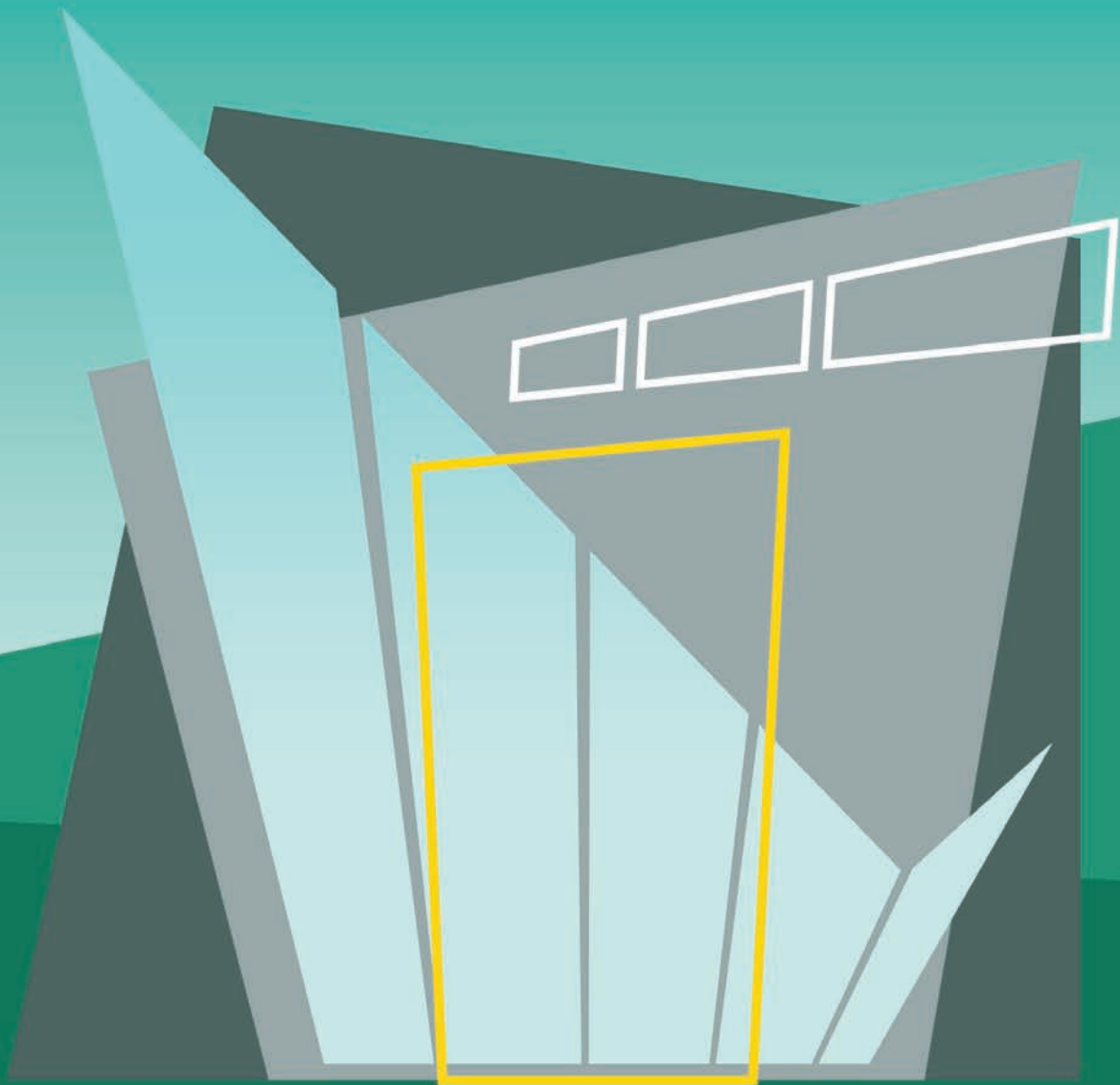


# KATONAH CONNECT

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THE HOME ISSUE

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# WELCOME HOME



What is a home? Is it merely a building where we store our stuff? Is it simply a place for us to eat and sleep? Is it an opportunity to show off your wealth? Or is it something more?

For us, home is a feeling. It's opening that front door after a long train ride home. It's the smell of a warm meal when we step inside from the cold. It's the sounds of children laughing and the dog barking. It's the comfort we seek after a difficult day. It's our life, our heart. It's ours.

Home is also our neighbors and friends. It's our local flower shop and our favorite restaurant. It's the familiar faces we see at area events or simply strolling down the street. It's the new people we meet. It's our community.

Home is also a responsibility. In addition to the bills we must pay, we strive to make everyone feel welcome in our home. Home is ever changing, just like us.

This magazine, Katonah Connect, has also become our home. As the founders/publishers, we are proud to open our door for new friends and neighbors, and we strive to do more and do better so that our home will continue to change and improve as the years continue. So, when it came to creating a home issue, we wanted to welcome everyone inside and talk about what matters to them.

We knew we wanted to tell stories that would be useful to our readers, so we started with the thing everyone wants to know – how to organize your home (page 18).

Then we asked Elizabeth Kemler to help us understand how we can transform our homes into a cozy, comfortable daily retreat (page 34).

Next, during a conversation with Dr. Sarah Cutler, we learned that many dogs are on edge in our homes, thanks to certain household sounds (digital alarms, the coffee maker, etc.), so we asked her to teach us how our pets can be comfortable, too (page 31).

We also thought about the things many homeowners don't really know how to do but should. So, we asked several artists how to buy art (page 60) and helped you jump start your DIY journey (page 61).

After we got the basics out of the way, we sat down and talked some more. Days later, we landed on our next two questions: what inspires how we live in our homes (page 52) and what are the latest home trends in our area (page 57)?

Then, during a conversation with Keith Meatto, one of our new writers, he wondered about the folks, like him, who moved here during the pandemic – who are they and how will they impact

our area? And even though we suspect it was simply his ploy to make new friends, we encouraged him to find out (page 54).

Somewhere in the middle of all this, Justin sat down with Bedford sculptor Rebecca Manson (who now lives in her childhood home) to learn about her work and the anthropomorphism she infuses into her extraordinary creations (page 40). And Gia spoke to Waccabuc documentary producer Dyllan McGee whose popular series "Finding Your Roots" returns to PBS this month (page 66).

Then we thought some more (there's a lot of thinking that goes into each issue), going for the figurative this time. How else could you describe home? Home is your community (see Aerin Atinsky's article on Antioch Baptist Church, page 28) and home is about those unique and special pieces of furniture that you truly treasure (see Ava Fleisher's article on New England Antique Lumber, page 13).

And what about when we decide to leave our homes? Where should we go? What should we do? Don't worry, we covered that, too in our "Where You'll Find Us in 2023" guide (page 51). We share our picks for food, shopping, hanging out and entertainment.

Sit back and relax, and make yourself at home.

Here's to a happy and healthy 2023,

*Gia*  
GIA MILLER  
EDITOR IN CHIEF

*Justin*  
JUSTIN NEGARD  
CREATIVE DIRECTOR

*PS This month, we're launching the Connect Pass – an app that gives you discounts to stores, restaurants and businesses in our area. "Shop local" is important throughout the year, and we're saving you a few bucks in the process. Check out our website for more information.*

**BEYOND THE MAG:  
GO BEHIND THE SCENES  
FOR VIDEOS AND INFO  
FROM THIS ISSUE!**



# KATONAH CONNECT

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**OOPS...**  
In our September/October issue, we misspelled the following website: [www.hearithere.com](http://www.hearithere.com). In our November/December issue, we misspelled the last name of the founder of Salla Treatment and Research Foundation – it’s Foglio. Our apologies to all – blame the interns. Not us. We’re perfect. Right? Right??

“Katonah Connect is published six times a year by Sonder Publishing LLC (“Sonder Publishing”).

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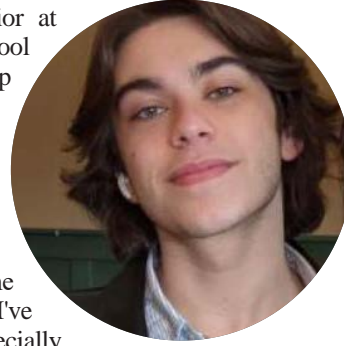
# CONTRIBUTORS

## VINCENT BALDASSANO



Artist Vincent Baldassano has taught painting at universities, colleges and professional art schools throughout the country and is a recipient of numerous painting grants, residencies and fellowships. He has also served as a visiting artist at many art institutions worldwide. Vincent's work hangs in many private and public collections in the United States, Europe and Asia, including the Pepsi Cola Corporation, Pfizer Corporation, the New York Federal Building and more. In this issue, his piece "Tavira Memory" (available at Chroma Gallery in Katonah) is featured on the back cover. "My work is inspired by my international travels, world cultures and history," he says. "Tavira Memory reflects my time in Portugal."

## JOSEPH CERVONI



Joseph Cervoni is a senior at North Salem High School who began an art internship at Katonah Connect in October. So far, he's enjoyed every moment of the work. "When I saw the opportunity to create illustrations for a magazine, I immediately took it," he says. "It's something I've always wanted to do, especially since I'm considering it as a career." Prompted illustrations are practically in his blood, making his first assignments quite wonderful. From capturing a child's spunky and energetic personality, to visualizing a warm, calm environment for a home, these assignments have inspired even more creative ideas for his personal work. Joey's art expresses variety and change, making this opportunity a perfect fit.

## AVA FLEISHER



Ava Fleisher is a local high school student who lives in Chappaqua. She has the distinct honor of being Katonah Connect's very first intern, starting in October 2021. Ava says she loves learning/writing about all the interesting stories the community has to offer. For this issue, she wrote about New England Antique Lumber. "Hearing the Guevara's story was incredibly inspiring, and it was an honor to be able to highlight their success," she says. In her free time, Ava enjoys volunteering with local organizations, writing (obviously), and spending time outside. She also thinks that nothing beats curling up with a good book on a rainy day. In the future, Ava hopes to continue developing her journalistic voice and pursue a career in journalism.

## KEITH MEATTO



Keith Meatto is a writer whose reporting, essays, reviews and fiction have appeared in The New York Times, The Forward, Guernica and many other newspapers, magazines and journals. He teaches academic writing at NYU and creative writing at the two prisons in Bedford Hills. As an editor, he helps private clients elevate and deepen their storytelling. "All my work is about connecting with people intellectually and emotionally via language and stories," says Keith, who moved with his family to Katonah from Brooklyn in 2020. "While interviewing fellow urban transplants for this issue, I discovered that Northern Westchester is teeming with kind, creative and conscientious people who mostly want the same things: to make new friends and build community in their new home."

## DR. SARAH J. CUTLER



Sarah J. Cutler is a veterinarian with a special interest in behavioral medicine. Upon graduation, she took an oath to "first do no harm," which is a guiding principle in her practice. Sarah combines her scientific background with her respect for cats and dogs to help humans live in health and harmony with their pets. For this issue, she wrote about how the sounds in our homes can affect our pets. "Many pets struggle to cope with household beeps and storms, but it's not always easy for us humans to understand the true impact the noises have on our pets," says Sarah. "I wrote this article in memory of my Miniature Schnauzer Jasmine who had a terrible time with these sounds."

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# BUILDING THE AMERICAN DREAM

BY AVA FLEISHER  
PHOTOGRAPHY BY JUSTIN NEGARD



*Twenty years ago, Ecuadorians Mauricio and Patricia Guevara built a hotel in their hometown of Ibarra. To pay off their loan, they decided to move to America, but only temporarily. They landed in Bedford in 2006, and Mauricio took a job in construction while Patricia began cleaning homes.*

*Fast forward 18 years – the Guevaras never made it back to Ecuador. Instead, they opened New England Antique Lumber in Mount Kisco in 2015 and a second store, New England Lumber, in Westport in 2021. They’ve raised their three daughters here; two are now college graduates and the youngest is in college.*

**T**welve years ago, Patricia Guevara was cleaning houses when one of her clients mentioned he wanted to add reclaimed beams to a room in his house and asked to speak with her husband, Mauricio, who owned a construction company. The two met and Mauricio said he would do the job for \$20,000 less than anyone else in the area.

Mauricio hadn’t worked with reclaimed lumber before, but he knew where to go, and he asked Patricia if she’d like to join him on a short trip upstate. She said yes.

“It was a five hour drive, but when we got there and I saw the reclaimed wood for the first time, I was so happy,” recalls Patricia. “It was a really big place, and I drove all around because I loved the wood.”

When they returned home, Mauricio asked her what she thought about the experience.

“I told him, ‘Oh my God, I loved it,’” she remembers. “He asked me if I thought it would be a good business for us, and I said, ‘Yes, we have to do it!’”

## **BUILDING A BUSINESS**

Soon after their trip upstate, they started to look for a space to open a showroom, but it proved to be more difficult than they’d imagined, and it took some time to find a place they could afford.

Eventually, they finally found the perfect location on Main Street in Mount Kisco, and they officially opened New England Antique Lumber in 2015.

During their first year, Patricia continued to clean houses and Mauricio’s main



source of income was his construction business. But by year two, Patricia joined him in the showroom and New England Antique Lumber became the more profitable business. However, even today, they continue to provide construction services.

Over the past eight years, the two have worked tirelessly to build their business; Mauricio interacts with the clients, walking them through the process of finding their ideal reclaimed lumber, and Patricia is the bookkeeper and showroom designer.

“Thank God for my wife,” says Mauricio. “She’s why we’ve grown so much. Patricia’s an accountant, and she’s very smart. She’s really helped the business grow.”

The Gueveras’ business has steadily expanded over the years, and they now employ around a dozen people. They also have two warehouses – one in Mount Kisco and one in Bedford Hills – as well as two workshops in New Jersey. In their showroom, you can also find several pieces that are made from metal or include metal components – these are made in their steel workshop in Brewster.

But despite their success, Mauricio and Patricia have plenty of stories about the discrimination they’ve faced.

“One time, I was in the back with a client looking for a table, and another customer walked into the store,” Mauricio remembers. “I heard him ask, ‘Who is the owner?’ So I walked over and said ‘I’m the owner, how can I help you?’ He asked again, ‘Can I speak with the owner?’ Again, I said ‘I am the owner, how can I help you?’ After three rounds of this, the client said, ‘Are you sure?’”

Unfortunately, this scenario occurred frequently in the beginning. However now, because many people walk in as a referral and ask for Mauricio, they aren’t surprised that he’s Hispanic.

## **THE NUTS AND BOLTS**

The Guevaras are on a constant search throughout the northeast to find the best quality wood for their clientele. While some wood comes from barns in upstate New York, they source a large portion of their reclaimed lumber from Pennsylvania Amish country, and they hire Amish woodworkers to create some of their custom furniture. They’ve developed a close relationship with this community, and they rely on this group for their high-quality antique wood and their beautifully detailed and unparalleled craftsmanship.

But it’s Mauricio who designs the furniture they build. If you happen to walk into the showroom when they’re

not busy, you might find Mauricio sketching a new design for a chair or other piece that comes to mind.

And when it comes to their clients, the Guevaras are just as dedicated to them.

“The most important thing for us is to keep our clients happy and give them the best,” Mauricio says.

In their Mount Kisco showroom, customers can look through various pieces of wood that line the back and sides of the building. If they don’t find a piece they like, they may find inspiration for the type of wood they’d like to pursue. Or, they can browse the local warehouses.

Once they’ve selected their wood, the staff will help them design their dream reclaimed lumber piece – be it ceiling beams, a dining room table, a custom-designed chair, etc.

Next, in their New Jersey workshop, if the wood is not completely dry, it goes through a kiln to dry, which, depending on the thickness, can take about six months. Then, it’s either flattened or, usually, sanded down by hand. Afterward, they use epoxy to fill in any imperfections or holes in the piece. While most clients prefer clear epoxy, some select more vibrant colors, like blue, red or green. After a custom-mixed color is added to the lumber, they add their signature touch – a secret finish that is waterproof, wine-proof and UV-ray resistant.

“Even though it’s more expensive, I provide my clients with high-quality furniture and a guarantee,” Mauricio explains. “That’s why clients from ten years ago come back and buy new stuff, and that’s why they recommend us to

other people.”

Patricia and Mauricio now regularly work with architects and interior designers throughout Westchester, Manhattan and the Hamptons.

## FORGING A FUTURE

The Guevaras hope to continue to expand their business, with the goal of opening one or two more showrooms.

“We’d like to open a showroom in the Hamptons,” says Patricia. “We have a lot of clients who live out there and travel to Mt. Kisco to visit our showroom.”

Mauricio says a showroom in Manhattan is also on his “To-Do” list. But until that day comes, he’s incredibly proud of the company he’s built.

“For me, learning happens every day,” Mauricio says, explaining how each client and new experience helps them flourish as business owners. “It’s the immigrant’s dream. I love what I do.” KC



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# ORGANIZING YOUR HOME

BY GIA MILLER

Photo courtesy of A Joyce Design, Inc.

*No one's perfect, and when it comes to home organization, many of us don't even come close. So we called in the experts for some advice on how to tackle the chaos in the messiest rooms of our home. And what we learned is that organization isn't easy for anyone, but you've got to start somewhere. So let's dive in.*

## The experts:

**Melissa Marcogliese**, “the designing real estate agent”

**Denaye Barahona**, LCSW, therapist founder of Simple Families podcast

**Andrea Deinstadt**, a professional organizer specializing in the home

**T**here's no right way to do it – home organization will look different for every family. So before you hunt for that label maker or start color-coding everything in your pantry, sit down and think about who lives in your home. Is there one person who puts things away immediately and another who is the human equivalent of a tornado? Is there a minimalist and a shopaholic? Do you have a list maker paired with a “notes on every scrap of paper” situation?

“There's a brain-based element to tidiness, and there are a lot of different brains in your house,” says Barahona.

“The most important thing is to think about what will work for your family so you can create an organizational system that fits everyone and is really easy for everyone to maintain.”

So as we walk through how to organize three of the messiest rooms in your home, please keep your family in mind.

## THE FAMILY ROOM – PURGE AND CURATE

First thing's first – define what you want this space to be. Does your family room double as a playroom? Does everyone gather there to play games or watch TV? Next, take a long, hard look at what the space actually holds at the moment and think about how your family functions (or doesn't function in the space). Then, take inventory because it's time to curate your belongings.

“Generally, the number one problem in a family room is clutter, which means that things don't have a place to live,” says Deinstadt. “We often accumulate stuff without

weeding through it on a regular basis. Most items have a certain shelf life, and after that, it's okay to let them go, including gifts. If it's no longer serving you, then why is it still hanging around? Or, from an aesthetics point of view, even though grandma made you that quilt, you've never liked it, so why keep it? Instead, wash it and donate it. It's really okay.”

This also goes for books, magazines (with the exception of “Katonah Connect,” of course) and even movies. With the clutter gone, you can determine the best way to organize what's left.

“I love built-ins,” says Marcogliese. “Whether you have a custom built-in made for your space or you buy a premade unit, built-ins help you achieve a couple of different things. They can help you show off a collection, they take things off surfaces and coffee tables and they look fabulous.”

If your family prefers the clean, modern look with minimal items on display, then closed shelves and drawers are the way to go. But if it's “out of sight, out of mind,” for any members of your family, then your best bet is open shelves, baskets and trays.

Also, unless it's really your thing, skip the color coding.

Don't waste your money buying books with the same color spines or assigning a different color basket for each family member – make your life easier and create collections that reflect who you are.

“I'm not a fan of color coding,” says Barahona. “A lot of times, we get sucked into these really beautiful methods of organization, but they're impossible to keep up unless you have a full-time staff to maintain it. Organization needs to be functional, and it needs to actually work for us, not just be aesthetically pleasing. Otherwise, it turns into one more thing that we're failing to maintain.”

## THE KITCHEN – PUT THINGS AWAY

The kitchen is the hub of the home. It's where everyone tends to gather, whether they're cooking, cleaning, begging for food or doing homework.

It's also the place where you tend to have doubles, triples or even quadruples of the exact same thing – cooking spoons and knives, pots and pans, mixing bowls and baking trays, etc. all take up valuable space

in your kitchen. And keeping them company are piles of permission slips, bills to pay and unopened mail.

“Any kind of single use device is generally not something we need; usually we can find something else to do the same thing,” says Barahona. “What helps me stay sane in the kitchen is having fewer things, even though it forces me to wash more often. I cook almost every night, but I only have three pots – small, medium and large – and I find that gets me through almost any sort of daily cooking that I need to do. If it’s a really big meal, then once I finish with the pot, I’ll wash it, dry it and then reuse it again. But the more items we have available to us, the more dirty dishes we will potentially create at the end of cooking our meal.”

Organizing your kitchen is also about creating practical solutions for everyday problems. In Barahona’s kitchen, one of her biggest frustrations was missing lids for containers and reusable water bottles. So, she created a lid drawer, and now, whenever anyone needs a lid, they know where to find it.

Speaking of drawers...

“If you’re renovating your kitchen, the best thing you can do is switch out your lower cabinets to drawers – they’re much easier to access,” Marcogliese recommends. “And maximize your storage by building cabinets all the way up. Don’t stop and leave that weird space at the top where you can put fake flowers or baskets – they just collect dust. Also, I always create a hidden shelf, cabinet or pocket for a step stool, so you can actually access what’s in those tall upper cabinets.”

And then there’s the clutter (mail, note and reminders, odd-looking items that *must* be a part of something so you can’t throw them out) that makes it harder to prep and cook in your kitchen.

“Put a decorative file sorter or basket in your kitchen for all the unopened mail and random papers that you cannot immediately recycle,” Deinstadt suggests. “Having a clear counter does so much visually. You want to feel warm and cozy when you walk into your kitchen, and it’s a place where you actually need to get things done. But it’s hard to do that when the clutter is screaming at you.”

“I also try to limit what we keep on the counters,” Deinstadt continues. “That means I put the toaster, the blender, the coffee grinder away when I’m done using them. Instead of keeping them out, I prefer to put something visually pleasing on the counter as an accent piece – it can be a beautiful cookie jar or even a living plant, which brings life into the kitchen and really helps balance the energy.”

## THE HOME OFFICE – SAY GOODBYE TO PAPER

If you’re a fellow paper lover, it’s okay to take a minute and process what we’re about to say: paper is out.

“My big word in offices is simplify, simplify, simplify,” says Marcogliese. Barahona and Deinstadt agree – getting rid of paper means getting rid of clutter. (*We’re breathing into a paper bag also, but we promise, it will be okay.*)

“You probably don’t need the bank and credit card statements – you can find all your records online,” says Barahona. “So shred the paper that comes in the mail if you can find it online, and sign up for paper-free billing. Then, digitize your other papers, even school forms. I take a picture of any form that comes home and upload it to Evernote or Apple Notes, saving it by name, like ‘field trip on January 13.’ Now I can easily find the information I need, and I’m not searching around the house for that piece of paper.”

You can even use note apps to photograph anything important that you’d typically keep on your desk. You can do the same for things in your wallet, like your library card, insurance cards, etc., so you no longer need to carry them around.

And when it comes to jotting down notes, paper tablets (like ReMarkable, ONYX BOOX Note Air and Kindle Scribe) have come a long way. In fact, some would argue that they’re even better than paper – just hear us out on this one. In addition to being lightweight and allowing you to take notes anywhere, you can write on PDFs, read and write on e-books, and some can turn your handwritten notes into a typed document. Can your sticky notes do that?

Once you’ve shredded and recycled all the unnecessary paper, consider how you’ll handle what papers you still need and then move on to the fun stuff – decorating.

“I have one drawer that holds things that I won’t reference often, but I don’t want to let go of,” says Deinstadt. “I use a vertical filing system for active files, like receipts and current client files, so they aren’t piled up on my desk. And I’m a big fan of small baskets for things like bills I need to pay. Everything else, such as necessary paperwork in case of an audit, goes in boxes in the attic.”

Reducing your paper also allows you to put other office-related things in your drawers in cabinets. Marcogliese

even recommends finding a drawer or shelf for your printer.

“If you want a super clean office, then have your built-ins, shelves or furniture painted the same color as the walls,” she says. “When everything is the same color, they’ll disappear, and you have a cleaner, more seamless look.”

## OVERWHELMED? HERE’S HOW TO BEGIN

“Organizing is challenging for everyone,” says Deinstadt. “With our busy schedules and our family’s needs, there’s always something going on. Also, it’s not like you can get organized once and it’s done – it’s a constant process. And if it took years to accumulate all that stuff, it will take some time to undo it, so give yourself some grace when organizing – beating yourself up is counterproductive.”



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The best way to begin is to pick one spot in one room and scoop up everything from the floor and surfaces. Place it all in a basket, bring it to an open surface and then begin to sort – keep, file, to-do, recycle, donate, trash. Put back what you’re keeping, file what needs filing, do what needs to be done, and then recycle, donate or throw out the rest. Once that area is done, move on to the next.

If there’s a lot to do, set a timer to make it manageable. Give yourself 15 minutes – you’ll be surprised what you can accomplish. Once your timer goes off, stop! Walk away and do something you enjoy. You can pick up where you left off later or tomorrow.

Once a space is organized, set aside time to maintain it in a way that works for you. It could be 10-15 minutes every morning, an hour once a week – whatever is manageable and fits into your schedule.

And don’t be afraid to try a few different organizational methods before you find the right one for you and your family. Deinstadt says a good rule of thumb is “if you can’t find something, it’s not working!” **KC**



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# BARBIES, SWINGS AND SAVING THE WORLD

BY ELISA JACOBS  
ARTWORK BY JOEY CERVONI

Meet Siena Trilca. She's five years old and in kindergarten at Pequenenack Elementary School in North Salem. She likes to play with Barbies, swing for hours and loves her stuffed elephant, Ra Ra.

What's your favorite color?  
Pink and purple.

What's your favorite restaurant?  
121

If you were to open a restaurant, what would you serve?  
Chicken fingers with French fries.  
What would you call the restaurant?  
Pizzeria.

What do you like to do outside?  
Play on the swings.  
How long can you swing for?  
24 hours.  
What happens if you get hungry?  
Then my mom would bring me food.  
What happens if you're tired?  
I'd sleep on the swing.

What is your favorite subject in school?  
Math.  
What's the biggest number you can add?  
10 plus 12.  
What does that equal?  
I don't know.

If you could be any animal, what would you be?  
An elephant.  
Why?  
Because I have a stuffy elephant. Her name is Ra Ra.  
What would you do as an elephant?  
Get that water in my nose!  
And then where would it go?  
I would spray it back out into the fountain.

What is something that adults just don't understand about kids?  
Buying toys, like Barbies.  
How many Barbies do you really need?  
Twenty.  
How many do you have?  
Twenty.

What do you want to be when you grow up?  
A queen.  
What does a queen do?  
She takes care of the world.  
How does she do that?  
With her magic wand. It's pink.



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# SERVING THE COMMUNITY

BY GIA MILLER  
PHOTOGRAPHY BY  
JUSTIN NEGARD

Last year, there were several fresh new faces answering questions and engaging with children in The Pound Ridge Partnership’s tent at Food Truck Fridays. And this past fall, about 50 young, enthusiastic volunteers stuffed people into sumo suits, played games, made slime, etc. in the kids tent during Pound Ridge’s annual Harvest Festival. Where did all these teens come from? It’s part of The Partnership’s new junior board, an idea envisioned by Greg Ronel, a junior at Fox Lane High School.

As a sophomore, Ronel decided to fulfill the community service hours he needed for graduation by volunteering with The Partnership. And although he enjoyed the experience, he noticed The Partnership lacked “young, enthusiastic and reliable volunteers,” so he began to brainstorm.

“I also noticed that many students at Fox Lane didn’t know how to earn community service hours,” says Ronel. “I realized that I could help solve both issues by creating a junior board that was responsible for bringing community service opportunities to high schoolers and bringing great volunteers to the board.”

He pitched the idea to his mom, a board member, and then to the board. Everyone agreed it was a great idea, and Tami McCarthy, owner of KAHLO Collective in Pound Ridge, volunteered to be the initial liaison.

“The Partnership has a need for all kinds of volunteerism, based on the robust schedule of events that we do around the community,” says McCarthy. “And I love finding ways for younger people to get involved in our community, whether they’re kids, teenagers or young adults. So it was a win-win for everybody, especially because high schoolers need community service hours in order to graduate.”

## GETTING STARTED

Ronel knew exactly who to tap for the new board – six reliable classmates: Jacob Cormier, Josephine Hollander, Ava Kellner, Andre McConnell, Luke McConnell and Dassabre McPhee-Djan.

“Community service has always been a big part of my life, so I was very excited to join the junior board,” says Kellner who is also a member of the volunteer fire department in Bedford Village.

The junior board created a very simple structure: prior to an event, Ronel meets with the liaison and then communicates The Partnership’s needs to his team. In 2022, they volunteered at Food Truck Fridays, Proud Day and Harvest Fest.

The teens do it all – set up, clean-up and man booths,

and along the way, the board members gain more than just volunteer hours; they also recruit other teens to volunteer, giving the board members an opportunity to develop leadership and team management skills.

“A big part of what we do is recruiting volunteers from our school because we need a lot of volunteers, especially at Harvest Fest,” says McPhee-Djan. “We’re also making sure that everything is running smoothly. We’re always watching in case there are any problems so we can help solve them.”

The Partnership has experienced numerous benefits from their new junior board – the members are reliable, punctual and organized, according to McCarthy. In fact, even when a COVID-19 outbreak swept through their school, the board members made sure to find healthy replacements for everyone, including themselves, who committed to the event.

“They have the best positive attitude, which is really important,” says McCarthy. “They went above and beyond – whatever we needed them to do, they did. And it was that way for every event they volunteered for. They never ever disappointed us, and they never fell short. They also seemed to really enjoy being engaged with the community, which was really heartwarming.”

Plus, the teen volunteers feel more welcoming and engaging for the younger children who are brought to (or dragged to, depending on who you ask) these events with their parents.

“The parents want to socialize, and the kids just want to play, and that can be a tricky landscape to navigate,” says McCarthy. “But having the junior board volunteers in the mix is nice because they can kind of keep an eye on the little kids while the adults socialize.”

“We see some of the same children at each event, and we’ve become a friendly face for them,” says Kellner. “Now, they’ll run right up to us! It’s helped create a bridge in the community for them and for us.”

## LOOKING TOWARDS THE FUTURE

Because the entire board is comprised of students in their junior year, they’re beginning to consider who will replace them when they graduate in 2024.

“We’re observing the consistent volunteers in younger grades to see if they have what it takes to be a board member,” Ronel explains. “We’re looking for people who have enthusiasm at the events, appear interested in being a part of the community, are able to recruit volunteers and can promote events.”

And they’re also thinking about how their board can

evolve to serve community-based organizations in the neighboring towns of Bedford, Lewisboro and Mount Kisco.

“I’d like to see us expand our volunteer pool to a wider area and expand our horizons into other organizations,” says Ronel. “There are many other community service opportunities in towns like Mount Kisco and Katonah, and I’d like to see us form junior boards for those organizations. One way we could do this is to have different board members responsible for each organization. So, for example, one of our board members would be responsible for communicating with a liaison at Bedford Playhouse, while another would be responsible for The Partnership, and another would handle a different organization, etc.”

But for now, they’re having a great time getting their feet wet as a new junior board.

“It’s been really incredible to help out and give back to a community that’s given me so much,” says McPhee-Djan. “And it’s also been amazing to develop my leadership skills while helping such a great community become even better for everyone.” **KC**

*Photo on previous page, clockwise from top left: Luke McConnell, Ava Kellner, Daasabre McPhee-Djan, Andre McConnell, Josephine Hollander, Greg Ronel and Jacob Cormier.*

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# Antioch Church

*In approximately 1887, Bedford's African American community, who routinely congregated for services in their homes, registered as a religious corporation in the State of New York. Led by Reverend F. C. McGee, neighbors worked together over the next several years to build a place of worship. By 1894, the Antioch Missionary Baptist Church completed construction in Bedford Centre. Now, Antioch is one of the community's longest-standing churches, coming up on its 139th year, which speaks to the strength of the congregation and undying love from the community.*

## THE EARLY YEARS

**T**he church was always open to everyone," says Shirley Mosley, chair of Antioch's History and Archives Ministry. "Originally, people of color relocated here from the south during the Great Migration and, as it grew, they were always welcoming of others, no matter what race they were or what background they had."

In 1918, with financial help from local residents, the church moved a short distance. But after only 10 years, the church relocated again due to construction plans for the Saw Mill River Parkway. With a \$10,000 compensation from the Westchester County Parkway Commission, the church moved to the corner of Railroad Avenue.

Throughout the 1930s and early 1940s, the church underwent several leadership changes whose ministries mainly focused on progressing and uplifting the growing congregation, which had just under 50 members.

"The church continually did things within the community to make life better for those that were less fortunate or needed

help, and to expand the congregation," says David Brown, vice chairman of the Bedford Hills Historical Society. "For example, at the time of war, the homefront club rolled bandages to send off to military bases."

## REVEREND STROTHER AND A NEW WAVE

In 1965, Reverend Rufus A. Strother became the pastor.

"Strother is the most well-known pastor because he was such a phenomenal man," says Mosley. "He welcomed everyone and made it very clear the church's doors were open to anyone. He preached the message of an inclusive fellowship and was very socially minded."

Strother's tenure was instrumental in strengthening and growing the church, along with supporting and improving the local community. He served as a member of many corporate boards, and under his ministry, the church became affiliated with the Central Hudson Baptist Association, purchased and developed a youth center, extended affordable housing to the community, launched children and youth summer programs, and more.

In 1968, following Dr. Martin Luther King Jr.'s assassination, Strother led his congregants in developing a myriad of annual events to honor Dr. King's legacy, including an interfaith banquet, a seminar and a worship service — most of which continue today.

"These keep the dream alive and serve to educate the younger people about Dr. King," says Brown who was Strother's assistant. "Strother was an expert leader who did great things. Not only was he an inspiration for the church, but also for the town."

As part of Strother's social justice work, Antioch was one of the founding

churches of the Northeast Westchester Council on Equality (NEWCOE), which was created following Dr. King's assassination and spearheaded by Strother.

"NEWCOE was composed of seven towns that came together to look for housing, jobs and opportunities to move the congregation along and encourage love in the community between all people of all faiths," explains Brown, who served as president of NEWCOE for several years. "It was a voice for people without a voice. We held seminars for people seeking advice, and we came together to just make life better for everyone in upper Westchester."

Twelve years ago, NEWCOE was disbanded after the board mutually agreed that it was no longer needed.

## THE GROWING CHURCH

With an expanding congregation, the church sought a larger space in the mid 1970s. Hoping to purchase the United Methodist Church, Strother and three Antioch members, including Brown, negotiated the purchase with the Methodist church's Reverend Will Porter.

"We had several successful meetings; it was a significant change and a very nice transition for the community, who were very supportive of us," Brown explains. "The move helped expand and integrate the predominantly black congregation to bring in many others."

On April 16, 1976, Palm Sunday, the congregation met at the Railroad Avenue building and walked together to Church and Main Street for their first service in their new building. Once moved in, Antioch made a number of additions, including installing the memorial window from

their previous building.

Throughout the 1980s, the church grew rapidly and Strother introduced a social issues committee that arranged for local politicians to meet and discuss issues with congregants and the community.

"Before an election, we invite the community to hear from the candidates of all parties," explains Brown. "The candidates get to know the people in our community and the people get to ask questions, hear the candidates and see what platform they're representing. I think it's very beneficial to get to know who is running for office."

To accommodate the growing church, a new wing was added in 1985.

## THE EARLY 2000S

On January 4, 2004, Pastor Strother addressed hundreds in his final sermon, completing 38 years as Antioch's longest-serving pastor.

The new pastor, Reverend Dr. Paul S. Briggs, ushered in more upgrades for their building and dedicated significant attention and resources to the children and youth ministries. Under his tenure, youth in the community received support and mentorship through numerous programs such as camping and rafting trips, senior citizen brunches and mission trips to rebuild homes in West Virginia, Florida and New York.

After 10 years, Briggs passed the helm to the church's current pastor, Reverend Merle D. McJunkin.

McJunkin didn't take long to leave his mark. In 2015, Antioch Trustees, Westchester County, the town of Bedford and New York State partnered together to transform Antioch's Railroad Avenue properties into government-supported affordable housing. After much discussion, Westchester County purchased the land, deeding it to Antioch Development

BY AERIN ATINSKY  
PHOTOGRAPHY BY  
JUSTIN NEGARD



Corporation to manage the project's renovation. Antioch Homes was completed in 2017 and features eight single-bedroom and four two-bedroom apartments.

## A CHURCH FOR THE COMMUNITY

With McJunkin at the helm, the church is a vibrant part of the Bedford community, providing a plethora of new and continuing diverse services and programs.

Recognizing a need, McJunkin developed Harvest Community in 2015. The church-wide program distributed excess fresh produce from local growers, farmers markets and grocery stores, helping combat food insecurity in our area – it ran until the pandemic began.

Under McJunkin's leadership, the church became a founding member of A-HOME, which provides affordable housing to residents in Northern Westchester, and The Community Center of Northern Westchester. Antioch also feeds and houses homeless people for a week every year as part of its commitment to the Emergency Shelter Partnership.

Over the years, various youth programs have included SAT/ACT preparation courses, summer enrichment programs, and a joint civil rights trip to Selma, Birmingham, Montgomery and Atlanta with Temple Beth El. Antioch also provides scholarships and guides high school graduates towards opportunities for grants, internships and employment.

“Throughout the community, our church and its members help influence social policies and support numerous efforts to improve our local schools, community programs and more,” says McJunkin. “And, some of our members have been among our region's most impactful leaders.”

The church also provides national and international aid. During the past several years, they've raised funds for hurricane relief in Houston and Puerto Rico, made quilts for nursing homes and t-shirt dresses for young girls in Haiti.

“Antioch is an extraordinary church with a loyalty that I've never seen in any other church organization,” says Mosley. “The people love the church and are like a close-knit family. If you join that family, you're part of that family.”

Today, Antioch's members include residents throughout Westchester, as well as some who live in New York City and Connecticut.

“Our church has a direct connection to the people who were enslaved at John Jay Homestead,” says Pastor McJunkin. “And although we tend to attract folks who are African American, we are also blessed to have many congregants who are not African American. We've had a diverse group of members through at least the last three pastors. Antioch is affirming and welcoming of everyone.” **KC**

## MUSIC AT ANTIOCH

“Music is a big deal at Antioch—it's what pulls a lot of people in, and the choir is truly exceptional,” says Mosley.

The choir has been an instrumental part of the church since the beginning, and as it grew, it gained the attention of the award-winning pianist, composer and conductor André Previn.

“Previn attended church periodically, and very much enjoyed and encouraged the choir,” says Brown whose brother, Earl Brown, was Antioch's music director and organist at the time.

Previn invited the 30-member choir to join him in recording four gospel songs on the album “What Headphones?” which was released in 1993. Pleased with the collaboration, he invited the choir to go to Japan with him, according to Brown.

“Unfortunately, the trip never materialized, and had his health not failed, I'm sure there would have been further contact with André Previn.”

To this day, the highly-respected choir has a diverse and extensive music department.

“They sing anything from classical music to old spirituals to jazz, as well as current music,” Mosley explains.

Every November, the choir performs a concert that draws attendees from the New York and Connecticut area.

“Every time, the church is packed, and you can't fit anyone else inside,” says Brown. **KC**

IS YOUR HOUND  
STRESSED OUT BY

SOUND?



BY DR. SARAH J. CUTLER

It's a stormy night, so you settle in for an evening movie. But where's your dog? Are they cowering in the bathroom and trembling behind the toilet, pacing around the house or tearing up a pillow? While you may find their behavior unusual, these reactions to storms, and to daily household noises, can be common for dogs.

Noise sensitivity occurs in about 50 percent of dogs, according to board certified veterinary behaviorist Jill Sackman, DVM, Ph.D. "Life is too loud (for pets)," she says.

Sackman's research on sound sensitivity has found that lots of household noises are a major source of anxiety for dogs, yet many families aren't even aware of it.

## WHY SO SENSITIVE?

A dog's acoustic perception of the world is different from ours. Dogs can hear sounds at a far distance that we cannot, and many sounds nearby seem louder to our dogs than to us. They can hear our watches and clocks ticking away, animals out in the yard or even insects in the walls of our home. It's one of the ways they know a storm, earthquake or someone (via the sound of their car) is coming before we do.

Part of the reason dogs hear more than we do is simple anatomy. While human ears are flat on each side of our head, a dog's ears are on top of their head. They move their ears to direct the sound waves towards the inner ear. This evolutionary adaptation has helped them survive in the wild – they can listen for the sounds of prey (like a squeaking mouse) or know when to seek shelter from storms.

## BACKGROUND BEEPS

Dogs can also react to small, regular background noises in your home – dings from text messages, alerts from home devices or even your ringtone can trigger your dog's anxiety.

"Noise is a stressor that is very much overlooked," says Tim Walker, DVM, an owner of Somers Animal Hospital. "While it's well known that dogs fear storms, they also pick up on subtle changes in their environment. We might barely notice these sounds, but they can negatively affect a pet."

Pound Ridge resident Gernine Tuckner experienced this firsthand with her rescue dog. "Ringo was struggling with our cell phones and computer

alerts," Tuckner remembers. "Whenever he'd hear those noises, he'd get up from where he was peacefully resting and come to a family member – his body trembled, his teeth chattered and he whined and panted. He also had the same reaction to thunder and lightning."

With family members working from home during the pandemic, Ringo's reactions became worse. His owners started muting their devices and were mindful about where they set up their home offices, which helped. Ringo was prescribed oral anti-anxiety medication, which also helped.

Walker says that staff in his practice are now paying more attention to how patients are affected by sounds in the hospital. He's noticed that reducing noises has helped pets feel safe, which makes them easier to treat.

"We try to keep our exam and treatment areas quiet and use soft, soothing voices," he explains. "We even consider the noise from a basic hair clipper before we use it on anxious animals. At home and at the office, we recommend avoiding harsh or loud music, booming voices, loud laughs, vacuum cleaners, etc. Doing these things can help your dog relax, instead of adding to their stress."

## LOUD LIVING

Your coffee maker beeps when it's ready, there's a "swoosh" sound every time you send an email, and the alarm on your phone reminds you about important appointments. You expect, and even need, these sounds. But every time your pet hears them, their anxiety spikes. Here are some other noises to consider:

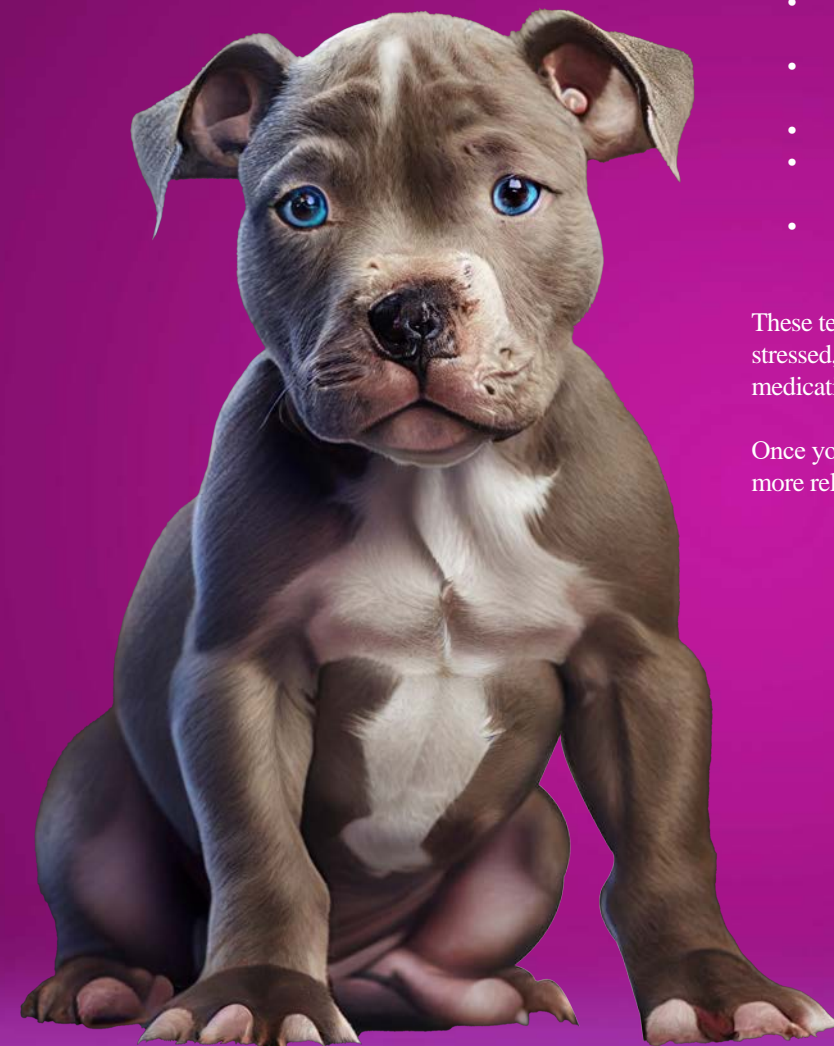
- Coffee grinder, blender or cooktop exhaust fans
- Dog tags on metal bowls
- Garbage and landscape trucks
- Hard rain on the roof
- Human sneezes and coughs
- Leaf blowers
- Loud human voices or arguments
- Pings of texts
- Popping noises, such as a car backfiring, bubble wrap, gunshots, fireworks
- Training collars with warning beeps
- Unexpected jarring noises, such as scraping a chair across the floor
- Urban noises: traffic, sirens, jackhammers, etc.
- Vacuum cleaners
- Video games, inflammatory news channels, movies with explosive noises
- Voices on Zoom meetings

## THE CONCERNED CANINE

Your dog can't use words, but that doesn't mean they can't tell you certain sounds upset them. Common indicators of stress are:

- A crouching/low walk
- Flinching
- Lip licking
- Pacing/panting
- Refusing food
- Retreating
- Salivating
- Seeking out humans
- Trembling
- Tucked tail
- Yawning

In time, noise sensitivities can progress, and some dogs have dramatic responses that trigger them to burrow under blankets, hide in the tub or "climb the walls." Other dogs scramble, whine, bark, tremble or curl up in a ball. Some may even resist going for a walk and become snappy when being leashed up.



## HOW TO HELP

If you think your dog is sensitive to sound, the first step is to identify which noises bother them. To do that, you'll need to become an expert at canine body language (see above).

Once you've determined the triggers, review how often these noises occur in your home and figure out ways to modify or reduce them.

- Block out the sights and sounds of storms with shades or curtains.
- Carpets help reduce echoes and the clicking of heels.
- Create safe zones for your dog, like covered crates and small cozy nooks with no windows.
- Don't breed your sound sensitive dog – we know this trait can be inherited.
- Find times and places when the streets are quiet for your dog's walks.
- Feed your dog during quiet times of the day and in low traffic areas.
- Many pets are calmed when their owners meditate, read, do yoga or other quiet activities.
- If your dog is recovering from surgery or is injured, they may be more bothered by noises than usual.
- Plan ahead for predictable events, such as July 4th, New Year's Eve or storm season.
- Provide comfort in the form of human closeness, soft music and deep pressure massage.
- Offer chew treats, lick mats and snuffle mats.
- Speak in quiet, calm tones and avoid yelling around or at your dog.
- Try thunder shirts, calming pheromones and natural lavender scents.

These techniques help most dogs, but if yours is still stressed, you can discuss situational anti-anxiety medications with your veterinarian.

Once your dog is feeling better, you might find that you are more relaxed as well. **KC**

# TURN YOUR HOME INTO YOUR HAVEN

BY ELIZABETH KEMLER  
ARTWORK BY JOSEPH CERVONI

For some of us, it's a natural inclination—there's a desire to make our living spaces a place of refuge, a haven. Kids, for instance, often create cozy spaces—they build pillow forts, fill their beds with stuffed animals or create blanket houses. Yet as we get older, we sometimes forget how good it feels to curl up in a space that feels warm and welcoming. We may not realize just how much of an impact our physical space has on our mental state. But think about how differently you feel entering a dark, cluttered room as opposed to a bright and airy one.

“It takes a lot for people to recognize how their space affects them, to essentially put themselves first and focus on the importance of their own space,” says Mika McLane, MPS, LCAT, ATR, CCLS, of Westchester Creative Arts Therapy. “I encourage everyone to ask themselves: Have I taken the time to create an environment where I can thrive?”

Science has proven that our mental health is affected by our physical environment. Researchers have studied everything from how neat or messy a space is to the amount of light and the color on the walls. Even textures and sounds play a part. Creating a safe, comfortable place where you can relax and recharge is proven to boost your mood. Here's how you can achieve that in your own home.

## OUT WITH THE OLD, IN WITH THE NEW

Your home should be a place of comfort and contentment, not a source of stress. And while it may seem overwhelming to clear out all the piles and get organized, once done, you'll feel a greater sense of ease every time you walk through your home.

“If our space is chaotic or cluttered, it's a microcosm of what's really operating inside our heads—it's telling us that we need to make some space in our minds, clear out the excess,” explains Jennifer Zauner, LCSW, clinical director of Sirona Therapy in Mount Kisco. “A great way

to start that process is by clearing out our physical space.”

After you've cleared out and organized your spaces (see page 18), slowly bring new items in.

- Keep it simple; don't over-decorate.
- Only fill your space with objects that are uplifting or meaningful; sell or donate items that aren't.
- Remember that your house is meant to be a living-space, not storage for the stuff you don't use.

## BRIGHTEN & LIGHTEN YOUR ROOMS

According to the Newport Institute, light plays an important role in physical and mental health. It's what tells us when it's time to sleep and wake; if it's too bright at night, it will disrupt our sleep. And, our sleep habits are closely linked to our mood. Plus, too little natural and/or artificial light in our rooms can increase our stress and anxiety, which also alters our mood.

To improve your lighting:

- Use lamps or overhead lighting that you find soothing. For example, soft light bulbs produce a more yellow light, which is warmer and cozier.
- Keep curtains open or replace curtains with blinds.
- Position mirrors on the walls across from windows to double the natural light that comes in.

“Colors create the mood in your home,” McLane explains. “Researchers have found that different colors have varying affects on a person's mood. Soft, warmer tones are healing and soothing colors. For a livelier, more energetic feel, you'll want to go with richer, brighter colors. Look at how you feel when you see the color bright red versus calming blue. When you think about the color of your space, ask yourself what kind of environment you're trying to create—energized or calm?”

If you're going for a more peaceful vibe, a good first step is to paint one wall of your room a soft shade of white

or pastel to reflect light and create a sense of calm. If you're drawn to cooler or brighter colors, then see how it feels to add some neutral-colored throw pillows, blankets, decor pieces, artwork or other accents while keeping your walls a brighter shade.

## CREATE AMBIENCE WITH SCENTS

We've all had the experience of smelling something that calls up a positive memory and lifts our mood, even if it's just for a moment. That's no accident; our sense of smell is located in the same part of the brain that processes our emotions.

So, it would stand to reason that our home should smell like good memories. But if you don't know what scents evoke that good feeling, you're not alone. Time to experiment!

Start by visiting a store that sells essential oils or perfumes and smell each of their testers to see what you prefer. Once you find your ideal scents, look for diffusers, incense, candles and room sprays that contain one or more of your favorite fragrances.

## ADD SOME TEXTURE

The right tactile elements can enhance the coziness of your interior; they feel good in your hands and on your body, and they offer lots of eye appeal. Incorporating different textures can also create a sense of depth and warmth in your space.

“Texture is important because touch is a part of our five senses,” Zauner explains. “At Sirona Therapy, our clients have many things to touch, including soft blankets on the chairs and couches, aesthetically pleasing soft pillows, stones and rocks, fidget spinners, crystals and pottery pieces.”

Incorporate a variety of textures in every room. An easy place to begin is by adding a textured wool throw or knit blanket on your sofa. You can also add a wooden table, chairs with textured

upholstery, grass cloth wallpaper or textured ceramic pieces.

## BRING THE OUTSIDE IN

We live in an overly connected world, and we have fewer moments of quiet and stillness these days. Nature helps! If you can't get out into nature as much as you'd like, or you just want a more grounded home, bring nature inside.

Elements that can add an earthy feel:

- Ceramics
- Photos of nature
- Plants & flowers
- Small herb gardens
- Table-top water fountains
- Unfinished wood pieces
- Wood floors

## TAKE YOUR TIME

Most people can't turn their home into a haven overnight, especially if children and animals are in the mix.

“Take it slow, and don't try to transform your whole space all at once” says Zauner. “Even simple things can have an impact. You can add accent accessories—such as a throw pillow, a rug or flowers in a pretty vase, put candles in every room, and hang art you love on the walls (see page 60). You can also arrange your seating area in a way that facilitates conversation.”

And don't feel like you need to spend a fortune—this shouldn't break the bank!

“Your investment in your space doesn't have to mean spending a lot of money,” says McLane. “It's more a matter of investing the time to determine what you really want from your space.”

Haven-ing your space should be a pleasurable project, so give yourself the time to enjoy it and do it right. **KC**



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In 2020, chef Andrea Calstier and his wife Elana Oliver were ready for their next move. Born and raised in Marseilles, France, the high school sweethearts were living the American dream. They'd moved to Manhattan in 2017 and opened their first restaurant a year later, when they were only 23 years old. Papilles was a 10-table restaurant in the East Village that only served a tasting menu; it was instantly hailed as one of the best French restaurants in Manhattan.

"We were very young when we opened, and at some point, we wanted to evolve and try something new," says Calstier who began culinary school at the age of 15 and has worked in several Michelin-starred restaurants in France and New York City. "It was the middle of COVID, and even though we had amazing customers at the time who really supported us, it was difficult. We had to make our menu 'to go,' but we were a tasting menu fine dining restaurant, and you cannot do that to go. So, it was a bit stressful, and we were wondering, 'Okay, what do we do now?' We were thinking about doing something different in the city, but we also had a long-term project on our minds. We had a lot of different ideas, and we were ready to take that next step."

BY GIA MILLER

PHOTOGRAPHY BY  
JUSTIN NEGARD



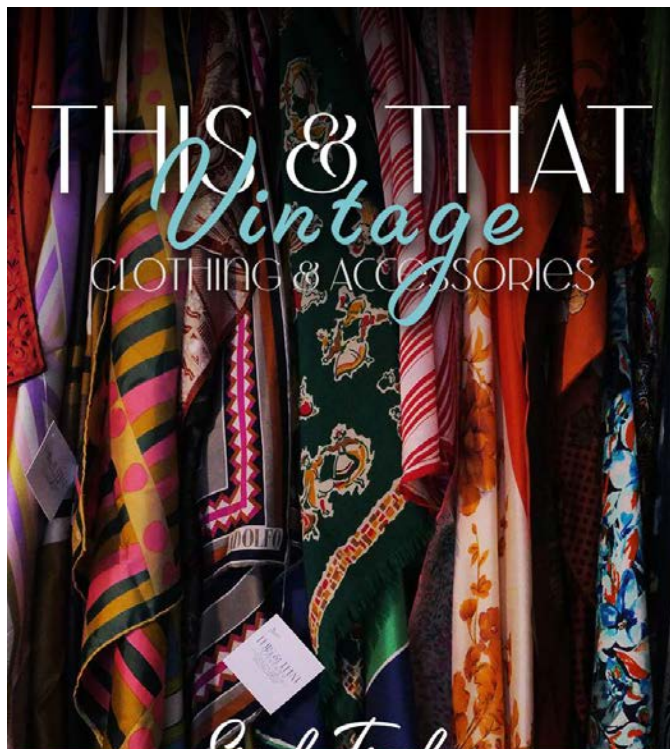
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Their dream was to open two French restaurants: one would serve traditional, everyday French food and the other would be a fine dining, tasting menu only establishment – and they would both be in the same space.

“I have worked in Michelin-starred restaurants since I was 16; it’s something I purely love and am really passionate about,” says Calstier. “But I also really enjoy cooking classic dishes that people can enjoy for lunch when they get together with their family or friends, or even for a special occasion; dishes that are a bit more affordable. So I was dreaming of opening two restaurants.”

But where this dream would be realized was anyone’s guess.

“Our goal was to build a restaurant with a bistro and fine dining that would also have a nice outdoor space,” says Oliver. “We wanted a location where we could have a closer relationship with our farmers or suppliers and with the customers in general. But we didn’t know where it would be. We weren’t even sure it would be in the U.S.”

And then, fate stepped in. North Salem resident Elizabeth Miller purchased the property on 721 Titicus Road, which housed the former Vox restaurant, and she was looking for the right partners to open a new restaurant. Miller asked world-renowned chef Daniel Boulud if he knew anyone who would be interested in her project. He did – Calstier, who had worked at Boulud’s flagship restaurant, Daniel, when he first moved to New York. So Boulud connected them.

“We didn’t know anything about North Salem, so it was a big step for us,” Oliver explains. “We came up to visit maybe two times, and we very quickly realized that we have to do it. The place was amazing.”

Renovating the World War II-era building uncovered a few surprises, such as a crumbling foundation and rotting wood, so in August of 2021, the building was demolished, except for one wall on the eastern side of the building that still remains today.

Although the layout and square footage

remained the same during the rebuild, the overall structure received an upgrade.

“Now, everything is brand new,” says Calstier. “We have better insulation, a better HVAC system, and a really solid building.”

“We started working on this project in 2020,” Oliver adds. “For about a year and a half, it was manageable for us to have both places because this was in the very early stages. But in March, we needed to be here, and it was the right time to sell the restaurant and move. So that’s what we did, and we’ve been here full time since March. It’s been very helpful for the project for us to be present and available for everything.”

The modern interiors are clean and bright with breathtaking views of the property. Cenadou, the 50-seat French bistro is upstairs and La Bastide, which seats about 12 people, is downstairs.

The first thing you’ll notice upon entering the restaurant is a generous view of the property, courtesy of a two-story almost floor-to-ceiling window opposite the front door. Take a few steps inside, and to the right, there’s a small bar, while to the left is Cenadou. The cream-colored walls, wooden tables and large windows create an open, airy feel. But if you walk straight ahead instead, you’ll head down half a flight of stairs, pass by the grand window, and then turn to descend the other half flight where you’ll immediately see the generous wine cellar and La Bastide to the right. La Bastide offers a smaller, cozier feel with slightly darker walls and white tablecloths.

Cenadou will be open for lunch and dinner during the week as well as brunch on the weekend. La Bastide will have two dinner seatings each evening and only offer a tasting menu. Both restaurants feature an open kitchen and local, seasonal cuisine; you’ll see Calstier cooking upstairs during the day and both upstairs and downstairs in the evenings (there’s a set of stairs in the back that goes between the two kitchens).

“Upstairs you will find some classic French dishes that I’m really excited

about doing,” says Calstier. “Even though you’ll find some of these dishes elsewhere, I’ve enjoyed going back to them and cooking them the right way. Plus, there are a lot of amazing dishes that people around here may not know about. There will also be lighter, more seasonal options with vegetables from our garden and some staples that will remain on the menu all year.”

“Downstairs, the menu will constantly evolve based on seasonality and market availability, but it won’t be drastically different day-to-day,” Calstier continues. “You might see a new item every month, for example.”

“A really important part of the guest experience is for each person to leave La Bastide feeling content and not stuffed,” Oliver adds. “It’s a delicate balance, and we’ve received great feedback on that in the past, so I know we’ll find the right balance.”

They’re striving for balance outside as well. The restaurant sits on several acres of land and both restaurants look out onto the property. La Bastide, which is on the ground level in the back, features a floor-to-ceiling folding glass wall that opens onto a limestone patio where, in nice weather, it will become a continuation of the dining room (no additional tables will be added) for outdoor dining and/or a drink before or after a meal. Upstairs, Cenadou offers a terrace for guests to enjoy their meal outdoors.

And they have additional plans in the works, including planting a raised bed vegetable garden that will provide some produce for the restaurants, a wildflower meadow and, one day, they may transform the house on the property into a bed and breakfast.

“We hope our restaurant will become an old school destination where people will come to experience fine dining and enjoy the wine,” says Calstier.

“This property has a lot of potential,” Oliver adds. “We can definitely evolve down the road.”

They hope to open Cenadou in January and La Bastide approximately four to six weeks later once things are running smoothly upstairs. **KC**

# CONFIT OF LAMB SHOULDER WITH FINGERLING POTATOES BY CHEF ANDREA CALSTIER

SERVES 2-3 PEOPLE  
INGREDIENTS

1 lamb shoulder (2 to 3 lbs.)  
2 tsp. kosher salt  
1 tsp. freshly ground black pepper  
2 Tbsp. olive oil  
1 Tbsp. butter  
4 shallots, chopped  
8 cloves of garlic, peeled  
1 Tbsp. tomato paste  
2 cups dry white wine  
1 -14.5 ounce can San Marzano peeled and diced tomatoes  
2 cups chicken stock  
1 bouquet garni (sprig each of thyme, sage, rosemary, bay leaf)  
2 lbs. fingerling potatoes, peeled  
Zest of 1 washed organic lemon  
1/4 cup freshly chopped parsley  
Espelette pepper (or similar chili pepper)

## DIRECTIONS

Preheat the oven to 280 degrees F.

Season all sides of the lamb shoulder with salt and pepper.

Heat the oil in a Dutch oven or large pot over medium-high heat and sear the lamb on both sides until golden brown, about five to six minutes per side. Remove the meat to a plate.

Lower the heat to medium-low and add the butter, shallots and garlic cloves, stirring occasionally. Cook for two to three minutes until the shallots are translucent. (Lower the heat if the shallots start to become too dark.)

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THIS RECIPE



Add the tomato paste and stir to combine.

Add the wine and stir to deglaze and blend the flavors together.

Add the diced tomatoes, chicken stock and bouquet garni. Return the seared meat to the pot. The lamb should be three-quarters immersed in the braising liquid. Add a bit more stock if needed.

Cover and bake for three hours.

After three hours, uncover the pot and remove the excess layer of fat if needed.

Baste with the braising liquid in the pot.

Add the potatoes, stir, cover and continue to cook for an additional hour.

Remove from the oven and let the dish rest for at least 30 minutes before serving. This will allow the meat and the potatoes to absorb all the sauce.

Finish with the zest of a lemon, freshly chopped parsley and a few pinches of Espelette pepper.

Serve with an arugula salad on the side. **KC**

# A CERTAIN KIND OF SADNESS



WRITING & PHOTOGRAPHY  
BY JUSTIN NEGARD

**H**ave you ever seen a ladder look depressed? Or a bookshelf making friends with a couch? Perhaps a plant working through an emotional trauma?

Artist Rebecca Manson sees these things everyday. As a sculptor, she has honed her ability to simply observe, finding movement and struggle in the inanimate. Her Bedford Hills studio is filled with conflict and memories hidden in plain sight; there are echoes of her life and psyche revealed in the steps of a porcelain ladder and the leaves of a freshly glazed delphinium plant, and beautiful flowers with the slightest hint of wilting in their structure. The uninitiated may not see this right away, but that's the point. Be patient and look closer.

"I'm fascinated by the relationship between our lives and nature, how nature is brought inside or how our lives go outside," says Manson. "Looking at my bookshelf, for example. I like how the shelf is using the plant to try and stand up and be at attention in the world. But it's not about the shelf holding up the plant, it's about the plant and shelf deriving purpose from one another."

For Manson, the bookshelf and the plant are symbiotic. Like so many things in her world, Manson sees something deeper in the things that surround her.

## FRAGILE STRENGTH

Manson brings this anthropomorphism to her own creations. Beginning with an external observation or past memory, she works with materials that allow her a juxtaposition of fluidity and permanence, blending steel and wood with clay, glaze and industrial adhesives. Porcelain is a favorite material as it shows incredible fragility and strength all at once.

"Often, people are terrified when they see that my work is porcelain," she says. "But you can climb on it – it's actually really strong. It's actually something I'm very proud of – a lot of engineering goes into these works. It took me years to learn how to combine materials like porcelain and steel."

Manson also appreciates porcelain for the life and spontaneity that it can bring.

"I'm interested in human gestures and the body and in depicting posture," she explains. "I like identifying the





human form from things in nature and the environment. When I make something in porcelain and put it through the firing process, it goes through stages that really cause it to take on its own life, which brings that character in.”

For Manson, color and lighting are also essential to bring out the emotion of her piece. She is meticulous in all aspects of the sculpting process, and she has even created a series of textile swatches to reference as she works. Row upon row of dark clay and porcelain samples hang on the walls of her studio. Each sample exhibits a different chemical reaction and color result, as she experiments with various types of glazes to produce different hues and textures.

“My recent ladder piece (titled “Rope Swing”) is supposed to be under two different moonlights – a blood moon and a blue moon,” she explains. “It looks simple, but the application of colors on that piece involves these little tiles to make sure that the lighting is

just right. Glaze isn’t just color; it’s color and texture and all kinds of reactions coming together to make something unique. Sometimes ideas start here when I’m experimenting.”

## A SADNESS THAT FEELS GOOD

Manson’s sculptures take on an almost human portrayal. “Rope Swing” features the form of a ladder, made largely from steel and porcelain, to show something she hopes is entirely unsettling. Manson’s version of a ladder is bent and off kilter, which she says diminishes its structural confidence. The legs are wonky, the steps are jilted and the frame is made from porcelain, which she hopes leaves viewers with a feeling of instability.

And yet, “Rope Swing” is also adorned in sculpted autumn leaves and intricate designs, which she says

counterbalances the otherwise clumsy stance of this piece. Manson wanted the decor of her ladder to appear almost regal, creating a combination of the beautiful with the awkward – it’s a commentary on how she remembers a memory versus the truth of that memory.

“We are our memories,” says Manson. “When I think of the ladder, it’s about the way we change how we think about the events. They change in our memory over time. We tend to romanticize them. It’s about wanting to go back, but not wanting to go back. And that’s all about how people see themselves.”

“This piece comes from a memory of a time when I went skinny dipping in the woods as a teenager,” Manson continues. “There was a rope swing very high up. I was scared, but my friends encouraged me to do it. I grabbed the swing, but I was totally afraid I was going to fall, and I did; I actually ended up eating the ground.

The feeling here is the defining part of youth that we’re all trying to get back but also don’t want to ever return to.” Manson calls this nostalgia “a certain kind of sadness that feels good.

“It’s a theme that I’ve woven into my work over the years. A kind of sadness that comes from missing or loving someone or something.”

## CLEANING BUCKETS AND LEARNING PATIENCE

Manson is patient – sculptors have to be. It’s something she developed over the course of her life, studying art since childhood.

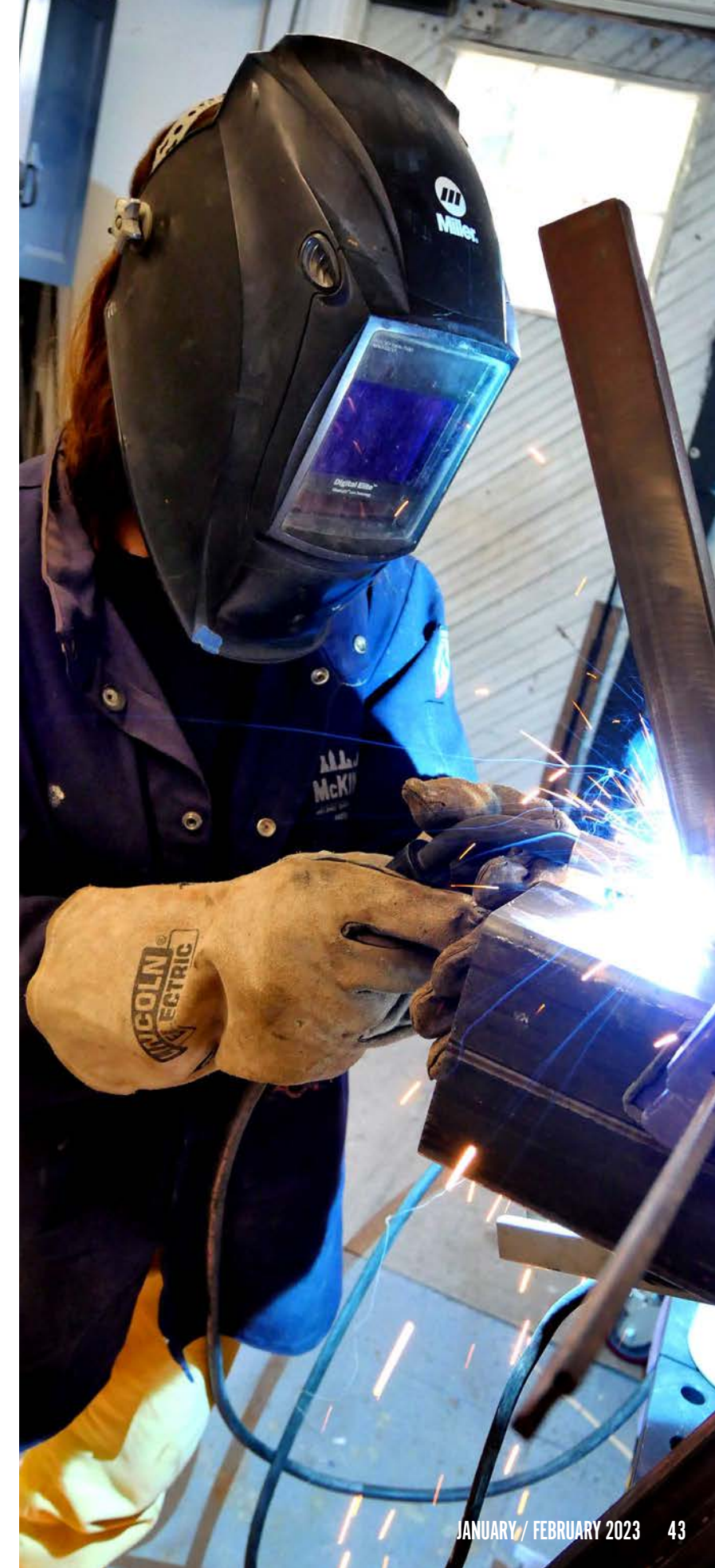
“I started taking pottery classes at Clay is the Way in Katonah, which no longer exists,” she remembers. “I was eight years old and spent every Saturday and Sunday there for years. In high school, I went to art school for a semester to study sculpture. Ceramics is a part of my DNA.”

Manson continued to study art at the Rhode Island School of Design. It was there that she developed the skill and passion that would sustain her eventual career. One professor in particular, Frank Bosco, left an indelible impression on her.

“The foundation of this class was to clean a bucket,” recalls Manson. “The professor spent the whole first class, which was three hours, showing us how to clean that bucket. It was performance art, but he was really trying to make a point about doing things perfectly and doing things right.”

This didn’t jibe well with Manson initially, as she describes herself as a bit of an “impulsive slob.” However, the professor taught her how to slow down and take her time in everything she attempts. Following college, Manson took the plunge.

“I applied for a really amazing grant called the Windgate Fellowship through the Windgate Foundation, which supports





craft artists,” she explains. “They gave me eighteen months of funding to continue my work and research. I decided to work and study in Berlin because it has an amazing art scene. I wanted to learn German expressionism and traditional German porcelain. Plus, I liked the idea of a place that was known for its innovation but also had a very dark history. You could see the old stone and the new stone on buildings throughout the city; the blackened ash from the bombings was just so apparent. They chose to keep those details rather than erase them, and I liked that.”

When her grant ended, Manson left Germany to do a one-year residency at California State, Long Beach. Her time there encouraged her to work on a larger scale.

“Cal State has a really unique art program with massive kilns and some of the best facilities in the country,” she explains. “I weaseled my way in and learned about working on bigger pieces.”

Manson slowly built momentum and experience, freelancing with artists, fabricating molds and doing art conservation work.

“The focus was paleontology,” Manson recalls. “The company I worked for dealt with exhibition productions, creating replicas of large scale dinosaur dioramas. I would go through bone by bone, fossil by fossil, cleaning the real bones and sculpting onto them as well so that when you go to a place like the Natural History Museum, you can’t tell what was real and what has been added on.”

After three years, she returned to New York, landing in Brooklyn along with her future husband, where she began teaching pottery at the Upper West Side Jewish Community Center.

“Teaching was big for me because it kept me in a constant dialogue with other artists,” says Manson. “The other teachers there were artists as well who, along with my students, created an incredible community. I’m still in a group text with many of them, and it’s been over two years since I left.”

Simultaneously, Manson began working as an assistant to sculptor Kathleen Ryan who taught her how to successfully run a business as an artist.

“I got to witness her career having a boom sort of moment,” she remembers. “I saw her grow and run a studio in a professional way. That sort of thing helped me envision whether I could put all the parts of a career together to be an artist. It helped me figure out whether it’s a life I would get a lot of joy out of and if it’s something that would drive me. And it helped me realize that it would only happen for me if I stopped working all these other jobs.”

Manson tapered off her teaching and freelance work, and eventually even left her job with Kathleen Ryan. She went out on her own in 2019.

## A BIT OF LUCK

“I don’t believe the harder you work the luckier you get,” says Manson. “I believe the harder you work, the easier it is for you to identify opportunities when they come.”

For Manson, luck came when an art dealer she met two years prior at Art Basel in Miami contacted her with a last minute problem.

“He had a show at The Armory in Midtown,” she describes. “One of his artist’s sculptures broke in transit, and he asked if I could fix it. I got in the car with my kit and went to take a look. The piece was beyond repair, but the dealer asked me if I wanted to bring one of my pieces to the show instead, so I stayed up all night building a crate. I drove it to the pier and it actually sold! The dealer received great feedback on the work. Four days later, the city shut down because of COVID-19, and I had to quarantine in my studio.”

Manson used her quarantine time to begin a new series and create a lot of new work. Once again, that art dealer approached her, this time offering Manson her own Armory show. These days, her work is frequently shown at the François Ghebaly Gallery in Los Angeles and the Josh Lilley Gallery in London. She plans to hold shows in both studios in 2023. You can also find her work on Instagram at @rmanson.

## OUTSIDE OF GEOMETRY

Like most artists, Manson’s work has continued to evolve over the years, changing in size, style and color. She believes her transition is best exemplified by the design of her sphere, which presently sits at the entranceway of her Bedford Hills studio. The large sphere features a near perfect circular shape, which sits atop a strikingly small base. A closer look at this piece reveals an intricate pattern of white piping woven across the surface, like the curvaceous pattern of a brain.

“The sphere was a big milestone for me, technically,” Manson explains. “It’s a completely different body of work than what I’m doing now, but it was very relevant for me in studying structure. There’s a lot of detail there, where it seems like things are falling apart but they’re actually not.”

As her work has evolved, her focus on geometry has remained. Manson’s early work, she says, respected the rules of geometry. Her newer work has started to break those rules, working “outside of geometry,” she says.







“What I love the most is the contrast between human relationships and nature,” says Manson. “Nothing speaks more to that than something tangling on top of something well defined. Nature provides the most complex and conflicting geometry.”

## PURGATORY

For Manson, ideas may even start after a piece is complete. Outside her studio lay the bodies of past work sitting in the grass, waiting to be chosen or turned away.

“The outside is purgatory,” Manson jokes. “There’s a cycle to things. There’s always editing. Not everything I create makes it into the world. Sometimes I sit with it for a while until I decide that it shouldn’t live anymore. They’re out there until they break or I throw them away...or not. It puts me through a questioning. If I catch myself looking at them, then I know something about them matters and I bring them back inside.”

Manson is always thinking about what to keep and what to let go. She revisits her memories and analyzes them with the patience one might employ in properly washing a bucket. After all, memories are never as beautiful as they seem. **KC**



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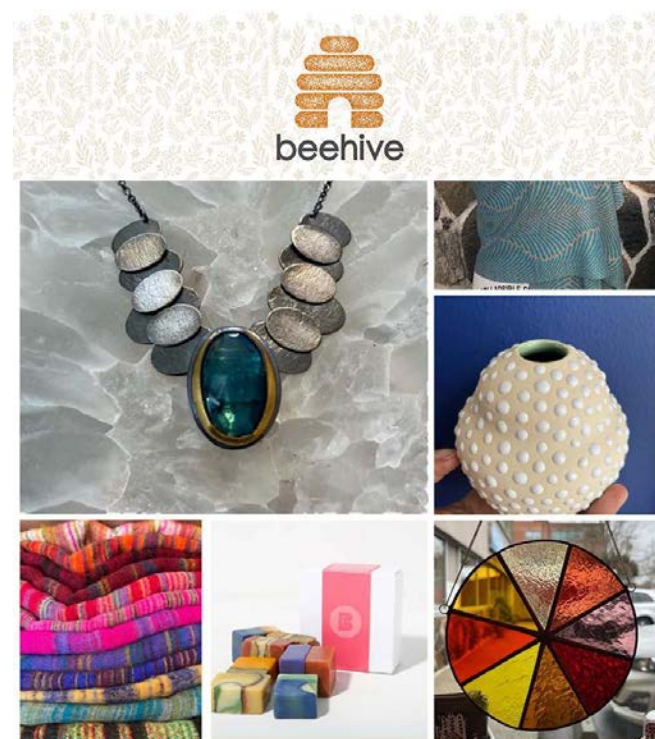
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# WELCOME HOME

Our homes reflect who we are – it's the place where we belong. When you welcome someone to your home, you're sharing the essence of who you are.

In our home section, we explore that concept. First, we offer some insight into what inspires people's homes – from technology to art. Then, we invite you to meet some of your new neighbors who have made our towns their new homes over the last several years. You'll learn a bit about who they are, what they value and what they're bringing to our community. Next, we speak to local experts about the latest home trends, which reflect who we are becoming. And finally, we're giving you some tips on how to do a few things around your home: hang art, paint, upgrade your faucet and refinish your furniture.

Please, come on in – you're always welcome here.

# What Inspires Us?

We're all unique individuals with our own personal aesthetic, and our personal style is expressed throughout our homes. But when it comes to what influences the items in our home, we believe there are four main categories: science & technology, art, pop culture and globalization. Here are some examples.

Andy Warhol's bright, colorful pop art still inspires how we decorate.



To create more Zen in our homes, we look towards traditional Japanese design concepts that feature a clean, natural look with a variety of wood and stone elements.



Space exploration has led to many inventions that are commonplace in our homes, such as water filtration.



From mansions to boho chic, the homes in "Big Little Lies" represent a variety of styles that are trending today.

Artists like Takashi Murakami have brought renowned artwork into our homes via pillows, blankets, mugs and more.



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Classic artists like Monet continue to inspire the work hanging in many homes today.



Italian design creates an elegant, luxurious home full of comforting textures and warm colors.



We turn to Scandinavian design when seeking a clean and modern home that still feels warm and cozy.

The art deco style of "The Great Gatsby" inspired us to add more glitz and glam to our home.



"Mad Men" revived our passion for mid-century modern design.



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# OLD HOUSES, NEW HOMES

MEET THE PANDEMIC MOVERS WHO NOW CALL OUR TOWNS HOME

BY KEITH MEATTO  
PHOTOGRAPHY BY JUSTIN NEGARD & ANNALIA PANTALEON

In March 2020, Tina and Sebastian Villaveces hunkered down in their Brooklyn apartment, working remotely, caring for their infant son, and taking pandemic precautions: minimal human contact, masking in public, quarantining groceries. After four months of lockdown in tight quarters, they bought a house in Pound Ridge.

“I always thought of myself as an urban person,” says Sebastian, an attorney who grew up in Bogotá and has lived in New York, Paris and Chicago. “This was my first suburban, semi-rural living.”

They’re not alone. In recent years, an influx of city dwellers have abandoned urban life and embraced suburbia, fueled by the pandemic and the rise of remote and hybrid work. These transplants have traded apartments for houses, subways for cars and concrete jungles for actual trees. In Northern Westchester, cosmopolitan expatriates are pleasantly surprised by small town pleasures, even as they adjust to challenges that come with the territory.

The pandemic accelerated a demographic shift, according to Betsy Ronel, a real estate broker at Coldwell Banker. Since 2020, Ronel has seen a “huge exodus” from Northern Westchester to North Carolina and Florida, plus migration to Arizona and Colorado. In a frothing housing market, many local retirees and older couples with grown kids cashed out, selling their homes to younger families – mostly from Brooklyn, Manhattan, Lower Westchester and Long Island – suddenly eager for more indoor and outdoor space, lower taxes and a slower pace of life.

## EMBRACING THE ‘BURBS

Like many locals, the new arrivals include creatives, entrepreneurs and socially conscious citizens.

“Every person I meet here blows my mind,” says Tina Villaveces, who founded Yellow Studio in Cross River, an art gallery, co-working space and creative community for women. “No one here is lazy. Everyone is doing something cool.”

Take Bonnie Gleicher, a theater composer who moved to Katonah from Manhattan with her husband and dog, Gerbert. An Armonk native, Gleicher finds the serenity conducive to creativity. Following her Off-Broadway musical about a puppet with autism, Gleicher is now composing “Gavroche,” a “Les Miserables” reboot told from the perspective of the titular street urchins.

In North Salem, Jason Kadlec draws inspiration from his new community: people working in theater, film and the visual arts. Kadlec, a real estate agent, is writing “Teddy’s Friends,” an animated series that promotes emotional intelligence and social justice for elementary school boys, partly inspired by his childhood struggles as “a gay guy in the Midwest” and his self-empowerment as an adult.

“I want to give kids a taste of freedom on the other side of fear, rejection, anger,” explains Kadlec, who moved from Manhattan to Westchester in 2018 with his husband, who grew up in Katonah. “There’s power and magic on the other side.”

## THE GREAT OUTDOORS

Like Gleicher and Kadlec, many newcomers gush about Northern Westchester’s proximity to nature and city access—the best of both worlds.

Joe Kaiser, an opera singer, relocated to Katonah after decades in Chicago, and he says he loves the serenity.

“From my house I can see two other

houses,” says Kaiser, a Montreal native who grew up in Scarsdale. “But I have to use a telescope to see them.”

Tranquility also suits David and Taleen Mena, who relocated from Los Angeles to South Salem with a pandemic pit stop in her native home of Colorado.

“The ratio of trees to people is about 1,000 to one,” jokes David, an entrepreneur born in the Dominican Republic and raised in Sleepy Hollow. “That’s a good ratio.”

“I think it’s the right place for an individual or family who want quiet and to be away from the chaos, but still in a place where everything is accessible,” adds Taleen, an HR consultant. “I joke that we’re country adjacent.”

Ian Roberts, who left Brooklyn for Pound Ridge, cherishes the local biodiversity. In his new backyard, he’s spotted foxes, bobcats, possums, turtles, herons, hawks, turkeys, otters... and a bear.

Greg Herrera, a university administrator, and his wife, Anna, a schoolteacher, came to Katonah from Harlem with their daughters in the fall of 2020 after summer stints renting in the Catskills.

“It was a pure pandemic panic move,” Herrera says. “New York City apartments weren’t meant to do everything: live, work and go to school.”

Herrera now loves hiking at Ward Pound Ridge Reservation, skiing at Thunder Ridge and hearing live music at Caramoor—plus the proximity to Manhattan.

“We love how convenient it is to go to the city,” he says. “We go back to our old stomping grounds – concerts, Broadway shows – probably more now than when we lived in the city.”

## BE MY FRIEND?

The major challenge for new arrivals? Finding their people.

Some newbies have made friends through kids’ play dates, birthday parties and youth sports. Others have joined adult tennis, softball and volleyball leagues. Many follow local listservs and social media groups. Still, to city transplants, small towns can feel insular and impenetrable, especially during a pandemic.

“When I first moved here, I wrote a little ditty: ‘Does Anybody Wanna Be My Friend?’” says Gleicher. “I’ve made a couple of friends [since], but it’s not as easy here as in the city.”

Kadlec felt welcomed by his neighbors, yet notes an unspoken tension in the area between long-time residents and newcomers. “You’re coming onto someone else’s turf,” he says. “There’s an element of ‘who are you and why are you here?’”

Ronel, the real estate broker, adds that longtime residents have complained about increased traffic, speedy drivers, leaf blower bans, and even the color run—phenomena, which they ascribe to newcomers.

“Change is hard,” she says.

## YEARNING FOR A “TASTE” OF HOME

City expatriates’ other common complaint is local restaurants’ lack of dietary options and ethnic diversity.

Kaiser, an investor in the Chicago restaurants Oriole and Kumiko, yearns for more global cuisines, especially Japanese, Indian and Vietnamese.

Manhattan transplant Lauren Baptiste, founder of Acheloa Wellness where she’s a “burnout coach for corporate women,” appreciates her outdoorsy lifestyle in Pound Ridge, but pines for healthier menus.

“I am vegetarian, and I find that it’s not impossible, but it’s not easy here,” she says. “I would love to see greater diversity in food, including different dietary preferences.”

Don't forget vegans, adds Sibil Sebastian Patri, a corporate strategist who moved to Waccabuc from Edgemont – and previously from Manhattan.

“Having vegan options on menus doesn't just help vegans,” she explains. “Not everyone wants to eat meat or dairy all the time.”

Herrera wishes restaurants kept later hours. “It's hard to put your kids to bed at 9:00 and then [go out for dinner when] every place is closed at 9:30.”

## TRANSFORMING OUR COMMUNITIES

For city transplants, the culinary landscape mirrors the lack of racial, ethnic and socioeconomic diversity, despite the preponderance of Black Lives Matter and We Believe signs.

“People are open minded and welcoming,” notes Herrera, the son of Colombian immigrants. “But there isn't a lot of cultural diversity.”

Patri agrees. “It's very homogeneous here,” she says. Her parents hail from Kerala, India, and her Indian husband grew up in Hong Kong.

To promote diversity, equity and inclusion, Patri joined the DEI group at Increase Miller Elementary School, which recently made bulletin boards celebrating Diwali, Native American heritage and Filipino heritage; she's also a member of Katonah-Lewisboro School District's Equity and Racial Justice Committee. Beyond lived experiences, Patri brings a professional track record on her firm's DEI committee, advocating for women and minorities.

She's not alone. Andromeda Turre, a musician who moved to Mt. Kisco and then Katonah from Manhattan, chairs Bedford's diversity committee and runs Growing Up Jazz, a series of music and diversity workshops for all ages. And, Katonah residents Andy Yu and Evan Goldberg have held various community events to promote ethnic diversity and inclusion since they moved from Manhattan during the pandemic.

To be sure, the lack of cultural diversity isn't monolithic. The Villaveces family are raising two bilingual children, and they were thrilled to meet other local native Spanish speakers.

Similarly, Alia Ornstein — who relocated from Greenpoint to Pound Ridge with her husband, Ian Roberts, and their children — appreciates the relative diversity of the Bedford Central School District. Nevertheless, she would welcome more economic diversity, equity and inclusion.

“I'd like to see commerce at different price points,” says Ornstein. “Where business districts exist, I would like for them to not cater only to upper income individuals. I think that's a missed opportunity. I would love to see more mixed income housing in this area.”

Ornstein believes that Northern Westchester should court more apartment buildings and multifamily houses, like her childhood home in New Britain, CT, which she describes as “a small city composed mostly of blue collar, BIPOC and immigrant folks,” like her mother from Poland.

She called the new affordable housing in Goldens Bridge, Lewisboro Commons, “a good starting point,” but not enough to meet the potential demand.

While Ornstein's desire to urbanize the suburbs may seem like the inverse of her job as Chief Operating Officer of Brooklyn Grange, which builds urban rooftop farms and green spaces, she sees an opportunity “to give all of this green and this richness and resiliency to a larger swath of people.”

All in all, while many transplants are still adjusting to their new communities, they're optimistic about the future. They hope to infuse the area with their global perspective while appreciating the virtues of the community that attracted them here in the first place.

And for any city dweller with mixed feelings about rocking the suburbs, Mona Lipson offers an encouraging example. Lipson — a digital marketer who also runs the Guatemala Healing Hands Foundation and Miss Mona Makes Ice Cream, migrated to Pound Ridge in August 2022 after living in the city since birth.

“If I could leave Brooklyn after 40 years,” she says. “Anyone can do it.” **KC**

*Previous page, top row: Tina and Sebastian Villaveces at LMNOP Bakery in Katonah, Bonnie Gleicher, Sibil Sebastian Patri, Alia Ornstein; second row: Jason Kadlec, Greg Herrera; third row: Joe Kaiser, Lauren Baptiste; bottom row: Mona Lipson at Design Solutions in Pound Ridge, David and Taleen Mena at LMNOP Bakery in Katonah.*

# THE NEWEST HOME TREND: OPTIMIZING SPACES



Photo courtesy of Country Willow

BY GIA MILLER

The economy and current events heavily influence our homes. We can thank the end of the 1918 flu pandemic and World War I for the glitz and glamour of the 1920s. The stark modernism of the 1930s is due to the Great Depression and the beginning of World War II. The rebelliousness of the 1960s brought bold, youthful colors and individualism to the home. The excess in the 1980s led to minimalism in the 1990s. You get the point.

So, what about the 2020s? What home trends are happening due to the pandemic, especially in our area? We spoke to interior designers, realtors and even landscapers, and they all had something different to say. But when we took a step back, we were able to see one major similarity: homeowners are optimizing their spaces.

“When COVID-19 hit, people made accommodations to their homes based on what they needed,” says Rita Carrozza, a realtor at Houlihan Lawrence in Katonah. “Some converted their extra bedroom into a home office with a door so they have privacy for Zoom calls, while others reconfigured rooms or built an addition to accommodate their family's new lifestyle.”

## RELAXING FORMAL ROOMS

Gone is the “beautiful to look at” furniture in formal living and dining rooms, and in its place are the “comfortable to sit on/at” pieces. Rooms that were previously used only for special occasions are now rooms that everyone can enjoy daily.

“Over the past few years, a lot more customers have purchased sectionals for their family and living rooms versus the recent past,” says Andrea Gottschall, an interior designer at Country Willow. “When the pandemic began, people realized their furniture may not have been as comfortable as they thought, and because they were spending all their time at home, they wanted bigger, cozier seating so everyone could sit together.”

Gottschall says she's noticed the same trend with tables. Instead of narrow, elegant dining tables, customers now request larger tables so more people can comfortably spend time together eating and relaxing. Even hard-edged coffee tables are being replaced with soft ottomans that “relax the room.”



Photo courtesy of Country Willow

## THE NEW HOME OFFICE

During the pandemic, one of the most used rooms in our homes became the home office. Homeowners without a pre-existing home office found ways to turn bedrooms, dining rooms or even closets into offices. And many found themselves creating a second, third and even fourth office space to accommodate every family member's work/learn-at-home needs. Our home offices are here to stay, and now, whether they're old or new, our offices are getting makeovers.

"People are choosing comfort and personalization," says Gottschall. "They aren't in a rush to get back to their corporate office, and as they spend more time working in their home office, they need a comfortable desk and chair. But they also want the room to be inviting – they want to enjoy their office and not dread going into that room each morning."

While personalization is different for everyone, there are some overall trends beginning to form. Men and women are adding sofas or large, comfortable chairs they can relax in to think, read a document, take a power nap or even entertain. They're adding lamps you'd typically see in a living room, accessorizing with decorative items and art, buying more storage cabinets, and painting the walls soft, soothing colors or installing patterned wallpaper on one or all walls – Gottschall says she had one client who used a very subtle wallpaper on the ceiling because it made her happy.

And some people are taking over other rooms, creating office suites or completely separate spaces, according to Compass realtor Kathleen Usherwood who serves the Bedford area.

"People are also putting all kind of amenities in their office," she says. "It could be anything from a little coffee bar, a reading nook or a space for meditation."

According to Jenn Cipriano of Copia Home & Garden in South Salem, they're also purchasing plants that purify the air, such as spider plants, Sansevieria, Chinese evergreens and ferns. And some are also adding small trees, like olive or citrus.

## CREATING FLEXIBLE SPACES

According to Usherwood, "flexi-spaces," as she calls them, began in the workplace several years before the pandemic, and they finally made the leap to our homes when most people were forced to work from home daily.

People began using their whole house as an office during the day, and transitioning it to serve other purposes at night or on the weekends.

"It gets really boring for people who are living and working in their homes to be in the same space all day," says Usherwood. "I see more and more flexi-spaces happening throughout the home. They may call it the office or the library or the gym, but it's a space that can transition in a heartbeat. It can be an office by day and easily transition to a place to hang out and have a glass of wine with friends in the evening."

Carrozza says that the open-floor concept has continued to remain a big trend, especially among younger buyers who want to keep an eye on their kids in another room.

"With young children, visibility is key," she says. "So parents are making spaces where they can work during the day and entertain in that same area in the evening."

"This is how people are living these days," Usherwood adds. "We're still sleeping in the bedroom, but we're doing everything else everywhere else. The eating, the working, the reclining, the watching television – that's all moving around."

## MEET THE THREE-SEASON ROOM

Because we're moving around our homes so much, we need more space. Whether it's a porch or patio, homeowners are turning their least-used space into a room they can enjoy at least three seasons of the year.

"This is not your grandma's screened-in porch," says Usherwood. "These rooms are designed to feel like you're outside, featuring large floor-to-ceiling windows, a fireplace or radiant floor heating and comfortable seating. Some have small refrigerators or a little wet bar. They're intimate living spaces where you can enjoy your morning coffee, sip a glass of wine or even work."

Usherwood says three-season rooms are just beginning to pop up around here, and she predicts that we'll see more and more in the coming years.

"I predict that, during the next decade, we'll see more three-season, and even four-season, rooms where you can open all the windows on a nice day and feel as though you're outside, but you're still able to plug in," she says. "And even when the windows are shut, you'll still feel like you're out in nature. It's a real trend that came out of the pandemic."

## TRANSFORMING THE OUTDOORS

And finally, there's the backyard, which is also experiencing a transformative moment – and possibly the most unique of all. Some are installing outdoor kitchens, complete with built-in grills, sinks and pizza ovens. Others are creating a more relaxed environment with a fire pit (built-in or not) and higher-end furniture. And some are building athletic areas; pickle ball courts are rising in popularity throughout our towns.

But one common theme is what they're doing, or not doing, with the remaining grassy areas. Many of our neighbors are focused on finding native and low-maintenance alternatives to a large, grassy lawn.

"People are adding more clover to their grass because clover requires minimal input," says Cipriano of Copia Home & Garden. "Clover used to come in grass seed mixes years ago, but it fell out of favor because of the bees – people were afraid of getting stung. But clovers don't require a lot of mowing and they put nitrogen back in the soil. They're also creating "no mow" areas in the parts of their yard they don't use very often. They'll let certain types of grasses grow and only mow them once in late winter and once in early spring. These areas are supportive of the local flora and fauna, harbor beneficial insects and are environmentally friendly."

Another environmentally beneficial change that's trending is planting native shrubs, which do require some maintenance, and larger trees, like oaks.

"Trees and shrubs are so supportive of the environment," Cipriano explains. "They're beneficial to insects, animals, birds, everything – it's been a huge trend."

While our experts seem to believe that this home optimization trend will continue, we wondered if it'll make our homes more difficult to sell in the future? Is a wallpapered ceiling be a selling point or a distraction?

"In our area, buyers are looking for the community, and when they find one they really like, there's some flexibility in what type of house they buy," says Carrozza with Houlihan Lawrence.

In other words, if you've been hesitant to customize your home because "breaking the rules" might prevent a future sale, don't let that hold you back. Replace the formal dining room with whatever works for you, build create a transformative space you enjoy, build a three-season room or install that pickle ball court. Make your home work for you...everyone else is doing it. **KC**

# HOW TO BUY ART

BY GIA MILLER

There are two types of people who buy art: one type buys to build or grow a collection, and the other buys to decorate their home. If you're an art collector, you either know how to purchase artwork that will increase in value or have hired someone who does. But if you're buying art to decorate your home, odds are no one ever sat you down and told you "the rules" – so this article is for you.

## BUY WHAT YOU LOVE

The number one rule: buy artwork you love. Don't take advice from your friends, your neighbors or your family – you're the one who will look at that piece for a few decades, so buy what makes you happy.

"There should be a little bit of a love affair with the art," says South Salem-based artist Andy Hammerstein. "You have to like the look of it; you don't want to always be yelled at by a painting. It's got to be handsome, sexy even, but just enough that it has earned the right to be in your room. And then later, when you have time to really look at it, the artwork should develop."

## MATCHING ISN'T NECESSARY

Leave the paint swatch or fabric sample at home – your artwork doesn't need to perfectly blend into your room. In fact, it's okay to let it stand out. But if you're concerned about creating a cohesive look throughout the room, Rita Baunok, artist and owner of Chroma Gallery in Katonah, says the best way to do that is to make sure all the pieces – paintings, ceramics, glass, etc. – have one unifying color. Even if that color is a small part of each piece, it will help your eyes travel around the room.

"I personally like mixing styles," says Baunok. "I really like to see a traditional landscape with an abstract painting in the same room. When customers come into my gallery and tell me their house is modern so they're looking for something contemporary, I encourage them to try to think out of the box. Mixing styles is not as hard as you might think."

## SIZE DOESN'T MATTER

Have a small house but fell in love with a large painting? If you have a wall at least as big as the painting, go for it. Is that small piece calling your name, but you have a very large wall to fill? Get it, then fill in the space around it with additional art or accessories.

"I like bigger art – I think it should be a focal point in the room," says Bedford-based artist Alissa Leigh. "If you spent a lot of money on a piece, then it should be something that people notice when they walk into the room. But if you go smaller, then accessorize on either side to fill in that space. Or, build a gallery wall so the art doesn't get lost."

And remember, if you fall in love with a piece of artwork only to hang it in your home and realize it just doesn't seem right, then try something different. You can move it to another room or accessorize the current room with some complimentary pillows, lamps or a rug. If you love it, you'll find a way to make it work. **KC**

# THE DIY HERO

BY JUSTIN NEGARD

In the modern world of YouTube videos and 'how-to' websites, the DIY solution can be tempting. A two minute video can be all the inspiration needed to break out the welding torch and chainsaw. But should you? How do you know what's within reach and what's going to burn the house down or leave you knee-high in a basement full of water? You might be surprised to learn how much you can do in this 'no guts, no glory' game of home improvement.

## START WITH THE EASY STUFF

Paint never knocked a house over. It's something that, with the right amount of patience, anyone can attempt. Sometimes a good paint job is all a room needs. Consider bold, out-of-the-box colors done in a delicate way.

Shelves can drastically change the look of a room and declutter it in the process. Many home stores offer pre-built shelving, but you can also buy your own wood along with some sandpaper and a can of paint or Danish oil. Remember to go with reinforced shelf brackets to avoid eventual drooping, and never take shortcuts when it comes to stud finding and wall anchors.

## GET UNDER THE SINK

A bathroom or kitchen can achieve a new personality by simply adding a shiny new faucet. Set aside the bottles of bleach and boxes of Brillo pads under the sink and get to work. Step one for anything water related is to – you guessed it – turn off the water. Every sink has valves for the hot and cold water supply, so always start there. From that point, a couple of wrenches are all you'll need to dismantle the old spout and faucets. To install the new one, simply reverse everything you did to disassemble the old one, and you're all set.

## FURNITURE FIX-UPS

Look around your house. Are there any tables or chairs that need a little love? It's amazing what you can do with only a tack hammer, some wood glue and a little paint and polyurethane. A good palm sander is worth the investment on this, as are a couple of face masks. Strip down the outer layer of the piece, smooth out the blemishes, and apply some new color. You'll be amazed at how easy and refreshing this process can be.

## BE BOLD, BUT BE SMART

Home repair and renovation can be a rewarding experience. We only mentioned a few basic projects you can undertake, but this may inspire you to try a little more. Whether it's tiling and flooring, cabinet replacements or something bigger, don't be afraid to challenge yourself if you feel comfortable.

However, we also want to stress the idea of safety first. Don't wade too deep into the DIY waters if you're really unsure, and never substitute your own initiative for the expertise of a professional. DIY projects should be casual and fun, but for serious work there is no replacement for our local carpenters, handy people and builders who will do things correctly and safely. **KC**



Photo courtesy of Primrose Interior Designs





Over the past 25 years, Lisa Corbellini has developed a reputation as an interior designer who truly listens to her clients.

“Your home should reflect your personality,” says Corbellini. “My main priority is that my clients feel comfortable in their home, and that’s why every home we design looks unique. My team and I begin each new project by asking a lot of questions. We want to know who they are, what they need and how they want to live.”

Once they have a full understanding of the client, Primrose Interior Designs begins to work, developing a comprehensive plan for each space that often includes designing and building custom furniture, which is their specialty.

“I like to start from the top and work down,” Corbellini explains. “I develop an organized plan that gives my clients a clear direction for each room. Then, I allow my clients to choose what they’d like to accomplish now and

what they prefer to complete later. This helps them avoid design and financial mistakes down the road.”

Often, homeowners hire the Primrose team to design one room in their home, and because they fall in love with the results, they hire them again and again and again.

“By the end of the project, my clients and I have developed an excellent rapport,” she says. “I prefer open communication, which creates trust and great working relationships. We’ve worked with many of our clients for years, and they refer us to their friends because they love the results and trust our team.”

**For more information, visit [www.primrosedesign.net](http://www.primrosedesign.net), follow Primrose on Facebook: Primrose Interior Designs or call Corbellini at 845-659-2147.**

## LISA CORBELLINI – PRIMROSE INTERIOR DESIGNS



## ANNE JOYCE – A JOYCE DESIGN, INC.

For Anne Joyce, a house isn’t simply a building, it’s a home – a haven where we live, create memories, work

and even dream. For over 20 years, Joyce has helped families, couples and individuals turn their houses or apartments into their unique home.

“I’ve never done anything twice, ever,” says Joyce. “To me, designing a room or a home is like putting their puzzle together. I create spaces that make sense to my clients and are beautiful as well as functional.”

Joyce’s previous careers in advertising and then with a private contemporary art collector, refined her creativity and passion for color and texture. Her designs are warm, relaxing, multi-dimensional and eye-catching.

“I tone down rooms that are too busy or cluttered, and I warm up rooms that are too stark, adding soothing colors and/or texture,” she says. “If there’s a collection, like beautiful family photos and mementos, I’ll create a collage in one room, so it’s not spread all over the house. Artwork is the final touch. It’s

the jewelry of a home, and I often hang it low or a little off-center to draw people in and make them pay attention.”

Many of Joyce’s clients return whenever they want to redecorate a room or completely design a new home. In addition to appreciating their aesthetic, Joyce’s clients value her personal style, honesty and ability to always make a budget work.

“I recently had a client who left his last home with almost nothing and a limited budget,” she says. “At the end, he said, ‘I never could’ve done this without you. I didn’t even know where to start. Thank you!’”

**For more information, visit [www.ajoycedesign.com](http://www.ajoycedesign.com), follow her on Instagram: [ajoyce\\_design](https://www.instagram.com/ajoyce_design) or email Joyce at [anne@ajoycedesign.com](mailto:anne@ajoycedesign.com).**



## NIDIA TEMPLE – NOBLE SOULS

Nidia Temple knows your home is your sanctuary, but sometimes it needs a little help. So, she provides energetic cleansing and healing, decluttering and curation, interior design and home styling.

“I help clients transform their home into a space that provides them with peace and tranquility,” says Temple.

For clients who choose to cleanse and heal their home, Temple begins by having a conversation.

“Before I begin working with a client, we establish their home health priorities,” she says. “Then, I explain each of the steps I take, which includes dowsing, herb smudging, portal opening for entity shifting and feng shui integration tips. They can select which modalities they’d like, but most clients choose the all-inclusive experience.”

For an average-sized home, the dowsing process, which uses energetic tools to increase positive energy and block negative energy in the home, typically takes between 60 and 90 minutes. Once complete, clients often express feeling more peaceful in their homes.

“I’ve had clients tell me they’re no longer having nightmares and are finally sleeping well,” she says. “Many

say their home feels so good that it’s hard to leave.”

When working as an interior designer, Temple utilizes a “very introspective, highly collaborative process.” After understanding her clients’ desires and budget, she starts by decluttering. Next, she paints and orders new items, if needed. Then, the designing can begin.

“I’ll rearrange the furniture and decor to create a better flow, applying feng shui principles if desired,” she explains. “Some clients also request dowsing and herb smudging, which I will do before the final styling.”

“My goal is to create an environment that will ignite, stimulate and support your personal growth and transformation.”

**For more information, visit [www.noble-souls.com](http://www.noble-souls.com), follow her on Instagram: [nidia.temple](https://www.instagram.com/nidia_temple) or email Temple at [noblesouls5@gmail.com](mailto:noblesouls5@gmail.com).**

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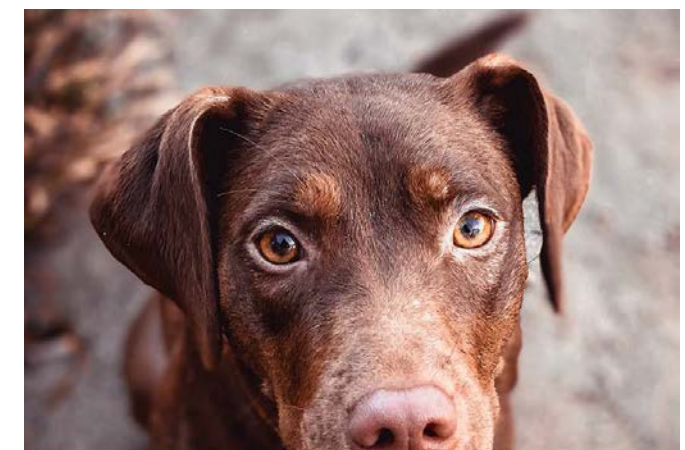
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# THE ACCIDENTAL FILMMAKER



BY GIA MILLER  
PHOTOGRAPHY BY JUSTIN NEGARD

When Waccabuc resident Dyllan McGee graduated from Trinity College, she wanted to be the next Katie Couric. A theater major who didn't want to become an actress, she assumed that being a broadcast news journalist was similar – it's sort of like acting, right?

"I applied for a job with the 'Today Show,' and I did some sort of camera test," she remembers. "I was terrible. And when the woman nicely rejected me, she said she wanted to give me some advice that she often gives people – go work for a small production company. She explained that when you work for a small place, you can quickly get immersed. She told me I should try documentaries."

McGee wasn't sure she wanted to be a filmmaker, but she decided to take the advice and give it a try. Through a family connection, she landed a summer internship with filmmaker Peter Kunhardt where she transcribed interviews and digitized footage for a documentary about television's greatest interviews.

"It was a special for CBS, and I fell in love with documentary filmmaking," she says.

Since then, she's won two Emmys, two Peabodys, six Webbys, a Matrix Award, a Planned Parenthood award, and more. She's worked with everyone from Gloria Steinem to Oprah Winfrey and now calls Katie Couric a friend. But, she says, "I'm very much an accidental filmmaker."

"I worked my way up at Kunhardt Films, eventually becoming a partner," she continues. "Then in 2015, I broke out on my own and created McGee Media."

With the help of her husband Mark Weigel, who became CFO after the first year and who she says is her true partner in everything (parenting included), McGee has made it her mission to produce films that inform, inspire and make an impact.

## PUTTING DOWN ROOTS

About 20 years ago, McGee was introduced to Harvard professor Henry Louis Gates, Jr. (a.k.a. Skip Gates) by an editor at Oxford University Press. They were both working on projects with that editor – hers was a documentary based on the children's book series "Freedom: A History of US," and his was a book series titled "The African American National Biography" – and the editor thought Gates' series might make a good documentary. That meeting did more than make an introduction – it changed McGee's life, setting her on a path to create the top-rated PBS series "Finding Your Roots."

"Skip is an irresistible character – we met and instantly hit it off," she remembers. "He says his favorite story is that one night, he got up to pee and came up with the idea for our series, 'Finding Your Roots.' We knew we didn't want to do a boring biography series, and we were thinking about how we could tell stories of African Americans in an interesting way. At the time, Skip was involved in a lot of work around



DNA and mapping the human genome. So, when he got up to pee in the middle of the night, he thought, ‘How do we bring DNA and biography together?’ And then it occurred to him: What if we sit down with famous African Americans and we tell them their genealogy? Let’s see what their DNA tell us about them. It could take us deeper into where African Americans came from and their roots.”

Originally, their series was called “African American Lives,” but after a few years, Gates received a letter from a woman that prompted them to rename the show.

“The letter said, ‘I love your series, ‘African American Lives,’ but forgive me if I call you a racist. Why do you only profile African Americans?’ So, we went to PBS and suggested that we broaden the show. We changed the name of the show to ‘Finding Your Roots,’ and we took a Noah’s Ark approach: we profiled two Jews, two Asians, and it’s evolved from there.”

This wasn’t McGee’s first or only venture into creating films centered on the African American community. She’s also produced a multipart series titled “Frederick Douglass” for HBO, along with numerous other series for PBS, including “The Black Church,” “Reconstruction,” “Black America Since MLK,” “Making Black America: Through the Grapevine,” and more.

And although she’s not African American, McGee’s work has been well-received by the community. Part of this is due to her collaboration with Gates, who she says has taught her so much and is a true partner in this work. “Without Skip, it wouldn’t be my place to tell these stories, but I’ve never felt like an outsider,” she says. “I’m very conscious about making sure that we work with diverse filmmakers, especially on our African American history series – those are almost always led by a Black filmmaker. I’m always conscious of making sure that we are inclusive in everything that we do.”

The other reason, she says, is due to her beliefs about inclusion – beliefs she’s held since childhood. She remembers sitting down, hand-in-hand with her classmates, at The Day

School in Manhattan singing “We Shall Overcome.”

“Civil Rights was always ingrained in me, and I’ve always been inspired by African American history and racial equality,” she explains. “I want to use my privilege as a white woman to shed a light on African American history. I believe that African American history is American history, and these are stories that everyone needs to know. That’s how I’ve always approached it.”

## MAKING MAKERS

McGee is also the founder and executive producer of MAKERS, a women’s media and live events brand designed to accelerate the women’s movement. This, says McGee, was another accident. She never intended to build a large, globally-recognized platform to elevate women – it was simply what she *needed* to do to fulfill her dream of telling one woman’s story.

“I wanted to do a film on Gloria Steinem for HBO,” she explains. “I got HBO behind the idea, and then I went to Gloria. I said, ‘I have great news. We’re going to do a film on your life for HBO.’ Gloria immediately responded, ‘No. You can’t tell the story of the women’s movement through the story of one person. I don’t want it to just be my story.’ Gloria believed that there were hundreds of women’s stories out there that had never been told, and they needed to be told. She didn’t want those lost to history. So, the punch line is that I basically created MAKERS to do the HBO film on Gloria.”

McGee and Steinem came up with a plan: YouTube was gaining popularity, so they decided to create short videos on 100 groundbreaking women and upload them to YouTube. This, they believed, would “fill the void of women’s stories.” But first, they needed funding.

“It probably took four plus years to raise money for the project,” McGee remembers. “Gloria and I were knocking on doors and trying to raise money. And finally, AOL came on board and said, ‘Not only do we want to fund the project, but why don’t we build a brand?’ And I thought, ‘Build a

brand? Documentary filmmakers don’t build brands – that’s too commercial.’ But being an entrepreneurial documentary filmmaker, I thought about it a little more and said, ‘Okay, let’s do it. Let’s build it.’”

That project grew from 100 videos to over 500 videos on the MAKERS YouTube channel today. McGee has also created nine documentary films (two of which have been nominated for Emmys – “I’m the Susan Lucci of documentary filmmaking,” she says) and produces an annual conference in Los Angeles that reaches over 20 million people worldwide via video. The event brings high-powered corporate women and men together with the goal of advancing diversity and inclusion in the workplace. Everyone from Gloria Steinem, Katie Couric and Anita Hill to Jennifer Aniston, Olivia Wilde, John Legend, Jada Pinkett Smith and Eva Longoria have spoken at the conference.

“We’ve had celebrities and unsung heroes on the stage of the MAKERS conference,” she says. “Regina Wilson, one of the greatest Black female firefighters in New York City who was on the ground at 9/11, spoke at our conference.”

## REALIZING (MOST OF) HER DREAMS

All of McGee’s work is done with a singular goal in mind: “producing content that inspires a fairer and more equitable world.” The “Finding Your Roots” series, which begins its ninth season on January 3, is a perfect example.


“You know what’s amazing and exciting to me,” she asks. “Is that at the end of the day, a show like ‘Finding Your Roots,’ just proves that we’re all immigrants and we’re all related. When you look at the human genome, we’re 99.99 percent the same, despite our apparent physical differences. In a country that is so divided right now, this series is showing how connected we really are. And what’s even more exciting is that it’s also considered popular entertainment.”



"I'm at a phase in my career right now where I'm excited to think about how we can use these stories and messages of connection, social justice and equality to actually bring us together and not divide us," she continues. "And I think 'Finding Your Roots' does that. It shows people's appreciation for our differences and our stories, and it shows how similar we are at the same time. I really hope that this series, and all the work I do, is a vehicle for bringing people together."

And yet, there is one dream she has yet to realize: producing the Academy Awards.

"I've watched it every year of my life, and I have always been fascinated by it," she explains. "I'm a producer, and I love producing live events. Producing the MAKERS conference is one of my all-time favorite things. I think it brings together my theater side with my documentary film side -it's storytelling on a stage. And I just feel like nobody's watching award shows anymore, and I'd love the shot to think out of the box and do it in a new way."

Any of our readers have a connection at the Television Academy Foundation? Asking for a friend. 



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A DAY IN  
**NYACK**

WRITING & PHOTOGRAPHY BY JUSTIN NEGARD



As you walk down the streets of Nyack, you may think you've stepped into a classic American oil painting. You'll stroll past rows of Victorian houses and brick storefronts, lampposts adorned in American flags and photos of sepia-colored war veterans. On Main Street, you'll find art deco storefronts with panoramic windows of curved glass that evoke visions of Stetson hats and tie tacks that were once for sale in long-forgotten shops. In the distance, you'll notice the imposing albatross of the Mario Cuomo Bridge, its steel webbing and blinking lights bouncing off of the Hudson River below it, ever a reminder of the vibrant shipping community that once existed a century ago.

In the center of the town stands the birthplace of famed American artist Edward Hopper. Born in 1882 (ten years after Nyack's incorporation), Hopper just might be the ideal patron saint of this historic Hudson River community. His work classically portrayed the early 20th century American life as something that was endearing yet lonely, nostalgic yet ghostly. This sentiment haunted river towns like Nyack for many years, as their Victorian architecture stood fossilized and forgotten. But those days are gone.

Something new is taking place in Nyack today. There is a vibrancy in this Rockland County town, with streets that beg you to take that first exit over the bridge and have a look around. There is music, and lots of it. There is more food than you'll need on any one trip. The town is an exciting mix of local history, newly transplanted professionals and an immigrant community that, together, has created an entirely new culture.

Today, you'll get swept up in Edison bulbs, graffiti art, taco bars and small batch coffee. You'll experience some spectacular views, delicious food and beautiful artwork. It's time to go see more of the town we all know, but don't really know at all.

## SEE THE SIGHTS

Call it what you want –the Tappan Zee Bridge, the Governor Mario M. Cuomo Bridge – it's all the same to us. But this landmark connector of counties is ever-present in Nyack, looming like a goliath beyond the brick buildings. The bridge is the longest shared bike

and pedestrian path in the nation, featuring a three and a half mile walkway along the exterior of the bridge itself. Admittedly, this path is better suited for warmer weather, but whenever you can visit, a stunning mid-Hudson view is guaranteed.

For the art fans among us, we recommend the Edward Hopper House Museum & Study Center. This modest Victorian home is the birthplace of the legendary artist and a registered historical site. View a collection of his paintings and sketches, sneak a peak at his childhood room (squeaky floor boards and all) and go on a walking tour to see where many of his paintings were done.

We're fans of the uniquely charming shops throughout Nyack's commercial district. Pickwick Bookshop is a classic old fashioned bookstore, and the kind of place where you just might uncover that rare first edition or hidden gem. Hickory Dickory Dock is torn straight from the pages of Pinocchio, with handmade wooden treasures set against a wall of cuckoo clocks.

History fans will find many interesting sights throughout the town. From Underground Railroad locations to famous architectural points (check out the historic Nyack Post Office and its Classical Revival architecture), there is so much history to uncover here.

Take a trip to Nyack's waterfront Memorial Park and have a seat at the "Bench by the Road." This monument was inspired by world renown author Toni Morrison, a Nyack resident who once said: "There is no place you or I can go, to think about or not think about, to summon the presences of, or recollect the absences of slaves . . . There is no suitable memorial, or plaque, or wreath, or wall, or park, or skyscraper lobby. There's no 300-foot tower, there's no small bench by the road."

The monument honors the victims of slavery in the United States, with a special nod to Cynthia Hesdra, who was born a slave and later resided in Nyack. In 2015, with Morrison's encouragement, Nyack created that memorial and invited Morrison to attend the unveiling ceremony. It's now one of several "benches by the road" throughout the country.

## DINE AROUND THE WORLD IN A SINGLE BLOCK

Main Street is the place to be, especially for a stunningly diverse mix of food. A single block in Nyack provides cuisine from the Dominican Republic, France, Japan, Italy, Vietnam and Greece.

Casa del Sol is a particularly popular spot, offering its guests delicious classic Mexican cuisine with a number of floral guitars and tuxedo skeletons for good measure. Hosting live music every Friday and Saturday (Thursday



is open mic night), this restaurant is a local favorite.

Head across the street to Punta Cana Latin Fusion for moFongo, churrasco skirt steak and long-cooked pork shoulder. While it's not an ideal vegetarian hangout, pescetarians will find plenty to eat. There's also a full bar of colorful mixed drinks which pair perfectly with Friday night's live Latin music and salsa dancing.

The fanciest bet in Nyack is the Hudson House. A former jail-turned-elegant-eatery, this fine dining restaurant delivers an upscale menu with options like hanger steak, duck breast and Scottish salmon. The walls are adorned with a painted Hudson River vista along with charming uplighting and tin ceiling designs. It's a lovely way to end an evening.

But really, there are countless diverse gastronomic options in Nyack. Head two blocks in any direction and you'll find Boxer Donut & Espresso Bar, The Breakfast and Burger Club and Prohibition River – need we say more?

## GET YOUR GROOVE ON

Music is a fixture in Nyack. Nearly a dozen schools and recording studios are located in the downtown area alone. Maureen's Jazz Cellar, UP Lounge & Restaurant and many other restaurants, cocktail bars and beer halls offer live music most nights, making Nyack a hub for live music and nightlife in the Hudson Valley area. (Truth be told, we're a little jealous.)

The Rock Shop Nyack is a particularly interesting and special music store in the area. While you may not be shopping for a banjo or electric bass during your day trip to Nyack, it's still worth popping in and looking around. The owners here can often be found performing unprompted Metallica solos and engaging in fascinating conversations about their personal interactions with the likes of John Lennon and Gene Simmons. During our chat, they mentioned an upcoming

move a block away, so keep that in mind on your next visit.

Along with these aforementioned musically-focused hangouts, Nyack is also home to the Long Island Drum Center, Main Street Beat and a great many other locations for vinyl shopping and music supplies. Music enthusiasts on both sides of the guitar pick will find plenty to do in the unassuming Rockland community.

## MAKE A DAY OF IT

You've probably passed this charming local town a thousand times. For once, exit the highway and drive on in. From beautiful river views to delicious meals, live music to a little bit of art along the way, you owe it to yourself to learn more about this historic and vibrant town. Tell them Edward Hopper sent you. **KC**



The Rock Shop Nyack

**Boxer Donut & Espresso Bar**  
17 N. Franklin St.  
(845) 353-5300

**Casa del Sol**  
104 Main St.  
(845) 353-9846

**Edward Hopper House Museum & Study Center**  
82 N. Broadway  
(845) 358-0774

**Hickory Dickory Dock**  
43 S. Broadway  
(845) 358-7474

**Hudson House**  
134 Main St.  
(845) 353-1355

**Long Island Drum Center**  
81 Main St.  
(845) 358-5303

**Main Street Beat**  
95 Main St.  
(845) 353-5426

**Maureen's Jazz Cellar**  
2 N. Broadway  
(845) 535-3143

**Memorial Park**  
4 Depew Ave.

**Nyack Post Office**  
48 S. Broadway  
(800) 275-8777

**Pickwick Bookshop**  
8 S. Broadway  
(845) 358-9126

**Prohibition River**  
82 Main St.  
(845) 727-7900

**Punta Cana Latin Fusion**  
125 Main St.  
(845) 480-5416

**The Breakfast and Burger Club**  
84 Main St.  
(845) 535-3159

**The Rock Shop Nyack**  
120 Main St.  
(845) 535-3033

**Underground Railroad location**  
Nyack Brook – Main St. near N. Mill St.

**UP Lounge & Restaurant**  
91 Main St.  
(845) 535-3266

## TAKE ACTION

WHEN WILL YOU GO TO NYACK?  
WRITE SOME POSSIBLE DATES BELOW!

SEE A LITTLE  
BIT OF NYACK





# WHERE YOU'LL FIND US IN 2023

If we had a dime for every time people asked us what's hot in Westchester, we'd have fifteen cents. (Thanks, Mom!) With that said, here's where you'll find us throughout the year.

WHERE YOU'LL FIND US IN 2023

## DINING

**C**hef Elmer Oliveros enjoys fine dining, and he'll save for an entire year to indulge in the tasting menu at Per Se. "I see God while I eat, and it's amazing," he says. But it's always difficult to get his friends to go with him – it's intimidating, and he can relate.

"I remember going to a restaurant and they gave me 20 forks," Oliveros says. "I was with someone else, and we just looked at the forks. When the server brought us the first course, he watched us to see what fork we would use. But we weren't taught this in school, so I just grabbed a fork and began eating."

"For me, there are no rules," he continues. "So, I killed the protocol. You don't have to sit a certain way, use a certain fork or drink a certain wine at my restaurant. I made it about the food and about introducing this type of food to people who don't know about it."

And that's why, when we want to treat ourselves, you'll find us enjoying the tasting menu at Brother's Fish & Chips in Ossining. Oliveros' approach to fine dining and his customers is not only refreshing, it's incomparable. At only \$130 per person (plus tax and gratuity), you'll receive at least eight extraordinary courses – each one customized for your table, based on Oliveros' conversations with you and what you inspire him to create. And every time a new course is placed in front of you, it's Oliveros who is there to explain exactly what you are about to eat, where the food came from, what inspired him and the steps he took to create that dish.

What makes this restaurant even more impressive is Oliveros' background – he's had no formal training; everything you see and taste is a result of his tremendous natural talent. He has the innate ability to perfectly combine flavors and textures – every dish is a work of art for the eyes and the palate. Plus, he's a gifted storyteller, describing his food in a way that demonstrates the love and the time that goes into each dish (52 ingredients in his mole, which takes three months to make, for example).

And he does it all with a humility and passion that you'd be hard-pressed to find at any Michelin-starred restaurant in Manhattan.

## HUMBLE BEGINNINGS

Oliveros grew up working on his family's farm in Guatemala, and when he moved to New York at the

## BROTHERS FISH & CHIPS

BY GIA MILLER  
PHOTOGRAPHY BY JUSTIN NEGARD

age of 16, it was American food that was the biggest shock.

“We grew up thinking that we had nothing – we had limited money and we wanted so many things we couldn’t have, and we forgot to appreciate the food,” he says. “We had fresh milk from the cows, fresh eggs from the chickens and beans and vegetables from the backyard. Our breakfast was made from scratch every morning, and when I moved to the U.S., I was introduced to something completely different. The food looked amazing, but it tasted like nothing to me. I remember having such culture shock and not getting the same joy from food.”

Oliveros attended night school and spent his days working in the seafood department at a local grocery store, which served as his introduction to a variety of crustaceans and very large fish. But his boss, “an amazing fishmonger,” wouldn’t allow or teach him how to cut or scale the fish, so Oliveros carefully observed his techniques.

Eventually, one of his colleagues allowed Oliveros to cut the tails off the salmon when the manager wasn’t around. His skills improved, and when he learned of a new fish and chips place opening in Ossining, he saw it as his opportunity to finally cut fish. Oliveros began working at Lonnie’s Fish n’ Chips – a tiny takeout restaurant in a strip mall – when he was 18 years old. His only job was to cut the fish.

“After I cut the fish, I would go cook at several other restaurants,” he says. “I learned by watching other chefs, but I would also taste food. And while I’m not a critic, I would think, ‘What if it had this ingredient, or if I did that this way.’ It wasn’t because I thought it would be better, but because that’s the way I would like it to be. So, I had my own interpretation of dishes, which was a big advantage and a big problem; I wasn’t able to replicate dishes for chefs because I wanted to do my own version of things.”



Within that same year, he began cooking at Lonnie’s.

“Eventually, I was running the place, and I was only 18 years old,” he says. “The owners didn’t want to do it because it was too much work. It was 2009, which wasn’t a great time to be in the restaurant industry. Food prices kept going up, but their prices were very low – they were selling everything for only \$7 and losing about \$3 on every order. The owner tried to sell the business, but no one would buy it.”

About a year later, Oliveros asked his younger brother, Kevin, who was in culinary school, if he would buy the restaurant with him, and he said yes.

“We were cooking at a good level, but we were not taken seriously because we were very young,” he remembers. “So, we went to the owner and told him we wanted to buy the restaurant, and he laughed. He said, ‘With what money?’ We told him that no one else will buy the restaurant, so he was better off selling it to us and recovering some of the money. He thought about it and realized that we were the only choice. We changed the name to Brothers Fish and Chips.”

## TURNING DREAMS INTO REALITY

Oliveros and his brother bought the restaurant in late 2010, expanded the menu, made it profitable and paid off the previous owner. Eventually, they began serving food that wasn’t meant for takeout. In late 2013, Oliveros started dreaming of opening a sit-down restaurant, but he couldn’t afford a new space with a new kitchen. As luck would have it, the strip mall with Oliveros’ restaurant was sold, and the barber who leased the space next door didn’t get along with the new owner, so he left.

Oliveros approached his brother, who was now working at a restaurant in Armonk several days a week, and suggested they take the space.

“My brother didn’t think opening another restaurant in Ossining was a good idea,” he says. “But he went in anyways.”


They spent a year remodeling the space while continuing to run their own kitchens, finally opening a casual restaurant that only served a tasting menu.

“But it was still intimidating if you didn’t know what a tasting menu was, so it didn’t work,” he said.

They eventually introduced a seasonal menu and offered a tasting menu to anyone who asked. It took two to three years for locals to really understand the concept. Oliveros now runs both the takeout and dine-in restaurants (Kevin is the head chef and owner of Risotto in Thornwood); 70 percent of his overall business is takeout. Next door, he continues to offer a seasonal menu and a tasting menu to anyone who reserves one in advance, up to 17 per week. About 90 percent of the customers who dine in do so for the tasting menu, which he presents in an unpretentious and very personal manner.

“There are a lot of people who love tasting menus for the whole experience – they want the VIP parking and to have a cocktail at the bar before moving to their table,” he says. “They want 10 waiters on them the whole time. They want the attention; they’re paying for the attention. But you won’t get that here. When you come here, it’s very casual. You’re coming for the food, which I think is the whole point of a tasting menu.”

Every dish he creates is an expression of his passion for food and his deep appreciation for the customers who choose him as their chef.

“For me, it’s more than cooking; it’s creating an experience with my food,” he says. “It’s celebrating your highs and your failures. Because in the end, whenever we feel happy, we laugh and we eat, and when we are sad, we cry and we eat. I’m grateful to be a part of that. When people chose me to cook for them, I try to give them an experience that, hopefully, they will never forget. And if they do, then I’ve failed.” 



SEE OUR DAY WITH  
CHEF ELMER OLIVEROS





# THE BORO

BY GIA MILLER

Imagine, if you will, your perfect coffee shop. Does it include floor-to-ceiling windows, indoor and outdoor seating, the option for breakfast or lunch along with coffee, beer or wine (because we all have those days), and maybe even some yoga? Yeah, that's what we imagine, too. So starting in March, you'll find us holding meetings and catching up with friends at The Boro in Cross River.

Named after the town of Lewisboro, The Boro's founders John Swertfager and Skaz Gecaj, owners of Apex Fitness in Cross River, are hoping to create a welcoming space where people can connect. The men, who passionately build community in and out of their popular gym, are transforming a formerly nondescript building on the corner of North Salem Road and NY-35 into a modern, lively cafe.

"The building is over 100 years old," says Swertfager. "We've completely ripped off the siding and taken out every single window and every single door, but we're trying to keep a lot of its guts as we rebuild it. It'll be very unique. The finished product will have massive windows, massive panorama doors, a 1,900 square foot café, a deck and a patio – it's going to look incredible. You won't even recognize it."

In addition to redesigning what you'll see, they're also committed to changing what you won't see.

"We're also making the whole building eco-friendly," says Gecaj. "We're replacing the boiler with a heat pump, and down the road, we plan to have solar panels on the roof. Plus, we'll also have electric charging stations in our parking lot."

Then there's the food. While The Boro will be managed by Gecaj's mother and wife, Swertfager and Gecaj are visiting their favorite bakeries in the Hudson Valley and Fairfield county to sample all the breads and pastries personally – everything served must be exceptional, and everything will

be organic. That includes the coffee, juices and smoothies, as well as their variety of vegetarian, vegan, dairy-free and gluten-free foods. And on your way out the door, you can purchase a pre-prepped meal that Gecaj says will be "high protein with good carbs and good fats."

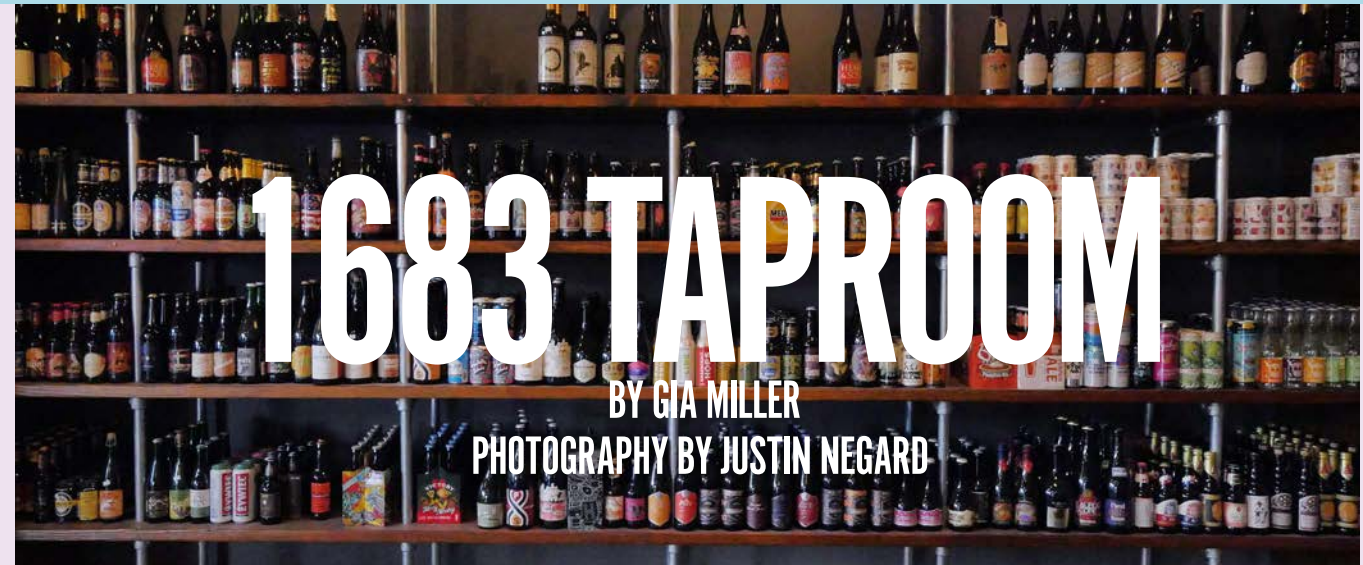
If that's not enough, you'll also be able grab an alcoholic beverage with friends – there will be local beers on tap and wine by the glass. And for the oenophiles among us, The Boro will have a full wine cellar in the basement.

"My father-in-law owns Crabtree's Kittle House in Chappaqua, and he's planning to keep the bulk of his private collection in our wine cellar," says Swertfager. "So, we'll have seasonal bottles that we'll serve by the glass, and we'll also sell his bottles, which includes everything from a nice \$20 bottle to a six, seven or \$8,000 bottle. Now, you won't have to go to a nice restaurant to enjoy a bottle like that; you can sit outside for a couple hours with your wine, a cheese plate and relax with a friend. There's really nothing like what we're doing."

The Boro will also have a dietician (Swertfager's wife) on the first floor and a yoga studio with classes on the second floor, featuring a 25-foot cathedral ceiling with a floor-to-ceiling fireplace.

The only downside, in our opinion, is that The Boro will close around 5:00 p.m., transforming into a private event space. But there won't be events every night, and Swertfager and Gecaj have plenty of ideas of what they'll do when it is available, like bi-monthly evening bonfires, high-end car shows, an annual Christmas tree lighting (they've already planted a 30-foot tree), a book club, tailgating before high school football games, a Halloween party, and more.

Their ideas, it seems, are endless. And we're here for it. **KC**



# 1683 TAPROOM

BY GIA MILLER

PHOTOGRAPHY BY JUSTIN NEGARD

It happens at least once a month – we're having a conversation with someone and, regardless of the original topic, the subject turns to the lack of a good bar in the area. "I really wish there was a place where we could just hang out at night," they'll say. "Not a restaurant with a bar, but an actual bar. Some place friendly and low-key, like 'Cheers.'"

Friends, your wish has been granted: enter the new 1683 Taproom in Bedford Hills, which opens on January 11. While Sam Malone may not be behind the bar and the Bedford version of Norm and Cliff may look a little different, that relaxed, casual feel is what 1683 Taproom is all about.

Located in the former Brew & Co. on North Bedford Road, owner Zach Friedman is breathing new life into the "bottle shop-slash-bar" venue that was often overlooked.

"For the most part, the concept has remained the same, but I felt very strongly that the direction wasn't reflecting what the clientele was using it as," says Friedman. "So, I'm essentially transferring the ratio of the business. Visually, it appeared the place was 75 percent a craft beer store and 25 percent a bar. But I want it to feel like a bar where you can also buy craft beer bottles and cans or fill up your growlers."

Friedman has given the place a deep clean, painted it and swapped out some of the furniture. Gone are most of the shelves that made the space feel more like a store, and in their place are tables and chairs, allowing more folks an opportunity to enjoy a drink with friends while listening to music or catching a game on TV.

As the weather gets warmer, Friedman plans to add additional tables and chairs, along with some family-friendly games (like cornhole) out back.

The other big change is the name, something Friedman

thought long and hard about. While the date, 1683, refers to the year Westchester was founded, the word Taproom was selected for a very specific reason.

"It wasn't incredibly clear what Brew & Co. was," Friedman explains. "A lot of people were confused and thought it was a coffee shop, a place that sold brewing supplies or even a liquor store, so renaming it was a big focus. I wanted to make sure that whatever I named it, the name really speaks to what it is."

1683 Taproom mainly focuses on local craft beers within a 100-mile radius, but if you're not a beer drinker, there will also be wine, cider, seltzers and water. And because a good bar needs good food, Friedman will continue the food truck tradition that began at Brew & Co. But instead of seemingly random truck appearances, Friedman plans to implement a monthly schedule (the same truck every Thursday for a month, a different, yet same truck every Friday for the month, etc.) and post it online. It's almost like getting several new restaurants in our neighborhood each month. Plus, Friedman, a professional chef, plans to serve his own food eventually.

While the hours may change based on customer demand, for now, 1683 Taproom will be open daily from noon until 11:00 at night. That's right – very soon, there will be an actual place to go after 9:00 p.m.! It appears that Friedman is granting people's other wish as well.

"It's a neighborhood bar," he says. "I want everybody that comes through the door to feel happy and relaxed. Whether it's a group of girlfriends who stop in because some of them like craft beer while the others like wine, a group of dads who just finished playing baseball on a Sunday afternoon or a family grabbing dinner together after a busy day, I want everyone to feel welcome. It's like 'Cheers,' but with a craft beer setting."

We're in! **KC**

# BREADSNBAKES

by Ava Fleisher

Every town deserves a good bakery – a place where neighbors can go for delicious cookies, fluffy pastries, a range of breads and to decompress while they sip a steaming cup of coffee.

BreadsNBakes is all these things, and more. It’s a friendly place where the staff enjoy a good back-and-forth banter with each other and the customers. The coffee, sourced from Hatch Coffee Roasters– a roastery in Toronto, is made by a barista who previously worked at Coffee Labs in Tarrytown. The breads – ranging from brioche to oatmeal loaves, pastries, soups, and sandwiches – are all delicious. And the store features large windows and an open floor plan, allowing you to peer into the kitchen where you can watch them make every mouth-watering dessert you see at the counter.

“We wanted it to be an interactive sort of thing, so people can experience it and see the craft,” says Jason Bowman, head baker and owner.

Jason and his wife Dawn began as a home bakery in 2020, and continued selling freshly baked goods throughout the pandemic. They received online orders, and customers picked them up outside of the bookstore where Dawn worked.

“It was a lot of fun...we took off quite quickly,” says Dawn, who now manages the front of the house with help from their daughter who graduated from college last spring.

In July of 2022, BreadsNBakes opened a brick-and-mortar bakery on Westchester Avenue in Pound Ridge.

“Right from the start it was fantastic,” adds Jason.

They’ve been pleasantly surprised by the overwhelming response from their community. It’s quickly become a place where neighbors meet to chat and casual business meetings are held. The bakery is open Thursday - Sunday, and their two most popular items are their flaky, buttery cinnamon buns and their sweet and airy pain au chocolat; together they make up about 30-40 percent of their sales.

What we also love about BreadsNBakes is that even if you don’t live in Pound Ridge, you get that small community feeling every time you walk through the doors. Their charming British accents don’t hurt either. KC

# LMNOP BAKERY

by Gia Miller

Anne Mayhew wanted to learn how to bake “really good bread,” and with three kids under the age of four, it was an ambitious endeavor. She mastered sourdough while her kids slept, and soon her friends began asking to buy her loaves. From there, it snowballed, and she named her home bakery LMNOP Bakery, as in the letters of the alphabet (they’re pronounced individually and don’t stand for anything).

Seven years later, on October 26, 2022, Anne and her husband Jesse opened a storefront bakery on Katonah Avenue, filling the void that the Baker’s Cafe left when they closed in 2001. At LMNOP, which is open Wednesday - Saturday, everything is a crowd favorite.

“We pretty much sell out of everything we make, and we make as much as we can,” says Jesse. “But the bread is what really pulls people in.”

“They come for the bread, and then they grab a pastry, a baked good or some coffee,” Anne adds. “But it’s all about the bread. Our sandwiches are becoming very popular, and I make more cookies than I ever thought I’d make.”

But what we love about LMNOP is that they bake everything – breads, pastries, cookies – with simple ingredients and healthy whole grains, and they’re all delicious. We’re big fans of their bread (which we slice and freeze, per Anne’s recommendation) as well as the cookies and the pastries.

“We don’t have very white grocery store bread or white pastries,” says Jesse. “We try to educate our customers; we teach people why we do it, what makes it better for you and why ingredients matter. A big part of why we wanted a front-facing space is so people can see how it’s made.”

To watch Anne and her crew bake, head upstairs – it’s worth a peek if you’ve never seen a professional bakery at work. And if it looks like fun, you’re in luck. In the not-too-distant future, LMNOP hopes to offer baking classes. And while you may or may not see us at those, you’ll definitely see us downstairs grabbing a loaf of bread, pastries and a coffee while saying hello to whatever neighbors or friends happen to be there as well. KC

WHERE YOU’LL FIND US IN 2023

# THRIFT STORES

SUSTAINABLE, TRENDY AND AFFORDABLE – OUR “NEW” PURCHASES WILL BE PREVIOUSLY LOVED

BY AERIN ATINSKY  
PHOTOGRAPHY BY JUSTIN NEGARD



Bedford House

Thrifting is trending – from thredUP to Poshmark, second-hand shopping is having a moment, and for good reason. It’s an affordable way to create an individual style while keeping up with trends and reducing your carbon footprint. And in our area, we regularly find great-quality, high-end items (sometimes with the original tags) at our incredible shops.

So this year, you’ll find us in the various local vintage and consignment stores in search of previously loved fashion and home furnishings. For those wishing to hop on the second-hand bandwagon with us, here’s where we’ll be.

## BEDFORD HOUSE, KATONAH

Walking into Bedford House feels like stepping into a high-end interior design magazine – the furniture and accessories are beautiful, no area is too cluttered and there are so many unique items. Owner Dennis Anderson, who first opened this home furnishings store in Bedford 11 years ago, offers a variety of vintage and antique furniture, textiles, area rugs, tabletop accessories, wall art and lighting.

“We offer a curated selection of one of a kind vintage and antique items that are rustic, sophisticated and approachable,” Anderson explains.

While the boutique is geared towards his Westchester clientele, we’ve met a number of interior designers and residents from Manhattan and Brooklyn who drive up just to shop at his store. So, if you’re looking for a beautiful and unique item for your home, this is the place to go.

## KATONAH THRIFT SHOP, KATONAH

Katonah Thrift Shop has a little bit of everything, from China and furniture to ballgowns and board games. In the downstairs space of the almost century-old Katonah Memorial House, you’ll find a great selection of true vintage pieces, estate jewelry and scores of other items. What’s even better are the incredible prices and sales, with deals on clothing and items as low as just \$1.

Run by the Women's Civic Club, all proceeds fund scholarships for local high school students, subsidize programs for the women's prison and more.

## PENNY PINCHER, BEDFORD HILLS

Upon entering Penny Pincher, you might do a double take – are you in a consignment store or a luxury boutique? The answer is both. This lavish, one-of-a-kind shop features a large collection of high-end designer jewelry, handbags, shoes, clothing and even home items (lamps, side tables, crystal, rugs, etc.). Everything in the shop, even the jewelry, is on consignment.

Throughout the store, you’ll find Chanel, Burberry, Cartier and others of such measure, along with more affordable, high-end brands. Of course, these designer goods come at a slightly higher price range than some of the other stores on our list, but if you’re looking for luxury on a budget, this is where to go.

## THE COMMUNITY SHOP, KATONAH

The Community Shop is known for having a lot of designer brands at heavily discounted prices and for catering to a wide range of customers varying in age, gender, income level, etc. You’ll find everything from daily wear to special occasion pieces, as well as accessories (belts, hats, shoes, etc.) and even some children’s clothing.

“It’s nice to think that anybody who walks in here can find something,” says manager Ann Hardy. “People donate all kinds of things to The Community Center, and there’s a process to determine what items are offered to The Center’s clients and what comes to The Community Shop. We get new stuff everyday!”

Plus, all the shop's proceeds benefit The Community Center of Northern Westchester – a win-win in our book.



This & That Vintage



This & That Vintage

## THE COTTAGE VINTAGE GOODS & GIFTS, POUND RIDGE

The Cottage Vintage is true to its name. This two-and-a-half-year-old shop is a homey but upscale store with a smaller selection of apparel compared to others on our list. But what they lack in size, they make up for in variety.

The Cottage is filled with fun, intriguing items and gadgets, including aroma-enticing soaps, beautifully colored candles, a wide variety of old cameras, kids’ toys, art, vintage hats, records and even an old typewriter.

Manager Lisa Miller describes The Cottage as “an enchanted gathering place where you can find one-of-a-kind vintage items and new treasures – and make friends in the process.”

## THIS & THAT VINTAGE, CROSS RIVER

Facing Route 35 on the first floor of an old farmhouse in Yellow Monkey Village, you’ll find This & That Vintage. Owner Nicole Mata opened her first retail space (previously selling online only) in November, and her new shop features a variety of vintage goods, catering to all ages and genders at a variety of price points.

“It’s very important to me that I have items obtainable for everybody,” says Mata. “I have a \$3,000 Chinchilla coat, but I also have a \$12 t-shirt — the same goes for jewelry, too.”

In addition to clothing, you’ll find shoes, handbags, hats, brooches, jewelry and ballgowns from brands like Emilio Pucci and Louis Vuitton right alongside brands like Calvin Klein and Levi’s.

## TWIGS THRIFTREE THRIFT SHOP, MOUNT KISCO

What’s better than a thrift shop that’s almost 60 years old? One that saves people’s lives. Since 1964, Twigs has donated all proceeds (nearly \$3.8 million) to Northern Westchester Hospital by selling an assortment of goods, ranging from clothing and bric-a-brac to books and small furniture.

“We change items on an almost daily basis, which means our shoppers are repeat shoppers because they know that every day, there’s something new for them to look at,” says Deb Coffino, Twigs president.

Plus, with brands like Christian Dior and Ralph Lauren, very low prices, music in the background and the playfulness of the volunteers, shopping at Twigs is an all-around enjoyable experience.

## VINTAGE, BEDFORD HILLS

Upon entering Vintage, you’ll be greeted by a life-sized Betty Boop, but turn slightly to your left and find a two-part store, separated by a beaded curtain of the Mona Lisa. On the left is T.J.’s side, filled with Keith Moon’s drum set (only joking...maybe), an array of guitars, baseball cards, and more. On the right, you’ll find Laura’s side (yes, they’re married), which is filled with prom dresses, one-of-a-kind jeans, vintage books and authentic cowboy boots lining the upper shelves with stuffed cats peeking out (yes, really).

Prior to owning Vintage, Laura was a celebrity stylist, and the majority of items in this shop are culled from movie sets, red carpet events and fashion shows. Vintage has a little bit of everything – head in out of curiosity and leave with a unique item and a memorable experience. **KC**

Use the QR code here to read about additional thrift shops in our region.



# KATONAH CLASSIC STAGE

by Gia Miller

We weren't sure what to expect when we attended Katonah Classic Stage's fall performance of "Private Lives." Would live theater in Bedford be any good? Thankfully, it was excellent. The dialogue was swift and punchy, and the actors didn't miss a beat. It was fun, engaging and just a few minutes away. So we can confidently say that we'll be back for next year's lineup, which includes one of our favorites – Tennessee Williams' "The Glass Menagerie" in April.

Katonah Classic Stage was founded in 2019 by professional actor Trent Dawson and his wife Sharron Kearney, a criminal prosecutor for The Department of Homeland Security. He serves as the artistic director, and she's the executive director.

"We live in this arts capital, with Caramoor, The Katonah Museum of Art, cultural events at John Jay Homestead, etc. – there's so much here, but there was no professional theatre," says Dawson. "I really cut my teeth in regional theater, performing in these wonderful plays that are considered classics, and I was always impressed by what these shows did for the towns. They increase commerce, boost local businesses and serve as a point of pride for the community. I thought it'd be a great fit for up here, and when I asked around, people agreed."

Because they were forced to cancel their inaugural play due to the pandemic, their first major event was held in August of 2020 – an international drive-in film festival; the international part was an accident, thanks to a technology glitch.

"It ended up being a great thing – we received about 400 films," Dawson remembers. "We had films from Ukraine, India, everywhere. We'll host our fourth film festival this August, and we've developed an international following with filmmakers of all ages."

Since then, they've hosted a one-man show, two plays (including "Private Lives," which was canceled twice due to COVID-19), several readings, benefits and two more film festivals.

Katonah Classic Stage's mission is multifaceted, but

their main objective is to produce plays that Dawson believes are "the greatest plays ever written." They also hold workshops for teens, introducing them to the classics. From April 11 - May 19, they'll host a Speak the Speech workshop, which is an "introduction to acting Shakespeare," on Tuesday evenings.

"Last summer, a group of high schoolers and one junior high student worked on Shakespeare for six weeks," Dawson describes. "At the end, we made a movie out of it. We helped these actors get their feet wet with Shakespeare, so it's not so foreign or intimidating."

"Our tagline is that we're a professional theatre with community at heart," says Kearney. "That's largely because the community has brought us up for these last few years – they really are the backbone of what we're doing. And they're also the people we're trying to entertain."

And entertain they do. To be honest, we had no idea we were missing a professional theater in our area, but now that we have one, we wish it'd been here along. We'll see you at "The Glass Menagerie" in April. **KC**



Brenda Withers & Trent Dawson

# CARAMOOR

by Justin Negard

We spent a good deal of last spring, summer and fall hanging out at Caramoor. While we didn't get to see Yo-Yo Ma, we did meet Eileen Jewell, visit the Soundscapes exhibit, enjoy Juneteenth and Dia de los Muertos, and participate in the American Roots and All Day Jazz festivals. Why were we there so much? Because Caramoor is incredible. And we can't wait to go back in 2023.

Even during the cold winter months, Caramoor will feature live music, including the jazz stylings of the Sean Mason Quintet. Mason is a New York jazz pianist who, along with the four members of his group, brings a fresh spin to American folk music. Their fun, unique sound that has earned them prime real estate with Blue Engine Records, the record label for Jazz at Lincoln Center.

If you're a Bach lover, then we recommend seeing award winning violinist Rachel Podger in April. Fun fact: she was the first woman awarded the prestigious Royal Academy of Music/Kohn Foundation Bach Prize in 2015, and she has established herself as a leading performer of baroque and classical music. It's a classic Caramoor performance in every sense of the word.

In May, you'll find us enjoying Yasmin Williams – an acoustic fingerstyle guitarist whose unique sound reflects a lighthearted backwoods ambience. The result is a true American folk vibe that will be bouncing off the walls of Caramoor's Rosen House.

And that's just the beginning. As the weather warms up, Caramoor really comes alive. From their wide open Friends Field to their Sunken Gardens and Spanish Courtyard, Caramoor brings music across every acre of their vast beautiful grounds. The real jewel of the property is the famous Venetian Tent which will host some of the biggest concerts of the year.

Plus, you'll find us returning to the annual festivals we enjoyed last year, as well as the international concerts and events that Caramoor is known for, including their popular Dia de los Muertos festival every October. We hope to see you there! **KC**



# BEDFORD PLAYHOUSE

by Justin Negard

Most movie theaters are just that – movie theaters. But The Bedford Playhouse is so much more. They host lectures, live theatrical performances, indoor concerts during the colder months and on their lawn during the summer, some excellent trivia nights and a lot more. In our opinion, The Playhouse is one of the main cultural centers in our community. So for 2023, we're looking forward to attending even more intimate concerts, fascinating lectures and engaging community events.

One of the regular events that caught our eye is their "First Friday" music series (which, appropriately, occurs on the first Friday of each month) that features a diverse lineup of musicians. In January, check out the The Four Horseman Songwriters, and in February we're looking forward to the smooth sounds of Carlos Jimenez Jazz Quartet. The concerts take place in their cafe, which makes for a comfortable and convenient spot to relax. (Pro tip: get there early to grab a table so you can enjoy a few snacks and drinks during the performance.)

In March, we are excited for "Hammerstein's Broadway: An Enchanting Evening of Stories and Song," which will feature a talk by artist and South Salem resident Andy Hammerstein a.k.a. Oscar Hammerstein, III. (Yes, his grandfather was Oscar Hammerstein Jr. of Rodgers & Hammerstein fame – the family name skips a generation.) His renowned lecture, which he gives throughout the country, tells the story of his family's history, beginning with the original Oscar Hammerstein who was mainly responsible for building Times Square.

And then there's the plethora of thoughtful, captivating and informative documentaries at The Playhouse. We're interested in January's "Let's Talk: Music Vets," which shares an inside look at how military veterans are managing PTSD and mental health struggles through music. Because The Playhouse regularly goes the extra mile, the screening will be followed by a Q&A. In February, check out "Uninvited," which discusses invasive species in New York State and how we can combat this challenge.

And, of course, don't forget the movies (and the popcorn)! See you soon. **KC**

# WESTCHESTER MEDITATION CENTER COMES HOME

by Elisa Jacobs

We could all use a bit more peace in our lives. But it's not always easy to carve out the time to just sit and relax. Luckily, the Westchester Meditation Center (originally the Westchester Buddhist Center) is returning home. Beginning in January, they'll offer 12 weekly community meditation classes on Tuesday evenings from 7:00 to 9:00 at the Bedford Hills Community House.

"People are craving the in-person community experience, and our area is kind of a hotbed for mediators," says Lee Sauerhoff, one of the instructors. "There are quite a few people in Katonah who have a meditation practice and are co-facilitating this program."

Never meditated before? No problem – they'll teach you. Even better, you can begin with a drop-in class before making the commitment. (The cost is \$120 for Bedford residents and \$140 for non-residents.)

"We don't meditate for the full two hours," Sauerhoff explains. "People come in and socialize, and then they sit for about 20 minutes. If you're new, you'll get some instruction; a lot of people have questions on how to sit, what to focus on, what to do with their eyes or what to do if their back or mind bothers them. So, we spend the first several weeks talking about the structure of meditation and what to do. As the program evolves, we do a reading that can inspire a mindfulness awareness and practice."

"It's quite social," she adds. "People go out afterwards for a drink or a bite to eat." **KC**

# Kids & Social Media

BY GIA MILLER PHOTOGRAPHY BY JUSTIN NEGARD

*In our new series Connecting with Parents, we're hosting roundtable discussions on parenting topics. For our first conversation, we sat down with three parents at BreadsNBakes in Pound Ridge to discuss social media. Below is an excerpt from our hour and a half conversation.*

## The parents:

**Jane Bendor** – Goldens Bridge parent of boys ages 11 and 8  
**Melinda Canno-Velez** – Pound Ridge parent of girls ages 25 and 22, and boys ages 20 and 15  
**Mike Ransom** – Mount Kisco parent of a 15-year-old boy, triplet girls age 12 and an 11-year old girl

## Katonah Connect: How old were your children when you allowed them to have their first social media account?

**Mike:** My kids got on social media around 10 or 11 years old. My son got on social media when he got his phone, even though we didn't want him on social media. He was mostly on Instagram and Facebook because a lot of the family is on Facebook. It got to the point where I just had to monitor him because the girls would walk by and listen.

I allowed them to get on social media when they were around 10 years old, and their first experience with social media was TikTok.

**Melinda:** They all got phones as their fifth grade graduation present. There was less social media for my 25 year old than my 15 year old. I don't monitor their accounts, but I always keep an eye out. I try to give them some freedom, and then I reel them back in if I see a reason to be concerned. My son is very open with me, and he really isn't that interested in social media – he's more interested in gaming. But he does go on Instagram and Snapchat.

**Jane:** My 11 year old does not have a phone. We've been more restrictive with our kids, even with screen time. My older son got an iPad when he was 10, but we told him that it's our iPad, and we'll give it to him for a certain amount of time. He's not that interested in things like TikTok, but he does watch videos on YouTube. We don't allow him to have accounts. We're just not there yet. We're not ready to hand that world over to him because we're scared of that world. You just don't know what's out there.



Left to right: Melinda Canno-Velez, Jane Bendor and Mike Ransom

**Mike:** Yeah, it's hard. One of the challenges that we've had is that my girls are a little bit more mature than my son. But because he's the oldest, he gets a lot of the things first. The girls have some of the same access, but they're more mature, and they can handle it, with the exception of my youngest. I keep it away from her because I don't think she has the same judgment as the other girls, and I don't think she would use it well. But there are social pressures.

**Jane:** That's like one of the big challenges because you want to give them stuff, make them happy and not be ostracized by other kids, but at the same time, you still want to have control. Because once you hand it over, it can lead to anything. It's not like putting them in front of a television, where they can watch a half-hour show. Even when adults get on their phones, you start looking at one thing, and that leads you to something else. And suddenly so much time has gone by.

**Mike:** I deleted the Facebook app on my phone because of that.

**Melinda:** Me too. I really want my kids to watch "The Social Dilemma" because it really explains all of this to a T. The same guy that makes the algorithm says he leaves his phone in the car so he can pay attention to his family. He's so addicted. The day after I watched it, I deleted my Facebook account.

**Mike:** I can actually feel my anxiety level rising as I'm scrolling. After a while, I feel like I can't breathe

as well, and I'm always trying to stop, but there's something that compels me to keep scrolling. They say it can be addictive – it's the same type of thing that keeps people in the casinos for 10 hours a day.

**Melinda:** The movie talks about that. And for kids, getting "likes" increases their dopamine, so they'll get all dressed up before taking a picture. Or they'll delete pictures that don't get enough likes.

**Katonah Connect: Do you limit screen time for your kids?**

**Melinda:** I did more when they were younger. Obviously, I can't for the older ones, but I should probably limit it more for my youngest. My rule is that if his schoolwork is done, he can have screen time. But at the end of the night, I think it's a good idea for all ages that everyone's phones are plugged in away from their bedroom, and they can get them the next day.

**Jane:** I keep my kids' iPads at all times. He must ask me for it when he wants to watch something. And then it's a matter of making sure everything is done first. But he's so busy that the desire isn't even as strong as it was a couple of years ago.

**Mike:** We do two things at the end of the day: we take away their devices and we shut the internet off to their devices. During the week, electronic time is after dinner, from six o'clock to eight o'clock.

Usually, they'll voluntarily give me the devices because they're pretty much bricks once we shut off the internet.

But one of the things that I don't like about social media is the kids' impulse to criticize everything they see. I recently asked them, "When are we going to have a conversation from end to end where you're not judging somebody? Or you're not criticizing what this person is wearing or the way that person is talking?"

**Jane:** One of the things that concerns me is that things are very sensationalized these days. And if they start to go down that road, you may not know what they're seeing or listening to. It's a really tough balance.

**Melinda:** My older daughter and son are into politics, and my 15 year old ends up learning things on TikTok. He'll be the first one to tell me what's happening. I think it's good that he's passionate and interested in learning, but there's definitely good and bad information out there.

**Jane:** It's hard because you want to protect them, but at the same time, you want them to learn. But you just want to have more control over it, especially because they can watch things that may not necessarily be true or accurate. And then how are these kids supposed to decipher what's real and what's not?

**Melinda:** Right. And as a therapist, I've had kids tell me they wanted to learn about something they overheard on the bus. But when they typed it in, they saw very inappropriate videos. They're mortified and scared, and they don't want to tell their parents, but they need to get it off their chest.

**Katonah Connect: So, let's talk about some of the benefits of kids having social media.**

**Melinda:** I think gaming and social media really helped many kids socially and emotionally during the pandemic. My son spoke to 10-15 friends a day, whether it was in a chat room or they were gaming together, and it really helped them get through a very difficult time.

**Mike:** As much as social media can take a hit to your self-esteem, I also think it can also build up your self-esteem. I remember that at a former job, they wanted people to feel more comfortable speaking in public, so they interviewed us on camera. So many of the adults felt so uncomfortable when they watched the video of themselves answering questions. But these kids are doing it all the time. They put videos out there

and they do silly dances. They feel very comfortable exposing themselves to so many different people, and that's a positive thing.

**Katonah Connect: We did some research, and here is what the experts say are the positives: socializing, creativity, learning, finding new hobbies or interests, connecting with extended family and joining online groups that create a sense of belonging. Jane, does that help ease any of your concerns?**

**Jane:** Yes, in a way. But I still think there's a downside, especially for younger kids, like my eight year old. As I said before, I haven't given my older son a phone yet, but he's asking for one. The only reason I would hand that to him is so he can stay socially connected.

**Melinda:** Every family should make the decision that's right for them. But I work with a middle school girl who isn't allowed to use social media, and she told me that she always feels so left out and so bored. I also see a college student whose parents won't allow her to use social media when she's home for the holidays, but that's the only way she communicates with her friends. While I'm not saying kids should have free range, they do end up feeling somewhat left out.

**Katonah Connect: After having this conversation, have your thoughts or opinions about social media changed?**

**Mike:** I'm a little bit more encouraged. I don't think there's a way for me to successfully keep them away from social media, but I feel like I have a lot of wisdom that I share, and I feel like I'm prepared to have those conversations. But I do need to be mindful that the conversations need to happen a little bit sooner.

**Melinda:** This conversation reaffirmed my belief that talking to others about what's going on with our children, whether it's about the Internet or other issues, is extremely helpful. We can learn from each other's experiences, and it can help us have meaningful discussions with our kids.

**Jane:** I would say absolutely, in the sense that I need to become more aware. Thank you, everybody, because this has been very informative. This was a really good conversation, so thank you. **KC**





# DEAR LUZ

BY LUZ MICHELLE

IT'S OFFICIAL – JOHN IS OUT AND LUZ IS IN! OUR NEW ADVICE COLUMNIST, LOCAL COMEDIAN LUZ MICHELLE, IS HERE TO SOLVE ALL YOUR PROBLEMS, BIG AND SMALL. AND SHE DOES IT ALL WITH HER SIGNATURE COMBINATION OF HUMOR AND EMPATHY.

Dear Luz,  
I know that grownups usually write in, but I need your help! My dad \*thinks\* he can sing, but he can't! He walks around the house singing all kinds of things, even opera, and he has the worst voice. I always tell him to stop, and I even put my hands over my ears, but that just makes him sing louder! It's so embarrassing when friends are over. How do I get my dad to stop singing?  
– My ears are bleeding

Dear Bleeding Ears,  
First of all, ask away my young scribe. I absolutely love and appreciate questions from humans of all ages. Regarding your dad, do what many kids of annoying parents (and parents of annoying kids) have done before: take these embarrassing moments and turn them into social media gold! Start a TikTok page with your dad and share him/his terrible singing with the world. You never know what may come of it – a TV show, sponsorship opportunities, an invitation to America's Got Talent...

More importantly, as someone who lost their dad at a young age, cherish these awkward, silly and possibly painful moments. His singing may drive you insane now, but it will be one of the things you remember most. And while you likely won't realize it now, you will treasure these memories forever. Sniff, sniff... who's crying? I'm not crying, you're crying! Now go hug your dad tight and get that iPhone camera ready.

Dear Luz,  
My husband needs hearing aids, but he's too stubborn to admit it. While it can be nice sometimes (I can say things about him without him knowing), it's often very frustrating. I know our friends are annoyed too, but they're too polite to say anything. How do I get him to suck up his pride and make that appointment?  
– Tired of shouting

Dear Tired,  
You and my husband are kindred spirits. My husband says the same thing about me! But between us, I recently had my hearing checked and, clinically speaking, I hear fine. I apparently have what's called "selective hearing" ... just please don't tell my husband!

While actual hearing loss is never a joking matter, you can still have some fun while making your point. Because, candidly, no one wants to hear "You're losing your hearing ol' man!"

Next time you have a conversation – pantomime! Gesticulate with your hands and mouth the words, but don't make any sound. Or, put the TV on at a very low volume. He'll either be content with the peace and quiet or it'll frustrate him enough to make that appointment.

Alternatively, you could get yourself a good megaphone and bring it everywhere! That way, your man (and everyone else within a quarter mile radius) will hear you. It'll be fun, and you'll appear loving and supportive. It is all about the win-win, amirite? Can I get an Amen?! A what??? An A... oh, never mind.

Dear Luz,  
I love fashion – there's no comparison to the high you get when buying the latest trends and wearing them for the first time. When I worked, I could support my fashionable wardrobe. But now that I'm a stay-at-home mom, I've gone into debt! I can't imagine wearing last season's clothes, much less shopping consignment – being trendy is just who I am. My husband says it's ridiculous that I want to go back to work to support my shopping habit. Am I wrong to choose fashion over staying at home with my kids?  
– Slave to fashion

Dear Slave,  
All I want to know is what size are you? I'm totally fine wearing last season's clothes and will gladly absolve you of those old schmattas that are soooo 2022 and cluttering your closet.

Shopping does trigger endorphins and dopamine, so it's easy to see why you crave the latest and greatest. For some of us, the cure to an awful day is a new dress or pair of shoes – or both. So, if you're able to return to work, still contribute to the family and achieve a healthy balance of retail therapy, then I say get that resume ready, mama! In my book, this is a win-win for everyone. Happy wife, happy life, right?

Now if you get to the point where you're hiding receipts and shopping bags in the laundry room, in the trunk, in the shed, in the basement (I mean who hasn't?), then it's time to reevaluate. Till then, go get that money honey and buy yourself this season's latest looks.

DISCLAIMER: IT'S OKAY TO LAUGH – THIS IS A HUMOR COLUMN! WE WELCOME YOUR DEAR LUZ QUESTIONS, BUT WE'RE LEGALLY OBLIGATED TO SAY THIS IS NOT A SUBSTITUTE FOR REAL ADVICE BY PROFESSIONALS.

Dear Luz,  
Happy 2023! I hope this year is your best year yet! Speaking of, I'm making a New Year's resolution to lose weight and eat healthy. New year, new you, right? But I've made this resolution before, and after two or three weeks, I'm back to my old ways. How do I stick to my resolutions?  
– Committed to making a change

Dear Committed,  
Happy New Year, girl! We have all been down this road and back more times than we care to admit. The thing to remember is no one makes good decisions at midnight – amiright? Therefore, my best advice is to wait until after midnight and then declare: "I'm not losing a damn pound this year!" Now, you'll have an achievable goal. And when in doubt, bust out those SPANX that have been sitting in your closet since your pre-pandemic/pre-spandex days, and you're good to go, girl! Work it! Happy 2023!



# FROM BRAZIL, WITH LOVE

*Carnival season and Valentine's Day are right around the corner. So naturally, my thoughts turn to love. Brazilians are passionate lovers who live life to the fullest, and Valentine's Day is all about treasuring the ones you love. I encourage you to celebrate the season of love with my take on Brazil's national drink, the Caipirinha, using my favorite fruit of the season: blood oranges.*

## Dr. Elixir

### INGREDIENTS

Serves: Two

- 3 oz. fresh squeezed blood orange juice
- ½ oz. fresh squeezed lime juice
- 6 oz. Cachaça
- 1 Tbsp. maple syrup or simple syrup
- Ice cubes
- 4 drops orange bitters
- Zest from blood orange

### DIRECTIONS

Mix the first four together in a shaker. Add ice to the shaker, filling to the brim. Close the shaker and shake until the drink is cold (about 30 seconds).

Add two ice cubes to each cocktail glass. Pour the drink. Splash two drops of orange bitters on top.

Garnish with blood orange zest. KC



Silver streak martini glass, \$20 each; Bedford House, Katonah.

PHOTOGRAPHY BY JUSTIN NEGARD

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