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contents

5

Celebrate the New Year at the Spa -- Your 2023-24 Spa Guide

8

Behind Many Great Local Governments there is a Woman
... in Lower Westchester

10

Nutrition Tweaks During and After Menopause

11

Women and Minority-Owned Businesses Encourage to Register as MWBEs

12

Chef's Corner: Telly's Taverna

13

Recipe: Braised Chicken

14

At Home with Hurwitz:
2024 Design Trend Report



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Celebrate the New Year at the Spa

YOUR 2023-24 SPA GUIDE



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Precision Spa

Precision Spa, located in Harrison, combines cosmetic tattooing and aesthetic services with a decadent, pampering vibe in a safe and relaxing environment. Whether you're coming in for semi-permanent makeup, a cleansing facial, a relaxing body treatment, or any other



continued on page 6

YOUR 2023-24 SPA GUIDE

Precision Spa continued from page 5

service, all administered by certified and licensed NYS professionals, you'll be coddled and catered to accordingly.

Their cosmetic tattoo services include eyebrows, lips, and eyeliner. Choose from their extensive variety of facials including the Clear Skin Facial, Firm Skin Facial, Bright Skin Facial, Calm Skin Facial, Dermaplaning, LED Facials, the Gentleman's Facial and more. Try one of their unique peels like the Arctic Berry Pro Advanced Peel or the Yam & Pumpkin Pro Enzyme Peel.

Precision Spa also offers eyebrow lifts and lash lifts, which are among the hottest trends in the beauty industry. Body treatments include massage, sugaring, acupuncture, body waxing and infrared wrap.

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5 Healthy Habits to Help Reduce Stress



(Family Features) Between work, family obligations, and a constantly changing world, people in the United States are stressed. In fact, U.S. workers are among the most stressed in the world, according to a State of the Global Workplace study. While some stress is unavoidable and can be good for you, constant or chronic stress can have real consequences for your mental and physical health.

To help people understand the connection between stress and physical health, the American Heart

Association offers these science-backed insights to help reduce chronic stress.

Stay Active: Physical activity is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function and lower risk of depression.

Meditate: Incorporate meditation and mindfulness practices into your day to give yourself a few minutes to create some distance from daily stress. Some studies show meditation can reduce blood pressure, improve sleep, support the immune system and increase your ability to process information.

Practice Positivity: A positive mindset can improve overall health. Instead of saying, “everything is going wrong,” re-frame the situation and remind yourself “I can handle this if I take it one step at a time.”

Show Gratitude: Gratitude—or thankfulness—is a powerful tool that can reduce levels of depression and anxiety and improve sleep. Start by simply writing down three things you’re grateful for each day.

Find a Furry Friend: Having a pet may help you get more fit; lower stress, blood pressure, cholesterol and blood sugar; and boost overall happiness and well-being.

Find more stress-management tips at [Heart.org/stress](https://www.heart.org/stress).


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Behind Many Great Local Governments there is a *Woman* ... in Lower Westchester

Photo above, left to right: Bronxville Mayor Mary C. Marvin, Village of Pelham Manor Mayor Jennifer Monachino-Lapey, Larchmont Mayor Sarah Bauer, and New Rochelle Mayor-Elect Yadira Ramos-Herbert

By Lauren Hurwitz

Have you ever heard the phrase, “Behind every great government . . . is a woman?” Likely not, but it rings true right here in lower Westchester especially if you take a look at Bronxville, Pelham Manor, New Rochelle, and Larchmont. As we enter new terms for our local leaders, it’s a perfect time to look behind the doors of these local cities and villages to see who is really running the show, and what SHE is all about.

BRONXVILLE

For nearly 20 years, Mary Marvin has served as the mayor of Bronxville after a successful career as an attorney in Manhattan. Having lived in the village for 35 years, her initial draw to the community was the short commute for her and her husband and access to New York City’s theater and nightlife. But Bronxville has become so much more than just a “simple commute” to Mayor Marvin. As the longest-serving mayor in the history of Bronxville, she has seen many ups and downs. She loves adding value to the residents of all ages saying, “I can help a 3rd grader with a paper about municipal government, and then the other day I helped a woman in her 90s who forgot to pay her Con Edison bill. I got them [Con Ed] to help her and keep her power on. The most rewarding times are those little things when you come home at the end of

the day and can say ‘I did something good.’ It’s not going to change the world, but it was good for someone, and it was good for me!” On the flip side, she claims the most challenging issue she’s dealt with thus far was reassessing the village properties after having not had such a project in 70 years. “It was also rewarding because, in the end, people felt the village became much fairer and our cases of tax grievances went down from the hundreds to a dozen,” she says. Marvin also finds it challenging to say “no” to someone who has a truly worthy project or idea, but the budget simply can’t handle taking it on.

With the 125th Anniversary of Bronxville having just passed, there is much pride being felt within the village especially as the residents look ahead to the next 125 years. “We are pretty much built out and likely not going to build more because we need to keep a permeable surface. We did a comprehensive plan and asked residents what they would like to see changed. People wrote they’d like to keep fixing up what we have in place and keep things as is. We like our community but just want to make sure the infrastructure is good, and the parks are taken care of. Like Pelham and other places, it’s a little self-selected here. Bronxville is full of people who live on relatively small plots of land. You have to want to live in a communal setting and know your neighbors and I think Bronxville is going to keep that same spirit – and I don’t

see that changing I just think improve what we have already.”

But when it comes to the future of women in politics, Mayor Marvin has a lot to say! “I think in the country, women make up more than half the population but we sure aren’t more than half the elected officials, so I’d like to see a bigger universe of women. I feel a duty that we need to encourage, assist, and support our fellow female mayors. In particular, we need to nurture folks because I think it’s the noblest of professions and I’d like to see more women step into the arena.” In regard to advice for women who are considering entering local politics, her advice is, “Sometimes don’t wait to be asked—offer your services! Men tend to do that more than women. Don’t sit back and wait for someone to tap you, offer what your expertise is and offer it nicely and humbly but step up. And then I think when you get into the arena, just don’t be afraid. A little backbone goes a long way!”

THE VILLAGE OF PELHAM MANOR

Mayor Jennifer Lapey says that while she’s been serving Pelham Manor for 8 years, she actually isn’t a political person. “I was serving as the Chair of the Pelham Preservation and Garden Society and became engaged in a lot of local issues. There was an election coming up and some people I work with said, ‘Hey, you’re so involved anyway and up to speed on all of the

issues, you might as well throw your hat in the ring." That was in 2015, and Mayor Lapey hasn't looked back since!

Since serving as mayor is a volunteer position in the village, she still maintains her role as a full-time attorney for a local family-owned and operated manufacturing company with past careers including fashion buyer in Manhattan, an assistant district attorney in the Bronx, and past chairs of not-for-profits, but mayor is her favorite title to date. "My goal with Pelham Manor is to maintain and improve the condition of the municipality and to continue to deliver high-level municipal services in a fiscally responsible manner. We are very fortunate to have very dedicated first responders. We have police and fire departments, and then we have a Department of Public Works which doubles as our street crew, so when our DPW workers aren't collecting garbage and recycling, they're doing park maintenance and painting the streets. One of our greatest challenges that we've navigated well is to stay tax cap compliant but keep the services at the level that Pelham Manor residents expect . . . which is not easy," she says.

Like any job, the role of mayor comes with pros and cons. "The best part is spending time with residents. I get to recognize good work from the next generation like Eagle Scouts or Girls Scouts. And I have a unique opportunity to meet with senior citizens and discuss their issues and just love connecting with our residents when they have a question, concern or comment," she says. But the most challenging thing is "when you want to help but you physically don't have the power." Mayor Lapey says she is an action and goal-oriented person and, for instance, in the fall, "We had an act of God with a storm that dumped seven inches of rain on our already waterlogged area. And there was a tropical storm earlier in the season, so it was really hard when people experienced water damage and their streets flooded. It's something the entire universe is contending with, but at a certain point, when Mother Nature unleashes her power, the rest of us are pretty powerless."

For those women hoping to rise in power, Mayor Lapey says, "Give it a try. If you had told me 20 years ago that I would be General Counsel at a manufacturing firm and the mayor of my village, I would have laughed out loud. I can't even tell you how far both concepts were from my field of vision back in the day, but I'm so happy that I landed in both places. Like the New York State Lottery, you gotta be in it to win it."

LARCHMONT

Often times people run for office when they're unhappy with the way things are running. Enter Larchmont mayor, Sarah Bauer. In 2015, the historic home next to hers was bought by someone who wanted to tear it down. She immediately got together with a neighbor to prevent this action and quickly realized Larchmont didn't have any zoning laws to protect the historic home. In fact, the laws hadn't been updated since the 1960s. Taking matters into her own hands, Bauer helped push forth the creation of seventeen new zoning laws. In 2018, she ran for the town board, won, and served as village trustee until last year when she was elected mayor - all while maintaining her full-time position as a corporate attorney.

One of Mayor Bauer's biggest charges is working to make ways for fellow residents to get involved in local government through volunteering. "Larchmont is so tiny. We have a lot of opportunities for residents to serve on commissions and committees. Our village is really run through a lot of volunteer power," she says. Mayor Bauer feels the more involvement from residents, the better and easier it is to live in Larchmont. "A lot of times people come with complaints and once they get engaged with whatever is happening on the local level, they see the other side. We might not be able to change everything, but we can certainly make some improvements together." Mayor Bauer says she really loves the village staff and trustees and always finds a new project to work on and learn new things.

Looking ahead, she says "I'm really excited for the beginning of the process for a commercial area plan which is really a study of the downtown. We have two district downtowns that are commercially zoned. We did the full overhaul of the residential areas but now it's time to look at the business district. The last time we did something like this was probably in the 1950s or 1960s and there are currently limited opportunities for residential development in the downtown so we want to take a holistic look at everything and see what our infrastructure and safety can handle.

We want to consider how we are sensitive to the environment and do it in a very smart and thoughtful way. I'm excited about engaging in that process. In the future, residents may see a mix of residential and commercial use downtown. She adds, "We want to be involved in responsible development. Centro was a toe in the water and was a fantastic addition to the downtown. It would be fantastic if we could allow more of that kind of development."

NEW ROCHELLE

Yadira Ramos Herbert continues the theme of mayors-with-back-grounds-in-law. Just elected to her new role in New Rochelle, Herbert was a practicing lawyer for almost a decade when she decided she wanted to work with students, but not be in a classroom. For ten years, she worked in administration at Columbia Law School where she managed teams related to student affairs, and eventually sat on the city council for New Rochelle where she worked on a variety of task forces related to youth and safer streets and the board for the public library. "Politics was definitely not what I saw for myself, however as I became a bit more involved in neighborhood activities, people I really respected encouraged me to become more involved politically. It still feels a bit surreal to have shifted my career and professional identity to that of a politician," says the newly elected mayor.

Herbert says she is "most excited about being able to connect with the entire city. While on city council I represented one area but through the campaign trail, I really appreciated how diverse our city is and I'm excited to roll up my sleeves and improve all areas of New Rochelle. I want to make people even more excited and proud to live in New Rochelle!"

A longtime New Rochelle resident, Herbert loves the diversity you can find within the city stating that with diversity comes a real opportunity to grow. "Diversity allows you to get out of your comfort cell but still remain united as our identity as New Rochellians. Diversity in race, gender, ethnicity, income, culture even just downtown versus the more suburban areas, the waterfront versus the more urban part all make New Rochelle amazing. There is so much here, and we can meet anyone's needs, and that's super exciting to think about," Herbert says.

Along with diversity is a set of unique challenges Herbert says she is ready to tackle. "New Rochelle is incredibly diverse by any metric you can think about representing. I need to be mindful of that diversity and make sure I'm listening and learning, and that I'm humble enough to apologize when I make mistakes. Hopefully, the entire city feels represented when they see me as their mayor," she says.

On her list of long-term projects, Herbert is hoping to pave the way for downtown development. "We're in the middle of seeing buildings come up and residents come. We are seeing the ground floors all activated with businesses. The downtown is alive with community buildings and opportunities to go out and eat. But we are also being confronted with climate change and having the opportunity to think about how to make sure we are being proactive and using the proper infrastructure is important, so people aren't scared when it rains. We have New Rochelle being put on the map for getting development in a smart, sustainable, and inclusive way. New Rochelle is experiencing its golden hour and I'm excited to represent it in the new chapter," she added.

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Nutrition Tweaks During and After Menopause

Often women come to see me during menopause years, stating that what they used to do in the past to manage their weight does not work anymore – an understandably frustrating situation.

When working on weight management, calories are usually the most important thing. But during menopause there are also many hormonal changes that take place in the body. Often women become more insulin-resistant during this time, which can further complicate the situation, so in addition to looking at calories, I begin to work with women on also managing their carbohydrate intake.

Whenever we eat carbohydrates, our body needs to produce insulin to keep our blood sugar in check. If a woman has a higher carbohydrate intake throughout the day, her insulin level may stay higher – and, as insulin is a fat-storing hormone, it may make it harder to manage weight.

When a woman who comes to see me is feeling “stuck” in this way, often we will change her breakfast routine from a carbohydrate-heavy one to one focused more on protein. This swap can be as simple as shifting from oatmeal to eggs – one basic change that I have seen result in weight loss.

Another modification in the day may be spacing out carbohydrates as to not have too many in one sitting: saving a piece of fruit for an afternoon snack, instead of having it along with lunch, can be a simple modification that can actually help to keep insulin level down, by not having too many carbohydrates in one sitting.

Keep in mind, though, that what’s healthy is not always helpful for weight loss. If someone drinks a smoothie with multiple pieces of fruit at once, the amount of carbohydrates in one sitting may not be helpful for weight management.

There are other things that also take place during menopause that may make it harder to manage weight, with sleep being one of the most important. If a woman is not getting adequate, quality sleep – the general recommendation is seven to nine hours – it can throw off their hormonal balance.

This is also a time in life when exercise may need to change. Often women spend a lot of time focusing on cardio activity; during menopause, however, it’s a good idea to spend some more time lifting weights, as each year we lose a little bit of lean body mass, which decreases metabolism. Making sure that you’re doing adequate weight training can help to keep your metabolism higher.

Research suggests that non-fat dairy products can help you shed pounds while retaining muscle mass. So pairing weight bearing exercise with an increase in non-fat dairy snack choices, such as 0% greek yogurt and cottage cheese, can help to increase lean body mass, which can have a positive impact on metabolism.

Finding a weight-management regime that is right for you should always be a priority. And while menopause may cause some temporary disorder with what had been your usual routine, a few easy adjustments can keep you on a healthy path during this new stage of life.

For patients with specific weight loss goals, my GPS for Weight Loss Program offers proven strategies, tools and support to help you lose weight and keep it off. For more information, visit gps.mykajabi.com/gps.

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



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Women and Minority-Owned Businesses Encouraged to Register as MWBEs

The latest revelations from the Minority and Women-owned Business Enterprises (MWBE) Annual Expenditure and Utilization Report found that MWBE businesses are thriving in Westchester and there are still untapped resources available to them. The report found that while we have reached the MWBE utilization goals set by Westchester County Executive George Latimer there is potential for major economic growth. Now Latimer is on a mission to encourage businesses owned by women and minorities to embrace the MWBE initiative.

Latimer said, "The County's MWBE program provides minority and women-owned businesses the opportunity to compete in the marketplace by gaining access to County contracts. We are a County that is committed to creating an environment where small businesses can succeed and thrive. I'm proud to see that as a County we reached the 20% participation goal, but we need more MWBEs registered in the system and aware that these contracts are available."

Of the available \$365M in eligible contracts during 2022 that were available to certified MWBEs in Westchester County, MWBEs utilized \$95M or 26% of the \$365M, which surpassed the 20% participation goal that was previously set by Latimer. This is a record-setting improvement over recent years where the utilization rate did not exceed 11.6% from 2019 to 2021.

Director of Minority and Women-Owned Business Development Martha Lopez (in photo) said: "The most important thing is letting those that would qualify as MWBEs know that these contracts and this support are out there. We know MWBEs are often underserved with limited resources. We want to encourage them and let them know the door to Westchester is open."



Daisy Briones, a MWBE participant and President of IQ Contracting, Inc. & Associates said, "The message I wanted to give today, besides being grateful for these programs from the County, is that they are bringing jobs for me and jobs for my people. Through MWBE, 90 million dollars went to minorities – and that's going back to the community and going back to our families."

Keica Palmer-Cousins, a MWBE participant and CEO of Aero-Ba-Soul, Inc. said, "MWBE certification, contracts, and getting on the Westchester County MWBE directory is critical for exposure and for collaboration. Through relationships and partnerships, my company not only was able to receive contracts with Westchester County but also local corporations."

Under Westchester County's Office of Economic Development's efforts to support small businesses and entrepreneurship, the MWBE program is an extension of Westchester County's commitment to creating a level playing field and helping everyone succeed.

The Minority and Women-Owned Business Program is an excellent resource for minority-owned and women-owned businesses, whether new or long-established in the local economy.

The benefits of registering as an MWBE include having your business listed in the County's online MWBE database and having high visibility to County departments, contractors, and anyone interested in doing business with MWBEs. As well as receiving notification of contract opportunities and special invitations to workshops, seminars, and trainings that are meant to help small businesses succeed.

To learn more or to learn how to register your Minority or Women-owned business in Westchester County visit www.westchestercatalyst.com/programs-incentives/minority-and-women-owned-business-program.

LaGravinese Jewelers of Pelham

LaGravinese Jewelers of Pelham is a family-owned and operated full-service jewelry store. After 4 generations of expertise, Dominique and Maxine, daughters of the owner, give a fresh view on the jewelry business, celebrating over 75 years. They specialize in Bridal engagement rings and wedding bands as well as custom pieces, jewelry design and re-design, jewelry repairs, and watch repairs.



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By Lilian Peña

A few years ago, Executive Chef-owner Dianna Loiselle decided to make the voyage from her highly acclaimed restaurant in Astoria, Queens to open her second restaurant in Port Chester. The restaurant, located at 108 Abendroth Avenue, is a wonderfully appointed space, with available seating for 200. It boasts a beautiful sidewalk café and a sparkling bar. There is also a private room to host a variety of gatherings and parties.



We were curious as to the origin of the name Telly's Taverna. Dianna explained that her mother married her father who was stationed in Greece in the Air Force, and they came back to the United States. After a divorce, Dianna's mother and she lived all over the country. Finally, she settled in New York first when Dianna was 13. She began working for a Greek restaurant that was housed in an actual taxi stand. Later, a friend of hers, Telly, started working there as well, and together they began cooking fish in the Greek style. The two eventually opened their own restaurant and named it Telly's Taverna. Opened in 1990. Learned the Greek language through the music and all the people she worked with as a teenager. Dianna is an avid traveler and loves to explore.

Several years passed and Dianna bought Telly's from her mother in 2010. It was an uphill battle. Astoria was changing and the economy was tough. After renovations and revamping the menu, everything fell into place. "It was so rewarding. If I went back and thought about Telly's early years, we were a very small restaurant and people were waiting to get in. So, we expanded the seating without expanding the kitchen." She explained.

Dianna watched her mother, alone, going to the market at 3:00 a.m., with all men, and for the first six or seven years, Dianna did the same thing. The men would stand on the platforms and holler. It's not like that anymore. There are more families in the fish market now. Dealing with everything in the '90s - it was much more of a man's world back then. Even negotiating prices for things such as fish, produce and more was a huge challenge.

We are actually able to purchase fish from Greece today at a better price than restaurants in Greece. This is due to the fact that Greece exports more fish than they retain. And the price of olive oil is so high today, Dianna brings back olive oil from Greece when she travels there.

All of the current challenges at the Port Chester location, were COVID, construction, street closings, and more. It seems like there is always something going on around the restaurant.





You can use bone-out skin off for these if you prefer, but if you do, add 1 - 2 tablespoons olive oil to the pan before cooking the chicken. If you keep the skin on, the fat will render out when cooking, and there is no need to add olive oil.

Serves 4

- 8 small bone-in, skin-on chicken thighs
- 1 large yellow onion, minced
- 3 stalks celery, chopped
- 2 carrots, cut into rounds
- 2 sprigs fresh rosemary
- 4 cups chicken stock
- 1 - 15 ounce can cannellini beans, drained
- 1 tablespoon sherry or balsamic vinegar
- Kosher salt and pepper

Heat oven to 375F

- In a Dutch oven or deep skillet, place 4 pieces of the chicken skin side down. Season with salt and pepper.
- Turn the heat to medium and cook until golden brown, about 6 minutes
- Flip the chicken and cook on the other side until lightly golden, about 3 minutes. Remove from the pan and set aside. Repeat with the remaining 4 pieces of chicken.
- Leave the rendered fat in the pan and add the onion, celery, and carrots. Season with 1 teaspoon salt and ½ teaspoon ground black pepper. Allow to cook until slightly softened, about 5 minutes.
- Add in rosemary and cook another minute.
- Add chicken stock and bring to a boil.
- Add in chicken pieces and remove from heat. Cover the pan with a lid or foil.
- Place in the oven and cook for 1 - ½ hours until the chicken falls off the bone.
- Remove from the oven and gently stir in the beans and vinegar.

Serve with mashed potatoes. (Recipe on the WW website.)

Telly's family recipes are made almost 100% of the time when the order is placed using the freshest fish, meats, and produce. Even though the economy has taken a bit of a fall, Dianna is proud to say that she hasn't raised her prices or changed her menu. Traditional Greek cuisine should not be altered, and it certainly isn't at Telly's. The food, drinks, fantastic customer service, and overall atmosphere at both the Astoria location and Port Chester speak for themselves. . . perfection. As Dianna says, "Everything is aligned."

While on my visit, I began with some toasted pita triangles and sampled a variety of traditional dips from the standard Tzatziki (cucumber and yogurt) to a spicier dip called Kafterie, all very tasty. Next, it was the pan-fried Kefalogriera cheese called Saganaki, that sprinkled with lemon and was hearty and satisfying.

The careful choice of fresh produce is clear when trying the Greek salad along with the option of Nana's salad. Beautifully presented, these salads are carefully assembled and have a wonderful addition of black olives and Greek barrel feta.

On to the grill... I cannot say enough about the Charcoal-Grilled Octopus. They were grilled perfectly and still moist and delicious on the inside. The Mediterranean Sea Bass or Branzini was as fresh as it could be, served with lemon. The Colorado Corn-Fed Fresh Lamb Chops were both succulent and charred flawlessly.

Telly's offers all the Greek specialties that one would hope for, including Moussaka, a variety of Kababs, Spanakopita, lemon potatoes and so much more.

Not to be outdone, the desserts were as expected . . . amazing. The Loukoumades (fried doughnuts drizzled with honey and cinnamon) were light, airy, and to die for. Even the imported Greek yogurt with honey transports you to a breezy Greek café with its freshness.

If drinks are your vibe, you must try their Frappe which was creamy and very satisfying. Telly's offers a wide variety of cocktails that are both colorful and mouthwatering.

Telly's Taverna in Port Chester and Astoria are both inviting, engaging, and a must to add to your list of go-to restaurants time and time again. We thank Dianna for her generous hospitality. It certainly shows in her food and wonderful staff. (<https://www.tellystaverna.com/>)

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At Home with Hurwitz

2024 Design Trend Report

By Lauren Hurwitz

A new year means new trends in the design world – and it's important not get left behind in décor dust. We asked local experts what was on their minds as 2024 nears in terms of the home and here's what we found.

CARPET – For over 45 years, Carpet Fair Inc. has been a staple in the village of Larchmont thanks to Esther Picone. She's worked with countless homeowners to help create a space that makes them happy, and she expects 2024 to bring continued happiness to local residents looking to spruce up their flooring. Earlier this year, she even moved the new storefront over to Addison Street where she flaunts a fresh and new showroom so locals can come in and get a top-grade education on carpets. When helping her customers shop, she keeps in mind their budget, what they're looking for, the room the carpet will be installed in, and the customers' aesthetic likes and dislikes. What if you need to consider carpet for your four-legged friends? Picone recommends looking for something with a PetProtect label, dark colors over light to detract from seeing dirt, and nothing that a cat or dog could potentially snag. "Some popular carpets include striking colors of deep blues, vibrant oranges, and rich emerald greens. We're seeing earthy tones and hues like ivory, beige, and taupe, natural tones like green and

olive, as well as warm colors like sienna and amber. There's also a preference for textured designs in natural colors and patterns - even geometric floor patterns are now considered a long-lasting trend." Most of all, she says, "Buy what you like, but be mindful of what you're spending on in that particular room. Ask questions when buying, be consumer savvy, and don't just take someone's word for it. Do your own research!"

WALL COLOR – A staple in the community since 1921, Wallauer is the epicenter of all things design. But did you know they have actual design centers where you can get free advice on your next project? Design Manager Laura Nally says with 16 locations between Westchester, Putnam, and Rockland counties, you're never too far from expertise for your home. "Four of our 16 stores have design centers that help homeowners with color, window treatments, drapery, wallpapers, and more. There are always people who are ready, willing, and able to help you pick a color because that's what we do all day. We play with color because we know what's "in." Some people come in and ask for a blue room and they show me a color that's sky or electric blue and I'm thinking to myself, no one is going to want to have a room that color. I help them get to the comfortable but stylish welcoming colors you need in a home."

With a solution for every price point, Nally says the name of the 2024 game is "color, color, color! People aren't going for white walls or for grey walls unless you're doing charcoal. Color is back, which is great! And they're rich, jewel tone colors - a lot of the teals and orange or terracotta, chocolate brown, and believe it or not, black walls are all the rage right now. A black wall strategically placed is nothing but sophistication and it's awesome!" But going for color oftentimes means going outside of one's comfort zone. What's the remedy there?

"Let's start with one accent wall and that will get your feet wet. That's the same thing that happens with wallpaper – let's think about an accent wall and then it's style and artwork all at once. The whole house is delicious in my opinion!" she suggests. "What's OUT is grey. Everybody was combining grey with hale navy and navy blue. People are now going more towards sage greens, teals, and not the teals from the 80s and 90s, but rather rich blue-greens for example a nice deep color from Benjamin Moore called 'Blue Spruce' is one of my favorite colors right now. Even trim isn't necessarily white – it can be green or even taupe with lighter walls." Other parts of the room are also changing. For instance, Nally says looking towards a fireplace, you often see built-ins on the side. Instead of painting them white, now they're being fully painted in blue including the crown, base moldings and shelves.

Back in October, Benjamin Moore launched their own 2024 Color Trends report in which Nally says Blue Note 825 (as seen in photo above) is NOT to be missed as it takes the cake as their color of the year that's a "rich, vibrant color that makes walls and cabinets pop. Consider built-ins painted in Blue Note in a soft satin finish. Combine this color with softer hues and make the room look like a magazine." White Dove OC-17, a warm white that's great for walls, trims, and cabinets, and Topaz 670, a gorgeous, cozy pumpkin color which works well with chocolate browns, navy blue, and warm taupes are all the rage."

Using these colors properly is also key to knocking your new design out of the park. Tara Kelly, Decorator and Owner of Tara K. Designs agrees there is a return to "pops of color" and even "color drenching," but says it's also great to find prints and patterns you love. "We're going back to older times with more traditional patterns with timeless design and contemporary twists," Kelly says. Forget the straight lines and think about motifs like "foliage or botanicals or florals," even "Old English style like a grandmother influence as opposed to well-defined lines or color blocks or circular motifs." One of the biggest design investments of a home goes into the kitchen. Kelly sees a lot of painted cabinetry which can be a great cost savings as opposed to replacing cabinetry. "If you walk into a home now, it's very common to see a lot of green or blue or different colors that people are loving – maybe a pop of color on the island," according to Kelly. Another big trend for 2024 is designing the upper level in white and the lower level in a color. She suggested envisioning "white cabinetry along the top, and maybe a muted green on the bottom." Overall, her key tip is to make sure you're going with a style that makes you happy - think dopamine design. This is the key to design in 2024.



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