



WESTCHESTER  
**WOMEN**  
MAGAZINE

JANET LANGSAM  
CEO ArtsWestchester

## HEALTH

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AGAINST **BREAST CANCER**

## FOOD

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DESTINATION EATERY -  
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## PROFILE

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THE PRIDE OF PELHAM  
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AT TOKYO OLYMPICS

## FAMILY

**AT HOME WITH HURWITZ**  
SCHOOL IS BACK  
IN SESSION

*Art Always,*  
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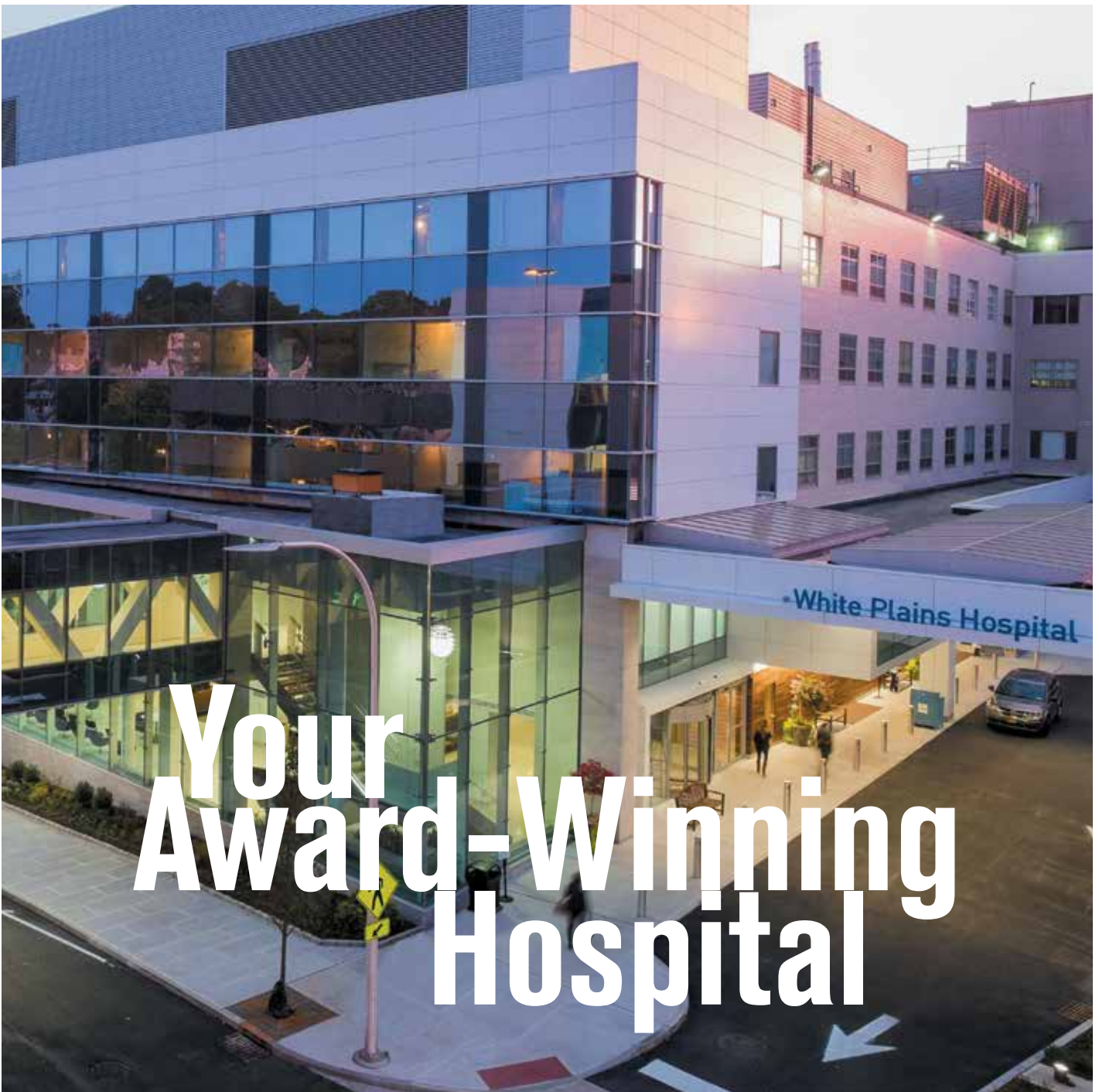


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# Women's

## BEST WEAPON AGAINST BREAST CANCER



By Dr. Caren Greenstein  
Radiologist/Breast Imaging

eight women in this country will develop it.”

While statistics show that the majority of tumors are found in women over 50, younger women are not immune to the risk. “Today, we are seeing some younger patients, including some patients in their twenties, with breast cancer,” she says.

### When to Start Screening

Guidelines for when to start regular screening often lead to different recommendations from medical organizations. At White Plains Hospital, we follow the American College of Radiology recommendations and suggest healthy women without high-risk factors is to start getting mammograms yearly at age 40.

However, doctors suggest that certain groups of women with specific high-risk factors start even sooner – as early as age 30. Women who may be at higher risk include those who have a family history of breast cancer, especially if a first or second-degree relative developed breast cancer at a young age. Breast cancer in certain ethnicities, such as African American, Asian and Hispanic women, typically is diagnosed over a decade earlier than for Caucasian women (which is in their 60s).

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on track with your mammograms – or start if you haven't already.

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*Dr. Caren Greenstein is the Director of Breast Imaging at White Plains Hospital.*

When was the last time you got a mammogram? If your answer is before the pandemic, that means more than *one year* has gone by without the essential screening you need to catch breast cancer early. While that might not seem like a big deal, tumors can begin to grow and advance in that relatively short span of time. The statistics tell it all: Last spring and summer 2020, breast cancer screenings dropped nearly 90% – because of this, deaths from breast cancer are expected to rise 10% in 2025.

### Don't Be a Statistic!

“About 70 percent of all breast cancer deaths occur in the portion of the population who are not getting regularly screened,” Dr. Caren Greenstein, Director of Breast Imaging at White Plains Hospital.

“Also, there is no such thing as any woman being low risk for breast cancer,” Dr. Greenstein continues. “The numbers tell us that one in

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# Fabulous Recipes for Busy Families

## EASY BREAKFAST QUICHE

Servings: 12

- 1 package (10 ounces) frozen broccoli with cheese
- 12 slices bacon, chopped
- 1/2 cup green onions, sliced
- 1 cup mushrooms, sliced
- 4 eggs
- 1 cup milk
- 1 1/2 cups shredded cheese, divided
- 2 frozen deep-dish pie shells (9 inches each)



Heat oven to 350 F.

In medium bowl, add broccoli and cheese contents from package. Microwave 5 minutes, or until cheese is saucy. Set aside.

In skillet, cook chopped bacon 4 minutes. Add green onions; cook 2 minutes. Add mushrooms; cook 4 minutes, or until bacon is completely cooked and mushrooms are tender. Drain onto paper towel over plate. Set aside.

In medium bowl, whisk eggs and milk until combined. Add broccoli and cheese mixture. Add 1 cup cheese. Stir to combine. Set aside.

In pie shells, divide drained bacon mixture evenly. Divide broccoli mixture evenly and pour over bacon mixture. Sprinkle remaining cheese over both pies.

Bake 40 minutes. Allow to cool at least 12 minutes before serving.

*Note: To keep edges of crust from burning, place aluminum foil over pies for first 20 minutes of cook time. Remove after 20 minutes and allow to cook uncovered until completed.*

## BACON CHEESEBURGER TACOS

Servings: 4

- 8-10 slices Coleman Natural bacon (recommended)
- 1 pound ground beef, salt and pepper
- 4 slices cheese
- 1 cup canola oil
- 8 soft corn tortillas
- 1 medium red onion, sliced
- 1 avocado, skin removed and sliced
- 1 medium tomato, chopped
- 8-10 romaine lettuce leaves, torn



In large frying pan or cast-iron skillet, cook bacon until crispy. Remove slices from skillet to drain on paper towel. Pour bacon fat from pan.

Shape ground beef into four burger patties, seasoning both sides of patties with salt and pepper.

In skillet over medium-high heat, cook burgers about 4 minutes per side for medium doneness.

Top each burger with one slice cheese then cover skillet with lid and cook until cheese melts. Remove from heat.

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Lauren Boutique is a new distinctive women's fashion and accessories boutique located in the heart of Larchmont. This trend-forward boutique showcases unique seasonal items from various designers as well as custom pieces created by store owner, Lauren Tormenta, a New York-based fashion designer. There is also a selection of baby and children's clothing. Follow @laurenboutiqueny on Instagram!

- A. Faux Leather Jacket
- B. Cutout shoulder knit sweater
- C. Italian Leather Wallet Designed in Paris
- D. Faux Fur Chinchilla Coat Designed by Lauren Tormenta
- E. Star Raglan Sleeve Sweater



A.



C.



D.

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# Art Always. IN ALL WAYS

Janet Langsam



BY LAUREN HURWITZ



Music lovers can rejoice! The county's signature music event, the 10th Annual JazzFest White Plains will once again grace the streets and parks of the center of the county, and the ArtsWestchester historic building. From September 9th to 12th, there will be live, in-person performances from musicians like Erena Terakubo, Emmet Cohen, Ravi Coltrane, Theo Croker and rising Jazz stars. Plus, those at home will have the chance to watch many of the concerts via livestreams on the ArtsWestchester website.

But just how do incredible artistic events like this come to fruition? For 56 years, ArtsWestchester has been the premiere funder of the arts in the Westchester and Rockland communities. ArtsWestchester CEO Janet Langsam (photo upper right) says their very robust grants program is funded by the county and the state with grants fitting into a variety of different categories such as basic support, project grants, special needs grants and even education grant programs. "There is a plethora of opportunities for organizations to apply and receive funding. The organizations and artists that receive grants from us mean a lot to them beyond the money. Being funded by ArtsWestchester appears to have another benefit - almost like a stamp of good approval. There is clout to have our name behind it because we have a panel process in which we review applications in terms of the organization's history, what kind of programming they're creating, their equity and diversity profile. And on top of that, their artistic merit," says Langsam.

In addition to the demanding work that goes into determining which organizations will receive grants, the COVID crisis has presented its own profound challenges for the ArtsWestchester community. At the end of 2020, Langsam put out a call to artists and asked them to send in works they made during the crisis. Together, these pieces created this past summer's "Together apART" exhibit showcasing what they made during this time alone in their studios. Langsam said they received over 500 different submissions including poetry, video,



Theo Croker

visual arts, sculpture and more.

Another success during the COVID period was the creation of the virtual ArtsMobile workshops showcasing sculpture, collage, music, drumming and all disciplines that can be enjoyed easily and inexpensively with materials people typically have in their home. Plus, artists were able to get paid for their work and be featured on ArtsWestchester's YouTube page. "COVID has taught us that in person arts are really important – but online arts reach many more people. There is probably a combination of both in the arts as we head into the next decade. Over 5,000 people will see one of our online workshops as opposed to only 30 via Zoom," says Langsam.

The organization's work within our diverse neighborhoods goes way back to before the start of COVID. For over 30 years, ArtsWestchester has maintained deep roots with the mentally challenged community in the region, working closely with the County Department of Mental Health. This month, visitors to ArtsWestchester's main building in White Plains can enjoy an exhibit called, "Visions," which features works created by those with mental challenges. Langsam says, "Everybody needs a psychiatrist sometimes. But sometimes we need another way to express ourselves." After "Visions," the main building will open the next exhibit, "Who Writes History," an exhibition that seeks to foreground underrepre-

sented peoples, places, and events in an effort to work towards a more inclusive recounting of the past and present.

Touching community issues is nothing new for ArtsWestchester where they have shined a light on other important and controversial topics such as gender identity with last year's "SHE" exhibit focusing on how women see themselves, and various opportunities to highlight immigration. "We are very attuned to the immigrant population in Westchester and the fact that county residents come from all different countries and places. Through our summer Westchester Roots (music) program, we try to represent traditions and customs of all kinds of people from different places," says Langsam. For example, they have supports performances showcasing Ecuador, West Africa, Latin American and other places with the "goal of rebuilding these audiences that have had a pent-up demand to be in person, and experience the arts and celebrate together," says Langsam.

When reflecting on the past 19 months, Langsam says, "We were very fortunate that our funders and particularly the county and state continued their funding once COVID hit. Not one of the organizations we funded around the time of COVID did not make it through. A lot of it is credited to the fact that our funders allowed us to be more flexible in giving those grants out. It was a lot of work trying to convert these to online

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activities, but we did. We helped our organizations produce and present online concerts, streaming workshops and everything under the sun."

Langsam believes people have a new appreciation for the arts now that the worst of the pandemic seems to have passed. "I think people have missed live performances, they want to be together and have a real appreciation for how important

it is to have creativity in your life." For those who crave more of the arts, becoming a member of ArtsWestchester is a wonderful option to ensure they learn about the latest art opportunities, events, exclusive invitations in the county and keep their finger on the artistic pulse.



**"I think people have missed live performances, they want to be together and have a real appreciation for how important it is to have creativity in your life."**

Janet Langsam,  
CEO ArtsWestchester



Anais Reno -- Singer at JazzFest

# THE Chef's CORNER

By Lilian Peña

## Larchmont's Destination Eatery THE GRANGE



Lisa Chase, Lisa Samson and Lisa Moskow, owners of The Grange.

Three good friends of almost 20 years – Lisa Samson, Lisa Moskow and Lisa Chase – are celebrating the first anniversary of the opening of their smart and quite delicious eatery in the heart of Larchmont – The Grange. All three women originally met while their 1-year-olds were in a Mommy and Me class almost 17 years ago. The three Lisas sat down with *Westchester Women* on a beautiful Sunday afternoon to talk about how their vision came to life along with the ups

and downs during this past year.

Lisa Chase, a former magazine journalist and editor explained her initial idea for the restaurant. “It was born out of need. I was out running errands and became frustrated because I wanted a quick sandwich to go.” Certain restaurants were closed and there didn't seem to be anything around that would fit the bill. So, Lisa C. called Lisa Moskow, a fine-dining catering chef who's talents were cultivated at

The Food Network and Martha Stewart and said she should open a sandwich shop. “Lisa M.'s reply was that ‘we’ should open that shop.” They looked around in a couple of spots and finally found the empty space that was formerly Wasabi.

Lisa M. shared, “After we settled the space with the landlord, Lisa Samson with her expertise in architecture, design and branding stepped in and began the look and style of the restaurant, logo and marketing. Our original idea was of a more Bohemian-style space but Lisa S. created the perfect modern, clean and elegant look that is perfect.”

We were interested to find out how the name for the restaurant came about. Lisa C. explained that they tried out many different names. None of which seemed to stick. “I've always been interested in the community aspect of a restaurant. We have lived in Larchmont for 20 years and raised our families here. We've volunteered and know a great many people. The concept of an old-fashioned grange on an English farm came to mind – a place where the people came together for the well-being of the community. We loved the name and especially the way Lisa S. designed the logo and brand... then COVID hit.”

Even though the lockdown forced everyone to stay home, people were so happy when The Grange opened on September 15, 2020. They were amazed that anyone would open a business during the pandemic. The women received Christmas cards thanking them for being there for the community. Many people who moved out of the City found comfort when saw a place that looked familiar.

Over the past year, the three women have faced several challenges to say the least. They agreed that for them, they've all experienced relevant challenges because none of them ever started a restaurant before and especially during a pandemic. There certainly was a real learning curve but each Lisa agreed that it's been super exciting.

Their advice for anyone thinking of opening their own business? *Don't tell too many people.* They shared that some



The three Lisa's share the recent bounty of their Victory Farms Program.

will give you all the reasons why you shouldn't do it. They wanted to experience the entire process without being influenced by the doubts of others. Having dealt with construction issues, COVID and supply chain issues, they may have never gone through it had they known those things beforehand.

Lisa M. said, “We are very thankful for our very strong family support. Through the long hours, the ups and down of opening a brand-new business, it's so important to have your family, a pet or something there to pick you up.”

“We have learned to be flexible. We've pivoted a number of times on the initial concept of the restaurant, the scale and size of the menu. During COVID, we had to scale back the menu. Thankfully, we were able to survive the winter by building an



Torched French Toast Wedge, baked layers of brioche French toast, bruléed and served with a mixed-berry compote.



Avocado Toast Smash, smashed avocado, tomatoes, feta, pickled red onion, pumpkin seeds on thick-sliced multi-grain bread.

outdoor space utilizing igloos.” And now almost a year later, they have come out on top.

When asked about a signature dish, they all looked at each other and smiled. Lisa M. said, “That is a multifold answer. We recently received an honor for our Torched French Toast. However, when we first opened it was our Cuban-ish sandwich and it’s still very popular today.” She went on to say that their customers are fiercely loyal and definitely have their favorites. “It’s so interesting to see our customers claim different things on the menu and then go out and promote them to their friends.” The Avocado Toast is a

best-seller, especially on the weekends.

New items coming out in the fall will include their Brisket Sandwich dubbed the Chanukah-ish, an absolutely delectable brisket sandwich with potato sticks, red cabbage and horseradish gremolata. It was originally a one-day special but the demand quickly grew. They will also have a number of inventive soups that are available by the quart.

Regular customers are often called when their favorite soups are on hand for the day or they will receive a text message letting them know that corn muffins or the Korean Chicken

Sandwich is on the menu. Community means everything to them, and it shows.

One of the most important community-related projects the Lisa’s created is the *Victory Farms Program*. Lisa C. explains, “We were originally going to open in March of 2020. There was a period of time when we were figuring out whether we even could open. We had empty refrigerators in the shop. After volunteering at the Food Pantry, I saw the need for fresh produce. I was going to plant garden beds in my backyard and knew neighbors that were going to do the same.” So she let her friends and neighbors know that if they wanted to join in, they could donate their produce to the Food Pantry.

There were 40 families last year, and they would bring their produce to the shop. Lisa would drive the bounty over to the Food Pantry.

This year, they are up to 148 families. Everyone from Sheldrake to all the elementary schools are donating produce. The teens for example, went to Sheldrake to help rebuild their raised vegetable beds. They weed and water the gardens. Every Tuesday they take coolers to the Larchmont Mamaroneck Hunger Task Force that distribute the fresh produce and food to the community in need. They asked the mayor

if they could put a small fridge on the sidewalk. She said yes and it’s a great way for people to both drop off their garden produce and also other’s can take what they might need. The fridge will be out until the season is over.

The rewards since opening . . . a very easy answer . . . community. They are grateful for the loyal customers who have considered them a lifeline to the outside world during the shutdown and enjoy meeting the new families in Larchmont that they would otherwise never meet. The connection between great food and the smiles on people’s faces says it all.

Will the outdoor igloos come back as the weather turns colder? It’s possible. They have some great things planned for the fall and winter season but love the element of surprise. Yes, their wonderful hot chocolate will return and their hearty granola mixes will warm your soul on a cold morning.

I asked them if there is anything else you want our readers to know, “We’re awesome!” Yes, they are. Strong, fearless and full of great ideas for the future. They are also grateful for their extraordinary crew and believe they are very lucky...this is a happy place.



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# KATE DOUGLASS



## The Pride of Pelham Scores Bronze at Tokyo Olympics

By Lauren Hurwitz

Only about a decade ago, a little girl named Kate Douglass sat in her classroom at Siwanoy Elementary School in Pelham dreaming of her future. At the time, winning an Olympic medal wasn't a part of what she imagined – but this past summer, it became her reality. The 19-year-old rising junior at the University of Virginia scored the bronze medal in August at the Tokyo Olympics for her outstanding performance in the 200-meter individual swim medley, not to mention with a personal record time of 2:09.04.

From what she can recall, Kate's affinity for swimming began when she was seven or eight-years-old. At the time, her mother, Allison, signed Kate up for summer swimming at the NY Athletic Club in Pelham Manor with a handful of friends where she learned beginner strokes and skills. A few years later, when Kate was 10, she decided she wanted to swim year-round so off to the Westchester Aquatic Club in New Rochelle she went to take her sport to the next level. Kate stayed with the New Rochelle team for many

years but by her second year at Pelham Memorial High School, she headed north to join the Chelsea Piers Aquatic Club in Stamford to continue perfecting her performance in the pool.

It wasn't until after she graduated high school in 2019 and headed down to the University of Virginia that Kate even started thinking about the Olympics. "When you're little, you look up to Olympians and think going to the Games would be really awesome. I was thinking the same thing when I was younger but going to the Olympics wasn't my main goal, and I still don't think going to the Olympics should be the end-all, be-all of the sport. It was something that I didn't even think was attainable for myself but did think it would be really awesome to qualify," Kate says.

This past June, Kate earned her place on Team USA when she qualified thanks to her stellar time at the Olympic Trial in Omaha. "Being on the team was really awesome because I got to spend five weeks with a

group of girls, many of whom I was already friends with beforehand. We got to live with each other and had a really fun time," she says. "Still, it was a really challenging year because COVID restrictions made everything a little different and less fun than usual. We didn't get to do as many activities outside of training as we normally do, but we made the best of it."

Going through the trials and tribulations of intense training over the years, Kate has learned about the power of believing in oneself. "Before the summer I didn't think I was going to make the team and then I made it, and even medaled," she says. "Seeing I was able to do all of this definitely made me realize you shouldn't doubt yourself."

She looks up to other accomplished athletes like Missy Franklin and wants young girls to know it's imperative to have fun, "and enjoy yourself because if you're not having fun, swimming can get really challenging. Surround yourself with people who push you but also help


you have fun," she adds.

Looking to the future, Kate isn't sure exactly she wants to do once she earns her degree in statistics. It's been a challenge to manage searching for an internship while also balancing her training schedule. However, she does want to continue training for the 2024 Olympics though she reminds herself you never know what can happen. Kate hopes to continue working on some of her favorite races including the 50-meter freestyle, 100-meter freestyle and the 100-meter butterfly but, "right now, it would just be nice to qualify," she says. These days, most of Kate's time is spent in Virginia but when she's back visiting her home in Pelham, she can be spotted at some of the same places she adored when she was that little girl grabbing breakfast at Lenny's, a bite at The Bakery, or chowing down on pizza at Villagio's. And of course, if you see her in person, make sure to say "hello" to the pride of Pelham!



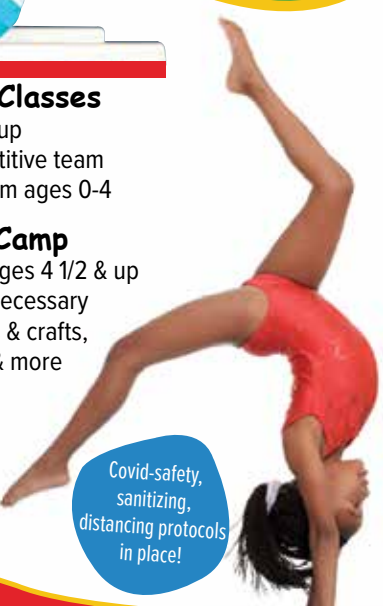


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# At Home with Hurwitz

By Lauren Hurwitz

## School is Back IN SESSION



For many parents, dropping their child off for the first day of school is the best day ever. Peace and quiet returns to the home from 8:30am-3pm. The dream of enjoying a meal uninterrupted becomes reality, and oh yes, an education for junior is underway for the next 10 months. But just how to get the day started now that school is back in session is the tricky part. According to a survey from Sparefoot, “When the school year starts, 80% of parents feel it takes them longer to get ready in the morning than during the summer. And nearly one in three feel it takes more than 20 minutes longer.” With limited time to ensure you’re more

than simply saved by the bell, parents around Westchester are looking for ways to make life before their first cup of coffee a bit easier.

Debbie Harwin, owner of I Need My Space in Mamaroneck, says the first step to getting organized is to put away all the summer items you’re no longer using. Whether you opt for clear or decorative boxes, everything must find a place. “Visual clutter leads to mental clutter,” says Harwin. “It’s what you see and wake up to in the morning and go to sleep to at night. It’s nice to just have surfaces that are clear and organized.”

In Harwin’s experience, the mudroom often needs the most work since it’s a shared space with tons of foot traffic. Give each family member their own dedicated spot within the mudroom for their backpack, properly fitting shoes, jackets and sports equipment for the current season. An ideal mudroom maximizes vertical space all the way up to the ceiling so you can add bins for items you will switch out throughout the year depending on weather like gloves, hats and scarves. Spend time going through all of apparel and equipment you and your children no longer need or have outgrown. No more, “just in case I need this for the future”

moments! When in doubt, Harwin says, “Donate! There are plenty of people out there who are in need of these things.” Out of season items can be placed in the garage so that when you depart for the day, everything you need is easy to find. Better yet, when you return home, there will be an instant feeling of zen instead of chaos. And at the end of every evening, Harwin recommends making sure backpacks are fully-loaded minus the next day’s lunch – to avoid last minute packing in the morning.

Another step to staying organized as we embark on the most chaotic time of year is by creating a Command Center. Whether it’s in the home office or kitchen, a Command Center should highlight everyone’s schedule in an easy-to-read fashion and provide quick access to important papers. Harwin likes using a color-coded dry erase board to track where everyone is, and easily schedule future appointments. She also recommends the clear three-section vertical file organizer from the Container Store that enables you to put letter-size papers into files on an incline, so the papers don’t get lost behind each other. Many of her clients will create a file for each child so when papers come in, they can break up the sections between action files such as class lists, schedules, etc. You can also have a file for mom or dad with segments such as bills to pay, upcoming events, upcoming travel, warranties, or more.

Now that your home is in order, it’s

# Back to School Must Haves

time to make a routine that will stick. Alexandra Hickey, owner of AMH Organizing in Rye, says one week prior to school, the entire family wakes up early, with the time getting increasingly earlier each day. This will help parents and kids adjust to the new schedule and allow for some practice runs so kids and parents alike are aware of what is expected and needed to get out the door in a timely fashion. Establishing routines that will stick is the key to success. Hickey also believes in prepping as much as possible the night before school. For example, if you know you're going to be serving cereal for breakfast in the morning, set the table with a bowl, spoon, cup, and box of cereal before you go to bed as it's one less thing to do in the morning. Other tasks you can do the night before include preparing lunch and leaving out next-day outfits not just for the children but for the adults as well.

Keeping tidy isn't just for the adults and "big kids" – little children can also have their own sense of order, according to Meryl Keenan Bash, owner of The Neat Nest in New Rochelle. She says the mDesign Plastic Portable Craft Storage Organizer Caddy Tote makes it easy for youngsters to carry their school or art supplies around the house, from room to room. "It's the perfect size for little hands and especially convenient for households with multiple children since you can put a name label on each caddy. If you're on a tight budget, you can also check your local budget-goods store like the Dollar Tree for a super inexpensive caddy."

And if order and routine sound a bit too overwhelming for you – if keeping things in place was never your "thing" – consider this: Every minute you spend putting things in the right place at night, is one more minute you get to stay in bed in the morning. How's that for some Monday morning motivation?



## RESOURCES

Debbie Harwin  
ineedmyspace.com

Meryl Keenan Bash  
theneatnestny.com



KicksBySammy  
founded by Rye  
Brook native  
Samantha Handler  
Start at \$110



mDesign Plastic Portable Craft Storage  
Organizer Caddy Tote  
Price: \$16.99



The Frost Insulated Water  
Bottle from EcoVessel  
Price: \$24.99



Clear 3-Section Vertical File  
Price: \$19.99



Recycled Insulated Lunch  
Totes from U-Konserve  
Price: \$25.95



### LIVING ROOM

To showcase this bright and airy space we selected white upholstery materials and accents of blacks and natural woods with pops of colors throughout. The stainless staircase brings in a modern sensibility. The coffee table is custom which consists of 2 levels and is made of black iron with champagne colored glass. The oversized custom book case is definitely a focal point. It combines the natural wood with a series of yellow painted back panels. The side tables are also custom and bring in pops of color. The lush carpet grounds the space in warmth and luxury.



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# MOOD



### MASTER ROOM

This serene master bedroom hosts an array of custom work. The headboard and platform bed were designed to bring in the warmth using natural wood and the oversized upholstered headboard. The side tables combine the wood with the painted sides that complement the various components of the bed. The large mirror and plush area rugs add both warmth and lightness to the room.





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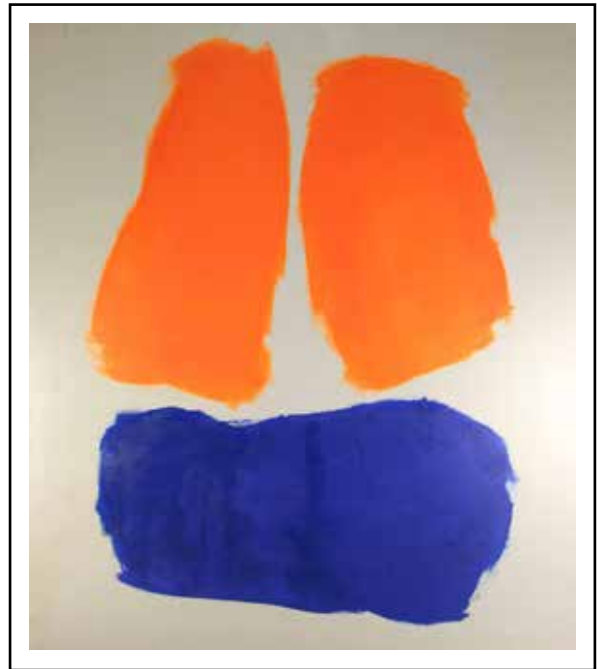
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