



WESTCHESTER  
**WOMEN**  
MAGAZINE

SPRING/SUMMER 2023  
westchester-women.com

2023  
**SUMMER  
CAMP GUIDE**

BEST  
**SUMMER**  
DAY TRIPS

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**SUMMER**

AT HOME  
with **HURWITZ**  
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WALLPAPER ANYMORE

FACE  
**FORWARD**  
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OF ALTERING YOUR APPEARANCE

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walter.camas@ms.com  
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WESTCHESTER  
WOMEN  
MAGAZINE

SPRING/SUMMER 2023

#### PUBLISHER

Diane Shapiro • [Diane.Shapiro@westchester-women.com](mailto:Diane.Shapiro@westchester-women.com)

#### ART DIRECTION & DESIGN

Cynthia Pena • [Cynthia.Pena@westchester-women.com](mailto:Cynthia.Pena@westchester-women.com)

#### ADVERTISING SALES EXECUTIVES

Lauren Levine • [levinelaur@gmail.com](mailto:levinelaur@gmail.com)  
Lynne S. Glaser • [lynnesglaser@gmail.com](mailto:lynnesglaser@gmail.com)  
Helene Pollack • [hp@shorelinepub.com](mailto:hp@shorelinepub.com)

#### CONTRIBUTING WRITERS

Lauren Hurwitz  
Joyce Farrell

[westchester-women.com](http://westchester-women.com)

[shorelinepub.com](http://shorelinepub.com)

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# SUMMER Camp Guide

2023

BY JOYCE FARRELL

As the end of the school year nears, many parents are seeking summer activities for their children. In Westchester County, we are lucky to have a wide range of camps, both half and full-day, that fit children's diverse interests. Among the camp choices are those focusing on art, language, music, sewing, and, of course, various sports. For more information about any of the camps described here, please see the camp's ad in this guide.

### A-Game Sports



**A-Game Sports** in New Rochelle has a variety of sports camps. Children as young as 3-5 years old can start learning sports in a safe, indoor environment with a 5:1 camper/counselor ratio. There is also a sports and academics option. Camps offered for older kids include ones focusing on baseball and softball, field hockey, flag football, lacrosse, soccer, and volleyball, as well as multiple sports options. Parents are impressed with A-Game Sports. As one parent commented, "The young men and women that work with the kids are amazing as well. My son looks forward to going to camp each day. I am truly grateful and humbled by the wonderful treatment we have been getting at A Game Sports. Not only do the kids have a wonderful time, they also are learning universal skills related to sports!"

### GymCats Gymnastics



At **GymCats Gymnastics Summer Camp** in Yonkers, mornings are filled with instruction in beginner through advanced gymnastics in a fully air-conditioned facility. In the afternoon, children participate in special-themed events, such as CAR-NIVAL, color wars, and intrasquad competitions. Fridays throughout summer will be designated theme days such as Pajama Day, Tie Dye Day, Superhero Day, and more! Additionally, creativity is enhanced with arts & crafts. Kids will enjoy dodgeball, capture the flag, and, new this year, an obstacle course! One of their happy parents shared, "If you want a safe, positive, supportive place for your kids to get all their energy out and come home happy, tired and calm, I can't recommend GymCats Camp enough! It's everything I would want for my money."

### MVP Basketball Camp



Since its inception in 1994, **MVP Basketball Camp** has had more than 28,000 campers,

*continued on the next page*



139 Wolfs Lane Pelham, NY  
 premiermusicstudio.com  
 914.727.9355

**SUMMER**  
**mini camp**

**MUSIC • DANCE • ARTS**

June 26th - August 25th  
 Weekdays 1:00 - 3:15 PM • Ages 4 - 8



**Ultimate Summer Sports Camps**

Visit [agamesports.net](http://agamesports.net) for info

NEW ROCHELLE, NY • (914) 278-9477

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 Celebrating Our 50th Year!  
**Summer 2023 Camp Sessions**

**Session 1: June 26th - July 21st**  
**Session 2: July 24th - August 11th**  
 Offering Stimulating Courses Like...

Computers • Theatre • Robotics  
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 Jewelry Design • Soccer • Pottery  
 Tennis • Basketball • International Cooking  
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Hartsdale, NY • Call 914-328-3798  
 email: [Squirecamps@gmail.com](mailto:Squirecamps@gmail.com) • [squirecamps.com](http://squirecamps.com)

**Ages 6-16**

**5 Week Summer Camp**  
 Ebersole Rink & Delfino Park, White Plains

Week 1: June 26-30 (Ages 9-16)  
 9AM-3PM Indoor Gyms with AC in Rye

Week 2: July 5-7 (Ages 6-16)  
 9AM-12PM Knicks week in White Plains

Week 3: July 10-14 (Ages 6-16)  
 9AM-3PM Indoor/Outdoor in White Plains

Week 4: July 17-21 (Ages 6-16)  
 9AM-3PM Indoor/Outdoor in White Plains

Week 5: July 24-28 (Ages 6-16)  
 9AM-3PM Indoor/Outdoor in White Plains

**To register, call 914-946-1231 and visit [www.mvpbasketballcamp.org](http://www.mvpbasketballcamp.org)**





# SUMMER Camp Guide

2023

continued from previous page

8000 of which have received full scholarships as MVP, a nonprofit organization helping children build baseball and life skills, has never turned away a deserving child simply due to an inability to afford camp tuition. MVP uses basketball to teach goal setting, fair play, leadership, perseverance, and hard work to make the most of each camper's talents. This is another camp parents love, as attested by this parent, "By far the most fun your kids will have at any sports camp!"

New Rochelle Racquet Club



If tennis is your child's preferred sport, **Pine Brook Fitness Center's Tennis Camp** at The **New Rochelle Racquet Club** provides kids with a fun and engaging environment where they can excel at the sport of tennis, whether they have been playing for many years or are new to the game. They offer three camp options, grouping kids according to age and skill level. Each camp session will be 2 hours long. Parents are impressed with the tennis instruction here. One of many testimonials includes the following, "This is a great local tennis school for kids. Mine have made so much progress already! The coaches are absolutely wonderful and make up a lot of games to make the lessons fun. There is a wide selection of classes for different levels of instruction and lots of available time slots to choose from."



The Rock Club

For those interested in rock climbing or tennis, **Pine Brook Fitness Center** offers both. **The Rock Club** (TRC), for ages 6-13, offers rock climbing and a full range of activities such as arts and crafts, low rope activities, gaga ball, and kickball. The **Rock on Camp**, for ages 10-16, is a week-long program in which young climbers will learn all the skills they need to start climbing indoors while also learning and practicing the skills and techniques applicable to outdoor climbing. As one parent commented, this is a truly positive experience, "We love The Rock Club! Super inclusive, never have to wait and everyone cheers everyone else on, regardless of level. Every person who works there is very kind and super knowledgeable. Love it!!"

Squire Camp



If your child is interested in sports but wants to participate in other activities as well, **Squire Camp**, operating on the campus of Maria Regina High School in Hartsdale, has four different camping experiences, all of which include hot lunches that are nut-free; gluten-free and vegetarian options are also available. At two of the camps, for those entering Grades K-3 or Grades 4-9 in September, campers choose sets of courses for each session; those who attend for the full summer may choose two different schedules. **Squire Camp also has an all-sports camp and a tennis camp.** Your child is sure to have a good time at Squire Camp. As one happy camper exclaimed, "I expected Squire Camp to be great, but not this great! I want to come here for the next 70 years, or more!"



**Creative SUMMER CAMPS**

Weekly Camps Start June 12

- 90+ Innovative Camp Options  
Studio Art, Digital Art & Design
- Kids, Teens, Pre-College  
Full & Half-Day Options

**REGISTER TODAY!**

**ONE RIVER LEARNING**



NEW ROCHELLE RACQUET CLUB

Ask us about adult camp!

**SUMMER TENNIS CAMP**

Ages 4-17

June 26 - August 25th

New Rochelle, NY / [www.nrrc.us](http://www.nrrc.us)

**BEST SUMMER EVER!**



**RYE Y CAMPS**

Ages 2-14  
Kinder, Discovery,  
Adventure, Gymnastics  
STEAM & Sports Camps



Register now at [ryecamp.org](http://ryecamp.org)





# SUMMER Camp Guide 2023

Songcatchers Choir Camp



**Songcatchers, Inc.**, a 501(c)(3) nonprofit organization in New Rochelle, is celebrating 44 years of offering a one-week residential sleep-away camp **Choir Camp: Music and Beyond**, for children who love to sing and perform, at a beautiful facility in Warwick, NY. This year, the camp will operate from July 23-29. New campers, ages 7-14, and returning campers, ages 7-17, are welcome. Many who attended now send their children, including this parent and former camper who remarked, "I never imagined that after my first summer at Choir Camp, when I was all but 7 or 8 years old, that it would be something that I would still be a part of and now share with my daughters. I remember how much I looked forward to going and spending time with friends that for the most part, I only saw for that 1 week each year, but that I shared some of my best childhood memories with. I know that the knowledge about music, exposure to the dramatic arts, and the general spirit that camp teaches is something that every child would benefit from."

Stepinac STEAM Camp




## SCHOOL OF ROCK MAMARONECK

# MUSIC CAMPS

20% OFF COUPON CODE:  
**WESTWMN20**



**Stepinac High School** in White Plains runs several different camps each summer including a **STEAM Camp** (Science, Technology, Engineering, Art, Mathematics) and TACHS prep, in which campers will be exposed to robotics, engineering, video game design, Scratch animation, art and digital design, 3D printing, computer programming, Math, gaming, Physics and mechanics, and much more. The program includes field trips, recreational sports, and non-sports activities. Stepinac's **Sports Camps** include Baseball, Basketball, Football, Youth Non-Contact Football, and Soccer options.

A variety of camp options for ages 2-14 are available at the **YMCA** in Rye. Their **Kinder Care Camp**, with half and full-day options, introduces children ages 2-6 to the camp experience. Their **Discovery Camp**, for ages 4-11, is a full-day camp, with a variety of activities packed into each week, including STEM, sports, crafts,

*continued on the next page*



THE ROCK CLUB

## SUMMER CLIMBING CAMP

**Ages 6-16**

**June 26 - August 25th**

New Rochelle, NY / [www.climbrockclub.com](http://www.climbrockclub.com)



SEW HAPPY  
MAKE IT! SEW IT! LOVE IT!

Sign up for 2 or more camps for discount of \$50 per additional camp!

### WEEKLY CAMPS FOR KIDS AGES 6-13

HALF DAYS & FULL DAYS  
EARLY DROP-OFF OPTION

SEWING MACHINE - FASHION DESIGN - ME & MY DOLL - HAND SEWING - ARTS & CRAFTS - & MUCH MORE



**June 26th - September 1st**  
at Sew Happy Studios  
154 East Boston Post Road,  
Mamaroneck  
9am - 4pm  
[www.sewhappyusa.net](http://www.sewhappyusa.net)

# SUMMER 2023

BOYS ENTERING: 6th, 7th, 8th & 9th GRADES  
AS OF SEPTEMBER 2023 (9th grade applicants must be registered as incoming Stepinac freshmen)

## STEAM DAY CAMP

**June 26 - July 21 • 9am - 3pm**  
An immersive program in Science, Technology, Engineering, Art and Mathematics and TACHS prep curriculum in our brand new state-of-the-art STEAM Center. Campers will be exposed to robotics, engineering, video game design and Scratch animation, art and digital design, 3D printing, computer programming, Math, gaming, Physics and mechanics and so much more.  
PROGRAM INCLUDES: field trips, recreational sports and non-sports activities  
FEE: \$1500 (includes \$100 non-refundable registration fee)

## SPORTS DAY CAMP

Train with the coaching staff of our nationally-ranked championship teams.

**Basketball** June 20-22 5:30 - 8pm (\$85/night \$200/all 3)  
June 27-29 5:30 - 8pm (\$85/night \$200/all 3)  
July 31-Aug 3 9am - 3pm (\$300) Aug 7-10 9am - 3pm (\$300)

**Baseball** June 20-22 5:30 - 7:30pm (\$175)  
July 24-27 9am - 2pm (\$300)

**Football** July 10-13 4 - 8pm (\$300)

**Youth Non-Contact Football Camp** Ages 7-13  
June 26-29 9am - 3pm

**Soccer** July 17-20 4 - 8pm (\$300)

## TO REGISTER

Visit: [STEPINAC.ORG](http://STEPINAC.ORG) - Summer at Stepinac  
For more information contact:  
Diane Jaile at [djaile@stepinac.org](mailto:djaile@stepinac.org)



# SUMMER Camp Guide

2023

**CELEBRATING 44+ YEARS**

Does your child LOVE to SING and perform?  
call: (914) 654-1178

SONGCATCHERS.ORG

## CHOIR CAMP: MUSIC & BEYOND

AGES 7 - 15      JULY 23- 29, 2023

Mention the ad for a free t-shirt with registration.

**ONE-WEEK SLEEP-AWAY WARWICK, NY \$575**

continued from previous page



Rye YMCA Summer Camp

music, swimming lessons, performing arts, and special guests. They also have **STEAM, Sports, and Gymnastics Camps**. For older kids, those in grades 6-9, there is the **Adventure Camp**,

which takes place mostly off-site with trips to water and amusement parks, baseball games, NYC attractions, science centers, and more. Finally, their CIT/LIT (Counselors in Training/Leaders in Training) Camp is for teens who have completed grades 9 or 10 (CIT) or those who have completed grades 6-8 (LIT). Whichever of these YMCA camps you choose, your child is sure to have a great experience. As one parent commented, "My son was surrounded by caring staff and encouraged to do his best! He was acknowledged for his efforts. We loved this camp!!"



FASNY Summer Camp

For the Francophile, the **French American School of New York (FASNY)** offers two summer camp options, one on its Larchmont campus for children ages 3 to 11 and one on its Mamaroneck campus for those entering grades 6-9, which are both open to FASNY and non-FASNY students. Campers will acquire language skills through fun, age-appropriate, and theme-based activities. At the Larchmont-based camp, it is achieved using music, science, arts and crafts, cooking, and the outdoors. The camp in Mamaroneck covers a variety of different sports and activities with a different theme each week and two weekly, off-campus trips. Registration is ongoing until the sessions are filled.



**Boys and Girls Ages 4-13**

CHOOSE ONE, MULTIPLE, OR ALL 8 WEEKS!

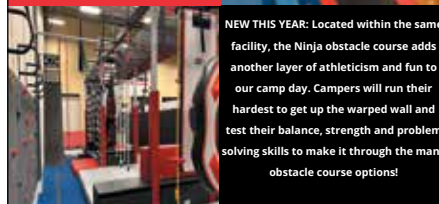
Full Day or Half Day Options!

Register Online \$300 deposit to reserve your spot!

**GYMCASTS GYMNASTICS Summer CAMP**

- GYMNASTICS
- COLOR WARS
- CARNIVAL
- THEME DAYS
- GAMES, EVENTS & MORE

Our program emphasizes skill progression and safety through basic drills and apparatus training. Boys and girls will make use of all Olympic events, such as floor, uneven bars, balance beams, and vault as well as our in ground trampoline, foam filled pit, Tumbi-Trak®, cargo net, parallel bars, rings and rope.



**NEW THIS YEAR:** Located within the same facility, the Ninja obstacle course adds another layer of athleticism and fun to our camp day. Campers will run their hardest to get up the warped wall and test their balance, strength and problem solving skills to make it through the many obstacle course options!



WWW.GYMCATS.NET | (914) 965-7676 | INFO@GYMCATS.NET



One River School

At **One River School** in Larchmont, teens and kids who are artists or interested in exploring art may select from a wide range of studio art and digital art & design experiences that cater to all ages and levels. Half and full-day options are available. Jenn Gomes, the Director at One River Larchmont says, "Summer camp season is our favorite time of year here at One River School! Our innovative curriculum hosts projects in a variety of mediums ranging from painting,

**FRENCH-AMERICAN SCHOOL OF NEW YORK SUMMER CAMP 2023**

FASNY Summer Camp is a unique bilingual camp for children ages 3 - 11, Nursery through rising 5th grade, at our Manor Campus in Larchmont. Campers are introduced to and immersed in French with fun, age-appropriate, and theme-based activities each week. Sports, Games, Nature, Gardening, Music, Arts and Crafts, Water Play, Special Guests, and much more! All in French and English.

Open to FASNY & Non-FASNY Students

**June 26th - July 28th**  
9:00 am - 3:00 pm  
9:00 am - 12:00 - Half Day - N/PK Only

Week 1 - June 26th - June 30th  
Week 2 - July 5th - July 7th  
Week 3 - July 10th - July 14th  
Week 4 - July 17th - July 21st  
Week 5 - July 24th - July 28th  
\*No camp July 3rd/4th

Choose as little as one week or as many as all 5!

\*Extended Drop Off 8:00 am - Late Pick up 4:00 pm  
\*Additional Fee \$100 each for the week (\$60 for Week 2)

No daily registration is available. Must register weekly  
www.fasny.org





sculpture, cartooning, animation, and more. There is something for everyone with 90+ camp options for kids and teens pre-K up to 12th grade. Students come from all backgrounds and experience and we have a ton of fun making art with new friends, exploring our creativity, and exhibiting our projects at the end of the week. Don't miss out on transforming your summer by creating with us at One River!"

**Sew Happy Studios** in Mamaroneck has been teaching kids the life skill of sewing since 2011, and its camps include Fashion Design, Hand Sewing, Machine Sewing, and Me & My Doll. The camps are half-day and take place from 9:00 a.m. – 12:00 p.m. or 1:00 p.m. – 4:00 p.m., but anyone who attends both morning and afternoon camps may bring their lunch, and early drop-off is available.



If your child's interest leans towards the arts, is ages 4-8, but is not interested in or ready for a full-day camp, **Premier Music Studio** will be offering a **Mini Camp** each weekday from June 26-August 25 from 1:00-3:15 p.m. that will concentrate on music, dance, and arts. One parent said, "Our four-year-old daughter has been taking group piano lessons at Premier and lesson days are her favorite days! I wasn't sure what to expect at such a young age, but she is advancing at a joyous rate, thrilling herself and us. Attending music and arts camp and being able to go to Premier multiple days in a row is her dream come true!"

**School of Rock** in Mamaroneck is proud to offer music camps to help teach eager young musicians how to play instruments with skill and confidence in a group setting. They teach everything from keyboard, vocals, guitar/bass guitar, drums, songwriting, vocals, and even ukulele for all levels. They offer 3-4 day music camps for children 5-7 and 5-day camps for ages 7-18. All camp sessions begin at 10am and end at 3pm.



**Sportime NY** offers tennis camps for children at two Westchester locations. At **Sportime Lake Isle/JMTA** (John McEnroe Tennis Academy) in Eastchester, an intensive camp for ages 5 and up is designed for those who compete or hope to compete in Sectional, National, and ITF tournaments, for those intending to play in high school, college, or beyond, or for players at any level who want to play at their best. At **Sportime Harbor Island** in Mamaroneck, their experienced counselors and tennis professionals provide tennis and sports programming for ages 5-17.



# SPORTIME SUMMER CAMP



## FULL & HALF DAY CAMP OPTIONS!

Summer fun and learning for children & teens at two locations in Westchester:

- Preschool & Under 10 Tennis Camps
- Tennis & Sports Camps
- High Level Tennis Training at the John McEnroe Tennis Academy

## REGISTER TODAY!

Visit us online or scan to find a location near you.



CALL TODAY! (914) 777-5151  
 WWW.SPORTIMECAMP.COM/LISLE  
 CAMPSLISLE@SPORTIMENY.COM



# Best Summer Day Trips Are Calling Your Name

By Lauren Hurwitz

Westchester offers an endless amount of activities throughout the year – but summers here offer a special time for unmatched daytrips. With the price of gas finally down, there's no better time than the present to get in your car and zoom around with your family, friends or take some time for yourself.

In just about 90 minutes, you can arrive at some of the region's outdoor adventure spots and make memories to last a lifetime. Nestled in the Hudson Valley and situated on a private glacial lake with views of the Catskill Mountains, Mohonk Mountain provides one of the most picturesque getaways within driving distance from home. For almost 155 years, this Victorian castle resort has been a delight for visitors of all ages given with a wide range of offerings including miles of protected forest, scenic hiking trails, and a crystal-clear lake. In addition to offering access to the outdoors, Mohonk touts one of the region's most award-winning spas with a brand-new open-air Lakeview Summerhouse where you can choose from a menu of services or opt for their Signature Elements of Nature Mohonk Red Massage. When considering a visit, make sure you choose from one of their day pass options in advance. Regardless of your abilities, the mountain offers hiking trails at various levels from beginner to advanced. If you prefer to only use the grounds for hiking, the fee is \$35 and you'll gain access to 85 miles of winding Hudson Valley trails. For those who desire a more robust experience, add on the Outdoor Recreation pass to ensure access to Lake Mohonk, or hike to the famous Sky Top Tower and take a Carriage Ride around the grounds or have a Semi-Private Horseback back experience for an additional \$22-\$100 per person. If you only wish to enjoy a meal on the mountain, skip those passes and purchase the Dining Day Pass with which you'll choose between lunch in the main dining room, weekend brunch, dinner on the mountain or at the Granary which features an outdoor BBQ. The prices for this pass range from \$98-130 per person and provide access to all the outdoor trails and lake. Just be sure to swap into a fresh outfit before dining as the restaurants do have a dress code in place and note you will need reservations in advance. Day visitors can also take advantage of several special events hosted at Mohonk this summer including the Music on the Mountain festival featuring performances from the boat dock (June 12-18), Fourth of July fireworks throughout the holiday weekend, Festival of the Arts highlighting music, dance, theater and more (July 5-Aug 18), and even their Garden Holiday celebration showcasing gardening and greenhouse experts for lectures, hands-on workshops and demonstrations (August 27-September 1).

If 90-minutes sounds like the perfect drive, but you'd rather head northeast, take I-95 to Connecticut to Steep Rock in the town of Washington Depot. The preserve spans 998 acres and offers trails along a river and incredible forest views. Whether you're looking to take a pause from the sun in the 235-foot curved railroad tunnel, visit the Holiday House that once served as a vacation retreat for working class women from Saint Bartholomew's Church in Manhattan, or climb to an elevation of 776 feet to the Steep Rock Summit where you'll find unmatched views of the Clamshell section of the Shepaug River Valley, this Preserve has something for everyone. And for those who prefer to travel by mountain bike over foot, just be sure to dismount as horses approach! After your hike, head to the nearby The Mayflower Inn and Spa for lunch and some well-deserved rest.

Even further east brings you to Mystic, CT, home of the nationally recognized Mystic Aquarium that is celebrating 50 years of inspiring, "people to care for and protect our ocean planet through conservation, education, and research." As the 4th most visited cultural attraction in New England, it's no surprise the Aquarium is home to over 300 species of animals with both indoor and outdoor exhibits. While there, make sure to check out the largest beluga exhibit in the nation, a colony of 31 African penguins which are on the endangered species list, and one of the most diverse jelly fish exhibits in the world. The aquarium even features an interactive touch-tank called, "SHARKS!" where guests can safely touch live sharks and rays, and the Ray Touch Pool, where visitors can touch and feed cownose rays. After your visit, make sure to grab a slice at the famous shop, Mystic Pizza then head over to Mystic Boat Adventures where you can drive along the coastline in your own boat while sightseeing landmarks such as the local drawbridge that was built in 1922, and even the Mystic Seaport Museum. Take your private boat a little further and head into Fishers Island Sound where there are a handful of local lighthouses and beautiful views of CT, NY and Rhode Island water passages. Boat rides last either one, or three hours, depending on what ride you choose with up to two people (one driver, one passenger) allowed to drive up to 30mph and no boating license required. If you're brave enough to stay late, check out a two-hour walking ghost adventure with Seaside Shadows Haunted History Tours. The tour is a, "blend of history and mystery. Tours include tales of the true, gruesome and historic past of Mystic, and will take guests, from the 17th through 20th centuries in old Mystic with true terrifying tales from their hidden archives and remarkable history amid legends and lore."

Looking to go the distance for your road trip? Then off to "The Sweetest Place on Earth" you will go! Hersheypark awaits you, and as of this summer, it will have bragging rights as the park with the highest number of coasters in the Northeast at a whopping 15 when it opens Wildcat's Revenge. This all-new hybrid experience adds a new steel track, "with unique elements to the wooden framework." The name is a historic nod to the very first coaster at Hersheypark as the original Wildcat that debuted at Hersheypark 100 years ago. For a total of 2 minutes 36 seconds, thrill riders will ascend to, "140-foot hill, plunge into an 82-degree drop and hit a maximum speed of 62 miles per hour along 3,510 feet of red track on a black steel and wood structure. The pursuit continues as riders stalk their prey through four inversions, including the World's Largest Underflip, an inversion that begins with an upward climb, followed by a counterclockwise 270° roll and a dive down towards the side." Now in its 117th season, Hersheypark spans over 120 acres with admission including three parks in one "with more than 70 family-friendly and thrill attractions thoughtfully placed together, so families never have to split up to enjoy the fun at every level. Tickets also grant access to The Boardwalk At Hersheypark Water Park, open from Memorial Day through Labor Day, and ZooAmerica North American Wildlife Park by accessing the Zoo through the bridge inside



Hershey Park  
Photo Credit: Hershey Park



Hersheypark during posted Park hours." For the first time ever, Hersheypark will be open every weekend from April 1 through the end of the 2023 season with daily operations commencing May 25th. If by the end of the day you don't want to leave, or have wiped yourself clean of all energy, be sure to check in to The Hotel Hershey, Hershey Lodge or Hersheypark Camping Resort to ensure a restful but chocolate-filled evening before heading home to Westchester.

Regardless of where you go, you'll want to look and feel good, beginning with your outfit. Diana Jankovsky, Lead Buyer at Palmer and Purchase in Larchmont and Rye (and Westhampton Beach) says this year, "we are seeing a return to minimalism – not boring – but a return to more staples, less over the top ruffles and bows and poofs. We'll have lots of floral dresses, easy breezy cover ups but also more pants than ever. We're seeing a big trend towards oversized and pleated trousers, and we're buying it for a way that can be worn a little more casual." In terms of materials, there will be something for everyone with various pieces in poplin that "look cool with sneakers or sandals and are a great transitional item to refresh you" - an important factor to keep in mind if you're trying to go from day to night on a day trip without overpacking. Some of Jankovsky's favorite colors for this summer include chartreuse which she describes as an "unexpected yellow green", but also says bright Kelly green, pale pinks and pale blues will be all the rage. "We're also seeing a lot of accent reds in items like tops and dresses...like a tomato red," she adds. Not sure what to pack in your bag if it gets cool outside? Jankovsky says the shape of jeans have gotten interesting. "We are seeing lots of barrel legs, bell bottoms and flares.

It's a nice way to wear the wider leg without making yourself look too stumpy if you're petite." If you're going somewhere a little chic, a cashmere sweater is a great addition to our day-to-night wardrobe because you can wear it with a sneaker. Jankovsky is also seeing a return to slip dresses but says it's a not a great style for everyone. You could pair it with a chunky sweater for a quick transition into the evening and then add a fun earring or shoe. Lastly, Jankovsky suggests packing a Naghedia neoprene bag and a pair of Krewe sunglasses to finish the look.

Abbey Solomon, Co-Founder of I Am More Scarsdale says, "If I was going on a daytrip, I would throw on a pretty floral skirt and start the day in a cute crop top or a tank, and throw a long sleeve linen or cotton solid top over it with a button down or a crochet sweater to wear over it," she says. For the evening, she would take the top off wear the cute crop top with the skirt, and pack a high heel and fun necklace. "We're seeing a lot of long necklaces, either beaded or chunky. "I personally love yellow gold or wearing a tennis necklace and layering with other gold jewelry and making it casual. I also love a great hoop earring - it always goes day to night. You could wear a thicker or a thinner one but big hoop earrings are great all the time!" Solomon offers her expertise on accessories saying if you choose the hiking or active day-trip route, "we have some good fanny packs from Hi, Love Travel that are recyclable and water-resistant. They [come as] flat [or puffy] and roomy and even come in black and white, but they're really cute and everyone loves them. We sell out every season!" This lightweight belt bag can be worn over the shoulder, around the waist or crossbody and can be used to store everything from a cell phone, credit cards, keys, lip balm or more. For big totes, she loves a FloraBella and notes this popular brand also makes amazing clutches and beach bags, some of which offer matching colors and patterns. If you're keeping sun protection in mind, Solomon recommends having a foldable or packable hat but says even a great cowboy hat with some fringe and beads is very instyle right now to wear with whatever you choose day or night. She's a big fan of the Shihreen brand because they're one size fits all, have SPF and are totally packable.







# SUMMER DINING GUIDE

## FROM THE CHEF'S CORNER

The warmer weather is here to stay...at least for a while, and what better way to celebrate the season than with some good food, the outdoors and fabulous female chefs/owners of some of the best eateries Westchester has to offer.

### Nonna Carola

211 Mamaroneck Ave, Mamaroneck  
(914) 899-3130

[www.nonnacarola.com](http://www.nonnacarola.com)

Executive Chef Tahiz Gonzalez heads up this sophisticated Italian Restaurant with a casual atmosphere. The chef focuses on using local ingredients to craft classic and modern recipes. Nonna Carola believes in the values of family, tradition, sustainability and a memorable guest experience. Enjoy their beautiful outdoor oasis with a great glass of wine and some deliciously prepared food.



### Heritage 147

147 Larchmont Avenue, Larchmont

(914) 292-5320

[www.heritage147.com](http://www.heritage147.com)

Co-chef's Alissa Svorka and Richard Perez have created the perfect spot in Larchmont to "hang out" and partake in a seasonal beverage, great farm-to-table dishes and more. They host a Ladies Night every Thursday as well as Sunday Brunch and live music events. This is a wonderful place to relax and enjoy the warm weather with friends and family.



### The Cookery

39 Chestnut Street, Dobbs Ferry

(914) 305-2336

[www.thecookeryrestaurant.com](http://www.thecookeryrestaurant.com)

This exciting gastropub run by Chef/Owner David DiBari and Executive Chef Sajin Renae bring their meaningful Italian cooking principles to all their dishes. They have a wonderful seasonal menu that both tastes and looks great. Relax with a great summer meal outdoors or inside. Either way you will be satisfied.



### Neha Palace and Banquet Hall

27 Meyer Avenue, Yonkers

(914) 476-5900

[www.nehapalaceyonkers.com](http://www.nehapalaceyonkers.com)

Owner/Manager Diya brings the best, authentic Halal Indian food in the area. Her chefs cook their flavorful dishes to perfection...and they serve fabulous drinks from a well-stocked bar. They have nice outdoor seating on the patio in front of the restaurant. There is also a wonderful and well-appointed banquet hall for parties up to 300. Stop by this Yonkers location, just outside Cross County Mall. You won't be disappointed.



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## Café Deux

307 Halstead Avenue, Harrison  
(914) 920-4110  
www.cafedeuxny.com

Charlotte and Carrie Denoyer are the sister-team behind the new and highly successful eatery, Café Deux in Harrison. They are strong supporters of local woman-owned businesses. Their tile work is from Casa Blanca Tile and their artwork is created by female artists. The beer on tap is supplied by a woman-owned brewery in Brooklyn called Telea. Their team is made up of quite a few women, including their very talented Pastry Chef and Chocolatier Jessica Craig. From the kitchen, you can expect chef Alex Aparicio to bring some seasonal vegetables into the mix. He is currently working on our menus for the upcoming season and always keeps local and fresh as a priority. From the bar, patrons can enjoy a refreshing spritz and sangria along with a host of non-alcoholic cocktails and beer options. Dessert options are a must with enjoyable fruity flavors this summer, pairing with delectable chocolate concoctions.



## TRUCK

391 Old Post Road, Bedford  
(914) 234-8900  
www.truckrestaurant.com

Chef/Owner Nancy Allen Roper grew up in New Mexico and brings her inspiration of traditional Northern New Mexico cuisine to TRUCK. The restaurant features tacos, enchiladas and her seasonal signature dishes using grass-fed beef, sustainably raised pork and vegetables from local farms whenever possible. By the way, their "Power Wagon" house margaritas are to die for. Planted outside the restaurant are eatable gardens featuring varieties native to the area. Pear trees, herbs, rhubarb, blueberry bushes, even a fig tree are growing along busy Route 22. Although there is no outdoor seating, enjoy the ride to this relaxing country atmosphere in Bedford.



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# FACE FORWARD

## Rewards (and Potential Risks) of Altering Your Appearance



### DR. ANISHA R. KUMAR

Otolaryngology, Facial Plastic and Reconstructive Surgery

Plastic and reconstructive surgery have obviously come a long way since they were first performed by the ancient Egyptians some 3,600 years ago. But while the science and technology used have made great advances since then, some of the basic principles remain the same.

Facial aesthetic medicine encompasses everything from skincare and injectables to laser treatments and surgical procedures. Since each patient is different, each of those elements can be personalized to that patient's individual needs and wants. And it can be done at almost any age and gender – while historically things like Botox and injectable dermal fillers were seen as appealing primarily to women, a lot more men are now doing it.

There is a wide range of options that focus on specific aspects of the face and neck, and a patient's concerns. Some of these can be done in an office setting and others are better suited for the operating room, but in general, surgery is similar to injectables because it targets spe-

cific anatomic structures for rejuvenation. Examples include brow lift, upper and lower eyelid surgery (blepharoplasty), cheek implants, chin implants, facelift, neck lift, rhinoplasty, liposuction, and much more.

Lasers are used to resurface specific layers of skin. Non-ablative, or less invasive, lasers heat the underlying layer of skin – the dermis – to stimulate collagen production. Ablative lasers destroy the outer layer of skin – the epidermis – to regenerate younger-looking skin. Lasers can also be used to target for specific concerns like sunspots, rosacea, scars, and spider veins.

There are other therapies like IPL (intense pulsed light) for skin maintenance that are good options for younger patients. But, again, laser procedures are used discriminately. Not all lasers can be used on every skin type.

As for Botox, many people don't realize that it is actually a brand name, like "Kleenex" or "Xerox." People use those words as generics, but they actually refer to a specific product. Botulinum toxin is an injectable neurotoxin used to reduce fine lines and wrinkles by effectively paralyzing or freezing the muscle beneath the injection spot – the forehead, under the eyes, the cheeks, etc.

Dermal fillers, as the name implies, are used to fill in wrinkles or to "plump up" features like lips and cheeks, or even to reshape certain parts of the face like the nose or cheeks.

The dosage and placement are of course very important. For a first-time patient, I usually start with the standard dose recommended by the manufacturer and, if that doesn't have the desired effect, we can titrate the dose. But it also depends upon what the patient wants. All of our faces age with time, so it's really a matter of what the patient is looking for.

#### Words of Caution

It is also important to note that, if a patient is pregnant, Botox and fillers are not recommended, as there hasn't been enough research done to tell if those procedures are safe or not. With surgery, if someone has a heart condition, is on blood-thinning medications, or otherwise is at an increased risk of bleeding, they may not be the best candidate. Again, you have to treat patients on a case-by-case basis – there is no cookie-cutter approach.

What is needed, regardless of age, is a determination of whether the patient is medically fit to undergo a procedure. Are they allergic to what's in a given injectable? When it comes to certain laser skin treatments, a patient may need to stop certain medications six months prior to treatment.

The same holds true for reconstructive surgery. In addition to doing my own aesthetic and reconstructive procedures, I will be doing joint cases with the other surgeons in our Otolaryngology/ENT department. For example, I will be doing complex facial reconstruction after cancer resection/removal. The cancer resection will be done by my colleagues, and I will do the reconstruction.

For patients who are undergoing sinus surgery and who need specialized structural support inside their noses for their breathing, my colleagues will be doing the sinus surgery, and I will be doing the surgery for nasal structural support. Again, these procedures are tailored for each individual patient.

Every face is unique and has different needs for rejuvenation, and even both sides of the same face may have minor structural differences. Therefore, it is imperative to consult with a provider who has the proper expertise to provide personalized care. It's also important to consider the amount of time needed to complete a procedure, particularly when it comes to surgery – there can be several weeks' worth of recovery time.

Keep in mind that medicine can "reverse" the effects of aging to a degree, but unfortunately it can't stop the process of aging for any of us.

You should also be aware that there may be several people in a given community who offer injections and laser treatments, but there are risks involved with each procedure. I always emphasize that you should put your trust in a trained, certified professional.

**Dr. Anisha R. Kumar is the Director of Facial Plastic and Reconstructive Surgery at White Plains Hospital. For an appointment, call 914-849-3755.**



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# At Home with Hurwitz

## ... It's Not Your Grandma's Wallpaper Anymore!

BY LAUREN HURWITZ

No, it's not 1960 – but yes, it's all about wallpaper once again! Lauren Anmuth, Founder of Lauren Jaye Staging and Interiors in Westchester says we're, "seeing a huge return to wallpaper and the choices today are endless! Two decades ago we didn't hear much about wallcoverings, but now it is everywhere imaginable, in new and unique ways. We're seeing everything possible – metals, vinyl, cork, murals, faux bois (faux wood), faux plaster finishes and more." Not sure where to start with covering your walls? Anmuth says unique textures, botanicals and florals are super hot for 2023. "I personally love all of the new and unique textures and the selection of wallcoverings on the market today is astounding. Whether you're looking for a fluted wood customized wall covering, hand painted silver leaf, or even a washable vinyl that is bathroom-friendly, they are not difficult to find." Her favorite companies are Philip Jeffries and Elitis because, "they make some of the most amazing vinyl papers that are reasonably priced and to die for because they don't even look like vinyl!" You don't need to worry about vinyl wallpaper if it gets wet or your child gets fingerprints everywhere because many of these papers are completely wipeable – a total game changer."



When selecting wallpaper, Anmuth has a few tips to keep in mind such as where the wallpaper will be placed. Once you determine the room where you're placing the wallpaper, consider the size of the space. "It seems counterintuitive, but I love a big, bold print in a small space. It just works! A big print can be ideal for a cozier space like a laundry or powder room."



Larchmont-based Village Paint Supply Sales Manager, Rachael Gavalas says, "Back in the day, you would pay \$29.99 for a single roll and the quality wasn't so good. Now wallpaper has made a comeback and the designers spend a lot of time putting the books and prints and pictures together. I would say you should expect to pay anywhere from about \$100 for a single roll before any type of discount which at Village Paint Supply could be 10-20%. We

have a company called Thibaut which is one of the bestselling companies and with that company we discount 20% but depending on texture." On the more expensive end, Gavalas said some wallpapers can go all the way up to \$300 for a roll or more with a single roll being about 4.5 yards.

Hanging wallpaper yourself may seem tempting especially with the availability of peel and stick options online, but don't be fooled to thinking it's as simple as pie. Gavalas, says "If it's your first time working with wallpaper, you might want to put extra money on the side because you're probably going to come and reorder. You really need a professional to come in for your wallpaper. Plus you'd need to buy scraper and paste, and it adds up to a lot of money whereas the wallpaper person will prepare the wall and do all the things that need to be done. We have a list of trusted professionals, and we hand you the list so you can choose who you want to hire."

## Laird Morgan Tolan

Before joining Sandra Morgan Interiors as an interior designer and becoming part of a sought-after mother/daughter design team, Laird established a career in fashion that spanned 14 years as a buyer at several major retailers in NYC. Her fashion background and retail experience add a unique perspective to the firm and provide her with a keen understanding of color, pattern, texture and creative styling. Laird loves to create fresh, modern and timeless spaces. As a buyer she was responsible for multimillion dollar budgets that required her to effectively manage timelines and finances.



Laird has clients in Westchester, Connecticut, the Hamptons and Massachusetts and works on projects of all sizes. Getting to know a client and making their space more beautiful is her passion. Each project offers an opportunity to use her talents while listening to a client's specific needs. She works closely with them to ensure that the final product reflects her client's vision. Her goal is to exceed expectations and create rooms that are beautiful, comfortable and livable.

The Greenwich studio also offers Art Privé, a dynamic gallery representing 20 contemporary artists. Laird and Sandra have curated a group of artists that reflect their own aesthetic for exciting color. Paintings are often the inspiration for a new design project.

Laird lives in Pelham with her husband and their three children. She has been actively engaged in the community, having served on the board of the Junior League, Pelham Art Center and is an active board member at Bartow-Pell Mansion where she is refreshing the classic Parlor Rooms. She is also currently involved in a design project for a yacht club in Greenwich.

### SANDRA MORGAN INTERIORS & ART PRIVÉ

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Photo by Caitlin Clonan

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