

WESTCHESTER health & life

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A TASTE of Westchester

- Where chefs shop
- Most-requested dessert recipes
- Wine pairing tips
- Authentic ethnic fare ... and more!

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Westchester's
cutest baby

Sailing lessons
on the Hudson

health
watch

- Little ears learn to hear
 - A local cop's weight-loss story
- Why breastfeeding is best



Westchester WHISPERS

YOUR GUIDE TO LOCAL TRENDS, TREASURES, PEOPLE & WELL-KEPT SECRETS

by Katherine Ann Samon



They don't have Robert Downey Jr.'s high-tech suit—they prefer swimwear and sneakers. But the WESTCHESTER TRIATHLON CLUB (www.westchestertriclub.com) is brimming with Ironmen. "I've done 12 Ironman races since I joined," says Chuck Totero of New Rochelle. "I'm 61, but I competed in the Hawaii World Championship in 2005. Does that give you an idea of our group?" Uh, yeah. An Ironman Triathlon is a long-distance race that includes swimming, biking and running; the club is ideal for anyone training for one, says founder Richard Izzo of Rye Brook: "We offer the chance to train with a group, and take your performance to the next level."

CAST YOUR VOTE: Westchester's cutest baby! Head to www.westchesterhealthandlife.com/cutestbaby to see all the adorable entries and let us know which tot you think should win. Voting ends June 27.



Craft beer here

Celebrate this Father's Day by toasting Dad (or yourself) with one of the craft beers from the county's only microbrewery, the award-winning CAPTAIN LAWRENCE BREWING COMPANY in Pleasantville (914-741-2337, www.captainlawrencebrewing.com). "Every Father's Day, we release St. Vincent's Dubbel, a Belgian-style ale named for my father," says owner Scott Vaccaro. (Don't wait too long to try it—the ale is only available for about two months of the year.)

Captain Lawrence is a popular destination for those who appreciate craft beers—that is, high-quality beer with a distinct taste, traditionally produced in small amounts and only sold locally. Vaccaro, a South Salem native, opened the 8,000-square-foot facility in 2006. "We're known for barrel-aged, full-bodied, Americanized versions of Belgian ale," he says. The insider's choice is Imperial IPA (India Pale Ale), citrus-y and gold.

While beer cannot be bought on the site (this is a production brewery), free samples are available on Fridays from 4 p.m. to 7 p.m. and on Saturdays from noon to 6 p.m., with hourly tours. Call the brewery or check the website for a list of special tastings and events, and to find local establishments that serve or sell the brewery's goods.

Count Pleasantville resident Kolson Pickard as one of the spot's many fans. "The local dimension of Captain Lawrence beer is a big appeal for me," Pickard says. "Plus, the brew is tasty, and the place is a whole lot of fun."



Fresh-baked bliss

Terrific culinary finds are sometimes off the beaten path. Which is where you'll find FLOURISH BAKING COMPANY (914-725-1026, www.flourishbakingcompany.com), run by two culinary stars in a section of Scarsdale best known for its auto repair shops. Open the door at 160 Summerfield Street and you're in the kitchen with married owners Diane Forley (formerly of Manhattan's Verbenas) and Michael Otsuka (formerly with Manhattan's Thalia), who opened the bakery last October. "We use only organic grains and flours to produce food that's healthy and delicious," says Otsuka. Their offerings, all kosher, include rustic artisan breads, vegetable pies, soups and sweets. Flourish goods are known for rich flavors and fresh local ingredients, with an emphasis on seasonal recipes. Popular items year-round include olive-rosemary bread, chewy chocolate chip cookies and Friday's challah. Says Scarsdale customer Linda Angel, "I love that it's salt-of-the-earth food, but also unquestionably gourmet."

