

WESTCHESTER

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How to Be a Better Westchesterite

No one can do everything; everyone can do something. Here's our list of 82 organizations you can help to make your little corner of Westchester a better place to be.

Science shows that helping others helps us. Whether it's donating services or goods or giving of your time or dollars, the very act jump-starts the release of dopamine and other feel-good chemicals in the brain, like when we eat a delicious meal or have great sex. Just volunteering a few hours every week or reaching into your pocket now and then can improve your mood as well as your community. So what's stopping you? Here, we give you 82 ways to be a better Westchester resident and an even happier human being.

Help The Poor

Prevent Homelessness

In 1990, Westchester had the highest per capita rate of homelessness in the country, with a peak of

EAT CAKE

Calories don't count when you're consuming them for a good cause. Both the **Greyston Bakery** in Yonkers (104 Alexander St, 914-375-1510) and **Connie's Bakery** in Mount Kisco (41 S Moger Ave, 866-926-6643) train the formerly unemployed to be expert pastry chefs. Greyston's brownies are so yummy that Ben & Jerry's selected them for the company's bestselling Chocolate Fudge Brownie Ice Cream, as well as Dave Matthews Band Magic Brownies, Half Baked, and Neapolitan Dynamite. Connie's donates profits to local organizations. And when you buy gift items in the shop, a portion of those profits also go to charities.