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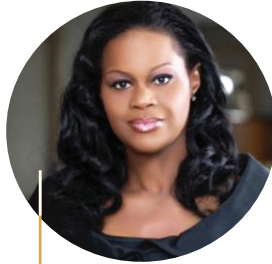
Women in Business



Jan Johnsen



Yulia Murphy



Traci Alexander



Alexis McGuffin



Sheila Stoltz

Celebrated Gardener and Landscape Artist Jan Johnsen Releases New Book

Croton resident Jan Johnsen has just released her new book *Floratopia – 110 Flower Garden Ideas for Your Yard, Patio or Balcony*. Whether you're new to gardening or are an old hand, the book is chock full of ideas to spruce up your property. Published by Countryman Press, Johnsen who learned her craft first working with a landscape architect in Japan and later with a Versailles-trained French gardener, is an expert at bringing color to the landscape. She has planned the gardens of celebrity homes from Massachusetts to Malibu, as well as right here in Westchester and Fairfield. Her 256-page book covers chapters with essential advice such as 'Hot Weather Flower Garden Tips', 'Tiny Space, Tiny Garden' and 'Tips for Layering with Flowers' are accompanied by lush photos and informative captions. It answers common questions to ensure success for gardeners of all skill levels such and tips including 'Become a Rake Master' and 'Should I Cut Back in Winter?' For more information, email jan@johnsenlandscapes.com

Keybank Adds Yulia Murphy as Senior Healthcare Banker

KeyBank is focused on expanding its Healthcare Financing portfolio with the addition of Yulia Murphy as Senior Relationship Manager – Healthcare Banking. Murphy will be responsible for bringing meaningful, integrated financial solutions to new and existing Healthcare industry clients throughout Key's Hudson Valley/Metro NY and Connecticut markets. She will work in close collaboration with other Key teams serv-

ing those markets, including Middle Market, Enterprise Healthcare Payments, Key Equipment Finance, and Cain Brothers, a division of KeyBank Capital Markets and pre-eminent healthcare investment bank. She has an office in Key's Manhattan office at 1301 Avenue of the Americas, New York, NY and can be reached at 212-476-7455 and Yulia_Murphy@keybank.com.

Traci Alexander Joins Boys & Girls Club of Mount Vernon as Director of Development

The Boys & Girls Club of Mount Vernon announced that Dr. Traci E. Alexander has joined their staff as Director of Development. Dr. Alexander will be responsible for leading the Club's plan to generate resources and support for one of the leading youth development organizations in the greater New York metro area. Alexander has been a prominent media pioneer, award-winning journalist and professor in the fields of communication and leadership development for over 30 years. Her work in fundraising and business development has been dedicated to advancing social justice for women of color, and to supporting underserved and marginalized communities. Alexander has helped raise visibility and fundraising campaigns for nonprofit organizations across the country, most recently for a fundraiser for the Boys & Girls Club of Mount Vernon featuring former U.S. National Security Advisor Susan Rice. "Our Club has had a meaningful impact in the lives of thousands of current and former youth in the Mount Vernon community for over 100 years, and we have ambitious plans to

grow in the future" said Rob Potack, board chairperson for Boys & Girls Club of Mount Vernon. "It is critically important for our organization to have a development executive with an entrepreneurial spirit, fundraising know-how, and a successful track record of raising awareness and funding. Traci Alexander embodies all of these qualities and so much more, and we are excited to have her join us."

Suffolk Hires Alexis McGuffin as VP Business Development NY

Suffolk, one of the nation's most innovative and successful builders and real estate enterprises, announced it has hired Alexis McGuffin to serve as vice president of business development in New York responsible for pursuing new project opportunities, cultivating client relationships and raising the firm's visibility and building its brand in the New York market. "Suffolk has emerged as a key player in the New York construction market, and we're excited to bring Alexis on board to continue building on that momentum," said Charlie Avolio, president and general manager of New York. "Alexis has a wealth of experience and is a proven leader who will play a key role in helping us reach our ambitious growth goals and solidifying our reputation as an industry disruptor in New York and nationally." Prior to joining Suffolk, Ms. McGuffin spent nearly 14 years in senior executive positions at the real estate and construction enterprise Lendlease. She recently served as Lendlease's vice president of business

development and partnerships. In that role, she worked closely with the marketing department to establish Lendlease as a thought leader in the healthcare, life sciences and residential markets in New York City.

Sheila Stoltz Navigates to Compass in Bronxville

Sheila Stoltz, consistently the #1 realtor in Bronxville and a perennial top agent in Westchester County, has joined Compass. Sheila is known for her aptitude for all things real estate finance, valuation analysis and for exceptionally executing transactions. "Compass is more than a real estate brokerage," said Sheila. "It is a real estate technology company at the forefront of the industry. The services and tools Compass offers elevate how I can serve my clients, including a pre-sale concierge program for home renovations with zero upfront costs, a bridge loan program to increase home purchasing power and a host of digital tools with unprecedented reach to home buyers locally and nationally. I could not be more excited to join Compass." Sheila was recently ranked on *REAL Trends' America's Best* list as one of the top 100 agents in New York State, and she has consistently been ranked in the top 250 agents nationwide by the *Wall Street Journal*.

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Health Tips to Navigate Year 2 of the Pandemic

After months of restrictions and guidelines, pandemic fatigue is affecting how some Americans protect their health. However, experts warn that diligence is still extremely important because new mutations and variants of the virus that causes COVID-19 are being discovered. The typical cold and flu season also brings added threats to people's health and wellness.

"Staying diligent is one of the most important things we can do as we navigate through cold and flu season as well as the COVID pandemic," said family medicine physician Dr. Jennifer Caudle.

Though you may still be spending more time at home, it's important to take proactive steps to maintain your health. Caudle offers these practical tips to help protect your health while you're waiting for vaccination eligibility amid the pandemic this cold and flu season.

Avoid Exposure

As COVID-19 continues to impact communities from coast

to coast, there's no better time to avoid getting sick. Even if you catch a less serious illness like a cold or the flu, health care professionals in many areas are stretched thin. What's more, getting sick could compromise your immune system, making you more susceptible to a more serious infection.

Minimizing your risk of exposure means limiting close contact with others outside your household, wearing a mask and washing your hands regularly with soap for at least 20 seconds. An alcohol-based sanitizer that is at least 60% alcohol can substitute for hand washing, if necessary.

Practice Self-Care

Staying healthy isn't just about avoiding germs. Managing your physical health means keeping your body in top condition by eating right, exercising, getting enough sleep and ditching habits that can negatively impact your body, like smoking and excess drinking. It's also important to monitor your mental health since factors like stress and depression can take a

physical toll that impacts your body's immune response.

Pinpoint Symptoms

If you get sick, it's important to pay close attention to your symptoms. However, the spring cold season brings a unique variable with the possibility that your symptoms may actually stem from a mild case of COVID-19. Weather may also fuel stronger than usual allergy responses, so distinguishing between cold, flu, COVID-19 and allergy symptoms can be especially tricky. Testing

may be necessary to get the proper diagnosis and ensure you're taking the right precautions to prevent the spread of any infection. If you have questions or concerns about your symptoms or about COVID-19, consult your health care professional.



Rethinking Mental Health

Making Out-of-Network Psychotherapy Affordable

Covid-19 has brought with it an unprecedented need for emotional support from therapists and psychiatrists. Dealing with emotional difficulties like depression or anxiety, coping with the challenges of daily life and relationships, trauma, medical illness or loss, can be a difficult journey. Sadly, mental health struggles can suck the joy out of life, hinder our ability to be present and prevent us from connecting with our family and friends in a meaningful way.

Seeing a quality, out-of-network therapist may feel like an unaffordable luxury, and the added expense may be untenable. *If your preferred therapist doesn't take your health insurance, we can help negotiate*

with your plan to cover your out-of-pocket therapy costs. As Insurance Advocates, we help psychotherapy patients, individuals, couples and children, negotiate with their insurance plan to collect reimbursements ranging from \$150-\$400 per session, adding up to \$5,000-\$45,000 annually.

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This parfait is a fantastic and easy way for kids to show Mom just how special she is...and it's delish. Light, fresh, and full of fruit, and she will love the contrast of crunchy toasted nuts in each spoonful.

INGREDIENTS

- ½ (8 ounce) package reduced-fat cream cheese, softened
- 2 (6 to 8 ounce) cartons raspberry fat-free yogurt with sweetener or Mom's favorite flavor
- 1 ½ cups sliced fresh strawberries
- 1 ½ cups chopped, pitted fresh peaches
- 1 cup fresh blueberries
- 2 tablespoons sliced almonds or walnuts, toasted

Step 1

Beat cream cheese in a medium bowl with an electric mixer on medium speed until smooth. Gradually beat in yogurt. Combine strawberries, peaches, and blueberries in a large bowl.

Step 2

Spoon half of the fruit mixture into four 10- to 12-ounce wide-mouth glasses or parfait glasses. Spoon half of the yogurt mixture onto the fruit in the glasses. Repeat layers. Top with sliced almonds (or walnuts).



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Queens of the Crop

The Cannabis Leaders of Westchester County

By Lauren Hurwitz

The Peckham family's interest in cannabis began when CEO Amy's own mother Frances, more lovingly referred to as "Granny Franny," was diagnosed with amyotrophic lateral sclerosis, or "ALS."



Before New York lawmakers started accepting the idea of sending restrictions on recreational marijuana up in smoke, they first embraced cannabis for medicinal purposes. In 2014, New York became the 23rd state including the District of Columbia to legalize medical marijuana with the passing of the Compassionate Care Act.

Immediately after Governor Andrew Cuomo announced the legalization, the Peckham family, based in Katonah, sparked up their new business venture, Etain Health. As the state's only family-run, women owned and operated medical marijuana company, Etain has been part of the medical marijuana world in New York from its inception. The Peckham family's interest in cannabis

began when CEO Amy's own mother Frances, more lovingly referred to as "Granny Franny," was diagnosed with amyotrophic lateral sclerosis, or "ALS." A local mom of four and former paralegal, Amy spent countless hours researching the various alternative medicines that could provide her debilitating mother with better palliative care – and each time, came back to the idea of marijuana. She was frustrated knowing there were no legal methods to procure Granny cannabis in New York. Meanwhile, patients in California (1996) and Colorado (2000) had been accessing medical marijuana for many years.

Even after Granny's death in 2012, Amy's research into the benefits of medical marijuana

continued. In 2014, while Amy's daughters, Hillary and Keeley, were away at school, New York State passed legislation allowing the use of cannabis for medical purposes. Amy immediately jumped into business mode with Hillary, and soon after tapped Keeley for her knowledge of horticultural therapy which she was in the process of studying at Tulane University in New Orleans. Together as a family, the three women quickly put together a team to build their business with the goal of securing a cannabis license from the state to ensure a way for other people suffering with chronic pain or illness could find easy relief during a time of need.

Ladies Who Launch

In June of 2015, Etain Health

was one of 42 companies that applied for a cannabis license. The highly competitive application process involved preparing over 1,000 pages of documentation in 30 days including details on where the company would plan to have their dispensary lease, full growth plans, and construction plans for a manufacturing facility. Applicants had to ensure that if they were selected for a license, they would act upon their plan at once with no delays. Together, Hillary and Amy printed all of the paperwork, boxed up multiple copies of the application, and dropped the boxes off in-person in Albany for consideration. In record time, the Etain team had to build a manufacturing plant and cultivation store located in Chestertown in 2016.

continued on the next page

A major component of the business plan was selecting a name that resonated with all of the Peckham women. According to Hillary, who quickly became Chief Operations Officer, “Etain is a Gallic goddess in Irish mythology and in many legends she represents women in transformational capacity and is a protagonist. The name we chose was the perfect way to honor my mother’s Irish heritage while giving a nod to a female-run business.” To date, there are 10 companies with licenses to manufacture and dispense medical marijuana in the state but Etain continues to be the only family run and women operated dispensary of the group. “We’ve made it a priority of ours to give opportunities for the advancement and inclusion of women. For example, in the manufacturing facility, we’re focused on trying to get women back into the workplace after having kids. 70% of our management is women and 65% of our entire company is made up of females,” says Hillary.

Six years after launching, the operation now spans across the state with cultivation and manufacturing taking place in Chestertown, and dispensaries (retail locations) in Yonkers, Kingston, Syracuse and Midtown East in New York City. They’re also employing local experts to work as farmers, engineers, scientists, analysts and even security guards.

A Family Affair

While Amy remains in Katonah and Hillary in Bedford Hills, Keeley has moved further north to serve as Chief Horticultural Officer, overseeing the manufacturing at the corporate offices in Carmel. Nonetheless, Hillary says they work efficiently and effectively as a family. “It’s really amazing to see my mother transition from a ‘just’ to watching her in a leadership and business role, especially when she and I were starting the business alone. We were driving around New York state with a desire to fulfil our dream and it’s something I will never forget. I’m grateful to have had the opportunity to be part of this with my mom and witness our business grow together.” The Peckham women aren’t running this Mary Jane business completely on their own. Hillary’s husband serves as Chief Information Officer, and Keeley’s is the head engineer at the 25,000 square foot manufacturing facility where the cannabis is grown and tested

“Something that has helped us succeed in a restrictive market is that we have a group of people working together that are committed to each other’s success, and to the overall business’ success,” says Hillary. “I’m very proud to say that my family has been able to do all of this together.”

Doctor’s Orders

According to the New York State Department of Health, New Yorkers may be eligible for med-

ical marijuana if they have been diagnosed with chronic pain or a severe debilitating or life threatening condition such as cancer, HIV infection or AIDS, ALS, Parkinson’s disease, multiple sclerosis, damage to the nervous tissue of the spinal cord with objective neurological indication of intractable spasticity, epilepsy, inflammatory bowel disease, neuropathies, or Huntington’s disease. Though not explicitly outlined by state regulations, Jordan Tishler, MD at InhaleMD.com says “Cannabis can be very helpful for a range of medical issues including pain management, treating insomnia, anxiety and depression.” Specific to women, Mishler adds, “Marijuana can be an effective treatment for sexuality related issues such as low libido, arousal and lubrication, achieving satisfying orgasm and increasing satisfaction with overall sexual experience. Even the intensity of hot flashes can be diminished using medical marijuana.”

The process of obtaining a medical marijuana card in New York is fairly simple. To start, a prospective patient must find a doctor who is registered with the State’s medical marijuana program. Many doctors can be found through a quick internet search or by visiting the State’s Department of Health’s website. If the physician determines the patient qualifies for usage, the patient then registers with the State for their card that includes their photo, similar in look to a driver’s license. The card is required to visit a dispensary and pick up the recommended product.

Once registered, patients can work with their doctor to have their recommendation sent off to the dispensary for pick up. Cannabis is controlled differently from conventional medical prescriptions. According to New Rochelle-based Integrative Cannabis Physician, Dr. Junella Chin, doctors in New York may write a “recommendation” but it is not referred to as a “prescription.” The discrepancy exists because cannabis is still a Schedule 1 controlled substance under federal law even though it is legal on the state level. Physicians like Dr. Chin who specialize in cannabis medicine are permitted

to provide patients with specific recommendations along with other treatment options under the integrative medical care umbrella. Still, many medical doctors aren’t proficient in ratioing cannabis, therefore they work hand in hand with dispensary pharmacists to determine the best dosage for each client based on the patient’s conditions and symptoms.

Patients visiting an Etain dispensary will meet with an onsite registered pharmacist who will review their medical history, doctor’s recommendation, and medical conditions. The pharmacist will then present various options of products to best meet the patient’s needs. Depending on the recommendation, a pharmacist may have a great deal of input into the dosing, or they may be required to stick to a certain amount based on whatever the medical doctor has specified. Typically, there is little to no additional input given beyond the doctor’s note from the pharmacist when dealing with children with extreme conditions and elderly patients.

Dr. Chin says the most common misconception is often amongst older patients who are worried about the “high” associated with cannabis. When looking at medical marijuana, one must consider CBD which aids in stress relief and muscle aches, and the THC component that provides a “high.” By speaking to a pharmacist about ratios, patients can control or avoid the “high” side effect to get the relief they seek.

While it’s not legal to take medical marijuana in the form of a traditional smoking joint, there are plenty of other options including capsules, gummies, oral sprays, oils and patches. Etain has created unique ways to meet the needs of their clients as they’re the only dispensary in the state to offer the product in the form of lozenges. For patients looking for something more discreet, Etain created a water soluble powder that can be used in baking or with hot or cold liquids. Hillary says that while smoking isn’t allowed, many customers opt to purchase the raw plant-material in the form of ground flower to use in a vaping device – adding



that vaping medical marijuana hasn't been studied enough to know if it's harmful to the body but many users feel they're getting maximum benefits since this manner offers the purest form of the plant.

Dr. Chin says, "Cannabis is the hottest thing right now especially in Westchester because it's cheap. It's not covered by insurance so you're looking at spending at least \$120 on a bottle but that could last two to four weeks depending on the dosage." When it comes time to refill, the process is fairly simple and similar to refilling a conventional prescription.

As New York State prepares green light various uses of marijuana, Dr. Chin is hopeful cannabis will become even more accepted in the mainstream in the medical community. For years, her patients have been securing relief with cannabis – sometimes even replacing one or more conventional medications like klonopin or ambien that only treats one symptom, with medicinal marijuana which serves as both an anti-inflammatory while simultaneously improving mood and sleep.

Like any conventional medicine, cannabis has benefits and risks. Tishler shares, "I've seen issues from over intoxication in the new patients but the larger issues stem from the fact that the cannabis industry is relatively unregulated. Companies say all sorts of things about cannabis that aren't backed by science, and often people are encouraged to buy and use more than what is good for them."

"He recommends always starting with the lowest dose and sticking to the treatment plan from your Cannabis Specialist physician."

Tishler stresses that cannabis won't address all problems but is great for treating many common symptoms. Cannabis is not commonly addictive, and while cannabis-use disorder is over-diagnosed, it does exist. Tishler encourages his patients to only get their products from a regulated facility to ensure they are safe. As more and more products in industries such as wellness and beauty claim to contain CBD, it is imperative consumers do their homework. Many products aren't tested for contaminants since cannabis isn't FDA-approved, which means there isn't always oversight in testing mass products that don't come from a dispensary,



and not every product's website is transparent. With regard to CBD specifically, Tishler states the scientific evidence does not support any of the claims being made, and routinely recommends against patients using CBD until further studies are done. He even calls CBD "The Emperor's New Clothes."

The Peckham women hope the medical program continues to grow strong within New York so they can continue to produce their life-changing treatments. This year, they will continue to expand their Etain brand offerings including the launch of their own CBD as well as more strains and products in the THC line. Simultaneously, experts in the field are working to widen

cannabis-use awareness so that more people can take advantage of this alternative medicine. As marijuana becomes more accessible and acceptable, it's possible the negative connotations of this taboo plant will soon disappear like a puff of smoke.



RESOURCES

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- etainhealth.com
- medleafrx.com
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Summer Weather = Great Outdoor Days for Children

With summer approaching, many families are faced with making a decision about how their children will spend their time off. While some people feel that careless and unstructured free play is what summer is all about, in today's day and age more and more parents are deciding that their children may fare better with something that's both structured and fun.

For many parents, that's often the point when they begin looking at summer day camps for children.

Though not the only way to beat summer boredom, summer programs for young children can provide unique benefits not found elsewhere.

While it is fairly well-known that summer camp activities can improve a child's physical health by promoting exercise, it is not as widely understood how a good program can also facilitate social and psychological development during a key time in a young child's life.

Here are some advantages of a summer day camp program:

Avoiding brain drain

In a review of three separate studies, 80% of children who participated in preschool programs outperformed their peers who did not participate in high-quality early care and education programs.

During the summer it's important that a child's learning and growth do not also take a summer break. Having the summer off can lead to a learning slump that makes it more difficult to catch up once school's back in session.

By participating in summer camp activities and even summer courses, a child's brain will stay active throughout this season. This will allow them to keep learning and return to school ready to go, rather than feeling like they'll need to re-learn everything they knew before.

Physical health

Children have an abundance of

energy. The sun is up early and out longer, the weather is warm, and there are a million adventures waiting for them.

In a time when many kids are perfectly content to spend hours looking at a screen, camps and outdoor summer programs are more valuable than ever. Even programs that are more academic or artistic in nature will often still encompass physical elements like preschool swim lessons, outdoor excursions, or lunchtime and playtime outside.

Physical activity is a major reason to attend summer camp children. According to the CDC, only one in three children is physically active on a daily basis, with children spending an average of seven and a half hours a day sitting in front of a screen. But the American Camp Association reports that approximately 70% of summer camps focus on physical activity in their philosophies and programming.

From swimming lessons to soccer to playground games and even freeze tag, a good summer camp for kids will have no shortage of exercise. Whether or not sports participation is the highlight of these summer camp activities, playing games and even getting around the facility will require physical activity. Not only will all this activity allow children to be more active, but it also has many positive side effects. Regular physical activity in young children has been shown to help ease anxiety, temper tantrums, and

outbursts in children and can even regulate their sleep schedule.

Physical activity is an important part of young children expending the boundless energy they build up. A summer day camp provides the perfect, healthy place for them to burn that energy while parents are at work – leaving them happy at the end of the day.

Social development and self-esteem

During the school year, children will undoubtedly come into contact with all kinds of children and learn how to share, cooperate, and get along in a classroom setting. But summer camp provides real life situations and countless opportunities to learn from their peers and get involved socially.

Children can reap countless emotional benefits from participating in camps, courses, and other summer-time activities. At summer camp, children learn to shift their focus from themselves to their team. Through teamwork, small children learn to make new friends and discover that they're much stronger together.

For example, preschool children who partake in these activities will gain confidence to make new friends, master new skills, and become more independent. Because they'll accomplish so much, they'll also probably gain a positive attitude about their experiences and bring that glow into everything they do going forward.



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It also takes them out of the comfortable microcosm of the classroom. There are new people to meet, new social engagements to be a part of, and new things to learn.

Hundreds of kids in the same age group enjoy weeks on end of summer day camp. It becomes a community that grows more tightly knit as the summer goes on, often leading into friendships that continue into the school year.

Whether they're working together to win a team challenge or are simply helping each other master a new athletic skill or in the arts and crafts room, they'll come to understand that their shared success is far better than that of the individual. They'll

also learn tolerance and cooperation as they learn more about children from different backgrounds, understanding that harmony and friendship is something everyone can share.

Exploring new interests

A quality program recognizes that not all types of learning happen in the academic classroom. In fact, summer camp provides the atmosphere for young children to learn things that they might never learn in a class during the school year.

In a classroom setting, your child may have already shown an affinity for reading, art, or performing. But at camp or summer program, young participants can really delve into

these interests and express themselves creatively.

Whether it's music, science and nature, dancing, arts and crafts, or sports, children get a chance to really let their personality and unique set of likes shine through. And with the encouragement they'll receive at their summer camp, they'll feel inspired to keep their passions going.

Hands-on physical activities combined with intellectual and creative challenges keep young minds and bodies both entertained and active. Plus, the best summer programs are designed by top-notch, trusted child care professionals who happen to be subject matter experts, educators, and fun-loving adults.

Emotional Development

Summer camp can allow children to spend time with their peers to make new friends, pursue their passions, and express their emotions.

Spending time in nature has been found to improve moods among people of all ages, so being able to connect with the outdoors early on in life will provide countless benefits there, too. They'll increase their melatonin and serotonin levels while getting a healthy dose of vitamin D.

Confidence

Trying — and mastering — new things gives young children a sense of real accomplishment and confidence that may not always come naturally in their home environment.

A good summer day camp program forces children to get out of a familiar environment, and therefore, their comfort zone.

For many kids, this will be the first time trying certain activities. They'll need to adjust to a new routine, make new friends, and interact with new adults. They'll also get a chance to be challenged, overcome obstacles, and become a bit more independent. By becoming more comfortable with new life additions, they'll learn to be more flexible, courageous and confident.

Whether or not a child is the best at a certain activity, simply trying something new and accomplishing a goal can build their self-esteem and allow them to find things they're passionate about. These feelings of confidence can easily transition into life at home and at school, both throughout childhood and into adulthood.



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THE Chef's CORNER

By Lilian Pena

Executive Chef Tahiz Gonzalez of **Nonna Carola** talks about reopening, new menu and life.

Spring has arrived and with it brings a rebirth of fresh, local ingredients that Executive Chef, Tahiz Gonzalez of Nonna Carola Italian Ristorante in Mamaroneck can't wait to get her hands on. The restaurant recently held their grand re-opening after the second closing in December 2020 due to the pandemic, introducing a new seasonal menu, farm-to-table cuisine, focusing on locally sourced ingredients and beverages.

Tahiz sat down with *Westchester Women* and shared her love of food, cooking and life.

When asked who her greatest influence was, the response was met quickly with a smile . . . her father. He was not a chef but an engineer. Every weekend he would take Tahiz and her mother to a variety of cool restaurants in Mexico City. Later they would cook at home, her father making fried rice or different recipes usually found in restaurants. She joked about her father being such a great cook. She would watch him and think he was the best. Tahiz would ask her father to get some fresh masa so she could make her own tortillas. She wanted to get her hands in the cooking process with her dad.

Gonzalez began cooking when she was seven. She would tell everyone in her elementary school that one day she was going to have a restaurant of her own. As she grew older, Tahiz knew she wanted to be a chef. At the University in Mexico, she decided to study Industrial Engineering. Although she liked it, she quickly found out that



the Cordon Bleu had partnered with the University and set up their kitchens in the same exact building where she was studying engineering. What are the odds? The rest is history.

Professionally, Tahiz told us that she admired Chef Thomas Keller. She's been following him a long time, seeing what he's accomplished and his passion for what he does. During the shutdown, Tahiz would watch Keller's random videos on Instagram, cooking various things from his kitchen. She admires those who like to show that they are not in the business for anything other than the love for what they do.

Coming from some of the best restaurants in Mexico City and then Nomad and 11 Madison Park in NYC, Tahiz's goals are to create beautiful, fine dining dishes with a modern twist. She wants the restaurant's clientele to experience great food outside of Manhattan. Some would ask her what's next after working in the finest NYC restaurants? Simple, Tahiz wants to get a star. Just one to start off with is fine. And, she believes she has the best team in place at Nonna Carola. She was given the wonderful opportunity to have the entire kitchen renovated and ready to create a seamless workflow.

Tahiz shared that she and her team have been working tirelessly, trying and testing new ingredients for their spring menu. Gonzalez is working on a fabulous rib-eye dish, seared with some swiss chard and baby cauliflower. It might sound simple she added, but when prepared properly it is beautiful. She also created a completely vegan

dish stating that if you didn't know it was vegan you wouldn't be able to tell. It is an all-cauliflower dish . . . pickled cauliflower, roasted cauliflower puree, tempura cauliflower and bulgar mixed in creating an incredible bite. Veggies don't have to be looked upon as something not to try she added. Tahiz pays particular attention to the local ingredients found at the Mamaroneck Farmer's Market.

Nonna Carola is following all CDC safety protocols, for example, check-in temperature for both patrons and staff. They also recently installed an iWave air purification system, incorporated dividers between tables and spaced tables to adhere to social distancing guidelines. Nonna Carola is also creating a touch-free mobile menu app so that customers may order on their phones instead of touching a menu.

We asked Tahiz if she and her staff play music while cooking. She laughed and spoke about the debate they had on whether to play music or not. She recently listened to an audiobook talking about a cheesemaker in Europe who actually believed in the benefits of playing music for their cheese as it ferments. They decided to play music but something smooth like her favorites, John Mayer, the Beatles and lite 60s rock. Tahiz loves to sing and hinted that if the kitchen played any Katy Perry, she would be singing all day. Cuban jazz is also a favorite choice while creating her delectable dishes.

What does an extremely busy executive chef make for herself? Tacos. But not just any tacos. They sound as mouth-watering as her menu at Nonna's. Tacos al Pastor . . . marinated pork in chiles and achiote for 24 hours. After roasting the pork, it should be nice and crispy on the outside and tender on the inside. Top-pings include roasted pineapple, cilantro, onions and lime. On the Italian side, Tahiz loves to cook Mushroom Tagliatelle (also on the menu), using their handmade paste, and a variety of sauteed mushrooms in garlic oil.

In her "downtime" Tahiz enjoys working out each day and loves riding her bike in Long Island City to sit by the water. She also loves dancing . . . salsa, latin rhythms and many other types of dance.

Mushroom Tagliatelle with shallots and parm.



Triangoli -- pea puree stuffed pasta, rolled with spinach, tarragon and parsley. Served with artichoke, guanciale and bone marrow.

Because the restaurant business and chefs in general are mostly a male-dominated profession, Gonzalez shared that it is tough for women. Because she is small in stature, first impressions are usually disbelief that she is a chef. But that quickly changes when they see her

accomplishments and her inviting persona. She is a self-proclaimed perfectionist who knows what she wants. Her biggest goal is to always strive to be better and set a positive and warm example for everyone.



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As a celebrated Interior Designer and career entrepreneur, Kelly Weldon founded KWD in 2007 after 13 years of successfully establishing Real Estate Design and Development companies internationally. As a Summa Cum Laude graduate of the accredited and prestigious design school, Fashion Institute of Technology, Kelly is a sought-after speaker and design influencer, and a contributor at conferences, and on panels around the country and abroad.

As a winner of International Design awards, her aesthetic has been recognized for both its classical compositions and its innovative use of materials and finishes. The combination of her design and real estate development and sales backgrounds gives her the unique ability to bridge the gap between business and beauty.

While designing residential spaces, KWD has built a reputation on achieving highly individualized results for a discerning clientele.

KWD creates visual stories that become signature surroundings. Guided by clients aspirations and by their diverse experiences, the firm designs interiors that truly reflects client's individuality and

what holds meaning to them.

Extraordinary interiors come from KWD's belief that successful design must be generated by the unique characteristics of each project. A completed portfolio of work consists of historic renovations, contemporary renovation and new construction.

We specialize in design, decoration and renovation of existing residences to fully designed new homes including large scale landscape design.

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Every project is an opportunity to show our clients that beauty and functionality can coexist in harmony. We collaborate with homeowners and builders from coast to coast and abroad.

"My goal is to create a sanctuary for my clients that inspires and enriches them each day."



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At Home with Hurwitz

By Lauren Hurwitz

Heather Garrett, owner of Larchmont-based Heather Garrett Design LLC., says the past year has been an influx of requests for renewing and revisioning interiors in unique ways. The designer has found herself sourcing for the perfect home office chair or desk for the work from home lifestyle on a daily basis. But with Memorial Day weekend upon us, Westchester residents are settling into a new normal as they open their

doors and gardens for the outdoor entertaining season.

“Although, I have enjoyed this new focus for the interior, I find myself looking forward to the next best thing that this pandemic has provided for us - the time we spend outdoors,” says Garrett. “The most important thing for your outdoor living space is to create an oasis that makes you happy, comfortable, with sufficient pieces to include all of your guests!

Now more than ever, it’s a good time to invest or update your backyard, garden or patio. We are using it more often than other areas in our

homes, and even further into the seasons.

Garrett says inspiration for an outdoor space should come from within. Here are a few things she suggests keeping in mind when determining how your outdoor space can provide the most enjoyment for you and your family:

Just like interiors, there are so many options and price ranges within this category. After determining the most cost-effective budget, you can source which materials fit your lifestyle. Whether you’re choosing for a small deck area or patio, or a sprawling hardscape area around a pool, it’s important to pick a material that you’ll be able to care for and maintain. For instance, some may choose an aluminum base with cushions versus a teak base because there is less maintenance on that kind of finish. In fact, many newly manufactured aluminum products meant to be left outdoors are rust-proof.

For those who prioritize durability, teak is a great but expensive option. With a special

annual coat of protection paint, teak furniture can last a lifetime and even develop a beautifully patina as the wood ages.

Other woven or rattan furniture works better for settings that are covered, or in a closed in patio that isn’t as exposed to outdoor elements like sun, rain, etc. Today, most companies have specialty outdoor fabrics that can be washed while still attached to the furniture base itself making one, or more, less loads of laundry. She notes it’s important to research the fabric to determine if it has a sealant or UV protection so that it doesn’t fade. Products made with Sunbrella, Outdura, Tempotest Home and Phifertex are considered to be the best at protecting against colors fading in the sun so be sure to check the brands and labels of the material you choose.

In terms of fabric colors, Garrett says her clients often start off thinking “the darker the better,” but the truth is no matter what color you choose, all cushions require care. You will need to clean them regularly, bring them inside, cover them during inclement weather, and store them during off season.



When defining your individual style, Garrett recommends sticking to what presents well with the materials and colors in the stone or siding of your house. Take a peek from your outside area into your home. Do you have modern pieces with clean lines that you want to carry outside? Maybe you have more of a traditional setting and want to reflect that in the outdoor pieces you choose. You may also find that you can mix within different collections as long as there is a similarity in the line and curves of the furniture. For instance, when choosing your outdoor dining table you find one from a different brand or store that has better options to meet your needs. You may need an umbrella hole, or a larger table, or a round one the sofa collection you choose doesn't provide. Just be sure there is a linking material, shape, or fabric to keep it consistent. Matching everything perfectly does not have to be an option.

Once you have chosen your style and materials, you can decide what pieces work best in your space. Think about how you entertain, what your view is, and how you envision the time you will be spending in this area. Who knows? Once spring is in full force, perhaps we can take the work from home office and bring it outdoors?!



RESOURCES

Heather Garrett Design
hgarrettdesign.com

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Request a consultation with your local window-treatment specialist who will work with you to determine your specific needs, considering important factors such as your window shapes and sizes, lighting and privacy preferences, and existing décor to ensure you receive your perfect shade.

Tips on Lighting Your Home

Most of these suggestions can be applied to all rooms in your home and will help you get a sense of what to look for when you're shopping for new lighting fixtures and installing them in your space. In general, it's best to:

- Include at least three sources of light in each room: General lighting (overhead or pendant), Specific lighting (task or table), and Ambient lighting (sconces, candles, or decorative).
- Maximize natural light by keeping your windows clean—it's cheap, simple, and really does make a difference.
- Choose the right shade for your

fixtures: White shades let more light pass through but can create a colder tone, while colored shades will tint light, making it appear creamier, warmer, or cooler, depending on the hue you choose.

- Incorporate reflective surfaces into your home; mirrors, glossy floors, and metallic finishes will bounce light around a room.
- Swap in more decorative lighting for builder-grade fixtures to change the look of your room.

Bedroom

Your bedroom is arguably one of—if not, the most—important rooms in your home. It's essential to get the lighting right in order to have

a space you actually look forward to going to bed in. These tips will ensure you can set the mood for anything and make your bedroom relaxation-worthy.

- Use candles safely for ambiance. Nothing helps to set the mood like a row of tealights in votives or a scented candle on your nightstand.
- Bedside lamps with warm bulbs are a must. No one wants to leave the comfort of their covers to turn the lights out after reading—or to have to try to find the way back to the bed after flicking the switch at the door.

Living Room

Whether you use your living room for hosting friends, chilling after work, or challenging your partner at Scrabble, this room is incredibly versatile and often used in many different ways. It's important that your lighting is just as adaptable as the room, and these ideas will help you make that happen.

- Consider scale. Table lamps are great, but sometimes a large lantern, an oversized pendant, or a big sculptural floor lamp can add a focal point that every well-designed room should have.
- Add a dimmer switch to your

overheads. This allows you to easily change the mood and brightness of your lighting depending on the time of day. It's also perfect for making those at home movie nights feel like they're happening in a legit theater.

- Make sure to light darker corners. There's always that one dim spot in the living room that makes it impossible to do anything once the sun goes down. Add a lamp for a subtle glow that'll instantly cozy up your space.
- Try a chandelier. While these types of installations are often reserved for dining rooms and entryways, it's a fun way to personalize your living room.

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