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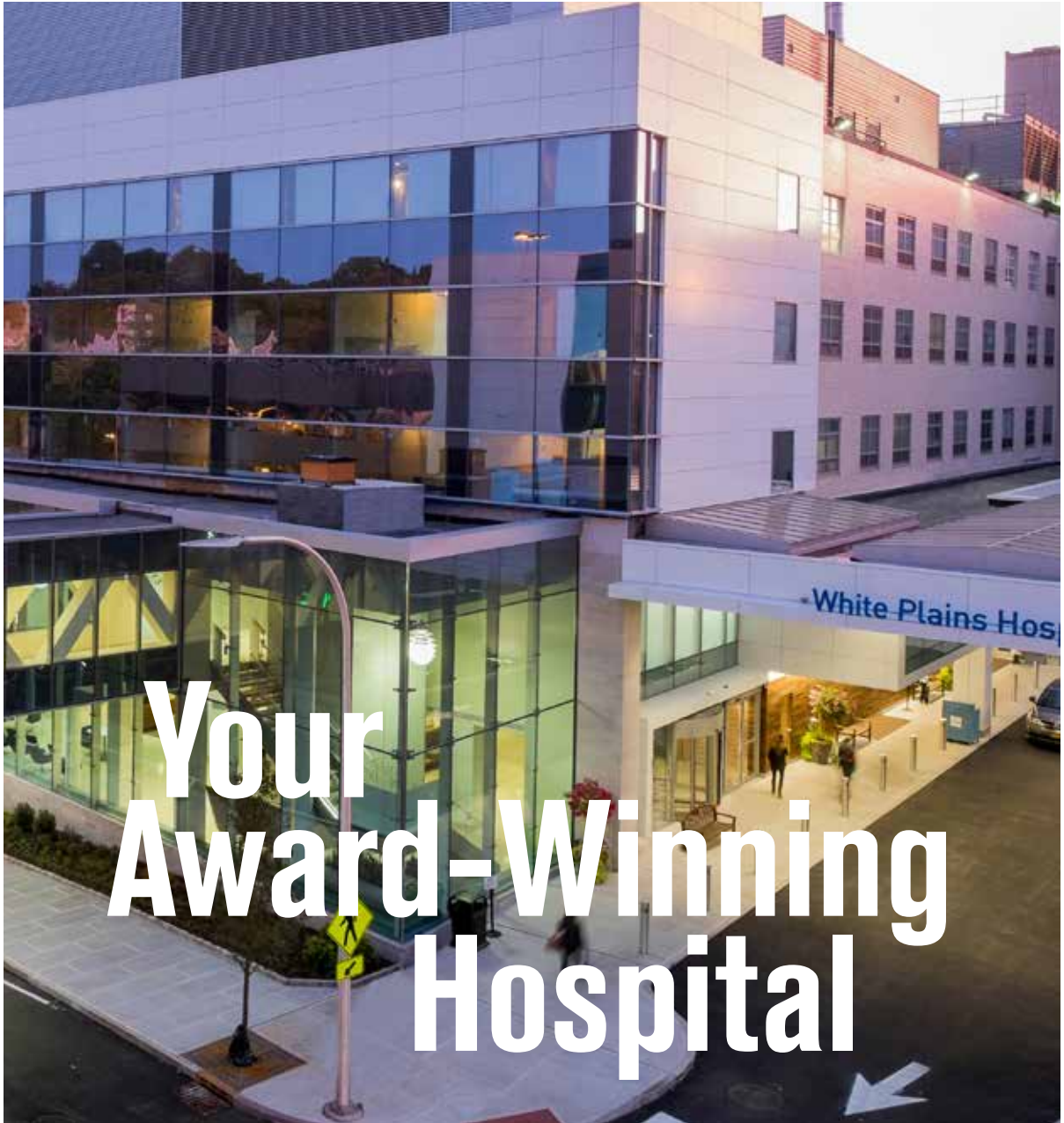


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ENSURING YOUR CHILD IS A happy camper THIS SUMMER

Summer camp season is coming, and parents are concerned regarding their child's health.

Dr. Rachel Geronemus, a pediatrician at Scarsdale Medical Group, notes that most – though not all – camps ask for proof that a child has had a full physical examination before attending. New York state law mandates that any student new to a school have a current physical examination. Those already enrolled are required to get a current physical every two years through grade 10. A “current” physical exam is defined by the New York State Department of Health as “an exam that has been dated and signed by your child’s Health Care Provider and completed no earlier than within one year prior to the beginning of the current school year’s starting date. Exams completed prior to that date will not fulfill the requirements.”

As for the health screenings, those can be performed by either the pediatrician or a school nurse; it includes a vision check, height, weight, blood pressure and scoliosis screening.

Most camps will accept a form submitted by the healthcare provider that the camper has fulfilled their physical exam requirements. Dr. Geronemus recommends an annual physical for ages 2 and up to maintain good health and as a way of picking up signs that could indicate existing or developing conditions that may be cause for concern.

Allergies are an issue for many children, with asthma – according to the CDC, about 6 million children in the U.S. aged 0-17 have asthma – while about 5.2 million suffer from hay fever. In such cases, you may want your child to carry an inhaler. If the child takes medication, they must be dispensed by a camp official, usually its onsite health director.

If your child is taking medication of any kind, be sure that they have a sufficient supply to get them through the day (or, if they’re going to a sleepaway camp, for their entire stay). Prescriptions should be filled well before camp begins.

Insects will also be in attendance. If your child has been diagnosed with anaphylaxis – a severe allergic reaction to bug bites/stings (typically from bees) that could be life-threatening – they likely already carry an epinephrine auto-injector, such as an EpiPen that should be used immediately. Such tools can also be used in cases of acute allergic reactions to foods and other substances. Camps are required to file full reports with the state whenever epinephrine is administered.

As for the ever-present worry about Lyme disease from a tick bite, or the latest disease carried by mosquitos, Dr. Geronemus says the Hospital has seen few serious cases over the past several years. Lyme can take at least 36 hours to manifest itself, so careful body checks for ticks and bites are a good idea. Likewise, if a tick is attached for greater than 36 hours or for an unknown length of time, the Hospital considers treating a child with prophylactic antibiotics.

Sunscreen is always important during the summer months. You should check with your pediatrician or a

dermatologist as to what kind is best for your child, how often they should reapply, etc. Camp can be even more physically taxing than school, so if your child is likely to be going on long hikes or otherwise will be in the sun for extended periods, be sure they have the appropriate sunscreen with them.

If your child has been diagnosed with COVID, observe the standard protocols before sending them off to camp. If your child has had a moderate to severe case of COVID in the past, consult with their physician as to whether there are extra precautions you should take. Very few kids will require another screening, but it is always a good idea to be sure.

Lastly, when it comes to injuries sustained at camp, studies have shown only two reported major illnesses or injuries for every 1,000 kids. The most common mishap is a stomachache or bug that a child could just as easily have acquired at home.

By taking these steps, you can ensure that your child, as well as those they will be interacting with, will indeed be happy campers.

Dr. Rachel Geronemus is a pediatrician at Scarsdale Medical Group, seeing patients at 600 Mamaroneck Avenue, Suite 300, Harrison. To schedule an appointment, call 914-989-1111.



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The NEXT GENERATION of YOUNG SCIENTISTS Can Find Hands-On Mentorship at REGENERON

WITH **LAUREN HURWITZ**

The past decade has seen an explosion in the growth of STEM careers and industries. One local company is helping lead the way for many bright minds – especially women – to enter such exciting fields. Located in Tarrytown, Regeneron has spent almost 35 years developing science to bring life-changing medicines to patients around the globe with nine FDA-approved treatments under its belt. In the past seven years, Regeneron has more than tripled the number of staff to about 10,000 people and has put forth great effort to empowering employees from within.

For seven years, Susan Irvin, Ph.D., has brought her passion for infectious disease prevention and treatment to help patients in need. Currently serving as a Staff Scientist in the Bioanalytical Strategy Group, Irvin supports clinical studies in infectious disease and oncology from a bioanalytical perspective. In layman's terms, when scientists have identified a possible new drug, the Mount Pleasant resident helps determine how much of the drug is in a patient's body when they are in a clinical trial. To evaluate one parameter of the drug's safety, Irvin also assesses antibodies that may be formed in the body as a response to the specific drug.



Susan Irvin, Ph.D.

STAFF SCIENTIST/BIOANALYTICAL STRATEGY GROUP | REGENERON

"I think the COVID pandemic shed a lot of light on scientists because it showed the world what we are capable of solving."



Johanna Hansen, Ph.D.

DIRECTOR OF VACCINE TECHNOLOGY & BISPECIFICS ANTIBODIES | REGENERON

"When I was entering this field, it was not considered optimal to go into pharmaceuticals. You were supposed to follow the academic grant track at a university, but I knew I preferred to develop medicines to help patients..."

But Irvin's devotion to science started well before she started working north of Manhattan, dating all the way back to her childhood. Coming from a very supportive family, she shares, "My parents encouraged my brother and I to find what we really love and I think we all knew from a very young age that I absolutely loved science, loved being outdoors, loved asking questions about how the world worked in terms of biology. I decided I wanted to be an infectious disease scientist in 9th grade," says Irvin. "You're trying to help the world and solve these huge problems that the globe is facing like cancer and infectious disease. I think the COVID pandemic shed a lot of light on scientists because it showed the world what we are capable of solving."

Irvin loves coming to work every day and seeing more women entering the science fields saying, "I've always had strong female role models. I feel challenged every day to think outside the box. I have freedom in my role, the head of the group gives us a lot of independence and I love the science I'm working on." One of the things she enjoys is volunteering and mentoring other young scientists, especially women, in Regeneron's Mentoring+ program specifically designed to recognize, increase visibility, and build leadership skills with underrepresented employees. The program is offered to 100 employees and includes four components: 1:1 mentoring, engagement with senior leaders, leadership and impact training, and peer connection.

Helping others is in the DNA of the women at Regeneron. Johanna Hansen, Ph.D., newly appointed Director of Vaccine Technology and Bispecifics Antibodies, has spent more than a decade at the Rivertown-based lab in different departments. "I was working on antibodies and antibody-related platforms for 11 years and so to be able to apply all of that knowledge to a new technology space in my latest role is amazing. You get the benefit of being in a new space and also being a student again, while getting the thrill of working on new subject matter." Hansen knew she wanted to be a scientist since high school. "When I was entering this field, it was not considered optimal to go into pharmaceuticals. You were supposed to follow the academic grant track at a university, but I knew I preferred to develop medicines to help patients," she says. But helping is always on Hansen's mind. "My advisor in my PhD program was aggressive in terms of going out and grabbing opportunities, making sure we were constantly actively looking for the next one. The best lesson she taught me was to be active, and not be shy. Be bold, don't expect people to hand you anything. You have to ask and work for it. If there is an exciting project you want to be involved in, you need to communicate that you want to be involved. Is there a way you can be a part of it? Don't expect it to come to you because you're there." Also involved with the mentorship program, Hansen is currently working with two female mentees. "Mentorship is extremely important as I'm helping them navigate meetings and interactions and also the science on top of it. I enjoy helping these women move forward with their careers. It's useful to

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have someone tell you it's ok to be upset about something, and 'this is how you should navigate this problem.' Having the back and forth is imperative and I try to offer that to people I mentor."

This past year, Regeneron has continued its deep commitment to STEM education and equity through a variety of programs, many of which are local here in Westchester. Not only does Regeneron have a long-standing relationship with Yonkers Partners in Education, but it also supports the BioBus's Community Science Fellowship Program. The BioBus partnership has helped deliver hands-on discovery and scientific exploration to underrepresented students in the Hudson Valley and Capital Region of New York for a decade. "In addition, Regeneron is the title sponsor for the Westchester Science and Engineering Fair (WESEF) that showcases local scientific talent and qualifies them to participate in the Regeneron International Science and Engineering Fair. Local students also have the opportunity to do science experiments in a top-notch laboratory at the DNA Learning Center, which is on-site at Regeneron's Sleepy Hollow campus and run with Cold Spring Harbor Laboratories. After the grand opening in December 2019 and the subsequent pandemic, students were thrilled to get back into the lab this spring, including classes from Mount Vernon and Mamaroneck school districts.

While interest in STEM programs grow in popularity, Hansen has solid advice for parents of the next generation. "There are expectations you have to be the best at something to succeed...but it's a process. Your career changes through your whole life. If you or your child are really interested and passionate, let them be interested. Let them fail and let them work it out. Be open, keep them open to the possibility of alternate careers is important." No one in her family was a scientist, but she never heard the word "no" in terms of following her own dreams. "If your child wants to try something different that you're not familiar with, then let them try," Hansen urges.

Hansen and Irvin are just two of the many friendly faces working to make our world a better and healthier place, all with a smile on their faces. Irvin knows her

continued on page 11



Tips For Keeping Your Dog Safe This Summer

Summer is the time to have outdoor fun with our dogs. Longer walks in the park, ambitious hikes, beach days, or family travel — the sun is shining, and the outdoors is calling. But hot weather can also make us uncomfortable, and it poses special risks for dogs. From an increased exposure to ticks and other insects, to sunburn, and even heatstroke, all sorts of things can go wrong for your dog in summer. Keep the following safety concerns in mind as the temperature rises, and follow our tips for summer safety for dogs. They will help you keep your pet happier and healthier during the dog days of summer.

Give your dog a shady spot to hang out on hot days or keep him inside where there's air-conditioning. Doghouses are not good shelter in the summer because they can trap heat.

Fill a child-size wading pool with fresh water for your dog to cool off in.

Never leave your dog in a closed vehicle on a hot day. The temperature inside a car can reach 100 degrees in just 20 minutes.

Provide plenty of cool, fresh water. Avoid exercising your dog strenuous-

ly on extremely hot days. Take walks in the early mornings or evenings, when the sun's heat is less intense.

Avoid exposing your dog to hot asphalt or sand for any prolonged period; it can burn his paws.

Be mindful of your dog's breed. Dogs that are brachycephalic (have a short head and snout), such as Bulldogs, Boxers, Japanese Chin, and Pekingese, have an especially hard time in the heat because they do not pant as efficiently as longer-nosed dogs. Keep your brachycephalic dog inside with air-conditioning.

Make sure your dog's vaccinations are up-to-date, especially since dogs tend to stay outdoors longer and come into contact with other animals more during the summer months.

Keep dogs off of lawns that have been chemically treated or fertilized for 24 hours (or according to package instructions), and away from toxic plants and flowers.

Keep your dog well brushed, clean, and free of mats.

Ask your veterinarian for an effective preventive against fleas, ticks, and

mosquitoes that carry heartworm. The AKC Pet Healthcare Plan can help with the cost of providing quality healthcare, including preventive medicine, throughout your dog's life.

Give your dog a shady spot to rest, like a beach tent or his own outdoor beach pen. Provide plenty of fresh water. Protect him against sunburn. Dogs, especially those with short hair, white fur, and pink skin, can get sunburned. Limit your dog's exposure during the day and apply sunscreen to his ears, nose, and coat before going outside.

Check with a lifeguard for water conditions. Dogs are easy targets for sea lice and jellyfish.

Keep a check on his activity. Running on the sand is strenuous exercise. A dog that is out of shape can pull a tendon or ligament, and running on wet sand can make his paw pads blister.

Don't let your dog drink seawater; the salt will make him sick. Rinse him off at the end of the day. Salt and other minerals in ocean water can damage your dog's coat.

Check local ordinances before

heading out. Not all beaches allow dogs, and some restrict the time they can be there.

Let your dog go for a swim. Some dogs are natural swimmers; others won't get a toe wet. Never force your dog into the water. Follow these water safety tips and be mindful of your dog's preferences and skills before sending him out to ride the waves.

Don't let your dog overdo it; swimming is hard work, and he may tire quickly. When swimming in the ocean, be careful of strong tides. Never leave your dog unattended in water. Put your dog in a life vest.

Keep your dog cool in the car by putting ice packs wrapped in a towel in his crate. Make sure the crate is well ventilated. Use a cooling pad as his bed or crate liner.

Put a sunshade on your car windows. Bring along fresh water and a bowl, and a tarp or tent, so you can set up a shady spot when you stop. Keep a spray bottle filled with water to spritz on your dog to cool him down.

Article provided by the American Kennel Club. To read the article in its entirety, visit www.westchester-women.com or akc.org

job is a total dream adding, "Working at Regeneron has to be somewhat to be somewhat like working at Disney world, or the equivalent of being an employee at a candy shop if you love sweets. Every day is a happy day. You're getting to do cool things with amazing resources at your fingertips. If you think of something that's a really great idea, there is probably a good way to get it done and that is amazing!"



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Regeneron ISEF 2022

The Regeneron International Science and Engineering Fair (Regeneron ISEF), a program of the Society for Science for over 70 years, is the world's largest global science competition for high schoolers. In total, awards valued at nearly U.S. \$8 million were awarded to the 2022 finalists, who were evaluated based on their projects' creativity, innovation and level of scientific inquiry. The competition featured 1,750 young scientists representing 49 states and 63 countries, regions and territories across the world. For the first time since 2019, ISEF finalists competed in person. More than half of the finalists gathered last month in Atlanta, GA at the Georgia World Congress Center and the remaining finalists participated virtually.

Anika Puri, 17, of Chappaqua, New York, received the Peggy Scripps Award for Science Communication of \$10,000 for her low-cost machine learning software that can analyze night-time infrared videos taken by a drone flown over the African wilderness to spot elephant poachers in real time. In tests, her \$300 system worked with 91% accuracy, a fourfold improvement over current systems, without needing high-resolution thermal cameras that can cost up to \$10,000. Her project board can be found at <https://projectboard.world/isef/project/caev066---elsa-wildlife-poacher-detection-solution>



Original Science Research student Tista Goswami, a senior from Mamaroneck High School headed to the Regeneron International Science and Engineering Fair (ISEF) as a finalist. Tista -- whose project titled "SMART-Screen: A Point-of-Care COVID-19 Active Replication Detection System" recently earned a Grand Prize at the Westchester Science and Engineering Fair. Tista

worked with her mentor to develop this novel COVID-19 test that can accurately detect active spreaders of COVID much faster than other laboratory tests. The test can also be used in the field in locations such as airports, hospitals, and other point-of-care locations.

Congratulations to everyone from WW magazine.

To learn more, visit <https://www.societyforscience.org/isef/>

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The Greens is recognized as a leader in the use of the creative arts therapies to care for the mind body and spirit of individuals with memory impairment. Facilitated by licensed creative arts psychotherapists these programs go beyond painting and singing. The universal language of the arts communicate beyond words and across culture. Music awakens the brain. Dance enlivens the body. Art increases self-expression. Drama engages the stories within. Residents find joy, dignity and self-expression.

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Schedule a Tour Today

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THE Chef's CORNER

Brewing in Tuckahoe is a Tasty Science

On a beautiful spring weekend, I visited Broken Bow Brewery in Tuckahoe to find out more about this wonderful family-owned business. I was immediately greeted by mom Kathy LaMothe, and sisters Kasey Schwartz and Kristen Stone ... all with identically-beautiful smiles and genuine family warmth.

As we began the conversation, I asked about the origins to the name of the brewery. Kathy dove right in and said that she came from Broken Bow, Nebraska – born and raised. And, when her children were young, they would visit over the summer, and because the town was very small, they all enjoyed that “small-town feel”. That family-oriented vibe translates into the atmosphere at Broken Bow Brewery perfectly.

Head Brewer at Broken Bow, Kasey shared that she first received a B.A. in Biology, and is lovingly referred to as the science nerd of the family. “There’s a lot of science involved in brewing and a lot of overlap between brewing and science, more chemistry than bio.” She began digging into what brewing had to offer in terms of science. Kasey decided to go ahead

and get an A.A. in brewing technology. Now she keeps up-to-date by reading about all the latest technologies and techniques, along with networking at various events.

Prior to 2015, their brother Mike came up with the original idea. They were all home brewers at first, experimenting and creating small batches. The family, as a whole, knew that they were in the right space at the right time. Each member of the family brings their own unique talents to the business. People told them that they were crazy not to be doing this.

Kristen shared that stepping into what seemed to be a male-oriented business, didn’t seem to bother them in the beginning. They were not focused on whether the industry was more male than female run. Now they see the issues and they try to relate to others and try to work with and partner with other female businesses. They are making their mark in the industry, hands down.

Kasey said that their mom instilled a strong and stubborn attitude, “I can do that. What does it matter that I’m a woman” attitude from the start. They remember delivery trucks coming in and looking at Kasey like, “you’re going to get on the forklift?” Then they realized that this thing really does happen. But because they were raised with the “go for it” attitude, it wasn’t hard to overcome the looks or remarks. Sometimes though, they have to admit that they can’t, for example, into an electrical supply store because they might come back with the wrong parts after being told they don’t know what they’re looking for. Shrugging it off...that’s where dad and brother come in.

Kasey loves working with a local female farmer from Stone Barns. There is such mutual respect and



Kristen Stone, mom
Kathy LaMothe and
Kasey Schwartz.

not a second thought anything else but the fact that they are all there to work. Having said that, there are male business owners out there that “get it” and guys who don’t. It doesn’t matter what industry you work in. The subtle nuances of judgement are always there. They just surround themselves with female and male business owners who care.

Each of these women bring strong support to Broken Bow ... Kristen Stone is in charge of the marketing/branding; Kasey Schwartz is the Head Brewer with a strong team, and Kathy LaMonte take the administration lead as well as “keeping everyone on track”.

Suppliers are a little funny. Some only work with big brewers. A handful

work with microbrewers. The Craft Brewers conference is a great way for them to meet new suppliers and vendors and also the New York State Brewers Association holds seminars and conferences. Some have been extremely informative and some were good for networking and meeting new people.

They had a female farmer that produced hot peppers approach them with her idea. Hence, the creation of, Hell Hath No Fury Double Broken Heart Stout, brewed with coffee, cocoa nibs and a variety of locally grown Hudson Valley peppers. They also do a lot of work with Hilltop Hanover Farm. An interesting brew was produced for a corporate firm in Boston that produced honey.

When asked about their favorite



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brew, they all laughed and began with their least favorite...well least only in terms of the amount of work it took to produce. Lucy's Sour Strawberry Wheat Ale takes an extremely long time to produce, using 1,000 pounds of fresh strawberries in each batch. It's definitely the brew "you love to hate," but it's so darn good.

Kasey also shared their upcoming involvement with the opening of a new pop-up museum in Soho called The Museum of Women. "Lucy" will be highlighted and the museum will also be making their own cans. There will be a sour series, highlighting Kasey's face on the can and the labels will also highlight other women. "Hell Hath No Fury" along with other popular brands.

Kristen said that along the way, they've named a lot of their brews from each of their children and each clearly reflects much of their personalities.

During COVID they were forced to change their whole business model, in order to stay open. They were able to make deliveries/curbside pickups, that kept them afloat while having to furlough practically their entire staff.

Doing everything they could think of, Broken Bow established them-

selves as a much stronger business in the long run. The Beer Garden came to life from COVID. As much as they wanted to keep everyone safe, the idea of an outdoor beer garden was much needed and respected by the community.

Now with things coming back to "normal" they are very proud to have come through this as a family. With summer coming hiring is much easier and the patrons understand their commitment to the community and family.

Looking toward the summer months, mostly lagers will be produced – the Japanese Style Lager as well a Mexican Pilsner. Hard seltzers are popular. They will be introducing their new favorite "Persimmon." They raved over the taste. Some of the most popular hard seltzers are the Yuzu Lemon and the Black Cherry. Great go-to summer drinks. Non-alcoholic drinks are very delicious. Kasey gets into the science side of it and the results are a tasty brew without the alcohol. They will have a non-alcoholic red ale, "Cezanne" releasing soon.

Production for Kasey and her team starts as early as 6:30am. Every aspect of production is done at Broken Bow. This brings them back to the idea of the small Nebraska town. They let that translate into their business.

Their fingerprint is on every part of the business.

Newly-released beers are typically out on a Thursday and Friday. They are perfection-oriented and coordinate everything from start to finish each brew.

They have won many awards, a gold medal for their Old Split-Foot Belgian Golden Strong Ale at the Great American Beer Club. At the Can Can Awards, Nick's Hazelnut Praline Porter has won twice.

New to craft beer? Kasey recommends their 5oz. pours. Start light. Go up and ask for a sample. The 5oz. pours gives you the opportunity to try something new and find out what you like. Understanding the keynotes and talking to the tenders is key.

Broken Bow holds a charity chili cook off in October. Last year was for first responders from 911. Other's have included the Sharing Shelf. The community will also hold events in the Beer Garden. They strive to make it a family-friendly environment. They even have a Parent/Child Zumba class coming up on June 12th (visit their website for details.).

When you can't make it to the beer garden, be on the lookout for them at various farmer's markets over the summer as well as Whole Foods and select DeCiccio's.

Broken Bow Brewery
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At Home with Hurwitz

Dip Into Summer... In Your Own Backyard

With Lauren Hurwitz

What's better than visiting the town or club pool over the summer? Enjoying a pool in your very own backyard! The demand for versatile outdoor space and the desire for pools has risen exponentially over the past few years. According to the Pool and Hot Tub Alliance, 2020 saw 3,689 new residential inground pool sales in New York State. Should you decide to join the thousands of homeowners who recently constructed a new pool, a good first step is to call your local building department to learn about any set-back rules that determine how close to and from your property line you can build along with any other zoning regulations. Then consider the size of your lot, how big of a pool you want to build followed by when you're looking to use your pool. Karen Larson, Co-Founder of Soake Pools says, "If you want to use your pool all year

long, a small pool is the clear choice since it can be easily insulated and covered to minimize heat loss," says Larson. "A small pool offers all of the benefits of a large pool but without the difficult maintenance and high energy costs. Our pools can be used all year round. They are designed to be cool in the summer and warm in the winter – a pretty unique idea for the colder winter temperatures in Westchester County. A precast concrete plunge pool offers the additional benefits of cost and time savings, which our clients really love."

When creating this backyard oasis, consider the durability and ease of maintaining a pool. Larson recommends a concrete body finished with a porcelain tile interior on her pools to check these two boxes and adds "large format porcelain tiles are elegant and have a natural feeling aesthetic. Overall, a winning look!" The maintenance costs can vary and are directly related to the volume of water, according to Larson. "A large pool is harder to cover and requires more energy and chemicals to keep it clean. A small pool, like a Soake Plunge Pool, typically uses 85% less energy because the volume of water is so much less."

Like anything else in a home, not all inground pools are created equally. "Gunite or custom, built onsite pools allow more flexibility in shape and size, but disrupt the backyard for a much longer period of time. On the other hand, precast concrete plunge pools save weeks to months of onsite construction, and are built in a controlled environment that is able to maintain strict quality control and doesn't rely on the weather for production to continue," says Larson.

In terms of trends, many homeowners are opting for saltwater pools which Larson says is actually a type of chlorine pool but "the difference is that in a saltwater pool, chlorine is generated from the salt. This all happens inside a salt-chlorine generator. Not only is a salt-water pool more environmentally friendly, but the water feels softer and less irritating." Regardless of the path you choose, having a pool is sure to add value to the resale of your home and provide you with priceless summer memories, and in some cases, year-round!



Photo: Andover, Mass. home featuring a plunge pool by Soake Pools. Photography by Murphy Foto Imagery.

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SUMMER



Ourselves: Photographs by Women Artists
from Helen Kornblum

MOMA – 11 West 53rd Street, NY
Through October 2

How have women artists used photography as a tool of resistance? Our Selves: Photographs by Women Artists from Helen Kornblum reframes restrictive notions of womanhood, exploring the connections between photography, feminism, civil rights, Indigenous sovereignty, and queer liberation. Spanning more than 100 years of photography, the works in this exhibition range from Frances Benjamin Johnston's early documentary photographs of racially segregated education in turn-of-the-century United States, to a contemporary portrait by Chemehuevi artist Cara Romero that celebrates the specificity of Indigenous art forms. Visit moma.org



The 2022 Minnie Untermyer Concert Series -- Ana Vidovic
Untermyer Gardens Amphitheater
945 N. Broadway, Yonkers
July 17 at 5pm

Ana Vidovic is a native of Croatia, a graduate of the Peabody Conservatory, and has an impressive career with performances and prizes from all over the world. Her classical solo guitar technique has been captured by multiple CDs enjoyed by countless admirers. She will be performing music of J.S. Bach, Scarlatti, Giuliani and Mangore. For tickets, visit https://www.untermyergardens.org/store/p515/Ana_Vidovic_Classical_Guitar.html



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