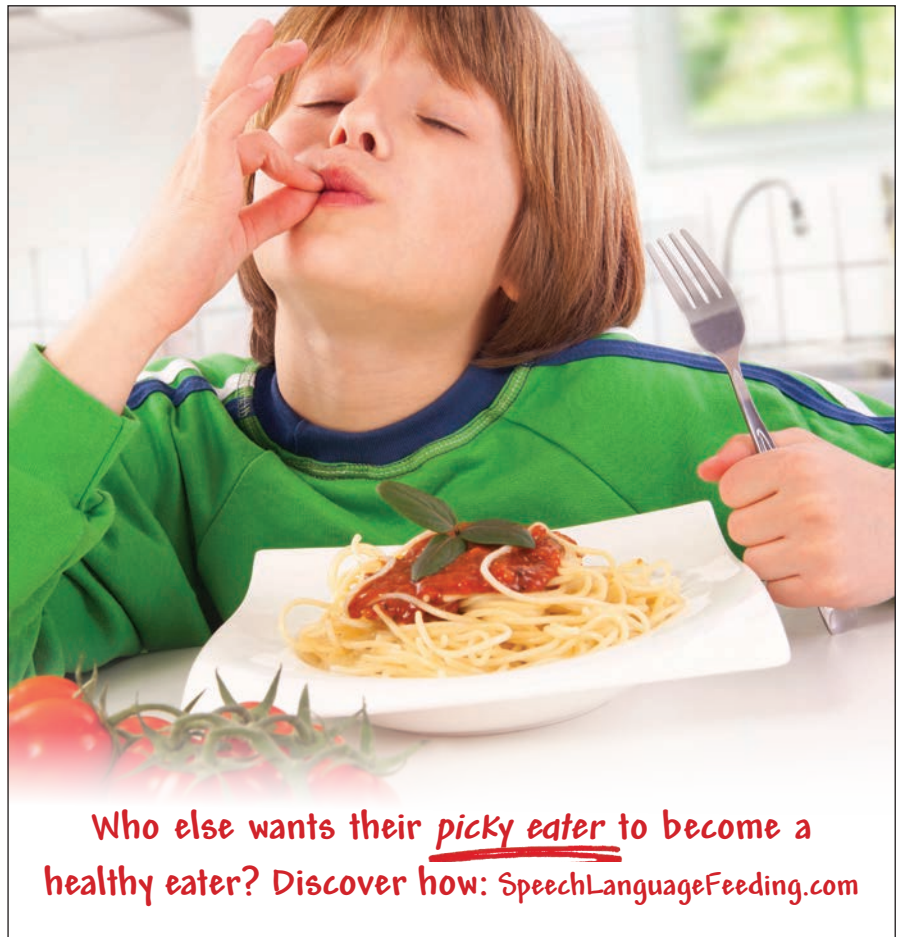
**NAPOLETANA** Pizza \$

This Connecticut import serves award-winning New Haven-style pizza — a famous white clam pie and summer-only fresh tomato pie — plus old-fashioned sodas from New Haven's Foxen Park. 1955 Central Ave, Yonkers; 914.961.8284; www.pepespizzeria.com

**BOV** **X20 XAVIARS ON THE HUDSON**

New American \$\$\$\$

Venerated chef Peter Kelly's restaurant sits on the historic Yonkers Pier offering breathtaking views of the Hudson River and his famous cowboy rib-eye for two. The casual Dylan Lounge boasts its own menu. Prix-fixe brunch on Sun. Closed Mon. 71 Water Grant St, Yonkers; 914.965.1111; www.xaviars.com



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## dining out

(Continued from previous page)

### **BOW!** ZUPPA Italian \$\$\$

Paskual Dedi is the executive chef at this urbane Italian restaurant serving creative homemade pastas and top-notch entrées. Three private rooms are available for parties. Prix-fixe lunch (\$24) Mon to Fri, 59 Main St, Yonkers; 914.376.6500; [www.zupparestaurant.com](http://www.zupparestaurant.com)

### Nearby

#### **ELM STREET OYSTER HOUSE** Seafood \$\$\$\$

A high-energy seafood restaurant serving such specialties as pan-fried oysters and wasabi-crusted tuna. Serves Sun brunch. Reservations lunch only, 11 W Elm St, Greenwich; 203.629.5795; [www.elmstreetoysterhouse.com](http://www.elmstreetoysterhouse.com)

#### **MILL STREET BAR & TABLE**

New American \$\$\$

Food ★★★ Service ★★★★★ Atmosphere★★★★ (02/17)

Geoff Lazlo (formerly of Blue Hill at Stone Barns and Gramercy Tavern) oversees the locally sourced menu (flavorful flatbreads and creative cocktails) at this New American spot on the Port Chester border. Closed Mon. 230 Mill St, Greenwich; 203.813.3323; [www.millstreetct.com](http://www.millstreetct.com)

#### **MOLYVOS** Greek \$\$\$\$

The Livanos Restaurant Group (City Limits, Moderne Barn) also operates this Manhattan

restaurant serving authentic Greek cuisine. 871 Seventh Ave, New York; 212.582.7500; [www.molyvos.com](http://www.molyvos.com)

#### **THE NATIONAL** New American \$\$\$

Food ★★★ Service ★★★ Atmosphere★★★★ (03/16)

Food Network celebrity chef Geoffrey Zakarian's first restaurant outside of NYC. The National specializes in wood-grilled fare and exceptional cocktails from Michelin-starred bartender Brian Van Flandern. Late-night menu Thu to Sat; brunch on Sun. 376 Greenwich Ave, Greenwich; 203.861.6851; [www.thenational-ct.com](http://www.thenational-ct.com)

#### **UPDATE OCEANA** Seafood \$\$\$\$

Michelin-starred Chef Bill Telepan is shaking up the menu at this seafood-centric restaurant in Midtown from the Livanos Restaurant Group (Moderne Barn, City Limits). Closed Sun. 120 W 49th St, New York; 212.759.5941; [www.oceanarestaurant.com](http://www.oceanarestaurant.com)

#### **PIER 701 RESTAURANT AND BAR**

Mediterranean \$\$\$\$

Executive Chef Denis Whitton pairs water views with seasonal small and large plates at this Piermont restaurant and catering hall. Outdoor seating on a large deck (or on the beach!) is a main attraction. Live music Fri and Sat nights. 701 Piermont Ave, Piermont; 845.848.2550; [www.pier701ny.com](http://www.pier701ny.com) 

#### KEY TO SYMBOLS

**UPDATE** We note any significant changes.  
**BOW!** Best of Westchester winner

\$ Average entrée \$10 or less  
\$\$ Average entrée between \$11 and \$17  
\$\$\$ Average entrée between \$18 and \$24  
\$\$\$\$ Average entrée above \$25

#### RESTAURANTS REVIEWED STARTING JANUARY 2014

Reviewers judge restaurants in three categories: Food, Service, and Atmosphere. Reviewers dine anonymously and make at least two visits.

★★★★ Excellent  
★★★ Good  
★★ Average  
★ Poor

#### RESTAURANTS REVIEWED BEFORE JANUARY 2014

★★★★ Excellent  
★★★ Good  
★★ Average  
★ Poor

Prices, hours, and specialties are provided by the restaurants and are subject to change. Calling to confirm days and hours is recommended. Restaurants accept major credit cards unless otherwise noted. Some of the restaurants in this guide are *Westchester Magazine* advertisers.

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**Creating Possibilities:** Through Atria's signature Engage Life® events program, residents enjoy a robust, well-rounded social calendar based on their interests and preferences, values, and dreams. They also benefit from Atria's partnership with a tennis icon and champion for social change and equality, Billie Jean King. As Atria's Well-Being Coach, she motivates residents to stay active, nurture relationships with others, and continue to grow and challenge themselves.

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*Billie Jean King, Atria's Well-Being Coach*







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*Legendary editor*

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5 LOCATIONS IN WESTCHESTER: ARDSLEY, BRIARCLIFF MANOR, OSSINING, RIVERDALE, RYE BROOK





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## Spreading the Sparkles

Sparklicious Adds Sparkle to Grand Prix New York's Party Line Up

**Get your SPARKLE ON**

**and join us for Parties, Events, Sparkle Club or just a day of fun**

Starting in 2014, The Sparkle Team has grown to become the preeminent girl-focused party planners in Fairfield County, CT. Now, bringing the Sparkles to Westchester, Sparklicious has opened in Mount Kisco, NY.

### SPREADING THE SPARKLES

Sparklicious offers everything that a young girl could want. Birthday Parties for your 3-16 year old in one of their sparkly locations or a location of your choice, sparkly manicures, pottery painting, soap creations, make your own lip gloss, lotion, glitter creations and more! They also host adult events like their Mom's Night Out, Baby Showers, Bridal Showers and Corporate Events.

Both locations offer walk-in hours for crafts, glamour, and shopping in their gift shop. Nail services are available by appointment.

Also this year, they're launching a one-of-a-kind club, The Sparkle Club. It's a unique program that brings together the BEST that Sparklicious has to offer within a structured class setting. Offering dance, yoga, book club, art and events all while empowering young girls, promoting kindness, love and sparkles.

The Sparklicious experience is second to none. From extravagant custom-themed birthday parties, providing entertainment at backyard pool parties, to fantastic bat mitzvahs, the Sparkle Team has raised the bar on the conventional party place offerings.

As second-generation, family business owners – two sisters, Kristin

and Alyssa, are following their mother's original lower Westchester party business success – and are on a mission to bring excellence to the entertainment industry starting within their sparkle world. Both visionaries, these sisters and their sparkle team, live and breathe sparkles.

Grand Prix New York has become a well-known staple for family fun in Westchester County. GPNY managing member, Bill Diamond of Diamond Properties, was looking for a way to bring that same level of excellence his company had delivered in racing, arcade and bowling for both boys and girls but in a more appealing way for girls. He found Sparklicious, met with Kristin and knew it was a perfect fit. The Sparkle Team and Grand Prix Team work well together. You can have a Sparklicious Party or add Sparkle to your bowling, race or arcade party.

Sparklicious can guarantee the most amazing experience with everything their company has to offer. The children have the absolute BEST party experience and the parents get to enjoy the time with their children and friends while the Sparkle Team executes the BEST, EVER Party!

Visit their website to inquire about a party or sign up for their mailing list to stay up to date on Sparkle Club and more!

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# coming *attractions*

---

BEST BETS | TOP BILLING | BOOK IT!

EDITED BY

Paul  
Adler

SEE THIS

## ***Be Kind, Rewind***

Throughout the last 60 years, Port Chester's Clay Art Center has been working hard to put ceramics on the center stage. In celebration of their long and lustrous history, the center has assembled a comprehensive exhibit chronicling a range of incredible works produced since their genesis in 1957. **REWIND: 60 Years at CAC** will feature dozens of area artists, including Nicholas Bernard and Dalia Berman, who have played a role in the center's long-running work. Creations of virtually every conceivable shape, size, style, and color will be on show in this exhaustive exhibition, running through March 25.



PHOTO COURTESY OF RON GEIBEL AND THE CLAY ART CENTER

# Best Bets

Our favorite reasons to get out of the house this month BY PAUL ADLER



## She Belongs

Few women have risen in the ranks of rock 'n' roll like **Pat Benatar**. With seven Platinum and multi-Platinum albums, as well as 17 Billboard-charting hits, including "Love Is a Battlefield" and "We Belong," Benatar's place in the annals of music is secure. This month, Benatar and **Neil Giraldo**, her husband and longtime collaborator, will be taking the stage together at the Tarrytown Music Hall. Tickets will likely go fast for this four-time Grammy winner's rare pit stop in the county.

## Lord of the Laughs

After making a name for himself on *Saturday Night Live*, crisscrossing the country as a standup comic and appearing in more than 50 feature films, it's safe to say **Rob Schneider** has become comedic royalty. This month, the star of such films as *The Grown Ups* and *The Hot Chick* will be touching down in Connecticut's Ridgefield Playhouse for a night of standup hijinks. The actor has been drawing laughs on the small and not-so-small screen for nearly 30 years; now time to see him in the flesh.



## The Doctor Is In

Family members of all ages are invited to follow along as **Dr. Seuss' The Cat in the Hat** turns a rainy day into an incredible adventure. When Sally and her brother are stuck at home on a blustery afternoon, the last thing they expect is a 6' tall cat in a bright-red hat to turn their day upside-down. Hysterical antics and eye-popping costumes are on the menu during this live stage performance at the Tarrytown Music Hall. A Music Without Borders co-production, this family-friendly show will be presented by Child's Play, a nationally and internationally respected professional theater company.







Mar  
5

## Code of Honor

**Decoda** is not your average classical ensemble. Consisting of several virtuoso musicians, entrepreneurs, and students from a range of backgrounds, this New York-based group gives new meaning to the word *eclectic*. The utterly unique ensemble will be taking the stage at Purchase College's Performing Arts Center, where they will present an afternoon of carefully selected masterworks. Take a seat and find out what cutting-edge classical is all about.

## How Sweet It Is

Few are aware of the incredible process involved in producing a gallon of maple syrup. This month, families can finally learn about the subtleties of sap while having a sweet time as the Greenburgh Nature Center in Scarsdale hosts its annual **Maple Sugaring Party**. This afternoon affair features events such as sap collecting, crafts, candy and porridge making, various demonstrations, and depictions of Native American and Colonial sugaring sites. Sweet tooth not included.



Mar  
5



Ongoing  
through  
Jun  
4

## City Slickers

Smoky jazz clubs, wild parties, big protests, and gritty streets epitomized post-WWII New York City. A brave band of photographers aspired to capture this tumultuous time in pictures, producing a wealth of images at once wholly strange and overwhelmingly beautiful. In its new exhibition, **Street Smart: Photographs of New York City 1945-1980**, Greenwich's Bruce Museum displays several works by artists documenting this singular scene. Photographs by Herman Leonard, John Shearer, Larry Fink, and others will be on show during this exhibition, which exposes a rarely glimpsed side of the Big Apple.

## Lucky Number Seven

Get ready for a double feature of what many critics call the greatest film of all time, coupled with one of the world's most beloved Westerns. This month, the Jacob Burns Film Center in Pleasantville will be screening Akira Kurosawa's epic **Seven Samurai** and **The Magnificent Seven**, John Sturges' gun-swinging 1960 remake. The story of a besieged village forced to defend itself from bandits, Kurosawa's 1954 masterpiece is widely considered one of history's most influential films. *The Magnificent Seven*, a lauded remake of *Seven Samurai*, has itself been preserved by the Library of Congress.

Mar  
11



For more information on these events, plus more listings this month, see *Book It!* on page 144.



## Local Legend

Screen star and Westchester resident Robert Klein, who has been entertaining America for nearly half a century, brings his celebrated standup to Mamaroneck. **BY PAUL ADLER**

**W**estchester boasts plenty of outsize personalities, but Robert Klein's is perhaps one of the biggest. Once cited by Jay Leno and Jerry Seinfeld as a major influence, the legendary comic has appeared in too many films and television shows to mention. He also happens to have called Briarcliff Manor home for more than three decades.

"I would say I spend 85 to 90 percent of my time in Briarcliff Manor. I moved up here about 30 years ago, and I love it in Westchester," says Klein. "When I was a kid in the Bronx, my father was an air-raid warden, and a lot of the husbands coming home from the war were moving out of the Bronx and into places like Westchester. The place always seemed so beautiful to my mom, so Westchester was kind of always on my mind."

It wasn't until Klein purchased a vacation home in Croton-on-Hudson with his first wife, opera singer Brenda Boozer, that his dream became a reality. "When we got divorced, I wanted to be close to my son, and I fell in love with this house. I have a couple of acres, and I like very much having Mr. Duffy the mailman and going to the hardware store and kibitzing with the locals."

With so much admiration for Westchester's bucolic atmosphere, it is no surprise that Klein is particularly excited about his March 4 show at the Emelin Theatre in Mamaroneck. "The little Emelin is adorable, and I have played it no fewer than half a dozen times. It is the perfect size, not a bad seat in the house," shares Klein. "I am an Easterner through and through, and little things like the Emelin seem to me an anomaly in this world. A small, local space that the community keeps alive. That alone is such an achievement."

Klein is no stranger to achievement himself. Born in the Bronx, the stage came naturally to the up-and-coming comedian, who became a member of the revered comedy troupe Second City during the spring of 1965. Greats such as Bill Murray, John Candy, and Stephen Colbert were all members and, like his cohorts, Klein soon found himself rocketing to fame. After appearances on a handful of sitcoms and minor roles in movies, the funnyman hosted *Saturday Night Live* in 1975 and, that same year, earned his very own HBO comedy special.

Klein would go on to host no fewer than nine HBO comedy specials and now



boasts hundreds of television and film credits, including a recent part on the critically acclaimed Debra Messing vehicle *The Mysteries of Laura*. Along with an award-winning book and several albums, the actor recently gained a new fan base with his portrayal of New York City's mayor on the campy hits *Sharknado 2* and *Sharknado 3*.

Marshall Fine, critic-in-residence at The Picture House in Pelham, even

comedy — I may or may not climb on the piano at some point during my Emelin show — I do like to do thinking person's comedy, without going over the heads of the audience," remarks the Tony-nominated actor. "Truthfully, I feel I am better now at standup than I ever was. I have lost some of my agility because, let's be serious, aging sucks. But really, it's going to be a wonderful show."

Beyond the stage, Westchester also




*"The little Emelin is adorable, and I have played it no fewer than half a dozen times. It is the perfect size, not a bad seat in the house."*



produced a documentary, *Robert Klein Still Can't Stop His Leg*, summing up the work and expansive influence of the comic. "The shooting took longer than *Cleopatra*," jokes Klein. "[The documentary] is going to have its television premiere March 31 on Starz, and it'll be available on demand. I am the subject of it, which is very strange but also thrilling." The film, which features interviews with comics ranging from Jon Stewart to Jerry Seinfeld, has already made waves during advance screenings at SXSW, the Tribeca Film Festival, and the San Francisco Jewish Film Festival.

Yet despite his seemingly endless screen time, it is the stage that calls out to Klein the most. "Even though I like physical

remains eminently close to Klein's heart. The ways in which the county differs from New York City, where Klein first made his name and where he still owns an Upper East Side apartment, have made Westchester particularly inviting.

"To have this kind of verdancy and feeling of country and fresh air so close to the city is a wonderful plus. I believe I will be here 'til the end — but I hope it doesn't come too soon!" he says with a laugh. "I am very fortunate I landed in the right profession and in this beautiful house in Westchester. I think I have one of the most spectacular views anywhere. It changes every single day, and the sunsets are gorgeous." 



**MARCH 5. DECODA**



**MARCH 12. DANIEL TIGER LIVE!**



**MARCH 18. DANÚ**



**MARCH 19. IGNACIO BERROA QUARTET**



**MARCH 25. SHEN WEI DANCE ARTS**



**MARCH 26. THE ABSOLUTE BRIGHTNESS OF LEONARD PELKEY**



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ROBERT KLEIN PHOTOS BY KEVIN MAZUR/COURTESY OF HBO

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EDITED BY CAROL NELSON FALCONE



Ongoing through  
March 25  
REWIND at The  
Clay Art Center, Port  
Chester

## art

Ongoing through March 4

### NENNE SANGUINETI POGGI: AN ARTIST

**WITHOUT BORDERS.** Explore the works of this painter, mosaicist, writer, and journalist whose life and career brought her from Northern Italy to East Africa. There, she spent 30 years working on large-scale public projects while absorbing African culture, allowing it to permeate her work. *Rye Arts Center, Rye (914.967.0700; www.ryeartscenter.org)*

Ongoing through March 25

**REWIND.** The first installment of the Clay Art Center's 60th-anniversary exhibition series, titled *Re/Clay, Rewind* features a bevy of national artists who have had studios within the center over the last six decades. *The Clay Art Center, Port Chester (914.937.2047; www.clayartcenter.org)*

Ongoing through May 14

**WYETH WONDERLAND.** Exhibit of French photographer Josephine Douet, inspired by American painter Andrew Wyeth, of a rural PA region. *Hudson River Museum, Yonkers (914.963.4550; www.hrm.org)*

March 4–15

**ARTIST EXHIBIT.** An exuberant display of abstract and contemporary paintings by artists Charles Clary, Shane McAdams, and Jackie Tileston. *Gallery 1, Kenise Barnes Fine Art, Larchmont (914.834.8077; www.kbfa.com)*

March 4–April 15

**COLLECTION - SPRING 2017.** A showcase of new contemporary artwork by emerging and mid-career artists, chosen by the gallery director and staff. *Gallery 2, Kenise Barnes Fine Art, Larchmont (914.834.8077; www.kbfa.com)*

March 9–May 21

**ROCK, PAPER, SCISSORS.** This inventive exhibition features artists Suzanna Frosch, Polly King, and John Rosis, who share a fierce commitment to formal structure as they collage and layer materials to create space and depth. *Edward Hopper House, Nyack (845.358.0774; www.edwardhopperhouse.org)*

March 11–April 8

### A WAY OF SEEING: STREET PORTRAITS OF

**CAL SWANSON.** For a decade spanning the '70s & '80s, photographer Cal Swanson wandered city streets seeking people who attracted his attention. Each image captures a life story, sharing a powerful and honest glimpse at human expression. *Rye Arts Center, Rye (914.967.0700; www.ryeartscenter.org)*

## film

March 6

**THE FALLEN IDOL.** This 1948 classic was directed by Carol Reed and stars Ralph Richardson, Michele Morgan, Bobby Henrey, and Jack Hawkins. A young boy idolizes a household servant who is suspected of murdering his wife.

*Greenwich Classic Film Series, Bow Tie Cinemas, Greenwich (914.725.099; www.greenwichclassicfilmseries.com)*

March 9 & 15

**NATIONAL THEATRE LIVE: HEDDA GABLER.** Hedda and Tesman have just returned from their honeymoon and their relationship is already in trouble. Trapped but determined, Hedda begins to see her world unravel. This new version, by Patrick Marber, is a modern production of Ibsen's masterpiece. Ruth Wilson plays the title role. *Jacob Burns Film Center, Pleasantville (914.773.7663; www.burnsfilmcenter.org)*

March 11

**SEVEN SAMURAI & THE MAGNIFICENT SEVEN.** Get ready for a classic double feature. Produced just after World War II, *Seven Samurai* is the unforgettable story of a desperate village and how seven unemployed warriors came to its

FOUR QUESTIONS FOR...

## Dionne Warwick

**A**mong the music industry's biggest stars, few have shined as brightly for as long as Dionne Warwick. The 1970s soul sensation is second only to Aretha Franklin as the most chart-topping female vocalist in music history, nabbing five Grammys and countless other accolades along the way. Warwick even had the honor of becoming a United Nations global ambassador in 2002. On March 5, the monumental musician will be taking the stage at the Paramount Hudson Valley in Peekskill for a rare area performance. We caught up with Warwick, who opened up about her incredible past and seemingly unstoppable career.

**What can audiences expect from your upcoming area show?** I'll be doing songs that people will expect to hear and that my audiences have enjoyed over the 55 years of my career. I performed in the area many, many years ago, at what was then known as the Westchester Premier Theater.

**You have contributed countless dollars to many causes, including AIDS re-**

**search. Why have such causes remained so important to you?** Selfishly, I have to have healthy folks sitting in my audiences, and as a youngster my grandfather — who was a minister — taught me that God put us all here to be of service to one another, and I practice this daily.

**Tell me a little about the PBS American Master's special that is based upon your life and work.**

I feel [the special] will be remembered and enjoyed for a long time. It will contain many elements of my life, seen through the eyes of those who are being interviewed, as well as a few surprises.

**What is it like to work with the United Nations, and do you feel this experience has influenced your work?** I am still an ambassador of the Food and Agriculture Organization division of the UN. What I've learned is that it takes so little to do so much in the way of helping those who are not able to help themselves. I have remained who I am and have not tried to jump into any other space where I did not feel I belonged. I find it easy being me, and I kinda like me! — Paul Adler





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## book it!

(Continued from previous page)

decisions hugely impacts our global climate. Experts discuss the carbon-intensive industrial agriculture system. Topics to be explored include food labeling, homesteading, and regenerative food systems. *Greenburgh Nature Center, Scarsdale (914.723.3470; www.greenburghnaturecenter.org)*

**March 9**

**SCHOLARS LECTURE: NEW YORK AND THE U.S. CONSTITUTION.** Presented by Akhil Reed Amar. The story of New York's contribution to the federal Constitution is surprisingly dramatic at all stages of its evolution. *John Jay Homestead, Katonah (914.232.5651; www.johnjayhomestead.org)*

**March 12**

**SUNDAY LECTURE SERIES: FREDERICK CHILDE HASSAM & AMERICAN IMPRESSIONISM ON THE CONNECTICUT COAST.** Dr. Jenny Parsons, assistant curator at the Florence Griswold Museum, will focus on Childe Hassam's art production in Cos Cob and Old Lyme and explore the importance of Connecticut art colonies to the development of American Impressionism. *Bruce Museum, Greenwich (203.869.0376; www.brucemuseum.org)*

**March 14**

**SCIENCE LECTURE & FOSSIL IDENTIFICATION SESSION.** Nicholas G. McDonald, author of *Window Into the Jurassic World*, will speak. Bring your fossils to be identified by a paleontologist. Fossil ID session, open galleries and light refreshments. *Bruce Museum, Greenwich (203.869.0376; www.brucemuseum.org)*

**March 23**

**HOW TO LOOK AT A PHOTOGRAPH – AND BUY IT.** This lively evening of debate and discussion will feature two renowned dealers specializing in photography. This panel discussion, moderated by Darsie Alexander, will take you through the ins and outs of the booming photography market. Wine reception to follow. *Katonah Museum of Art, Katonah (914.767.2969; www.katonahmuseum.org)*

**March 28**

**LIVE INTERACTIVE PANEL: GIANTS OF THE ANIMAL WORLD.** Meet the world's experts on the largest dinosaurs, sharks, birds, and more, and ask questions in this interactive panel. Light refreshments and open galleries. *Bruce Museum, Greenwich (203.869.0376; www.brucemuseum.org)*

**March 28**

**EDITH WHARTON AND THE VILLAS OF ROME.** This illustrated talk by landscape architect/historian CeCe Haydock, presents images of eight Roman villas described by Edith Wharton in her books, and hear about the influence of the villas on Wharton's own houses and novels. *Bard College, Annandale-on-Hudson (845.758.7900; www.bard.edu)*

## classes & workshops

**March 4-7**

**BULLSEYE BOX CASTING.** An introduction to kiln-casting glass, which involves making refractory-plaster design elements, securing them in an open-faced mold, filling the mold with pieces of glass billet and firing the mold in the kiln. *Bullseye Resource Center New York, Mamaronock (914.835.3794; www.bullseyeglass.com)*

**March 9-11**

**INTRODUCTION TO PATE DE VERRE.** Learn the basics of *pâte de verre* ("paste of glass") in this workshop making a thin-walled, kiln-formed bowl. Make a plaster silica mold from a model, pack it with glass, fire it, then divest and finish it.



**March 2**  
**PIFF THE MAGIC DRAGON** At  
 Paramount Hudson  
 Valley Theater,  
 Peekskill

Bullseye Resource Center New York, Mamaroneck  
 (914.835.3794; www.bullseyeglass.com)

**Ongoing March 26–May 7**

**TIME MACHINE.** This clay-making class for  
 6–9-year-olds will allow them to create their own  
 time machine and robot in clay. Enables problem-  
 solving skills, patience, and concentration while  
 creating the future in clay. *Clay Art Center, Port  
 Chester (914.937.2047; www.clayartcenter.org)*

**March 16**

**DISCOVER ABSTRACT PAINTING.** For those who  
 have been afraid to try abstract painting or just don't  
 know where to start, this class offers an introduction  
 to the techniques and understanding of abstraction.  
 Learn how to free up your creativity in a friendly  
 environment where the primary objective is fun with  
 painting. *Garrison Art Center, Garrison (845.424.3960;  
 www.garrisonartcenter.org)*

**comedy**

**March 2**

**PIFF THE MAGIC DRAGON.** This breakout star of  
 NBC's *America's Got Talent* has traveled all over the  
 country performing his funny and unique brand of  
 humor with his pet Chihuahua, Mr. Piffles. *Paramount  
 Hudson Valley Theater, Peekskill (914.739.0039;  
 www.paramounthudsonvalley.com)*


**March 4**

**ROBERT KLEIN.** Best known for his unique brand  
 of observational humor, Klein has a gift for satirical  
 social criticism. He is honest, self-questioning,  
 and always wildly funny. *Emelin Theatre for the  
 Performing Arts, Mamaroneck (914.698.0098;  
 www.emelin.org/events)*

**March 10**

**ROB SCHNEIDER.** Don't miss a night with talented  
 actor and comedian Rob Schneider as he returns  
 to his standup roots performing all new material  
 live. *Ridgefield Playhouse, Ridgefield (203.438.5795;  
 www.ridgefieldplayhouse.org)*

**March 24**

**BOB DIBUONO.** From *The Nightly Show* on  
 Comedy Central, DiBuono has established himself  
 as one of the most dynamic acts on-stage. With a  
 sarcastic and edgy wit coupled with a high-energy  
 and animated delivery, he exposes the absurdities  
 in life, his family and social conscious. *The Palace  
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defense. In John Sturges' *The Magnificent Seven*, a disparate band of seven gunfighters (including Steve McQueen, Yul Brynner, and Charles Bronson) defend a Mexican village from bandits. *Jacob Burns Film Center, Pleasantville* (914.773.7663; [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org))

**March 17–April 2**

**AGATHA CHRISTIE'S MYSTERY MASTERPIECE: THE MOUSETRAP.** It's murder and spine-tingling fun when an eclectic group of strangers are stranded in a remote mansion during a terrible snowstorm. This movie was filmed at Lyndhurst Mansion. *Lyndhurst Mansion, Tarrytown* (914.631.4481; [www.lyndhurst.org](http://www.lyndhurst.org))

**March 20**

**ALL THE PRESIDENT'S MEN.** This 1976 classic starring Robert Redford, Dustin Hoffman, Jason Robards, and Jane Alexander features a detective story about real-life *Washington Post* reporters Bob Woodward and Carl Bernstein, who persevered in their investigation of the Watergate break-in. *Bow Tie Cinemas, Greenwich* (914.725.0999; [www.greenwichclassicfilmseries.com](http://www.greenwichclassicfilmseries.com))

**March 21**

**ESCAPE FROM NEW YORK.** Kurt Russell stars in this 1981 sci-fi action flick about a futuristic New York City that has been transformed into a maximum-security prison. *The Avon, Stamford* (203.967.3660; [www.avontheatre.org](http://www.avontheatre.org))

**March 25**

**STAGECOACH.** This 1939 classic Western by John Ford stars John Wayne in his breakout role as the Ringo Kid, a famous outlaw who has just broken out of jail. The story follows a group of strangers riding through Apache territory in a stagecoach. *Jacob Burns Film Center, Pleasantville* (914.773.7663; [www.burnsfilmcenter.org](http://www.burnsfilmcenter.org))

**music** *Classical, Jazz & Opera*

**March 3**

**JOHN FUMASOLI & THE JONES FACTOR.** Come out for an evening full of hot jazz standards and original compositions mixed with some high-energy funk and R&B. Special guest artist to be announced. *Rye Arts Center, Rye* (914.967.0700; [www.ryeartscenter.org](http://www.ryeartscenter.org))

**March 5**

**DECODA.** Decoda is a chamber ensemble comprising virtuoso musicians, entrepreneurs, and passionate advocates of the arts. Based in New York City, they create innovative performances and engaging projects with partners around the world. *Performing Arts Center, Purchase College, Purchase* (914.251.6200; [www.artscenter.org](http://www.artscenter.org))

**March 5**

**ROSSINI'S PETITE MESSE SOLENNELLE.** Presented by The New Choral Society, under the direction of Dr. John T. King. The mass is one of two well-known sacred works by Rossini. *Hitchcock Presbyterian Church, Scarsdale* (914.725.1678; [www.newchoralsociety.org](http://www.newchoralsociety.org))

**March 8**

**THE MUSICIANS OF THE WESTCHESTER PHILHARMONIC.** Deborah Wong, violin, and Barbara Allen, harp, play the *Saint-Saëns Fantaisie* and other cherished pieces. *Downtown Music at Grace, White Plains* (914.949.0384; [www.dtmusic.org](http://www.dtmusic.org))

**March 9**

**PURCHASE PERCUSSION ENSEMBLE.** Enjoy a musical evening of various percussion ensembles led by Artistic Director Dominic



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- 03 Dance Off The Grid | Dance
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- 10 Tony Trischka Territory | Bluegrass
- 11 Pinkalicious | Family
- 12 Pinkalicious | Family
- 18 Dar Williams | Rock
- 31 John Pizzarelli | Jazz

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## book it!

(Continued from previous page)



**March 25**  
**THE REVIVALISTS**  
at Capitol Theatre,  
Port Chester

Donato. *Purchase College Conservatory of Music, Recital Hall, Purchase* (914.451.6700; [www.purchase.edu/music](http://www.purchase.edu/music))

### March 12

**JAZZMEIA HORN.** Winner of the 2015 Thelonious Monk International Vocal Jazz Competition, Jazzmeia Horn has appeared in a wealth of world-famous jazz festivals and legendary jazz clubs. *PJS Jazz Society, Mount Vernon* (914.667.0823; [www.pjsjazz.org](http://www.pjsjazz.org))

### March 12

**SWING BAND SUNDAY: GREG WESTHOFF'S WESTCHESTER SWING BAND.** This world-class 18-piece big band features a full horn section with saxophones, trombones, trumpets, and the talents of drummer/bandleader Greg Westhoff. They perform classic swing music, Sinatra, Broadway selections and songs from the '40s, '50s and more. *12 Grapes, Peekskill* (914.737.6624; [www.12grapes.com](http://www.12grapes.com))

### March 12

**SCHWAB VOCAL RISING STARS PRESENT: FOUR ISLANDS.** From Ireland to the West Indies and Madagascar to Manhattan, this musical excursion brings these distinctive cultures to life with the songs of Bantock, Ravel, Simóns, Bernstein, and many others. *Caramoor Center for Music & Arts, Katonah* (914.232.1252; [www.caramoor.org](http://www.caramoor.org))

### March 19

**THE LIFE OF BIRDS.** Join us for a musical aviary exploring the journeys, habits, and personalities of some astonishingly versatile flying, feathered singers. The concert takes its name from a work by Mason Bates; the music visits parakeets, flycatchers, and other winged creatures at rest and play, in love, and in flight. *Copland House at Merestead, Mount Kisco* (914.788.4659; [www.coplandhouse.org](http://www.coplandhouse.org))

### March 22

**VIRTUOSO FLUTIST MARON ANIS KHOURY.** Khoury is principal flute of the Metropolitan Opera Orchestra. He has performed under the direction of maestros Daniel Barenboim, Otto Werner Mueller, Christoph Eschenbach, and Michael Stern. *Downtown Music at Grace, White Plains* (914.949.0384; [www.dtmusic.org](http://www.dtmusic.org))

### March 23-26

**PURCHASE OPERA: L'INCORONAZIONE DI POPPEA (CORONATION OF POPPEA).** The first opera based on historical events, it tells the story of the ambitious Poppea, mistress of the Roman emperor Nero and her rise to be crowned empress. Featuring the Purchase Symphony Orchestra. *Performing Arts Center, Purchase College, Purchase* (914.451.6700; [www.artscenter.org](http://www.artscenter.org))

### March 26

#### YOUNG ARTIST'S CONCERTO CONCERT.

Mackenzie Melemed and Angie Zhang, prize winners of the NY International Piano Competition, will play Mozart's *Concerto No. 23 in A major K. 488*, and Beethoven's *Concerto No. 1 in C major Op. 15*. *Downtown Music at Grace, White Plains* (914.949.0384; [www.dtmusic.org](http://www.dtmusic.org))

### March 26

**EDWARD ARRON & FRIENDS.** A cellist recognized worldwide for his elegant musicianship, impassioned performances and creative programming, returns to Caramoor this spring with the good company of accomplished classical companions. *Caramoor Center for Music & Arts, Katonah* (914.232.1252; [www.caramoor.org](http://www.caramoor.org))

### March 31

**JOHN PIZZARELLI.** An incredible evening of some of the most formidable jazz guitar you will ever hear. With a style that blends the swing guitar tradition with '60s and '70s pop culture and music, Pizzarelli is an amazing jazz musician. *Emelin Theatre for the Performing Arts, Mamaroneck* (914.698.0098; [www.emelin.org](http://www.emelin.org))

## music Folk, Rock, and Pop

### March 2

**PAT BENATAR & NEIL GIRALDO.** Pat Benatar has always been a rule-breaker and a trailblazer, remaining a bold and distinctive artist both live on-stage and recorded. After more than three decades in rock 'n' roll, it's safe to say she's a bona fide living legend. *Tarrytown Music Hall, Tarrytown* (914.631.3390; [www.tarrytownmusichall.org](http://www.tarrytownmusichall.org))

### March 3

**BORDEAUX ANYONE?** Drew Bordeaux has opened for Daughtry and Boz Scaggs. Catch this up-close-and-personal performance rooted in percussive acoustic guitar and earthy/soulful vocals, laced with live loops and violin solos. *12 Grapes, Peekskill* (914.737.6624; [www.12grapes.com](http://www.12grapes.com))

### March 10

**CELTIC CROSSINGS.** Two legends of Irish music, Celtic Crossings promises a wonderful evening of Celtic favorites with Ireland's Phil Coulter, along with the magnificent Andy Cooney. *The Palace Theatre for Performing Arts, Harman Stage, Stamford* (203.325.4466; [www.palacestamford.org](http://www.palacestamford.org))

### March 11

**TERRAPIN FEATURING THE ALPACA GNOMES.** Terrapin is Connecticut's no. 1 Grateful Dead experience, playing an authentic mix of Grateful Dead and more. *The Palace Theatre for Performing Arts, Harman Stage, Stamford* (203.325.4466; [www.palacestamford.org](http://www.palacestamford.org))

### March 11

**THE BLUES DOGS FEATURING MS. RHONDA DENET.** The Blues Dogs are back and are joined by Soul/Blues vocalist extraordinaire, Rhonda Denet. Rhonda is "a singer among singers, a tour de force with a resonant, deep, beautiful, confident voice that comes from the depths of her life." *12 Grapes, Peekskill* (914.737.6624; [www.12grapes.com](http://www.12grapes.com))

### March 11

**GALACTIC AND ROBERT RANDOLPH & THE FAMILY BAND.** This seminal New Orleans band has consistently pushed artistic boundaries on the road and in the studio, approaching their music with open ears and drawing inspiration from each other. *Capitol Theatre, Port Chester* (914.937.4126; [www.thecapitoltheatre.com](http://www.thecapitoltheatre.com))

## Westchester Philharmonic



April 9<sup>th</sup> at 3 pm

**Jaime Laredo**, violin soloist-leader  
**Joseph Kalichstein**, piano  
**Sharon Robinson**, cello

Mozart: Piano Quartet No. 1 in G minor  
Bach: Brandenburg Concerto No. 5  
Beethoven: Triple Concerto

Tickets start at \$40. 914-682-3707  
[westchesterphil.org](http://westchesterphil.org)

Events at the Performing Arts Center Purchase College, Purchase, NY. Programs, artists, dates and times subject to change. ©2017 Westchester Philharmonic, Inc.



**March 12**

**LADYSMITH BLACK MAMBAZO.** This inspiring ensemble spreads messages of peace, love, and harmony through their incredible song and dance. *Quick Center for the Arts, Fairfield University, Fairfield (203.254.4010; www.quickcenter.fairfield.edu)*

**March 16**

**SOUTHERN SOUL ASSEMBLY.** Their collaborative live shows cultivate heartfelt storytelling that draws from the members' Southern roots, combining blues, funk, and rock to produce unique, full-bodied performances. *Tarrytown Music Hall, Tarrytown (914.631.3390; www.tarrytownmusicall.org)*

**March 18**

**DAR WILLIAMS.** Dar Williams has remained a much-heralded force at the peak of American folk music for over two decades. An inventive, emotional singer-songwriter, she is both earnest and iconoclastic, perpetually surprising audiences. *Emelin Theatre for the Performing Arts, Mamaroneck (914.698.0098; www.emelin.org)*

**March 18**

**AMOS LEE.** This singer-songwriter releases his fifth album, *Mountains of Sorrow, Rivers of Song*, which brings him into new sonic territory while retaining the trenchant impact of the scenes, characters, and stories in his works. *Capitol Theatre, Port Chester (914.937.4126; www.thecapitoltheatre.com)*

**March 22**

**GROUPLOVE.** This band continues to mature with their latest album, *Big Mess*, which demonstrates their ever sharper instincts as songwriters and their growing ability to make a bright, bold, genre-defying sound that is entirely their own. *Capitol Theatre, Port Chester (914.937.4126; www.thecapitoltheatre.com)*

**March 25**

**THE REVIVALISTS.** Crafting a genre-hopping sound that rounds out traditional rock instrumentation with horns and pedal steel guitar, this group mixes the divergent backgrounds of its individual members with funky undercurrents of their New Orleans home. *Capitol Theatre, Port Chester (914.937.4126; www.thecapitoltheatre.com)*

**March 25**

**HARD ROCK/CLASSIC ROCK/IN YER FACE ROCK! WITH SNAPPAHEAD.** This fantastic band has been rockin' the tristate area for 10 years, covering the best of hard-rock/heavy metal while also throwing in some originals. *12 Grapes, Peekskill (914.737.6624; www.12grapes.com)*

## dance

**March 3**

**DANCE OFF THE GRID.** Each of the three evenings of this eclectic performance series features multiple world-class artists and companies surveying the diversity of today's dance landscape. The audience is invited to stay after each evening's program for a lively and insightful Q&A session. *Emelin Theatre for the Performing Arts, Mamaroneck (914.698.0098; www.emelin.org/events)*

**March 11**

**RHYTHM IN THE NIGHT.** This Irish dance spectacular is an epic journey of good versus evil as you're transported back to a mystical time with pounding rhythms and thunderous Irish step dancing. *Paramount Hudson Valley Theater, Peekskill (914.739.0039; www.paramounthudsonvalley.com)*



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## book it!

(Continued from previous page)



**March 3**  
**DANCE OFF THE GRID** at Emelin Theatre for the Performing Arts, Mamaroneck

### March 17

**RUSSIAN SEASONS DANCE: CELEBRATION OF WORLD DANCE.** This breathtaking display of dance and music highlights the intricate footwork of Irish dance, dazzling Broadway choreography, the athleticism of Cossack folk dances, the exuberance of Gypsy dance, the sensuality of Argentinian tango, and the intensity of Spanish flamenco. *Westchester Community College Academic Arts Theatre, Valhalla (914.606.6262; www.sunywcc.edu/smartarts)*

### March 25

**SHEN WEI DANCE ARTS.** Artist/dancer/choreographer Shen Wei's influences are as varied as traditional Chinese culture and arts, European Surrealism, American high modernism, and the ritual power of ancient drama. Transcending East and West, Shen Wei Dance Arts fuses these disparate forms to forge a new hybrid style of dance. *Performing Arts Center, Purchase College, Purchase (914.251.6200; www.artscenter.org)*

## theater

### March 3

**A WINTER'S TALE.** In this Shakespeare classic directed by Sarah Grace Wilson, a king's false accusation against his wife brings terrible misfortunes, but his redemption may still be possible. One of the Bard's great romances, this masterwork embraces shocking tragedy, goofy comedy, joyous revelry, and miraculous transformation. *Performing Arts Center, Purchase College, Purchase (914.251.6200; www.artscenter.org)*

### March 6

**JOAN OF ARC.** Gemma Arterton is Joan of Arc broadcast live from Donmar Warehouse. Bernard Shaw's classic play follows the life and trial of a young country girl who declares a bloody mission to drive the English from France. *Quick Center for the Arts, Fairfield (203.254.4010; www.quickcenter.fairfield.edu)*

### March 22-24

**THEATRE FOR ONE: INTIMATE EXCHANGES IN PUBLIC PLACES.** Embracing serendipity and spontaneity, Theatre for One is presented in public spaces in which audience members are invited to engage in an intimate theatrical exchange. Actor and audience member encounter each other as strangers in this suspended space. *Quick Center for the Arts, Fairfield (203.254.4010; www.quickcenter.fairfield.edu)*

### March 25

**JESUS CHRIST SUPERSTAR: THE ROCK OPERA.** This special theatrical performance

features a cast of Broadway stars. *Ridgefield Playhouse, Ridgefield (203.438.5795; www.ridgefieldplayhouse.org)*

### March 26

**THE ABSOLUTE BRIGHTNESS OF LEONARD PELKEY.** Written and performed by James Lecezne, *Absolute Brightness* is about the disappearance of a 14-year-old boy who dared to be different and the small New Jersey town that will never be the same without him. *Performing Arts Center, Purchase College, Purchase (914.251.6200; www.artscenter.org)*

### March 30

**CAMPFIRE TO CABARET.** In front of a live audience, Tony Award-winning actress Joanna Gleason will lead a select group of students in an evening of storytelling, drawing out personal narratives via a mix of intimate discussion, interactive demonstration, and hands-on exercises in a multidisciplinary theatre performance. *Performing Arts Center, Purchase College, Purchase (914.251.6200; www.artscenter.org)*

## family

### March 2

**SHANGHAI ACROBATS: THE NEW SHANGHAI CIRCUS.** Tracing their origins to more than 2,000 years ago, this youthful and graceful company enraptures audiences with jugglers, plate spinners, comic knife throwers, and a bicyclist carrying 10 of their friends. *Ridgefield Playhouse, Ridgefield (203.438.5795; www.ridgefieldplayhouse.org)*

### March 5

**FAMILY GALLERY TOUR.** Designed for families with children ages 6-10, these tours, led by a museum educator, provide an interactive, discussion-based exploration of the museum's current exhibitions. *Bruce Museum, Greenwich (203.869.0376; www.brucemuseum.org)*

### March 9

**BRADLEY FIELDS: MATHEMAGIC.** Internationally acclaimed magician and educator Bradley Fields captivates students with his famous illusions and turns them on to the history, power, and beauty of the language of math. *The Palace Theatre for Performing Arts, Harman Stage, Stamford (203.325.4466; www.palacestamford.org)*

### March 11-12

**PINKALICIOUS!** A live show for children based on the popular picture book. Pinkalicious can't stop eating pink cupcakes despite warnings from her parents. Her pink indulgence lands her at the doctor's office with Pinkittis, an affliction that turns her pink from head to toe. Ages 2+. *Emelin Theatre for the Performing Arts, Mamaroneck (914.698.0098; www.emelin.org/events)*

### March 12

**A YEAR WITH FROG AND TOAD.** Based on the beloved children's books by Arnold Lobel, this whimsical musical follows two great friends, Frog and Toad, through four, fun-filled seasons, meeting new friends, like Man Bird and Lady Bird; Father, Mother and Young Frog; Turtle; Squirrel and many more along the way. *Tarrytown Music Hall, Tarrytown (914.631.3390; www.tarrytownmusicall.org)*

### March 12

**DANIEL TIGER'S NEIGHBORHOOD.** Daniel Tiger and all of his friends are hopping aboard Trolley to explore the vibrant world of their much-loved Neighborhood of Make-Believe, sharing stories of friendship, helping others, and celebrating



new experiences. This live, interactive, theatrical production is filled with singing, dancing, and laughter. *Performing Arts Center, Purchase College, Purchase (914.251.6200; www.artscenter.org)*

**March 18**

**DR. SEUSS' THE CAT IN THE HAT.** From the moment his tall, red-and-white-striped hat appears at their door, Sally and her brother know that the Cat in the Hat is the most mischievous cat they will ever meet. *Tarrytown Music Hall, Tarrytown (914.631.3390; www.tarrytownmusicall.org)*

**March 18–26**

**DISNEY'S BEAUTY AND THE BEAST PRESENTED BY CLOCKTOWER PLAYERS ADULT TROUPE.** This live production about unique individuals finding strength and love boasts an unforgettable score, enchanting characters, humor and hope. *Irvington Town Hall Theatre, Irvington (914.591.6602; www.cloctowerplayers.com)*

**March 26**

**FROGTOWN MOUNTAIN PUPPETEERS: EVERYBODY LOVES A PIRATE.** This live puppet show is put on by a puppeteer troupe comprised of three siblings from Maine. Join the fun as their puppet, Lucy, and her pal Little Chucky search for buried treasure while a gang of bumbling pirates keeps getting in the way. *The Palace Theatre for Performing Arts, Stamford (203.325.4466; www.palacestamford.org)*

## special events

**March 5**

**MAPLE SUGARING PARTY.** A day of family fun at the peak of maple sugaring season. Featured events include sap collecting demonstrations, depictions of Native American and Colonial style sugaring sites, candy and porridge making, crafts, and maple-sugar tastings. *Greenburgh Nature Center, Scarsdale (914.723.3470; www.greenburghnaturecenter.org)*

## lectures & readings

**March 2**

**ART OF DESIGN.** Features a distinguished group of panelists exploring the intersection of art and design for a conversation on how successful design is approached in today's complex world. The discussion may include topics such as culinary arts, fashion, luxury goods, and landscape architecture. *Bruce Museum, Greenwich (203.869.0376; www.brucemuseum.org)*

**March 5**

**FRED ELSER FIRST SUNDAY SCIENCE AT THE SEASIDE CENTER.** Testing the Waters Panel Discussion. Learn about assessing the water quality of the Long Island Sound and nearby waters and using citizen science to restore clean water to the Sound. Held at Greenwich Point Park, Old Greenwich. *Bruce Museum, Greenwich (203.869.0376; www.brucemuseum.org)*

**March 8**

**WOMEN IN STEAM INNOVATION: A PANEL DISCUSSION.** Women in Innovation is honored to return to The Rye Arts Center for its 1st anniversary to celebrate International Women's Day. Join the discussion on the trends of innovation technology with women who are leaders in their fields. Daughters who wish to be inspired are welcome. *Rye Arts Center, Rye (914.967.0700; www.ryeartscenter.org)*

**March 8**

**AGRICULTURE: A CARBON-FREE DIET.** We make food choices multiple times daily, and the aggregate pollution of those



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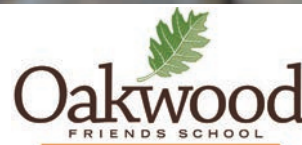
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*Artist Piero Manrique in front of his Geometric Windows mural at City Center White Plains. (photo courtesy of Kite Realty Group)*

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-Jonathan Talbot – Artist  
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## book it!

(Continued from previous page)

decisions hugely impacts our global climate. Experts discuss the carbon-intensive industrial agriculture system. Topics to be explored include food labeling, homesteading, and regenerative food systems. *Greenburgh Nature Center, Scarsdale (914.723.3470; www.greenburghnaturecenter.org)*

**March 9**

**SCHOLARS LECTURE: NEW YORK AND THE U.S. CONSTITUTION.** Presented by Akhil Reed Amar. The story of New York's contribution to the federal Constitution is surprisingly dramatic at all stages of its evolution. *John Jay Homestead, Katonah (914.232.5651; www.johnjayhomestead.org)*

**March 12**

**SUNDAY LECTURE SERIES: FREDERICK CHILDE HASSAM & AMERICAN IMPRESSIONISM ON THE CONNECTICUT COAST.** Dr. Jenny Parsons, assistant curator at the Florence Griswold Museum, will focus on Childe Hassam's art production in Cos Cob and Old Lyme and explore the importance of Connecticut art colonies to the development of American Impressionism. *Bruce Museum, Greenwich (203.869.0376; www.brucemuseum.org)*

**March 14**

**SCIENCE LECTURE & FOSSIL IDENTIFICATION SESSION.** Nicholas G. McDonald, author of *Window Into the Jurassic World*, will speak. Bring your fossils to be identified by a paleontologist. Fossil ID session, open galleries and light refreshments. *Bruce Museum, Greenwich (203.869.0376; www.brucemuseum.org)*

**March 23**

**HOW TO LOOK AT A PHOTOGRAPH – AND BUY IT.** This lively evening of debate and discussion will feature two renowned dealers specializing in photography. This panel discussion, moderated by Darsie Alexander, will take you through the ins and outs of the booming photography market. Wine reception to follow. *Katonah Museum of Art, Katonah (914.767.2969; www.katonahmuseum.org)*

**March 28**

**LIVE INTERACTIVE PANEL: GIANTS OF THE ANIMAL WORLD.** Meet the world's experts on the largest dinosaurs, sharks, birds, and more, and ask questions in this interactive panel. Light refreshments and open galleries. *Bruce Museum, Greenwich (203.869.0376; www.brucemuseum.org)*

**March 28**

**EDITH WHARTON AND THE VILLAS OF ROME.** This illustrated talk by landscape architect/historian CeCe Haydock, presents images of eight Roman villas described by Edith Wharton in her books, and hear about the influence of the villas on Wharton's own houses and novels. *Bard College, Annandale-on-Hudson (845.758.7900; www.bard.edu)*

## classes & workshops

**March 4-7**

**BULLSEYE BOX CASTING.** An introduction to kiln-casting glass, which involves making refractory-plaster design elements, securing them in an open-faced mold, filling the mold with pieces of glass billet and firing the mold in the kiln. *Bullseye Resource Center New York, Mamaronock (914.835.3794; www.bullseyeglass.com)*

**March 9-11**

**INTRODUCTION TO PATE DE VERRE.** Learn the basics of *pâte de verre* ("paste of glass") in this workshop making a thin-walled, kiln-formed bowl. Make a plaster silica mold from a model, pack it with glass, fire it, then divest and finish it.





**March 2**  
**PIFF THE MAGIC DRAGON** At  
 Paramount Hudson  
 Valley Theater,  
 Peekskill

Bullseye Resource Center New York, Mamaroneck  
 (914.835.3794; www.bullseyeglass.com)

**Ongoing March 26–May 7**

**TIME MACHINE.** This clay-making class for 6–9-year-olds will allow them to create their own time machine and robot in clay. Enables problem-solving skills, patience, and concentration while creating the future in clay. Clay Art Center, Port Chester (914.937.2047; www.clayartcenter.org)

**March 16**

**DISCOVER ABSTRACT PAINTING.** For those who have been afraid to try abstract painting or just don't know where to start, this class offers an introduction to the techniques and understanding of abstraction. Learn how to free up your creativity in a friendly environment where the primary objective is fun with painting. Garrison Art Center, Garrison (845.424.3960; www.garrisonartcenter.org)

**comedy**

**March 2**

**PIFF THE MAGIC DRAGON.** This breakout star of NBC's *America's Got Talent* has traveled all over the country performing his funny and unique brand of humor with his pet Chihuahua, Mr. Piffles. Paramount Hudson Valley Theater, Peekskill (914.739.0039; www.paramounthudsonvalley.com)

**March 4**

**ROBERT KLEIN.** Best known for his unique brand of observational humor, Klein has a gift for satirical social criticism. He is honest, self-questioning, and always wildly funny. Emelin Theatre for the Performing Arts, Mamaroneck (914.698.0098; www.emelin.org/events)

**March 10**

**ROB SCHNEIDER.** Don't miss a night with talented actor and comedian Rob Schneider as he returns to his standup roots performing all new material live. Ridgefield Playhouse, Ridgefield (203.438.5795; www.ridgefieldplayhouse.org)

**March 24**

**BOB DIBUONO.** From *The Nightly Show* on Comedy Central, DiBuono has established himself as one of the most dynamic acts on-stage. With a sarcastic and edgy wit coupled with a high-energy and animated delivery, he exposes the absurdities in life, his family and social conscious. The Palace Theatre for Performing Arts, Stamford (203.325.4466; www.palacestamford.org)



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You're in good company if the anticipation of spring is giving you a lift, putting a spring in your step and a smile on your face. Just the thought of longer days and warmer weather can be extraordinarily energizing. If signs of springs automatically signal your annual spring-cleaning, it may be time to change your routine and give yourself some love. This year, while you're in a refreshing and recharging mode, make a promise to direct some of that extra energy to reinvigorating your body and mind. Westchester's health and beauty experts can help you reach your goals—one step at a time.

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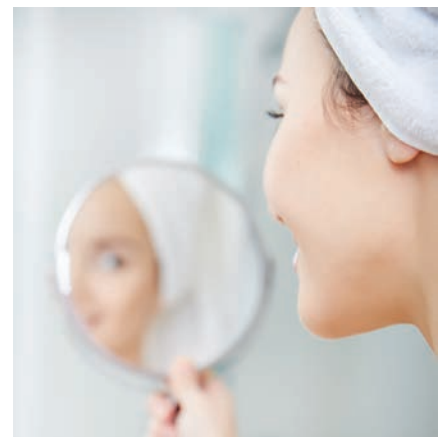
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# Arts & Drafts

BY SAMANTHA GARBARINI

**W**hat is it about Peekskill that makes it so cool? In recent years, our county's northernmost city has adopted an almost Harlem-like vibe, with carefully restored historic charm, a vibrant dining scene, public art installations and galleries, and eclectic shopping. Here's how to experience it all.



**10:30 a.m.**  
Riverfront Green Park



**6:00 p.m.**  
Iron Vine



**8:00 p.m.**  
RameNesque



**2:45 p.m.**  
Bruised Apple Books

**10:30 a.m.** Start your Saturday with fresh air and a fresh perspective on Peekskill's art scene. A dozen public works of art are clustered around the Metro-North station (a sculpture map showing installations across the city can be found at [www.hwcca.org](http://www.hwcca.org)). After you've found them all, explore **Riverfront Green Park** ([www.cityofpeekskill.com](http://www.cityofpeekskill.com)) and walk a stretch of the newly expanded RiverWalk.

**Noon** Choose between two of the city's most popular Saturday brunch options. Tender tacos at **Taco Dive Bar** (55 Hudson Ave; 914.788.8226; [www.tacodivebar.com](http://www.tacodivebar.com)) feature tortillas from *nixtamal* La Milpa de Rosa in Yonkers. (**Hudson Creamery** serves ice cream sundaes next door in warmer weather.) Or make your way up to Main Street for a beer-laden brunch of elevated pub food at **Birdsall House** (970 Main St; 914.930.1880; [www.birdsallhouse.net](http://www.birdsallhouse.net)).

**1 p.m.** Seek out **Gallery 982** (982 Main St; 914.930.8280; [www.gallery982.com](http://www.gallery982.com)), hidden on the second floor, above an auto-parts shop. The intimate space's current exhibit features a mix of established artists and new talent whose pieces have never been galleried before.

**1:30 p.m.** Drop some cash along the city's main shopping street. Browse five decades of Gibson and Fender at **Division Street Guitars** (36 N Division St; 914.737.2630). Try on an eclectic mix of artisan jewelry, accessories, and clothes at **Quirkshop** (23 N Division St; 201.835.5719; [www.quirkshoppeekskill.com](http://www.quirkshoppeekskill.com)). And give your home a little vintage flare with funky furnishings and antique items from **The Coop** (107 S Division St; 914.737.2194).

**2:45 p.m.** Backtrack slightly to hit **Bruised Apple Books** (923 Central Ave; 914.734.7000; [www.bruisedapplebooks.com](http://www.bruisedapplebooks.com)). A Peekskill institution since the '90s, the shop is famous for its expansive selection (about 50,000 titles!) of rare books and vinyl.

**3:15 p.m.** Fight off that mid-afternoon slump with a quick caffeine fix. Settle into one of the comfy chairs at **Peekskill Coffee House** (101 S Division St; 914.739.1287; [www.peekskillcoffee.com](http://www.peekskillcoffee.com)) for a cup of organic coffee with an emphasis on sustainable practices (order a warm Belgium waffle, too). If tea is more your speed, **Kathleen's Tea Room** (979 Main St; 914.734.2520; [www.kathleenstroom.com](http://www.kathleenstroom.com)) serves more than 50 varieties with a side of classic charm.

PHOTOGRAPHS BY DOUG SCHNEIDER



**4:00 p.m.** You've got about two hours to explore one of the county's preeminent museums. The **Hudson Valley Center for Contemporary Art** (1701 Main St; 914.788.0100; [www.hvcca.org](http://www.hvcca.org)) displays 12,000 sq ft of curated exhibits.


**6:00 p.m.** Check out the bar scene. At **Iron Vine** (992 Main St; 914.930.8507; [www.ironvinepeekskill.com](http://www.ironvinepeekskill.com)), reclaimed décor from historic Peekskill sets a speakeasy vibe for expertly executed cocktails. Nearby, **McDonald & Peacock** (38 N Division St; 914.930.7875; [www.peekskillciderhouse.com](http://www.peekskillciderhouse.com)) is the county's only



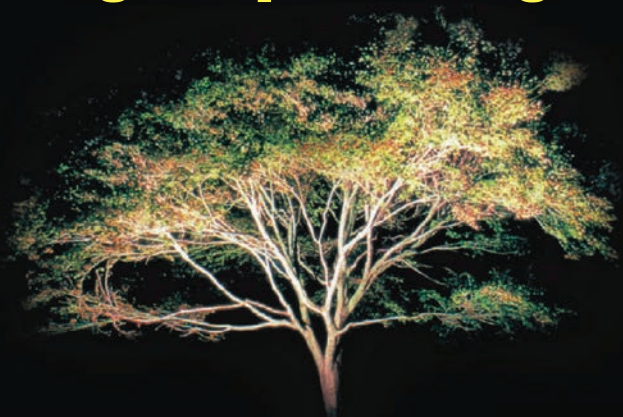
**6:00 p.m.**  
McDonald & Peacock

cider house, with seven ciders available on tap and another dozen or so by the bottle. If you're willing to drive a few minutes, a tasting flight in the Tap Room at **Peekskill Brewery** (47 S Water St; 914.734.2337; [www.peekskillbrewery.com](http://www.peekskillbrewery.com)) is a must for local beer enthusiasts.

**8:00 p.m.** For dinner, dip chopsticks into a bowl of brothier noodles at **RameNesque** (1008 Main St; 914.930.1788; [www.ramenesque.net](http://www.ramenesque.net)), where the ramen — and everything else — is free of MSG. Not in the mood for noodles? **Gleason's** (911 South St; 914.402.1950; [www.gleasonspeekskill.com](http://www.gleasonspeekskill.com)), named for the famed comic, is popular for its thin-crust pizza.

**9:30 p.m.** Make your way to **The Hudson Room** (23 S Division St; 914.788.3663; [www.hudsonroom.com](http://www.hudsonroom.com)), where it's standing-room-only for live music starting at 10 p.m. on Friday and Saturday nights. 

# Light Up The Night



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from A to Z | BETH SHAPIRO

# Feeding Gotham's Aged

This Pleasantville resident and head of Citymeals on Wheels tells us what she loves about her home county.

**A**pple picking at Harvest Moon Farm and Orchard in North Salem.

**B**iking the hills of Whippoorwill at Stone Barns in Pocantico Hills is revelatory.

**Captain Lawrence Brewing Company.** My daughter's bat mitzvah was one of their first catering events more than 10 years ago, and we have been fans ever since. Their new location and tours are great.

**Dykeman Farm** in Pawling. For years we have joined friends for an annual pumpkin-picking outing.

**Elmsford Animal Shelter** [now Paws Crossed Animal Rescue] is where we adopted Bernie, our Wheaton Terrier, nine years ago.

**Farmers' Market** in Pleasantville for the best local produce, fish, cheese, etc., anywhere. Aba's Falafel can't be beat.

**Generosity** of Westchester donors who support Citymeals.

**Highways!** Westchester has a great highway system and makes life easy for me to get into the city to visit my daughter or to Boston to see my son.

**Ice Cream** at King Kone in Somers. A swirl with a chocolate dip is a summer-Sunday-night treat. True gem.

**Jacob Burns Film Center.** Great movies, comfortable seats, and it's only a short walk from home.



**Kayaking** on the Hudson River.

**Lucky Buddha** in Thornwood. We eat here too many times a week to count!

**Manhattan and Metro-North.** The easiest way to get to the city for work and fun.

**North County Trail** for early-morning bike rides. I've ridden as far north as Carmel and connected with the South County Trail to get to the Bronx — end to end and back to Pleasantville is a 100-mile ride.

**Opperman's Pond** in Pleasantville is outdoor ice skating at its best! Strap on your skates, clear the snow, and have hot cider or hot chocolate waiting for you when you're done.

**Pleasantville.** Our home for more than 25 years.

**Quaker Hill Tavern.** Our neighborhood spot for great nachos and Paul's amazing Key lime pie.

**Roma's.** My husband grew up in Eastchester, and Roma's in nearby Tuckahoe is still a favorite for old-time pizza.

**Stone Barns** for the best woody walks. I have yearly pictures of my kids with the gorgeous fall foliage and cows as a backdrop.

**Tacos** at bartaco!

**Untermeyer Gardens Conservatory** in Yonkers.

**Very,** very happy to have raised my kids, Sydney and Jordan, in Westchester.

**Wheeler Avenue!** [Pleasantville] Less than 500 feet long, and you can shop for everything. You have the best eye-glass store in the county on one end, cute clothes on the other, and in-between you can have your nails done, your hair cut and your dog washed. There are places to drink great coffee and eat delicious burgers, Chinese, Japanese, Indian, Italian, and more!

**X20 Xaviars** on the Hudson. Peter Kelly's Yonkers outpost has delicious food and beautiful sunset views.

**Yard.** My backyard. I love my yard. It's a quiet refuge surrounded by peonies, irises, and lilacs, but it comes to life for small parties and large, especially holiday gatherings and s'mores-making around a firepit. For years, we had my son's birthday during the Super Bowl and painted a mini-football field on the yard (snow and all) for the kids to play at halftime.

**Z**ero Otto Nove. We started eating at the original location on Arthur Avenue when my son was at Fordham Prep. We were thrilled when they opened in Armonk.

SHAPIRO'S PHOTO BY ERIC GROOM





# FOR MORE THAN FOUR DECADES WE HELPED POWER THE HUDSON VALLEY.

**And now, as part of an agreement with the State, Entergy is working toward an early and orderly shut down of Indian Point by 2021.**

Our agreement with New York State will see Indian Point Unit 2 shut down by April 30, 2020, and Unit 3 by April 30, 2021. Until then, Indian Point will continue powering New York safely, securely and reliably with the facility's full staff of nearly 1,000 nuclear industry professionals.

Entergy has owned the two nuclear plants at Indian Point for more than 15 years. Since purchasing the generating units, we've safely delivered hundreds of millions of megawatt hours of virtually emissions-free electricity to the Hudson Valley and New York City, while investing more than \$1.3 billion in new equipment and safety improvements.

Currently, Indian Point provides about 25 percent of the electricity used in New York City and Westchester each year. Indian Point's capacity factor, the ratio of a plant's actual output compared to its potential, has increased under Entergy's ownership from approximately 60 percent to more than 90 percent. The plants at Indian Point have proven to be one of the most reliable generating stations in New York State.

Key considerations in our decision to shut down Indian Point ahead of schedule include sustained low and projected wholesale energy prices, as well as increased operating costs and continuing costs for license renewal beyond the \$200 million already spent. Record low natural gas prices have driven down electricity prices in this area by about 55 percent over the last ten years, to

a record low level. At this current and projected rate, Entergy simply couldn't continue operating Indian Point in a manner that was economically viable.

We fully recognize that this planned shutdown is a significant event for the local economy and for our surrounding communities. Importantly, we will be here for the next four-plus years, producing electricity, providing jobs and wages, paying taxes and making local purchases. In addition, following shutdown Entergy will provide \$15 million in funding as part of our continued commitment to community stakeholders and environmental stewardship. We believe this approach supports an orderly shutdown, and provides time and resources for the state and local communities to transition to new energy and economic opportunities.

As we work toward an orderly shutdown, safety is and will continue to be the top priority of everyone at Indian Point. Based on thousands of hours of inspections each year, the U.S. Nuclear Regulatory Commission (NRC) has placed both plants in its top regulatory column for safety. We fully intend to continue this exemplary safety record over the coming years.

We thank all our neighbors here in the Hudson Valley, and especially in the Village of Buchanan, for your support and friendship. It has been an honor to serve you for more than four decades.



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