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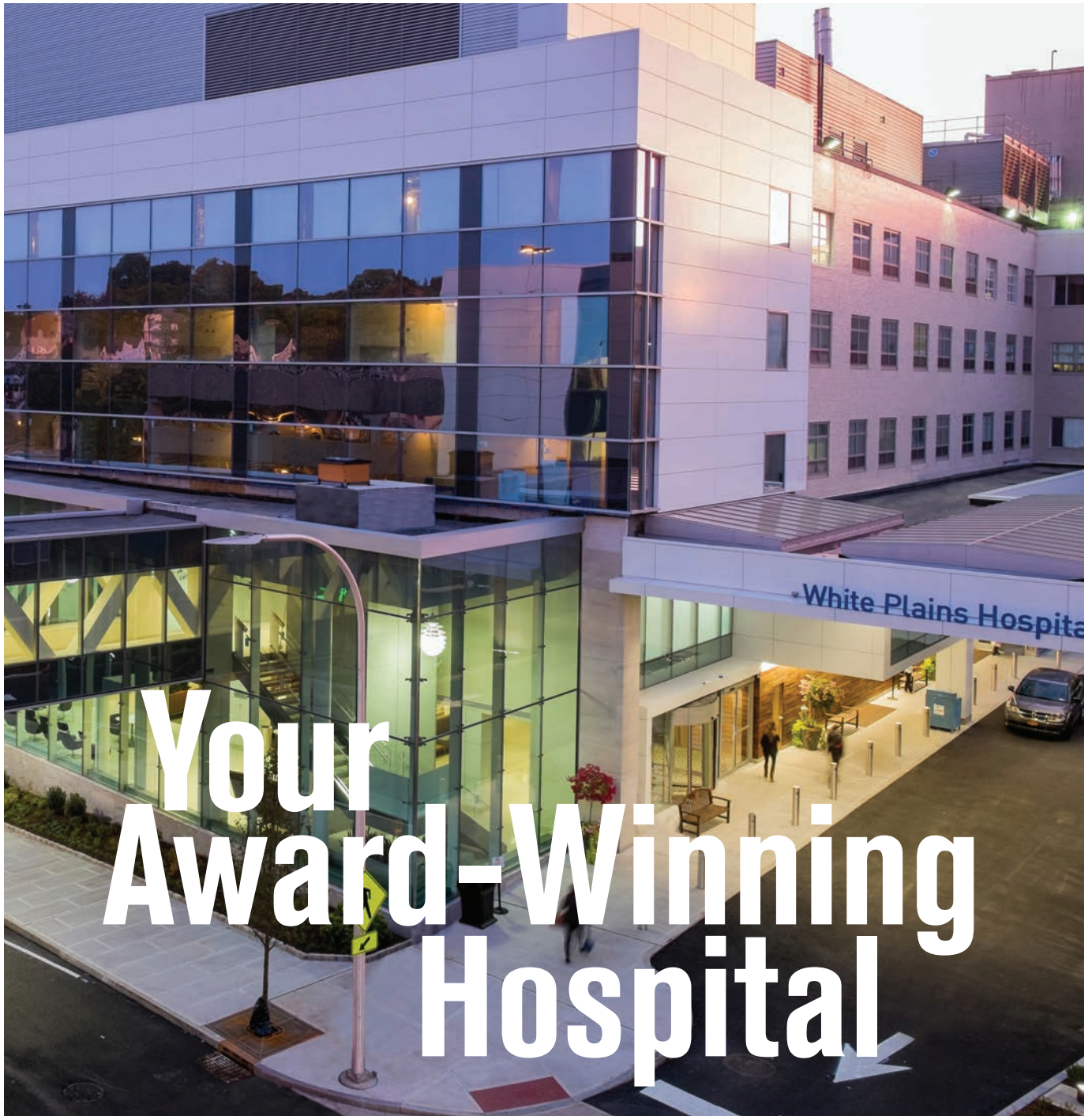


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Women in Business



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Dr. Lynne Richardson New Dean of LaPenta School of Business

Iona College recently announced the appointment of Dr. Lynne Richardson to serve as dean of the LaPenta School of Business. Richardson joins Iona from the University of Mary Washington in Fredericksburg, Va., where she has served as dean of the College of Business since 2011. In addition, Richardson also served as chief financial officer from 2017-18 at the request of the university's president. Previously, she had been dean of the business schools at Mississippi State University and Ball State University.

"I am honored to be selected as dean of the LaPenta School of Business," Richardson said. "Everyone I interacted with during the interview process was passionate about helping Iona students reach their full potential, which is why I am in higher education. Together, we will continue to develop and nurture meaningful relationships with the business community and Iona alumni, connecting students to vital pathways for both academic and career success."

Richardson, who has been praised for her wide range of business, finance and leadership experience, spent most of the past two decades as a business-school administrator. Her focus is on leadership development as well as effective and innovative organizational management.

Jean Hall Appointed Vice President for Finance and Operations at Manhattanville College

Manhattanville College has appointed Jean Hall as its new Vice President of Finance and Operations.

Hall has been with the college since July 15, 2019 when she joined to oversee facilities and operations. In January of 2020, the Vice President of Finance responsibilities were added to her role.

"Jean has done a stellar job of getting us through one of the most difficult periods for our college," said Michael E. Geisler, President of Manhattanville College. "Not only did she manage all her regular responsibilities, formidable even in the best of times, but when COVID-19 struck, she helped devise different back up financial plans to ensure that we would continue to operate even under a worse-case scenario. Luckily, the worst has not come to pass."

During her interim tenure, Hall assisted the college with refinancing a capital bond at a lower interest rate and adopted a new financial planning module, as well as worked on financial aspects of the school's recent self-study for reaccreditation with the Middle States Commission on Higher Education.

Mary Frances Barrett and Beverly A. Thornhill, MD Appointed to the Board of Directors at Hospice of Westchester

Hospice of Westchester (HOW) announced the appointment of two new members to its Board of Directors.

Mary Frances Barrett has over 45 years of extensive experience with senior care living facilities. She most recently served as Chief Executive Officer of the Hebrew Hospital Home in Valhalla, a position she held from 1992 until her retirement in 2017. During Ms. Barrett's tenure, the Hebrew Hospital grew significantly. Programs developed were a new 160 bed nursing home, a Licensed Home Care Services Agency, a Managed Long Term Care Program and the expansion of existing Long Term Home Health Care Programs and Adult Day Care Programs.

Prior to joining the Hebrew Hospital Home, Ms. Barrett held the position of Chief Operating Officer at The Wãrtburg in Mount Vernon and Administrator of the Baptist Home For The Aged in Riverdale. Throughout her career, Ms. Barrett has been a member of professional associations including the New York Association of Homes for the Aging, American Association of Homes & Services for the Aging (name changed to LeadingAge), the American Association of University Women and served on the board of directors for the Leading Age New York from 2012-2015. Ms. Bar-

rett received her B.A. in English from the College of Mount Saint Vincent, an M.A. in English from Manhattan College and a M.S. in Health Systems Management from Iona College.

Beverly A. Thornhill, MD, is currently the Director of Musculoskeletal Radiology at Montefiore and an Associate Professor of Radiology and Orthopedic Surgery at the Albert Einstein College of Medicine. With more than 40 years of experience, Dr. Thornhill's clinical focus is in bone and soft tissue tumors, scoliosis, arthritis, and trauma, including sports-related injuries. Dr. Thornhill earned her B.A. in Biomedical Sciences and her M.D. from the University of Michigan. She completed an internship in internal medicine at the Metropolitan Hospital Center and continued on to the Albert Einstein College of Medicine, where she completed her residency in diagnostic radiology and served as chief resident of the program.

Dr. Thornhill is board certified by the American Board of Radiology, and is a member of many professional societies, including the American College of Radiology, the Radiological Society of North America, and the National Medical Association Section on Radiology. In addition, she has served on the Health Education Advisory Council at Scarsdale Union Free School District and as a Board Member for Scarsdale Teen Center. Dr. Thornhill previously served on HOW's board of directors from 2011-2012.

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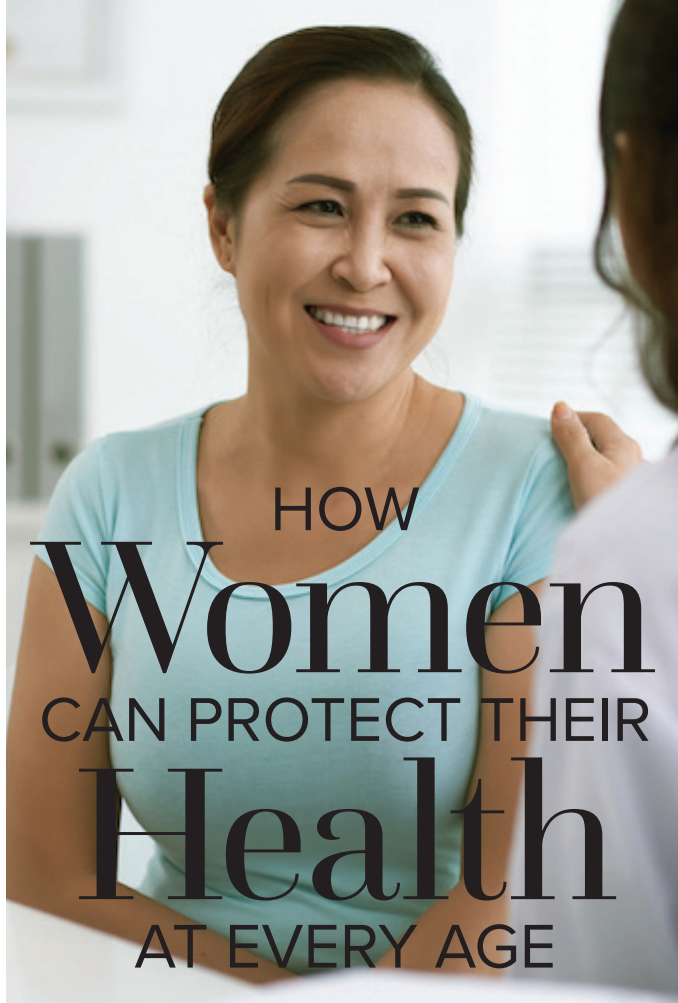
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HOW Women CAN PROTECT THEIR Health AT EVERY AGE

Take the first step and set up a visit with your OB/GYN.

Life is getting back to normal and its high time to put your gynecologic health back at the top of your priority list – starting with cervical health. It’s important that women understand the importance of regular screening to prevent the disease, which is *most frequently diagnosed in women 35-44*, and is almost always caused by HPV (human papilloma virus) infection, according to the American Cancer Society (ACS).

“Thanks to advances in screening – including the PAP and HPV testing – cervical cancer cases have dropped by more than half in the past 30 years,” notes Dr. Nabil Khoury, one of the founding physicians of White Plains Obstetrics and Gynecology Partners. “With increased awareness and preventive testing, this disease could someday be wiped out completely.”

Use this age-by-age guide to combine these simple tests with other crucial women’s health screenings to catch and stop disease as early as possible.

If you are in your 20s/30s ...

- Ask your physician about a regular cervical cancer screening through a

blood test and/or in combination with a Pap exam.

- Get tested periodically for all sexually transmitted diseases, throughout your life, if you are sexually active.
- Also, consider getting tested at least once for HIV (if you get pregnant, you will be tested for HIV and syphilis as part of the normal screening).

If you are in your 40s ...

- Women of average risk are advised to start annual screening mammograms for breast cancer at age 40.
- Continue to get cervical cancer screenings through a blood test and/or in combination with a Pap exam, as well as for an HIV test.

If you are in your 50s ...

- Contrary to myth, cervical cancer is not just a young woman’s disease. The average age of being diagnosed is around 50, says the ACS. Regular cervical cancer screenings through a blood tests and/or in combination with a Pap exam should remain a best healthcare habit, in addition to getting screening mammograms every year.
- Additionally, if you have been

through menopause or have been told you are at increased risk for osteoporosis, ask your doctor about getting a bone density test (DEXA scan). According to the National Osteoporosis Foundation, a *woman’s odds of breaking her hip due to weakened bones* is the same as her risk of breast, ovarian and uterine cancer combined.

If you are in your 60s ...

- The American Cancer Society reports that more than 20% of cervical cancer cases are found in those over 65. Speak with your doctor to see if you need to continue cervical cancer screenings.
- After age 65, women should continue to have a bone density test (DEXA scan) every two years, and healthy women with no family history should be scheduling screening mammograms for breast cancer every year.

If you are 70 and over ...

- Talk to your OB/GYN about the best age to discontinue your cervical cancer screenings. Continue annual mammograms as long as you are in good health; consult

with your provider.

- Women of this age are at increased risk for osteoporosis and should continue to have a bone density test (DEXA scan) every two years.

Note: These screening recommendations are for people at average risk of each disease. If your risk of a disease is elevated due to your personal or family medical history, ask your doctor about screening guidelines for you.



Dr. Nabil Khoury is an OB/GYN at White Plains Hospital, seeing patients at 170 Maple Avenue in White Plains. For appointments, call (914) 328-8444.

White Plains Hospital’s OB/GYNs offer compassionate, comprehensive care for all your women’s health concerns. Screening tests are offered at a variety of convenient locations. Learn more by calling (914) 849-MyMD or visit us online at wphospital.org



Green Tea – Armed with a special type of antioxidants called polyphenols, green tea can decrease plaque formed in the arteries and can fight prostate cancer.

Rosemary – Studies have shown this spice can reduce the risk of stroke, as well as protect against Alzheimer's disease.

Almonds – Full of plant sterols and amino acids, almonds can help lower high cholesterol and promote muscle growth. These handheld treats are also rich in vitamin E, which can protect skin from sun damage.

Fatty Fish – Rich in omega-3 fatty acids, fatty fish such as salmon, flounder and sardines can lower the risk of heart disease.

Bananas – This easy, portable snack is loaded with essential potassium, which regulates the nervous system. Bananas also offer loads of vitamin B-6, which aids immunity and metabolism.

Whole Grains – These powerful body defenders have been known to boost immunity, protect against various cancers and reduce cholesterol.

Spinach – Chock-full of magnesium, potassium and various vitamins and nutrients, spinach can prevent clogged arteries and protect against prostate and colon cancers.

Soy – This protein-packed food contains isoflavones, which can aid in treatment and prevention of prostate cancer. Also, research from the Food and Drug Administration shows that 25 grams per day can help lessen the risk of heart disease.

Dark Chocolate – Satisfy your sweet tooth and improve blood flow to the brain at the same time. Dark chocolate can also lower blood pressure and increase skin's resistance to UV rays.

SOURCE: *eLivingToday.com*.

SUPER FOODS



FOR A NUTRITIOUS DIET

The health community has long praised the benefits of vitamins and nutrients derived from natural sources. For those looking to improve their health or take preventative measures, these 10 natural super foods can be incorporated into your daily diet to help support your health:

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Summertime

Relax & Rejuvenate

Summertime means many things . . . fun, relaxation, rejuvenation. A great way to achieve this is a visit to your favorite day spa for a Hot Stone Massage. This type of massage therapy helps the individual to relax tense muscles and damaged soft tissue throughout the body. The fun part is that it is not just for women . . . men benefit from it as well.

A Hot Stone Massage means the application of hot stones to your body. During the treatment, smooth, flat, heated stones are placed on specific points while giving the massage. Basalt stones are the stone of choice. They are naturally polished and smooth from the elements of the earth and are known to retain their true healing properties.

During the massage, the hot stones are usually placed along the spine, palms, legs, abdomen or feet. Studies show they are effective when it comes to warming a client's

musculature. Massage oil is usually used so that the stones can move smoothly over the skin. It is good to communicate with your massage therapist to let them know how much heat you can handle.

Some benefits of Hot Stone Massages include:

- *Increased Blood Circulation and Energy Flow:* Hot stones can expand blood vessels, improving blood flow throughout the body.
- *Assists Body in Self-Healing and the Release of Toxins:* Because life is hectic and busy, a massage treatment is said to be deeply detoxifying as well as relaxing, to release those toxins from muscles and assist in self-healing.
- *Relieves Tension and Pain:* By releasing toxins, the result would be muscle tension and pain relief. Some evidence has been known to reduce muscle spasms and improve flexibility.

- *Productivity is Activated:* In general, massages can give your immune system a boost. Hot stones combined with a massage is one of the best combinations.
- *Quality of Sleep is Improved:* For those that find it difficult to sleep, this type of massage therapy should be considered. Studies have shown that people wake up feeling energized and well-rested after this type of massage.
- *Boosts Your Immunity:* A study conducted by researchers from Cedars-Sinai Medical Center in Los Angeles found that people who had a 45-minute massage showed an increase number of lymphocytes or white blood cells that are vital in defending the body from different diseases.
- *Great for Reducing Stress and Anxiety:* Our mental health is often overlooked. As our lives begin to return to some sort of normalcy we realize just how

strong of an impact the pandemic has been in terms of stress and anxiety. This is a great opportunity to fight these symptoms with a relaxing massage.

- *Autoimmune Diseases and Hot Stone Massage:* This combination is also known to treat symptoms of autoimmune diseases. Speak with your therapist and doctor regarding this type of treatment. A Hot Stone Massage can relieve pain related to certain conditions.
- *Flexibility Improvement:* The hot stones placed strategically onto the body have been known to improve mobility around joints, therefore resulting in better flexibility.

All the benefits of a Hot Stone Massage can set you on a path of reenergizing and rejuvenating your body, mind and spirit . . . a great treatment for men and women.



MEET THE DESIGNERS

Spinelli Kilcollin



Spinelli Kilcollin was founded in 2010 by husband- and-wife team Yves Spinelli and Dwyer Kilcollin. The brand launched from their East Los Angeles garage with an innovative series of interconnected Galaxy rings. Created to be stacked or worn across several fingers, the design is now synonymous with the Spinelli Kilcollin aesthetic. Over time the brand has evolved and now includes diverse and ever-expanding offerings including eyewear, a publication, and furniture—all while continuing to grow their full range of conceptual fine jewelry.

Since the beginning, all of Spinelli Kilcollin's pieces have been crafted by a small team of expert jewelers in downtown Los Angeles' diamond district. These artisans are an integral part of the Spinelli Kilcollin family, and were selected thanks to their meticulous attention to detail, elevated craftsmanship, and dedication to perfection. This artisanal resolve, linked with the commitment to clean conceptual design, defines Spinelli Kilcollin in every piece.

Spinelli Kilcollin pieces are carried in over 50 luxury retailers worldwide with Vincents Fine

Jewelry being the exclusive retail partner in Westchester County.

around time of 3-4 weeks from order to delivery.

In 2018, their premier jewelers produced over three thousand pieces by hand in downtown Los Angeles, with a standard turn-

To find out more about the Spinelli Kilcollin collection, visit Vincents Fine Jewelry, 227 Fifth Avenue, Pelham.

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golf

NOT JUST FORE MEN

By Lauren Hurwitz

Often considered a sport for the elite, golf has seen a record number of new players in the past year. In 2020, the National Golf Foundation reported three million Americans tried the game of golf for the very first time – and the women of Westchester aren't missing out on the action.

Kate Wiedmar, Golf Shop Manager and Assistant Golf Professional at Winged Foot Golf Club in Mamaroneck says, "Before COVID, golf was kind of on the decline not only in this area but across the country to where courses were closing because it was getting to be a sport that takes almost five hours to play, it's expensive, and people just want to get stuff done fast! But then COVID hit, and you were limited to what you could do in your spare time, and we saw a complete change and are now experiencing a golf boom!" She adds that women are especially enjoying the game because it's a great way to get outside, exercise, and be social.

What to Expect When Golfing

Not even Kathy Whitworth, arguably the greatest female golfer of all time, is showing up on her first day and hitting a hole in one. Sharon McQuillan, Director of Golf at Pleasantville Country Club, PGA and LPGA member, says one must embrace four components including taking lessons to learn proper form, investing in equipment especially quality graphite clubs, good physical fitness, and a positive mental attitude. Wiedmar adds that the sport takes a ton of patience to hone your craft.

McQuillan advises beginners to consider individualized lessons to learn the basics of how to hold a club in addition to proper stroke form. She says that depending on the course, a private lesson can start at around \$120 per hour. If a newbie really wants to get on the fast track to success, she can simultaneously sign up for a clinic to go beyond the basics. To pick a clinic, McQuillan suggests checking out the Westchester Chapters of the LGPA Amateur Association

(chapters.lpgaamateurs.com/chapter/NYWE) where there are clinics such as "building the fundamentals," "taking your game to the next level" and "honing your skills." Likewise, players new or experienced can call one of the six public golf courses in Westchester, speak to the on-staff golf pro and ask about educational opportunities to advance their skills.

When going to the course to play, a typical game will take about five or so hours to play. Between warming up, playing 18 holes, and leaving time for lunch, it's easy to see how the sport can be time-consuming, be it for better or worse. Golfers should also expect the sport to cost them a pretty penny – even playing on the public courses. Clubs have gotten more expensive over the course of time. In fact, Wiedmar says one top-of-the-line driver may cost as much as \$600, and that's just for one club. With most serious players having 14 clubs in their bag, the cost can add up quickly. For those looking to just dip their toe in the green, McQuillan suggests

speaking to a golf pro for advice on brands and materials for a quality club that you might be able to buy on Ebay as starter clubs, and invest in a better set down the road once you become more comfortable with the game.

Before heading to the course, Wiedmar suggests checking the dress code. While the trend seems to be leaning towards trendier clothing at some courses, there are often strict rules regarding what is allowed and prohibited. Certain places do not allow players to wear tights, halter tops, short shorts, and rarely jeans.

Not an Old Man's Game

A common misconception about golf is that you don't need to be in good physical shape. However, even if you're riding in a golf cart, McQuillan stresses the importance of being able to walk long distances up and down hills, stretch to relieve tightness, and have stamina. "With all of the twisting you're doing, you could put a wrench in your back because you're bent over and

putting a lot of strain on your lower back.” Another misconception she often hears is that golf is a man’s sport. “Women come to me and are very intimidated. They don’t know what to do when they arrive or where to go, so I think signing up with LGPA Amateurs is a great avenue to get involved. Perhaps signing up for a beginner’s league where someone with more experience will play with a group of new women, showing them not only how to play but also how to get around the course, basic etiquette of golf, how to check in at the pro shop, etc.” Weidmar encourages women to avoid the misconception that the game is monotonous by adding in fun games and spicing up the game a bit, making your own rules.

It’s Not All Fun and Games

Local women golfers also take great pride in giving back to the community. Linda Boyer, Events Director for LGPA Amateurs in Westchester says every year, the organization hosts an annual fundraiser with different local charities as the recipient of the profits. This year, Katrine Beck of Fullerton Beck LLP and Denise Kulikowsky, will host the fundraiser in the name of Girls Inc.

of Westchester (GIW, girlsincwestchester.org) on June 13th at Salem Golf Club. The event is open to members and the public alike with fun contest holes for great prizes, a silent auction, and mingling with other players with the goal of raising as much money as possible for the selected charity. Other charities that have received funds from the annual event in recent years include My Sister’s Place focused on domestic violence victims, ACDS school in Scarsdale for people with developmental disabilities, and other local organizations. “Golf is a really great way to clear my mind. I can’t look at my phone on the course, so it gives me the opportunity to really be present, concentrate on something other than my practice (law), and engage with great company (the drinks on the course are great too!),” says Beck. “I have been fortunate to be involved with GIW since 2015 and as the Chair since 2019. It is truly an amazing organization that stands for everything I have fought for all my life and hope that by some contribution to this organization, I can help make a young girl’s path to success just a little easier. As a female litigator who co-started a



Kate Wiedmar (and in photo to the left)

100% female owned law firm, I had my own struggles and had to learn to create my own “table” - I was fortunate to have people in my life to help mentor and navigate me. I want to make sure a young girl out there in Westchester who faces adversities in life - whether by virtue of race, gender, ethnicity,

religion, socioeconomic, sexual orientation, or other life circumstances - knows there is a sisterhood available to help her be strong, smart, and bold. I know that GIW helped me be that and I want to make sure I pay it forward.”



What You’ll Need



A



B



C

A. Euforeia - Electric Poppies Women’s Primo Glove, \$42 at Euforeiagolf.com

B. Happiness Is Inc. - Happiness Is . . . Golf (crew sweatshirt), \$89.95 at HappinesIsInc.com

C. Callaway - Hyperlite Zero Single Strap Stand Bag, \$229.99 at CallawayGolf.com



Keeping Busy Over the Summer...Some Great Ideas!!

Summer is almost here...and so is summer vacation. There is no need for parents to panic. We all know that we don't want our children to be stuck in front of a TV all day or texting. Kids naturally want to stay occupied and active during the summer months. So it's our job to help them make the most of their summer before heading back to school.

Some of the following activities can keep your child's mind stimulated:

- If your child's teacher doesn't provide a summer packet for your child, ask for one so they can practice what they learned throughout the school year.
- Have your child read on a daily basis.
- Sign your child up for a summer enrichment program offering events and activities to keep your child engaged.
- TV can be used to your advantage. Include educational programs on National Geographic, Animal Planet and the Discovery Channel.

Children have been known to need at least 60 minutes of physical activity each day. So make sure your child's summer includes such activities:

- Sign your child up for local recreation or sports programs. Let your child choose what interests them the most...perhaps even trying something new.
- Try doing a workout program along with them.

- Local park visits after you get home from work are a great way to bond with your child but also get outdoors together.
- Get passes to your local public swimming pool.

Other creative ways to have fun with your children this summer include:

- Have your child write a story/book over the summer months.
- Host a sprinkler or pool party with neighborhood kids.
- Have the older children sign up for community service.
- Teens that are old enough can seek a part-time summer job or internship.

- Create a new recipe with your child.
- Visit an area nature center or museum.

Spending quality time with your kids this summer is the best of all. The bonding and relaxation will be great for the whole family.



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Healthy Snack Ideas for

Kids



Over the summer children are more active and love to have healthy, tasty and creative snacks during the day. Creating new and exciting snacks along with your children's help is a great way to ensure they will love their food choices and develop healthy eating habits.

Try one of these quick and easy snacks this summer:

Crackers with Cheese, Peanut Butter or Hummus

Look for whole wheat crackers such as Triscuits, Rye Krisps or Breton. Choose crackers that contain no partially or fully hydrogenated oil and have at least three grams of fiber per serving.

Vegetables with Low-Fat Dressing or Hummus

Try vegetables such as baby carrots, grape tomatoes, green or red sweet pepper slices. Add whole-grain crackers, pretzels or pita chips for additional crunch and flavor. This is a colorful and tasty snack packed with fiber and vitamins such as vitamins A and C.

Fruit with Pretzels, Cereal or Granola Bars

Smart pretzel choices include Snyder's of Hanover whole grain

varieties, Utz, Nature's Promise. Nature Valley, Kashi or Full Circle granola bars are great options. For cereal, try whole-grain options such as Cheerios, Rice or Wheat Chex, Kashi Heart-to-Heart Cereal, Barbara's Bakery Puffins or Shredded Spoonfuls, or Kix. Purchase small, reusable containers for the pretzels or cereal. This will encourage children to take home from day camp what they do not finish and teaches them to not waste food.

Yogurt and Fruit Pile-Ups

Pack a container of yogurt with berries (look for fresh or frozen blueberries, raspberries or strawberries) and granola or their favorite crunchy cereal in individual, reusable containers. Also, put in a cup and spoon and have them layer the different yogurt, fruit and granola in their cup or maybe they just want to mix it all together.

The possibilities for snacks are endless! Be creative, ask your children for their input and make preparing snacks a fun activity for you and your children. Use this time together to talk, share stories, solve problems or simply be together.

Let Kids Build Their Own Snacks

Pack celery sticks or pretzel logs, peanut butter or low-fat cream

cheese, or even hummus and raisins, and have them make "ants on a log."

Kids also love to make crunchy fruit dippers. They'll need cut-up fruit (slices of apple, orange, banana, peach, plum, strawberries or grapes) and a container of yogurt. Try low-fat Stonyfield Farm, Dannon All-Natural, Brown Cow or other natural yogurt varieties.

Fill a small reusable container or plastic bag with your child's favorite

cereal. Low-fat granola, oatmeal or sunflower seeds are also great options.

These suggestions provide not only additional nutrients but also crunch, which most children love. Show children how to spear a piece of fruit with their fork (hands also work well but it can be quite messy), dip it in the yogurt and then dunk it in a crispy topping. This is a delicious and creative snack that the whole family can enjoy.

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What better way to enjoy coming out of a pandemic than hosting a summer get-together, graduation, wedding or just a delicious meal you don't have to prepare yourself. The answer lies simply in the kitchen of Chef Renée Kashuba of Foods Made by RK in Tarrytown. Whether it happens in Chef Renée's kitchen or yours, the result is one of the most wonderful memories you will have.



Chef
Renée
Kashuba

We recently sat down with Chef Kashuba to learn more about her passion for cooking. Her strong food-related family history has been passed down from generation to generation. "As I think back, the kitchen has always been the center of every gathering – the place of warmth and aromas and where it all happens. I've always been most comfortable there, and it's the room that peaks my interest first and to which I gravitate in any home I enter. There is really no beginning to this, no first memory that stands out, because I think it's always been true. I loved visiting with my Nana in the kitchen at holiday meals, where she would prepare dish after dish in a seemingly endless stream of tastes and textures, and casually plant them on the table before we had finished the last dish. I have

no idea how we managed to eat for so many hours, and then eat dinner afterward, but it was simply impossible not to taste it all."

As a chef, we asked if there was a specific influence that steered her in this direction and Chef Renée responded, "I find my influences all around me, in the least expected places, really, and I welcome them all. New ideas and new tastes may come from anywhere, and sometimes just from a desire to be a little off-center. I often put together a new dish by saying, "Oh, I was just going for weird." And it works! And then I have to try to remember it for the next time."

As a mother, we wanted to know how she was imparting her passion for food and cooking on to her own family. "I think my kids would probably say that the primary mechanism is just by making food they like to eat, and certainly I do enjoy spoiling them with their favorites. I hope they've also appreciated seeing me grow as a chef and as an entrepreneur. As with all small businesses, this is really a family business. Each of my children has worked with me over the years. My oldest remains my best sous-chef, although he's happy to be off the hook for work now that he's in college. My middle child is both gifted in the kitchen and with cre-



ativity in presentation, and she's my go-to assistant now. She's also wonderful with the guests of all ages. My youngest, though, has been cooking with me since he did demonstrations of kids' recipes as an 8-year-old, and he shows the greatest passion and interest. I'm working on handing down some of my best recipes now, just like my father did when I was his age. He also shows an inclination to just play around in the kitchen."

Chef Renée shared how she creates an event or meal and make it personal to her client. "The first step in planning for me is really listening. I build a close partnership with my clients, and we often remain friends after their event. I want them to feel that their celebration has been put together by a good friend, not a stranger. I often say that I have to love people at least a little bit to cook for them, so planning is really about building that love. I have to see the event from their perspective – really understand their vision – and then I can pull back to a more birds-eye view to plan how everything will work to create that vision seamlessly, with no effort on the clients' or guests' parts and without revealing the inner workings. In the end, I hope that everyone feels absolutely spoiled and indulged with what they're seeing and eating, with all the work hidden."

We asked if Chef Renée was able to utilize locally sourced products into her dishes. "Yes, locally sourced and organic is always best. Working with food is like working with a living thing. Fresh, local food just participates in the cooking process better. This, of course, is an ideal that not every client can afford, and I work for a very wide range

of folks. I know how to work within a budget, too!"

When asked about the challenges over the last year, Chef Renée responded, "The biggest challenge for a chef like me is missing in-person contact with the public and seeing my clients. I rely on that close contact to build relationships and grow as a chef. I miss seeing people more often! And it was sad to be contactless, instead of standing and visiting with people. But I was happy to keep people safe and fed by using extra safety precautions, and it was really rewarding to feel helpful by providing a little delicious joy during the pandemic. I'm really looking forward to seeing more people up-close, visiting, and doing larger events again."

Looking into the future and especially this summer Chef Renée smiled and said, "I'm being inundated with people wanting to plan – which is great! So many people want to get back to life, get in touch with friends, and celebrate again. People are looking for excuses to celebrate! I see a future of outdoor gatherings first, while we all get more comfortable, and then moving inside as we get things more and more under control next fall. People are ready, and I'm ready, too! I've learned so much over the last year and I can't wait to share it all."

Any new dishes on the horizon? "I've been doing variations on a theme for a bit now, with new sweet and savory dishes that riff on old standards. It's been very popular, and delicious! Summer for me is all about fresh herbs, so I'll be playing around with that, too."

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Drink &

Imagine actually being able to relax this summer with friends and family indoors and out with a crisp, clean and utterly delicious fruit liqueur concoction featuring the best of the best from Heimat NY, located right in Mamaroneck.



We were fortunate enough to interview the founder and principle, Ute Londrigan about her thriving business and the history behind it.

"I am the youngest of 3 kids and grew up in Geldern, a small town close to the Dutch border. We spent as much time together as possible as a family and especially loved the outdoors - hiking or long walks almost every Sunday (followed by traditional coffee and cake), riding our bikes everywhere, sports like tennis, etc. My father traveled months at a time for work, but every summer we would take a 3-week vacation, going to all different countries throughout Europe. He wanted us to see as much as possible in the world (little did he know ...!) and to experience various cultures and foods. Speaking of food - food was always very important to our family as was eating meals together. My mom cooked everything from scratch and only what was in season, most times picking up what we needed from local farmers or our farmers market. Seasonality is

so ingrained in me that it's something I carry with to this day."

Ute shared how her grandmother and mother were such an inspiration to her, "For my family, making liqueurs was as normal as canning fruits and vegetables. All vegetables that we didn't eat fresh were canned and all extra fruits were either made into marmalade or used to make liqueurs. At the time, it didn't seem out of place that my grandmother made liqueurs as that's what so many others did. I draw a lot of inspiration from my mother and my grandmother today as Heimat for me will always be about the traditional way of doing things. By that I mean you take the fruits only when in season, make sure they are the focus of the liqueurs, and give the liqueurs lots of time to develop. Never any shortcuts along the way."

Ute Londrigan

On the topic of other women-owned businesses, Ute said, "Honestly, I think every business built from scratch is an inspiration to me. However, during my time at New Product Development at Radeberger Gruppe in Frankfurt, Germany, I was able to meet Kim Jordan, founder of New Belgium brewing company. Kim most likely doesn't recall meeting me but our meeting left a deep impression upon me. She had just a contagious passion for her business, she created a really cool culture that you wanted to be a part of, and she was just a really nice person. Back then I had my dreams of my own business, and even though I wasn't ready to pursue it yet, I knew from then on what I wanted my business to look like and what kind of business woman/owner I wanted to be."



Ute went on to discuss how the past year has been for her business. "Luckily for us, the pandemic itself didn't affect our business as much as it did for so many others. Yes, big events got cancelled (for example, we were supposed to have the Signature Cocktail at the US Open golf event in Mamaroneck), and we were set to enter a number of really great restaurants in NYC. But thankfully NY changed the shipping laws for alcohol and we were able to open an online shop on top of being able to sell at the usual farmers markets or retail stores. While 2020 wasn't a pleasant year for anyone, business wise we did really well."

When asked about this upcoming fruit season, scheduling and new fruits, Ute replied, "I love this question as most people take for granted the fruits and vegetables that they can so easily buy at the supermarket. But Mother Nature leaves an imprint on the fruit each year, and any cold snap or strong storm might wipe out an entire crop. Since we only source our fruit from New York, that was the problem we had with blackberries our very first year and we had to skip it altogether (oh there were many tears!)."

I've been on the phone this spring with our partner farmers and so far they are optimistic about an excellent harvest. I'll also be visiting one very soon for an update. Every season is different but we plan to start crafting Rhubarb early June, followed by all the summer fruits in July and August, and then Cranberry and Bosc Pear in October. As we talk to the farms regularly, we know when to come by just as the fruits are being picked or harvested (literally).

As for new liqueurs, we are constantly

experimenting with different ideas. We might have a new liqueur coming this fall but I don't want to share yet as I want make sure it turns out exactly as we have planned. I'm pretty excited about it though..."

New York State has truly become the "homeland" for Heimat New York. Do you look forward to passing down the tradition to your children? "Absolutely! Passing down traditions is so important to me and I don't only mean making liqueurs - like also cooking various dishes my family used to make, special meals for all the different holidays. Now while my kids are still a bit young, they have been amazing helpers at Heimat and always ask about the business. As they grow older, I'd love to let them get more and more involved and to teach them the business. We'll see where it takes us but either way I'm proud they will be getting first hand business experience."

Because your business is still so young, to what do you attribute your success? Ute stated, "I guess it depends on how one defines success as there are so many things that I'd like to achieve - particularly across the community, underprivileged, and the environment - before I even dare begin to use a word like that. Ultimately though, I've been blessed to be surrounded by a wonderful group of family and friends who have encouraged me from day one and that have always been there to support me during the ups and downs. Also, some of the farmers have been absolutely amazing and they go to great lengths to help support us as they believe in our mission. Plus, it goes without saying, a lot of hard work and sacrifice."

Visit heimetry.com for complete information & delicious summer recipes.



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creates with Beauty + Functionality

THE CHALLENGE

A global financier and his family call this classic gem home. One of the major challenges for Kelly Weldon Design was to transform the dark and nondescript front entryway into a shining star that would make a lasting impression.

Kelly Weldon Design began with a questionnaire (as she does with every new project) to learn how this family lived their lives. “The key is to know your clients. Only then, can one incorporate functionality that is personal to the client with beauty in all designs.”

THE SOLUTION

From ceiling to floor, Kelly Weldon Design delivered an amazing entry space.

Kelly Weldon designed the two beautiful lanterns in the entry. She wanted to enhance the custom lacquer ceiling and to create a multi-layered affect that was different from day to evening. The light from the lanterns reflected the individual cut glass panes that splashed a faceted light prism across the ceiling in the evening.

The two chairs were acquired in Europe from a 17th Century castle and the trestle table was a unique find from a monastery also dated to the 17th Century. Each of those pieces were meticulously restored and are used every day. What perfect examples where form meets function.

Another interesting concept that Kelly Weldon Design incorporated was the hand painted wallpaper that was first installed on linen and then laid on the walls. The Mrs. loved the wallpaper so much Kelly wanted to make it possible for her to take or save it if ever they decided to move or change designs. This application allowed for the wallpaper to easily be removable so it could be installed at another location or framed and made into pictures.

Additionally a great find were the two vintage rugs that were redesigned. This strategy created one long and dramatic piece that enveloped the entry space with a golden yellow hue adding that much needed brightness.

Finally, one cannot overlook the striking, modern touch of the rare black and white photo taken of Andy Warhol and Bianca Jagger over the trestle table.

This space is a brilliant illustration of a truly successful design solution.





KELLY WELDON
DESIGN & BUILD



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At Home with Hurwitz

By Lauren Hurwitz



Elizabeth Karmel

Finger grilling Good

Nothing defines a classic suburban summer gathering better than a great backyard bar-b-que. But for so many women, taking charge of the grill is daunting. Erica Ellis of Larchmont says, “I leave the grilling to my husband – he does the best job! I would overcook everything if it was left to me.” Rye’s Alyssa Sieven shares, “grilling definitely intimidates me – I’d rather leave it to my husband who knows how to best use it and actually enjoys it.” But women of Westchester, have no fear! Elizabeth Karmel, nationally recognized food writer, author of “Steak and Cake,” and Creator of Girls at the Grill, says knowing the fundamentals of grilling will allow any busy lady to be the ‘hostess with the mostess’ this summer.

To begin, it is helpful to know if you’re grilling, or actually BBQing. Grilling is when you cook with direct heat or indirect heat. Direct heat is when the food is placed on top of the heat source, whereas indirect is when the heat surrounds the food. To simplify, imagine

what indoor cooking looks like: food is placed under a lit broiler and so the heat is directly over the food. Whereas roasting in the oven surrounds the food with heat, so the heat is indirect, a.k.a. indirect heat. True BBQ however, is always cooked over indirect heat with the addition of wood smoke. While BBQ is rising in popularity, it’s still more common for at-home cooks to grill vs BBQ in their own backyards.

Once you determine what type of method to use, consider what type of food you’re cooking. Karmel’s rule of thumb is the bigger the food in terms of size, weight, and density, the longer time it will take to grill. Larger foods like steak, Yukon Gold potatoes and root vegetables require indirect heat and likely don’t need to be turned at the halfway cooking mark. Smaller, less dense foods like hamburgers, hotdogs, shrimp, and baby potatoes are better with direct heat method and shorter grill times of about 20 minutes or less (depending on the food) but don’t forget to turn the food over halfway through cooking.

Regardless of what you're cooking, it's imperative to brush your food with olive oil before it hits the grill to avoid sticking to the grates but also ensure unmatched flavor! "Grilling is intrinsically healthy and tastes fabulous because you're cooking without additives and fats from sauces and butter you may otherwise be using with stovetop or oven cooking," Karmel says. She relies on her "trusted trilogy" of olive oil, kosher salt and pepper to ensure her grilled foods come out top-notch. Consider something as simple as a steamed vegetable like an asparagus - they're flavorless until you drench them in butter.

However, throw those asparagus on the grill with the trilogy and you have amazing taste minus added fat. Karmel says, "Olive oil also keeps the natural juices inside the food so you don't dehydrate your food. Make sure to oil the food, not the grate. If you oil the grate and not the food, you're basically asking to glue the food to the grate. And, if you try to turn your food too quickly, you can mess the entire process up! All protein will naturally adhere to any hot surface so trust that your food will naturally release itself when its ready - generally halfway through the cooking time. Don't be tempted to rush it."

Known for her delicious grilled, BBQ and southern food creations, Karmel says her guests think her dishes are indulgent because the flavor is supreme, "but the truth is if you use the heat of the grill, olive oil and salt and pepper, you are cooking super clean food! The amount of calories in the olive oil is negligible and you're bringing out



the best flavors that are inherent in the ingredients. Just buy the best quality food you can find whether it's vegetables, meat, poultry, fish or shellfish, and get to work!" She adds, "You're going to love grilling if you're cooking foods you already know that you enjoy. Instead of being tethered to a recipe, use the trilogy and get comfortable with the grill so you have a great first grilling experience and want to do it over and over. Once you feel confident in your grilling skills, you can start adding in different flavors."

Every good griller needs a good grill. Purchasing a grill can feel overwhelming. Instead of focusing on bells and whistles that don't help you cook, like glass windows in the lid of the grill, Karmel recommends purchasing the largest and best grill you can afford. The

more room you have, the better. Avoid grills with cascading shelves because although they may look beautiful, they're not the most practical when it comes to cooking. Most of all, make sure that the grill can be set for both direct and indirect heat. Generally, on a gas grill, it's just a matter of turning the correct burners on and off based on your grilling needs. The important aspect is the size - is the grill large enough to fit a big turkey? Today you may envision only heating up a few burgers but pretty soon you'll wish you had even more room for veggies, buns and other creations - maybe even desserts - once you perfect your skills. Karmel says, "You need a minimum of three burners on a gas grill. If all three are lit, that is direct heat. If you turn the middle burner off and put the food over the burner that is turned off, that is indirect heat."

She also recommends shopping in store for the grill so you can 'kick the tires' before making your big purchase. With windy Westchester winters, and ever-changing weather patterns, you want to make sure

your grill is sturdy, stable and won't tumble over easily. Finally, you want to ensure your grill has a solid warranty if you're investing in it for many years to come. "You should expect that any parts that a manufacturer doesn't cover will need to be replaced. A well-made grill should last years, even decades before it needs to be replaced," says Karmel.

If you are more of a charcoal gal, but like the idea of the ease of a gas grill, Karmel recommends Spark Grills as they just launched a new grill that uses compressed charcoal "Briqs", a fan and a thermostat so that you can control the heat similar to how you control the heat in your oven.

Once you overcome your fear of the grill, it's time to embrace the most understated benefit of grilling: No clean up! And what woman doesn't appreciate that?



RESOURCES

GirlsAtTheGrill.com

SparkGrills.com

Discount Code for Spark Grills with code: EK100

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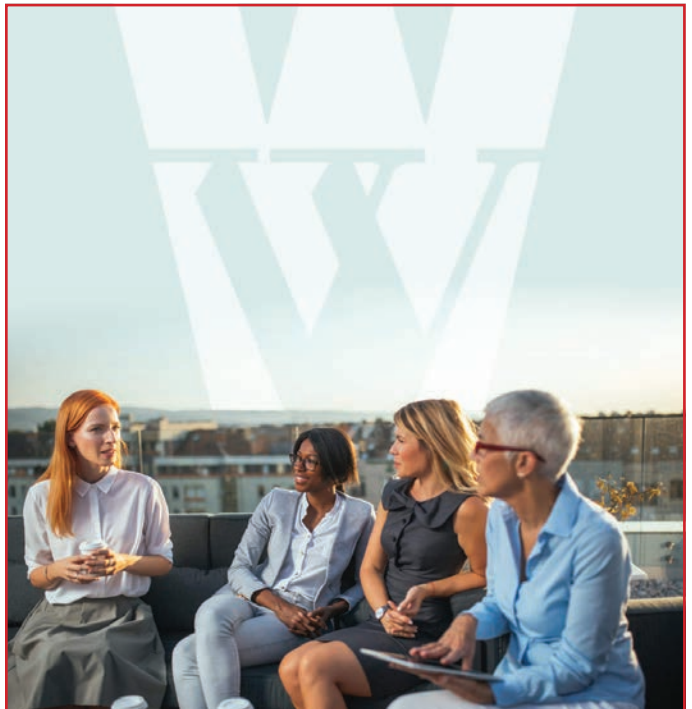
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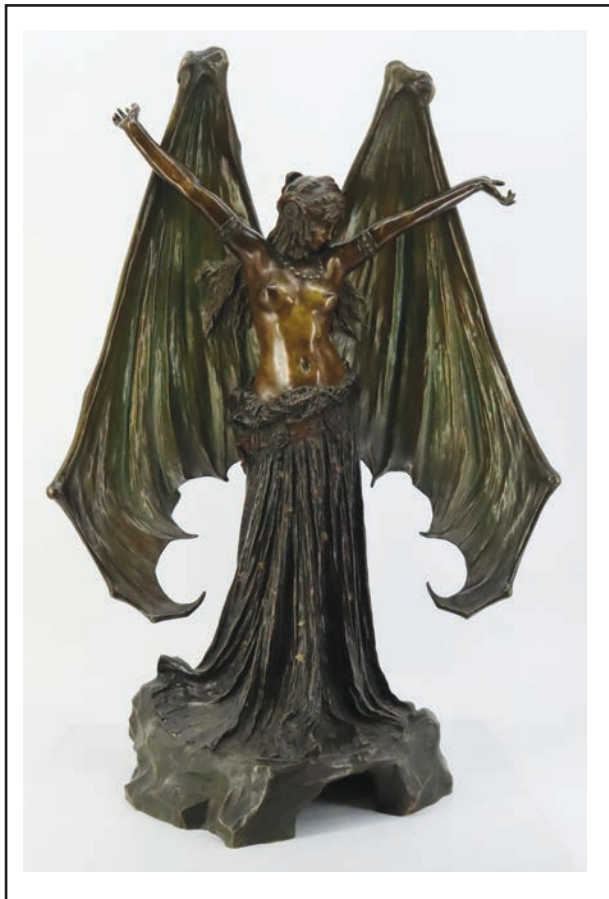
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