



WESTCHESTER
WOMEN
MAGAZINE

SPRING 2026



2026 summer camp guide



grown-up camping



westchester-women.com

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CAPITOL THEATRE

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PUBLISHER
Diane Shapiro

EDITOR, ART DIRECTION & DESIGN
Cynthia Pena
shorelineproduction@gmail.com

ADVERTISING SALES EXECUTIVE
Lauren Levine
levinelaur@gmail.com

EDITOR
Nancy Coveney
nancy.coveney@shorelinepub.com

CONTRIBUTING WRITERS
Lauren Hurwitz
Lilian Peña

westchester-women.com
shorelinepub.com



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Grown-Up Camp is Having a Moment

and Women are Packing their Bags

■ BY LAUREN HURWITZ ■

For many women, summer camp lives in a warm, fuzzy corner of their memory: bunk beds and best friends, late nights and loud laughs, the rare thrill of feeling both carefree and completely yourself. Somewhere between carpools, careers, caregiving, and constant connectivity, that feeling can get lost.

This summer, a growing number of women are finding it again – not by sending their kids off to camp, but by going themselves.

Adult sleepaway camps are quietly becoming one of the most unexpected and joyful travel trends of the moment, offering something many suburban women didn't even realize they were missing: play, connection, and permission to unplug. From legacy destinations celebrating a century of camp culture to luxury, women-only weekends that sell out in minutes, grown-up camp is no longer a novelty...it's a movement.

Just 90 minutes from Westchester, Club Getaway in Kent, Connecticut, stands as the original blueprint. Founded on a property that dates back to 1926, the site began as Camp Leonard for boys and later expanded to include Camp Leonore for girls. For decades, it operated as a traditional children's summer camp until the mid-1970s, when the model began to falter.

In 1976, inspired by the rise of Club Med, the property was reimagined as an adult adventure destination. Club Getaway was born as a place where grown-ups could rediscover nature, nightlife, and the simple joy of being off-duty.

Over the years, it evolved from a high-energy singles resort into something broader and more inclusive. Today, under the stewardship of owners David and Gayle Schreiber, Club Getaway describes itself as a, "camp for everyone," hosting families, schools, reunions, and its signature Camp Getaway for Adults.

"We've reshaped the vision while staying rooted in what has always made this place special," David says. "Fun, freedom, friends, and shared adventures in the great outdoors."

With more than 50 activities, costume-themed parties, live entertainment, and what guests routinely describe as surprisingly excellent food, weekends are designed as a choose-your-own-adventure. Some guests come for the legendary parties, others for archery, pickleball, or paddleboarding, most for both. What they all leave with, David says, is connection. "By the end of the weekend, you don't just have memories. You have 250 new friends."

In 2026, Club Getaway will celebrate its 100th anniversary with alumni reunions, champagne toasts, and a season-long tribute to its founding. The milestone feels particularly relevant now, as more women seek real-world connection in an increasingly digital life.

If you're seeking a ladies-only weekend, Camp Social should definitely be on your list. Founded in 2023 by marketing agency owner and social media powerhouse Liv Schreiber, Camp Social was born from a simple realization. "I wanted to have fun again," she says. "And when I thought about the most fun I'd ever had in my life, it was immediately camp. I couldn't understand why it didn't exist for women."

Schreiber, who attended camp for a decade growing up, launched her first Camp Social weekend just months after the idea struck. One hundred women signed up for that inaugural August session with many of them coming solo, some flying in from as far as California, Kentucky, Ohio, and beyond. A few even traveled internationally. "I was so grateful they trusted me," she says. "They took a huge risk."

Today, hundreds of women travel from across the country and the globe to connect at Camp Social. The ages range widely

with the oldest, an 83 year old camper. The largest demographic falls between 40 and 60. Mothers, divorcees, single women, grandmothers, daughters, and friends attend together, or arrive alone with what Schreiber calls a “solo mindset.”

“Ninety-nine percent of women arrive solo,” she explains. “But the community feels like a warm hug. Everyone comes wanting to meet people.”

Set in the Poconos, Camp Social is a three-day, two-night experience with transportation options from New York City, hotel partnerships for flyers, and activities designed for every energy level. Rock climbing, archery, pickleball, paddleboard, yoga, barre, meditation, arts and crafts, paint-and-sip, breathwork, and tie-dye. Participation is always optional, and choice is the point.

At night, themed-parties take over. This summer includes Camp Woodstock with a live band and Camp Disco in August, complete with Olympic-style competitions, helicopter moments, and even a hot air balloon appearance. Meals are prepared by private female chefs using farm-fresh ingredients, alcohol and coffee are included, and goody bags are filled with brand partnerships more reminiscent of influencer events than summer camp.

“I want to treat my campers like influencers,” Schreiber says. “This is an elevated experience.”

But beyond the aesthetics and logistics, both camps tap into

something deeper. They offer women a chance to step outside routine, reconnect with their bodies and curiosity, and remember parts of themselves that may have been dormant.

“If you want to find your inner child again,” Schreiber says, “this is the place.”

As spring approaches and summer plans start to take shape, adult sleepaway camp offers something refreshingly different. Not an escape from responsibility but a return to joy. And perhaps that’s why, 100 years after its beginnings, camp feels more relevant than ever.



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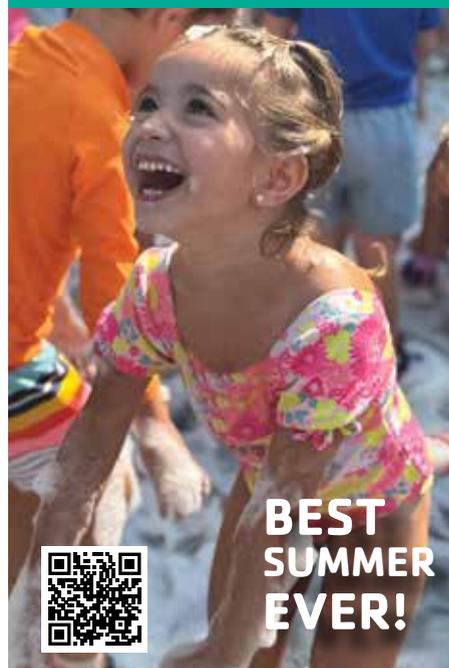
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RYE YMCA SUMMER CAMP



A variety of camp options for ages 2-14 are available at the Rye YMCA. Their Kinder Camp, with half and full-day options, located in both Mamaroneck and Rye introduces children ages 2-5 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, music, swimming lessons, performing arts, and

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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). Visit www.ryeycamp.org for more information.

SQUIRE ADVANTAGE CAMPS



Squire Advantage Camps, 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. Squire Advantage Campers customize their very own set of courses for each session, offering exciting activities like swimming, robotics, sports, cooking, computers, and more. Campers who attend for the full summer may choose two different schedules for a total of 10 different fun activities. Squire Camp also has an all-sports camp and a tennis camp. Instructors are schoolteachers and classrooms

are air-conditioned. 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!" Visit squirecamps.com

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For 25 years, SummerTech has set the standard for technology education, offering exceptional coding, design, and gaming programs for students in grades 4-12. With an industry-leading 2:1 student-to-teacher ratio, campers receive individualized instruction in Python, Java, 3D modeling, and 2D animation, across all experience levels.

SummerTech prepares students for advanced high school coursework, including AP Computer Science A, while building the confidence and fluency needed to succeed in rigorous academic environments. Hosted on the campus of SUNY Purchase College, the program combines serious academics with a thoughtfully cultivated community that values curiosity, leadership, and collaboration.

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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 climate-controlled environment with low camper/ counselor ratios, which ensures an amazing camp experience for all. There is also a sports and academics' option. Camps offered for older kids include ones focusing on baseball and softball, basketball, field hockey, flag football, lacrosse, and volleyball, as well as multiple sports options as well as our **NEW OUTDOOR SOCCER CAMP!** 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."

PINE BROOK FITNESS



Adventure awaits this summer at Pine Brook Fitness! Kids will strap on their climbing shoes, grab a harness, and gear up to climb at The Rock Club. Young climbers will discover adventure as they scale the walls, learn climbing techniques, and participate in fun games all while building confidence, focus, and teamwork skills.

Right down the hall from The Rock Club

continued on the next page



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RiverArts' SummerArts program is specially designed to provide rising 3rd through 9th graders with a deeply creative, multi-disciplinary day camp experience. They'll make new friends while participating in 4 exciting daily classes led by professional artists with activities spanning music, art, dance, storytelling, poetry, theater, mosaics, and more! No two weeks are the same, and classes are perfect for beginners as well as more seasoned creators. For more information, or to enroll, visit RiverArts.org/summerarts

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Challenge Camp is an ACA accredited day camp at Iona University in New Rochelle, offering hands on STEM and Arts enrichment for curious, creative children ages 4-15. This is our **46th Summer of Fun and Learning!**

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encourages mental and physical growth. **Hot lunch / snack included.** Transportation, early drop off, and extended day options available.

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<https://www.hudsoncountry.org/new-rochelle-ny-campus/summer-camp/>

SPORTIME



SPORTIME offers great summer tennis and sports camps at its two Westchester locations. At SPORTIME Lake Isle in Eastchester, the Westchester home of the John McEnroe Tennis Academy, our intensive tennis camp for junior players ages 5 and up



is designed for those who compete, or hope to compete, in Sectional, National and ITF tournaments, for those who strive to play in high school, college or beyond, or for players at any level who simply want to maximize their tennis potential. At SPORTIME Harbor Island in Mamaroneck, experienced counselors and tennis coaches provide tennis and sports programming, and lots of fun, for kids ages 5-17. For more info, or help with registration, email campslis@sportimeny.com or campshi@sportimeny.com, or call/text 914-517-3190 for Lake Isle or 914-468-4470 for Harbor Island.



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egg tot muffins



(Family Features) Mornings for many families involve hurried breakfasts and mad dashes out the door. These Egg Tot Muffins can help take that grab-and-go breakfast to the next level. High in protein and flavor, they are a good way to get rid of early morning brain fog. Plus, you can make them ahead of time so all you have to do is pop them in the microwave and enjoy on the go. Find more morning meal inspiration at Culinary.net.

EGG TOT MUFFINS

Recipe courtesy of "Cookin' Savvy"

Servings: 12

- 36 Butter
- 10 thawed tater tots
- 10 eggs
- 1/2 cup heavy whipping cream or half-and-half
- 1/2 cup shredded cheese
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 package (2 1/2 ounces) real bacon pieces
- salt, to taste
- pepper, to taste

Heat oven to 350 F.

Grease muffin tin with butter. Place three tots in each muffin hole and smash down.

In bowl, whisk eggs, cream, cheese, garlic powder, onion powder and bacon pieces. Season with salt and pepper, to taste. Fill each muffin hole completely with mixture.

Place cookie sheet under muffin tin to contain messes and bake 20-25 minutes.

What is an Ozempic Makeover?



BY STEPHEN T. GREENBERG, M.D., F.A.C.S.

In the age of modern weight loss medications like Ozempic®, Mounjaro™, and Wegovy®, patients are shedding pounds faster than ever before. But while the physical health benefits are undeniable, many are left with a new set of challenges they didn't expect—loose skin, facial hollowing, and changes in body shape that don't always feel like the “after” they imagined.

That's where the Ozempic Makeover comes in.

At Greenberg Cosmetic Surgery and Dermatology, we're seeing a rise in patients looking to refine their appearance after GLP-1-related weight loss. Whether you've lost 20 pounds or 100, rapid weight loss can lead to a loss of facial volume, sagging skin, and contour irregularities. The Ozempic Makeover is a customizable combination of treatments designed to restore balance and help you look as vibrant as you feel.

What Happens to Your Face and Body After Weight Loss?

Weight loss—especially when it's quick—can change the structure of your face and body. Common concerns we see include:

- “Ozempic Face” – Hollowing in the cheeks, temples, and jawline
- Sagging or crepey skin on the neck, abdomen, arms, or thighs
- Deflation in the breasts or buttocks
- Loss of skin elasticity that can't be fixed with diet or exercise

Even younger patients are noticing accelerated facial aging after significant fat loss—and they're turning to aesthetic procedures to bring their features back into harmony.

The Ozempic Makeover: Tailored to You

No two patients are the same, so we don't believe in one-size-fits-all solutions. The Ozempic Makeover is fully personalized and may include:

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- Tummy tuck or abdominoplasty to remove excess abdominal skin
- Arm lift or thigh lift to sculpt and tighten
- Liposuction to contour stubborn fat pockets
- Cellulite Reduction with Cellulaze or Aveli
- Non-invasive skin tightening to enhance results

Breast Enhancement

- Breast lift for sagging skin and volume loss
- Breast augmentation for patients seeking restored fullness
- Implant exchange for those who've lost weight with implants already in place

Why Choose Greenberg Cosmetic Surgery?

Dr. Stephen T. Greenberg is a renowned plastic surgeon known for natural results, cutting-edge technology, and custom treatment plans. With locations across New York, New Jersey and Florida, our team is at the forefront of post-weight-loss aesthetic care—helping patients look refreshed, not overdone.

“We're proud to lead the charge in offering the Ozempic Makeover,” says Dr. Greenberg. “It's about empowering patients to feel confident in their transformation—not just from the neck down, but head to toe.”

Your Transformation Starts Here

If you've experienced significant weight loss with Ozempic®, Wegovy®, or Mounjaro™, you deserve to feel great about what you see in the mirror. The Ozempic Makeover is designed to celebrate your progress while helping you address the aesthetic side effects that often come with it.

Ready for your personalized consultation?

Visit www.GreenbergCosmeticSurgery.com or call 844-484-0123 to schedule your complimentary consultation today.



A Century of Sound

Inside the Capitol Theatre's 100-Year Legacy

■ BY LAUREN HURWITZ ■

On August 28, 1926, entertainment in Westchester County changed forever.

That summer night, the doors of the Capitol Theatre opened for the first time in Port Chester, ushering in a new era of culture, community, and live performance. Nearly a century later, the iconic venue - now celebrating its 100th anniversary - stands not only as a beloved local landmark, but as one of the most legendary live music theaters in the world.

Built during the golden age of vaudeville and silent film, the Capitol Theatre was originally designed as a grand entertainment palace. Opening just 10 days after its official August 18, 1926 debut, the theater proudly advertised itself as Westchester County's first air-conditioned venue. At the time, this was a novelty so enticing that an open letter was sent throughout Port Chester inviting residents to experience comfort and culture under one ornate roof.

Designed by renowned architect Thomas Lamb, whose portfolio included some of New York City's most iconic theaters, the Capitol was meant to impress. With soaring ceilings, intricate details, and impeccable acoustics, it was a space built to elevate performance, and it quickly became the beating heart of live entertainment north of Manhattan.

A Rock & Roll Legend Is Born

While the Capitol's early years were defined by variety shows and film, it was the 1970s that cemented its place in music history.

"Every major rock and roll artist came through here," says **Stefanie May, the theater's Marketing Director**. "The Capitol Theatre became a destination not just for fans, but for artists."

Few bands are as closely tied to the venue as the Grateful Dead, who played the Capitol Theatre 18 times between 1970 and 1971 alone. Many of those shows were recorded by ushers Ken and Judy Lee using equipment discreetly hung from the balcony and were never officially released yet they took on a life of their own. Traded hand-to-hand and eventually shared globally, the recordings became legendary among Deadheads worldwide.

"The Capitol Theatre became famous because of those shows," says **Emily Schmalholz, Head of Special Events**. "People all over the world know this venue because of what happened here."

The list of artists who graced the Capitol Theatre's stage during that era reads like a rock and roll hall of fame: Pink Floyd, Jefferson Airplane, Janis Joplin, Frank Zappa, and countless others. One of the Capitol Theatre's most iconic moments came when Janis Joplin debuted Mercedes Benz on its stage just days after scribbling the lyrics on a napkin at a nearby bar. That first performance can still be heard today, preserved in recordings that continue to circulate online.

Reinvention, Revival, and a New Era

Like many historic venues, the Capitol Theatre experienced periods of uncertainty. By the late 1990s and early 2000s, the

building had fallen into disrepair and was no longer functioning as a full-time music venue. That changed in 2012, when legendary music entrepreneur Peter Shapiro, best known for founding Brooklyn Bowl, led a multimillion-dollar restoration that returned the Capitol Theatre to its former glory while equipping it for the modern era. The reopening was marked by Bob Dylan taking the stage for the first show of the new era.

Behind the scenes, nearly everything had been upgraded from the state-of-the-art sound, to the lighting, and the projection systems now coexisting seamlessly with historic architectural details. Today, the walls themselves are digitally mapped, capable of transforming the space into anything from a star-filled sky to a destination-themed celebration.

“You can get married under the stars here,” Emily explains. “We’ve done bar and bat mitzvahs that feel like you’re in Israel. The transformation is unbelievable.”

More Than a Concert Hall

While the Capitol Theatre remains a premier live music venue with a capacity of 2,000 standing or 1,500 seated, it has also evolved into one of Westchester’s most dynamic event spaces. Each year, the venue hosts 40 to 50 private events, ranging from milestone birthdays and weddings to large-scale corporate celebrations. For select events, the theatre floor is leveled entirely, converting the concert hall into a sweeping, immersive event space.

Adjacent to the main theatre is Garcia’s, an intimate 250-person bar and music club named for Jerry Garcia in partnership with his family. Originally part of the theatre’s lobby, Garcia’s now operates as its own venue several nights a week, hosting live music, private events, and the beloved weekly “Dead Center” Wednesdays. “One of the biggest misconceptions is that we’re just a jam band venue,” Stefanie says. “There’s so much more happening here.”

Music With a Mission

The Capitol Theatre has also become a powerful force for philanthropy. Annual initiatives like Rock the Pink raise funds for breast cancer awareness through ticket donations, merchandise, and drink specials, while partnerships with organizations like Pace Women’s Justice Center have transformed concerts into life-changing fundraisers. One standout event featured Sara Bareilles, selling out in minutes and raising critical funds for survi-



vors of domestic abuse. Subsequent years brought performances by the Indigo Girls, Colbie Caillat, and Shawn Colvin.

“There’s something incredibly powerful about bringing people together through music to support a cause,” Emily says. “You can feel it in the room.”

Looking Ahead to 100 Years—and Beyond
To celebrate its centennial, the Capitol Theatre is planning a yearlong celebration that includes a special anniversary concert, commemorative merchandise, and a refreshed brand identity featuring a 100-year logo. A new digital history guide, launching on Bloomberg Connects, will allow visitors to explore rare photos, stories, and firsthand accounts from ushers, promoters, and artists who shaped the theatre’s legacy.

Perhaps most striking is the Capitol Theatre’s leadership today: the General

Manager, Head of Special Events, Head of Marketing, Head of Human Resources, and key technical staff—including its projectionist—are all women.

In an industry historically dominated by men, the Capitol Theatre is quietly rewriting the narrative.

At its core, the Capitol Theatre has always been about connection between generations, between artists and audiences, between history and what comes next. As it enters its second century, one thing is certain: the music...and the magic...is far from over.

www.thecapitoltheatre.com



STRESS

The Overlooked Threat to Your Heart

From cortisol overload to dangerous heart rhythm changes, chronic stress can damage your heart in ways many people don't realize.

When people think about protecting their heart, they usually think about diet, exercise, and cholesterol numbers. What often gets overlooked is stress—and the powerful biological chain reaction it sets off inside the body.

Even low levels of ongoing or acute stress may spell cardiovascular danger, cautions Dr. Jeannette L. Yuen, a cardiologist with White Plains Hospital Physician Associates. Stress can cause a fast or irregular heart rate, including atrial fibrillation (aFib), especially in seniors, which often goes undetected and raises the risk of stroke and congestive heart failure, she explains.

Stress also can trigger self-soothing eating, leaving you reaching for comfort foods high in artery-hardening saturated fats. Or you may drink more alcohol, which increases the risk of aFib and can weaken the heart muscle over time.

In addition, stress causes the body to ramp up production of cortisol, a hormone that elevates heart rate and blood pressure. Cortisol plays an essential role in the body—it helps regulate blood pressure, blood sugar, metabolism, and the sleep-wake cycle—and in short bursts, it's meant to protect us. The problem isn't cortisol itself, but chronically high levels driven by ongoing stress. When cortisol stays elevated, the body remains in a constant state of "high alert," keeping heart rate and blood pressure higher than they should be and promoting inflammation.

Over time, this chronic oversupply puts the heart at risk by raising cholesterol, blood pressure, and blood sugar, Dr. Yuen explains, which in turn accelerate plaque buildup and damage to the arteries. It can also contribute to the "tired but wired" feeling many people experience, disrupting sleep and creating a cycle that further strains the cardiovascular system.

Dr. Yuen also highlights another sleep issue to watch for: If you snore or gasp loudly while sleeping, wake up tired, or are drowsy during the day, you might have sleep apnea. "It's important to get screened, because untreated sleep apnea can cause high blood pressure, atrial fibrillation and other adverse cardiac conditions," she explains.

3 Screenings Your Heart Will Thank You For

These simple tests reveal hidden heart risks—and potential treatments.

- **Lipoprotein (a) test:** There's plenty of warnings about LDL, or "bad" cholesterol. However, a similar particle, called lipoprotein(a) or Lp(a), is getting attention as a genetic factor in heart disease. Composed of fat, it can build up in the walls of blood vessels, forming deposits called plaques that may reduce



blood flow or rupture, leading to heart attacks or strokes. Lp(a) can also promote blood clots and causes inflammation, increasing the risk that plaque deposits break open.

"A patient's Lp(a) level should be tested at least once in their lifetime, especially if there's a family history of heart disease or stroke," says Dr. Yuen. Lp(a) levels can't be changed through diet and exercise. "Someone can have a perfect LDL but still have high Lp(a)," Dr. Yuen notes. Screening is available via a blood test, and patients whose insurance qualifies them for treatment can receive an injection that decreases Lp(a) levels.

- **High-sensitivity C-reactive protein (CRP) test:** "We use this test as a parameter for systemic (body-wide) inflammation," Dr. Yuen says. Inflammation can contribute to coronary plaque growth and clotting. "If the C-reactive protein numbers are high, then we recommend increasing the statin [a drug that treats high cholesterol]," she says. Because CRP is an inflammatory marker, "the test has to be interpreted in light of other things, such as whether the person has a toothache or a urinary tract infection, for instance." Very high results may require further evaluation by a rheumatologist or internist, as they can indicate inflammatory diseases that also raise heart risk.

- **Calcium score testing:** This test, performed via a low-dose CT scan, measures calcium deposits inside coronary arteries, which can signal increased risk of heart attack or stroke. However, Dr. Yuen cautions, "the coronary calcium score only detects cholesterol plaques that are calcified.



It does not detect non-calcified plaques." A low score doesn't rule out disease, but a high score may mean medication and further testing are needed.

Dr. Jeannette Yuen is a cardiologist at White Plains Hospital Physician Associates. To make an appointment, call 914-974-2328.



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BY LILIAN PEÑA



Rooted in Purpose

How Jyoti Tewani Built Root 2 Rise from the Heart

For Jyoti Tewani, **the kitchen has always been her chemistry lab.**

Long before she opened **Root 2 Rise** in Pleasantville and later in Larchmont, Jyoti was a young girl in India, growing up in the 1970s and early '80s, watching her mother cook with intuition, love, and bold experimentation. Her mother, she says, was her greatest influence – always ready to cook at any hour, always willing to try something new, and always creating food that was unforgettable.

Cooking for her own family became second nature. But it wasn't until she attended nutrition school that everything clicked. She began learning what food truly does inside the body – how ingredients impact energy, inflammation, and long-term health. The more she understood, the more she questioned the growing presence of packaged foods and added sugars.



THAI CRUNCH SALAD

"Why does pizza sauce need sugar?" she remembers wondering. "Why are there so many extra calories in bread?"

She didn't feel comfortable eating at many restaurants because she could taste the

additives. It made her feel, as she puts it, "icky." She wanted to break free from that norm and help her community do the same.

That calling became **Root 2 Rise.**

The name itself holds deep meaning. In a yoga class, she once heard the phrase, "**One day it will be a root to rise,**" and it stayed with her. To her, it means you must root yourself in pride, in purpose, in integrity before you can rise. That philosophy guides everything she does.

When she opened her first location in Pleasantville nearly five years ago, she admits she had no idea what she was doing when it came to running a café. "I was fumbling through things, trying to find my way," she says. Family support, especially from her husband, carried her through. Opening her Larchmont location was smoother, backed by experience and confidence. Today, she also operates a wholesale kitchen in Tarrytown, preparing meals for schools, churches, and local cafés.

Her customer base is made up of people actively seeking clean, healthier options: no seed oils, only pure olive oil, organic ingredients, fresh herbs, and balanced spices. "Eating three times a day should be healthy and clean," she says. "**Calories should be working for you – not you working for calories.**"

Her famous **Chai Ginger Tea** with oat milk has become a customer favorite, as has her **Chocolate Muffin** made with cocoa powder and buckwheat – and no eggs! The **Thai Crunch Salad** and **Chai Pudding**



shine in Spring, while her 5,000-year-old **Kichadi Soup** – rooted in Eastern medicine with fennel, mustard seeds, turmeric, and fiber-rich ingredients – remains a year-round staple known for its detoxifying properties.

She refuses to freeze her food, believing it disrupts the cellular structure. If soup runs out, it runs out. Everything is kept sealed until ordered to ensure peak freshness. Freshness matters that much.

Still, the journey hasn't been without challenges. At five feet tall, she says some people underestimated her. She felt judged and questioned whether she could truly deliver something meaningful. But that doubt fueled her. "It encouraged me to deliver something even stronger and more beautiful."

When she opened during COVID in 2019, there was uncertainty about whether the café would survive. Instead, the community showed up – masked, patient, and supportive. Five years later, many of those same customers still walk through her doors. Families with children who have autoimmune conditions or celiac disease are grateful for her clean, transparent ingredients.

Beyond food, she builds community through cooking classes and health panels. Cardiologists, dietitians, nurses, and chiropractors join her to discuss heart health, hormonal balance, inflammation, and the connection between chronic disease and diet. She creates space – especially for women – to pause and prioritize their health.



CHOCOLATE MUFFIN

"You don't get into the food industry to get rich," she says, especially when using organic ingredients. "You do it because you believe in something."

Today, she teaches students through programs like Koka Muse, helping them build better habits early. Her mission is simple but powerful: bring real, nourishing food into every home without pretense.

And in Pleasantville and Larchmont, she's doing exactly that – rooted deeply, rising beautifully, and carrying her community with her.

ROOT 2 RISE

1924 Palmer Ave, Larchmont, NY 10538 Phone: 914-341-1060 359 Manville Rd, Pleasantville, N Y 10570 Phone: 914-769-8460
info@root2riseNY.com root2riseNY.com @root2riseny

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AN INNOVATIVE KNEE SURGERY GOT SOPHIA OUT OF A BRACE AND BACK ON THE COURT. THAT'S EXCEPTIONAL.

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