



WESTCHESTER
WOMEN
MAGAZINE

SUMMER 2026



graffiti art at home



2026 summer dining guide



Celebrating America 250



WESTCHESTER
WOMEN
MAGAZINE

SUMMER 2026

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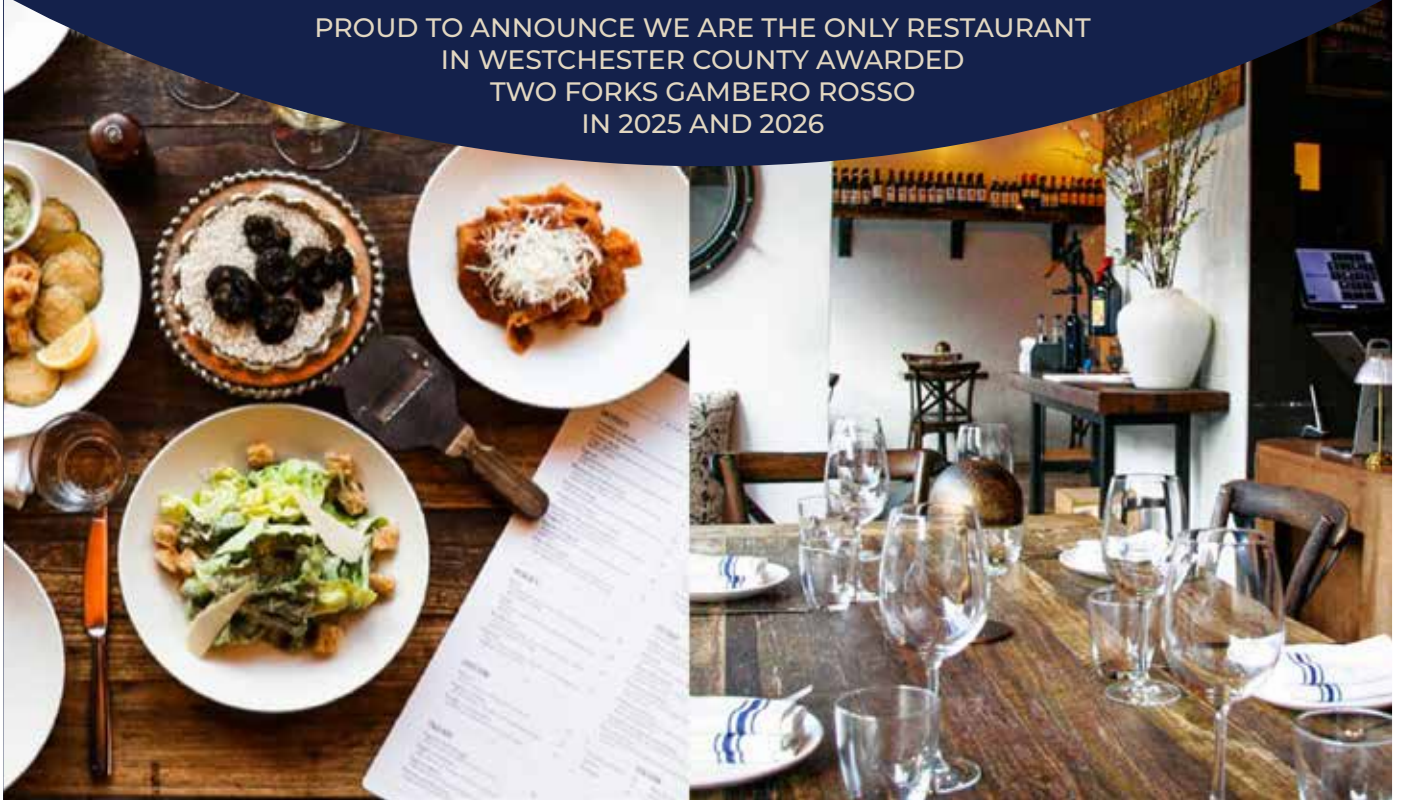
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THE 2026
Summer
 DINING GUIDE

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Basilico is an Italian and Mediterranean restaurant offering refined Italian cuisine with European-inspired flavors. The menu features



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RESERVATIONS
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daily pasta, meat, and seafood specials crafted with fresh ingredients. On week-ends, guests can enjoy a classic brunch menu alongside regular dinner offerings and chef's daily specials. Basilico is also available for small private gatherings and celebrations. Basilico is located in Pelham at 142 Fifth Avenue. Open Mon-Fri: Noon-10 PM and Sat-Sun: 11 AM-10 PM. (914) 740-5900 basilicopelham.com

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THAI COOKERY STREET FOOD

Thai Cookery Street Food NY, located in the heart of Larchmont, brings authentic Thai street-style cooking to Westchester. Inspired by the busy food markets



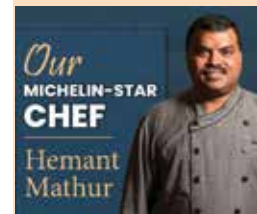
of Bangkok, every dish is made fresh to order with bold spices, fresh herbs, and traditional recipes. Led by a seasoned Thai chef, the restaurant's team comprises experienced individuals who have joined forces to bring the vibrant essence of Thai street food directly to your table. Together, they offer an unforgettable dining experience that captures the spirit and zest of Thailand's food scene. Thai Cookery Street Food is open Tuesday through Sunday, and closed on Mondays. Visit thaicookerynewyork.com to check their daily hours, make reservations, order online or inquire about catering.

KUTIR

Kutir, which means "cottage" in Hindi, captures the essence of Indian cuisine with its simple warmth and comfort. Led by **Michelin-star Chef Hemant Mathur**, **Kutir** delivers a perfect blend



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ashu@kutirny.com
hemant@kutirny.com
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Opening Times
Sunday to Thursday
12:00 PM - 3:00 PM (Lunch)
5:00 PM - 9:30 PM (Dinner)
Friday & Saturday
12:00 PM - 3:00 PM (Lunch)
5:00 PM - 10:00 PM (Dinner)

THE 2026 Summer DINING GUIDE

Kutir continued from page 7

of authentic Indian flavors and modern techniques to the dynamic community of Mamaroneck, Westchester — a neighborhood chosen for its lively energy and rising enthusiasm for global food. Chef Mathur, the first Indian chef in the U.S. to earn a Michelin star at both NYC restaurants—Devi and Tulsi, brings decades of experience to Kutir. He is well-known for his talent in tandoor cooking, and he crafts meals that pay homage to India's culinary heritage while adding his own twist to each plate. Visit kutirny.com to learn more and make a reservation.



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LUCIA'S SCARSDALE

Experience the heart of Italy through delicious dishes and a warm ambiance at



Lucia's in Scarsdale. This Sicilian restaurant serves authentic Italian cuisine, handcrafted cocktails and curated wine. The team at Lucia's believes in the art of seasonal Italian cooking. Their dishes are crafted with fresh, locally-sourced ingredients that celebrate

the rich flavors of Italy. The restaurant, located at 2 Garth Rd. in Scarsdale, is open daily for lunch and dinner and offers indoor and outdoor dining. It is also available for private parties. Visit luciascarsdale.com to make your reservations!

SOUND SEAFOOD MARKET & SUSHI

This summer, discover why locals are flocking to **Sound Seafood Market & Sushi** in **Mamaroneck** for the freshest seafood around. Founded by husband-and-wife team Becky Lusk and Wayne Ivines, Sound Seafood combines generations of seafood expertise with a true passion for community and quality. Guests can enjoy indoor



or outdoor seating on Boston Post Road while savoring fresh seafood prepared daily by experienced chefs.

From beautifully crafted **sushi rolls** and **fresh poke bowls** to **lobster rolls**, **hot seafood favorites**, and **family-style dinners**, Sound Seafood **offers something for everyone**. Whether you're grabbing a quick lunch, planning a beach day picnic, or ordering catering for a summer gathering, their personalized service and coastal-inspired menu

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make every visit memorable. With **free local delivery**, convenient online ordering, and a warm neighborhood feel, Sound Seafood Market & Sushi is quickly becoming one of Mamaroneck's must-visit dining destinations this summer.

FLEETWOOD BAKERY SHOP

For nearly three decades, **Fleetwood Bakery Shop** has been a beloved Westchester destination for beautifully



crafted cakes, authentic Italian pastries, and unforgettable sweet treats. Family owned and operated by Josephine Gillo and Family: Joseph Filomena, and Enzo Cutaia, Fleetwood has built its reputation on quality, tradition, and warm hospitality. From elegant wedding cakes and custom celebration creations to freshly baked cookies, pastries, cannoli, and their famous lobster tails, every item is made with care using high-quality ingredients and real butter.

Since opening in 1997, Fleetwood Bakery has remained a community favorite in **Mount Vernon** and in 2024 expanded with a second location in **Pleasantville**. Whether you are celebrating a milestone occasion or simply stopping in for dessert, Fleetwood Bakery continues to deliver **timeless flavors, stunning presentations**, and the **feeling of family** with every bite.

ORA WESTCHESTER

ORA Westchester invites guests to experience a sophisticated blend of modern luxury and **timeless dining**. Known for its elevated Italian-inspired cuisine, premium steaks, fresh seafood, and vibrant atmosphere, ORA delivers an **unforgettable experience** from the moment you arrive. Sleek interiors, impeccable service, and beautifully crafted dishes create the perfect setting for romantic evenings, upscale celebrations, business dinners, cocktails at the bar, and **redefining stylish**



nights out. From indulgent seafood towers and expertly prepared Tomahawk steaks to handcrafted cocktails and luxurious pasta selections, every detail at ORA is designed to impress! For your next special occasion, ORA's elegant private dining spaces offer a chic and intimate backdrop for gatherings both personal and professional.

ORA Westchester captures the energy of modern dining with a polished, upscale feel that keeps guests coming back. Discover why everyone is talking about **ORA Westchester** this summer and why guests keep coming back! **Reservations highly recommended.**

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FLEETWOOD BAKERY

Westchester's Sweetest Tradition

FAMILY OWNED & OPERATED SINCE 1997

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Summer

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BARTOW-PELL MANSION MUSEUM & GARDENS



Bartow-Pell Mansion Museum & Gardens is lighting up the night to celebrate our country's 250th anniversary with its **Star Spangled Celebration on June 13**. On Oct. 18, 1776, the patriots won the pivotal Battle of Pelham fought near the site then owned by the Pells, a family divided by the revolution. The Bartow family built the historic mansion in the 1840s, the setting of the "not-to-be-missed party" begin-

ning with patriotic-themed cocktails and hors d'oeuvres, followed by a three-course American gourmet dinner in an elegant tent set in the mansion's Delano & Aldrich formal gardens overlooking Pelham Bay. Instrumental groups playing live American music through the decades will delight the attendees, with dancing under the stars. Bronx Borough President Vanessa L. Gibson and former NYC Parks Commissioner Adrian Benepe, who embody the American spirit of exemplary public service, will be honored. Join them in celebrating the USA's Semiquincentennial. Visit www.bpmm.org for details.

tions of Cajun home cooking, Hook & Reel combines fresh seafood, vibrant spices, and signature sauces that keep guests coming back for more.

From expertly prepared seafood boils overflowing with shrimp, crab, lobster, and clams to crispy Po' Boys served on golden baguettes, every dish is packed with flavor and cooked to perfection. Guests can also enjoy comforting homestyle sides and refreshing signature drinks crafted to complement the restaurant's famous Cajun-inspired menu.

More than just a meal, Hook & Reel is about **gathering around the table, sharing laughs, rolling up your sleeves, and enjoying great company** in a lively atmosphere. Whether you are a seafood lover or trying a Cajun boil for the first time, Hook & Reel Yonkers delivers an unforgettable dining experience.

HOOK & REEL CAJUN SEAFOOD AND BAR

Bringing the energy and flavor of a true Southern seafood boil to Westchester, **Hook & Reel Yonkers** delivers a fun, hands-on dining experience perfect for family dinners, celebrations, and nights out with friends. Inspired by the bold tradi-



AUGIE'S

Welcome to **Augie's**, where authentic Italian cuisine meets the warmth of family-style dining. Nestled in the heart of Larchmont at **94 Chatsworth Avenue**, Augie's is known for generous portions, timeless Italian favorites, and recipes lovingly passed down through generations. Whether you're joining us for a casual dinner, a family gathering, or a special celebration, every visit is meant to feel like Sunday dinner at Nonna's table — warm, welcoming, and unforgettable. **Must Try Our Augie's Famous "Kitchen Sink"**



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Outdoor Dining

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APERITÌ

Aperiti, a beautiful, new trattoria-style restaurant in the heart of **Scarsdale**, is a tribute to the authentic flavors of Italy. The team at Aperiti believes that true Italian cuisine can only be achieved by using the finest ingredients directly from the source. With that belief, they forged re-



lationships with farmers and artisans across Italy. Every item on the menu carries a piece of Italy with it. The restaurant features delicious dishes including a variety of pizzas, pastas, salads and entrees, and the same love and commitment to the finest food and service from the Alaia family. Aperiti is located at 66 Garth Rd. in Scarsdale. Visit aperiti.com to check out their menu or order online and make your reservations on Open Table. Email alaiagroup2@gmail.com to inquire about booking a private party. **Instagram: @aperiti_osteria_pizzeria**

DOWN TO EARTH FARMERS MARKETS



The pinnacle of summer dining can be achieved with just a sun-ripened tomato picked right when it's ready to eat and bursting with juice and flavor. If that's your idea of perfection, then **you will want to locate your nearest farmers market** to find the best variety, from slicing tomatoes for sandwiches to sweet baby tomatoes for snacking and heirloom varieties for striking salads. If you are looking for something more the farmers market is still the ideal destination for summer meal planning, whether you plan to cook for two, grill for a crowd, feed kids on the run or throw together something flavorful but easy on a hot day. Find the Westchester farmers market closest to you at downtoearthmarkets.com.

KALICO LOUNGE

Kalico Lounge honors beverage traditions from around the globe with different textures and colors coming together as one. Hidden in plain sight, Kalico was created in the spirit of the true speakeasy—intimate, transportive, and intentional-



ly exclusive. Our **cocktail program** is ambitious by nature, exploring modern mixology through globally inspired flavors, elevated technique, and thoughtful hospitality. Designed for guests who appreciate exceptional cocktails and refined nightlife, Kalico offers an experience that transcends Westchester and is sure to impress your city friends. In addition to **Thursday-Saturday cocktail service**, Kalico Lounge is also available for **intimate private events** hosting 40-50 guests. Reservations are the best way to guarantee entry. Walk-ins accommodated only as space allows.

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year-round
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Saturdays
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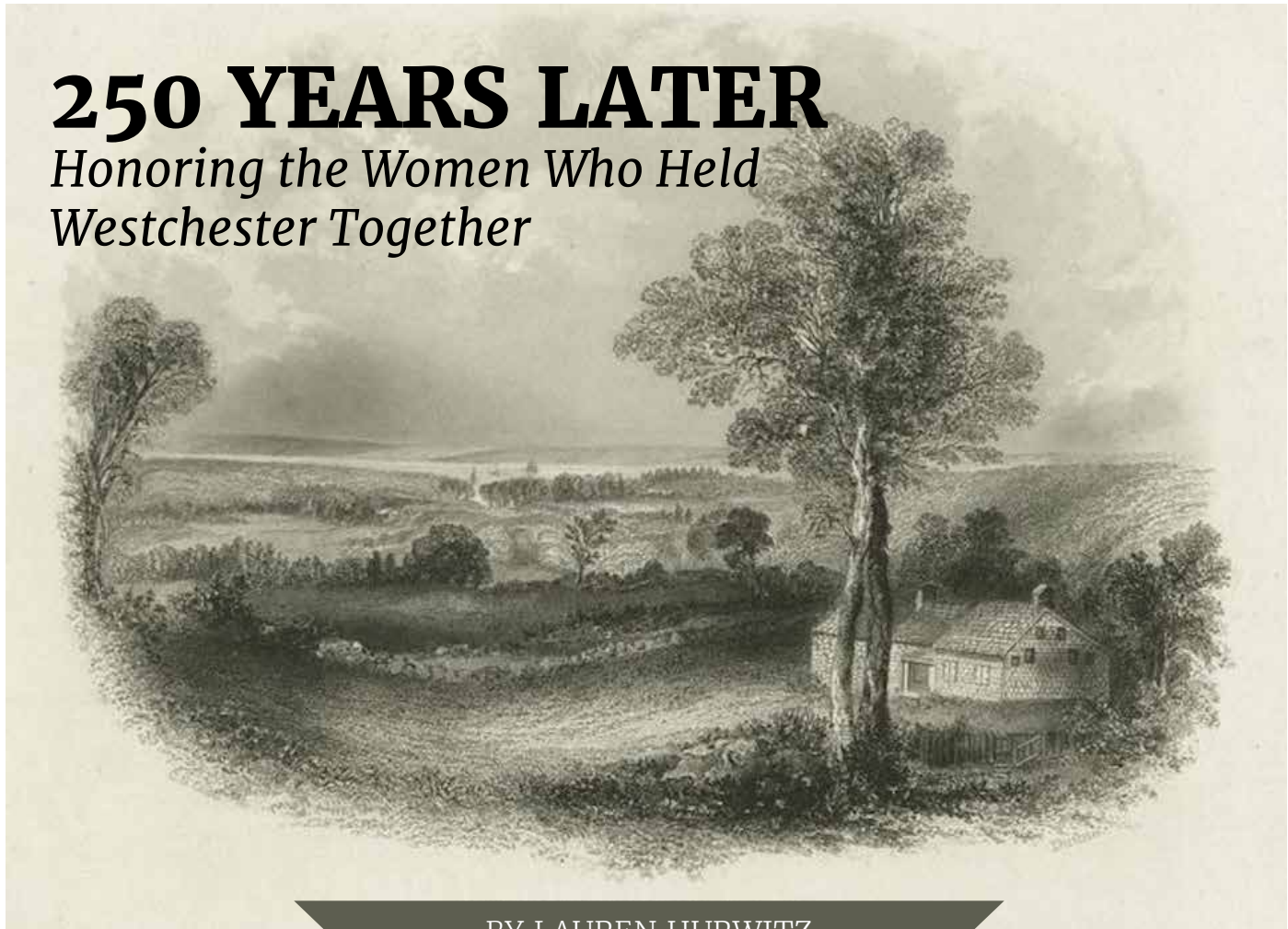
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250 YEARS LATER

Honoring the Women Who Held Westchester Together



BY LAUREN HURWITZ

As America approaches its 250th birthday, the real story of the Revolution starts closer to home and with the women history almost forgot. We find ourselves returning to the familiar stories – founding fathers, battlefield strategy, and the fight for independence. But here in Westchester, the story feels closer, more personal, and for a long time, largely untold.

“What we learned in school was very male-focused...it was about the battles,” says Barbara Davis, Executive Director of the Westchester County Historical Society and City Historian of New Rochelle. “Now, thanks to digitized records, we’re seeing a much fuller picture. And women were a huge part of it.”

That fuller picture reveals a region unlike anywhere else in the colonies. During the Revolutionary War, Westchester became known as the “Neutral Ground,” positioned between British-controlled New York City and Patriot territory to the north. In reality, there was nothing neutral about it.

For nearly seven years, the area existed in a state of constant instability, with armed bands – often referred to as Cowboys and Skinners – moving from farm to farm, stealing food, livestock, and anything of value. It was unpredictable, often violent, and deeply personal, with neighbors sometimes

finding themselves on opposing sides of the conflict.

As many men left to fight – some for the British, others for the Patriots – the responsibility of keeping life going fell squarely on the women who remained.

“They left to fight, sometimes for opposite sides,” Davis explains. “So who was holding everything together? The women.”

And they did far more than simply “hold it together.” Women took on the full weight of daily life, managing farms, raising large families, and protecting their homes under constant threat. In many cases, they were doing not only their own work, but also the work their husbands had left behind.

Stories like that of Susan Valentine of Yonkers offer a glimpse into just how much was demanded of them. When a group of armed men approached her home, she met them at the door, gripping an oversized oven shovel and warning that she would strike anyone who tried to enter. It was a moment of sheer resolve and one that, at least temporarily, kept her home safe.

Not every encounter ended that way. Women were robbed, threatened, and, at times, physically attacked, yet their resilience shows up again and again in the historical record.



MARY PHILIPSE MORRIS



SUSANNA PHILIPSE ROBINSON



What makes Westchester’s story even more complex is that there was no single “side” for many of these women. The county was deeply divided, with Loyalist and Patriot loyalties often splitting families and communities. Mary Philipse Morris, one of the wealthiest women in the colonies, was ultimately declared a traitor for her allegiance to the British, and her land was seized. Others, like Susanna Philipse Robinson, actively supported Loyalist forces, reinforcing how layered and personal these decisions were.

“The American experiment was incredibly improbable,” says Yonkers City historian, Mary Hoar. “At a time when women were expected to be quiet, obedient, and controlled, they stepped into roles no one had prepared them for.”

Those roles took many forms. Some women, like Margaret Odell, fought back physically to protect their families, even at great personal risk. Others, like Lorenda Holmes, became couriers, navigating dangerous territory to deliver messages and guide troops.

Even the routines of daily life carried political weight. Tea, for example, became both a symbol of resistance and a source of tension. While men could gather publicly and abstain together, women were often expected to manage those sacrifices quietly at home. In Westchester, however, some chose a different path.

In what became known as the Westchester Tea Parties, groups of women organized and confronted merchants who were hoarding tea, demanding fair access and refusing to be sidelined. Riding on horseback and acting collectively, they asserted themselves in ways that challenged both social expectations and wartime norms.

“These women were not passive,” Hoar notes. “They were engaged, determined, and willing to assert themselves – even when it wasn’t expected of them.”

Some women went even further, stepping directly into military roles. Deborah Sampson disguised herself as a man and enlisted in the Continental Army, serving in dangerous missions across the region, including Westchester. After being wounded in battle, she is believed to have treated her own injuries rather than risk revealing her identity.



DEBORAH SAMPSON

Others contributed in ways that were less visible but no less critical. In North White Plains, Ann Fisher Miller opened her home to General George Washington, allowing it to serve as a headquarters during the Battle of White Plains. After losing her husband in the war, she continued to manage the farm, care for her family, and nurse wounded soldiers, embodying the kind of

quiet strength that defined so many women of the time.

For centuries, these contributions were often treated as side notes, if they were acknowledged at all. Today, however, newly digitized records including firsthand accounts collected decades after the war are helping to bring these stories into clearer focus.

What emerges is a version of history that feels less distant and far more human.

Because the Revolutionary War was not only fought on battlefields. It unfolded in kitchens, barns, and along rural roads, in moments of uncertainty and fear, when survival depended on quick decisions and steady resolve.

And through all of it, life continued.

Farms endured. Families were sustained. Communities, though tested, found ways to rebuild.

As Westchester begins to commemorate America’s 250th anniversary with reenactments, exhibitions, and local programming, the opportunity is not just to celebrate history, but to reconsider it.

To recognize that the foundation of this country was not built solely by the figures whose names fill our textbooks, but also by those who remained behind, adapting to impossible circumstances and ensuring that there was something left when the war was over.

Here in Westchester, that story belongs, in large part, to the women who never left and who made sure everything else survived.



June 13, 2026

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Tickets and Info

Game On:

Reducing Your Risks on the Pickleball & Padel Courts



Pickleball and padel have seen a significant rise in popularity in recent years—and with good reason. In addition to being fast-paced and social, both sports offer a great cardio workout, improve agility, and keep you moving.

The right preparation can help you play stronger, longer—and avoid the injuries that could sideline you this spring and summer.

Tough on Your Feet

Both pickleball and padel demand quick reflexes and constant movement. Short sprints, sudden stops, and side-to-side motion put significant stress on your feet and ankles.

Common injuries include:

- Ankle sprains
- Achilles tendonitis
- Plantar fasciitis
- Stress injuries
- Toenail trauma

If the Shoe Fits

Court sports require stability in multiple directions – not just forward – so ditch your running shoes. Look for shoes that:

- Are labeled specifically for tennis, pickleball, or padel
- Provide strong lateral support
- Have reinforced upper materials for side-to-side movement and a lower-profile sole for better balance
- Have a firm heel counter (the stiff, supportive structure built into the back of a shoe that wraps around your heel)
- Feature durable outsoles for court surfaces

Here is a fit tip: Aim for a thumb-width of space in the toe box, a snug midfoot, and no heel slipping. Replace shoes when tread wears down or cushioning feels compressed.

Simple Ways to Prevent Injury

Taking a few simple precautions before you step on the court can help you both prevent overuse injuries and enjoy the game over time. Be sure to:

- Warm up with 5–10 minutes of light movement
- Stretch your calves and Achilles tendons
- Strengthen ankles with balance exercises
- Cross-train to reduce repetitive stress

Advantage: Preparation and Precaution

Pickleball and padel are excellent ways to stay active and preparing properly can help you avoid preventable injuries. I encourage all my patients to heed the warning signs – ongoing pain, swelling or instability in your foot or ankle – and see a podiatrist when they arise can also help reduce your time on the sidelines.



Dr. Michelle Castiello, MBA is a podiatrist at Scarsdale Medical Group/White Plains Hospital Physician Associates, seeing patients at 600 Mamaroneck Avenue in Harrison. To make an appointment, call 914-723-8100.



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FROM

street to statement

HOW GRAFFITI ART IS TRANSFORMING SPACES AND FINDING A HOME IN WESTCHESTER

BY LAUREN HURWITZ



Graffiti has long carried a certain edge, bringing to mind spray-painted subway cars, city walls, and late-night acts of rebellion. But that narrative is shifting. What once lived on the margins is now being welcomed into homes, businesses, and community spaces, reimagined as something deeply personal, expressive, and, increasingly, joyful.

In places like Westchester County, graffiti art is no longer about defiance. It is about connection, storytelling, and creating spaces that feel alive the moment you walk into them. For artists like Sara Joy, that shift is not just a trend. It is the foundation of her work and the reason her vibrant, graffiti-inspired pieces are resonating so strongly right now.

“I use art to make myself and everyone around me smile” says Sara Joy, an Ardsley-based artist whose work can be found everywhere from stylish children’s bedrooms to contemporary women’s boutiques filled with energy and color.

“That’s my purpose.”

Her perspective reflects a broader movement in the art world, where street art has steadily gained legitimacy and demand over the past decade. According to reports from Art Basel and UBS, urban and street art have become some of the fastest-growing segments of the global art market, with collectors and homeowners increasingly drawn to work that feels raw, immediate, and emotionally engaging rather than overly traditional.

Sara Joy’s work fits naturally within that evolution, but what makes it stand out is how seamlessly it translates graffiti’s boldness into everyday life. Her business is built around three core offerings: large-scale murals, custom paintings, and art workshops she calls “Art Parties”. Each one is designed not just to decorate a space, but to transform how it feels.

Her custom murals have appeared in places like The Lark, a women’s fitness studio, a pool club makeover in Northern Westchester, and large walls of newly renovated Westchester homes, bringing a sense of movement and whimsy that feels both spontaneous and thoughtfully composed. Her paintings take a more intimate approach, allowing her to collaborate closely with clients to create pieces that reflect personal stories, celebrate Jewish heritage, and add the impactful details that make a house feel like home.

“I love bringing someone’s vision to life,” she explains. “There’s always something meaningful behind it, whether it’s tied to a family story or just how they want to feel good in their space.”

That desire for meaning is part of why graffiti-inspired art is finding such a natural home in suburban communities. As design trends move away from mass-produced décor and toward more personal interiors, homeowners are looking for statement pieces that feel unique, expressive, and impossible to replicate.

For Sara, the path to this moment was not linear. Although she always knew she wanted to be an artist, something she once wrote in a childhood journal, her early career took her into fashion design, where she built a resort wear line featuring her original prints. The business found success, even landing in major retail spaces, but over time, the creative fulfillment she once felt began to fade.

“It was hard to admit this dream come true no longer served me,” she says. “I had to choose my mental health over my business.”

What followed was less of a pivot and more of a return. She reconnected with art not as a product, but as a practice. Spray paint became an unexpected outlet, offering a sense of freedom and immediacy that felt entirely different from her previous work.

"It helped me get out of my own head," she says. "There's something about it that's just so freeing."

That sense of freedom still defines her work today, even as it has grown into a full business with a waitlist for custom paintings that book out months in advance. Her background in surface pattern design is still visible in the structure of her work, while her use of graffiti techniques brings a more instinctive, organic quality to each piece.

Color plays a central role.

"Color can transform anyone's mood," she says. "It's a key component to my creativity."

That philosophy carries into her art parties, which have become a defining part of her practice. What might initially feel intimidating quickly becomes accessible, with participants discovering that they can create bold, visually striking pieces with a relatively short learning curve.

"There's a novelty to it," she explains. "Once you try it, you get hooked. It's just so much fun."

More importantly, the experience offers something many people are craving. It creates space to slow down, step away from constant stimulation, and reconnect with a creative process that feels tangible and grounding.

"As mothers especially, we're so overbooked and overstimulated," she says. "When you make art, you get out of your head and into your hands, and that's incredibly powerful."

That idea of art as both expression and release has become central to the growing appeal of graffiti as it moves beyond its traditional boundaries. What was once seen as disruptive is now being reinterpreted as energizing, accessible, and even therapeutic.

In Westchester, that shift feels particularly natural. Graffiti art becomes less about where it came from and more about what it creates, whether that is a bold statement wall, a meaningful custom piece, or a shared experience that brings people together.

For Sara Joy, it all comes back to giving yourself space to create, to think, and to be present.

"When you make art, it changes something in you," she says. "It's like another form of meditation."

And that may be the biggest shift of all. Graffiti is no longer defined by rebellion or boundaries, but by its ability to transform, to connect, and to bring a sense of joy into spaces that might otherwise feel a little too quiet.



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butter + brie

Brings French-American Charm to Pleasantville

BY LILIAN PEÑA

In the heart of Pleasantville, **Butter & Brie** has quickly become one of Westchester's most talked-about dining destinations. A warm, stylish gathering place where French and American cuisine come together in a way that feels both elevated and approachable.

At the center of it all is owner and operator **Danielle and Henri Nasto**, whose passion for hospitality, family, and community is woven into every detail of the restaurant. Alongside her husband, owner of **Le Provençal in Mamaroneck**, they envisioned creating a second concept that felt modern, relaxed, and welcoming while still carrying the soul of classic French dining.

"We wanted a place people could come to every week," Danielle shares. "Somewhere contemporary, comfortable, and full of energy."

That vision became Butter & Brie, a chic French-American café and restaurant where guests enjoy everything from leisurely brunches and cocktails to beautifully curated charcuterie boards and refined dinner plates. The atmosphere feels effortless yet polished, creating what Danielle lovingly describes as a "day-cation" experience.

Danielle's culinary roots come from years in fine dining and hospitality throughout Manhattan and Westchester. After managing restaurants and helping grow successful concepts, she and her husband knew they wanted to create something that reflected both classic French influence and the lighter, fresher flavors people crave today.

The menu perfectly captures that balance. French-inspired staples meet seasonal American creativity, with dishes that feel comforting without being overly heavy.



Guests have quickly fallen in love with favorites like the **Croque Monsieur** topped with a poached egg, the **Prime Hanger Steak** with house-made au poivre sauce, and the **Spring Green Tartine** layered with ricotta, asparagus, mint, and honey - alongside floral **B&B martinis** and **overflowing charcuterie boards** Danielle admits she could never live without. The **Heritage Bacon** appetizer has also become a standout favorite among guests. It is a thick-cut, locally sourced, and perfectly balanced between smoky, savory, and indulgent. Served with the elevated touch Butter & Brie has become known for, it's the kind of dish that instantly turns first-time visitors into regulars.

Freshness remains at the center of Danielle's philosophy. She speaks passionately about sourcing quality ingredients, from vibrant summer tomatoes and baby lettuces to local cheeses discovered through nearby farmers markets, including Letterbox Farm.

"The fresher the ingredients, the more they speak for themselves," Danielle says.

Beyond the food, what truly makes Butter & Brie special is the sense of connection inside its walls. Danielle says one of the biggest surprises has been the overwhelming support from the Pleasantville community – especially from fellow women business owners and local families who continue to champion the restaurant.

“There’s such a strong sense of community here,” she says. “Guests become friends, and friends become family.” That feeling is intentional. Danielle wants every guest, women gathering for brunch, couples enjoying cocktails, families sharing dinner, or friends lingering over charcuterie boards to feel like they belong the moment they walk through the doors.

Even behind the scenes, Butter & Brie is deeply personal. Danielle and her husband designed the entire restaurant themselves, creating a space that feels stylish yet inviting. While raising two daughters and recently completing her Master’s Degree in Biostatistics, Danielle somehow continues balancing entrepreneurship, hospitality, and motherhood with grace and determination.

Danielle credits much of her hospitality inspiration to renowned New York restaurateur Danny Meyer, whose philosophy on creating memorable guest experiences helped shape her own approach to restaurant culture. She often reflects on the importance of hospitality feeling genuine, personal, and relationship-driven – same values that are deeply felt throughout Butter & Brie.

And, if Butter & Brie were ever transformed into a movie scene? Danielle laughs that Jennifer Aniston would perfectly fit the vibe – relaxed, timeless, effortlessly cool, and enjoying a glass of wine while soaking in the ambiance.

What motivates Danielle the most, you ask? It is the moments guests walk out smiling, already planning their next visit. “There’s something really beautiful about creating experiences for people,” Danielle says. “When someone leaves happy and says they can’t wait to come back, you know you’ve done your job.”

In many ways, Butter & Brie represents the new wave of Westchester dining – sophisticated but welcoming, trendy yet heartfelt, rooted in French tradition while embracing modern American flavors. It’s not simply a restaurant. It’s a place where people gather, celebrate, connect, and create memories around the table.

This summer, Butter & Brie is your new favorite French-American restaurant!

Butter + Brie

68 Wheeler Ave., Pleasantville 914-449-6240
info@butternbrie.com www.butternbrie.com
IG: butterandbriewestchester





Beyond Vacations:

Discovering the World's Best Longevity Destinations

BY, BARBARA NICHUALS, BAYSIDE TRAVEL

Longevity travel is evolving from simple relaxation into a proactive, science backed endeavor designed to add “healthy years” to our lives. With women driving the trend, making over 80% of health decisions for their households, longevity vacations are now a large part of the wellness tourism market. "Blue Zones" and emerging wellness hubs that offer a blueprint for living well, plant-forward diets, and deep social connection are becoming increasingly popular. These are not places designed for quick fixes, but rather destinations where longevity is a byproduct of daily life. A traveler has many options to choose and destinations often specialize in either a medically focused or holistic focused experience.

For a more medically focused longevity experience travelers can look toward high-tech resorts. These properties provide high-end medical assessments, AI-powered diagnostics, and interventions like IV therapy and cellular rejuvenation. SHA Wellness Clinic in Spain & Mexico offers comprehensive "well-aging" programs that blend traditional medicine with modern cutting-edge diagnostics to slow cellular aging. Clinique La Prairie in Montreux, Switzerland offers specialized anti-aging treatments, including stem cell therapies and personalized health plans. Rosebar at Six Senses Ibiza, Spain includes a state-of-the-art longevity clinic featuring NAD+ drips, hyperbaric chambers, and red-light panels. While, One & Only Portonovi, Montenegro is home to Chenot Espace, which uses the "Chenot Method" to provide personalized, research-backed wellness programs, including medical screenings to analyze how lifestyle factors influence aging.

A holistic longevity resort is traditionally an immersive sanctuary blending ancient healing like Ayurveda, Yoga, and Traditional Chinese Medicine, with modern diagnostics to slow aging and enhance vitality. These resorts offer personalized, long-term wellness programs focusing on detoxification, stress management, and nutritious, natural cuisine in a serene setting. Ananda in the Himalayas focuses on Ayurveda, offering personalized detox and immunity-boosting programs designed to balance the body and mind over one to three weeks. Sensei Lanai, Lanai, Hawaii is a Four Seasons resort focused on preventative wellness, with personalized programs based on data from exercise physiologists and nutritionists. And, TIA Wellness Resort in Da Nang, Vietnam focuses on nervous system regulation and stress reduction.

The ultimate success of a longevity vacation is measured by the habits that continue afterward. Experts emphasize that these trips should be used to learn sustainable tools, such as specific nutritional guidelines, exercise routines, or stress-management techniques, that can be seamlessly integrated into daily life. By focusing on long-term health rather than a short-term escape, you can return from your vacations not just rested, but truly transformed, with a clear roadmap to a longer, more vibrant future.



To begin your adventure, call Bayside Travel at 914-833-8880 and visit www.luxurytravelservice.com

Why *Recovery Time* is the *New Luxury*

RAPID RECOVERY PROCEDURES

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

Patients are no longer planning their lives around surgery. They're asking how surgery can fit into their lives. In my practice, that shift shows up most clearly in conversations around facelifts, breast procedures and body contouring. Exceptional results are of course the focus, but recovery has become just as relevant.

As a double board-certified plastic surgeon, I've spent years refining not just the outcome of surgery, but the experience around it. I have had the privilege to work with a wide range of patients, including high-profile clients, and the concern about downtime is consistent. Patients want to look and feel better, but they don't want to take a lot of time off from their lives to do it.

What Actually Causes Downtime

Most people associate surgery with pain, swelling and time away from normal activity. What they are really experiencing is tissue trauma.

During surgery, the body responds to disruption. Removing excess skin, creating space for the breast implants, handling tissue, and controlling bleeding all contribute to inflammation. That inflammation is what leads to swelling, discomfort and limited movement after a procedure. The more controlled the surgery is, the less trauma the body experiences. And the less trauma there is, the easier recovery becomes.

Technique Changes the Experience

My **Rapid Recovery** techniques are built around minimizing that disruption. I use a mini-incision approach along with precise implant placement to reduce unnecessary trauma to the surrounding tissue.

This is not about doing less. It is about doing things more carefully. Controlled dissection, careful handling of tissue and accurate placement all play a role. When those elements are managed properly, there is less bleeding, inflammation and less stress on the body overall. That difference is what changes the patient's experience after surgery.

What 24-Hour Recovery Really Means

When patients hear "24-hour recovery," there is often confusion around what that actually looks like.

It does not mean there is no healing process, as the body is

still recovering. What it means is that most patients are able to return to normal daily activity much sooner than expected. They are moving more comfortably, experiencing less restriction and not feeling removed from their routines. Most of my patients are up, walking and resuming light daily activity within a day. That shift alone changes how surgery fits into their lives.

Less Trauma Matters

When tissue is handled carefully during surgery, the body has less to react to, which directly affects how a patient feels in the hours and days that follow. Swelling and bruising are reduced, and movement tends to come back more easily, not because recovery is eliminated, but because the body is not working against excess disruption. That early response carries through the entire healing process, allowing recovery to move in a more steady and predictable way while patients begin to feel like themselves again sooner.

A Shift in How Patients Think About Surgery

Mini facelifts, breast augmentation and liposuction are no longer viewed as something that requires stepping away from daily life, but something that can work within it. Patients are balancing careers, families, and full schedules, and they want to move through the process without feeling removed from all of it.

Recovery is no longer an afterthought. It is part of the decision.

The goal is not just to achieve a beautiful result. It is to do it in a way that allows patients to stay present in their lives while they get there.



If you are considering a cosmetic procedure, understanding both the result and the recovery is essential. Call 844-486-0005 or visit GreenbergCosmeticSurgery.com to schedule a consultation and learn what a rapid recovery plan can look like for you.

FLAVOR MEETS FUNCTION

How Busy Families Can Balance Time, Taste and Nutrition

(Feature Impact) In those precious few minutes between waking up and heading out the door or arriving home from school pick-up, the pantry is a common destination. Seeking a grab-and-go lunch, sending your student off with a bite of protein or searching for an afternoon snack can leave you scanning the shelves for a go-to solution.

With snackers increasingly mindful about what they put in their bodies, you're not alone if you're looking for a snacking shakeup – in fact, in a recent survey conducted by Bumble Bee Seafoods and FleishmanHillard's TRUE Global Intelligence, 50% of Americans agreed it's hard to find snacks that meet all their needs. According to the survey, people are looking for foods that offer:

- “Bang for their buck” (78%)
- Affordability (61%)
- Protein packed (51%)
- Meet specific dietary goals (48%)
- Easy to eat on the go (35%)

Among all factors, however, 70% said great taste is most important, proving flavor remains the single biggest driver of snacking decisions.

In response to demand for powerhouse snacks that do it all while tasting amazing, Bumble Bee Snackers easy-open, single-serve cans are shaking up snack time with a variety of bold flavors that are perfect for any time, place, budget or craving.

The various unique flavors can be eaten right from the can and are perfect for snacking occasions, from zesty Lemon Pepper to bold and savory Hickory Smoke, tastebud-tingling Sweet Heat, spicy Thai Chili and nostalgic Tuna Salad while traditionalists can opt for classic Chunk Light Tuna.

“Snacking has evolved,” said Dana Kowal, senior director brand marketing and corporate affairs at Bumble Bee Seafoods. “People want it all: bold flavor, real protein and grab-and-go simplicity – and they want it at a price that makes sense.”

The 3-ounce cans are premixed and can be enjoyed straight from the can, paired with crackers or veggies, or tossed in salads, sandwiches or wraps. To turn them into quick, family-friendly dinners or make-ahead lunches, consider these adorably colorful and crave-worthy Rainbow Tuna Bowls balanced with sweet mango, creamy avocado, crisp radish and spicy tuna.

For a perfect addition to your game day spread, these Bang Bang Tuna Sliders are spicy, creamy, crunchy and easier to make than they look with just a few ingredients and fun flavor. Tuna is topped with a layer of coleslaw and spicy mayo to solve those afternoon hunger pangs whether you're in the office or enjoying the comforts of home.

To find more snacking solutions that are packed with flavor while saving time and money, visit BumbleBee.com.



RAINBOW TUNA BOWLS

Servings: 2

- 2 cups cooked sushi rice
- 2 radishes, sliced
- 1 can Bumble Bee Snackers Sweet Heat Tuna
- 1 mango, cubed
- 3 tablespoons shelled edamame
- 1 avocado, sliced
- 1/4 cup shredded red cabbage
- 2 tablespoons thinly sliced scallion
- furikake, for serving
- Sriracha, for serving

In two shallow bowls, layer rice on bottom then evenly divide radish, tuna, mango, edamame, avocado, cabbage and scallion. Sprinkle with furikake and Sriracha.



Bang Bang Tuna Sliders

Servings: 2

- 8 ounces tri-color shredded cabbage (coleslaw mix)
- 2 tablespoons fresh lime juice (1 lime)
- 2 tablespoons olive oil
- 1/2 teaspoon sea salt
- 1/4 cup mayo
- 2 tablespoons sweet Thai chili sauce
- 1 can Bumble Bee Snackers Thai Chili Tuna, included whole chili minced and reserved
- 4 slider buns

In small bowl, mix cabbage, lime juice, oil and salt.

In another small bowl, mix mayo, chili sauce and minced chili from tuna can.

On bottom of each bun, evenly divide layer of coleslaw followed by tuna. Drizzle sauce over top, to taste. Cap with top bun and serve.

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