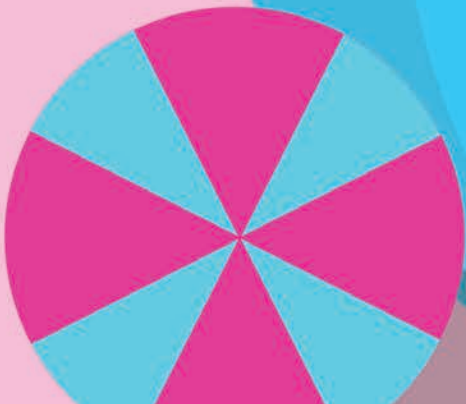
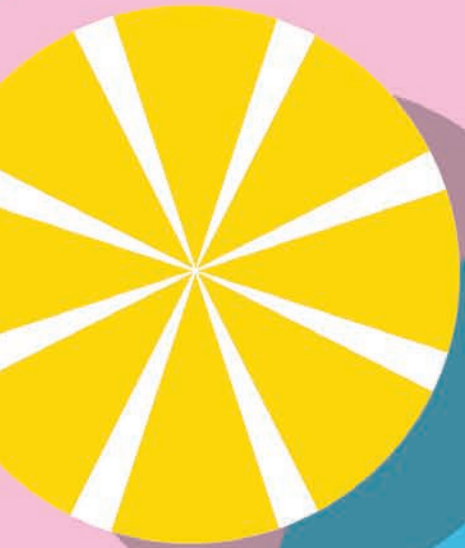


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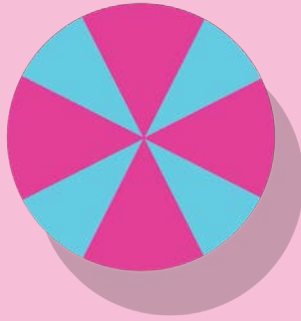
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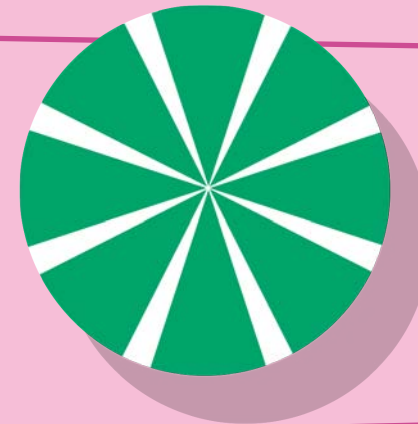
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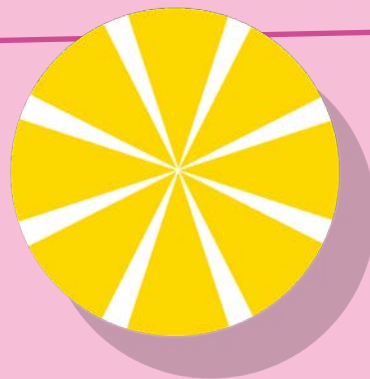
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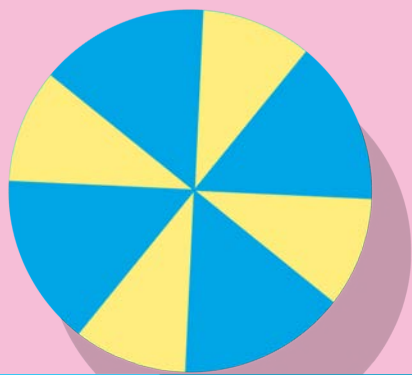
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WHAT WE'RE FEELING CONNECTED TO: COMMUNITY

When we began our website at the beginning of the pandemic, our goal was to keep our small community connected. When we decided to transform that website into a bi-monthly print magazine, we had the same goal, but with a larger community.

What we didn't expect was how connected we would feel to the community after our inaugural issue launched.

Over the past two months, we've been overwhelmed by your incredible responses. We've treasured every email, text, DM and phone call from good friends, acquaintances and new-to-us neighbors. We're still a little shocked when people actually stop us on the street or at our kids' schools to share how much they loved our magazine (our apologies, we're still new at this...in time, we'll likely demand your praise). But perhaps our favorite new connections are the emails that have come from your friends and family who came to visit and didn't have time to finish reading our magazine. We've now mailed so many copies that we've asked the post office for a frequent shopper punch card (the tenth one should be free)! Our extraordinary community is growing so quickly, and we're incredibly grateful.

Even more humbling are the numerous professional writers, artists and photographers who have reached out to us with heartfelt congratulations. And almost every one of them has asked us how they can get involved. We're genuinely excited to build a talented community of contributors and share

them with all of you.

And let's not forget the kids – they're an integral part of our towns and why most of us moved to this area. Two of Justin's young neighbors were so inspired by our work that they made their own magazine and dropped it off in his mailbox! Fox Lane, John Jay and North Salem high school students have eagerly joined our new community – we've been blessed with some wonderful interns recently. Plus, dozens of talented teen artists participated in our first contest with Caramoor. Picking a winner wasn't easy, but it had to be done (see our inside back cover for the winning piece).

We've also been very fortunate these past two months to connect with and learn about a number of incredible communities in our area. For example, Ava Fleisher brought us the encouraging story about the Community Center of Northern Westchester's Community Studio (page 24) – a place where everyone – the volunteers, employees and clients – benefit because they're learning and growing together. In our heartening story about The Leatherman (page 38), written by Mason Vitiello, we learned how numerous local communities fed, clothed and supported a kind, silent homeless man who regularly traveled throughout Westchester and Connecticut during the mid to late 1800s.

For this issue, Gia had the pleasure of interviewing Jacob Feldman (page 30), a rising senior at Fox Lane High School who serves on the advisory board for Northern Westchester

Hospital's President's Junior Leadership Council. This select group of high school students have spent the past two years creating and implementing their Cultivate Community program, designed to help local teens establish social bonds in their communities. And a few weeks before we went to print, we visited The Blazer (page 48) together, spending several hours with sisters Alice and Colleen, learning about the incredible community they've lovingly built where their customers have become part of their family. The sisters call their regulars when a favorite dish is on the menu, join their celebrations and even give them a call when they haven't been in recently – just to make sure everything is okay.

We've also participated in several community events these past two months. We joined our neighbors at Katonah's 125th Anniversary celebration, parading through town with our vibrant dollhouse while dancing to our custom-themed playlist featuring songs from artists like Ray Charles, Bon Jovi, AC/DC and 311 (head

to our website for a list of songs). We've had a table at Bedford 2030's Earth Day, Pound Ridge's Proud Day and Caramoor's American Roots Music Festival. There, we've connected with so many of you who stopped by, getting to know you and even interviewing several people for our newest website section called Got A Sec? Plus, our launch party at the Katonah Museum of Art (page 50), gave us the opportunity to thank all the extraordinary people in our community who helped make our inaugural issue possible.

As we continue to build our community and tell your stories, we hope you'll stay connected to us. We enjoy your emails and messages, are happy to chat with you on the street or at the pool, and want to get to know you at community events. We appreciate you and your support.

It's been an honor to create this second issue for you. We hope you enjoy it.

OUR DEEPEST GRATITUDE


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JUSTIN NEGARD
CREATIVE DIRECTOR



KATONAH CONNECT

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Front cover: “Summer” digital illustration by Justin Negard.

Back cover: “Minos” by Oscar Andrew Hammerstein.

(On the left, “False Regret” by Oscar Andrew Hammerstein.)

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WATCH A DAY
WITH THE INTERNS



TAILI WU NATALYA KHOROVER



Taili Wu is a stop-motion artist and animal detector with a passion for playful things & crunchy cookies. Growing up on farmland in Taiwan, she draws inspiration from animals, daily objects and toys. “When Katonah Connect asked me to illustrate the article about car safety on the road, I chose to infuse some humor into the topic, and I had a great time bringing Zen Sutherland’s advice to life,” she says. Taili is obsessed with making things by hand and spotting faces while taking walks. She loves creating work that sparks imagination and curiosity with a sense of humor. Taili also enjoys teaching workshops and is currently a faculty member at the School of Visual Arts.

Natalya is an artist who uses repurposed materials in her work, and she also helps other artists who struggle to understand how to use these materials to achieve their creative vision. The practice of reclaiming and repurposing materials has been part of her process for nearly 20 years. Natalya uses meditative hand stitching and mending of vintage linen, along with her industrial sewing machine, to stitch and collage layers of translucent single-use plastics which would otherwise contribute to litter pollution. Through her art, she transforms these discarded materials, making them completely unrecognizable. Photo by Chad David Kraus



HUNTER BROOKS MIRANDA SCHLOAT



Hunter Brooks is a recent graduate of John Jay High School in Cross River, NY. There are many reasons that he loves photography, not the least of which is its ability to convey emotion, mood, ideas, and messages – in other words, storytelling. When Hunter isn’t behind the lens, he can usually be found hitting the slopes or golf course (depending on the season) and playing with his boisterous chocolate Labrador. Hunter is best known for his can-do attitude, stolen pen collection and that one time he solved a Rubik’s cube.

Miranda Schloat is a student and photographer living in Goldens Bridge. She is a recent graduate from John Jay High School and will be attending Lynn University in Boca Raton, Florida in the fall. When she’s not taking photos, she is working with kids or kicking back on the shores of Hawaii with her family.



MASON VITIELLO GIL VAKNIN



Mason Vitiello lives in the Hudson Valley and is a rising senior at Warwick High School. He began as an intern for Katonah Connect in April and enjoys writing about history, music, psychology, technology and the arts. For this issue, Mason wrote about The Leatherman. “This singular man captured the hearts and imaginations of an entire region during a time when the homeless were often feared,” he says. “It was fascinating to dive into this legendary tale.” In his free time, Mason enjoys playing guitar and bass with friends and reading as much as he can. He’s excited to continue working and learning with Katonah Connect.

Gil Vaknin is Katonah-based freelance photographer whose big break came 22 years ago when his photo of Britney Spears was featured on the cover of a small teen magazine. Since then, Gil has worked for a variety of ad agencies, non-profits, media companies and private clients. “Whatever the subject, forme, it’s all about making the people feel comfortable and involving them in the process. The camera may be my tool, but collaborating with people is how great images are made.” For this issue, Gil photographed Katonah Connect’s launch party. “That shoot will undoubtedly be the highlight of my career – the founders are truly stars. Sorry, Britney.”



AVERY GAMEIRO



Avery Gameiro, a 14-year-old rising sophomore at North Salem High School, is the winner of the Katonah Connect/Caramoor Poster Design Contest for Caramoor’s 2022 Jazz Festival. Her winning design is featured on the inside back cover of this issue as well as on posters around town. Avery has been involved with her school’s Media Arts program for two years and has worked with an array of design programs, including Photoshop and Illustrator. Outside of graphic design, she also enjoys creative writing and film. She has hopes of being a screenwriter in the future.

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Wild Fig for

SHE'S THERE FOR THE SMALL MOMENTS AND THE BIG, THE HAPPY AND THE SAD, AND SHE LOVES IT ALL.

A beautiful floral arrangement can be a luxurious treat or a regular habit, but it's not typically your full-time job. Yet for Nichole Wilder, owner of Wild Fig in Katonah, becoming a florist was part of her long-term vision to own a

business that fueled her creativity – she'd planned it since college. While we're admittedly impressed by her advanced planning skills, we were more curious about the ins and outs of running a flower shop in a small town. So, we sat down with Wilder to learn how she got started, what she loves about her job, and, of course, her favorite flower.

Walk into Wild Fig on Katonah Avenue, and you're instantly transported to a floral paradise – there are large white buckets filled with fresh flowers, colorful floral bouquets perfectly arranged in a variety of elegant or rustic vases, dried arrangements lining the shelves to the right and a subtle pleasant aroma. The colors, the fragrance and the sheer number of possibilities can make even the self-proclaimed uncreative among us feel like a kid in a candy store, especially at the flower bar where you can actually “go wild” selecting as many flowers as you'd like to build your own unique

arrangement. But if you're in a rush or one of those people who prefers to let the pros handle it, you can purchase one of owner Nicole Wilder's pre-made bouquets that seem like she just stepped out back to pick a handful of flowers from her garden and effortlessly arranged them in a beautiful vase.

“When I decided to take on a retail space, I knew I wanted to create something that would be an experience, not just a flower store,” Wilder explains. “I wanted everything out on display, similar to European flower shops, so customers could really experience and appreciate the flowers, instead of everything being tucked away in coolers. There's something about walking into a place and feeling inspired by the flowers out on display. Whether it's the texture, the color or the smell, it arouses your senses and encourages creativity.”

Motivated by her travels, Wilder often dreamed of opening a shop just like the ones she adored abroad. And when that

BY GIA MILLER
PHOTOGRAPHY BY JUSTIN NEGARD



opportunity finally arrived, she grabbed it, designing a store that highlights her signature garden-inspired style. “It’s that look and feel like you just foraged in your garden and put a bunch of flowers together,” she describes. “My arrangements mimic nature, with lots of depth, dimension and texture – not everything is one height.”

It’s clear Wilder was made for this, so it may surprise you that her previous career was in the buttoned-up world of financial research.

FROM FINANCE TO FLOWERS

After Wilder graduated college with a business degree, she spent ten years at an institutional research company, selling fundamental research to hedge funds and mutual funds. Creating floral arrangements was something she simply did on the side for friends and family. But fueled by her passion and encouragement from others, she decided to turn her hobby into a career and enrolled in courses at New York Flower School.

“I started at the beginner level – there were a lot of basics I wasn’t aware of,” she explains. “It was a great place to learn.”

With a certificate under her belt, Wilder got to work. Within six to eight months, she opened her first retail space in a small alcove of the eclectic boutique Ebba on Katonah Avenue. It was 2019, just before the pandemic, and one year later she moved to her current location – a larger space just a few doors down at 85 Katonah Avenue.

The new space includes a sink, potting area, on-site storage and additional retail space so she can offer and display more products. Plus, it gave her the opportunity to add floral elements to the exterior of the building, which completed her vision.

THE GOOD, THE BAD AND THE SURPRISING

Wilder loves almost every aspect of her job. “There are so many wonderfully satisfying parts of what I do

– whether it’s being creative daily or a part of people’s lives,” she says. “With flowers, I’m there for the happy moments and sad moments. Plus, my work is an outlet for something beautiful – watching people pick flowers for others is probably one of the most beautiful things. Customers regularly come in because they’re thinking of someone, and it’s really wonderful to witness.”

The part she doesn’t love? The 1:00 a.m. cleanups during the busy holiday season. That’s the hard, exhausting part. “It’s probably the one thing I underestimated,” she says. “But you don’t really tend to know about those details until you start doing it.”

In fact, the overall physical demands of her business surprised her. She’s constantly on the move – emptying and filling buckets, moving boxes, making floral arrangements, fulfilling custom orders and reorganizing. Wilder and her staff wash and sterilize every bucket regularly, and the flowers with sappy, gooey stems are often refreshed twice a day. Plus, they store all flowers in the fridge overnight to increase longevity.

YOUR MOST PRESSING QUESTIONS, ANSWERED

What’s the number one question everyone asks Wilder? Her favorite flower, of course.

“I think that’s one of the hardest questions to answer,” she says. “I just love so many of them – all of them,

actually. And I love all colors. It’s easier to tell someone my favorite flower of the week, which depends on the variety in stock.”

The other question on people’s minds – what does everyone else do? Do they shop the flower bar or grab a pre-made arrangement?

“It’s almost 50-50, but more people probably buy the arrangements,” she says. “However, we do have a good amount of clientele who come in every week and grab their own stems to create arrangements at home.”

And finally, where does she buy her flowers? Whenever possible, Wilder says she buys locally through wholesale vendors. She also purchases directly from the Holland auction, especially during the winter months.

“I shop based on what looks beautiful, fresh and inspires me for the week,” she explains. “When I’m sourcing and stocking the shop, I prefer to offer a wide variety, often from the market in the city or from somewhere in the northeast. During the summer, I do my best to buy

directly from farms here in Bedford that have cutting gardens.”

We ended our chat by asking how we can prolong bouquets at home, and she replied with five useful tips:

1. Wash out your vase and add fresh water every other day.
2. If your flowers’ stems are sappy or gooey and quickly create mucky water, change the water daily.
3. When washing your vase, use a drop of bleach to kill any bacteria.
4. Trim the stems every time you change the water.
5. Place your flowers in the fridge overnight (in the vase, with water), especially if your house is very warm. [KC](#)

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CHECK OUT OUR
WILD FIG PROMO VIDEO



TIME FOR A ROAD TRIP

BY GIA MILLER
ARTWORK BY TAILI WU
PHOTOGRAPHY BY JUSTIN NEGARD



HERE'S HOW TO PREPARE YOUR VEHICLE FOR YOUR NEXT GREAT ADVENTURE

Master mechanics are rare – in fact, they're virtually non-existent these days. But right off Route 22 at 20 Spring Street in South Salem, you'll find Zen Sutherland, the master mechanic at Euro Car. His decades of experience makes him the one we trust for all vehicle-related things. So we asked Sutherland what we need to know before embarking on a summer road trip.

Taking a road trip this summer? Congratulations! You're doing the right thing. A road trip is far better for the environment, and it's a fun way to see part of our country. But hitting the road isn't as simple as booking a vacation rental and packing one too many bags – you also need to ensure everyone's safety. Here's what you need to know about your vehicle before you hit the road and while you're on the road.

CHOOSING THE RIGHT VEHICLE FOR THE TRIP

It seems counterintuitive, but if you have two vehicles at home that are roughly the same age with somewhat similar mileage, you should choose the one that's driven more regularly.

"Someone who drives two or three miles a day is more likely to have problems with their car than someone who drives 15 to 20 miles a day," says Zen Sutherland, master mechanic at Euro Car in South Salem. "That's because the oil doesn't get hot enough to burn off the condensation, causing it to become contaminated with water. This will create more rust on your brakes and exhaust."

Or consider renting a vehicle, especially if yours is a high-mileage older vehicle.

"If you're driving through several states, calculate the rental expenses versus the wear and tear on your own car," he advises. "Sometimes you'll find a weekend rental deal for \$150 with unlimited mileage. If that happens, take the brand-new rental car."



CHECK YOUR TIRES – SERIOUSLY, CHECK YOUR TIRES

Once you've selected the vehicle you'll use for your trip, check your tires for the following:

- Proper inflation
- Sufficient tread depth
- Age

(Note: According to Sutherland, tires that are eight or nine years old may have sufficient tread depth, but over time, ultraviolet light degrades the rubber, resulting in less flexibility and pliability.)

"There's no need to ask for trouble during a road trip," Sutherland cautions. "If you have poor, inadequate tires, it can cause an accident, especially if the road is wet. If you hit a rainstorm on a particularly slick highway and everyone comes to a stop, but you can't because of your tires, you'll rear end the car in front of you."

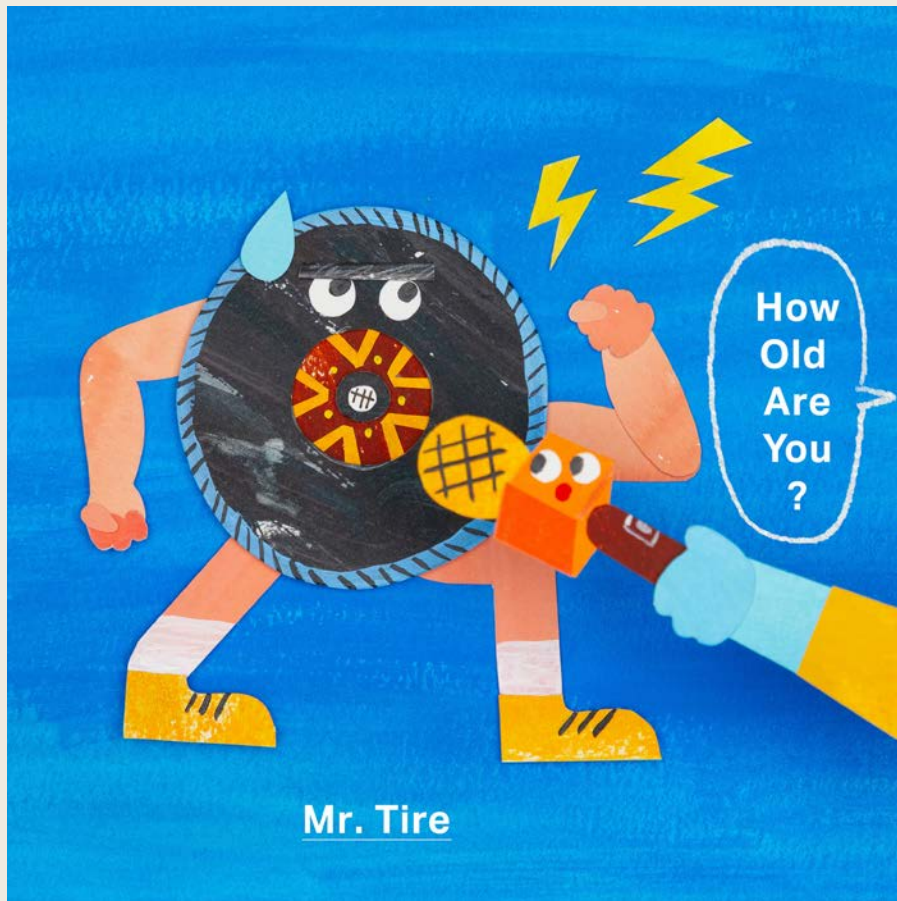
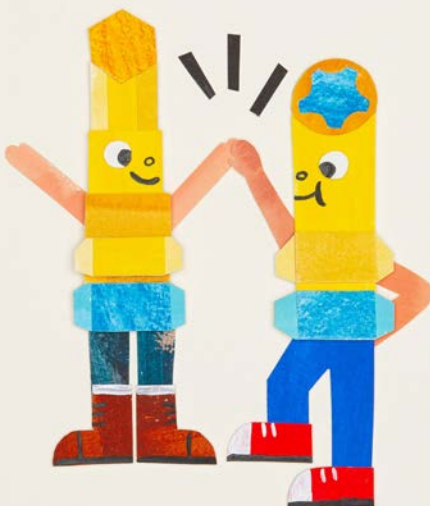
CONFIRM YOU HAVE THE UNLOCKING KEY FOR YOUR LUG NUTS

Unlocking key? Lug nuts? Let's explain.

You need to remove the lug nuts to replace your tire. But to prevent theft, many tires have one locked lug nut that requires a special key – it looks similar to a socket wrench and is typically stored with your spare tire equipment.

“If whoever worked on your car last forgot to put it back, and you need to change a flat tire on the road, you won't be able to do it,” Sutherland explains. “So always make sure you have it before a road trip.”

If one lug nut doesn't look notably different than the others, than the best way to know if your tires require an unlocking key is to call your dealer and ask if they installed it – most are installed by dealers, not factories.



HOW TO HANDLE THE “CHECK ENGINE” LIGHT

If it hasn't happened yet, it will one day – you're on a road trip and suddenly, your “check engine” light comes on. What do you do?

“When customers call me from far away, my suggestion is to find the nearest AutoZone, stop in and ask them to read the code so they can tell you the problem, then call me back,” Sutherland explains. “All repair shops should have a standard tool called OBD, which stands for On Board Diagnosis. It can plug into any vehicle and diagnose the issue. Typically, the reason will not stop you from driving – it may reduce your fuel economy or emissions, but very few will actually cause you to break down. However, the only way to know is to have someone

read the code. If your mechanic says it won't cause a breakdown, then you can continue driving safely.”

But, Sutherland cautions, as soon as you return home, have the issue fixed, even if it's a minor one.

“Don't become complacent about that warning light,” he advises. “Your check engine light won't get any brighter if a second problem occurs underneath the first one.”

THE TRUTH ABOUT SPARE TIRES

Spare tires are smaller and won't have the same amount of traction as a regular tire, so you need to take it easy – don't go too fast, especially in wet weather. But how long can you actually drive on your spare tire?

“They tell you not to go over 50 miles an hour or drive more than maybe 100 or 200 miles, but the reality is, I've seen people drive on them for weeks,” he says. “I'm not recommending you do that, but if a blowout happens on a Sunday and you're on your way to California, you can continue your journey for the rest of the day or a couple hundred miles. Then first thing Monday morning, find a tire store.”

THE BEST TOOLS TO KEEP IN YOUR CAR

Now, for perhaps the most important part – your tool kit.

“I once dated a girl who asked me what tools I keep in my car in case of a breakdown,” Sutherland remembers. “I told her I only keep one – the number of a tow truck. Today's cars are not likely fixable on the side of the road. If they stop running, there's a 99.9% chance you'll need a part. Plus, working on the side of the road is very dangerous – even changing a flat tire is dangerous. As a master mechanic, if my car breaks down, the only thing I would do is call a tow truck and get it off the highway.” Ready to go? Great! We're right behind you! **KC**



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**THINKING
OUTSIDE
THE**

CUBICURE

BY GIA MILLER
PHOTOGRAPHY BY JUSTIN NEGARD

It all started with a Hungarian architecture professor in 1974 named Erno Rubik – he named it the Magic Cube. Six years later, he licensed the cube to the U.S. toy company Ideal Toys, and they renamed it the Rubik’s Cube. These days, the Rubik’s Cube is basic – speed cubes are where it’s at. And the largest speed cubing retailer in North America just happens to be down county in Elmsford, in a generic office park. From the outside, it’s nothing to write home about, but once you step into their store/warehouse, you’ll be amazed, even if you’re not a cuber...yet.

When Phil Yu was a senior in high school, he and his friends decided they could finally relax. They’d sent in their college applications and believed studying and grades were no longer as important. So they decided to pick up a “random hobby that was fun, unique, quirky and frivolously competitive” – solving the Rubik’s Cube. It was fun.

“But I’m just extremely intense and competitive, so I kept doing it,” says Yu. “I started in 2008, and by the end of 2009, I was getting world class times. By 2010 or 2011, I was top 10 in the world. And in 2012, I peaked.”

By that time, Yu was studying music business at New York University, which he says is one of those degrees that “sounds great on great on paper, but in execution, it was actually quite terrible.” Once he realized his degree

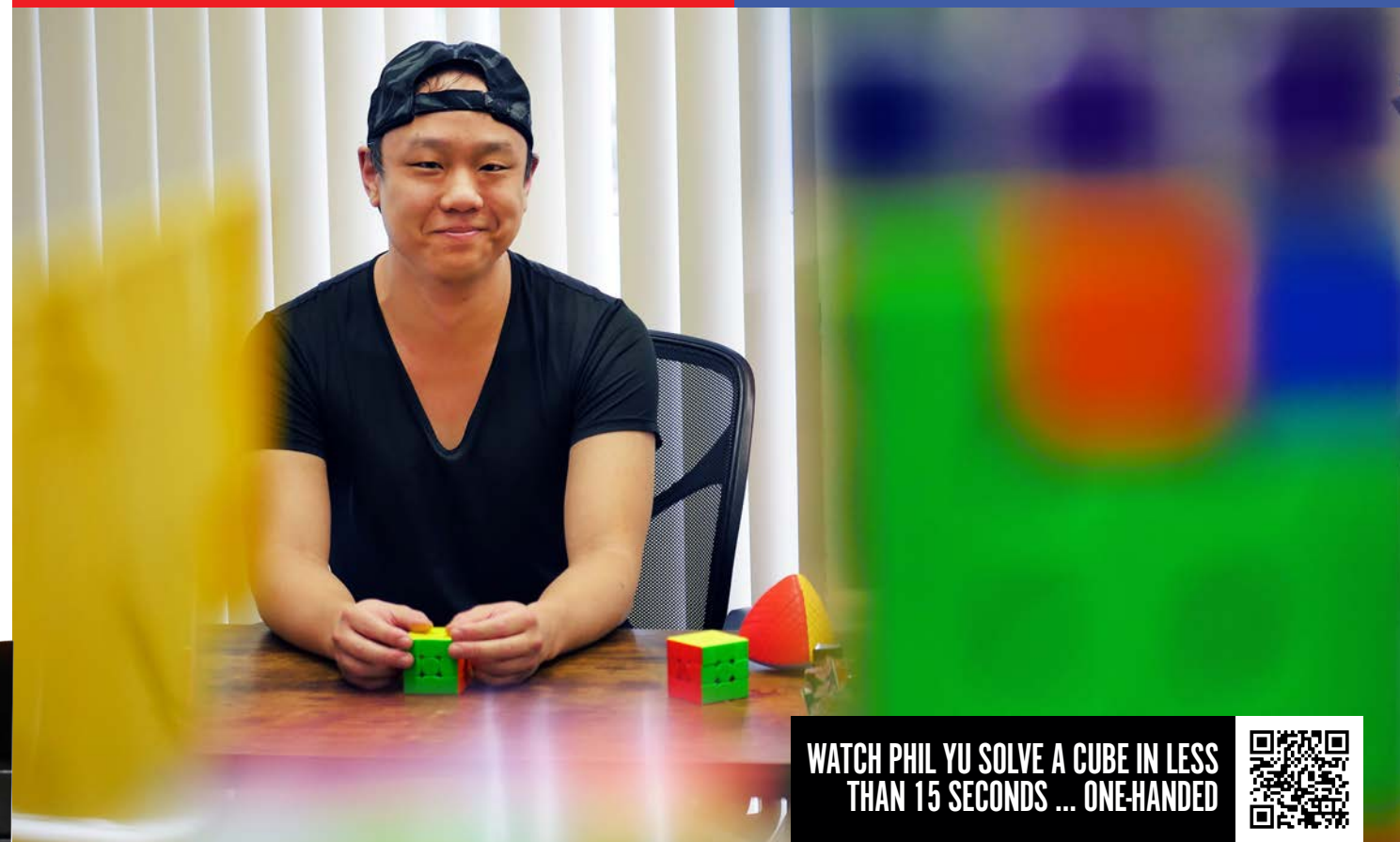
wouldn’t land him a career in the music industry, he decided to focus on becoming a world class cuber (while maintaining good grades, of course).

Two years later, Yu met James Chang in an Asian Studies class – Chang, like Yu, was constantly cubing under his desk. One thing led to the next, and they decided to start a cubing business together, figuring they had nothing to lose.

ONE BEDROOM, FOUR ROOMMATES AND LOTS OF CUBES

Chang and Yu used Yu’s celebrity status as a pro cuber to launch a website called The Cubicle. Yu’s dorm room served as their headquarters.

“It’s the same thing as a pro athlete launching a business in the sport they’re well known for,” he explains. “I was able to use my position to market our products, and the community felt our business was very relatable because I was one of them.”



WATCH PHIL YU SOLVE A CUBE IN LESS THAN 15 SECONDS ... ONE-HANDED

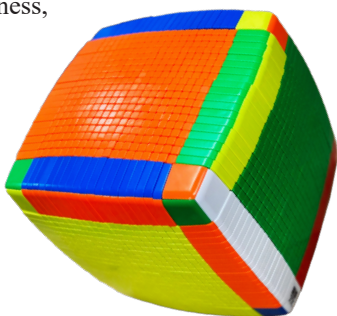
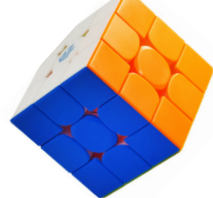


Their business model was simple – make speed cubes and other puzzles more accessible to Americans. While a 3x3 speed cube is typically the same size, shape and colors as a Rubik’s cube, a speed cube is designed for, well, speed. The pieces slide smoothly with just a gentle touch, making them much easier and faster to manipulate. They’re engineered for high performance and include numerous elasticity settings so users can adjust their cube to what feels right for them.

“Most, if not all, speed cubes are designed and produced in Asia,” Yu explains. “We decrease the barriers to access for these puzzles. Otherwise, you would need to order them from Asia, and who knows when they’re coming or if you’ll get what you ordered.”

The Cubicle was immediately successful, but because Yu and Chang chose to put all their earnings back into their business, they lived and worked in a one-bedroom apartment with two other roommates...and a lot of cubes.

“We tried to have some variety to give customers a reason to come to our site, but not so much that our inventory was scattered so wide that we couldn’t really stock it in a healthy manner,” Yu remembers. “So we had to be very careful with our resources because we were entirely self-funded and doing everything ourselves. We were writing the labels, putting them in giant sacks and hauling the sacks through the city to the post office.”



On the weekends, Yu headed home to New Jersey to teach violin, an instrument he’d played since he was a child, and music theory. He’d teach between 20-25 students over two days then return to school to attend class and run his business. After Yu graduated, he moved to Washington D.C. for law school while Chang finished undergrad.

GROWING THE BRAND AND THE COMMUNITY

As the business grew, Yu and Chang decided to move The Cubicle’s headquarters to a slightly larger space – Chang’s parents house in Mt. Kisco. After Yu earned his law degree in intellectual property, he had to make a choice: study for the bar exam or return to The Cubicle. He chose The Cubicle because “it was more fun.” When The Cubicle outgrew Chang’s parent’s house, they rented office space in Pleasantville and began to hire staff. But the set-up in Pleasantville wasn’t ideal, so in 2016, they moved to their current location in Elmsford.

The Cubicle is now the largest speed cubing retailer in North America, and people often consider The Cubicle the headquarters for cubing because they don’t only sell cubes – they’re actively involved in the cubing community. Yu’s dream is to help build the sport to a level where pro cubers can earn a living in the field. Currently, competitors can earn some prize money, but cubers make more through endorsements or creating content on YouTube. Some – those with multiple endorsement deals or popular channels – appear to make enough to support themselves.



“Our brand is extremely well known because we’re so involved with the growth of our sport,” Yu explains. “We’re very involved with the development of the community, advancements in cubing technology, and trying to progress speed cubing as a sport. We actually try harder than necessary to help, which causes us to be in the spotlight a lot.”

“We’ve even helped people copyright their ideas and make sure that they know what they’re getting into,” he says. “With our support, potential infringers are a lot more cautious – they know they’ll have to deal with me versus some kid that designed his own cube.”

As a sport, cubing has gradually gained popularity over the years. But thanks to the boredom of lockdown and the 2020 documentary “The Speed Cubers” (Yu assisted with production), the cubing world has welcomed a tremendous number of newcomers over the past several years.

IF YOU BUILD IT, THEY WILL COME

Today, The Cubicle sells “a couple thousand” products. There are cubes in a variety of sizes (2x2, 3x3, 4x4, etc.), pyramids and squares, twelve-sided puzzles and more. You can get a decent cube for under \$10 and the most expensive, which is a 21x21, sells for \$1,500.

The most popular cube at their store is the RS3 by Moyu, which costs \$8.99. “That cube is kind of a freak of nature,” says Yu. “For its price, it’s absurdly good. Because it’s relatively inexpensive, anybody who is interested can reasonably afford it, and it just has really good performance.”

If you enjoy the challenge of solving abstract or three-dimensional puzzles, but aren’t into speed cubing as a sport, there’s still a place for you in this community.

“Puzzles can mean any sort of twisty object, and they often attract collectors and people who like the challenge of solving a difficult puzzle. But some of these puzzles are quite expensive. A lot of the puzzle collectors are on the older side because they have more disposable income.”

Regardless of which type of person you are, if you’d like to visit The Cubicle and receive a 20% discount for shopping in-person, there is one important thing you should know: you must email them to make an appointment. **KC**

Special Thanks to Eli Doron for granting access to his incredible cube collection!



HOW TO SOLVE YOUR FIRST CUBE

STEP 1:

Tell yourself it’s difficult, but with practice, just about anybody can solve it.

“It’s a psychological thing,” says Yu. “Don’t think of the cube as impossible. If you have a defeatist attitude, it really hampers the learning process.”

STEP 2:

Find a tutorial on YouTube. The Cubicle’s “How to Solve the Rubik’s Cube: An Easy Tutorial” is one of the most popular, with over 31 million views.

STEP 3:

If you can’t do a move on an old-fashioned cube, don’t try it on a modern one. Speed cubes are flexible, but fragile. If you attempt to twist the corners to solve the cube, you might break it.

STEP 4:

Don’t expect to solve it in a certain amount of time. “Everyone processes the information differently,” Yu explains. “It’s not healthy to compare yourself to some standard that some random guy said. But most people, after they learn to solve it, can get it down to a couple of minutes by repeating whatever methods they learned. But getting faster than that requires some additional study.”





It was spring of 2016. Kay Koppl was at the John Jay Farm Market when she saw something out of the corner of her eye – a beautiful, handmade tote bag. She approached the two women holding the bag and asked if it was for sale. To her disappointment, it wasn't. Instead, the bag was designed to convince shoppers at the market to work with clients at the Community Center of Northern Westchester. But before she walked away, the women turned the tables and asked Koppl a question – one she'd never been asked before: "Do you sew?" When she responded "yes," they invited

her to join their community sewing classes on Fridays at the Center.

Koppl, recently retired from her long-time job in corporate America, had the amazingly unforeseen opportunity to turn a simple hobby into something much bigger. Bigger than her, and bigger than all of us.

Six years later, Koppl still volunteers for the Center, but there have been a few changes. The biggest one? An entire studio devoted to teaching clients new skills that will hopefully equip

them with the resources to become entrepreneurs and support themselves.

The Community Studio opened its doors in September of 2021 and has experienced prosperity and success since the start.

HUMBLE BEGINNINGS

Celeste Potash, the Studio's program manager, says the idea for the Studio was brewing for years. But COVID-19, along with an extremely generous neighbor, gave them the opportunity to turn that idea into a tangible space, making an extraordinary impact on the lives of students and volunteers. Before the pandemic, clients took English, sewing, cooking and computer classes at the top of the Center's building on Bedford Road, but it wasn't always the most convenient place to hold a class. The space was only so big, so they would often reconfigure the space in order to properly teach the courses. Having to constantly move supplies and not having enough storage created an extra hassle.

The Studio is a major improvement. Potash and Koppl say it feels airy and open, especially compared to the previous location. There is room to store more supplies for the sewing and design program, and everything has a place. The space, which is deep, allows for the Studio to have a permanent class set-up in the back and a store in the front. Now, more classes are offered throughout the day, serving more clients.

"Our goal is to expand people's horizons," says Koppl, who has volunteered in nearly every area of the Center. Now, she focuses her efforts solely on the Studio, helping at the front desk and assisting with classes. Like the Center's food pantry and clothing boutique, volunteers are essential to keep the program running, and Koppl provides tremendous support to the Studio by donating her time. Since volunteering at the Studio, she feels her own connection to the community has really taken off. She

values the opportunity to connect with the array of individuals who seek assistance daily.

Arlete Chaves, a previous student and now teacher at the Studio (which is fairly common) immigrated from Brazil about twenty years ago. But recently, she was looking for new opportunities when she discovered the Studio. "I want people to know how much [the Studio] is really helping us."

At the Studio, there are approximately eight to ten students in each class, which is often taught by a bilingual instructor. Most classes are completely free of charge, except for the Occupational Safety and Health Administration (OSHA) construction classes, in which the small fee (ranging from \$100 to \$400) goes directly to supplies and highly qualified instructors. In sewing and design classes, once students, or "makers," have completed a project, they can sell it at the Studio, receiving 100 percent of the profit.

Here, the classes are heavily project-based – they aren't taught through books or videos, the makers are actually getting their hands dirty (well, not dirty...but you know what we mean), creating products they're proud of and developing skills that can put food on their tables. Because of their varying skills, the teachers must be able to multi-task and think strategically to fit the needs of all students.

Makers at the Studio will usually upcycle unique fabrics the Center receives through community donations. This could be anything from a printed quilt to an old pair of jeans or a cashmere sweater that's beyond its prime. This environmentally friendly and sustainable practice allows each project to be uniquely beautiful. Potash says their best seller in 2021 was fingerless gloves made from upcycled cashmere sweaters, perfect for the winter. You can also find summer items like bucket hats, tote bags, lightweight jackets and more in the storefront.

HOW TO SUPPORT THE COMMUNITY STUDIO

- ♥ The Studio would not be possible without the support of the community. Want to help? There are a number of ways to support The Community Center and Studio.
- ♥ Donate any old clothes or bedding, especially with unique patterns or fabrics, even if they have rips or minimal stains.
- ♥ Shop at the Community Shop thrift store on Katonah Ave.
- ♥ Become a volunteer at the Studio, just like Kay Koppl.
- ♥ Shop at the Studio's storefront to directly support neighbors in need.
- ♥ Directly donate to The Community Center of Northern Westchester at communitycenter.org/donate-funds.



EMPLOYMENT CHALLENGES

Potash explains it's no coincidence that most of their students are women. For them, employment outside of the home is not always as simple as it sounds, especially when they have young children who require childcare. Because of this, women are almost twice as likely as men to need food stamps at some point in their lives.

"The Studio is an incubator for entrepreneurship," Potash says. And when makers, especially women, can gain skills like sewing, which allow them to create their own products while working from home, they can become more self-sufficient.

But, there are classes with male students as well. In addition to their sewing program, the Studio offers computer and English classes – skills that help clients more easily pay bills, purchase food and find employment. The Studio also holds OSHA construction classes, providing clients with the necessary training to work high-paying jobs in cities like Manhattan, making it easier to support their families.



A TRUE COMMUNITY

Those involved with the Studio view it as a place for change, inspiration and an "exploding pool of knowledge." Students learn from teachers, while teachers and volunteers also learn from the students. "It doesn't matter your background, there are always aspects that help and inspire other volunteers and support clients," says Koppl.

At the Studio, there's a constant sense of growth in the air. It serves as an oasis for people of various backgrounds, denominations and ethnicities to learn from one another and find new opportunities. The students regularly express their gratitude for these life-changing opportunities. "They've helped us so much – to learn, to find a job," Chives explains. "It is amazing." **KC**



PROOF IN NUMBERS FROM SEPTEMBER TO DECEMBER OF 2021:



- ♥ 22 makers earned an income selling their products at the Studio.
- ♥ 27 unemployed adults gained new jobs with the help of the Studio.
- ♥ 65 adults participated in programs at the Studio.
- ♥ 495 handcrafted pieces were sold in the storefront. Makers earned a total of over \$9,000 from retail sales at the Studio.
- ♥ Numerous local businesses including Majestic Hudson, Sister Parish Design and Pound Ridge Organics have sold makers' products in their stores.

(According to the Community Center of Northern Westchester's 2021 annual report.)



T R A D I T I O N *i n t e r r u p t e d*

July 10 – September 25, 2022



Ramikon © Arwastar, Mending #34, 2018; Fabric, casarino sheets, 34 x 11 x 10 inches (35.6 x 27.9 x 25.4 cm), Courtesy of Patricia Swanson Gallery, San Francisco, CA.

HAWAII, INVISIBILITY & A TREE THAT GROWS ANYTHING

WRITING & PHOTOGRAPHY BY JUSTIN NEGARD

Meet eight-year-old Lucille Buchanan, who just completed third grade at Increase Miller Elementary. We spoke about everything from tiger sharks and snow forts to a tree that can grow anything!

KC: DID YOU LIKE ONLINE SCHOOL DURING COVID?
LB: Sort of. I got to be with my family a lot and didn't have to worry about being late to class.

KC: WHAT ARE YOUR FAVORITE FOODS?
LB: Spaghetti & meatballs, ice cream and chocolate bars.

KC: IF YOU COULD INVENT SOMETHING, WHAT WOULD IT DO?
LB: A tree that would grow anything! A horse, a puppy, someone that would do your homework - whatever! I've been trying to make it, but it doesn't work yet. I have the plans in the kitchen.

KC: WHAT DO YOU WANT TO BE WHEN YOU GROW UP?
LB: A doctor, a farmer and a horseback rider. I want to help people and give them horse riding lessons. I also want to build a hotel and let people stay in it for free.

KC: WHO DO YOU LOOK UP TO?
LB: Imagine Dragons! I like that band a lot. Plus, I've always wanted them to autograph something with me in it. Today, I got the first part of my wish because I get to be in your magazine!

KC: FAVORITE SEASON?
LB: Winter and summer. In the winter, we make snow forts and jump off our trampoline into them. In the summer, I like to pick dandelions.

KC: DO YOU HAVE ANY HOBBIES?
LB: Skateboarding, riding horses and playing basketball.

KC: WHERE WOULD YOU LIKE TO VISIT?
LB: Hawaii! I want to meet Bethany Hamilton. She's a girl who got her arm bit off by a tiger shark but still keeps surfing. I want to get her autograph!

KC: WHO'S THE CRAZIEST OR FUNNIEST PERSON YOU KNOW?
LB: Probably my friend Cassidy. Everytime we have lunch together, she switches our lunches. Then when I tell her she did, she says, "did not!" Then I say, "did too!" Then we say "did not, did too, did not, did too!" It's really funny.

KC: IF YOU COULD LIVE ANYWHERE IN THE UNIVERSE, WHERE WOULD IT BE?
LB: Hawaii. I want to surf a lot. When I was in California, I learned how to surf from my instructor named Jordan. I want to keep doing it!

KC: WHAT WOULD YOU DO IF SOMEONE GAVE YOU \$100?
LB: Give it to poor people.

KC: WHAT DO YOU WISH YOUR PARENTS WOULD SAY YES TO, BUT THEY ALWAYS SAY NO?
LB: Getting a puppy or a bunny...or any other animal.

KC: IF YOU COULD HAVE A SUPERPOWER, WHAT WOULD IT BE?
LB: To be invisible and to fly. I'd also like to talk to animals.



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BECOMING A PEOPLE PERSON

IF WEARING A (FABRIC) CHICKEN ON YOUR HEAD IS THE ULTIMATE TEST OF YOUR PEOPLE SKILLS, JACOB FELDMAN GETS AN A+

BY GIA MILLER ILLUSTRATIONS BY JUSTIN NEGARD

Early last winter, Fox Lane High School student Jacob Feldman (who was a junior at the time) arrived at Northern Westchester Hospital with a chicken on his head. As a regular volunteer, he was tasked with easing children's fears about receiving their first COVID-19 vaccination. The email he'd received the day before, which outlined the volunteer's responsibilities for the next day, included a little note at the end suggesting that volunteers come in fun costumes.

“NO CHILD WANTS TO GET A SHOT, AND I WANTED TO DO WHAT I COULD TO HELP THEM RELAX,” FELDMAN SAYS.

“I remembered that somewhere in my house was a hat with a full-sized fabric chicken sitting on top, and I thought to myself ‘that could be cool,’” he remembers. “I found the hat and then took some glasses from Mr. Potato Head, colored two plastic bags with a black Sharpie and taped them into the glasses frame so they made sunglasses. Then, I put those sunglasses on the chicken. When I got to the clinic the next day, I grabbed a pair of sunglasses for myself

so the chicken and I could wear matching sunglasses.”

Feldman and his hat were the talk of the day. While one other volunteer dressed up as Wonder Woman, and a few other volunteers borrowed fun hats offered up by the woman running the clinic, Feldman was the only one with a chicken sitting on his head.

Four months later, Feldman was honored at Westchester's 2022 Public Health Awards. He received the Board of Health's J.R. Tesone Youth Public Health Service Award, which he accepted without his chicken hat.

But had you met Feldman a few years ago, you would never have imagined he would be the person to confidently wear a silly hat, willingly engage with strangers or win an award for his ability to combine both empathy and humor into his volunteer work.

When he was a high school freshman, Feldman says he was rather shy and “not a people person.” But he was interested in cardiology, so he began volunteering at the hospital, hoping it would give him a better understanding of what his future career and community might look like. While helping in the volunteer office one day, he overheard a conversation that changed his life. One of the volunteer coordinators was talking with several students about the President's Junior Leadership Council (PJLC), and he was intrigued. He learned that PJLC is a

peer-led volunteer program for students at Byram Hills, Horace Greeley, Fox Lane, North Salem, Yorktown, Somers, Pleasantville and John Jay high schools, PJLC members develop projects to combat public health issues, gain experience in the healthcare industry and learn leadership skills. Feldman decided to apply.

“I was very lucky and fortunate, and I got in,” he says. “I joined PJLC as a sophomore, and it's been a wonderful experience. Coming in, I wasn't a total hermit, but I was a very shy, quiet person. I didn't really reach out to other people or talk to strangers. But by volunteering at the hospital and at their events, I've found that not only do I have an interest in the clinical side of healthcare, which is something I'm exploring as a career, but also the human side of healthcare, which really surprised me. I've enjoyed interacting with patients and have become more outgoing. Plus, I've learned to appreciate the value of reaching out and connecting with others.”

“SOMETHING AS SIMPLE AS A KIND ‘HELLO’ CAN REALLY GO A LONG WAY.”

Feldman was first drawn to science in fifth grade, when he became intrigued

with anatomy and physiology. In seventh grade, he dove into research on the heart for the school science fair.

“I was very, very interested in the human heart and its structures, how it functions, etc.,” he remembers. “I can’t entirely explain why, but it was just something that really appealed to me. I began to see myself sitting down with patients and talking through medical situations that could arise with cardiology.”

“...OVER THE PAST DECADE OR SO, THERE’S BEEN AN INCREASE IN ISOLATION AMONGST TEENAGERS,” FELDMAN EXPLAINS.

But becoming a doctor isn’t Feldman’s only focus. He’s served in student government since sixth grade and is also the editor in chief for his school newspaper. In fact, he was responsible for reviving the student newspaper, *The Fox Lane Times*. As a freshman, he approached the school’s administration about resuming the newspaper, secured a staff advisor and relaunched the newspaper club.

But as luck would have it, their inaugural issue went to the printer a week before school closed in March 2020. Feldman changed course and published digitally.

Yet despite these roles at school, Feldman says it was PJLC that helped him gain confidence and actually become a leader.

“I didn’t really understand the principles of leadership or what it takes to guide a group,” he explains. “PJLC has taught me how to be a leader. I’ve learned things like what language to use when writing an email, the best way to manage a group so they’re productive and how to be respectful to others.”

One of PJLC’s main goals is to identify health issues that affect their peers and then develop programs to address the problem. It’s a two-year process, with the first year dedicated to planning and the second to execution. Last year, Feldman, along with the 49 other PJLC members, created a project called Cultivate Community to address the mental health issues many teens face. This year, they’re planning and hosting events and programs with the goal of bringing people together.

“This program is primarily a response to COVID-19, but we’ve also seen that, over the past decade or so, there’s been an increase in isolation amongst teenagers,” Feldman explains. “This project is an initiative for communities to

come together and encourage people to establish social bonds.”

Feldman spends countless hours a month volunteering at the hospital, and as a result of his experiences, he’s now considering a slightly different science-based career.


“I’ve learned there are so many more pathways in medicine than just becoming a doctor,” he says. “Now, I’m looking into becoming a researcher, focusing on chemistry. I’m also considering tying that into pharmaceuticals, and potentially biochemistry as well.”

But Feldman isn’t all business. When not leading his high school newspaper, serving on the advisory board for PJLC or volunteering, Feldman does normal teenage things.

“I love watching cooking videos,” he says. “But I’m a terrible cook myself. I can’t cook for my life. But I enjoy learning about the history of food and how different cultures approach food.”

And even though he typically doesn’t like to pick favorites (think: foods, movies, etc.), he does have a favorite animal – hedgehogs.

“I think they’re adorable, and I have all sorts of hedgehog stuffed animals, stickers and models, etc.,” he says. “I love everything about them, and I think they capture my

personality. When they’re in an unfamiliar environment, they can be a little prickly and nervous, but when they’re in a place where they feel comfortable, that’s when they really open up and blossom.” 



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MARCHING TO THE BEAT OF HIS OWN DRUM

MEET CAL KRAMER, GOLDENS BRIDGE RESIDENT



BY GIA MILLER
PHOTOGRAPHY BY JUSTIN NEGARD

We can learn a lot about life if we take the time to listen to those who've lived longer than us. But if you're young, working and raising children, time is a precious commodity. So, we're doing the listening for you by chatting with people who have lived in our community for several decades. We spoke to Cal Kramer, a Goldens Bridge resident and local realtor who has lived in the area for almost 50 years.

Local realtor Cal Kramer has lived a life full of twists and turns. He's succeeded in three very different industries, remained married to his high school sweetheart, raised a child and learned a few lessons along the way. After almost 50 years in our area, he reflects on his life and the wisdom he's learned along the way.

ADVICE #1: YOU MAY REGRET CERTAIN DECISIONS, BUT THAT'S OK

As a drummer who grew up in Levittown, Long Island, a young man named Billy Joel asked Kramer to fill in for his drummer who was sick with mononucleosis. Kramer was only 16.

"He needed a drummer, so he called me and asked, 'could you play on a Friday night,'" Kramer remembers. "I played one Friday night, and he said, 'hey, why don't you come back next Friday?' I played that gig for about six months, but then I quit. We were supposed to start at 9:30 each week, but 9:30 would come around, and there was no Billy. We were all set up and ready to play. The owner would ask 'where's Billy,' and he was nowhere to be found. Eventually, Billy would walk in at 10:30, drunk as could be, high as he could be, and then he'd sit down and play unbelievable music.

"But in the meantime, for the first hour, we would get screamed at by this owner, which freaked me out because I was only 16," he continued. "So, I quit. In life, you must make certain decisions – some you will regret."

ADVICE #2: ALWAYS TELL THE TRUTH, ALWAYS.

Kramer married his high school sweetheart, Carol, when he was 21 years old, and they celebrated their 51st anniversary this year. The secret? "Probably the water in Levittown," he jokes. "My brother has been married 55 years, and her brother has been married for 40 years, and we all grew up in Levittown.

"But seriously, I have no idea what the real secret is,

however as far as I'm concerned, it's total communication," he says. "If you have secrets, it won't work. A lot of my friends will say things to me like, 'I can smoke, but my wife can't see.' You can't do that. Everything must be out in the open, even when you're upset or frustrated – it's out in the open. Life is not just a straight roadmap. It's the hills and valleys, and you've got to deal with it. You can't just give up. If there's love there, work it out."

ADVICE #3: YOUR HEALTH REALLY IS THAT IMPORTANT

Kramer began his career as a commercial interior designer, working with Wall Street firms and partying with them as well. He started his own business three years into his career, grew it to 20 employees, and then the market crashed.

"I lost about three million dollars in one day," he remembers. "I was doing business with all the brokerage houses, and I had all these orders for desks and file cabinets and open plan systems. And, in one day, everyone called me to cancel their orders! I told them, 'You can't cancel. I have your purchase order right here!' They said, 'Sue me.' So, I had to sue them for the money. Meanwhile, I was forced to start closing up and I had to fire people."

It was stressful, to say the least. He would lay awake at night worrying about how he would fire an employee – he felt awful. And then, one morning, it happened.

"I was lying in bed, and the world kept swaying like I just played a couple of sets of tennis. It felt like an elephant was sitting on my chest. And I knew, but I kept arguing with myself, 'Am I having a heart attack? No, I'm not having a heart attack.'

"Finally, I accepted that it was pretty bad because I couldn't move my arms," he explains. "So I said to my wife, 'Open the car door. I'm coming down, and we have to go to the hospital.' I got down the steps, got in the back of the car, and she made it from Katonah on

117 to Northern Westchester Hospital in about three minutes.

They saved my life," he says, fighting back tears. "Great emergency room. They gave me something called a tPA [tissue plasminogen activator] – it's a shot that can dissolve blood clots. It opened the artery, which was 97 percent clogged. It saved my life."

Three years later, he had a quadruple bypass after experiencing additional chest pain. But in between, Kramer made a drastic life change. He left the fast-paced, high-stress, work hard/play hard world of Wall Street and became a tennis instructor.

"The best thing I did was to get out on the tennis court and not stay in the city behind the desk," he explains. "I was working like 90 hours a week – trying to make money and make a life, but I don't even remember my daughter growing up during those years. I really regret that. I only remember seeing her while she was asleep. I would come home late at night, and she was asleep. I'd leave early in the morning, and she was asleep. It was terrible."

Tennis allowed him to spend more time with his family and transform his lifestyle.

ADVICE #4: YOU CAN BE SUCCESSFUL IN MORE THAN ONE INDUSTRY

After a successful career in commercial interior design, Kramer made a name for himself as a tennis instructor. After a year at the Saw Mill Club, he approached the owner of Chestnut Ridge Racquet Club, who he knew personally, and suggested developing a new program that would pair people together, and actually use their outdoor courts during the summer months as they'd sat empty for several years.

"I started the program with zero members in 1991, and by the end of my run at Chestnut Ridge, I had 240 summer members," he remembers. "We began by charging \$195 for the summer, and now they charge over \$1,000."

When he turned 50, he decided it was time for something new and obtained his real estate license. He's witnessed the industry go from about 4,500 agents at the turn of the century to over 30,000 agents today, yet he's kept a steady stream of clients and made a living.

Simultaneously, he became the tennis coach at John Jay High School, where he led the boys' and girls' teams to numerous victories between 2005 – 2010. But as his teams climbed the rankings, Kramer noticed that no one in the area actually knew how to run a tennis tournament – most of the coaches were math or science teachers who coached tennis on the side.

He began organizing local tournaments and caught the eye of the powers that be in New York State tennis. They asked him to run the tennis program for all of Westchester, which encompasses 60 schools. He said yes and ran that program from 2011 – 2018.

"I made a new curriculum, taught the coaches how to teach tennis, and took a lot of kids to the state tournaments," he says. "We had a great record. I had 500 state champions."

He did all of this while building his real estate business.

ADVICE #5: FIND YOUR PASSION

Kramer began playing the drums at 10 years old and is self-taught. As a teenager, he played in his school's orchestra and marching band, and in a rock band called The Chandeliers. They recorded a lot of music, played in Manhattan, and even had an agent, but they never made it big. Yet he kept playing, forming different bands over the years, sometimes playing in several at once (as he does now).

Throughout the hills and valleys of life, music is what keeps him going. "Music is my creative outlet," he explains. "It's kept me focused. It's just in my blood. Even now, with my bad back, I've tried to pull away, but I keep getting pulled back in. It's a major part of me. It's who I am."

**ADVICE #6:
BEFORE YOU FIND A HOME,
FIND A COMMUNITY**

As a realtor, the most important advice Kramer has to offer is to do your due diligence before you buy a home.

“A few weeks ago, I met a man who is moving here from Hawaii because he got a fellowship as an ER doctor at Northern Westchester,” Kramer says. “I told him that I could find him a house in any town he wants, but first, he should know what town he wants. So, I recommended he move to a rental property, and I’ll show him all the towns. Then, we’ll look for a house. He agreed, and he, his wife, and their two young kids are moving into a rental first. You have to find the community that’s right for you before you buy a house.”

TO SUM IT UP...

Success can be found in many ways, and life won’t always take one singular path. But if you take care of your health, prioritize your family and follow your passions, you can live well. **KC**



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NOT A DRY EYE IN THE HOUSE

KATONAH EYE CARE IS SOLVING YOUR IRRITATED EYES

During his many years in Katonah, Dr. Steve Gordon has noticed a growing problem in his patients: dry eyes. It’s often caused by Meibomian Gland Dysfunction (MGD), a condition that causes the glands to not secrete enough oil or to secrete a poor-quality oil. Luckily, Dr. Gordon happens to be an expert on dry eye disease.

“The more people stare at phones and screens, the worse this problem becomes,” he explains. “They don’t blink often enough, and their eyes begin to dry. This causes the meibomian glands to clog and not secrete enough oil. However, there is a treatment for this problem.”

Enter *The Aesthetics Lab*.

Katonah Eye Care now provides cutting edge treatments that comprehensively diagnose and fix most of the irritations that cause dry eyes, including contacts, allergies, lack of tear production and more. It is fixable.

1 The first step involves a quick and painless scan from Dr. Gordon’s Keratograph. While it may look like a gadget from *Lost in Space*, it provides an unrivaled scan for over twenty different eye-related issues – tear production and evaporation, oil quantity, presence of irritants and more can be determined by this device.

2 Next, Dr. Gordon provides a Tear Lab test which tests tear osmolarity, and an

InflammaDry test, which tests for antibodies in the tear film. These tests help Dr. Gordon diagnose the cause of a patient’s dry eyes.

3 “The patient goes home with a dry eye care kit,” he says. “It includes a heat mask, Omega-3 softgels and Avenova, which is a hypochlorous acid solution that reduces inflammation and bacteria in and around the eyes. After two weeks, they return for another treatment.”

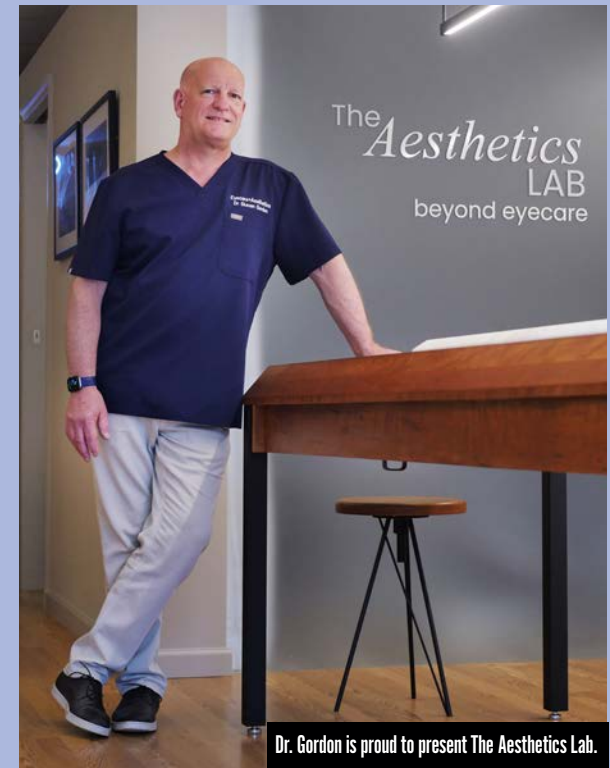
4 The real star of the show is the Cynosure radiofrequency heat treatment. Patients sit comfortably with their eyes closed while Dr. Gordon gently stimulates with heat the clogged meibomian glands inside their eyelids using a handheld applicator. The process may take a few visits, and the results are undeniable. Glands begin to properly function again, and eyes are less dry.

“Many people think they can’t wear contact lenses, or they develop dry eye problems after cataract surgery. Most likely it’s not the fault of the contact lenses or the surgery, but a pre-existing dry eye problem,” says Dr. Gordon.

“People don’t get dry eye overnight, and it won’t be resolved overnight. It takes several modalities to diagnose and treat it, but the relief is there.”

The Aesthetics Lab is Dr. Gordon’s way of making a real difference.

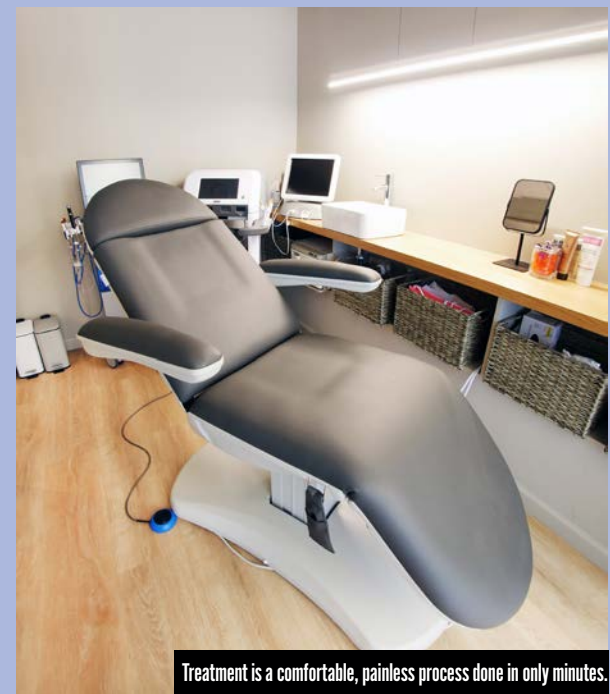
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WHO WAS THE LEATHERMAN?

THE LEGEND OF A KIND, QUIET AND HOMELESS STRANGER IN THE 1800s

BY MASON VITIELLO
PHOTOGRAPHY BY JUSTIN NEGARD AND MASON VITIELLO

In the midst of the American Civil War, an urban legend appeared in and around Westchester County. Between approximately 1856 and 1889, a mysterious man of few words roamed our area seeking a perplexing assortment of resources (leather, food, tobacco, etc.) as he journeyed from town to town. Because he never (or rarely – it's up for debate) spoke, people only knew him for what he wore – a patchworked leather suit, and for his trusty companion – a leather bag. Hence the name, "The Leatherman."

While many homeless people existed during that time, most were feared for their violence and thievery. So the behavior of this gentle man fascinated the townsfolk throughout his 365-mile loop of Connecticut and New York. Since the inception of The Leatherman legend, people have told the story in a myriad of ways, including in newspaper articles of the day, via town gossip and even through songs, with some (like Pearl Jam's "Leatherman") written decades after his death. As the oral history of The Leatherman was created, twisted and contorted, the truth of The Leatherman became, unfortunately, a tale full of speculation.

The Leatherman was a "large, imposing man, but very gentle" explains Karen Cooper, the vice president of the Pound Ridge Historical Society's board of trustees. She says he wore an outfit that's believed to be self-made and composed entirely of leather patches. It was reported to weigh over 60 pounds and had a potent smell of "organics" and leather.

Legend also has it that his shoes resembled the French sabot style (similar to traditional Swedish clogs) with soles made from a hollowed-out piece of wood, coupled with a thick strap of leather over the arch of the foot. Imagine walking 10 miles a day, every day, in wooden-soled shoes!

LIFE ON THE ROAD

Historians say one of the most interesting things about The Leatherman was his punctuality. Housewives were known to "set their clocks by him" because of his predictable arrival and departure.

According to the book, "The Old Leather Man: Historical Accounts of a Connecticut and New York Legend" by Dan DeLuca and Dione Longley, The Leatherman's regular route guaranteed he would be in a new town every day – each walk was approximately 10-15 miles, and it took him about one month to complete the 365-mile loop.

No matter how often he was invited, The Leatherman refused to enter people's homes or businesses. In fact, it's been said that one of the only times The Leatherman was convinced into an establishment was during the blizzard of 1888 – he was reportedly forced into a hospital where he slept for the night (and took a bath, we hope!) before continuing his travels by foot.

During The Leatherman's journey throughout Connecticut, Westchester and Putnam counties, he slept in caves, entering towns only to approach certain homes for food and supplies. Oddly enough, for someone who slept almost exclusively in caves, he frequently sought the finer things.

According to The Leatherman's Loop (an organization that hosts an annual 10k trail race through Ward Pound Ridge Reservation), The Leatherman had a "craving for tobacco and a remarkable appetite" – he could eat one to two loaves of bread at a time! What he didn't finish, he tucked in his bag for later.

Village residents anticipated his arrival and eagerly baked bread or offered him fresh tobacco. It became an honor to have The Leatherman visit your home, and some schools rewarded top students by allowing them to go outside on "Leatherman Day" to hand him food as he walked by.

Although he asked for, and received, food and supplies from villagers, Cooper says he rarely spoke. "He spoke no English," she explains. "Some people believed he was deaf and/or mute, or that he only spoke French." But since he didn't respond to their questions, this was all speculation. Rarely did he break his silence, but when he did, it was mostly unintelligible.

HIS LATER LIFE

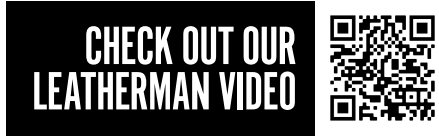
According to The Leatherman's Loop, during the mid to late 1880s, The Leatherman's late-stage lip cancer, most likely because of his smoking and chewing tobacco habits, was notable to everyone he saw, and it appeared to be painful. It's believed that it became very difficult for The Leatherman to eat, which likely contributed to his cause of death, along with a string of particularly harsh winters.

DEATH OF A LEGEND

The Leatherman passed away in early 1889 and was found in his Briarcliff cave wearing his iconic outfit. His leather bag contained a small ax, an additional ax head, a French prayer book, a wooden cane, leatherworking tools and several scraps of leather to repair his clothes.

According to the Leave the Leatherman Alone organization, a family member of George Dell (who owned the property where he was found) buried The Leatherman in Briarcliff Manor's Sparta cemetery, marked only by a metal pipe. The reason for the metal pipe is unclear. However, at some point, his grave marker either shifted or was misplaced. During the 1950's, local historical societies placed a headstone at his gravesite, inaccurately identifying him as Jules Bourgley (see Myths about The Leatherman sidebar).

In 2011, the Connecticut Natural History Museum exhumed The Leatherman for DNA and anatomical testing, but found nothing of note. However, they did recover scraps of wood, potentially from his coffin, and a few nails, all of which were transferred to a pine coffin and relocated to a separate plot in the cemetery. When they returned his remains, they changed his headstone to simply read "The Leatherman." ^{KC}



MYTHS ABOUT THE LEATHERMAN

The Leatherman's mysterious and perplexing behavior resulted in extraordinary tales of mysterious origin.

One of the most common myths about The Leatherman is that he was fleeing from the law because he, for one reason or another, burned down a leather factory in his "home country" of France. This story was first published in Connecticut's The Waterbury Daily American, but it was quickly retracted. However, the story had already begun to spread and was quickly swept into the zeitgeist of the mid to late 1800's.

The most popular version of the story is told about a French citizen, Jules Bourgley, who worked in a French leather factory. His life was promising – he was dating the owner's daughter and was preparing to marry her when, one day, he accidentally tipped a lamp over and the factory burned down.

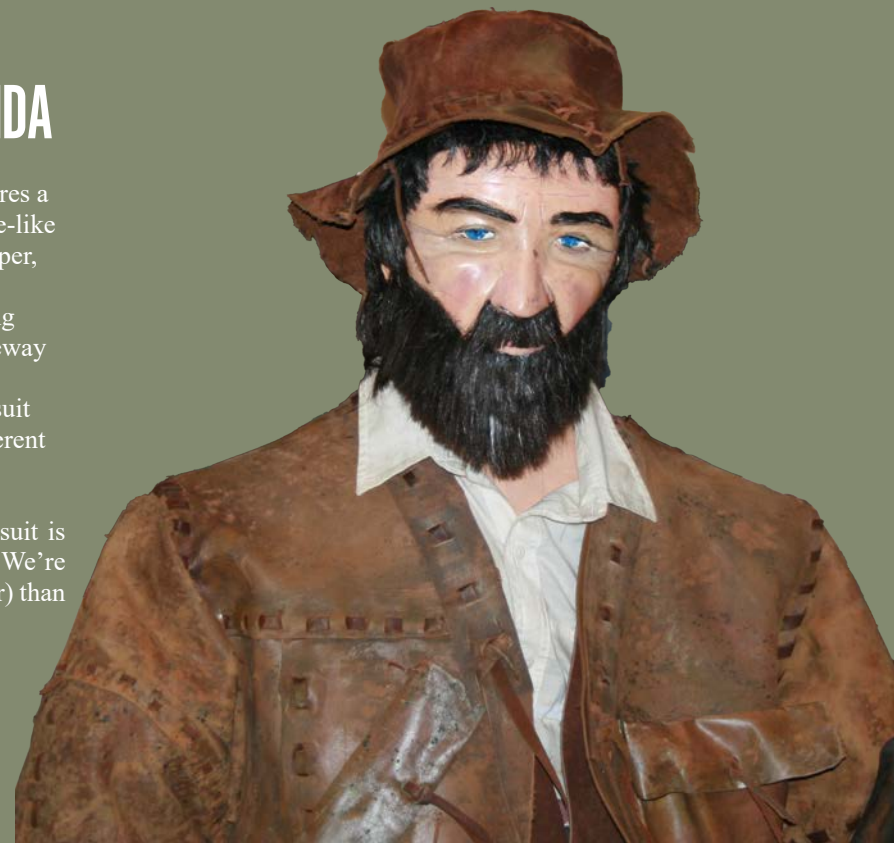
Another version of this story says he made major oversights in his record keeping, essentially bankrupting the company. There's also a version that says the father wasn't a factory owner, simply an investor. And there's one version that leaves out the romance entirely.

Unfortunately, all versions of this story are false, and, as mentioned above, The Waterbury American retracted their story shortly after it was published.

HE'S STILL ALIVE... WELL, KINDA

The Pound Ridge Historical Society Museum features a permanent exhibition of The Leatherman with a life-like statue of the man himself. The model, built by Cooper, sits in a chair with his cane and bag, wearing a full leather suit that Cooper distressed herself, beginning with her hands and then placing it on a gravel driveway and running it over with her car! But after several attempts and not enough "weathering" to mimic a suit worn daily for several decades, Cooper went a different route, painting the suit to create a distressed look.

She built the skeleton from PVC piping, and the suit is made of old handbags and other leather scraps. We're guessing it's much nicer (and probably smells better) than The Leatherman's attire!



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WRITING BY LESLIE DOCK
ILLUSTRATIONS BY TAL DORON

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Leslie Dock, a regenerative farmer, gardener, landscaper and permaculture designer based in Katonah, walks you through everything you need to know about watering your summer produce.

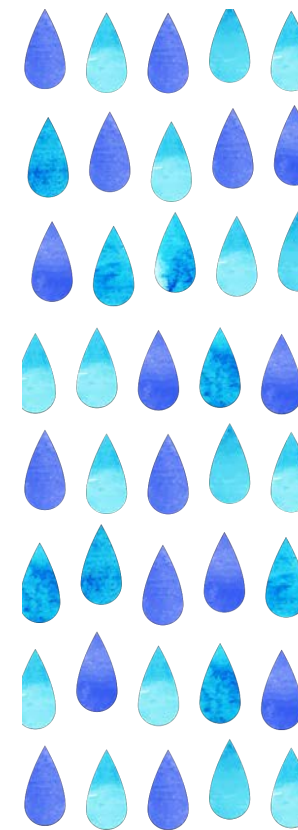
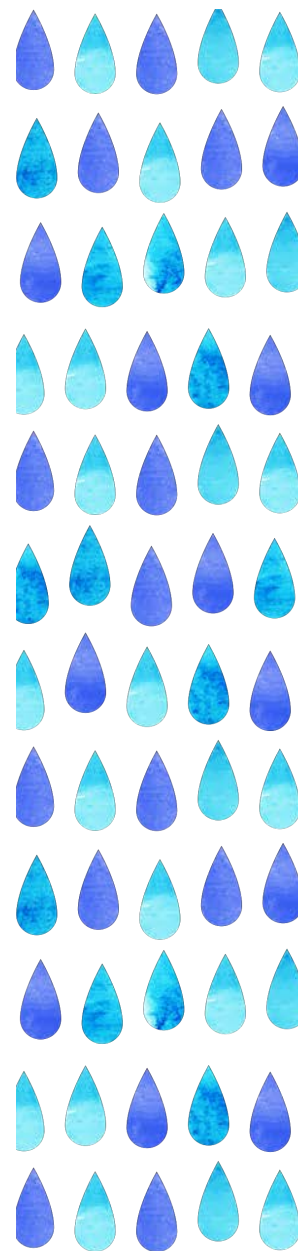
HELLO SUMMER!

Oh, how we have missed your long, warm days full of sunshine. We love how you fatten up our tomatoes, corn, beans and other tasty garden treats.

Successful summer gardening is all about watering. With planning and consistency in your watering routine, your garden will be in tip-top shape, even when you're on vacation. Luckily, there are several low-cost, easy watering methods out there. I've laid out suggestions for watering solutions based on your level of experience as a grower. So, let's start by choosing your gardener level, and then...let the hydration begin!



WHAT TYPE OF GARDENER ARE YOU?



LEVEL 3 EXPERIENCED

You trade seeds with friends and look forward to getting seed catalogues in the mail each winter. You are confident in your ability to produce a solid harvest, but you're always looking for new ideas and inspiration.



LEVEL 2 DABBLER

You have a season or two under your belt. The miracle of growth is no longer a mystery, but your results are spotty, and you want to become a more proficient and confident grower.



LEVEL 1 NEWBIE

Never or rarely have you torn open a seed packet, sunk a trowel in soil, or considered where south is in relation to your dwelling space.



LEVEL 1

Welcome, newbie! We all know the phrase, “You gotta start somewhere.” Well, here is where your gardening journey begins. By now, you’ve hopefully got some things growing, but the summer sun is getting stronger, and you aren’t quite sure how and when to water for best results.

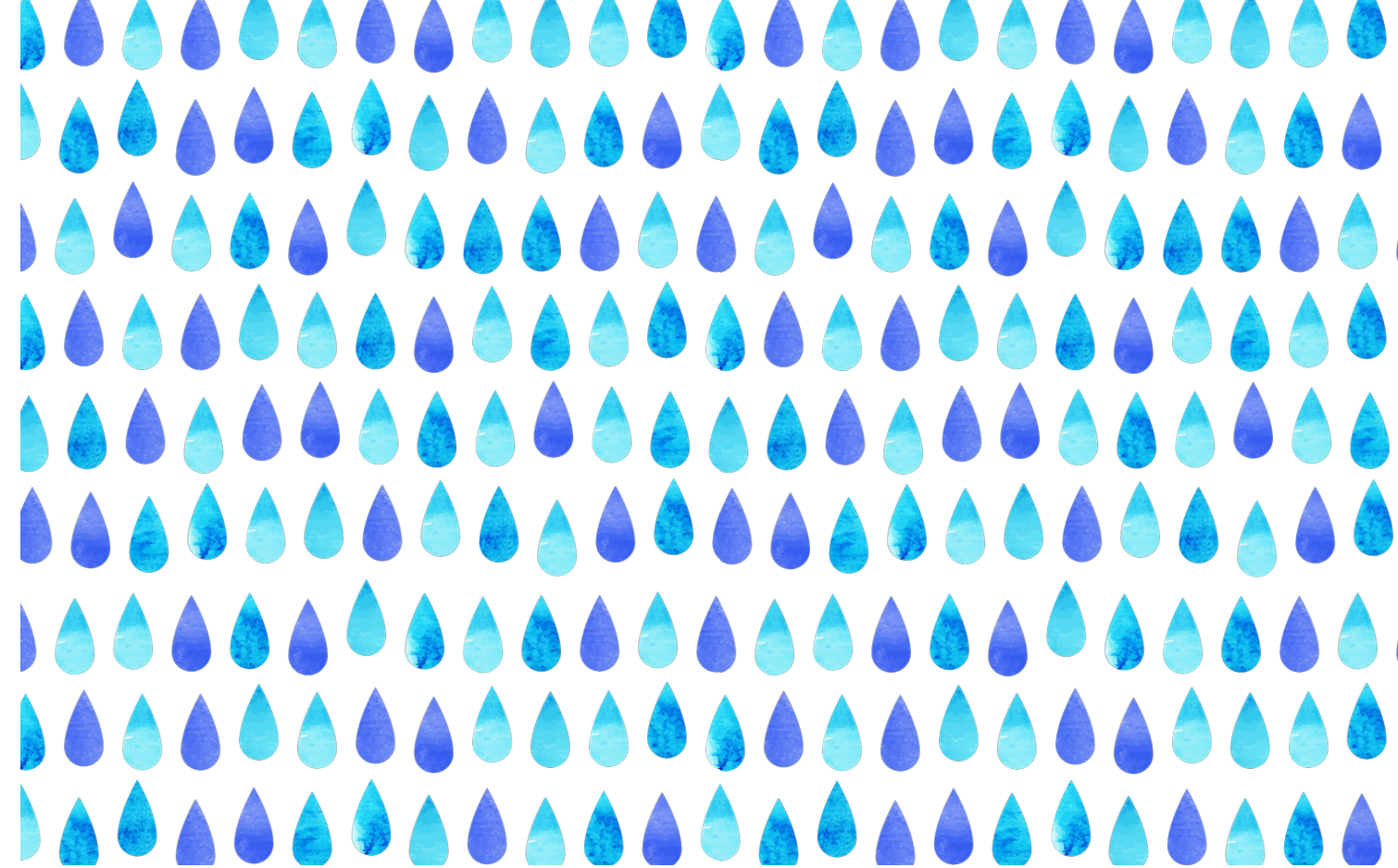
Where, and how, are you growing? Perhaps you have chosen to keep it simple and grow a few veggies in pots on your patio where they get a full day’s worth of sun – great! That means your leafy friends are nearby and so is a water source. What kind of pots are you using? If you’ve chosen terra cotta, you’re going to need to water more deeply and more often. Plastic or glazed earthenware pots won’t dry out quite as quickly, but you still need two watering/care sessions per day.

What are you growing? You couldn’t resist the idea of home-grown cherry tomatoes? Nice choice. Tomatoes can thrive in pots and they love the heat. However, tomatoes prefer to keep their leaves dry, especially at night. Water droplets can lead to fungal growth that can take down both leaves and fruit before you know it.

If watering by hand, choose a gentle setting on your spray head and aim directly for the soil. Water until you see a glossy sheen on the soil’s surface. Wait until that amount of water is absorbed, then water again until you see water leaking from the bottom of the pot. This watering technique allows a plant to develop deep roots and utilize all the growing space in the pot. Plan to water in the morning before it gets too hot and again in the evening when the sun is no longer directly overhead.

Going away for a few days or don’t have time to water by hand? Look into small drip systems created just for watering pots. You can connect them to a programmable watering timer to select the time of day and length of watering session. Just don’t forget that drip watering is slower than hand watering, so make sure to set your timer to run long enough to deeply water your pots. Watering timers are available at any hardware or lawn and garden store.

TIP: Monitor the moisture level in your pots and adjust your timer or hand watering schedule as needed. If it rains for more than a day or two, back off on your watering. If your precious tomatoes are drooping mightily in the midday sun, you may not be watering enough.



LEVEL 2

Hey, Dabbler. How doth thy garden grow? Enjoying the fruits of your spring labor? Now is a great time to re-seed veggies like radishes, carrots, beans, chard, corn, summer squash, Chinese cabbage, beets, turnips and kale so you have a consistent supply in the works. To keep seeds and soil moist in this warmer weather, you may need to water more often. And a light layer of straw mulch will go a long way toward conserving moisture.

Weed & Feed: As temperatures rise, seeds germinate quickly, including weed seeds. To prevent weeds, apply a thick layer of mulch to block sunlight from reaching the soil – you can use crushed leaves, chopped straw, or even newspaper or cardboard. Include weeding in your daily garden routine, pulling weeds before they flower and multiply.

With weeds at bay, it’s time to feed your plants. Your cool season crops used up the nutrients that your warm season plants will need to flourish, so it’s time to replenish. Compost is a great choice – it not only feeds your plants and the soil, it also adds positive bacteria to the soil, which is essential for nutrient absorption. Another solid fertilizer choice is a time release granular

fertilizer, which is simple to use. Just spread a small amount at the base of each plant and water in. Nutrients will slowly leach into the soil and feed your plants over time. For more immediate results, add liquid fertilizers to your watering routine.

Watering wisely: Since you’ve stepped up your game and are growing right in the ground or in raised beds, you won’t need to water quite as often, but you still need to aim for consistency, good water placement, and saturation.

Plan to beat the heat and water deeply early in the day and again in the evening. If watering by hand, only water the base of your plants. Aim for deep saturation by counting to 15 or 20 while watering each plant. If your only choice is a sprinkler, connect a timer to your water source so you know you’re plants are getting the right amount of water.

Avoid using a sprinkler for plants such as tomatoes, cucumbers, squashes, eggplants, peppers and pumpkins. Any water that sits on their leaves can invite fungal growth. Simple drip irrigation systems are an effective alternative to sprinklers. They utilize either tape or tubes that have tiny openings to deliver water in a steady drip. You can easily customize the space between openings so water is released in the right places. If you connect your drip system to a timer, your water worries will be over.



LEVEL 3

Well, hello there, plant whisperer. Dang, your garden looks good! I see those deep green beans and juicy red tomatoes. Looks like you've got some serious gardening game. Congratulations!

I heard you were invited to spend three weeks on Cape Cod in August – enjoy every minute! It looks like your irrigation system is going splendidly, but who is going to feed all those luscious veggies while you are soaking up the sun and whale watching several hours away?

There is a solution. Have you ever heard of fertigation? Fertigation is just as it sounds – a combination of fertilization and watering all in one. And it's not that different from your regular routine. In fact, you may have already used fertigation without even knowing it. I'll bet that by this point in your gardening journey, you've likely added some Neptune's Harvest to a watering can more than a few times, and you've admired the speedy results this type of fertilization brings.

Now, let's get back to your extended trip to the Cape. Did you know there's a way to add fertigation to your drip irrigation system, even while you are away? Enter fertilizer injectors. Commonly used by larger farms, fertilizer injectors are available for home irrigation systems too. With the EZ-FLO fertilizing system, you can add fertilizer directly to your existing irrigation system. Simply connect EZ-FLO to your water source, and the fertilizer will slowly mix with the water when the tap is turned on and your system is activated. Be sure to read all the instructions and install EZ-FLO as directed. Your plants will be happily fed and bursting with fruit when you return home, tan and relaxed.

TIP: Harvest regularly. Even though you're confident your veggies will be fed and watered while you are away, make sure to enlist the help of a neighbor or friend to harvest in your absence. Consistent harvesting tells your plants to keep producing. Your friends will be lining up to take on this task, and you will return home to a garden that is still pumping out the goods. It's a win-win!

That's it for this go around. I hope you learned a tidbit or two that will help to take the guesswork out of watering. Water well, my friends. 



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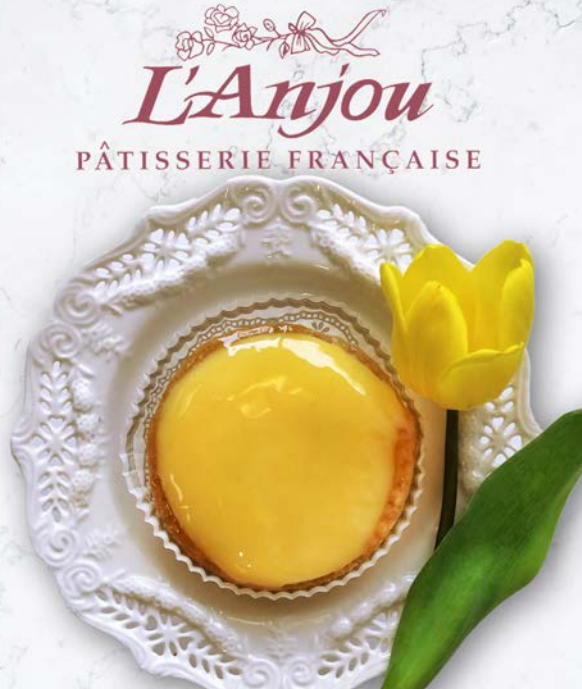
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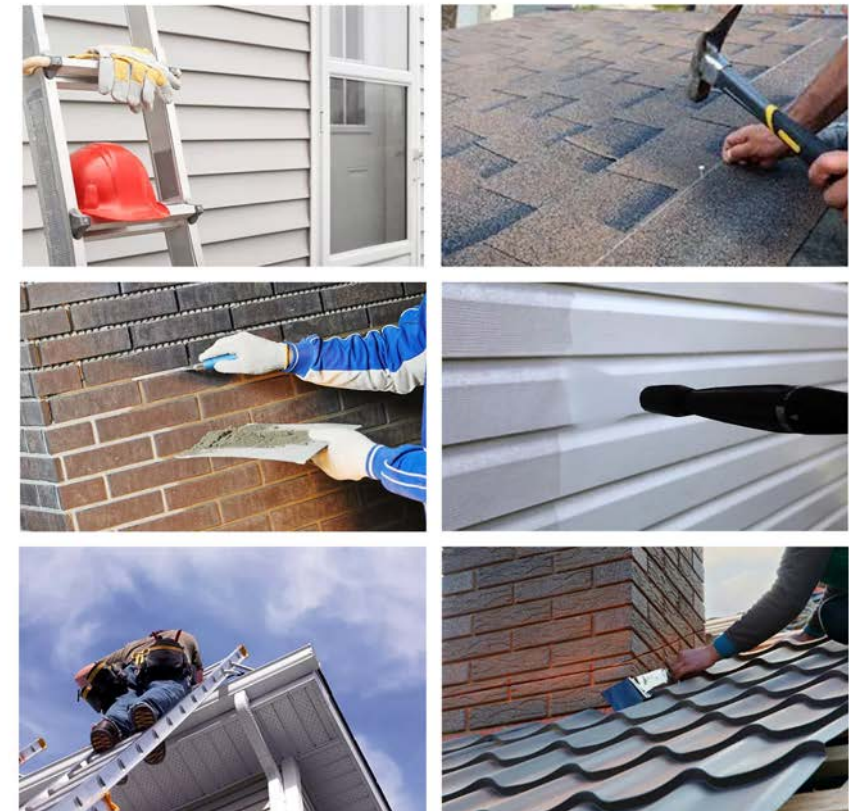
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Part of their Charm

FOR SISTERS ALICE AND COLLEEN, THE BLAZER IS MORE THAN JUST THEIR BUSINESS, IT'S THEIR FAMILY

**BY GIA MILLER
PHOTOGRAPHY BY JUSTIN NEGARD**

ALICE O'LEARY KERRIGAN HAS A THEORY: IF SHE WAS IN BUSINESS SCHOOL AND RECEIVED AN ASSIGNMENT TO DEVELOP A RESTAURANT CONCEPT, THE BLAZER'S BUSINESS MODEL WOULD FAIL.

"If my plan was to use plastic tablecloths and paper placemats, have a two-page menu that should technically be one but the font is just really big, not offer dessert, be located in a residential neighborhood in the middle of nowhere and have no freezer to store food, I would get an F," she says.

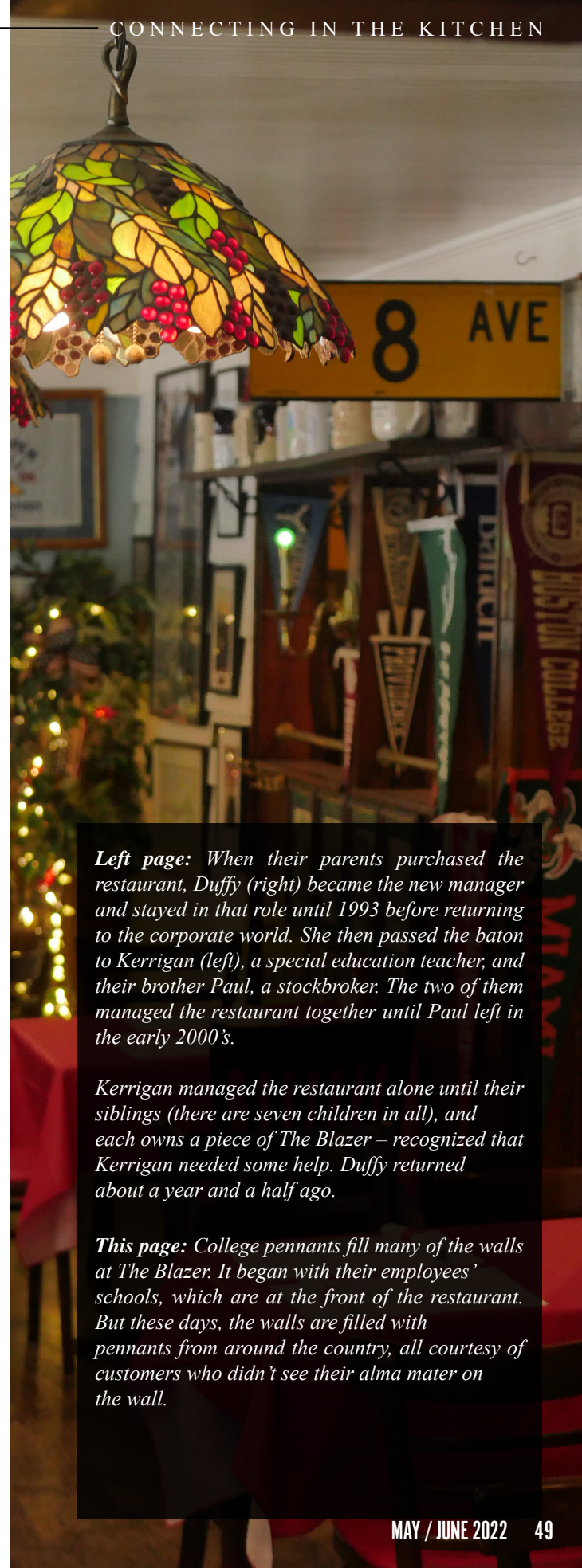
Yet The Blazer, in all its simplicity, has succeeded for over 50 years. Kerrigan hasn't changed too much in the 29 years she's served as general manager, and neither has her sister Colleen O'Leary Duffy, the assistant manager. In fact, perhaps the biggest change that was made occurred soon after Emer and Tommy Murphy transferred the restaurant to the sisters' parents in 1988. Shortly after the deal (which was made with a handshake), their mom made her opinion known.

"My mother felt strongly that we should have coleslaw on the menu, and she made great coleslaw," Kerrigan recalls. "So, she would make it at home and drive it to the restaurant. People got used to the coleslaw, and then she'd go play golf and we didn't have any coleslaw. Or she'd go to Cape Cod, and we didn't have any coleslaw. Finally, I said, 'Mom, you need to come to the restaurant so we can figure out how to do it ourselves.' We still use my mother's recipe today."

Kerrigan has also added a signature dish to the menu.

"The tomato soup with bacon started with me – I created it," she says. "Years ago, people would call to ask what kind of soup we had that day. Eventually, I asked them what kind of soup they were looking for, and they'd say 'tomato.' So, at some point, we switched to serving tomato soup every day, even in the summer."

The Blazer is also known for their burgers and fries, chili, bistro sauce, blue cheese sauce, chicken fingers, wings and Reuben sandwiches. They're all on the menu year-round, even during the summer. And some items, like the tomato soup and the bistro sauce, are so beloved that people have tried, and failed, to replicate the recipes. And while the sisters won't reveal the secret ingredients, not even to their family, they will discuss the secret to



Left page: When their parents purchased the restaurant, Duffy (right) became the new manager and stayed in that role until 1993 before returning to the corporate world. She then passed the baton to Kerrigan (left), a special education teacher, and their brother Paul, a stockbroker. The two of them managed the restaurant together until Paul left in the early 2000's.

Kerrigan managed the restaurant alone until their siblings (there are seven children in all), and each owns a piece of The Blazer – recognized that Kerrigan needed some help. Duffy returned about a year and a half ago.

This page: College pennants fill many of the walls at The Blazer. It began with their employees' schools, which are at the front of the restaurant. But these days, the walls are filled with pennants from around the country, all courtesy of customers who didn't see their alma mater on the wall.

their beloved burgers. “We use fresh, unfrozen meat – it’s delivered daily,” says Duffy. “And it’s also the way we cook, which is different than a lot of other places. We don’t freeze anything – everything is fresh.”

“And we don’t use heat lamps either,” Kerrigan added. “We use Hellman’s Mayonnaise in our potato salad and we serve Heinz ketchup. We don’t skimp on ingredients.”

But that’s only part of what makes The Blazer such an iconic restaurant. The sisters run their restaurant as though it’s their home and everyone is family – customers and employees. And while you’ve likely heard that line from numerous businesses, at The Blazer, it’s actually true.

In fact, take two steps into the kitchen and you’ll find all the proof you’ll need. Across from the telephone on the left wall are several hand-written pages tucked inside a clear pocket. Each page contains a list of names and phone numbers, grouped by the rotating specials (soups, and chowders, roast beef, etc.). When they serve one of their specials, they’ll call the customers on that list to share the good news. They could send an email or a text, or do nothing at all, but they choose to pick up the phone

and make each call. And if they haven’t seen a regular in a while, they’ll also give them call to check in and make sure they’re okay.

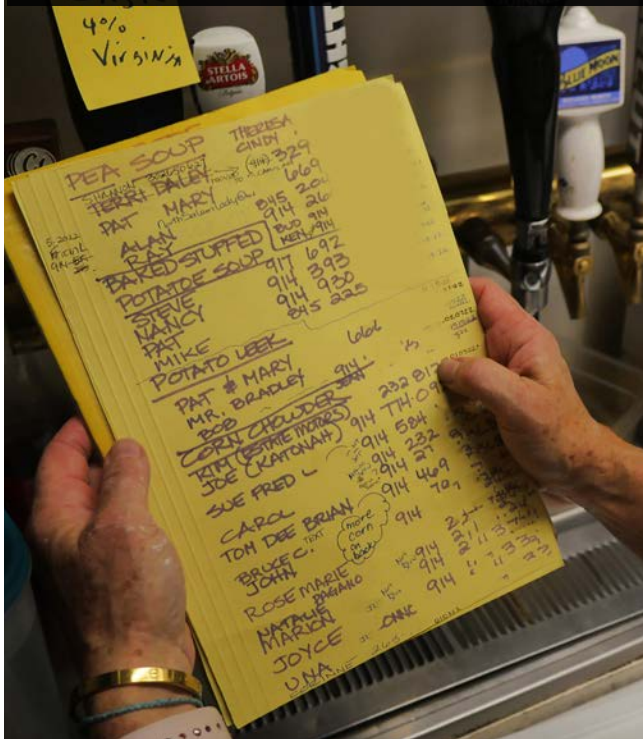
Their employees – cooks, waitstaff, bartenders, etc. – are treated with the same affection. If someone needs to take a night off or reduce their hours, they can request it without fear of repercussion. In fact, it’s never really goodbye when an employee leaves for college or any other reason. Instead, it’s “Good luck, and please stop by when you’re in town. Maybe you can pick a few shifts to relieve those who are working doubles during the holiday season.”

“We have minimal turnover,” says Kerrigan. “Our longest employee has been here for over 40 years, and our kitchen staff have been here about 20 years. Many of our waitstaff start working here in high school and then on and off in college, nursing school, law school, etc.

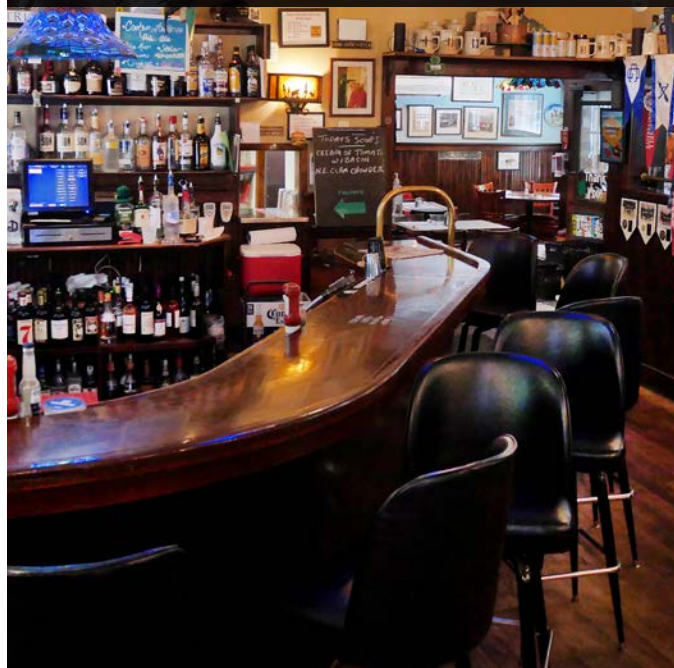
“We teach them skills that help them become successful adults, no matter their business,” she continues. “For example, you must look up and make eye contact when you say hello to someone, you need to be cooperative and work as a team. Not every restaurant teaches these skills, but it’s part of what we do at The Blazer.”

They do all of this because, as you’ll often hear them say, it’s part of their charm. **KC**

Pea soup, baked stuffed potato, potato leek soup, corn chowder – one of several pages Kerrigan and Duffy keep handy so they can call their customers when a favorite item is on the menu.



Several years ago, a customer donated \$100 to buy a drink for future veterans who sit at the bar. Whenever a veteran receives their free drink, they’re so touched by the gesture that they leave money to pay it forward for the next one. Often, what they leave is considerably more than the drink they received, which keeps the fund going.



INGREDIENTS

FOR THE CRUST:

½ CUP BUTTER (1 STICK), SOFTENED
¼ CUP SUGAR
1 ½ CUP ALL-PURPOSE FLOUR

LEMON FILLING:

4 EGGS
4 TBSP ALL-PURPOSE FLOUR
1 ½ CUP SUGAR
½ TSP BAKING POWDER
7 TBSP LEMON JUICE
(FRESH SQUEEZED OR REAL BOTTLED LEMON JUICE)

TOPPINGS (OPTIONAL):

CONFECTIONER’S SUGAR
BERRIES
RASPBERRY JAM

DIRECTIONS

PREHEAT THE OVEN TO 350°.

MIX ALL CRUST INGREDIENTS TOGETHER WITH A FORK UNTIL CRUMBLY.

PRESS INTO A 9” X 13” PYREX.

BAKE FOR 20 MINUTES. (IT WON’T BROWN.)

MEANWHILE, WHISK LEMON FILLING INGREDIENTS TOGETHER. POUR THE FILLING OVER THE BAKED SHORTBREAD CRUST AND BAKE FOR AN ADDITIONAL 20 MINUTES.

LET COOL BEFORE CUTTING.

FOR TOPPINGS, SPRINKLE SUGAR THROUGH A FINE MESH STRAINER.

DUFFY PREFERS TO “HAVE FUN WITH IT” AND TOP WITH SUGAR THEN A COMBINATION OF RASPBERRIES AND BLUEBERRIES. SOMETIMES, SHE’LL SPREAD RASPBERRY JAM AND THEN TOP WITH BLUEBERRIES.

RCK LEMON BARS

A family recipe from their mother, these lemon bars aren’t on the menu at The Blazer, but they’re a simple dessert that’s always a crowd pleaser. You can thank their mom, Rita, for the original recipe, Colleen for jazzing it up and her daughter Kaitlin for actually writing it down so the legacy can continue (hence the RCK in the title).

HIGHEST SCORES
FLASH



DOWNLOAD & PRINT
THIS RECIPE



NIGHT

AT

THE MUSEUM

PHOTOGRAPHY BY GIL VAKNIN
ILLUSTRATIONS BY TAL DORON, GIULIA MUENZEN AND JUSTIN NEGARD



THE KATONAH CONNECT LAUNCH PARTY

We were honored to celebrate the launch of our magazine with so many friends, family, community leaders and local business owners who helped make Katonah Connect a reality. The beautiful weather, gorgeous scenery and delicious wines from Quartz Rock Vineyard made the evening one to remember. Thank you to all who helped make this possible.

A VERY SPECIAL THANKS TO THE KATONAH MUSEUM OF ART

for hosting us in their beautiful space, alongside their stunning exhibition, "Constant Carnival the Haas Brothers in Context."





A DAY IN RHINEBECK

(AND MILLBROOK)

WRITING & PHOTOGRAPHY BY JUSTIN NEGARD



YES, YOU ARE IN NEW YORK

Head north for about an hour, tracing the curvaceous path of the Hudson River, and you just might stumble upon a perplexingly beautiful sliver of New York – one that doesn't actually seem like New York. The sunbathed vineyards running along the road appear to belong in California. The weathered barns and bulky pickup trucks are most definitely from Texas. And the quirky vinyl record shops are undoubtedly lost on their way to Seattle. Yet, this is indeed New York, and it's fantastic.

WELCOME TO RHINEBECK

A rivertown at a crossroads, Rhinebeck sits not too quietly at the foot of the Catskill Mountains. This energetic country oasis is a mix between the stylish, upscale cosmopolitans of Manhattan and the rural communities of Northern and Western New York. Think sushi meets hot dogs, cats and dogs, plaids and florals, or water and oil (you get the idea) – the result is actually refreshingly fun.

It's because of this dichotomy that a day in Rhinebeck can be anything to anyone, from chardonnay sipping with notes of mango to fairgrounds stomping with hints of manure. Strap some pilot goggles over your eyes and fly a World War I fighter ace or delicately rest some cucumber slices on them instead and find your inner chi. Or better yet, try everything! Nibble at some delightful tapas and ignore the llama drool that's still on your shirt. You won't be sorry. Rhinebeck has it all.

SHOPPING, AIRPLANES, PIGS, COMICS AND MORE

Let's start with the fun stuff. Rhinebeck has something for everyone. On East Market Street, you'll find stores like Periwinkles at Rhinebeck sell fashionable clothing and home items that will bring splashes of color, florals and style into your life. And Merriweathers features fragrant soaps and decor that might make lilacs sprout from your ears (or at least smell like them). For the retro crowds, Megabrain Comics and Arcade



book "BAMS" and "BOOMS" along with a healthy side of 8-bit "BLEEPS" for good measure. Split in half as a comic store and old-school arcade, it's the perfect spot for kids and their parents to settle the classic debate of Spiderman versus Batman (spoiler alert, Spiderman would definitely win). For an extra cool touch, the shop features an autographed Ant-Man helmet in their window, signed by the man himself – Paul Rudd (co-owner of the local Samuel's Sweet Shop).

IT'S TIME TO EAT

Food is a specialty in Rhinebeck. Despite its moderate seclusion from city life and highways, this town has a wonderfully diverse and inspired culinary scene. East Market Street and Montgomery Street will present you with a plethora of international

options, from Asia to Europe and right back to the grills of Main Street USA.

The locals often point tourists in the direction of Pete's Famous Restaurant, a classic American diner fitted with paper placemats and cups of chocolate milk. There are no big surprises here – their menu shows off a typical egg and bacon lineup, with salads and sandwiches sprinkled in for good measure. But what they do, they do well. And the restaurant's central location is an ideal meeting point.

Ditto for Village Pizza of Rhinebeck, which sits a block away and clearly serves as the fueling station for hungry visitors and parents searching for a quick pre-highway fix for crying children. The crowds are there for a reason – the folks at Village Pizza fire up a pie with the best of them. For a more sophisticated wood-fired flavor, Pizzeria Posto sits just around

the corner and offers artisanal pies with toppings such as pistachios, rosemary and fennel sausage.

But you're not in Rhinebeck for the standard experience. At least you shouldn't be. Not when you have a delicious spot like Cinnamon Indian Cuisine in the middle of the action. It's a particularly popular restaurant for both locals and visitors who have heard tales of this upstate jewel. And don't forget to stop by aroi, the Thai restaurant just next door. Which restaurant should you try first? Take a deep breath and follow your nose.

However, the real scene stealer in Rhinebeck is Terrapin Restaurant. Built out of a former church in the heart of the town, Terrapin's weekend crowd is likely larger than any Sunday service before it. They boast a menu of "New American cuisine," and it's the place to go for solid meat and seafood meals, along with a





classic rocks glass to compliment it. The menu is nearly as popular as the ornate churchly architecture around it, and there's something devilishly fun about sipping a Dark and Stormy under those cathedral ceilings!

Just a minute outside of town, you'll find The Matchbox Cafe. Owners Sam and Joann Cohen are the type of people you always want to see behind the counter. Passionate about their meatloaf and grilled cheese dishes (and a whole lot more), you can feel the love and care that goes into the customer experience. If that's not enough to lure you in, know this: the restaurant's logo was created by legendary designer Tony Palladino, who delivered his design solely out of his respect and friendship to the Cohens – an unrequested, yet very appreciated gift.

Lastly, when the time comes to satiate your sweet tooth, there's always Samuel's Sweet Shop. Owned by Hollywood A-listers Paul Rudd and Jeffrey Dean Morgan, this colorful little candy shop is a small slice of Willy Wonka in the middle of town. The crowds rush in quickly, so if you see it empty, take advantage!

For our money though, Del's Roadside is the only way to go for a dessert fix. Right alongside the fairgrounds, Del's is one of those quintessential ice cream and hamburger stands that has become a local fixture, featuring stunningly large crowds on a summer evening. Grab a burger and a sundae and dig in!



AN AFTERNOON ADVENTURE

Looking for an adventure on your journey into Rhinebeck? Cue "Flight of the Valkyries" on your playlist and head over to Old Rhinebeck Aerodrome. A turn of the century airfield, the museum hosts seasonal airshows during the warmer months. Definitely go for a show, but also to live out your Red Baron fantasy by catching a personal flight in a real, open cockpit 1929 biplane.

Hiking and nature appreciation can be done at the beloved Burger Hill, which is located about five minutes outside the town. With stellar Hudson River views, this monumental hill and vast park present breathtaking views of the Catskill Mountains, along with excellent trails to explore. (Winter tip: Circle back to Burger Hill after a big snowstorm for the greatest sleigh riding of your life. We promise.)

Many would call the Dutchess County Fairgrounds the heart and soul of Rhinebeck. Home to the county fair, hot air balloon festivals and a whole bunch more, these grounds will often serve as the catalyst for your Rhinebeck trips. The grounds are vast, and they're the perfect spot to indulge in your annual intake of deep-fried Oreos, pig races and rickety carnival rides.





OR...JUST RELAX

A perfect day in Rhinebeck often doesn't end in Rhinebeck at all. That's because the neighboring town of Millbrook is home to a spectacular vineyard, aptly named Millbrook Vineyards & Winery.

The cliches are all there. Rolling green hills, brick archways and ponds with quacking animals. Most importantly, the winery features delicious, mouthwatering wine, which has been awarded and recognized by a great many glass swirling, sniff testing, loudly gurgling oenophiles – and rightly so.

Owners John and Kathe Dyson know what they're doing. John, a Millbrook native, began the vineyard in 1982, steadily building its local popularity and varietals while welcoming guests for wine tastings and events. Over the years, he's successfully expanded his vineyards to include locations in Long Island, California and Tuscany, allowing them to produce (and serve) a wider variety of wines.

An afternoon at Millbrook Vineyards & Winery typically calls for a tasting. The sommeliers deftly educate and elaborate on the colors, flavors and textures of their swirling glasses without an ounce of pretension. In the summer, enjoy an outdoor tasting with a view of the aforementioned ponds and quacking birds, along with the scent of food truck barbecue not too far away in their parking lot. In cooler weather, head inside to the winery's massive wooden tasting room where you can sniff and sip your wines while surrounded by a stylish, oak cask-laden interior.

A proper trip to the winery could be done in an hour or two, and wine tastings end at 5:00 p.m. on most days. That'll give you some time to relax and enjoy their beautiful grounds before heading home.

WHAT ARE YOU WAITING FOR?

Even if you've been there before, it's time to go again. Whether it's your first time or you've lost count, Rhinebeck is calling your name, and we think you should listen. Tell Ant-Man we said hi. [KC](#)

TAKE ACTION

WHEN WILL YOU GO TO RHINEBECK?
WRITE SOME POSSIBLE DATES BELOW!

CHECK OUT OUR DAY
AT THE WINERY



Pete's Famous Restaurant

34 E Market St, Rhinebeck, NY
(845) 876-7271

Village Pizza of Rhinebeck

19 E Market St, Rhinebeck, NY
(845) 876-9676

Pizzeria Posto

43 E Market St, Rhinebeck, NY
(845) 876-3500

Cinnamon Indian Cuisine

51 E Market St, Rhinebeck, NY
(845) 876-7510

Terrapin Restaurant

6426 Montgomery Street
Rhinebeck, NY
(845) 876-3330

The Matchbox Café

6242 Route 9 Rhinebeck, NY
(845) 876-3911

Del's Roadside

6780 Albany Post Rd, Rhinebeck, NY
(845) 516-4800

Periwinkles at Rhinebeck

24 East Market Street, Rhinebeck, NY
(845) 876-4014

Megabrain Comics and Arcade

15 E Market St, Rhinebeck, NY
(845) 516-4168

Old Rhinebeck Aerodrome

9 Norton Rd, Red Hook, NY
(845) 752-3200

Dutchess County Fairgrounds

6636 US-9, Rhinebeck, NY
(845) 876-4000

Millbrook Vineyards & Winery

26 Wing Road Millbrook, NY 12545
(845) 677-8383

Merryweather's

51 E Market St #2, Rhinebeck, NY
(845) 876-8222

Drayton Grant Park at Burger Hill

3158 NY-9G, Rhinebeck, NY
(845) 876-4213

Samuel's Sweet Shop

42 E Market St, Rhinebeck, NY
(845) 876-5312

aroi Thai Restaurant

55 E Market St, Rhinebeck, NY
(845) 876-1114

HIS FAVORITE THINGS

ARTIST AND BROADWAY ROYALTY OSCAR HAMMERSTEIN
MERGES OCULAR NEUROLOGY AND COLOR THEORY WITH HIS FAMILY'S LEGACY



BY GIA MILLER
PHOTOGRAPHY BY JUSTIN NEGARD



The solitude of a professional artist and the spotlight of musical theater may seem like two lives at odds with each other, but for Oscar Hammerstein III, it's the perfect combination. Growing up in a family of performers (yes, his grandfather was Oscar Hammerstein Jr. of Rodgers & Hammerstein fame – the family name skips a generation), Hammerstein was the odd one out. From an early age, he demonstrated a proclivity for visual arts.

In kindergarten, when children typically draw stick figures, Hammerstein (called Andy as a child) was already drawing people doing backhands with a tennis racquet. By age 10, he was a regular at Manhattan's famed Art Students League. And by the time he was in sixth grade, his elementary school changed its rules and gave him a one-man show.

"I was making art outside the box – painting these sort of spermatozoa with eyes and smiles, and my teachers were very, very supportive," he remembers. "They had never called attention to art before, but they decided to put my art in the main hall and do a little wine and cheese sort of thing."

"I FOUND THAT THERE'S A CERTAIN INTENSITY THAT

CAME WITH JUXTAPOSING THINGS, LIKE YELLOW AGAINST PURPLE, THAT YOU COULDN'T GET FROM WHITE AND BLACK."

Hammerstein continued to pursue art throughout high school, but when it was time for college, he pondered studying for a "normal" profession. Yet his father, who was always supportive even though he didn't quite know what to do with a child who was interested in fine art, thought otherwise.

"I would say I needed a real job, but he would say, 'why not just stick with what you're doing,'" Hammerstein remembers. "He was a weird, weird father. He didn't want me to be a doctor or a lawyer. But the reality is that no one in my family has held to a real job in five generations – not even a dry cleaner. My father was a director, my mother was an actress, my stepmother was an actress and my other stepmother was an actress. My uncle was a producer, my grandfather was a lyricist, and

his father was a vaudeville manager. Their cousin was a silent movie screen star. And the patriarch of the whole bunch was an opera impresario. We just can't hold a regular job."

But Hammerstein tried anyway. He began college as a marine biology major, yet after a few months, he realized his heart wasn't in it – he just wanted to make art. However, what did fascinate him were color theory and ocular neurology, and they set him on a distinct artistic path.

"I studied pattern recognition – looming rods and cones in the eyes," he explains. "In the 70's there were a bunch of great writers who helped me understand what I was seeing. What happens to your eye when you go from light to shadow? What changes? Can you paint without black and white?"

Understanding these concepts played a huge role in the art he began to create. He went from an artist who drew bodies, which isn't easy ("noses, and fingers and toes are very hard to draw"), to exploring how we see color.

"For the longest time, I tried my best to avoid the use of pure black and pure white," he remembers. "I studied [Johann Wolfgang von] Goethe's color theory, and I've tried to apply it to my paintings over quite a period of

my life. I found that there's a certain intensity that came with juxtaposing things, like yellow against purple, that you couldn't get from white and black. It just seemed bloodless compared to what you could do with actual primary colors. I still spend some time in thought dealing with how colors interact with colors, as opposed to black and whites."

Hammerstein began a series of work that he still produces today – Sunspot Abstracts, based upon what happens when you look directly at the sun. He says there's a geometry in the image burned into the retina. While he originally believed he was organically painting spots on canvas, he eventually realized there was a pattern. Later, he discovered a simpler way to capture that pattern, and 35 years later, he still creates these works.

"It's actually a theme that doesn't go away," he says. "I'm staring at four of them now. I can't get rid of them. The spots are everywhere!"

"But there's a certain premise to them," he continues. "There's a geometry and a logic. My job is to hide that logic in plain sight, to do stuff to the rest of the canvas that makes people not see what's clearly in front of them. That's the game I play. And there's no limit to the number of ways in which you can distract people from the spots. What I'm doing more than anything is a playfulness."



To create the foundation for his paintings, Hammerstein uses an oil-based ink. He paints the spots and then “pulls them off with acetone and other toxic chemicals.” Sometimes he’ll use acid to burn parts of the spots while other times they’re distressed or disappear completely. However, the overall geometric structure remains the same.

“I like being able to go back and forth from putting paint on to taking paint off,” he explains. “I’m not just a painter, I’m also an erasist.”

After college, Hammerstein lived an artist’s life in Manhattan, making ends meet with odd jobs like moving furniture, as well as some regular work for “Saturday Night Live,” colorizing and stringing photographs together to create animated shorts for guests like Steve Martin, Billy Crystal and John Belushi.

During this time, he ran into a friend he’d met four years earlier – Jennifer.

The day he’d first met her in college, he turned to another friend and said, “That’s the woman I’m going to marry.” But she was younger and had a boyfriend. He graduated, moved to the city, and thought nothing of it until he ran into her that day several years later.

“I remembered what I’d said and decided that now I’m going to do it,” he recalls. “We dated for about two years and got married.”

They now have three adult children – Dashiell who is a composer, Grace who works in post-production and Jackson who lives in Montana as a property manager and cowboy. Hammerstein broke the family tradition of multiple marriages – they’ve been married for 36 years. But along the way, he did pause his art to pursue his family’s legacy.

“When I was about 30 years old, I was reading about my family’s history, and I needed to know more about my great, great grandfather, the magnate who

started the business,” he remembers. “So, I approached the family company, which I’d never worked for, and said, ‘I’m going to go to the Library of Congress to do some research on the family.’ Eventually I began to do little, tiny talks. Then that small lecture series got out of hand, turning into the other half of my life. I guess I sort of stumbled backwards into the theater.

“I didn’t have any other life ambitions until I stumbled across my family’s history,” he continues. “I am the first child of a chorus girl marriage, and I was not really held in high esteem by my aunts and uncles. So, the idea of me learning about my family history was not something I got from them – I got it despite them, sort of. I found a calling: I became a public speaker and a historian. But not because anybody supported that. It was my way of claiming what I could claim.”

Originally, Hammerstein tasked himself with finding Oscar Hammerstein Jr.’s unknown songs – the ones from failed

shows. Hammerstein surmised that if his grandfather wrote 63 shows, there were probably a few great songs from the flops that could be monetized. It was his way of proving to his family that he was valuable. But during his research, he learned about Oscar Hammerstein I, who was mainly responsible for building Times Square.

“He constructed the theaters that are still here today,” Hammerstein explains. “And I was amazed at that, because if his name had been anything else, he’d be known. But because someone even more famous with the same name emerged, he’s unknown. But in a way, he sort of set the stage, and built the stage, for his grandson. People always say, ‘Oscar was so talented,’ but it’s because he grew up in a theater family. From the time he was five, he saw a show every week. And by the time he was eight, he saw two to three shows a week. So how could he not have done what he did?”

“That’s what I wanted to bring to light,” Hammerstein explains. “I want to show that it takes a village, it takes a family, sometimes it takes generations, for a legacy to be made. The first Oscar Hammerstein was a lot like Moses. He got his family to the Promised Land.”

“I WANT TO SHOW THAT IT TAKES A VILLAGE, IT TAKES A FAMILY, SOMETIMES IT TAKES GENERATIONS, FOR A LEGACY TO BE MADE.”

In 2010, Hammerstein wrote a book entitled “The Hammersteins - A Musical Theatre Family,” and he began lecturing. Prior to the COVID-19 pandemic, Hammerstein lectured every other month. But his bookings were usually done a year in advance, because when you’re a Hammerstein, you can’t just give a lecture, you must give a performance.

“The basic problem with my lectures was that someone would say, ‘well, we’re gonna put it to music,’” he says. “And then they’d say, ‘and we’ve got to get some singers, so we really should get some instruments. Actually, let’s get an orchestra.’ And because the orchestra needs six months to a year’s worth of lead time for rehearsal, I booked a year out. In general, I barely know what I’m doing in a year’s time. But I know I’m doing a lot.”

As we emerge from the pandemic, Hammerstein’s talks have slowly begun to resume. These lectures help



support his career as an artist. And as a self-described introvert, they also give him an opportunity to step outside his shell.

“I get it all out of my system on one day,” he jokes. “All my socializing happens in one day, and then I’m back to being a hermit in my studio.”

During the past several years, Hammerstein has continued to paint his signature Sunspots, but he’s also begun a new series called Tempo Clash, inspired by his love of piano, which he plays every morning before he begins painting.

“THESE DAYS, I’M EITHER PAINTING SPACE OVER TIME, AS IN LOOKING AT A SUNSET OVER A PERIOD OF TIME AND CAPTURING THE SPACE OF THAT SUNSET, OR I’M DOING TIME OVER SPACE WHERE I’M APPLYING DIFFERENT RHYTHMS TO THE SAME SPACE AND SEEING WHAT PATTERN EMERGES.”

To do this, Hammerstein begins by painting a square from left to right, moving along through time. Then he explores what the basic rhythm would look like if he overlaid it with another rhythm that fit into the same space but was cut differently.

“Instead of eight to a bar, what if it was 15 to a bar, or seven to a bar,” he explains. “Then I’d look at what eight and 17 look like together. And usually, that makes this completely different pattern. Over time, I’ve figured out that you don’t want to use an odd number with an odd number because it’s too symmetrical. And you don’t want to use an even number with an even number because it’s too repetitive. So, you end up with juxtaposing an odd number with an even one. And that has yielded all my paintings.”

To the untrained eye, paintings in the Tempo Clash series may look like piano keys, but Hammerstein emphasizes

that they’re not. They’re the visual representation of music.

“They’re very pleasant,” he describes. “And they actually vibrate when you look at them. Well, if I get lucky, they vibrate. They come off the page like some strange carnival act. But it works every time these days because I’ve started to really hone in on that aspect. You can pick pink and purple and there’s a small distance of where the colors can go, or you can pick orange and blue, and there’s a huge distance that the colors can go. So, you can be subtle, or you can be loud. And lately, I’ve been loud.”

It all goes back to ocular neurology and color theory – the two main influences of Hammerstein’s work. And yet, over time, they’ve translated into a very different series of work.

“These days I’m either painting space over time, as in looking at a sunset over a period of time and capturing the space of that sunset, or I’m doing time over space where I’m applying different rhythms to the same space and seeing what third pattern emerges. So, it’s time and space. It seems like a pretty bland artist’s statement, but that’s what interests me.” **KC**

A collection of Oscar Hammerstein’s work will be on display at Chroma Gallery in Katonah from July 19 – August 23.

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MODELING AT HOME



ANDY YU AND EVAN GOLDSTEIN HAVE EAGERLY EMBRACED THEIR NEW COMMUNITY, GIVING BACK AND INFUSING CULTURE INTO EVERYTHING THEY DO

BY GIA MILLER
PHOTOGRAPHY
BY JUSTIN NEGARD

IF YOU'RE EVER INVITED TO A LOCAL GATHERING WITH SOME OF OUR RESIDENT CELEBRITIES, YOU'LL LIKELY NOTICE FASHION DESIGNER ANDY YU WITHIN MINUTES, IF NOT SECONDS.

Yu, who moved to Katonah during COVID-19 with his partner Evan Goldstein, D.O., founder and CEO of Bespoke Surgical, and their 10-year-old twin boys Phoenix and Sebastian, intentionally stands out – his outfit will inevitably be a self-described combination of “whimsical, fun and over the top.” He creates these outfits himself, based on the type of event he’s attending. Why? Because it’s fun, and “it’s a conversation starter,” he says.

But if you’re a parent picking your child up at Katonah Elementary School, you may not notice him at all. In his day-to-day life, Yu prefers a more understated look. “I personally like black and white,” he says. “I like a clean, modern aesthetic – very minimalist. Having said that, at my age, I’m very confident, competent and comfortable. And people enjoy what I do when I dress up. It’s an opportunity to be creative and just to have some fun.”

It wasn’t always this way, according to Goldstein. “If you saw pictures of him 15, 20 years ago, you’d see that his style has changed considerably. When I met him, his look was so different than it is now. Now he’s freakin’ over the top!”

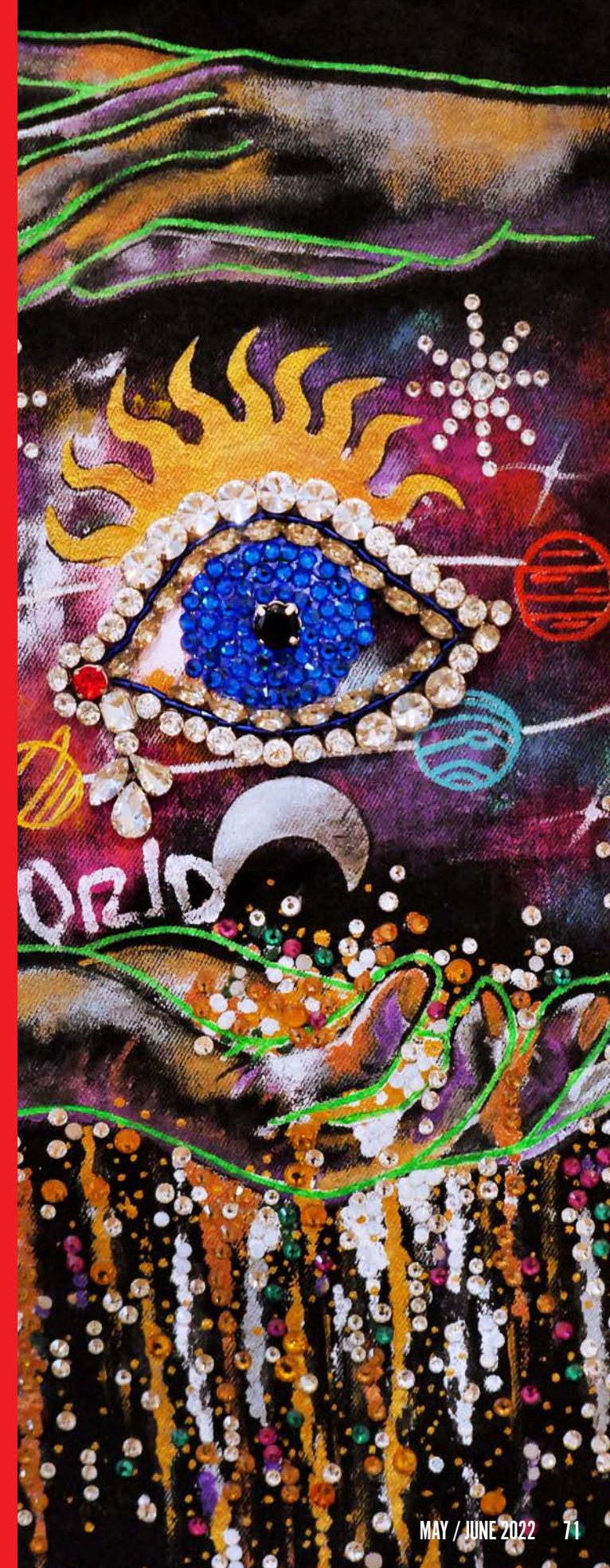
What changed? According to Yu, it was us, not him. “Bedford is definitely an artsy town,” he says. “I dressed up a couple of times, got lots of compliments, and then people started asking me what I was going to wear the next time, and it was exciting!”

But Yu has made it his mission to make a much bigger impact on our town than being known as the designer who wears creative, over-the-top outfits to social gatherings.

PROMOTING DIVERSITY

His goal is to make a difference and contribute to the town in every way he can, especially when it comes to diversity. He wants to “keep pushing the narrative, especially after what happened during COVID, people have a bad image of Asians,” he explains.

Yu has served dumplings at John Boy’s outpost in Bedford (“there was a line around the corner... I decorated to make it look more like a Chinese holiday and show a bit of Chinese culture”), the Katonah Village Library and





even a Bedford Riding Lanes event held at his home.

“I want to make sure people understand the culture – because there are a lot of differences,” he says. “Everybody loved it, they’d never had that before.”

As a self-described foodie, Yu says he loves all cuisines, from Italian to barbecue, and he believes that our area is truly lacking when it comes to Asian cuisine. Food is one way he believes he can connect with and serve the community.

“I want to help John, who is a farmer and showcase authentic dumplings made with organic food,” says Yu. “Plus, it allowed my kids to see what the Chinese New Year is all about. Everything has been really well received because people in this area are dying for the diversity, for any diversity, not just Chinese. This is a very affluent community, so you don’t have to educate them – they know, they’ve traveled the world. They’re happy to have this, and they’ve encouraged us to do more.”

SUPPORTING THE COMMUNITY

Yu and Goldstein believe in supporting the local community. They’ve purchased a table at John Jay Homestead’s annual Barn Dance fundraiser, and they’ve also loaned some of their land to the local nonprofit InterGenerate, as well as purchased the seeds, soil and compost needed for them to build, maintain and harvest a vegetable garden. The nonprofit donates the bounty to their food justice projects.

“Giving back and making an effort to support our community makes me happy,” he says.

They also host parties at their home and in the community. Last fall, Yu put on a fashion show at a Glen Arbor golf course to give back and provide an opportunity for local young women to experience modeling. His clothes



“EVERYTHING HAS BEEN REALLY WELL RECEIVED BECAUSE PEOPLE IN THIS AREA ARE DYING FOR THE DIVERSITY, FOR ANY DIVERSITY, NOT IN PARTICULAR CHINESE.”





“WHEN ANDY DOES SOMETHING WITH FOOD OR HE’S OPENING THE HOUSE, OR IT’S HIS FASHION, IT’S THE UNKNOWN OF WHAT’S GOING TO HAPPEN.”

weren’t for sale – it was simply an event for the community to enjoy. And he added a unique cultural element: an Asian model who walked the runway while playing opera music on a Chinese violin called Erhu. It was an intentional contrast between eastern and western cultures.

“You know, one of the things Andy’s so good at is creating that experience,” Goldstein explains. “And when he brings people together, you don’t know what is going to unfold. That’s what is cool. It doesn’t have to be about money. When Andy does something with food, or he’s opening the house, or it’s his fashion, part of the excitement is the unknown of what’s going to happen. He knows what people are yearning for – whether it’s culture or an experience, it’s the connection.”

A SPECIAL CONNECTION

Yu and Goldstein have been together for almost two decades. “We met online,” Goldstein begins. “In an AOL chat room.”

“Remember that day,” Yu chimes in. “That’s really how we met, in a chat room. It was hot!”

Goldstein continues, “I think it was called New York Gays or Gay New York or something.”

“It was 17 or 18 years ago,” Yu adds.

As partners, they understand each other.

“I think the nice thing about our partnership, 18 years in, is I know what makes him happy,” says Goldstein. “And if something’s gonna make him happy, then he should do it. And it’s reciprocated. There are certain things I do that he doesn’t like, such as the Phish concerts I go to. I go to concerts three nights a week, and it feeds me. And he doesn’t say a thing.”

“Or when I’m buying a car, I buy a vintage car but in a color that nobody would see me. Andy wants to buy the Countach that has doors that come off the side, and is yellow and red and pink, and all that stuff. He needs that. He likes that connection, the creativity, and sometimes the shock. Like, oh sh*! What is this kid wearing?”

PARENTING DURING COVID-19

As parents, Yu and Goldstein made a major change during COVID-19. They decided that Yu would take a step back from his career to be home with the boys while Goldstein stays at their pied-a-terre in Manhattan Tuesday – Friday so he can continue his work as a surgeon. But even with those more traditional parenting roles in place, there are a few surprises in their relationship.





“I’ve been in fashion for 30 years, but Evan actually buys all of the children’s clothes, not me,” says Yu. “He’s just that kind of person – Type A personality. And our house was all done by him. Even though I’m more than capable of doing everything, he handled it. Everyone is surprised – they think I designed everything in the house, but I do a lot of the landscaping. And about that other thing, the children’s clothes, he’s the boss.”

Parenting Phoenix and Sebastian is one of their great joys. The boys get along very well, and since moving to the suburbs, they’ve fallen in love with hockey and are pushing themselves to catch up to their peers.

“They’re doing really, really well,” says Goldstein. “They’re committed, and they’re skating six or seven days a week, which is pretty amazing. As soon as we ask, ‘who’s ready for hockey,’ they’ll run from wherever they are to get dressed. They’re super into it.”

Goldstein and Yu are thankful to leave Manhattan’s “private school rat race,” and are very pleased with KES. “In the city, you had to fit a mold,” Goldstein explains. “We didn’t feel it was right for the kids – we wanted to allow the kids to be kids and be in a place that is super supportive. KES is that for us – the emails are just positivity. Even if it’s a negative situation, they are positive and trying to figure out how to navigate it.”



And if you’re wondering, yes, the boys do ask about their family structure.

“They constantly raise questions, and it’s a little complicated for them to understand egg donors and surrogates, but it’s very, very interesting,” says Goldstein.

They’re honest about everything. “We told them their surrogate mother is a wonderful person, and they’ve even met her,” Yu explains. “We were on vacation, and she came out to visit us.”

While the boys haven’t met the egg donor, per her request, Yu and Goldstein hope they will when they’re older. But for now, they’ve surrounded the boys with “an army of people.”

IT TAKES A VILLAGE

“I grew up in a place where the door was always kind of closed,” Goldstein remembers. “People didn’t really come and go, and I was more of a recluse. But

now the door’s always open. There are tons of people coming in all day long! So, the kids are exposed to so many people. In the summer, they go to sleepaway camp where my two dearest friends, a straight couple, take them for the summer.”

“We’ve always said that it’s not just me and Andy raising the kids – there are so many people” Goldstein continues. “We’re blessed to afford to have an army to support us. Every year, we see more and more how much that has impacted the kids’ lives and get them to where they are now, and it’s super awesome.”

CHANGING PRIORITIES

Although Yu has made parenting his main focus, he still manufactures private label sportswear for several national brands and capsule collections under his Andrew Yu label. Since moving to Bedford, he’s created custom cashmere coats in colors inspired by our local stones, and he recently helped a young designer develop a capsule collection of men’s cashmere, named

Shmere, which he’ll showcase through previews and trunk shows in the area.

These days, everything Yu designs and produces under his label is purposeful, from the design itself to the environmental impact. Sustainability is another one of Yu’s passions.

“My clothing is made with 40% recycled cashmere from inner Mongolia, and the colors are white, black, gray and navy, which allows us to use less chemicals to make them,” Yu explains. “I’ve been doing cashmere for 25 years, so the quality is very nice and very heavy – it’s the future of cashmere.”

Whether it’s attending an event, giving back or simply opening their front door, Yu and Goldstein are doing everything they can to model good citizenship and good parenting. And, according to them, this is just the beginning. **KC**



SUSTAINABILITY IN THE 2020s

PART TWO: HOW TO HAVE A MORE SUSTAINABLE HOME AND YARD

PART TWO OF A FOUR-PART SERIES ON SUSTAINABILITY

BY GIA MILLER
ARTWORK BY NATALYA KHOROVER

CREATE YOUR OWN
SUSTAINABILITY PLAN



HEY!
US AGAIN!
LAST ISSUE,
YOU HUNG IN
THERE WITH
THIS ARTICLE.
IT WAS GOOD,
RIGHT?
THIS ONE IS
FANTASTIC!

In our inaugural issue, we presented you with various ways you could become a more sustainable person. Here, we'll share things you can do as a family to have a more sustainable home and yard. We hope you'll keep this series handy so you can read and review as you continue your sustainability journey.

At the beginning of April, the United Nations Intergovernmental Panel on Climate Change released the third part of its extensive climate report. The first part, released last August, discussed what's driving global warming. The second, released in February, explained how climate change has affected our world and how we've adapted to these changes. The April report focused on how we can cut emissions and limit further warming.

This report provides several ways we can reduce emissions, including making our buildings more energy-efficient, increasing our recycling efforts and even expanding remote and virtual workplaces. It also discussed the need to remove carbon dioxide from the atmosphere, noting that our only large-scale method thus far is planting more trees. Other (more scientific) methods are still in early development.

"The time to act is now," says Midge Iorio, the executive director of Bedford 2030. "We know the news is scary, and we don't want people to feel paralyzed or hopeless. Instead, we want everyone to know that this is urgent, and it's important. We can all do things, starting right now, to make a difference. By taking steps in your home and in your everyday lives, you can make a real difference."

A HOME ENERGY ASSESSMENT IS THE FIRST STEP

When it comes to your home, Iorio says the first step is to get an energy assessment.

"We know that half of our emissions in this community come from buildings, and we need to reduce greenhouse gas emissions and preserve natural resources to address this crisis," she says. "An energy assessment will help you understand the specific dynamics of your home and what needs to be sealed so that your home isn't leaking carbon emissions."

WHAT HAPPENS DURING AN ENERGY ASSESSMENT?

During an assessment, a local expert will determine the condition of your home and its energy performance. They will:

WHAT IS A CARBON FOOTPRINT?

Merriam-Webster defines a carbon footprint as "the amount of greenhouse gases (GHG) and specifically carbon dioxide emitted by something (such as a person's activities or a product's manufacture and transport) during a given period."

Ask you about your home, including its age, size, number of occupants, your specific concerns and goals, as well as how you live in your home.

Review your energy usage so they can estimate your potential savings if you implement their recommendations.

Assess the condition of the interior and exterior of your home, and your mechanical systems.

Perform several diagnostic tests to identify leaks, moisture problems or ventilation issues.

Assess the home's energy performance.

Provide home improvement recommendations, which often include what you can do to improve your home's energy performance. They typically rank recommendations by importance, health and safety issues, personal comfort and your overall cost-benefit.

“The first step is to find ways to eliminate the waste that’s leaving someone’s house,” explains Bob Fischman of Sustainable Promise in South Salem. “Our equipment can measure how drafty a home is by looking through the walls. Then we will know where to seal and insulate the house.”

“The next step is to look at the energy used in the home,” he continues. “We’ll look at the BTU (British Thermal Unit) input and output, and how you’re heating and cooling your home. We’ll check to see if you’ve switched to LED lightbulbs and how frequently you use the clothes dryer. We’ll help you understand how you can live comfortably without wasting energy, as well as what you can do to heat and cool your home more efficiently.”

Another aspect experts will review is the humidity level in your home.

“If there’s not enough humidity in the house, it tends to feel colder,” Dan Singer, co-president of Robison explains. “If there’s too much humidity in the house, it tends to feel warmer. An air conditioning system often removes humidity from the air, and typically, a warm air heating system doesn’t add moisture to the air. So, adding proper humidification is also an important factor.”

Mariah Okrongly, the program director at Bedford 2030, had an energy assessment performed on her 1967 home soon after she and her husband purchased the house (see sidebar). It helped them transform their drafty house filled with harmful particle pollution into a cozy home with clean air. Now they breathe easy knowing that their home is safe for everyone’s lungs (including their toddler), and new insulation means they purchase significantly less propane.

“I think a lot of people just live with their home being a little drafty in the kitchen, or with one bedroom always being chillier than the other bedrooms,” she says. “But getting an energy assessment will help you identify the issues in your home, and the financial pain points; and it helps you learn how to address them. Not only will it make your home more comfortable and decrease your energy bills, but it will also improve your health and air quality because you’re using fewer fossil fuels.”

FINANCIAL AND HEALTH BENEFITS OF ENERGY ASSESSMENTS

Properly sealing your home so it’s less “leaky,” along with adjusting your humidity levels, will result in

less propane or natural gas usage to heat and cool your home, therefore saving you money. An energy assessment can also improve your health.

Assessments determine what is causing poor air quality. For example, you will learn if the fan over your gas stove or in your bathroom is properly vented to the outside. If your stove fan is circulating the air back into your home, then you’re breathing those fumes. If that warm air is sitting in your bathroom, it can cause mold. Neither situation is good for anyone, especially those with lung conditions.

“Unfortunately, the health argument associated with indoor air quality has largely been ignored,” says Okrongly. “In the last several years, scientists have linked the association and causation – not just the correlation, but the causation – between air quality and health. It’s becoming much more recognized as an important health issue.”

According to The National Environmental Education Foundation (NEEF), indoor air pollutants can cause immediate and long-term effects. Immediate effects can include:

- Aggravated or worsened asthma symptoms
- Dizziness
- Eye, nose and throat irritation
- Fatigue
- Headaches

If you’re repeatedly exposed to indoor air pollutants, long-term effects may include:

- Cancer
- Heart disease
- Respiratory diseases

SMALL CHANGES, BIG RESULTS

There are many small changes you can make to create a more sustainable home – some are inexpensive, some are free and a few will be more expensive, but rebates are available.

SWITCH TO LED LIGHTBULBS

LED (which stands for light-emitting diode) is the

REAL-LIFE STORY: MARIAH OKRONGLY’S HOME ENERGY ASSESSMENT

When Mariah Okrongly, the program director at Bedford 2030, and her husband bought their 1967 home, it was in foreclosure.

“No one had really taken care of it in a long time,” she explains. “There was a ton of insulation just sitting on top of the ceiling in the bedrooms and the living areas. We had an energy assessment done, and they did an air quality report as part of the assessment. Our air quality was not good; the particulate matter was very high.”

Okrongly says that animals lived inside the house while it was in foreclosure, and the insulation got wet. They chose to remove all the old, dirty fiberglass insulation and install new foam insulation. The changes, she says, were remarkable.

“Before, our family room was super cold,” she remembers. “We’d have the heat set to 68°, and we’d have two sweatshirts! Now, during the winter, it’s set to 64°, and you barely need a sweatshirt. It’s pretty crazy what new insulation can do! We also had ice dams all around the house, and they’re now gone. And, when they did a new air quality report, all the issues were gone.”

In addition to improving their air quality, there was a 66 percent reduction in air leakage, reducing their propane usage by “at least 500 gallons” over the course of one year.

most energy-efficient lighting technology available today, according to the U.S. Department of Energy. These bulbs can last up to 25 times longer than incandescent ones, are more durable and offer similar (or sometimes better) light quality compared to other types of lighting. When you purchase LED bulbs with an ENERGY STAR rating (meaning the Environmental Protection Agency [EPA] has tested/approved them for color quality, light output and efficiency), you'll use at least 75% less energy.

LED lightbulbs are available in a variety of colors and brightness, and they can be used throughout your home, including in lamps, chandeliers and candelabras, under-cabinet lighting, recessed downlights and even as holiday lights.

Some LED lights are dimmable, and Smart LED bulbs can connect to your Wi-Fi network, allowing you to control them remotely.

COMMUNITY CHOICE AGGREGATION

When a group of municipalities work together to negotiate a standard bulk rate of electricity from a single supplier, it's called community choice aggregation. In 2016, our county created the first community choice aggregation program in the state, called Westchester Power. Bedford, Lewisboro, North Salem and Pound Ridge all have municipal contracts with Westchester Power.

"There are 29 municipalities who participate in the program," says Lewisboro resident Dan Walsh, who is the director of Westchester Power. "In these towns, Westchester Power is the default energy provider. It's an opt-out program, meaning that letters are mailed to every resident, and if you don't raise your hand and say, 'I don't want to be in,' you're in. All of our communities have defaulted to the 100 percent renewable energy supply."

Westchester Power provides power at the bulk rate they've negotiated from a single supplier. This means you pay the same rate per kilowatt hour, despite the fluctuations in energy prices. Iorio says that sometimes the price is higher and sometimes it's lower, but it tends to even out over time.

UPGRADE TO PROGRAMMABLE THERMOSTATS

Singer, co-president of Robison, says that programmable, or "smart," thermostats are another

way to create a more sustainable, and less expensive, home – they give you the ultimate control. They allow you to increase or decrease (depending on season) your home's temperature when you're away and bring it back up to a comfortable level before you return home.

"On your way home, gradually bring your home back to your preferred temperature," he suggests. "That way, your home is already warm or cool when you walk in. People tend to overcompensate and crank the thermostat up or down far too fast when they walk in. Gradually increasing the temperature is much more energy efficient."

HEAT PUMPS AND SOLAR PANELS

Two more ways to become more sustainable are by installing heat pumps and/or solar panels.

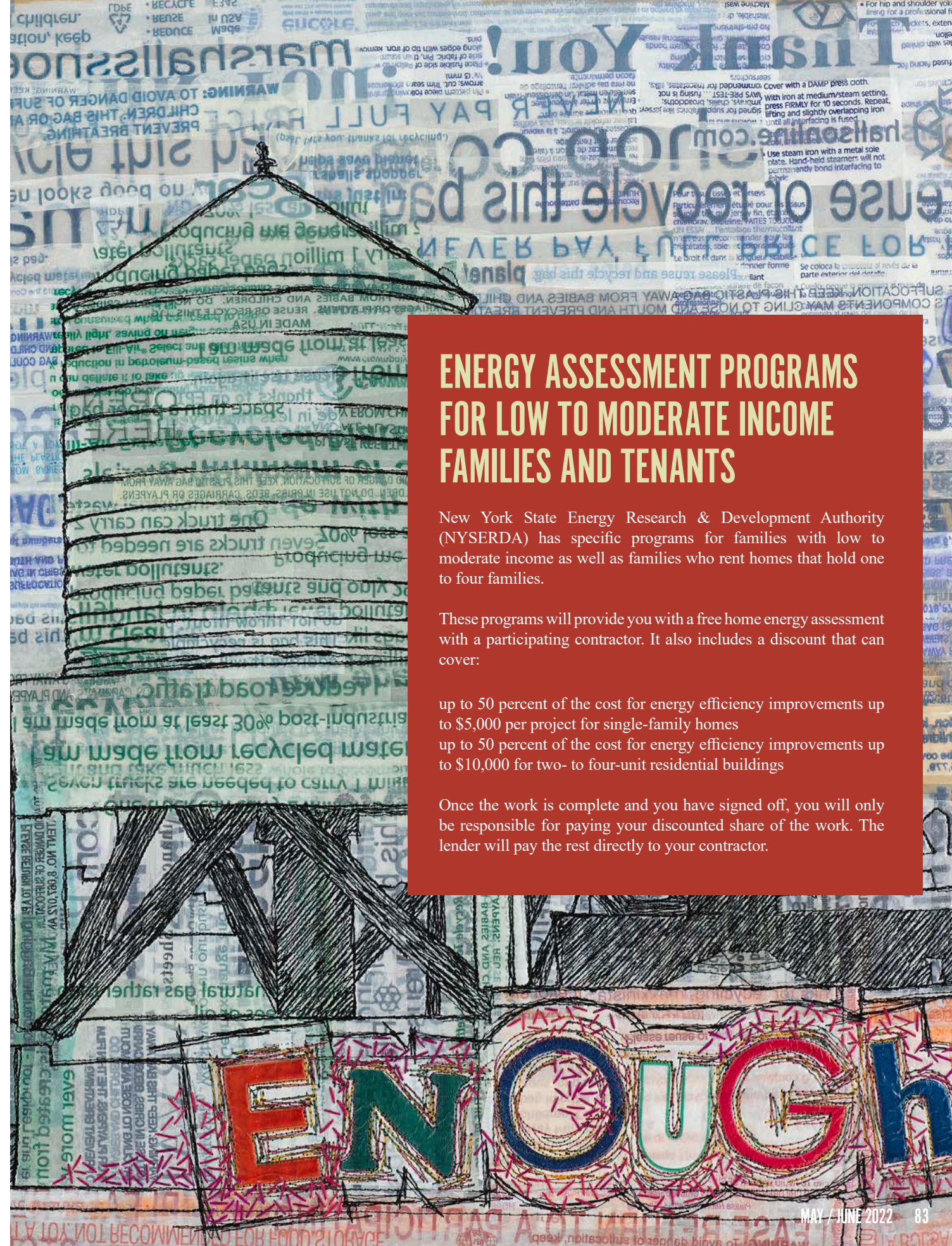
Sarah Douglass, a Pound Ridge resident and founder of SolTide consulting, along with her husband who is the executive director of Water Keeper Alliance, have done both.

"After our home energy assessment in 2017, we added spray foam insulation in the attic and crawl spaces, while concurrently switching our light bulbs to LED," she remembers. "Our next step was to add solar to our home. We started getting quotes in the spring of 2018 and went live with solar in December. In March of 2019, we worked with Dandelion Energy on an estimate for geothermal. We began drilling holes in our driveway at the end of September, the interior work occurred during October and November, and we went live with geothermal in December 2019.

"They all have an impact, with perhaps geothermal having the biggest impact because it eliminated our need for oil and saved us a lot of money," she continues. "Now we heat and cool our home guilt-free because our heating and cooling is coming from the earth. There's no oil tank coming down our driveway."

HEAT PUMPS

In general, heat pumps are an energy-efficient alternative to your traditional furnace and air conditioner. They use electricity to transfer heat from a cool space to a warm space. During the winter, they'll move heat from outside into your home, and during the summer, they'll move heat from inside your home to the outdoors. There are three main types of heat pumps:



ENERGY ASSESSMENT PROGRAMS FOR LOW TO MODERATE INCOME FAMILIES AND TENANTS

New York State Energy Research & Development Authority (NYSERDA) has specific programs for families with low to moderate income as well as families who rent homes that hold one to four families.

These programs will provide you with a free home energy assessment with a participating contractor. It also includes a discount that can cover:

- up to 50 percent of the cost for energy efficiency improvements up to \$5,000 per project for single-family homes
- up to 50 percent of the cost for energy efficiency improvements up to \$10,000 for two- to four-unit residential buildings

Once the work is complete and you have signed off, you will only be responsible for paying your discounted share of the work. The lender will pay the rest directly to your contractor.

Air source heat pumps: They transfer air between your house and the outdoors.

Ductless air-source heat pumps: If your home doesn't have ducts, you can drill a small hole in your wall and install a mini-split heat pump to transfer air between the indoors and outdoors.

Geothermal heat pumps: This pump uses air from underground to heat or cool your home. Because the temperature underground is relatively stable (about 55° year-round), this pump pulls air that is warmer in the winter/cooler in the summer, compared to the outside air. It's more energy efficient.

The first two are above-ground, and geothermal heat pumps require digging a trench or drilling holes underground to install the ground loop (a series of tubes or pipes that supply your home with hot/cold air). Regardless of which one you choose, Singer says that installing a heat pump may require several steps, including:

Removing your oil tank and air conditioning condensers.

Digging a trench or drilling holes.

Enlarging your ductwork so it can properly handle the velocity of the air blown into your home.

Many people also choose to remove their baseboards, according to Singer, but this is for aesthetics only.

Given all the potential steps involved, it's typically easier to make the switch when you're renovating your home, but it can be done at any time.

While this project can get expensive, New York State and various local utility companies do offer rebates to reduce the cost of equipment and installation.

SOLAR PANELS

There are two ways to benefit from solar panels. The first is to install them on your roof or to the ground. But if your home isn't ideal for solar panels, or you simply don't want them on your roof/property, you can participate in a community solar program, which allows you to collect solar energy from panels installed offsite in an area that gets lots of sun.

Sustainable Westchester offers a program that is free to join (and cancel). Members receive a monthly solar credit that lowers their electricity, and autopay can lower your bill by 10 percent.

IMPROVE YOUR RECYCLING KNOWLEDGE AND PRACTICE

By now, you probably know the basics: recycling means separating your trash into materials that go to a landfill and materials that can be turned into new products. In our last sustainability story, we told you that 55 percent of our waste includes items that we could recycle.

Why don't we recycle more? Is it that old habits die hard? Or is it because it's hard to know what can and cannot be recycled? Whatever the reason, we need to change our habits, and the best place to start is with educating ourselves.

Bedford 2030 has an incredibly thorough online "Recyclopedia" that can help. It's an "A-to-Z index of residential items" that tells you how to properly recycle, repurpose and responsibly dispose of the materials in your home. It lists everything from drinking glasses and plastic ice cream containers to metal wire hangers and yard signs (hint: they can all be recycled).

Next, we need to do it all the time. Most recyclable items can be placed in your single stream recycling container, but for some larger items, such as electronics, you'll need to bring them to your town's recycling center.

"For the past 15 years or so, we've had a recycling program where residents can drop off their recyclables on Saturday morning, from nine to 12," says Bob Karpel, a member of Lewisboro's sustainability committee and the manager of the town's recycling program. "It's the place where town recyclers meet, talk to each other and exchange things – it's a very social experience. We see people who have walked three miles with empty containers of milk, pet food and everything else in a backpack because they are very conscious of the environment. It's a community of people saying to each other, 'Oh, you have that, I can use it for my tomato plants.' So, it's sort of an unofficial, take it or leave it place where people will look for others who are getting rid of things they may want or can use, and that makes it fun. People bring stuff in every week and can't wait for Saturday."

"But by the same token, we'll have people drive up in their big SUV, bringing one bag of recyclables

COMMUNITY COMPOSTING

If you cannot compost at home, for whatever the reason (you don't have the space, it doesn't work for you, you just don't want to, etc.), or you don't want to compost meat/oil/bones in your backyard, here are your town's options for community composting:

BEDFORD:

Bedford Recycling Center:
343 Railroad Ave, Bedford Hills
Tuesdays, Thursdays, and Saturdays, 8:00 a.m. – 3:00 p.m.

In 2020, Bedford 2030 announced a pilot program for weekly curbside pickup, thanks to a three-year grant from New York state. For more information, visit:
<https://bedford2030.org/curbside-compost-2/>

LEWISBORO:

Behind the Town Hall
11 Main Street, South Salem
24/7

POUND RIDGE:

Recycling Center:
290 Stone Hill Road
Wednesdays and Saturdays, 8 a.m. – noon.

NORTH SALEM:

The town encourages at-home composting because composting programs require more vehicles on the road, therefore harming the earth.

Check with your town to see what can be composted. While some towns accept everything from cut flowers to meat bones, others stick mainly to food.

and think they're good for the day," he continues. "Eventually, they realize that they can also walk and bring their recyclables, and their children can do it, and their neighbor can do it, too. So, it's also an unofficial program to train people on what to do, as well as to create a social environment where it's cool to recycle stuff."

BEGIN COMPOSTING FOOD AND LAWN TRIMMINGS

Composting is another form of recycling. With composting, you recycle organic matter, such as leaves and food scraps, turning them into a rich fertilizer for your soil and plants. While anything that grows will eventually decompose, composting speeds up the process. It creates an environment for bacteria, fungi and other decomposing organisms (like worms) to break everything down quickly, creating a finished product that resembles rich garden soil. It's often called "black gold" because it's so rich in nutrients.

"I want to reframe this," says Iorio of Bedford 2030. "Instead of thinking specifically about composting, think about how you can move toward zero waste. Reducing food waste is a super important part of that goal. And, yes, you can compost in your own backyard, but there are also other choices."

The other main choice is community composting, which is offered by the majority of our towns (see sidebar). These programs give you a place to deposit your food scraps – including items like meat or bones that you don't want in your personal compost – and someone else will do the "dirty work."

"I tried to make my own black gold for six months, but I realized I wasn't getting what I needed for our garden," Douglass admits. "I was thrilled when Pound Ridge began community composting, and now I happily drop my food scraps off at the recycling center – it's so gratifying!"

YOUR LAWN CAN ALSO BE SUSTAINABLE

You may know some of the basics about protecting our natural resources and using them as a climate solution. For example, trees capture carbon, so we should protect our tree canopy and plant more trees.

But there is so much more we can do in our own yards to save the environment. The best way to go

about this, as with all sustainability goals, is to do one thing at a time.

"If you are worried about a carbon footprint, you might want to start with thinking about how much gasoline you use to maintain your lawn," says landscaper Philippine Hoogland, who is the co-manager of Healthy Yards. "But if you are concerned about toxins in your drinking water, then maybe your first concern would be the pesticides you're using your lawn. Or if you are upset about the dwindling number of pollinators, you may start with trying to create a more natural lawn by planting some flowers or letting the weeds go a little. Yards are really a very big topic. You can use your yard to create a habitat for an ecosystem, offer a place for your kids to play or bring food closer to your home."

CREATING A SUSTAINABLE GARDEN BENEFITS HUMANS, PLANTS AND ANIMALS

When it comes to landscaping, habitat gardening is the sustainable choice. It benefits all living creatures, and over time, becomes a simple, inexpensive and low-maintenance solution for your yard.

Habitat gardens are created with the region's natural habitat in mind. They provide food, water and shelter for the humans and the wildlife that naturally live in the area. It's less of a cultivated lawn and more of a diverse landscape, with layers of trees, bushes and flowers growing naturally, creating an environment that protects itself and the animals in and around it.

"We had a natural habitat before all the non-native plants and trees were brought here," Hoogland explains. "There was an ecosystem with an understory – there were songbirds and a tree canopy and a lot of vegetation on the woodland ground. We also had open areas and wetlands. That was our habitat for thousands of years, and we changed it within the last 200. Now, we have a habitat that provides no sustenance at all. What you often see now are gardens that have no connection with insects, birds or other wildlife – it's a sterile landscape."

There's really one main rule to habitat gardening: plant native plants, shrubs and trees. They'll grow exceptionally well, especially compared to non-native species, because they're well-suited to our local climate, soil and wildlife. You won't need fertilizers, pesticides, or extra watering.

THE TRUTH ABOUT YOUR HONEYBEES

In full disclosure, we began beekeeping last year and have very gentle honeybees on our property. While I'm a fan of our bees, Hoogland says they're harming our native species. But, she says, everyone can make their own choices about what they choose to bring, or not bring, onto their property. Hoogland, for example, chooses to raise chickens.

"Beekeeping is becoming a popular hobby, and people think they are helping the pollinators, but it's really something completely different," she says. "There's a misconception that having a hive helps the pollinators, when in fact it's the other way around. The nectar your honeybees are ingesting is meant for our native butterflies and bees. So, your honeybees are competing with our native bees."

"But that's not a problem if you consider your bees domestic animals," she continues. "For example, my chickens eat the same things as the birds, so they're competing with our native birds for food. If you want to have a natural habitat, then you need to feed your chickens, or your bees, yourself. You should not rely on your neighbor, or your neighbor's yard to feed them, just like you wouldn't rely on your neighbor to feed your dog."

This change will also benefit our native wildlife. For example, our region is home to more than 300 types of native bees, but most are endangered. The main reason, according to Hoogland, is that while they're indiscriminate when it comes to their own food, one-third of the bees can only use the nectar or pollen from a specific flower to create pollen bread for their larvae. The type of flower varies, depending on the bee species. That species' specific flower contains very precise nutrients that help the larvae survive. When those flowers disappear from our habitat, the bees disappear. The same is true for our native butterflies.

"Even if you have a butterfly bush and you're seeing all these butterflies on your property, the truth is that your bush may be only nurturing the adults," Hoogland says. "The butterflies might not have anywhere to put their larvae if your yard doesn't have anything native for them to rely on."

Switching to a habitat garden may seem overwhelming at first, so do it slowly. Over time, you won't miss the large, bare, perfectly mowed lawn (FYI: grass is not native to our area) or the costs associated with it. Instead, you'll enjoy the natural, diverse beauty of flower meadows and shade gardens, along with the happy birds, butterflies and other insects that eagerly show up in your yard for food, water and protection.

Although your new native garden will require very little work, your previous non-native garden will fight back, robbing your native garden of the resources it needs to survive. So especially in the beginning, your new garden will require some regular care. Because invasive plants, vines, shrubs and trees will attempt to grow and spread quickly, you'll need to pull them regularly until they no longer return. You may still get some non-native species (birds and others will carry berries and seeds with them), but it should be minimal.

STOP USING PESTICIDES

According to the Cornell Cooperative Extension website, Westchester uses more pesticides than any other county in the state. Per year, we use 382,526 gallons of pesticides (see sidebar).

"People have no clue how much pesticides are used here," Hoogland warns. "It really freaked me out when I learned that. It's throughout our drinking water, and we have no idea what it will do to us or our kids."

According to the World Health Organization's (WHO) 2020 "Guidance on management of household pesticides," scientific and technical experts have widely acknowledged that pesticides have played such a substantial role in reducing the insect population that our pollinators (such as bees and butterflies) are now at risk of extinction.

One of the main problems with pesticides, according to the WHO, is that they also kill organisms that weren't their intended target, including those that are useful and the natural predators of the pests we're trying to kill. They can also cause long-term damage to humans, including reduced reproduction rates, effects on the endocrine system and behavioral changes.

Pesticides can also damage your soil, and they can stunt plant growth. The best way to reduce or eliminate your need for pesticides is to switch to more resilient plant species that aren't repeatedly attacked by pests.

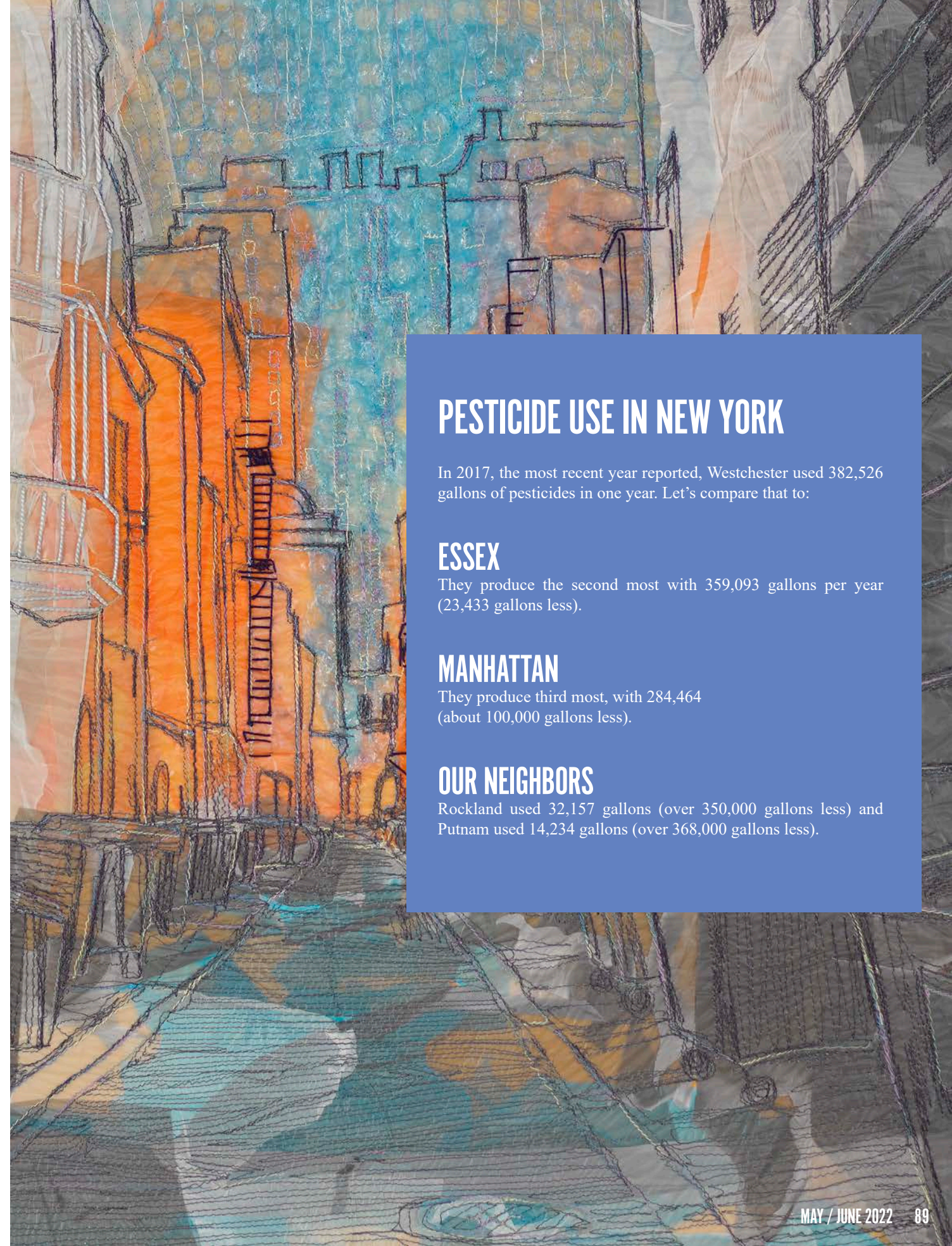
REDUCING YOUR CARBON FOOTPRINT IN YOUR BACKYARD

According to the Environmental Protection Agency (EPA), when it comes to air pollution, using a new gas-powered lawn mower for one hour is the equivalent of driving 11 new cars for one hour each. And, if you use a gas-powered leaf blower for one hour, that will produce approximately the same pollution as driving a 2017 Toyota Camry from Katonah to Daytona Beach, FL., which is around 1,100 miles. That's a lot of pollution!

But there is some good news. Hoogland says that the gardening equipment industry is focused on going fully electric. And, as residents of Bedford have recently learned, so are some towns. Just this year, the Town of Bedford began transitioning away from gas leaf blower use for residents and landscaping businesses, slowly decreasing the amount of time they are allowed each year.

This year, gas leaf blowers can only be operated between April 1 – May 15 and October 1 – December 15. In 2023, the amount of time is further reduced by 15 days for each season. From 2024 onward, the law states that gas leaf blowers can only be used for 15 days in the spring and 14 days in the fall. Violators, which can be the property owner and the owner of the landscaping company, can be fined \$250 – \$1,000.

Pound Ridge is currently considering gas leaf blower restrictions. Statewide, Senator Pete Hareckham, who



PESTICIDE USE IN NEW YORK

In 2017, the most recent year reported, Westchester used 382,526 gallons of pesticides in one year. Let's compare that to:

ESSEX

They produce the second most with 359,093 gallons per year (23,433 gallons less).

MANHATTAN

They produce third most, with 284,464 (about 100,000 gallons less).

OUR NEIGHBORS

Rockland used 32,157 gallons (over 350,000 gallons less) and Putnam used 14,234 gallons (over 368,000 gallons less).

represents Lewisboro, North Salem and Pound Ridge, introduced new legislation at the end of October 2021 which would require that all in-state sales of new landscaping equipment be at zero emissions by 2027. If the bill passes, owners of older equipment could keep and use that equipment, and residents could continue to purchase gas-powered equipment made before 2027. But all new equipment sold in the state must be electric. The bill is currently being discussed by the Senate's Energy and Telecommunications Committee.

HEALTH BENEFITS OF ELECTRIC LAWN EQUIPMENT

One of the first things you'll notice about electric lawn equipment is the sound, or lack thereof. Electric-powered machines are much quieter, which eliminates the need for ear plugs, and it creates less distractions (or none at all) for those working inside the home, school or office building during the landscaping.

Arguably, even more beneficial are the overall health benefits. Gas-powered equipment, obviously, requires gasoline. To fill the equipment, you must first fill a gas can at your local gas station and then pour the gas through a funnel into your equipment. If you spill it, it can irritate or burn your skin. Plus, you are breathing in the fumes when you fill the gas can, fill your equipment and when you use the equipment.

Breathing gasoline vapors is also harmful to your health. According to Medical News Today, it can affect your body's ability to transport oxygen to healthy tissue, causing the tissue to die off. Inhaling fumes can also cause dizziness, headaches, drowsiness, blurred vision, weakness, your face to flush or even slurred speech.

PRACTICAL AND FINANCIAL BENEFITS OF SWITCHING TO ELECTRIC

Gas-powered lawn equipment requires multiple steps, but with electric equipment, all you need to do is charge the battery and place it into your tool. Plus, maintenance is minimal, and you only need one battery and charging station if you buy all your equipment from the same brand.

In fact, it's so much better that the lawn and garden industry has gone electric more than three times



faster than the car industry, according to the research firm Freedomia Group. They found that in addition to the health and practical benefits, people are making the switch because it's often cheaper. While it's impossible to compare apples to apples (electric lawn equipment is not as powerful as gas-fueled equipment), often the best electric mowers in a category are comparable in price to their gas-fueled counterparts. Electric leaf blowers and trimmers tend to cost less than gas-fueled ones. And, with the continued rise in gasoline prices, charging your battery will save you money.

OVERWHELMED? START SLOW AND GET INVOLVED

Feeling overwhelmed by all the things you can or should do and not sure where to start? Experts agree that the best place to begin is with something that interests you and you know you can manage. The other thing they say you should do is to get involved and connected. Join a Facebook group, sign up for a mailing list, share your ideas and experiences – become a part of the conversation.

“What we've learned is that the single most impactful thing that gets people to take action is to learn what their friends, neighbors or leaders are doing,” says Iorio about her experience with Bedford 2030. “It's not because someone tells them to do it, it's not because someone says the planet is dying, and it's not even necessarily because they're going to save money – it's because we're influenced by others.”

Walsh, of Westchester Power, agrees. “When you join Bedford 2030's mailing list or sign up for Lewisboro's Facebook page, you'll have a continuous stream of information about local events and learn what others are doing. You'll form connections, become part of this process and help your town and neighbors create initiatives. To get to scale, we all need to get connected and do things together.”

Sustainability is a complicated issue, and we hope you'll chime in on our website and social media. We want to hear your thoughts on everything we presented here, as well as anything we didn't cover. Please let us know what you think by participating in our conversations and polls. 

NEXT IN THE SERIES: HOW TO HAVE A MORE SUSTAINABLE COMMUNITY.

KATONAH CONNECT

There once were four maidens that all lived at home,
Each had a job they did all their own.
One did the shopping and one cooked the meals,
One cleaned the house and one made the deals.

But after some time, the maidens needed a change,
Their jobs were so boring, they discussed an exchange.
They agreed at once to switch up their roles,
To try something new and hit different goals.

The shopping was fun, the cleaning was fast,
The cooking was easy, they all had a blast.
But the new deal maker seemed the happiest of all,
She got so much done without making a call.

A plumber fixed leaks, a lawyer made wills,
It seemed she had all the right skills.
But how does she do it so effortlessly?
“Please, tell us your secret,” they started to plea.

“It's easy!” replied the young maiden with glee.
“Katonah Connect makes it quite simple, you see.
Just log on to their website, there's no need to hide,
And check out their brand new **Community Guide!**”

The other three maidens just shrieked in delight,
This **fabulous website** was perfect, alright!
Articles, profiles, interesting news,
A guide full of discounts and local reviews.

The ultimate spot for a pizza or plumber,
Along with places to visit this summer.
Beautiful items and gifts for a song,
Even therapists explaining what mommy did wrong.

With so much free time, the maidens kicked back,
They read and they laughed at the new **Got a Sec?**
That **Quick Connect** profile was truly quite good!
They even learned about events in the 'hood.

And **YouTube** and **Facebook** and **Instagram** too?
Is there anything that this cool new mag cannot do?
So log on today, you'll be pleased we suspect.
From all of us here at **Katonah Connect**.

**WANT TO BE LISTED IN OUR NEW COMMUNITY GUIDE?
VISIT WWW.KATONAHCONNECT.COM/COMMUNITYGUIDE
AND CONTACT US TO SIGN UP!**



DEAR JOHN,

OUR LOCAL ADVICE COLUMNIST SAYS THE QUIET PART OUT LOUD, BUT HE ALSO DISHES OUT SOME GREAT ADVICE.



Dear John,

The pandemic has been very good for my business – I’ve doubled my income every year. Even though I’m not profiting off other people’s pain, I feel guilty about my success. Plus, I know that many of my friends and family have struggled to make ends meet, so I’ve kept it quiet. It almost feels like lying, which makes me feel bad, but it feels even worse to brag about my success during this time. What should I do?

- More Money, More Problems

Dear More Money,

Have you considered that maybe your family and friends would be happy for you? Even though you think you’re protecting them, they may not see it that way. Why don’t you ask them? And when you do, offer to pay it forward at the same time. Treat them to dinner or donate to their favorite charity. Better yet, place a full page ad telling these people how much you love them! I suggest multiple ads in a stylish, new local magazine to free your heart from this guilt. I may know one.

DISCLAIMER: IT’S OKAY TO LAUGH – THIS IS A HUMOR COLUMN! WE WELCOME YOUR DEAR JOHN QUESTIONS, BUT WE’RE LEGALLY OBLIGATED TO SAY THIS IS NOT A SUBSTITUTE FOR REAL ADVICE BY PROFESSIONALS.

Dear John,

Please help! My best friend and I started a business together five years ago. We’ve been friends since high school, and we really care about each other, but we don’t see eye-to-eye when it comes to our business. Our business is growing, but so are our arguments. Neither of us want to call it quits, but our friendship is on life support. What do we do?

- Tired of Fighting

Dear Tired,

Let me channel Dionne Warwick for a minute and sing “That’s What Friends Are For.” If you can’t hear me, that’s because your utility company is singing ABBA’s “Money, Money, Money” a bit louder. In other words, friendships are necessary, but your business (and paying those bills) are just as important.

Ideally, you two could take some time to reconnect, but sadly most of us don’t have that luxury. So you’ve got to work this out. By your own admission, your business is growing. So what are the arguments about? Remember what each of you bring to the business and try to appreciate the other person’s skill set.

If all else fails, a couple’s therapist isn’t just for romantic relationships. Meet with someone and talk it out. Then go back to making that moolah!

Dear John,

I’m at my wit’s end. My wife always loses things. This isn’t a new problem, but it’s getting worse. These days, she doesn’t only lose her keys or phone, she also loses weird things like her watch, the dog’s leash or even a full bottle of medication. But the thing is, they’re not really lost, they’re just misplaced, and I’m usually the one to find them. I’ve found things between the sofa cushions, under the bed, in the laundry basket, etc. I love her, but I can’t keep living like this. What do I do?

- Losing It

Dear Losing It,

Losing things doesn’t have to always be bad. Did she schedule you for dinner with an annoying couple? Whoops! How easily those keys can be misplaced at the perfect time! Meeting up with the in-laws? If only you had a migraine pill for this killer headache! A trip to Costco on a crowded Sunday afternoon? It’s too bad she can’t find her phone so you two can connect when you get lost in the store! And for a little insurance, Google the words ‘cubic zirconia’ – she won’t even know the difference.



TWINNING AT OHHO

BUNGEE JUMPING, LEARNING GERMAN & ARABIC, FAKE TELEPATHY – WITH TWINS, IT'S TWICE THE FUN

BY AVA FLEISHER PHOTOGRAPHY BY JUSTIN NEGARD

KATONAH CONNECT:
WHO'S THE MOST INTERESTING PERSON YOU KNOW?

Piper Spevak: My mom. When she was younger she would travel – a lot. She always tells us cool stories, like how she went to South Africa for two years. She also spent some time in Italy and Germany. So it's always so cool to hear about all the places she's been.

KC: WHAT'S SOMETHING YOU'D LIKE TO ACCOMPLISH IN THE NEXT FEW YEARS?

PS: I would like to be able to speak any language. Romy and I have been taking Spanish for about nine years, so I'm trying to get fluent in that, but speaking another language would be super cool. We go to Mexico every year, and even though I could speak Spanish to the locals there, I always get a little nervous because I don't wanna make a mistake. We also want to learn German and Arabic. Our school offers Arabic actually, but German we would have to do outside of school.

KC: WHERE DO YOU WANT TO TRAVEL?

PS: I really want to go to Germany, and like I said, learning German would be really cool. Italy and Greece also seem fun. I would love to live in Greece for a year. But I would love to go back to New Zealand again, even though I think I would be too scared to go bungee jumping this time around.

KC: DO YOU TWO EVER PLAY TRICKS ON PEOPLE?

PS: When we were younger, people would ask us things like, "Do you have telepathy?" We kept telling them, "obviously not." But they kept asking us, so we started to trick people because it was so easy to communicate without having to say a lot. For example, if we were playing the game Colors, and Romy walked out of the room while I stayed in with everyone else, I would pick a color. Then when Romy came back in, I would glance at something that was that color and she would say the color. People would think we actually had some sort of twin telepathy!

KC: WHAT'S SOMETHING YOU WISH PEOPLE UNDERSTOOD ABOUT TWINS?

PS: Even though we're identical, we both have pretty different and distinct personalities. We do different sports and like different things. I also have some blonde highlights, too.

We stopped by oHHo, an herbal medicine store and cafe in Bedford, to interview a stranger and we met Romy Spevak, a rising sophomore at Greenwich Academy, who works next door at La Maison Fete. When we learned she was a twin, we couldn't let the opportunity pass us by. So we called Piper and asked her similar questions.

KATONAH CONNECT:
WHAT'S THE MOST INTERESTING THING YOU'VE EVER DONE?

Romy Spevak: Well, this wasn't exactly a great idea, but when COVID-19 started, my mom, sister and I all went to New Zealand. We decided to bungee jump off of the tallest building in Auckland – it was designed for bungee jumping. It was my mom's idea actually, and at first, I was like "absolutely not." But once I got up there I decided to go first because I knew that if I saw other people go first I would chicken out. I was still too scared to jump backwards, but it was so fun once I just jumped.

KC: IF YOU COULD HAVE ONE SUPERPOWER, WHAT WOULD IT BE?

RS: I'm a big language person so I think it would be really cool to be able to speak any language. I'm in the middle of learning Spanish right now, but I'd like to learn either German or Arabic next year.

KC: WHY GERMAN OR ARABIC?

RS: I don't know. Arabic is something that my school offers and it seems fun! I like to watch German TV shows a lot, but with subtitles of course. "Deutschland 83" is my favorite. I can't speak any German yet, but I've picked up on the accent.

KC: WHERE DO YOU WANT TO TRAVEL?

RS: I'm going to Spain this summer – I'm really excited for that. I can't wait to be around native Spanish speakers and experience the cultural immersion. Going back to Paris would be great. I went a few years ago, but only for a couple of days. I loved the street fairs – it was all so beautiful. I'd also love to go to Greece. It always looks so pretty in the pictures, especially that clear blue water.

KC: DO YOU TWO EVER PLAY TRICKS ON PEOPLE?

RS: Yes. In fourth grade, we switched classes. The teachers didn't notice right away, but our friends eventually caught on. Also, we switched outfits when we were skiing once, and because you can't see anyone's faces under the masks, our parents were totally fooled. When they watched us go down the slopes they were like, "Wow, Piper's not doing so great, but Romy's doing much better today."

KC: WHAT'S SOMETHING YOU WISH PEOPLE UNDERSTOOD ABOUT TWINS?

RS: When we were younger people would always ask us things like "Do you share a toothbrush?" and some pretty weird questions like that. We didn't, that's just gross. We are two separate people. **KC**

INGREDIENTS

Serves: Two

- 3 oz. freshly squeezed lime juice
- 2 tsp. raw sugar
- 8 sprigs freshly picked mint
- 4 oz. white or golden rum
- 2 ounces dark rum
- ice cubes
- 6 oz. seltzer water
- 1 lime slice, dehydrated preferred
- mint for garnish
- 1 cocktail shaker
- 2 8-oz. cocktail glasses
- 1 muddler

DIRECTIONS

In a cocktail shaker, muddle lime juice with sugar until the sugar is dissolved.

Adjust the sugar to taste but aim for a balance of sweet and sour.

Gently rub the mint in your hands until it's lightly bruised, then add to the shaker.

Gently push the mint down and stir with your muddler. (Note: If you muddle the mint too strongly, the mint may become bitter.)

Add the light and dark rums.

Fill the mixer with ice and shake vigorously.

Gently bruise several more mint leaves then add them to the bottom of each glass.

Fill the glasses with ice cubes.

Pour the mojito mixture into each glass until they are 2/3 filled. Top with seltzer water.

Gently stir.

Garnish with a lime slice and mint tops.

Optional: Add cap of dark rum to the top of each glass.

CLASSIC MOJITO

On a hot summer day, a crisp and refreshing mojito is just what the doctor ordered. In this classic drink, I recommend using Meyer's Dark Rum. For garnish, I prefer a dehydrated lime slice as it's the perfect remedy for a slightly diluted drink as the ice melts. To finish off this summer staple, I pour a cap of dark rum on top to enhance the flavor.

Cheers to a great summer!

Dr. Elixir



PHOTOGRAPHY BY JUSTIN NEGARD

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CARAMOR JAZZ FESTIVAL

SATURDAY
1:00 JULY 30, 2022

PRESENTED IN COLLABORATION
WITH JAZZ AT LINCOLN CENTER

DAYTIME ARTISTS:

THE CHICK COREA AFRO-CARIBBEAN EXPERIENCE WITH
ELIO VILAFRANCA AND FRIENDS

GEORGE COLEMAN QUARTET

CANDICE HOYES & DAMIEN SNEED: DUKE ELLINGTON'S
ON A TURQUOISE CLOUD

BENNY BENACK III QUARTET

JAZZ AT LINCOLN CENTER'S SUMMER JAZZ ACADEMY

BIG BANDS WITH SPECIAL GUESTS

SUMMER CAMARGO QUINTET

...MORE TO BE ANNOUNCED!

EVENING:

CAMILLE THURMAN AND THE DARRELL GREEN
QUARTET: BURT BACHARACH REIMAGINED



caramoor.org

WINNING POSTER DESIGN BY AVERY GAMEIRO. SEE PAGE 11.

the 1990s, the number of people in the United States who are aged 65 and older is projected to increase from 20 million to 35 million. The number of people aged 75 and older is projected to increase from 10 million to 17 million. The number of people aged 85 and older is projected to increase from 3 million to 6 million.

The increase in the number of people aged 65 and older is projected to be the largest increase in the number of people aged 65 and older in any country in the world.

The increase in the number of people aged 75 and older is projected to be the largest increase in the number of people aged 75 and older in any country in the world. The increase in the number of people aged 85 and older is projected to be the largest increase in the number of people aged 85 and older in any country in the world.

The increase in the number of people aged 65 and older is projected to be the largest increase in the number of people aged 65 and older in any country in the world.

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