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MAGAZINE

SPRING 2022

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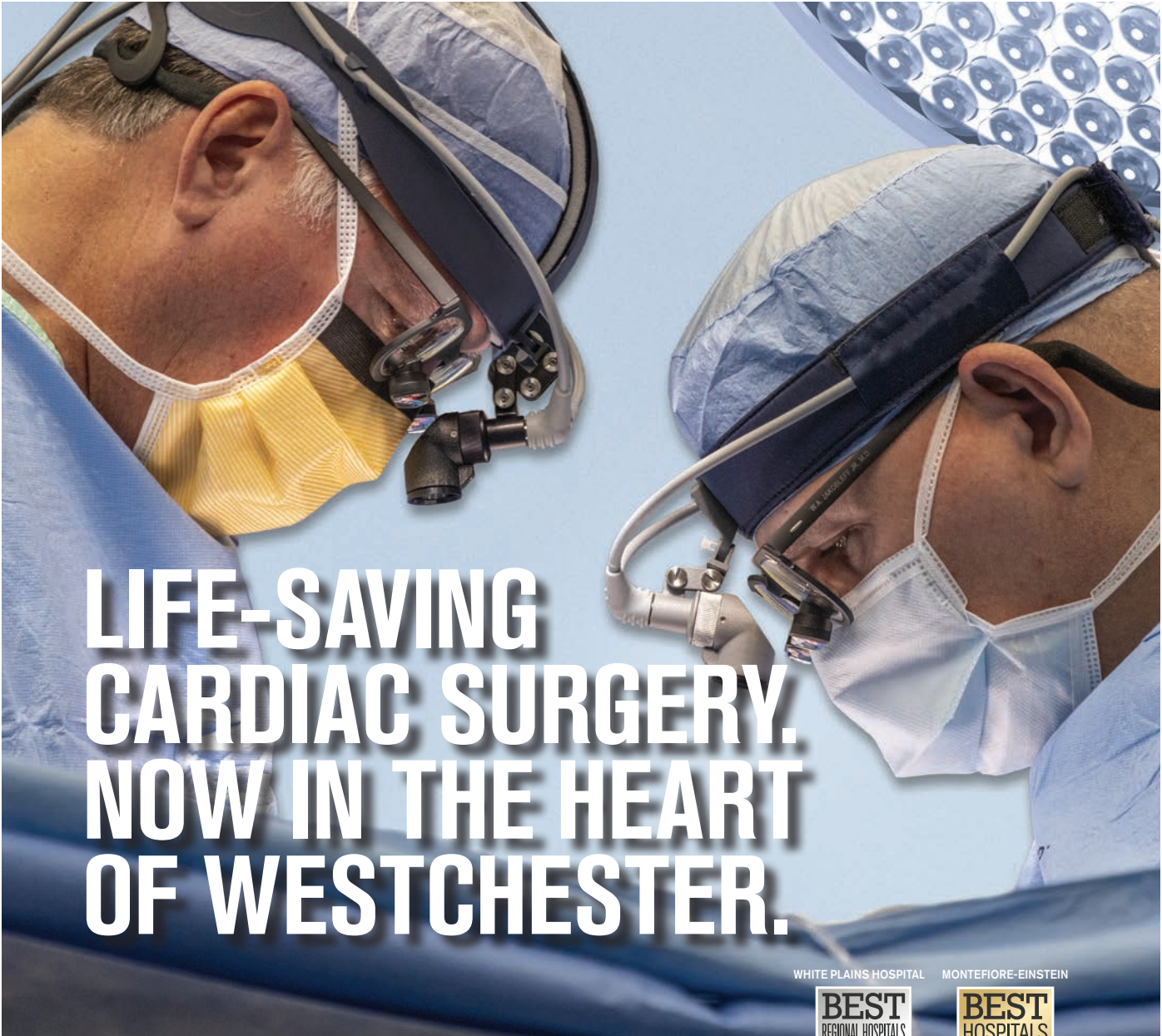


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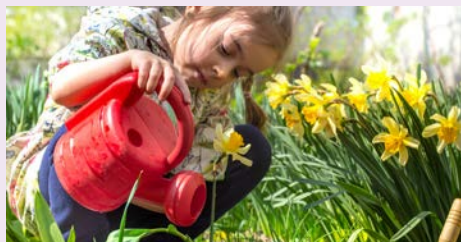
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Making Summer Camp a Great Experience for Your Children

Here are some great tips to get you and your child ready for day or sleepover camp:

1

Get signed up! Find a program that best suits your child and sign them up. If the program is full, definitely put your child's name on the Wait List. There are usually cancellations that will allow you to get into the program you really want.

2

If possible, sign your child up with a friend. Your child might not want to meet a new group of strangers. Signing up to camp with a friend might alleviate any anxiety. Most likely they will make brand new friends quickly, but it's still less stress with a friend.

3

Pick a camp that interests your child. Try not to choose a camp based on your childhood memories. Have a discussion with your child and talk about what types of things they are interested in and then focus on that as your choice. They are far more likely to develop their own lasting memories when they are enjoying themselves.

4

Day Program or Week Long Camp? If your child has never attended a summer program, you might not want to sign them up for a sleep-away camp at first. They may enjoy a half or full day camp instead.

5

Check out the accommodations. Make certain that the camp offers adequate indoor areas in case of inclement weather and proper indoor plumbing. This will ensure that your child is safe and healthy.

6

Pack a great lunch. Many day camps require a child to bring their own food. This is a fantastic opportunity for you to pack a healthy lunch along with a few mini candy selections, a terrific drink, water and special message.

7

Location, location, location. You've found the perfect camp for your child, but it's an hour away!! Chances are a similar program (perhaps even better) is just a short drive from your home. Do your homework and you will most likely find the perfect spot much closer.

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summer CAMP GUIDE 2022

8

Children with Special Needs. Make sure that the camps you are looking at can support a child, for example with ADHD, anxiety, Aspergers or certain allergies or medical needs.

9

Balance out fun and academics in your child's day camp. Boosting your child's various academic skills over the summer is crucial. But it's wise to choose a camp that offers both teachable skills and fun social activities.

With all the great programs in the Westchester Women Camp Guide for 2022, we are sure you will find a great fit for your child. *Enjoy the Summer!!*

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Going Green in Westchester

with Lauren Hurwitz

Located right in the middle of the county in Elmsford, the Cornell Cooperative Extension of Westchester County (CCE) spent last year making a tremendous impact on our community. For starters, they assisted over 12,000 people by providing them with nutrition education through the local food pantries during the most challenging times of their lives. But the CCE works every day to ensure our county is greener and healthier beyond the pantry doors.

Barbara Sacks, Executive Director at CCE for over 17 years says the organization exists to “educate all sectors of the community - residential, commercial, and governmental entities in areas such as horticultural, environmental, agriculture, nutrition for low-income families and 4H youth development. Our job is to teach based on research-based information from Cornell University, but we are also connected with many other universities like Rutgers, University of Connecticut, University of Massachusetts, and the University of California at

Davis where they’re also doing research and can document the latest information giving us the best guidance. We offer opportunities such as participating in a home gardening lecture series, tuning into a Zoom where we teach how to grow vegetables in limited spaces like containers or a small backyard.” Sacks added that the CCE is the main educator in the billion-dollar green industry that employs about 10,000 people locally sharing information on everything from pesticides to fertilizers to diagnostics to tips on working to decrease the amount of chemicals they’re using which can harm the environment.

As a free service to the public, the CCE answers calls throughout the year on a variety of topics such as “What kind of bug is this in my house?” or “Is this a rodent dropping, and how do I handle this issue?” Sacks says, “We respond to over 2,000 requests a year from local people. A common question is about pest management. We don’t want people to waste money on things that won’t help them, or things that might be dangerous to themselves or their families. We can help them deal with their problem in the greenest and safest way possible.”

The CCE is also known for their Master Gardening program which consists of about 130 volunteers who last year gave over 6,533 hours of their time to the organization plus 1,212 hours of continuing education training to advance their skills and better serve the public, all of which was valued at \$353,791 based on \$45.68 per hour. “Our Master Gardeners cultivated and maintained demos, set up our lecture series, conducted site visits and provided some community engagements. Through educational programming, the volunteers helped professional staff members to provide horticultural best management practices and environmentally

sound education to community members, local municipalities, and visitors throughout the county.” Anyone can apply online to become a volunteer and participate in great programs throughout the year at CCE online Extension of Westchester online or by mail.

Efforts to go green are also found on a hyper-local level throughout the county. The Bronxville Green Committee, which is part of Bronxville Village government, was formed about a decade



Expanded Food and Nutrition Education Program (EFNEP) participants graduation



Master Gardener in Hart’s Brook Demonstration Garden

ago and maintains the Giving Garden on the corner of Pondfield Road and Gramatan Avenue near Village Hall. Each growing season, the volunteer farmers at the Giving Garden raise hundreds of pounds of herbs and vegetables to donate to local food banks, in particular to the Eastchester Community Action Partnership (ECAP) in Tuckahoe. Children from nearby nursery schools, students from the Bronxville School, and kids from a Westhab program in Yonkers have visited and learned about organic farming, food insecurity, the names of unfamiliar vegetables and the overall importance of food, according to BGC Chair, Ellen Edwards.

The Green Committee takes on different initiatives, often at the request of the Trustees, doing research and making recommendations to improve the environment in the Bronxville community. For example, BGC put forth a 30-page analysis of the impacts of gas-powered leaf blowers--on residents, workers and the overall environment. The findings were presented to town trustees with a handful of recommendations. As a result, gas-powered leaf blowers are now banned eight months out of the year. "We help our local government's efforts to implement environmentally sustainable policies and programs and then help to communicate them to the community," says Maria Terjanian, GBC Community Engagement Chair.

Additional efforts from the BGC include their Healthy Yards program, which "helps residents restore natural systems in their yards that support plant and animal diversity with chemical-free care and maintenance," says Edwards. "We're also proud of our Pollinator Pathways group that links up pesticide-free native plant gardens to form pathways that pollinators, birds, and insects can follow in search of food and habitat. This helps support native wildlife and addresses the insect apocalypse issue and decline in the number of birds in our communities."

Terjanian adds, "Anyone can join the committee. You can choose an issue that's important to you and dedicate as much or as little time as you have throughout the year. Our goal is to give residents easy, local turn-key solutions so they can make a positive environmental impact. The recent launch of our Food Scrap Recycling program is a great example. We can all get overwhelmed with suggestions from so many sources. We want to provide helpful action steps that are bite-size and easy to implement in our daily lives-- here are the issues, here is a small change you can do as a Bronxville resident to make a big difference."

Anna Riehl serves as a member of the Village of Pelham Sustainability Advisory Board and Climate Smart Communities Task Force, as well as on the Board of Environmental Coalition of the Pelhams, EcoPel. These entities collaborate closely with other organizations to make an impact on lower Westchester with compelling events like free movie screenings at the Pelham Picture House featuring "Game Changers" and "Wasted" followed by expert panels to discuss various environmental topics. They also sponsor Sustainability Series talks with the Manor Club to educate the community on everything from native planting, to ecological gardening to electric vehicles. "Another initiative we're really proud of is our town wide residential Food Scrap Recycling program. Our committee did an exploration of the program, based on the guidance of the Village of Scarsdale, and then presented our findings to local government officials while lobbying to bring the program to life. It took about a year and a half for the municipality to launch the program, once funding for the site came from a generous grant from EcoPel. The program enables residents to collect their food scraps in a countertop pail that's available as part of a starter kit for purchase from the Villages of Pelham and Pelham Manor for \$21.00. Just transfer the food scraps into a larger 6-gallon pail a few times a week. When it's full, bring the bin to the



Food Scraping Program in Bronxville

food drop-off site behind Village Hall and empty it into the large green totes on site and start the process over again. The food scraps are later composted at a commercial-grade composting facility and turned into a nutrient-rich soil."

Whether you're making changes to the way you plant, recycle, drive or consume food, it's important to realize every little bit makes a difference. If your community doesn't already have a formal environmental committee in place, Earth Day is the perfect time to consider making an impact for change that will last for generations to come.



RESOURCES

www.bronxvillegreencommittee.org

www.ecopel.org

www.westchester.cce.cornell.edu



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At Home with Hurwitz



Lighting may be one of the last things on the checklist when designing a room but it's actually one of the most important elements when trying to get the overall décor on point. Walczak, Owner and Designer at 360° Design in Valhalla says, "Never underestimate what lighting does to the feel of a room. No matter how well designed a room is, the lighting in a space sets the tone emotionally. If you don't feel good in that room, it will be the difference of you using the room."

Those in Westchester who agree rely on the expertise of Stephanie Barclay, Partner at Advance Lighting in Larchmont who says having proper measurements is the first thing to consider when choosing a new light fixture. For example, if you're selecting pendants for over a kitchen island, everything must be proportional. Shoppers need to consider how big the island is, how much space to

allot in between lights, and how high or low the lights should hang. "You need to put all of those things into perspective as well as the area that you want to light. Most importantly, think about the purpose of the light. Some projects require a lot of functional light, while other need light for the sole purpose of adding to the ambiance," says Barclay. She believes working with a local professional is key to avoiding the hassle of constant buying and returning that many who shop online experience when cruising the internet for lights. "My customers come in disappointed that whatever they bought online is too long or too short, too big or too small. But if you sit down and map out proper measurements at length with someone like myself from the start, we can find the perfect light on day one and avoid unnecessary stress."

Lighting trends are always changing but Walczak is noticing a rise in



the "handmade crafted trend using organic textured elements, such as

woven shades, rattan, bamboo, or macramé. A real Frank Lloyd Wright concept, using the harmony of outdoor organic elements with a clean line architectural canvas. The raw, natural element of this trend is crafted in a way that adds a monochromatic pattern and visual interest unexpectedly." Others are opting for a single, bare, Edison-styled bulb that gives a "real industrial, minimalist, simplistic vibe to any room. Whether

it's extended from a cord, or at the end of a based table or floor fixture, Edison style bulbs are coming in all shapes and sizes that are creatively being used for all types of designed homes. In addition to the different options in sizes, they are coming in many different opacities. Whether you choose a frosted, gradient, ombre or the clear version of these bulbs, they are sure to turn a head and get your attention," says Walczak. Lastly, there is a return to art deco styled lighting - although Walczak says it's never really been too far off trend. "Creators have pushed the envelope using this style in new and yet familiar ways, playing with shape and the layering of different material substances. For example, playing with gold tones and a mix of marbles. It's a more subtle nod to Art Deco but it's demanding attention when used correctly in a space," she adds.

Barclay is also seeing a trend in the demand for LED lighting. No



Stephanie Barclay

longer are the days of super bright white bulbs that are hot to the touch. "Even though LEDs more expensive, they last for 10-13 years depending on how you use them and they're incredibly efficient. They no longer burn your shades or fixtures and come in a variety of colors. LED is the way to go regardless of the light you choose," she says.

Lastly, Walczak strongly advises consumers "take the time to consult with professional when it comes to lighting your space properly if you are unsure. I assure you it will be money well spent."



RESOURCES

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THE Chef's CORNER

with Lilian Peña

Heritage 147 -- the inspiration of co-chef's Alissa Svorka and Richard Perez -- snatched up the perfect location in Larchmont after the previous restaurant closed down during the pandemic. Queens was their original destination. Thankfully that did not work out. Since then, the restaurant has transformed, giving it a farmhouse/cabin vibe drawing in clientele from around the tri-state area. What makes Heritage 147 unique is the ability for customers to escape the norm and completely relax in a comfortable environment with some delectable food and drink.

Rich and Alissa met several years ago while Rich was the executive chef at Little Beet in Greenwich. He hired Alissa as his executive sous chef and the rest is history. After working side-by-side for a couple of years and opening up several restaurants in Chevy Chase, MD and Chicago, they realized they had the perfect opportunity to open their own place with all the knowledge and experience acquired over the years.

Alissa shared, "We worked within the realm of the pandemic and designed our menu around that...keeping in mind the small guys, helping to keep small organic businesses thriving and providing our customers with the best local ingredients possible." Thus the farm-to-fork philosophy began.

Alissa and Rich have been toying with the new Spring Menu. There will be small changes as ingredients come and go. Introducing

continued on the next page



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Backyard Noodle Bowl

ramps to the menu is an exciting idea. Rich said, "We love all the ingredients we work with." And Alissa shared that she does most of the foraging on the side. This came about during the pandemic. With little children, she went hiking a lot and found interesting ingredients.

The liquor and wine menu has the same idea -- small batches, domestic, organic, small producers.

One of the highlights of their menu are the in-house made jam accompaniments -- strawberry, tomato and bacon jam -- an especially delicious addition to their Baked Sourdough BLT.

They utilize the Westchester Farm-to-Chef program and Alissa said, "Even if we can't touch the produce immediately, we preserve and freeze it for the future. For example, summer tomatoes make terrific tomato jam in the winter, great on the Heritage Grassfed Burger."

She continued, "Our goal is to make things recognizable to people and at the same time challenge them a bit."

Although it was a difficult during the heart of the pandemic, Mayor Walsh jumped ahead of everyone and pulled in customers from as far away as Greenwich, Rich remarked.

Most of the cheeses are from the northeast. Their go-to cheesemonger is Saxelby, one of the finest cheese purveyors in the northeast. An equally exciting aspect of Larchmont is their Farmer's Market. It opens things up to new local purveyors. Their unique and creative spices come directly from spicemonger -- La Boite in NYC. For example, the Honey Roasted Carrots on the current menu were created specifically around certain spices. The dried mango and tumeric make the carrots sing. Rich added, "Again, we had the spices and said, ok what do we do with this?" Shear perfection.

Another delicious dish is the Noodle Bowl, utilizing bean and mushroom water as part of the cooking process. They purchase beans from Rancho Gordo in Napa, California. Alissa says there are great probiotics in the dish as well as being a "no waste kitchen."

For those foodies that are vegan or others that may have certain allergies, the menu at Heritage is very adaptable. Great vegan choices are the popular Socca (chickpea pancakes) and the mouthwatering Hummus.

A small but very noteworthy comment about their desserts...great thought and care went into the menu, right down to the vintage 60's and 70's plates they are served on...an homage as Alissa put it to their heritage.

As the warmer weather approaches, Heritage will introduce at least 12 outdoor dining tables. Reservations are encouraged so that everyone has the best experience possible. Alissa and Rich want everyone to feel comfortable dining at Heritage.

During the summer they would love to hold at least 3 or 4 live music events. Check on their website for more information.

The name for the restaurant? The whole concept behind the restaurant name came about during the pandemic. Celebrating our heritage -- where we come from and who we are. It's quite evident that Heritage 147 will be around for a long time, sharing great recipes that are thoughtfully prepared with a lot of heart and love.

Heritage 147
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Food for Thought When Giving Up Meat

Elizabeth DeRobertis
Scarsdale Medical Group

When people come to my office, they often feel like they "need" to eat in a vegan/vegetarian/plant-based (v/v/pb) style to be healthy. One thing that we talk about is the scientific substantiation for many different healthy eating styles, some that include (lean) animal proteins, and some that do not.

The first thing is to go along with someone's belief system, and also what is the most realistic for them and their family. There is not just one "best" dietary approach for all, but I think we can pull from the different approaches to create something that will work for them.

If someone feels better being vegan or vegetarian or chooses to do so for religious or ethical purposes,

of course they should do this. But if they are looking for the health benefits of eating a plant-based diet, that may be easier as the food rules are not as strict; the emphasis is just on fitting more plants into your day.

The Approach

I have a lot of patients who start to do one or two meatless meals per week, while others who are cutting out red meat transition over to primarily fish and some organic chicken. Some who were having primarily deli meat at lunch may start to have more nut butters, salads with beans, or veggie burgers. I usually feel that a gradual transition is better for anything we do. However, just like some people do "dry January," I have had some patients do a vegan month here and there. I think it's more effective for the long term to create a healthy balance that you can live with.

I think the gradual transition from higher-fat meats to leaner meats, and then from leaner meats to primarily fish and vegetables, fruit, nuts and other wholesome and healthy choices, would be the ideal.

Potential Health Risks

Even after making the switch, there are some potential health risks to a v/v/pb lifestyle. Making sure you are meeting your nutrient needs is important, so make sure that there are healthy sources of protein in your day. French fries and pasta are vegetarian, so just because someone is a vegetarian certainly doesn't automatically mean they are eating in a healthy and balanced way. Make sure there are enough protein sources, such as beans, tofu, legumes, soy products, nuts and seeds, and eggs/dairy products or plant-based alternatives. Some people may use a plant-based protein shake to help meet protein needs, such as a pea protein or chick pea protein.

In addition, some of the plant-based options, like the Beyond Burgers and Impossible Burgers, are high in saturated fat, which can have a negative impact on cholesterol and heart health. There are veggie burgers available that are made from just vegetables and beans, sometimes quinoa, and I



The Healing Power of the Arts

Maria Scaros
Executive Director,
The Greens at Greenwich

Walking through the MET in NYC, I make my way to my favorite paintings. I feel the need to visit old friends, Van Gogh's 'Iris,' and Sunflowers. Internally I speak to them and apologize for my long absence and stare long enough to feel them breathing ever so slightly along with me. Moving back through the rooms, I walk past numerous paintings without a second look. A guard catches my eye and asks, "Did you see that one there? People pass it by all day long and I wonder why. Take a closer look at it, please." I did. It was extraordinary. A very "busy" painting of a street somewhere in Vietnam before or after the war. There were people camouflaged within the reds, yellows, and greens

covering every part of the canvas. A mother was awkwardly holding her child while looking curiously in a mirror. So many stories. So much activity. The guard was a Vietnam vet. Experiencing the painting brought him comfort. There were stories in that painting. There were stories he knew and never told but needed to share. Irises and Sunflowers with soft shades for me and far away street vendors and vibrant colors for the guard. Art speaks to the spirit, is often subtle and always personal.

It is recorded that around 1030 B.C., the music of a shepherd boy named David, soothed the "savage breast" of King Saul. Music conjures images and mem-

think those are a better choice. The saturated fat will be very low and the fiber will be high. Read the entire label and make sure you are not just exchanging one source of saturated fat for another.

Also, your doctor may have recommended that you limit soy; in certain situations, that may be the case if a woman has had an estrogen-positive cancer. If that's the case, look for a veggie burger that is made from real veggies and beans rather than one that has soy protein as the first ingredient. This is an area that's unique to the individual, who can work with a dietitian who specializes in oncology for clear guidance.

Guaranteed Weight Loss? Not So Fast

Sometimes a v/v/pb diet is actually higher in calories; if someone finds they are eating more pasta and grains, they may end up with a much higher carbohydrate intake. If you're meatless but having pancakes for breakfast, pasta for lunch, pretzels as snacks and pizza for dinner, you're not going to

experience a reduction in weight. You should still be taking a look at the calories that you are taking in, and put more of an emphasis on vegetables/plants – just as the term “plant-based” indicates!

In conclusion, I would never discourage someone from going plant-based or vegetarian if that is what they choose. But over the years we have learned that there are many different options that can lead to healthy weight management and improvements in labs (such as cholesterol and blood sugar) and improvements in blood pressure. The changes do not necessarily need to be extreme, but they do need to be sustainable.

But nobody in their right mind would say to eat less plants – so at least go for that part of it!

Elizabeth DeRobertis is a Registered Dietitian with the Scarsdale Medical Group. To make an appointment, call 914-723-8100.

ories like no other medium can. Dr. Oliver Sachs, a well known neurologist, was fascinated by how music affected the cortical parts of our brain. Hearing a familiar tune brings us to a time and place vividly stored in our mind. Our first kiss. A special summer. Our wedding song. We do not remember in language. We remember in images which are awakened through art, music, dance, and story.

Watching flamenco in Seville after a painful breakup, I felt the dancer's passion as she stomped and filled the space with her gorgeous skirt and flowing scarf validating my hurt and my anger more than any words. She “spoke” for me. She knew me. She was me. I was healing through her dance. Soon after my father's death, I was devastated and felt alone and isolated without him. I was encouraged to

dance while visiting an island in Greece. As I circled around and allowed the music to surround me, I felt the presence of my father and somehow my grief evaporated as I danced.

Everyone's story matters. The telling of it and the hearing it validates us. Our stories define us. We are all “players,” as Shakespeare reminded us. “All the world's a stage, and all the men and women merely players; ... and one man in his time plays many parts...”

Whether we experience the arts passively or actively, we are soothing our soul. Never forget that music, art, dancing, and storytelling are universal healing salves for all of us.

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