

# GREENWICH.GIRL™ turks&caicos

issue iv

**Bikinis, Espadrilles,  
Hats + More Summer  
Looks We Love**

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**Charter Your Very  
Own Sunset Cruise**

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**Food On A  
Whole New Level**

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**Get Your Body  
READY at Peak360**

**Destination:  
Turks & Caicos  
Why GG's Favorite Resorts Are  
Blue Haven & Beach House**

**#GG  
BIKINI**





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**JULY 10 - SEPTEMBER 1, 2016**

**IMAGINARY MINDSCAPES**

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# GREENWICH GIRL

THE MAGAZINE

## masthead

Founder, Editor In Chief & Creative Director

LAURA MCKITTRICK

Managing Editor

ANNIE HORN

Assistant To The Editor

COCO VACCARI

contributing writers:

CAROL CAPRIO

JEN SOUTH

HARRIS DECKER

JEN GRAZIANO

DINA LOCKRIDGE - VETRI

CAMILLO FERRARI

PHILIP BALLARD

MANISH KUMAR ARORA

MEGAN KUCZYNSKI

LEFI BECKER

COCO VACCARI

SARH M. DAVID

FARRAH KASER

ASHLEY OTTE

AMY MCKECHNIE

KEN FINNEN

LYNA JONES

MARIA SANCHEZ

REBECCA GOLD

TRAVIS GOOTY

MICHAEL SMITH

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[info@vineyachts.com](mailto:info@vineyachts.com)

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IMSY



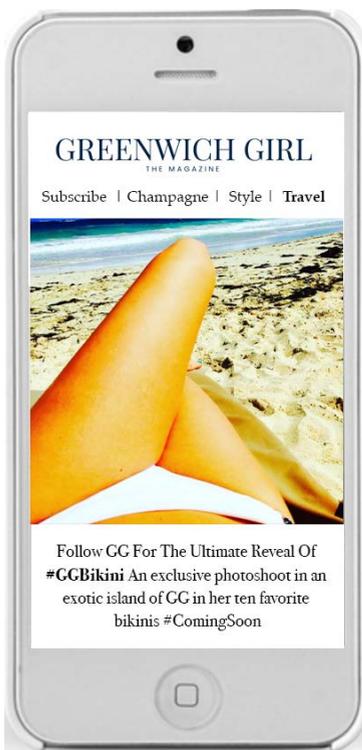
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# GREENWICH GIRL

THE MAGAZINE

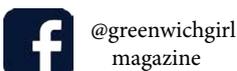
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THE MAGAZINE, THE WEBSITE,  
SOCIAL MEDIA, ON YOUR IPHONE, VIA  
YOUR TABLET, THE GREENWICH GIRL  
OFFERS LUXURY AT AN UNMATCHED  
LEVEL. IT'S A PERSPECTIVE. IT'S  
A SOPHISTICATION. IT'S A SENSE  
OF HUMOR. YOU EITHER GET  
IT OR YOU DON'T.



Want to be a part of The  
GG Movement?

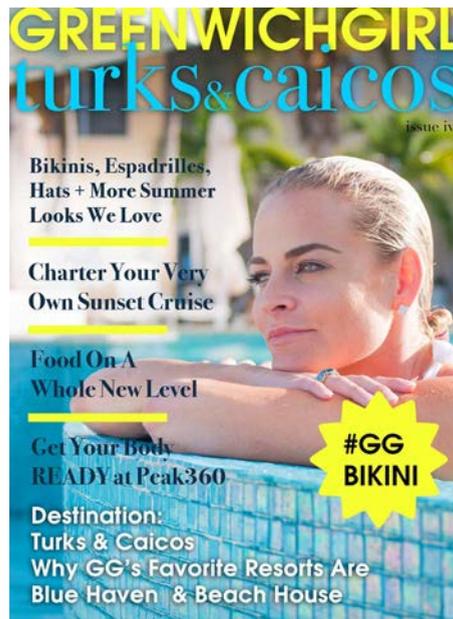
We would love to hear from you!  
For advertising opportunities email:  
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For content or writing interest email:  
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GREENWICH GIRL

Dear Readers,  
This month's issue showcases the beautiful  
Turks & Caicos islands where we stayed at the  
gorgeous Beach House Resort and Blue Haven  
Resort to photograph the #GGBikini challenge.  
After 12 weeks of relentless training at Peak 360  
Greenwich, the uber lux one on one training  
facility in Greenwich, the patience, guidance and  
support of the wonderful Dominic Novak (own-  
er), his wife Dana and nutritionist Angela I was  
able to reach and actually exceed my body goals  
to share these beautiful swimsuits with all of our  
readers. This was a long anticipated journey  
in which was shared on all GG platforms and  
without the support of all you readers I would  
have never been able to accomplish what we did!  
Please enjoy the beautiful photography within  
the pages of this month's issue.

Warmly,  
Laura McKittrick  
Founder & Editor  
editor@thegreenwichgirlmagazine.com



From the Cover:

Swimsuit by:  
IMSY Swimwear

Photo credit: Alex Foster  
Beach House Resort and Blue  
Have Resort in Turks and Caicos

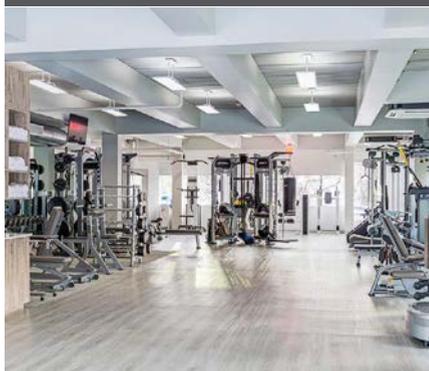
*\*tune in next issue for the full spread  
of #GGturkscaicos at the Blue Haven  
Resort and Beach House Resort*

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chamber of commerce  
**SIDEWALK SALE DAYS**

July 14, 15, 16, 17

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WILD FLOWER  
TEDDY



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# Kicking off Summer: Is it worth the burn?

by Chase Hall



Photo Credit: goodhousekeeping

The summer is in full effect. You've done the time in the gym, you've picked out the bathing suits that your going to rock on the beach; you've worked so hard to finally get the vacation that you've been planning for the first half of the year. This is your summer season; Lets talk summer; Is it worth the burn?

Yes, beaches are crowded, the coolers are being loaded with the best India Pale Ale in town. Summer is time to relax and recharge, get outdoors and capture that vitamin D. With the heat must come protection from the harmful UV rays of the sun. Keep your skin smooth, hydrated and minimize damage all summer long with sun-screen. Apply Apply Apply

Yes, the summer romance can be fun too. I am a fan of summer love. You've worked hard for your vacation time that you feel less stressed and you feel confident to spark a summer romance, thats right the confidence to allow yourself this romance will work. Allow yourself to be open and spontaneous to whatever happens in that time.



Photo Credit: google images

# Spa Chiara Introduces:



**miraDry**  
The Sweat Stops Here

It may be wet outside...

...but your underarms will be dry

Get miraDry during April showers

Embrace every moment of life to the fullest – without fear or embarrassment of underarm issues getting in the way. Whether you're out with friends or simply running errands – miraDry is your solution for sweat-free underarms in as little as one easy treatment.

Ask about our April miraDry special.



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The Sweat Stops Here

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# CIRCA SUZY

VINTAGE  
COUTURE  
JEWELRY

designed by  
Suzy McCabe.

now available at  
KATIE FONG

&  
PATRICIA GOURLAY

# THE MOST LUX GYM IN GREENWICH: **PEAK 360** HAS RAISED THE BAR, LITERALLY

Peak Physique has been the leading personal training facility in Greenwich for over 25 years. And with a track record like that there is a reason they have remained number one. But with their new location which just opened, Peak Physique, now known as Peak 360 Greenwich, has raised the standard in more ways than one. With a complete gut renovation, all new state of the art equipment, luxury amenities and locker rooms with everything from personalized bathrobes to steam showers, uber lux products and a spa area for massages and soon to be facials, Peak 360 Greenwich is getting a ton of attention and for good reason. While we all know that your environment affects your productivity the new look, vibe, energy and ambiance of Peak 360 is where luxury meets YOU. Personalizing every workout, Peak 360 is a private training facility that promises success and results with ease. With only top notch trainers and the best of the best with everything it encompasses I am the #1 fan of this amazing facility. Peak 360 Greenwich also offers physical therapy and nutrition guidance with healthy meal deliveries as well as an alignment posture perfecting program! Stay tuned into GG as I embark on my 9 week bikini challenge and tune in for the editorial where I share my experience of being personally trained by the one and only Dom, owner and founder of Peak 360 Greenwich. And if you are in need of training: Peak 360 is the only place to go.

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# Summer Picks from dā•kor

---

115 Mason Street, Greenwich, CT 06830



The perfect summer cosmetic bag for lotions and more! Lips and lashes. The sexiest makeup bag around. Can't wait to break these out for my sun essentials this summer!



This dazzling pouch is perfect for credit cards, beach passes, cash and ID! Great to bring to the beach, restaurants and summer parties.



This trendy towel is great for any setting... From the club to the beach to the pool this stylish towel comes in a number of designs and speaks to every water lover out there!

GREENWICH GIRL



These fun beach bags are the perfect size for all beach necessities

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- **Takes off 10 years in 2 min!**

# SPEND SUMMER WITH US



## Summer Saturdays Yoga & Brunch

Mantra Mind Body Yoga  
@ The J House Greenwich

Time: 10am (arrive 15 mins prior)

Where: Check in at J House Lobby

Cost: \$20 Yoga | \$22 Brunch | \$25 Yoga & Brunch

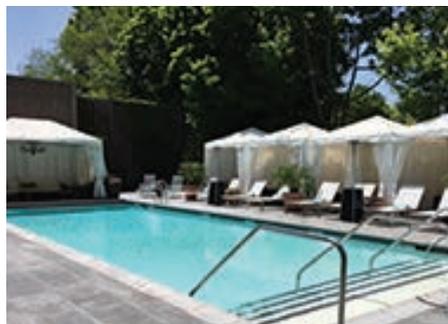
Call 203.698.6980 to Reserve



## Spa Series Sale

Buy any 5 one hour spa services  
and receive the 6th service for free  
plus 6 complimentary pool + fitness  
passes to use the day of your service  
(\$300 value)

Call 203.698.6980 to Reserve



## Pool Membership Now Available

Season pass offered for the first time  
Individual or Family Memberships

For details please

Call 203.698.6980 or

email [mvail@jhousegreenwich.com](mailto:mvail@jhousegreenwich.com)

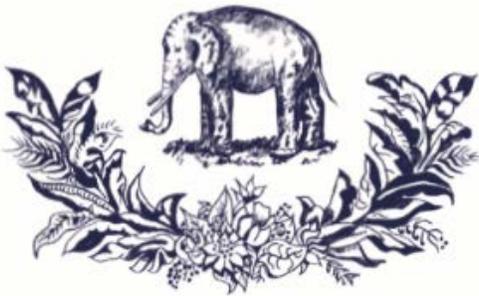
# KIRBY SUMMMER PICKS

## HOME/ENTERTAINMENT

PR CONTACT: [elaine@kirbyandcompany.com](mailto:elaine@kirbyandcompany.com)

203.309.5900

Instagram @kirby\_and\_company



**KIRBY AND COMPANY**

*Discover · Covet · Delight*

### Block Print Elephant Pillows



\$110-145

Assorted Sizes

### COASTAL IMAGES SILK PILLOWS



\$110-145

Assorted scenes

### Graphic Beechwood Laminated Trays



\$38-225

Assorted Styles/Colors

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Embroidered Witty Cocktail Napkin Sets



\$36 set

Assorted Styles as pictured

Gold Lidded Pineapples



\$45-70

White Lacquer Boxes - Kelly Green Piping



\$54-96

Vibrant Patterned Match Book Covers



\$22 - Assorted Styles made in CT

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203.309.5900

Instagram @kirby\_and\_company

Vibrant Abstract Pillows 22"



\$135 each

Summer Embossed Coaster Sets



\$21 set

Assorted Styles (we love the pineapple & fern)

# KIRBY SUMMMER PICKS

## FASHION/ACCESSORIES

Devi Beaded Cuffs



\$95 Assorted Styles

Hello/Relax Beach Towels



\$60 each

# KIRBY SUMMMER PICKS

## FASHION/ACCESSORIES

PR CONTACT: elaine@kirbyandcompany.com  
203.309.5900

Morrocan Market Tassel Tote



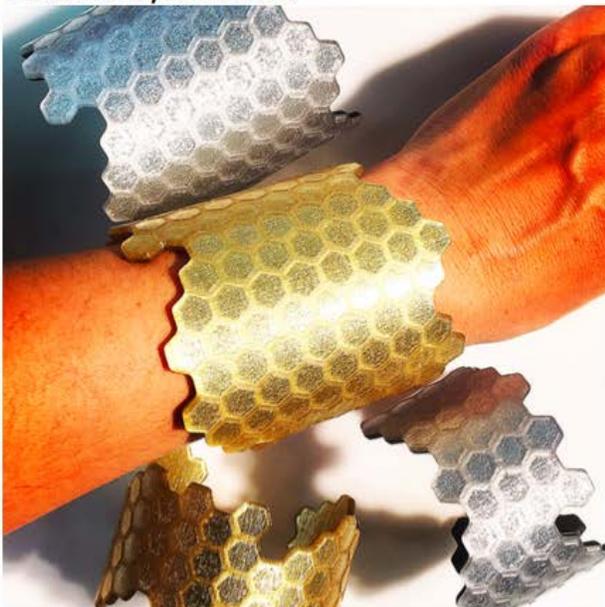
\$95

Small Morrocan Clutches



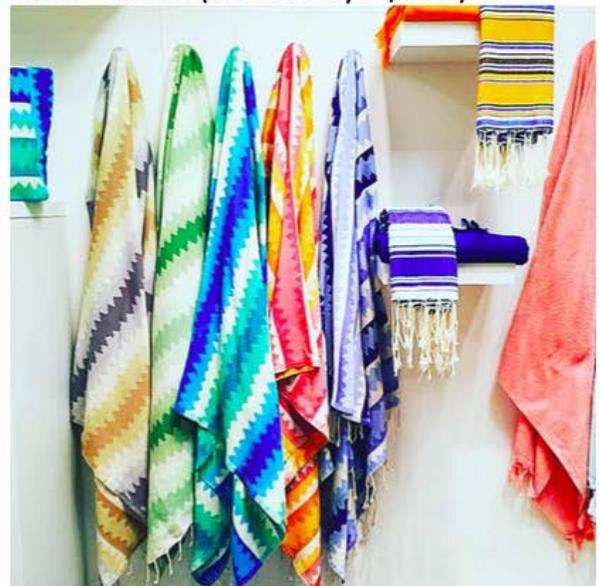
\$52  
Rose, Blue, Coral

Lucite Honeycomb Cuffs



\$68/\$94  
Gold or Silver

Turkish Towels (assorted styles/sizes)



\$64-78

# KIRBY SUMMMER PICKS

## FASHION/ACCESSORIES

Large Morrocan Clutches



\$95  
Coral, White, Blue

Ombre Fringe Clutch (color acrylic tumbler available as well)



\$74  
Cream/White, Red/Violet, Yellow/Blue

Large Sun Hats (clutches available as well)



\$105  
Privacy Please / Bon Voyage

### CONTACT US!

PRESS INQUIRIES [elaine@kirbyandcompany.com](mailto:elaine@kirbyandcompany.com)

CUSTOMER CARE

We are here to help!

Toll Free: 855.553.5900 [customer care@kirbyandcompany.com](mailto:customer care@kirbyandcompany.com)

OUR FLAGSHIP & CAFÉ

Find yourself in Connecticut? Well hurry up and visit us in person! 1029 Post Road

Darien, Connecticut 06820

203.309.5900

[info@kirbyandcompany.com](mailto:info@kirbyandcompany.com)

Flagship & Café Hours

Monday 9:30am-5:30pm

Tuesday 9:30am-5:30pm

Wednesday 9:30am-5:30pm

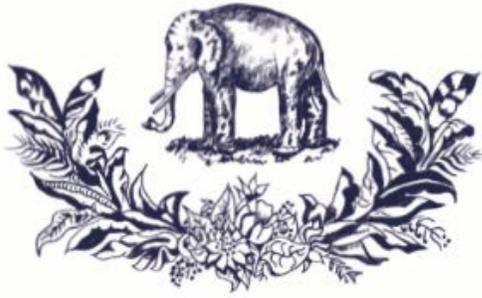
Thursday 9:30am-5:30pm

Friday 9:30am-5:30pm

Saturday 10am-5pm

Sundays Closed (open at certain times of year – call ahead!)

Our Flagship is available for private parties and events! We host book clubs, coffee groups and more. Give us a call – let us do the work!



## KIRBY AND COMPANY

Discover • Covet • Delight



### THE MISSION

We're about the little discoveries: finding that perfect something in the most unexpected of places — it's a one-of-a-kind — "where'd you get that!" — colorful item for your home or bar, a vintage cuff for your wrist or even a little bite of a yummy macaron. We're endlessly curious and inspired by everywhere we go. We live for that feeling you get when you walk into a place and in a moment you know: something charming awaits.

### THE STORY

Founded on the idea that a home's finishing touches are the hardest to find, KIRBY AND COMPANY was established in 2014 by Elaine Kirby McCleary. After 12 years at the creative helm of Juliska, she set out to create a place where she could fulfill her desire to have a décor boutique full of color, happy objects and a few confections (she inherited a love of sugar and butter from her grandmother). The result is a destination for people who want to find those things they need to complete a room, adorn an outfit or surprise a friend with an unexpectedly personal gift.

### THE MANIFESTO

We obsess over color.

We obsess over dessert. (A lot)

We think our chocolate chip cookies are the best. Period. We believe in the therapeutic powers of baking.

We believe every item in your home has a story...or will soon. We believe in messy children.

We still think we are children.

We believe in snapping up vintage costume baubles. Always. We believe in huge happy grins.

We believe in dancing silly every day.

We believe in all flowers. (A lot)

We believe dirty dishes can always wait until "tomorrow." We believe in wearing your grandmother's charm bracelet. We believe our family and friends are everything.

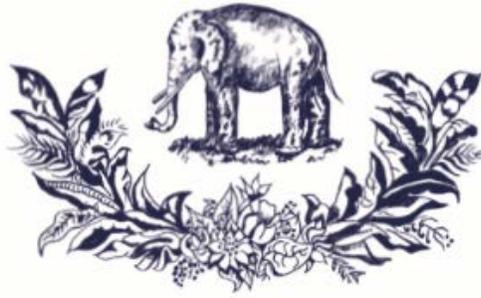
### THE FLAGSHIP & CAFÉ

#### Our Flagship

Nestled on the coast of Connecticut and less than an hour from NYC — our décor boutique houses a colorful assortment of home furnishings and gifts sprinkled with chic fashion accessories. Our Flagship boasts an amazing and ever changing assortment of vintage and one-of-a-kind décor and jewelry. We travel the globe to find these treasures! Our visitors look for the infamous #pinktag to spot finds all over the shop! We also offer full design services (or what we like to call #design-therapy) as well as bespoke custom monogram for many of our items.

#### Our Café

Nestled in the back of our Flagship is our in-shop café - filled with a daily collection of petit desserts, charming treats and savory bites—all locally made. It's a place to pop in when your sweet tooth needs a fix; a spot to linger over a macaron, a cappuccino and good read; a place to have a conversation or pick up soup for a friend and desserts for your dinner party. Because sometimes there's nothing better than a little bit of sugar, salt and butter. Inspired by—and dedicated to—the generations of passionate bakers in Elaine's family and their recipes, our café is very much a love letter to all of them—for always letting her lick the spoon and encouraging her to set up camp in front of the oven to "watch the magic."



**KIRBY AND COMPANY**

*Discover · Covet · Delight*



### THE SOCIAL KIRBY

Our customers are the “company” in Kirby and Company! And we think we keep some great company!

If you pop by the Flagship - take a selfie in front of our Kirby selfie wall and post it on Instagram! Photo tag us and we will email you a 10% off your next purchase at the shop or online! Can't make it to our Flagship? Just email us at [customer-care@kirbyandcompany.com](mailto:customer-care@kirbyandcompany.com) with your at home selfie and we'll send you the a code for your next online purchase. Just be prepared to be famous – we love to repost our favorite selfies on Instagram @kirby\_and\_company Follow us on Instagram, Facebook, Pinterest and Twitter.

### THE EVENTS

Find yourself in Connecticut? Join our email list or RSVP for one of our events thru our Facebook page to join in on the fun at the Flagship! Book signings, flower arranging classes, calligraphy events, wine tastings & more!

### DESIGN THERAPY

Our design blog is coming soon! ([www.kirbyandcompany.com](http://www.kirbyandcompany.com))

[design@kirbyandcompany.com](mailto:design@kirbyandcompany.com)

Remote or in-shop no stress design consulting. We are the experts in finishing your rooms with color and personality.

### THE BIG NEWS

Our Connecticut Flagship is expanding! Mid-Summer 2016 we will double our size and have the following new additions to our colorful shop:

**DESIGN THERAPY** - We are building out a full design area - we are dedicated to finishing rooms with personality. We also specialize in refinishing and reimagining vintage pieces – something that a client owns are something we use from our vintage inventory. We adore one of a kind. Our #pinktag vintage assortment of furniture, décor, objet and jewelry is our passion.

**OUR ONLINE SHOP** - Enjoy a curated selection of our shop favorites with shipping nationwide or store pick up. Shop in your jammies. Let us giftwrap and ship. Launching Late June 2016.

**MORE BIG STUFF** - Larger scale furniture and lighting assortment – YES! We can't wait either. **BIGGER CAFÉ** - with more seating and savory lite bites to add to our petit confections and coffee bar. Yum.

**OUR MONOGRAM SHOP** - bespoke embroidered and vinyl monograms on anything and everything. Capsule collections each season exclusive to K & C.



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**Westport: 1200 Post Road East**  
(Behind Crate & Barrel)

**Wilton: 3 Godfrey Place**

**Ridgefield: 62 Danbury Road**

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**FINE JEWELRY**

**FASHION JEWELRY**

**CLOTHING**

**ACCESSORIES**

# TRAVEL ESSENTIALS

---



## WHAT TO BRING ON THE PLANE

### **Perfect Carry On Bag: Goyard (LDM Personalization)**

It isn't so much that this is Goyard that we are obsessed with but it is the monogramming. When flying commercial the baggage claim carousel can either be a breeze or a nightmare. If you can avoid this at all costs then do so by investing in an efficient carry on. If you have too much to pack then we advise the monogrammed options. There are a plethora of options out there that offer this unique touch and each of them promises the same thing: easy spotting when your plane is unloading!

## ON BOARD NECESSITY:

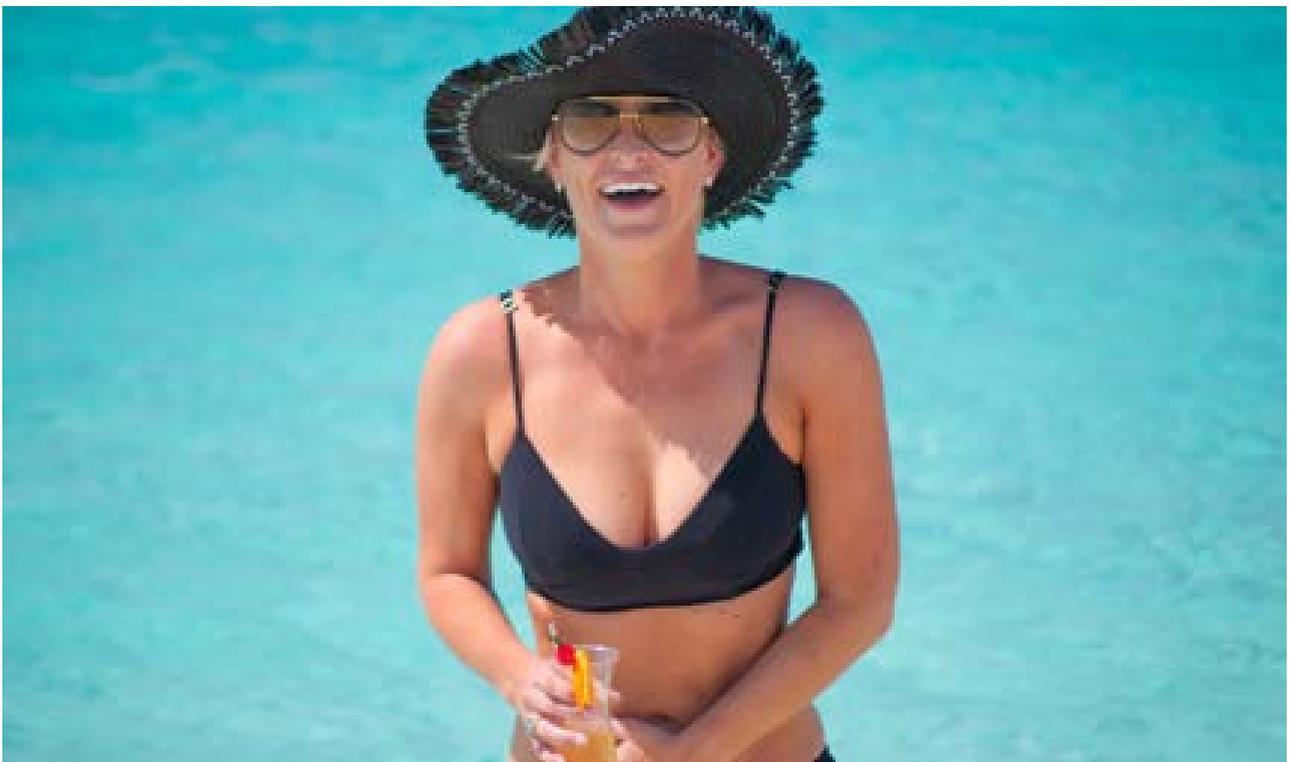
### **Saks Fifth Ave**

Nothing is worse than feeling the chill of the air vents as you are falling asleep on a long flight. And while we love the convenience of the disposable blankets available on board we don't love their texture. If you are on the-go often and up in the air more than you would like to admit, take it from us when we say that splurging on this Sofia Cashmere travel set is well worth the price tag of \$395. After all, a cozy sleep is priceless. Available at Saks Fifth Avenue.



## IN-FLIGHT ENSEMBLE

Flying in comfort is essential. It is already bad enough if you are having to combat jet lag or major temperature differences so be sure to keep your clothing loose and your shoes appropriate.



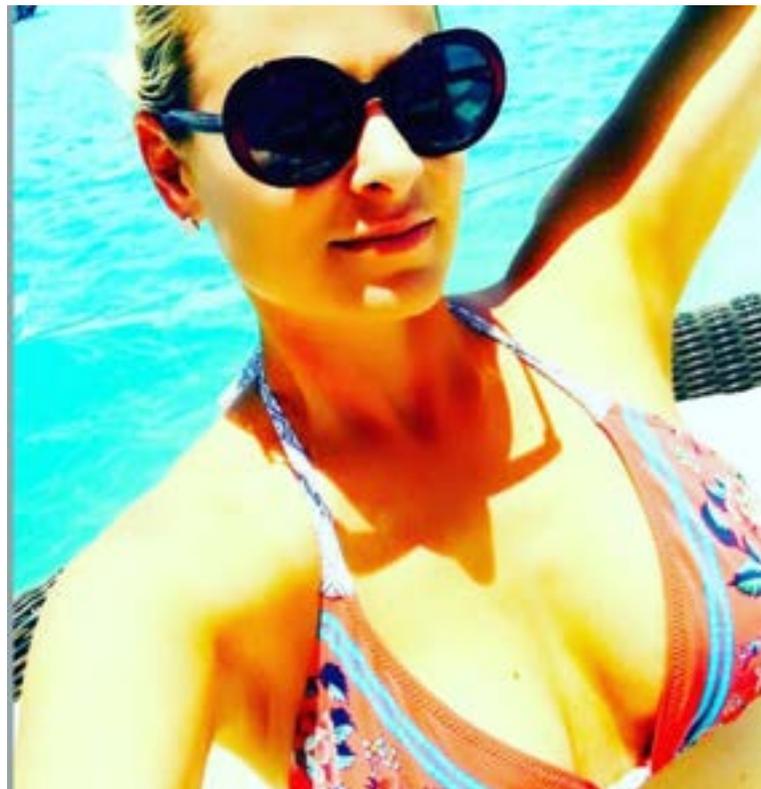
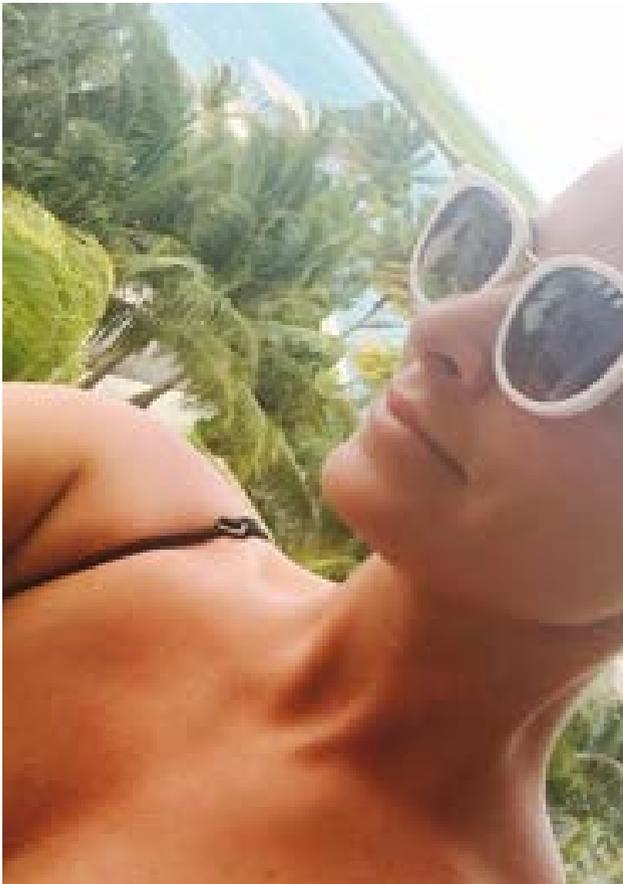
# WHAT TO PACK

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## EYEWEAR:

**Our Go To: "Eye Designs of Westchester"**

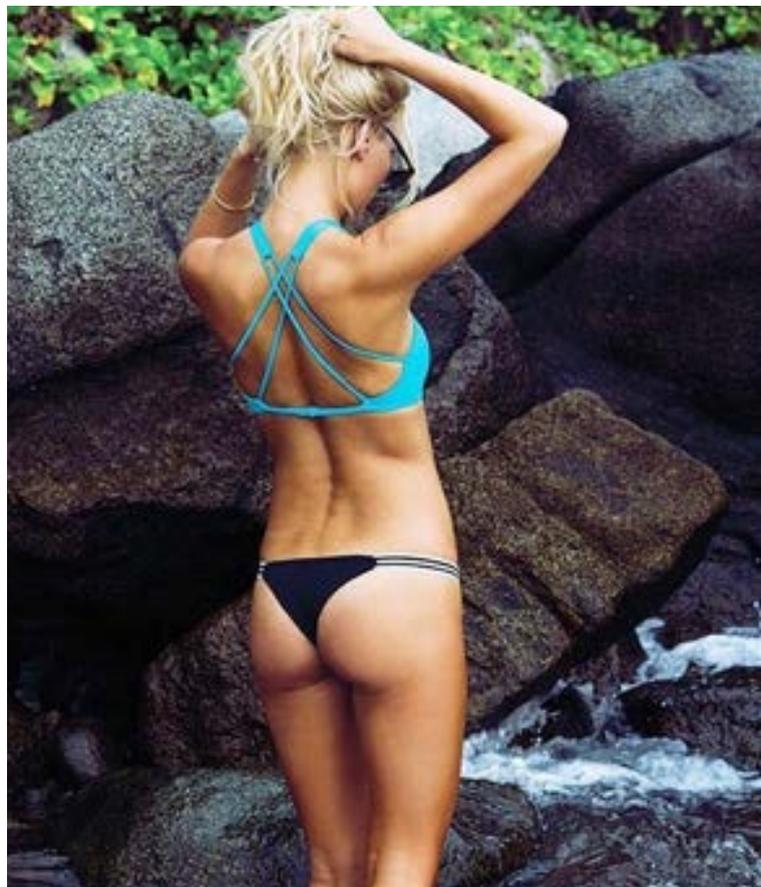
No one wants be thrown shade but when it comes to finding the right shades to protect you from the glaring sun the options are endless. From sporty to classic, unique to flat out avant guard or go-to for all eyewear needs is Eye Designs of Westchester. With brands that are as exclusive as their look Eye Designs of Westchester offers hundreds of options for the shade lover in all of us at a variety of prices. The best part? They have two locations! Check them out in Scarsdale or Armonk - be sure to tell them GG sent you!



# BEACH ESSENTIALS

## Bathing Suit Style

The right suit for the right time is essential for traveling the beaches in style. Whether you are looking to tear up the waves surfer style or want a more sophisticated look we have nailed down our favorite brands below.



L\* SPACE BATHING SUITS

GREENWICH GIRL



PAIN DE SUCRE

GREENWICH GIRL



IMSY



KARLA COLLETO- FROM  
PETTICOAT LANE

## HEAD GEAR:

**Eric Lavitz**

From poolside to catching rays on the beach—there is one brand we are obsessed with: Eric Lavitz. Get your perfect hat at Petticoat Lane and soak up the sun in style.



# OUTERWEAR

From the beach to the bar, from the pool to dinner, the ultimate tunic brand Sulu Collection has us dying for more. With options that range from casual to dressy and in various lengths this brand makes us giddy with tunic glee. Get yours at [www.sulucollection.com](http://www.sulucollection.com)





coolchange

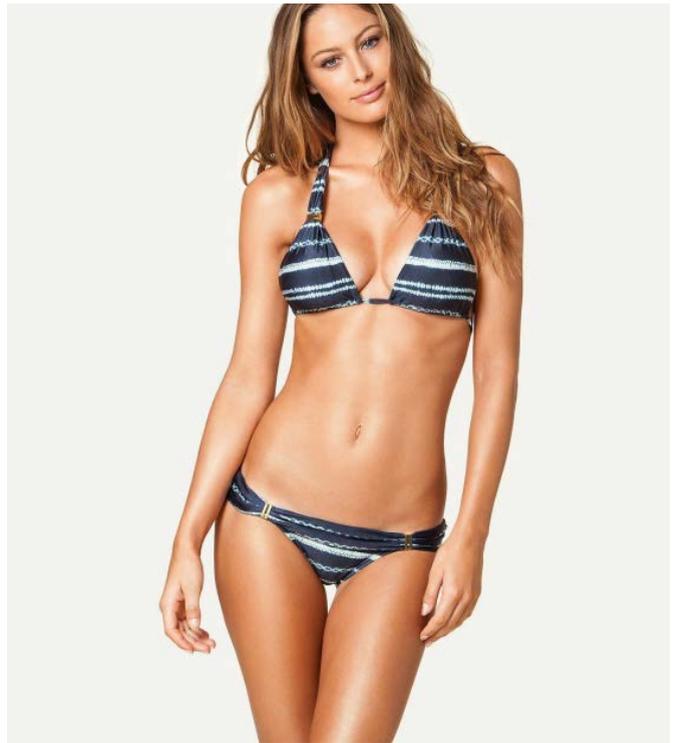
Gemma Dress

Available in Blue & Cream



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Petticoat Lane is carrying a few of #GGBikini's must haves for this summer. The super sleek and nautical Vixx Signature Bia in Istanbul print is available in several sizes, up to a size DD cup. At \$209 with 20% off, it is a deal that is too hard to deny.



Erick Javits Floppy hat, in this beautiful peanut color is super chic and perfect for traveling and lounging. With a UPF 50 Max protection you will be well preserved and ultra stylish. \$350 with 20% off.



Cool Change Chloe Tunic is an essential piece to wear on the beach or on the town. Throw it on over your bikini, or with a pair of sandals, and you are ready to go!



# #GGBikini GG Takes Turks & Caicos

*photo credit: Alex Foster*  
*location: Beach House and Blue Haven Resort in Turks & Caicos*

---

**W**hen it comes to traveling and figuring out where to stay it can often be a hurdle to find the right fit for your vaca needs. Depending on what vibe you are going for the Turks & Caicos Collection family of resorts caters to every type of vacation we can think of. Whether you are looking for a serene getaway, a more lively resort where everything is right at your fingertips or a combination of both at an affordable cost, these three resorts cater to all! Not only that but we have to note that of all the islands we have visited the residents of Turks & Caicos have by far been the friendliest!

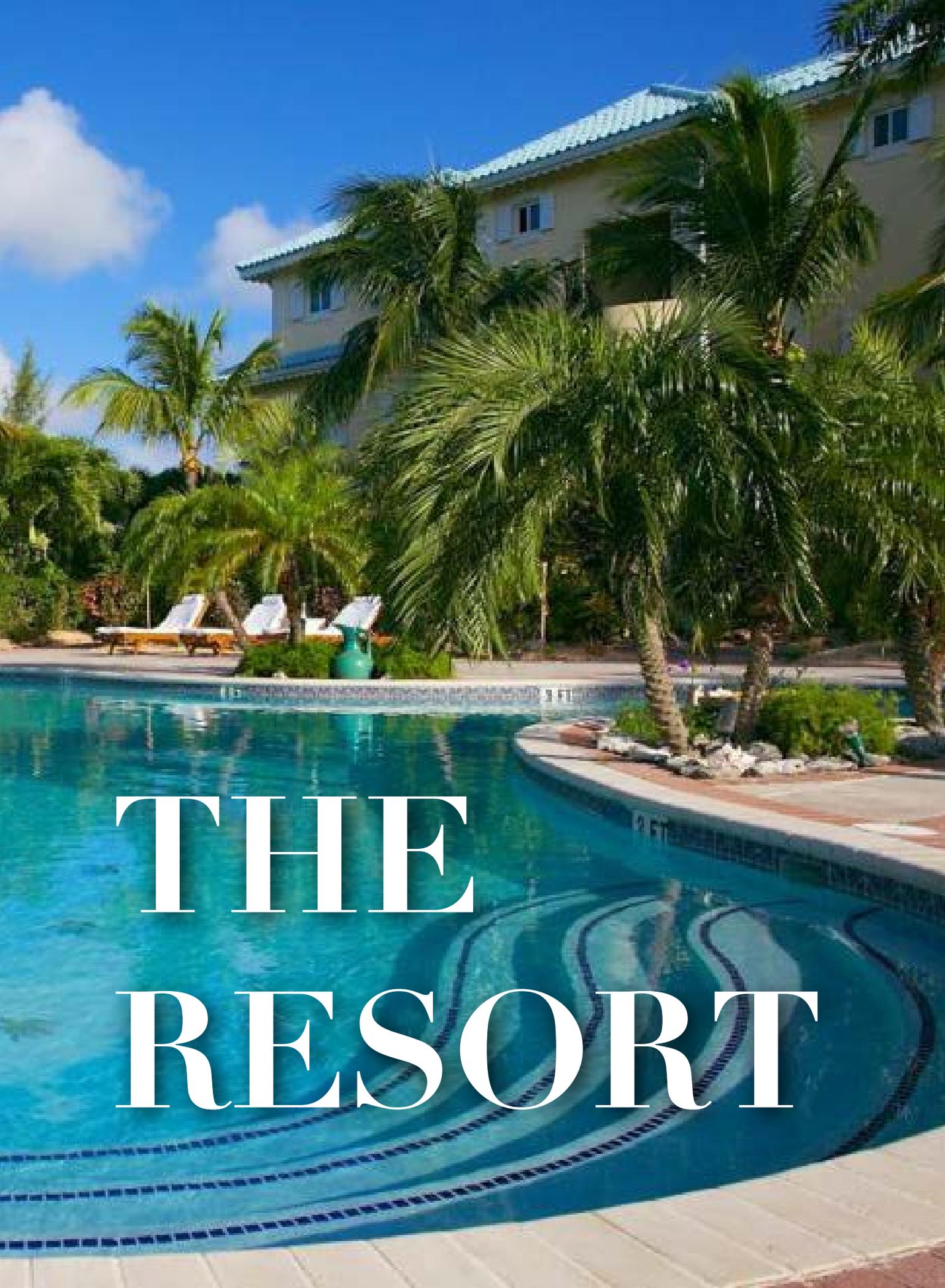


**BEACH HOUSE**  
TURKS AND CAICOS

Where the Rooms have No Numbers

**F**irst runner up is the Beach House Turks and Caicos. If you are looking for a quick getaway flying solo or a romantic adventure of sorts this is your spot: think the Hamptons meets the Caribbean, need we say more? Serving as the only boutique resort on Grace Bay, Beach House occupies an amazing wide and quiet stretch of the #1 beach in the world with no immediate neighbors. Everything from the pool to the restaurant area showcase the property beautifully while remaining the perfect size to be private and intimate yet inviting. But that is not their approach when it comes to the guest rooms! Sparing no detail Beach House has perfected the space and ambiance of each room. With color palettes that scream Caribbean and a feng shui flow of furniture these suites are ideal for all. For starters they have charmingly named each room instead of assigning numbers, giving a very endearing trait and memory to each room, which is perfectly in sync with the philosophy of the resort. The appealing size of each suite, of which there are just 21 within

the resort and begin at 1,100 square feet, grant enough space to live comfortably within its quarters. Offering spectacular views of tropical gardens or the ocean from each suite, which can be enjoyed from private balconies or terraces. And an extra perk? The balconies and terraces are fully equipped with cozy outdoor furniture and even a daybed! When it comes to enjoying the outdoors at Beach House you have a plethora of options. A fully stocked bar at either choice make these options even more desirable! Another unique feature: there are pampering pods assigned to each suite on the beach! This means everything from a full body massage to reflexology while hearing the waves crash is actually a reality. With a staff that is beyond welcoming we were humbled by their warm embrace upon our arrival. From overly friendly conversations to extra perks such as free use of pedal bicycles, free wi-fi, a free dining shuttle to sister properties, presents on pillow at turn down, free use of non-motorized water sports and more the Beach House was on the top of our list for the perfect getaway for any amount of time.



# THE RESORT









# THE ROOMS









Where  
the  
Roses  
have  
No  
Numbers









# DININGS AREAS











# THE FOOD















A large, multi-story resort building with a mix of orange, pink, and yellow facades, featuring balconies and arched windows. The building is surrounded by lush green palm trees. In the foreground, there is a sandy beach and a swimming pool with a white canopy. A large, stylized logo consisting of concentric circles is overlaid on the image. Below the logo, the text 'BLUE HAVEN' is written in large, white, sans-serif capital letters on a light blue background. Below that, 'TURKS AND CAICOS' is written in smaller, white, sans-serif capital letters on a dark blue background.

# BLUE HAVEN

## TURKS AND CAICOS

**F**or the boat lovers among us or those who crave a bigger space Blue Haven Resort would best fit your desires. Being the only resort on the island with both a marina and a private beach Blue Haven is twice the size of Beach House with 41 rooms and suites. The accommodations are spacious and contemporary, some of which are equipped with a full kitchen that you can cook your own food in and shop for right at their market. Between its size and the amenities Blue Haven is the perfect selection for buyouts for any function from weddings to family reunions and more. The pool bar to the couches with fire pits and hammocks on the beach can serve as ways to encourage socializing or to guarantee private time. If you are looking for a place to fly and flop Blue Haven is your spot. Starting in July Blue Haven will also be offering a Kids Club with extra perks for all the little ones!













# THE MARINA



BLUE

HAVEN TURKS AND CAICOS





# ACTIVITIES



BLUE

HAVEN TURKS AND CAICOS

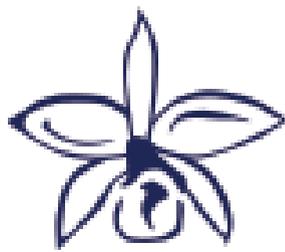












**Alexandra**  
**Resort**  
TURKS & CAICOS

**S**erving as the best beachfront resort value on Grace Bay the Alexandra Resort has an ideal location in the heart of Grace Bay's resort community and sits on the #1 beach in the world. Alexandra Resort is awesome for all sized travel groups and affordably priced yet it would be hard to tell. From their incredible restaurant Asu on the beach, which is quite literally on the beach and has an executive chef who worked with Jean George in NYC to their spacious and comfortable suites with all the comforts of home such as fully equipped kitchens, washers / dryers, large private balconies or terraces and high ceilings Alexandra Resort is the best option for large groups or families in our book!













# THE ROOMS













# DININGS AREAS











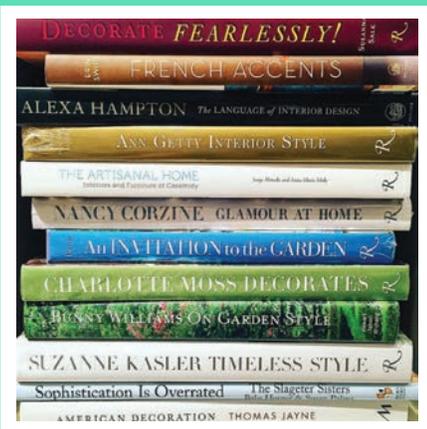


# THE FOOD









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# SUMMER LOOKS

## WE *love*

This summer, stay cool, and trendy with GG's must have summer looks. Need an outfit for during the day or a night out on the town? GG's has all the go-to's to keep you in the "know" this season. Be a fashion "do" this summer, not a fashion "don't"

### *4 Bikini's We're Dying For*



Duskii Saint  
Trapez Top  
(\$100)  
net-a-porter.com



Kini Crochet  
Bikini (\$405)  
net-a-porter.com



Duskii Saint  
Trapez Briefs  
(\$75)  
net-a-porter.com



Seafolly Bikini  
Top (\$93)  
nordstrom.com



Seersucker  
Bikini Top  
(\$44)  
jcrew.com



Seafolly Bikini  
Bottom (\$51)  
nordstrom.com



Seersucker  
Bikini Bottom  
(\$46)  
jcrew.com

Picking out a bikini is just as crucial as picking out an outfit, it has to be the perfect fit, and make you feel comfortable and confident. Here are a few of GG's favorite bikini's that will have you looking good, but most importantly, feeling good! xx GG

# Our Fave 5 Summer Dresses



Calypso St. Barth  
\$530  
neimanmarcus.com



Elizabeth and James  
\$365  
cusp.com



Tory Burch  
\$350  
bergsdorfgoodman.com



Shona Joy Stellar  
\$264  
revolve.com



laLESSO Shabiki  
Silk Dress \$335  
saksfifthavenue.com

GG is all about that effortlessly chic look this summer! What better way to achieve this look, than to throw on a dress and hit the town? GG has come up with a few of our favorite summer dresses, ranging anywhere from simple and classic to whimsically boho. Each of these dresses are perfect for an afternoon on the ave. or a dinner date with friends. Just dress them up with a great pair of wedges (we suggest our fave 4) or dress them down with a, trendy, pair of lace-up sandals. Either way, you'll be dressed to the 9s and comfy to the 10s.

Xx,  
GG

GREENWICH GIRL

Top Left: Calypso St. Barth \$530  
neimanmarcus.com

Top Right: Elizabeth and James \$365  
cusp.com

Center: Tory Burch \$350  
bergsdorfgoodman.com

Bottom Left: Shona Joy Stellar \$264  
wrevolve.com

Bottom Right: laLESSO Shabiki Silk Dress  
\$335 saksfifthavenue.com

# 4 Wedges We Are Wishing For



Jimmy Choo \$525  
nordstrom.com



Valentino \$595  
barneys.com

## *This Summer*



Christian Louboutin  
\$795 barneys.com



Stuart Weitzman \$590  
neimanmarcus.com

These fabulous four pair of wedges have us excited for summer! Who doesn't love a pair of heels that dress up your outfit, without killing your perfectly pedicured feet? We sure do!! GG has selected just a few of our favorite finds, to help you get started on your summer shoe shopping. Featured are Stuart Weitzman's cognac brown wedges, which will have you on board with the current lace up trend. While, Jimmy Choo's nude patent leather and suede shoe will serve as a perfect staple and your new go to when in time of need. Lastly, Valentino and Christian Louboutin will be the cherry on top, giving your outfit that extra, little "kick" it needs. Hope you love these fabulous finds just as much as we do! Happy shopping!

Xx,  
GG

Top Left: Jimmy Choo \$525 nordstrom.com

Top Right: Valentino \$595 barneys.com

Bottom Left: Christian Louboutin \$795 barneys.com

Bottom Right: Stuart Weitzman \$590 neimanmarcus.com

Are you in a rush to get from Todd's Point to your 4th of July Day BBQ? Well this year, don't stress, GG has done all of the work for you! Here are a few chic and easy outfit ideas to quickly throw on and go. Plus, your natural beach waves will be the perfect touch to each of these festive and fabulous looks.  
xx, GG

GG

*Beach* → *BBQ*

Ross-Simons  
(\$113)  
ross-simons.com



Tibi Dress  
(\$345) tibi.com



Kate Spade  
Wedges (\$210)  
bloomingdales.com



Calypso St. Barth  
Hat (\$175)  
calysostbarth.com

Tory Burch  
Blouse  
(\$110)  
toryburch.com

J. Crew  
Shorts  
(\$83)  
jcrew.com



Tory Burch  
Espadrilles  
(\$105)  
toryburch.com

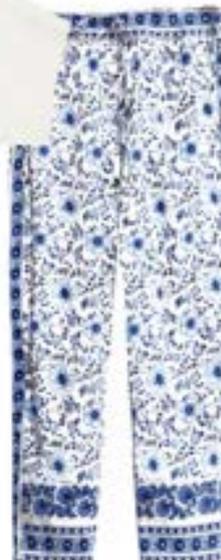
BCBGMaxazria  
Top (\$158)  
bcbb.com



Stuart  
Weitzman  
Sandal (\$298)  
nordstrom.com



Calypso St. Barth  
Printed Pants  
(\$179)  
calysostbarth.com



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## DESTINATIONS

The Possibilities Are Endless But May We Suggest...

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### PRIME STEAK HOUSE - HUNTINGTON, LI



We will take up to 6 guests over to Huntington, Long Island. You and your guests can enjoy Lunch or Dinner at one of the areas finest restaurants such as Prime Steakhouse or Tutto Pazzo. Enjoy some complimentary snacks and refreshments in the harbor and a complimentary bottle of champagne for the return trip. We will then cruise back to the dock.

Always included is a complimentary Bottle of Champagne, refreshments, hors d'oeuvres and Espresso

Please call or email us for current pricing. Cruise times are flexible, please let us know when you are available and we will accommodate your schedule.

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## DESTINATION CRUISES



We will take up to 6 guests to a local anchorage or restaurant. You and your guests can relax, have lunch or dinner at anchor or may we suggest Rowayton Seafood or Sunset Grill? How about Harbor Lights or Crabshell?.... We will take you to your destination of choice. We will then return to the dock. Dinner cruise returns at sunset.

Always included is a Complimentary Bottle of Champagne, refreshments, hors d'oeuvres and Espresso

Please call or email us for current pricing. Same departure and arrival times as above. 6 passenger maximum per vessel.

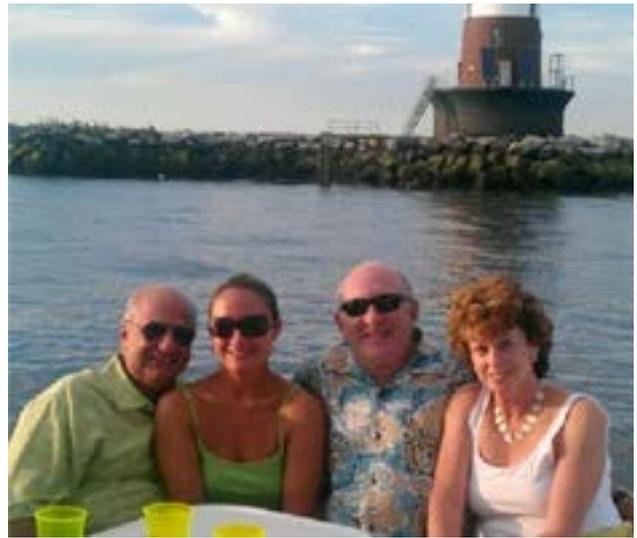
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Now Available - We are offering a catered lunch or dinner menu. We offer several lunch and dinner specials. Spend your time boating, leave the cooking to us!!! Please inquire about pricing and menu choices

Book your charter today and leave all your worries behind!!!

End\_Content\_4946063

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Jen, a native of Greenwich, is very active in the community. She has served and continues to serve on numerous Boards of Directors including the Transportation Association of Greenwich, Greenwich Chamber of Commerce, Flinn Gallery, Pathways, Red Ribbon Foundation. Additionally, she was an elected official of district 8 of the RTC where she served as secretary, as well as, an alternate for the town's appointments and finance committee. She has served as chair or vice chair for NY Botanical Gardens Conservatory Ball, Greenwich Chamber of Commerce Centennial Celebration, Red Cross Ball Patron Party, Greenwich Historical Society Antiquarius Young Collectors, just to name a few. *"My years of involvement in the community and my extensive network together with Barbara's vast knowledge of the industry and marketing skills enable us to do great things together."*

Barbara, a long-time resident has been one of the top agents in Greenwich for over 17 years. For Barbara, selling a house isn't just a property or an investment it's selling a home! Her clients benefit from her innovative, strategic marketing, creativity, local knowledge and her worldwide network. Barbara has sold many large estates and feels *"it is truly an honor to earn the trust of my buyers and sellers"* she says. From CEOs & celebrities to first time buyers, Barbara's clients appreciate her high standards, ethics and expertise. *"Greenwich has become a very desirable place to live. I believe it is due to the fact that it is a countrified city. It has a bit of everything; a town, countryside, waterfront & easy access to New York City."*

(646) 526 - 7643  
Jen.Danzi@cbmoves.com

(203) 249 - 1454  
Barbara.Zaccagnini@cbmoves.com

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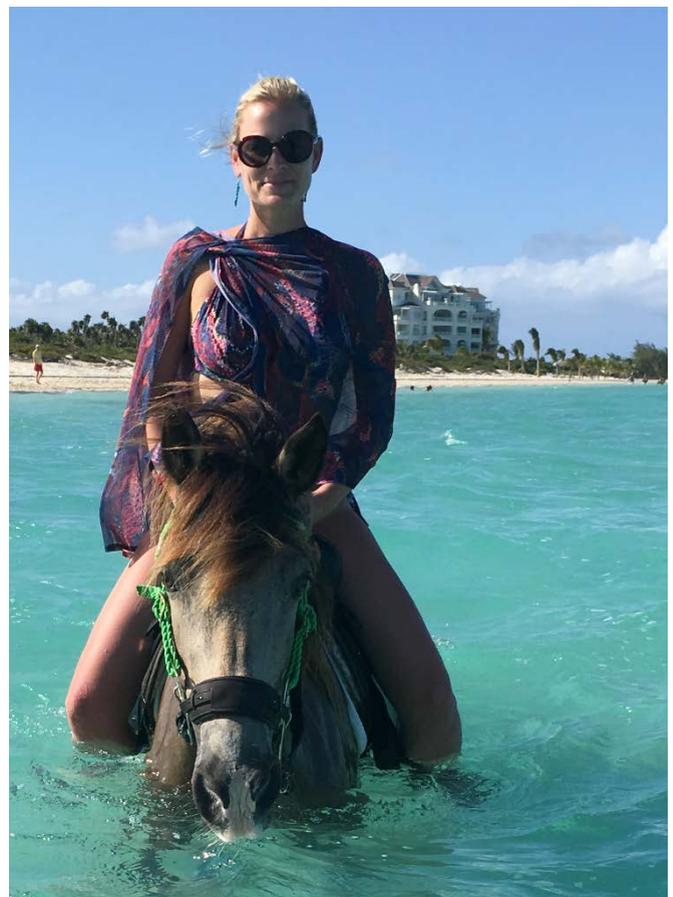
# A Fun Excursion For All In Turks & Caicos...

## PROVO PONIES

There are certain adventures that I consider bucket list items and riding beautiful horses thru the caribbean seas is definitely one of them. After discovering Provo Ponies online I was determined to check this bucket list item off during my trip to Turks & Caicos.

With a beautiful farm setting and a more than professional group of women who run this awesome adventure I was beyond impressed at how smoothly they were able to put all shapes and sizes of people onto these horses and guide them to the sands and water safely. What could be a potentially intimidating situation quickly turned relaxing and exciting all at the same time as a result of the ease at which they instructed each participant. The horses at Provo Ponies are beyond beautiful and despite ones experience level (which mine is close to none!) any and all are able to enjoy this once in a lifetime experience! Check out more info on Provo Ponies below and be sure to book your experience when you next visit Turks & Caicos!

More about Provo Ponies.... <https://www.provo-ponies.com/aboutus.html>



# PROVO PONIES



## HOW WE GOT STARTED.....

Provo ponies has been a functioning riding stable since 2001. But it did not begin as a business. It started as a rescue operation for horses and ponies in the TCI. Camille Slattery and few close friends began by purchasing 7 Paso Fino's, originally from the D.R. from a man who had shipped them here, to Providenciales. His intention was to provide a horseback riding facility for residents and tourists. Unfortunately many people who get involved with horses think it is an easy task to maintain them. Not so, especially when you live on an island with no soil to grow grass or hay or grains, and no natural source of fresh water. Training horses is also not an easy task for the inexperienced or ill equipped. Sadly, many horse owners resort to abuse, for uncooperative horses. Most of these Paso Fino's had obvious signs of abuse. In addition to being malnourished, dehydrated and abused, they were not provided with any shelter from the elements, the sun being the primary one here in Provo.

So, after enough time had passed. These once healthy looking Pasos were almost to the point of complete disrepair. It was then that Camille and a few friends put some money together and bought the horses from the owner. Hercules and Sampson went to one friend, Cowboy and Hero to another, Marley to another, and Camille took the last two, Rapido and Dreamer. Rapido would become the pony that her children learn to ride on, as well as a friend to Daisy, a little roan mare that Camille had been given years earlier.

After some time had passed, and all the horses were well on their way to recovery, Camille ended up taking in Cowboy, Hero, Sampson and Hercules. It was then that she realized that these now strong horses were too young for retirement, and would have to work to earn their keep. With the help of some close friends on island who had previous riding experience, the horses began to get regular exercise so they'd be fit to ride by just about anybody. Thus the beginning of Provo Ponies.



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# Cattiness Among Women & How to Cut the Nonsense Out of Your Life

Judy Finelli, Health & Lifestyle Coach

**D**o you remember being a child and others wanting to be like you? You know, like copying everything you wore or just wanting to have what you had? Or were you the one who felt envious of others for similar reasons? Either way, isn't it interesting that cattiness among us, females can begin at such a young age and somehow follow us into adulthood? We find ourselves guiding our daughters to confront these issues as they grow, but we also have to sort out similar issues as grown women. Um, what?

If you're wondering what business a health coach has writing about this topic, let me dive right in and prove it's all relative. Good health is not only derivative of good nutritional habits. It's a beautiful composition of various pieces that make up your unique Lifestyle. For instance, relationships, whether social, familial, romantic or otherwise, have either positive or negative effects on a person's emotional state and therefore have the same effects on one's lifestyle and overall wellness. Healthy relationships play a significant role in one's life and mental health at any age.

Acknowledging when our connections are toxic and simply aren't working is huge to combat stress. Such awareness, in my opinion, is the gateway to finding emotional balance which leads to a host of positive emotions that trigger a happier outlook in life. Think about it. When you're pissed off because you had a heated argument with a loved one or a good friend, how it makes everything else feel crappy. When a relationship is failing or something isn't in the flow,

it's very easy to be unpleasant to others around you often causing confusion for the person on the receiving end of your bad energy.

I feel an obligation to delicately shine a bright light on this topic because my seven year old has come home with lots to say about how her "friend" is making her feel and what she can do about it. I also feel a responsibility to our sisterhood in an age where the interest and awareness for self mastery through personal development; and being courageous to stand behind our convictions as a gender is ever present and evolving. Therefore, insulting, accusing or judging another female for reasons that are meritless in the grander picture, just doesn't seem like a good way to spend one's time and energy.

Personally, I've had to deal with this nagging theme all throughout what should be the happiest moments in the early stages of my Little Girl's academic journey. Having these recurring conversations however, got me to think about what I went through in my childhood with similar scenarios and the mind games we sometimes play with one another that simply aren't cool whether intentional or not.

As women, we're pretty interesting specimens, in my opinion. We're strong, independent, uniquely beautiful and at the same time, feel vulnerable and insecure about who loves us and who doesn't "get us" while questioning our beauty and unique gifts all at once. Even if we don't believe these qualities are actually ours, truth is, they can be ours without question. Interestingly enough though, we also envy the next woman for being who she is. Whether that means she's taller, leaner, has a curvier body or simply smiles a lot more in a day than you'd care to in a month. There's especially envy for the visionary willing to kick ass and take names without flinching. Knowing this, it's no wonder we can seek approval from others we consider friends because somewhere in our lives we're not getting the validation we believe we deserve. There's a void we need to fill but have no clue how; so anyone in close proximity is actually a moving target for the unexpected wrath.

When another woman starts playing the jealousy card and suddenly drops you, it's really not about you but about her. We just don't understand or perhaps want to accept that we won't be liked by everyone. I know, that sucks in itself, because honey, you're a diamond and why can't others see that? Thing is, they do see it. They just can't handle your essence.. your light.. that sparkle that makes you amazingly powerful and truly unstoppable. Those qualities can be the catalyst of some heavy duty issues in an insecure person.

Have you noticed that when you walk in a room women and men alike may gravitate towards you but others may not even give you the time of day? Yup, it's happened to us all! And so begin the games that some women play like it is junior high all over again.

Here's the thing, when cattiness brews among us, it feels awful because there's usually an emotional storm that comes with it. It's almost unavoidable too because of course we question ourselves as to what went wrong. What did we do to deserve it? Did we just f—up and have no clue how? I have to tell you, I firmly believe—and as the saying goes, things happen for a reason.

When crap develops and turns into cattiness it is a sign that clearly something isn't right with the connection between you and a "friend" or "friends". I happen to believe that sometimes it's just better to be alone than with bad company. So confront it if you must and then move on. The fact that someone can make you feel less than the amazing person you are or are capable of being, troubles other people. When that happens to be in your face and you can't turn away, I say own it and live even more graciously than ever before. No one knows you better than you know yourself. Give yourself the opportunity to shine despite what others think or want you to do to benefit them.

You really never know when people will come at you and make you feel like you're inferior to them, but I bet you'll be able to smell it a mile away and take action to remove yourself from

a situation that has bad news written all over it. If you realize that there will always be someone better than you in areas of sport, appearance, abilities, talents, etcetera, but are fully aware that you too have been given unique gifts to offer the world, cattiness won't shake you nor break you, but it will shape you into a more well rounded person at least in perspective, in the way you choose people to be close to, and in the way you choose to live your life in general.

Here are some points to keep in mind on how to cut the nonsense out of your life and keep it moving when cattiness surfaces like a bad breakout before a hot first date:

- Know that everything has an expiration date.
- Appreciate that you've given a lot to a relationship and think about what you've learned about yourself in the process. Did you grow? Are you stronger?
- Appreciate what the other person brought to the table too and be grateful that whatever happened between you (good or bad) is leading you closer to understanding yourself and what you want or don't want.
- Have courage to stand strong with your convictions and your vision. If others don't support where you're going, it does not mean you are on the wrong path. Being a pioneer isn't always easy, Love.

As always, I hope the words on this page are helpful to you in some way. Apply them however suits you best and know your presence matters to someone who truly sees you as the precious diamond you are. Be well.~ jf

---

*Judy Finelli, AADP is an Integrative Nutrition Health & Lifestyle Coach, writer, blogger, budding food & lifestyle photographer and entrepreneur. She lives in New York with her husband and two young children. The best place to connect with her is at [thehealthychica.com](http://thehealthychica.com).*

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# CT Catering Guide to Clambakes & Pig Roasts

*Emma Doody*

**M**y mom always tells the story about her first experience with lobster. Growing up in Connecticut, her family tried constantly to get her to enjoy the New England seafood delicacy. Unfortunately, the claws and whole notion of digging into the shell made her queasy. She put it off for years... until one day, on vacation in a landlocked Southern state, she announced she'd give it a shot. My grandparents shook their heads, but ultimately obliged, ponying up the steep market price that came with the location. She loved it. From then on, lobster was a summertime staple for her... and later of mine.

These Connecticut caterers and restaurants will help you make the most out of the fresh, delicious New England seafood with their clam-bakes. If you prefer a summertime cookout, we've also included places for pig roasts and BBQs.

**Capt'n John's Clambakes, Norwalk:** For the past 36 years, folks have been enjoying classic New England clambakes from Capt'n John's.

**The Place, Guilford:** For those of us who believe the journey is the true adventure, The Place offers a roadside clambake in Guilford. The casual, outdoor seafood restaurant lets you enjoy summer on seats made of tree stumps and tables adorned with fresh flowers.

**Fjord Fish Market, New Canaan, Cos Cob, Westport:** Fjord Fish Market & Catering debuted new services for the summer! Additions include a Sushi Station, Poke Bar, Shrimp Boil, and roving oyster shuckers.



**Clambakes of CT, Shelton:** Clambakes of Connecticut garnered praise from Clinton Kelly, one of the hosts of ABC's popular television show "The Chew." He referred to them as "The Kings of Clambakes" and tapped them to participate in the show's 2013 Memorial Day special. Their signature catering package is the New England Clambake, which comes with Maine Lobster, steamed clams, New England Clam Chowder, Angus steak, red smashed potatoes, sweet corn on the cob, and other appetizers and sides.

**CYR BBQ, Middlefield:** CYR BBQ, based in Middlefield, CT, has an array of packages to fit all of your summertime catering needs. They offer two variations on the pig roast: the "Pig Roast BBQ Special" that comes with extra sides and the "Whole Hog Pig Roast." They offer a New England Clam Bake as well.

**Szabo's Seafood, Shelton:** Szabo's Seafood in Shelton offers a clambake that you can customize to your taste. First, choose from appetizers like chowder, clams, or shrimp. Then choose an entree that can range from surf to turf. All options come with classic sides like corn, coleslaw, and potatoes. Szabo's Little Red Seafood Truck also caters!

**Fleisher's Craft Butchery, Westport, Greenwich:** Craft Catering offers a completely customizable menu, including melt-in-your-mouth brisket, whole smoked chickens and green chili pulled pork.

**Sheila Barton Catering, Fairfield:** Sheila Barton uses fresh seasonal ingredients for her family-style BBQs.

**Walrus and Carpenter, Bridgeport:** Whether in the restaurant or at your home, Walrus+Carpenter can handle all the details including chefs and service staffing, full bar, specialty cocktails and craft beer, live music, event rentals and tents, custom menus and more.

**Clambake Connection, Stamford:** The Clambake Connection makes it easy and offers both catering and to-go options for their clambakes, bbqs, and pig roasts.

**D & Js Pig Roast and BBQ, Wolcott:** D & J's Pig Roasts & BBQ serves all of CT with pigs (stuffed with pineapple), kielbasa, chicken, seafood (from lobsters to crab legs), and game meats like venison, elk, moose and wild boar.

**Hog Wild BBQ, Newtown:** Pick your sides, your meats, and anything else you may desire with the click of a button! With Hog Wild you can place your order online and the folks from Hog Wild will call you to make sure you are getting everything you want.

**The Lazy Lobster, Milford:** The Lazy Lobster, based in Milford, can serve you whether you're in CT, VT, MA or NH.

**Paganos, Norwalk:** Paganos Fish Market is the destination for fresh seafood. In fact, many premier local restaurants use them to get their seafood. Paganos now offers a lobster bake... or you can purchase your fresh fish from them and create a clambake yourself.

**Sea House Clambakes and Catering, Fairfield:** Sea House gets their seafood fresh that day and serves homemade recipes.

**Westfair Fish and Chips, Westport:** Westfair offers a traditional array of clambake items as well as side items such as skewered beef and chicken, baked stuffed clams, Caesar salad, sausage and peppers and Maryland crab cakes.

**Stew Leonard's, Norwalk:** Stew Leonard's in-house culinary team can help with everything from platters of California rolls and stuffed mushrooms to Surf-and-Turf dinners, picnics and sweet apple pies for a crowd.

**Hammonasset Clambakes & BBQ Company, Madison:** From pig roasts to oysters to lobster to clams, Hammonasset Clambake & BBQ Company has a large, diverse array of summertime catering packages. They even have options for people who want to shuck their own!

# Crabby-Cado Guacamole

By Marcia Selden Catering

Chips + guacamole go together like lime and tequila! We've kicked our guac up with fresh crabmeat. It's guaranteed to be a hit at your Cinco de Mayo party. Make sure to taste it because you won't have leftovers for this recipe. Check out the full recipes for Crabby-Cado and Plantain Chips below.

## CRABBY-CADO

### Ingredients

3 ripe avocados  
3 teaspoons fresh lime juice  
½ Cup chopped cilantro leaves  
1 Tablespoon minced jalapeno peppers  
½ teaspoon salt  
¼ teaspoon cayenne  
½ Cup minced red onions  
½ Cup finely chopped seeded plum tomatoes  
¼ Cup finely chopped fresh jicama  
2 teaspoon extra virgin olive oil  
½ lb. lump crabmeat

### Procedure

In a large bowl, place the peeled avocados and mash till chunky. Add the lime juice, cilantro, jalapeno, salt, a pinch of cayenne, and mash with the back of a fork until incorporated. Add the onions, tomatoes, jicama and extra virgin olive oil to the avocado mixture, stir well to combine.

Fold the crabmeat into the mashed avocado mixture, stirring to combine, but being careful not to break up the crabmeat. Season with salt and fresh cracked pepper to taste.



## PLANTAIN CHIPS

### Ingredients

2 green plantains  
Vegetable oil for deep-frying  
Kosher salt

### Directions:

Peel the plantains. Using a mandolin set on the "thin" setting, slice the plantains lengthwise. When ready to fry, pat the slices dry thoroughly with paper towels.

In a deep-fryer or a large skillet, heat at least 2 inches of oil to 375°F. Working in batches, add the plantain slices to the oil. Fry, turning occasionally, until crisp and golden brown, 1 to 2 minutes. Drain on paper towels and sprinkle with salt.

Plate plantain chips, serve with guacamole and enjoy!

# CT Guide to Berry Picking



“The way to a man’s heart is through his stomach, dear,” my maternal grandmother told me over and over again when I was growing up in the Midwest. Grandma, may she rest in peace, always had berry patches in her backyard for pies to please the most hard-hearted male guest, but if she could have seen the scale and abundance of Connecticut berry farms, she would probably, as we used to say, have fainted dead away. Prairies are not made for berries; woodlands are. Since it’s true that the way to a woman’s heart is through her stomach, too, I’ve developed a passion for the annual ritual of visiting local pick-your-own farms for strawberries, blueberries, and raspberries.

The argument for going to pick-your-own farms, when one has the time, is unassailable. It does not get more local than this, unless, like my Grandma, you want to grow your own (another unassailable idea but beyond the scope of this article). Berries in season are at their peak of freshness and nadir of price, and one also has the satisfaction of knowing that one is supporting farmers in one’s community. There’s the mild exercise involved, the conversation sporadically interrupted by someone’s sneaking

a berry into his or her mouth, and the stand-up comedy in competing with others for “the perfect berry” amidst acres and acres of already perfect berries. Most important, though, to my way of thinking, is the sense of connection that only comes from being personally involved in the harvest.

There are many pick-your-own berry farms in Connecticut; I have yet to happen upon a bad one, but there are a few tips to bear in mind. The ideal day to go is a sunny Tuesday through Friday, not too hot, when there has been some rain recently but not a lot of downpours. Why? On weekends, the fields are crowded, and on Mondays the leftover pickings may be slim. Too much rain will waterlog the berries, diluting the flavor and making them far more susceptible to spoilage; not enough rain will make them small and tough. Call ahead to check for field conditions. Wear sunscreen, bug spray, sturdy shoes, and a hat---and don’t forget to save some time just to drink in and savor this seasonal experience.

Strawberries (season in Connecticut: early June through early July): Strawberries, with a high

vitamin-C and manganese content, aren't technically berries at all, but no one who has stood in a strawberry field on a warm day with that ravishing scent rising up could possibly care. Look for glossy skin (this indicates that the berry's sugar content is at its peak) and deep red color. If you pinch the stem so that a little is left on each strawberry, this not only renders them more attractive for the table, but it also will help them stay fresh a bit longer than they otherwise would. Strawberries are fragile and best placed in a flat container, two or, at the most, three berries deep. This is why you will be given cardboard trays instead of buckets at the pick-your-own farm. They are especially good after a meal featuring the mild flavors of chicken, fish, eggs, or seafood.

Blueberries (season in Connecticut: July through mid-August): Blueberries should be firm and richly colored, with no green spots, and have a bloom (dusky gray cast) to them. Ripe ones have a slight scent, but it does not approach that of strawberries or raspberries in intensity. It is tempting to pick them in handfuls, as if one were a grizzly bear pawing the bushes, but for optimal quality, pick them one by one. It is perfectly all right to place fresh blueberries in a deep container. The ones on the bottom will not get crushed, unless, of course, you wait too long to use them. Blueberries are the stars of breakfast and brunch menus, of course, and also make an especially fine dessert after a meal of seafood.

Raspberries (season in Connecticut: July through mid-August; some varieties crop a second time in September and even into October): Look for deep red fruits. Raspberry plants, which are related to roses, have a tendency to hide their fruits in clusters under lower leaves, where you can't see them; this is where having a small, trustworthy child comes in handy. A raspberry should slip easily from what botanists call the "receptacle" (the whitish core supporting it); if it doesn't, it is not ripe. Having picked a ripe raspberry, you then look inside its cavity to ensure that no insects are hiding out there before placing it into your container. It's not necessary to store fresh raspberries in a single layer, but you can't put them into a deep container the way you would with blueberries, either, since this will squish

the fruits on the bottom. Several raspberries deep in a tray is ideal. Respected by French pastry chefs, raspberries have an air of refinement about them and so are especially suited to meals that take this into consideration. The later part of their season, and the second crop that some varieties produce, coincides with the season for peaches, thus inspiring the classic Peach Melba.

A word of warning: These fruits, as well as more obscure berries, like to turn moldy. It is what they do, given half a chance. If you are not going to use them immediately, they should be refrigerated and covered with paper towels, but not washed until right up until the last minute before they will be eaten. If you wash them sooner, they will interpret this as a cue to begin the mold-producing process. They are, after all, derived from forest plants, sprung from the primeval dark.

There are many recipes making use of berries, including the opportunity to "put up" preserves (as my grandmother would have said), but I think that the goodness of the newly picked fruit is best left unadorned. Bowl, berries, fork. This way of eating them is simple and healthy and keeps under control, if only barely, the strong urge that can come upon a person to stuff handfuls into the mouth. Readers are encouraged to make use of the many berry-picking opportunities that our corner of the world has to offer. See you in the fields.

In the list below, we have abbreviated the berry offerings in each farm. S=strawberries, B=blueberries, R=raspberries. Note that most farms offer many other products as well.

## Fairfield County

www.jonesfamilyfarms.com S, B  
www.silvermansfarm.com B, R  
www.whitesilowinery.com R

## Hartford County

www.belltownhillorchards.com B  
www.browns Harvest.com S, B  
www.donderoorchards.com S, B, R  
www.easypickinsorchards.com S, B, R  
www.thepickinpatch.com S, B  
www.rosesberryfarm.com S, B, R  
www.walnutledgefarm.com B

## Litchfield County

www.cheneyfamilyfarm.com B  
www.deeplyrootedfarms.net S, R  
www.ellsworthfarm.com S, B, R  
www.evergreenberryfarm.com B, R  
www.litchberry.com B  
www.marchfarm.com S, B  
www.ruwetfarm.com S, B

## Middlesex County

gottasfarm.com S  
www.lymanorchards.com S, B, R  
scottsfarms.com B, R

## New Haven County

www.bishopsorchards.com S, B, R  
www.nortonbrothersfruitfarm.com B, R

## New London County

www.grantsberrypatch.com S, B, R  
holmbergorchards.com B, R  
www.maplelane.com S, B, R  
www.scottsyankeefarmer.net S, B, R

## Tolland County

www.scianticvalleyfarm.com S, B

## Windham County

www.buellsorchar.com S, B  
www.horselistenersorchard.com B, R  
www.quintessentialgardens.com B  
www.raspberryknoll.com B, R  
www.rockspringfarm.net S  
www.woodstockorchardsllc.com B

# Game on!!

## Simple Game Night Recipes

By Nicole Straight

Warm summer nights have finally arrived and you know what that means, time to invite the girls over and break out the Cards Against Humanity. If you've never played before, here's your fair warning, it's very (and we mean very) inappropriate, but possibly the most fun you can legally have. Basically you have to answer questions using cards you are given, and whoever's answer is the best, wins. If CAH is too much for you, Rumikub and Backgammon are perennial favorites.

Here are our favorite game night recipes for whatever path you choose.



### Guac stuffed cherry tomatoes

These bite sized nibbles are beautiful and so easy to make. You can also fill them with hummus if you'd like. If you don't want to make your own guac, buy it, we won't tell.

4 ripe avocados, keep 2 of the pits  
1/4 C. finely diced red onion  
2 cloves garlic, finely minced  
1/4 C. cilantro leaves, chopped  
1 1/2 limes (save 1/2 lime for later)  
1 tsp. cumin  
1 tsp. chili powder  
1 tsp. kosher salt

24 cherry tomatoes

Add all ingredients in a bowl, and mash with the back of a fork until well combined. Add the 2 pits to the bowl and squeeze the juice from the remaining 1/2 lime over the guac. Cover with plastic wrap and refrigerate. This can be done 1 day in advance.

Cut the top 1/3 from each cherry tomato, and a thin slice from the bottom so the tomatoes stand. Using a grapefruit spoon, scoop out the middle of each tomato. Place 2 layers of paper towels on a plate. Add a small scoop of guac to each cherry tomato and place it on the plate. Cover tomatoes with saran wrap and keep refrigerated until ready to serve. The tomatoes can be scooped 1 day in advance and filled with guac an hour before guests arrive.

## Greek Chicken Meatballs with Tzatziki

Keep your fingers clean while snacking on these delicious summery meatballs.

For meatballs: (makes 12-14)  
1 small onion, finely chopped  
2 cloves garlic, chopped  
1 Tbs. dried oregano  
1 tsp. chopped fresh mint  
1 tsp. kosher salt  
1 tsp. ground black pepper

1 C. creamed spinach (the frozen boxed stuff is fine, defrost it first)  
3/4 C. crumbled feta cheese  
1 lb. ground chicken  
1 egg  
1/2 C. panko

Combine all ingredients in a bowl. Preheat oven to 350. Spray a cookie sheet with nonstick spray and set aside. Rub your hands with olive oil and using about 2 tbs. of the mixture, roll to make meatballs, and place on cookie sheet. Bake for 12-18 minutes. Serve with toothpicks for easy dipping.

For tzatziki: (Trader Joe's makes a good one too if you don't want to make one)

1 C. Greek yogurt  
2 Tbs. chopped fresh parsley  
1 Tbs. chopped fresh dill  
1/4 tsp. ground black pepper  
1 tsp. Kosher salt  
1/2 C. peeled, grated English cucumber  
juice from 1/2 lemon  
pinch of cumin  
1 clove of garlic, finely chopped

Combine all ingredients in a bowl, and let chill at least 4 hours before serving.

Sweet & Spicy Gochujang Popcorn  
Beware, this popcorn is wildly addictive. The spicy and slightly sweet seasoning on the popcorn

4 Tbs. vegetable oil  
1 C. popcorn kernels  
1/2 C. unsalted butter  
1/4 C. gochujang (if you don't have any, you can use Sriracha or your favorite hot sauce)  
1 1/2 Tbs. granular sugar

In a heavy bottomed pot, add vegetable oil on medium high heat. Add popcorn kernels, cover and shake until popcorn stops popping. While popcorn pops, combine butter, gochujang and sugar in a small pan and cook over low heat until melted. Pour over popped corn and stir to combine. Can be made an hour in advance.

# Seasonal Strawberries Recipes

By Festivities Catering

Wondering what to do with the 10 pounds of strawberries your family picked over the weekend? Festivities has some great ideas for you. Whether you like your berries boozy, savory or sweet, here are three seasonal strawberry recipes to suit every palate: Strawberry Sangria, Balsamic Macerated Strawberries with Sweetened Ricotta, and Strawberry, Basil and Goat Cheese Bites.

## Strawberry Sangria

Sangria is the perfect drink to bring to any party. Make ahead and add the club soda before serving. This can also be made with red wine for a heartier drink.

2 C. fresh strawberries, thinly sliced

1 C. pomegranate juice

1 bottle Chardonnay (also great with champagne)

1 thinly sliced orange

¼ C. Cointreau

2 C. Club soda

Combine all ingredients except club soda and refrigerate at least 2 hours, add club soda before serving. Optional- slice ½ C. strawberries and freeze in an ice cube tray with pomegranate juice, add to sangria.



## Balsamic Macerated Strawberries with Sweetened Ricotta

The combination of balsamic vinegar and strawberries are the perfect sweet/tangy combination to complement the creamy sweetened ricotta cheese. A delicious end to any summer meal.

2 C. strawberries, cored and quartered

½ C. balsamic vinegar

2 Tbs. agave or sugar

2 C. whole milk ricotta

¾ C. confectioners' sugar

1 tsp. vanilla extract

Combine strawberries, vinegar and agave in an airtight container and let sit for at least 3 hours before serving.

In another container, combine ricotta, sugar and vanilla and stir well to combine. Keep in the refrigerator until ready to serve.

Place a dollop of ricotta in the center of a plate and add a heaping spoonful of strawberries and balsamic syrup around ricotta before serving.



### **Strawberry, Basil and Goat Cheese Bites**

Simple and delicious, using fresh seasonal ingredients.

1 pint strawberries, thinly sliced

½ C. basil leaves, chiffonaded (thinly sliced)

6 oz. goat cheese

drizzle of good olive oil

1 baguette

Combine strawberries and basil in a bowl, gently stir to combine and set aside. Spread goat cheese on slices of baguette and add a spoonful of the strawberry basil combination. Drizzle with a little olive oil before serving.

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*Inspired by Summer Destinations:*

# The French Riviera

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Vault

*By: Betsy Perry*



Photo Credits: VillaEphussi.com

Not only is summer travel one of life's great pleasures, but it also leaves us filled with design inspiration. This summer we will be sharing some of our all time favorite destinations and tips for designing with them in mind.

This week we take a look at the French Riviera styled two ways: Ultra Luxe and Beach Chic.

It doesn't get anymore fabulous than the stunning rose colored villa designed and built for the Baroness Béatrice de Rothschild overlooking the Mediterranean Sea. This most distinguished vacation home is filled with antique furniture, objets d'art and a notable collection of rare porcelain. While we can't dream to compete, we can take inspiration and add touches of luxury to our home.



Photo Credits: VillaEphussi.com  
Antique Italian Painted Chair  
with Gilt Accents \$1,095.00



Vintage Louis XVI Style Gilt Bronze  
and Marble Gueridons Pair  
\$19,500.00



Brass and Crystal French  
Antique Chandelier  
\$3,200.00



Antique Gold Mirror  
\$1,299.00

Beach Chic: Grand-Hotel du Cap-Ferrat



Bright whites and hints of gold inside this modern yet timeless luxurious are the perfect pairing to the blue skies and even brighter blue water of the glorious peninsula of Saint Jean Cap Ferrat. Plush love seats in airy fabrics and colors, chandeliers with clean lines, cocktail tables with touches of gold in just the right places all create a modern beach chic vibe.



Photo Credits: The Four Seasons



Ambella Home Sofa  
\$3,753.00



Shagreen Top Console on  
Gold Metal Base  
\$790.00



Donghia Stellare in Gold Dust  
\$3,050.00



Lalique vase  
\$1,000.00

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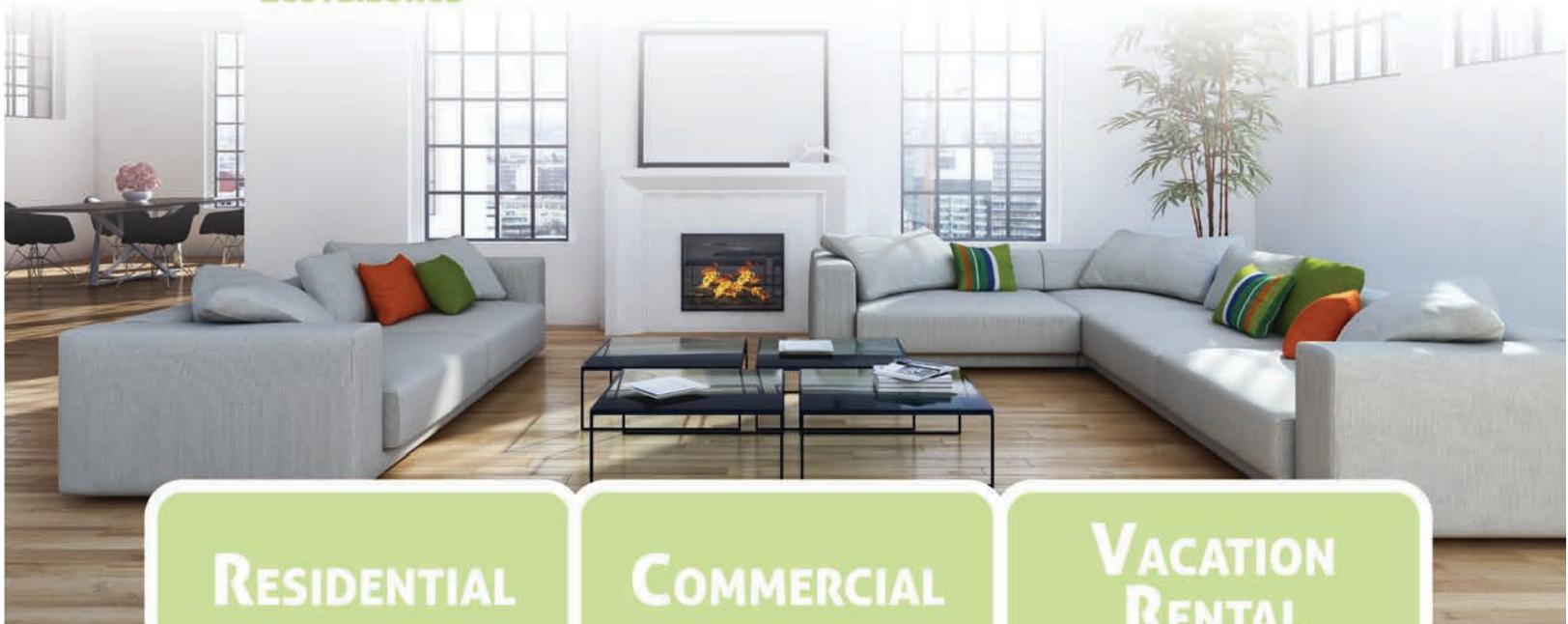
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*Stella embossed cutout suede and mesh sandals*



*Iris leavers lace soft-cup triangle bra*



*Mini Hamsa 18-karat gold and diamond earrings*  
BY JENNIFER MEYER



*Baptista woven cotton and leather shoulder bag*  
BY VANESSA SEWARD



*'Nereida' stiletto sandals*  
BY SOPHIA WEBSTER

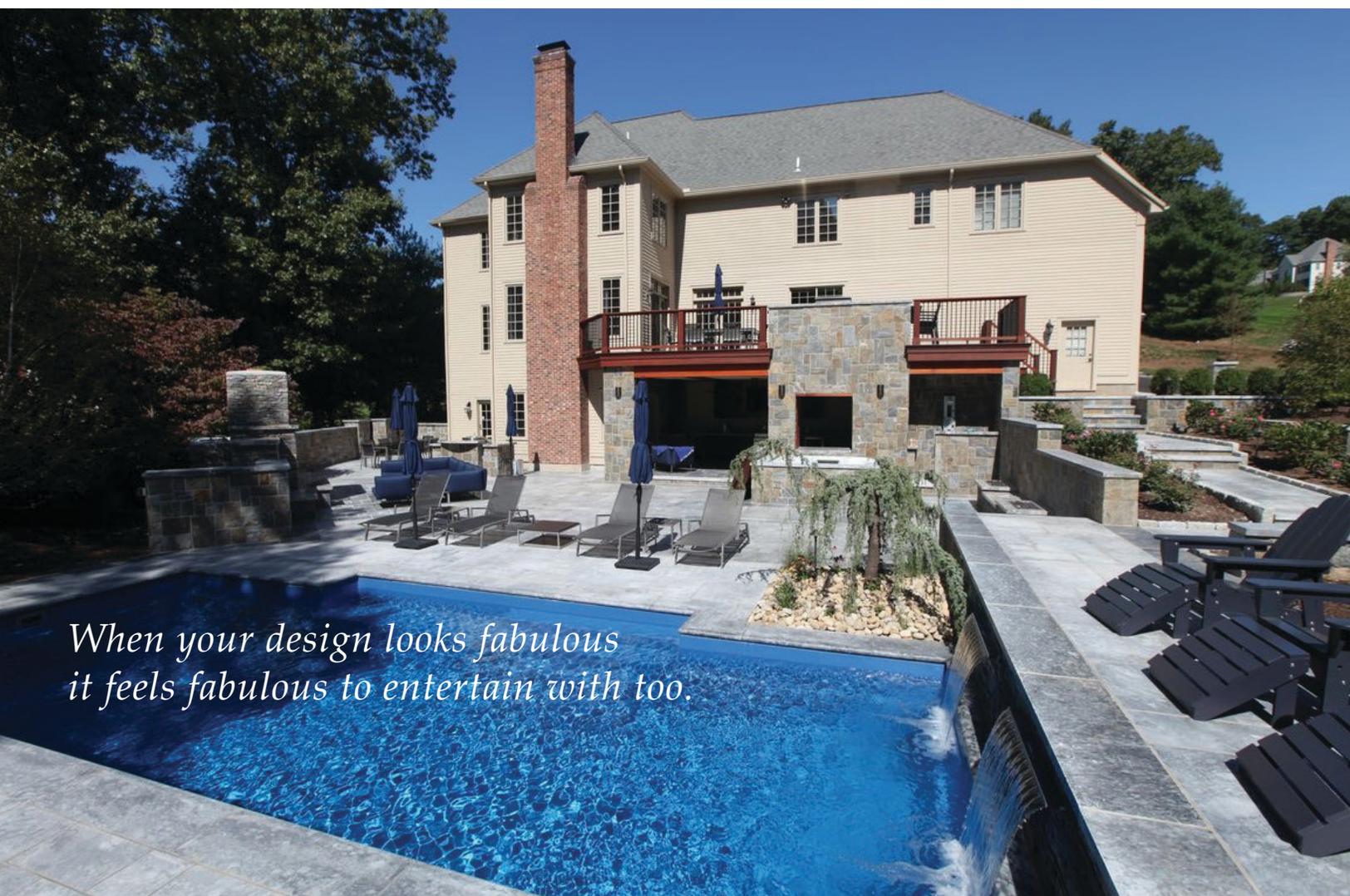
Whether planning your outdoor living space is for intimate family gatherings or larger catered parties one similar thought comes to mind: THE DESIGN OF THE OUTDOOR SPACE! This space should make one feel fabulous about living beyond the walls within your home.

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# OUTDOOR LIVING

FABULOUSLY

by Michael Gotowala



*When your design looks fabulous  
it feels fabulous to entertain with too.*

**A great design can balance the weather, the season, both day and night. With that in mind...**

Reward yourself don't disappoint yourself - create just the right amount of outdoor living space. The right amount of outdoor living space coupled with the design intent of that space equates to one's outdoor living area. Understanding each and every family members intent of how one will live outdoors and what they enjoy doing most outdoors creates a comfortable feeling of living outdoors.

**When family members are comfortable and able to do things they enjoy it leads to endless hours spent outdoors and being together.**

Being outdoors with friends and family engaged in dining and entertaining simply elevates the quality of time of life spent outdoors. It's that level of entertaining



for friends and family that raises the bar for whether your outdoor space is equipped for intimate gatherings or larger catered gatherings.

With that in mind comes luxury. Luxury in comfort, luxury in culinary options and on how to prepare your food, and even the luxury of convenience. All this comes into play with the DESIGN of your outdoor living space.

Feeling fabulous about your outdoor space is the difference between outdoor living and living outdoors fabulously. This becomes the secret to success for luxury living fabulously design builder Michael Gotowala founder of THE OUTDOOR KITCHEN DESIGN STORE by PREFERRED PROPERTIES.

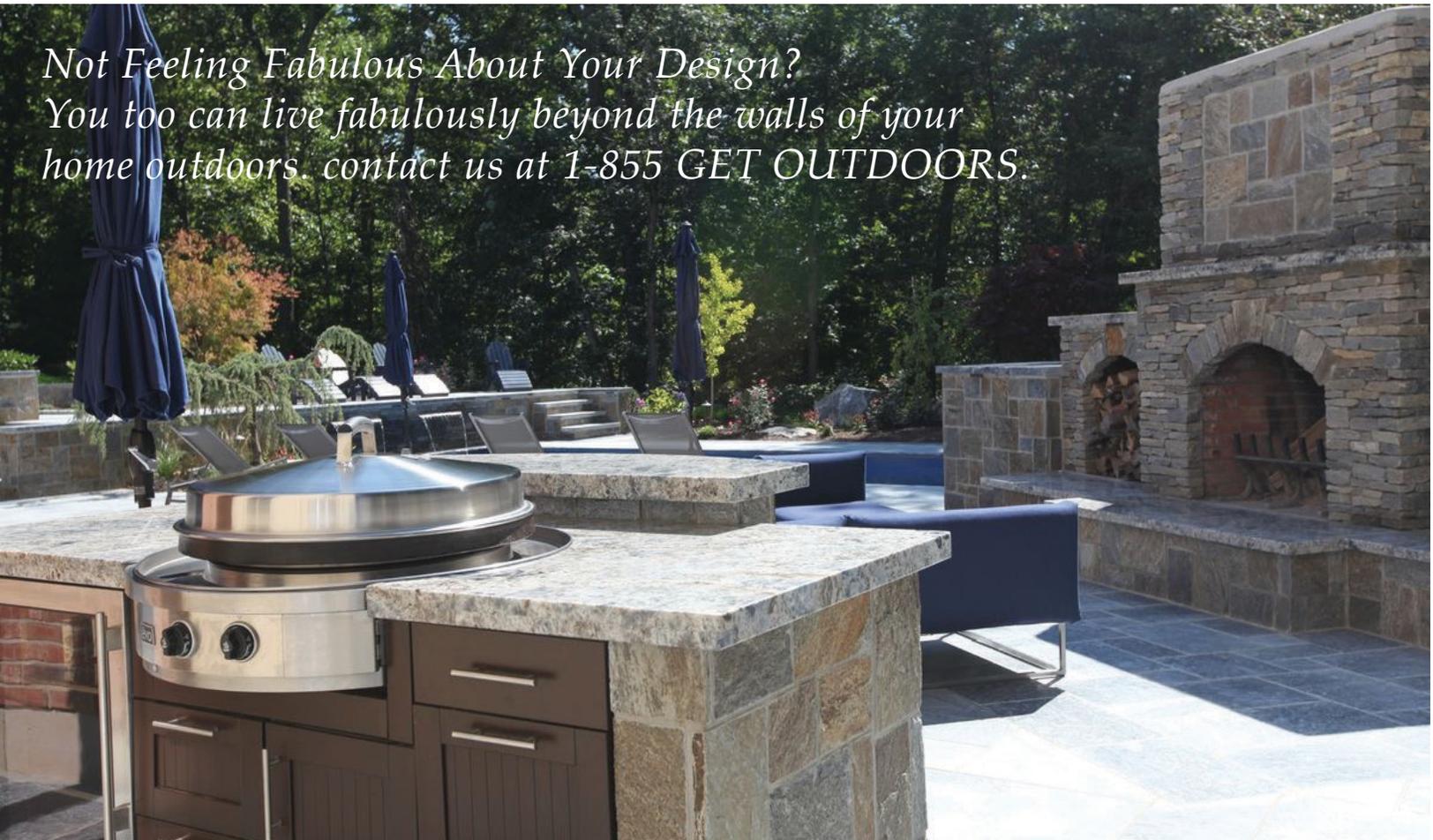
Designing and building an outdoor kitchen are entirely different in construction both in concept and reality. The media does a phenomenal job inspiring homeowners to go ahead and celebrate living outdoors. However, it takes a true outdoor living professional to be able to

interpret the intent of the design and illustrate the location of such on site. In so doing the on-site layout, the outdoor living designer helps the interested parties prioritize the scale and functionality of the desired plan. Many times I meet the homeowners first to validate the outdoor kitchen design and explain the intent of the outdoor kitchen design.

There are numerous outdoor kitchen design tools to allow one to design and model their desired outdoor kitchen layout. Some popular outdoor kitchen layouts are shown in L shaped, U shaped, curved, bent leg, two sided and even multi-level with top shelf designs. All this and everything more in between.

**Now that the best suited outdoor kitchen design is awarded it takes an additional set of expertise:** one inherit with an outdoor kitchen design builder to fit this most desirable piece of the puzzle correctly onsite; most importantly so that it can be built as envisioned. You see with computerized tools

*Not Feeling Fabulous About Your Design?  
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home outdoors. contact us at 1-855 GET OUTDOORS.*

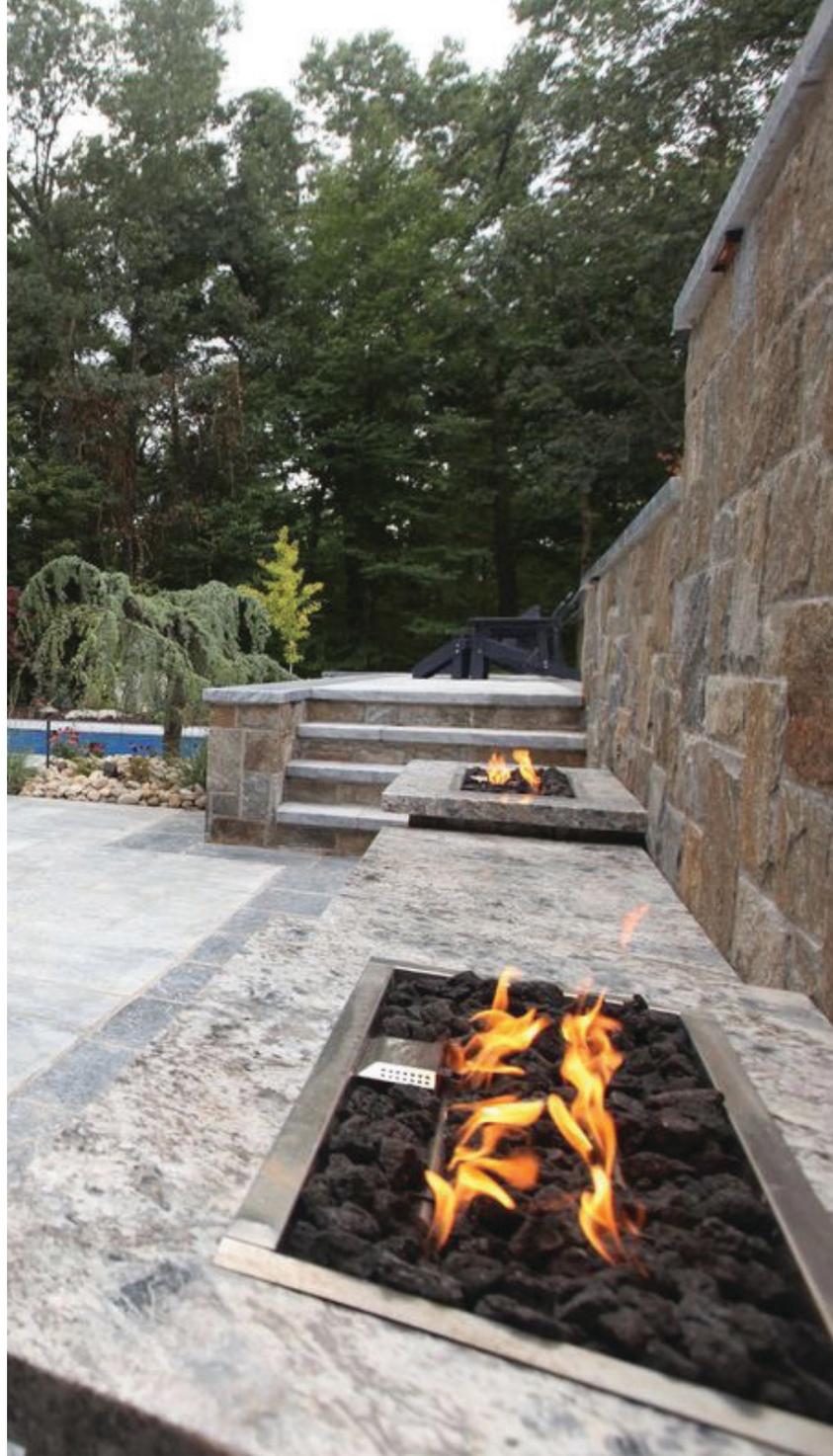


when one feels the outdoor kitchen layout doesn't seem just right you can right click and delete. Or even more right click and add to the outdoor kitchen island. The professional outdoor kitchen builder will have the insight and experience to launch the project from there. The outdoor kitchen professional has to have experience well enough to incorporate their work with the ongoing construction of the rest of the project whether it is a pool, outdoor living featured home addition, covered outdoor area, or simply patio and masonry. That's why choosing your outdoor kitchen Designer as carefully as you would your grill. The difference in outdoor living and living outdoors fabulously is in the DESIGN.

The secret to success for this kind of outdoor living fabulously design is inherit with the designer's ability to understand the family's lifestyle behavior indoors and portray some of that trendiness outdoors. By using this type of approach the designer has the ability to personalize the outdoor space to exactness of use and lifestyle for each and every family member. . Preferred Properties outdoor living designer excels in making the outdoor setting inviting by adding detail in design with furniture, accessories and more. This and other fine details Gotowala can provide to make for a much more comfortable living outdoors experience. An outdoor living fabulously experience.

If your outdoor living space doesn't excite you then you may need to consider revisiting the " design". Outdoor living fabulously begins with a fabulous design and ends with meticulous workmanship. Can you see yourself living outdoors fabulously?

Our Outdoor kitchens have been featured nationally in publications such as SIGNATURE KITCHENS & BATHS, HEARTH & HOME, LUXE, CASUAL LIVING, LANDSCAPE CONTRACTOR/DBM, GREEN-



WICH GIRL Magazine and Michael Gotowala is the only CONNECTICUT featured OUTDOOR KITCHEN DESIGNER from Connecticut in hard cover book CREATIVE HOMEOWNER'S BEST OUTDOOR KITCHENS.

Michael Gotowala is founder of THE OUTDOOR KITCHEN DESIGN STORE by Preferred Properties. Michael Gotowala is GREENWICH GIRL Magazine's Outdoor Living fabulously designer. Michael Gotowala is featured as Connecticut's best in OUTDOOR KITCHENS on HOUZZ

Let me show you just how good your house looks at night



*CT's Premier  
Outdoor Lighting Designer*



*Michael is clearly one of the best landscape lighting designers in the country. In my role as a photographer of outdoor lighting, I've visited and photographed many of Michael's projects - not only were the lighting designs creative and effective, they were also installed perfectly with a great attention to detail.*



[OutdoorLightingDesigner.com](http://OutdoorLightingDesigner.com)  
1-855-TRY-LED LITES

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# GG Summer

*Jen Graziano*

John Mayer said it best,

"CAUSE A LITTLE BIT OF SUMMER  
IS WHAT THE WHOLE YEAR  
IS ALL ABOUT".

The dawn of summer breathes life into us. Warmer weather, longer days, looser (or less) clothing liberates us from the cold confines of seasons past. Our longing for summer is also in part that the season provides a blank canvas waiting to be painted. Nothing has happened yet, yet we know this is a season where memories are made. And these memories remain... and warm us on colder days.

You'd be hard pressed to find someone who wasn't eager for the start of this new season. So many times we hear about the negative affects of winter, the sadness and depression that set in as the cold keeps us a prisoner trapped indoors. The term, "Seasonal Affective Disorder" is even offered as a comfort to those who need a label for how they feel. But now, with summer on the horizon, the negative effects of a long (and somewhat confused) winter, give way to new hope and new light.

Summer is the time where plans are made and kept. Summer is a time to reconnect with friends and family, and even oneself. Summer is a time, if only for brief, where there's an escape to be had from the mundane and the monotonous. It is a time to change scenery and surroundings, a time to set forth goals and plans, a time to recharge.

If you haven't already done so, make a plan... make several. Although seasons are equal in length summer somehow seems the shortest. Make a promise to yourself that this summer will be better than the last. Remember, the blank canvas is waiting to be filled with the most vibrant colors. And if your summer plans don't include far away lands, the beauty of the Greenwich shoreline makes you think twice about wanting to leave.

My advice: make the most of the next few months. Inhale the promise and excitement of summer air and exhale the stress the rest of the year places upon us. Before you know it, the "September" issue will be here, and you know where it goes from there... Sending warm rays of sunshine to all the GG's...

Jen



Jen Graziano is the co-owner of Coxe & Graziano Funeral Home in Greenwich. She is the host of "Time to Talk with Jen Graziano" Wednesday mornings 9:30 on 1490AM WGCH and she is an Attorney, Of Counsel, at Ferguson, Cohen LLP in Greenwich.

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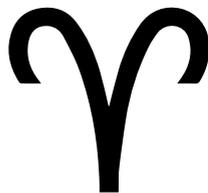
# ZODIAC

MANISH KUMAR ARORA'S ZODIAC SIGN PREDICTIONS

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## ARIES

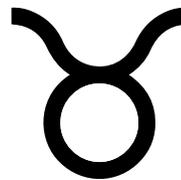
21 MARCH - 19 APRIL



You have plenty of energy to burn which is good, and plenty of opportunities for love and money. It's a time of dreaming up new possibilities and new solutions to problems. This month you can burn the candle at both ends, which is how you like it anyway. Don't overlook however an opportunity to put something solid in your life, which you may ignore for more transient pleasures. Your disposition is more intellectual than usual now, and self-expression comes easily. You are sharper than usual--more observant, and more inclined to "live in the head". Favorable Dates : 2, 4, 11, 13, 20, 22 Favorable Colors : Red & Green

## TAURUS

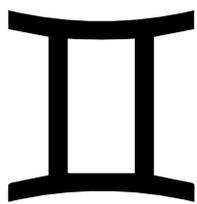
20 APRIL - 20 MAY



Much of your life seems shaky and uncertain as you sense big changes are afoot. Soon the opportunity will present itself to shake you loose from your persistent brain confusion. The design here is for you to check in with your goals to see if any refinements need to be made so that you can strengthen them ultimately. The best course of action is to get in touch with your deeper and yes, darker side to examine some issue from the past that haunts you. You are ready to put your past behind you and to start a new personal cycle. Favorable Dates : 2, 9, 11, 18, 20, 27 Favorable Colors : Grey & Green

## GEMINI

( 21 MAY – 20 JUNE )

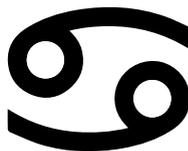


This is the time of year when personal finances and possessions receive maximum attention. Pour your energy into your work and your finances and you might just be able to take

your ideas to the bank. The ability to relate well with others might enhance your own personal finances during this period. This is an excellent cycle for making personal changes in your manner or appearance, and for any self-improvement endeavours. Personal projects that you begin now are likely to blossom nine months down the road. This is a stable position for love matters and close relationships. Favorable Dates : 1, 7, 10, 11, 19, 25 Favorable Colors : Brown & Red

## CANCER

(21 JUNE – 22 JULY)



You experience a renewal of energy and vitality now, and it's a strong time for increased personal confidence. The emphasis is on self-expression, what kind of impression you make

on others, and beginning new personal projects. You value those who make you feel comfortable, and familiarity is more important to you than someone new during this cycle. You have presence and you project confidence. Increased energy and a renewed feeling of confidence is with you now, so take advantage. Love might involve some form of sacrifice or simply a lot of giving and lending of support as opposed to receiving during this cycle. Favorable Dates : 2, 9, 11, 18, 20, 27 Favorable Colors : Green & Red

## LEO

23 JULY - 22 AUGUST



There can be some restlessness when it comes to money and spending it—you are more inclined to want more things around you. Financial security and enjoyment of the good

things in life are important to you, although you also value simple pleasures. You may find yourself in a position in which there is a blending of financial matters with social or public affairs. Strains on a relationship can occur as the result of your struggle with finding a life path or defining your career, or uncertainties in relationships can affect your motivation levels in the material world. Favorable Dates : 4, 7, 13, 16, 22, 25 Favorable Colors : Green & Blue

## VIRGO

23 AUGUST - 22 SEPTEMBER

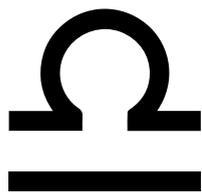


This is the time to be direct and to communicate your needs and interests. You are more inclined to talk about yourself and your personal past now. It is likely that you will initiate

discussions during this period, evaluate your appearance and the impact you have on those around you, and make contact with others rather than stay chained to any one place or activity. Financially, this is a month for consolidating your savings and ensuring that you have a carefully planned budget. A new and important friendship or romance is also on the cards and this person is likely to be crucial in many of the big decisions you will be making now. Favorable Dates : 3, 7, 12, 16, 21, 25 Favorable Colors : White & Blue

## LIBRA

( 23 SEPTEMBER- 22 OCTOBER)

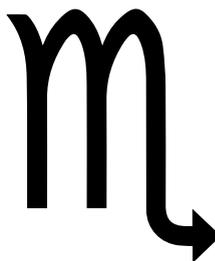


This is a cycle in which clear decision-making does not come easily. You are paying more attention to unspoken or hidden elements of any circumstance. It's a strong period

for gaining different perspectives on problems or issues in your life, as well as for reflection and research, but not the easiest time for presenting your ideas. It's not the best time for teamwork and other cooperative endeavours.. Disappointments are possible, but the good news is that you seem to remain in charge, even if life is pulling you in all sorts of directions. It's time to carve your own path in life Favorable Dates : 3, 5, 12, 14, 21, 23 Favorable Colors : Red & Blue

## SCORPIO

(23 OCTOBER - 21 NOVEMBER)

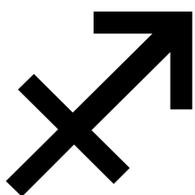


Your approach is more youthful, perhaps mischievous, light-hearted, and non-threatening so that others may be more inclined to turn to you for advice or pleasant conversation. Using the power of

words to attract what you want or to further your interests works best for you now. This is not an ideal time for pushing forward with new personal projects and plans. It is better to finish up projects and tie up loose ends now. Romantic matters, as well as pleasure-seeking activities, come to the fore now. You are more likely to pay closer attention to your physical appearance and mannerisms, aiming to improve and enhance your attractiveness. Favorable Dates : 4, 5, 13, 14, 23, 27 Favorable Colors : Red & Purple

## SAGITTARIUS

22 NOVEMBER - 21 DECEMBER

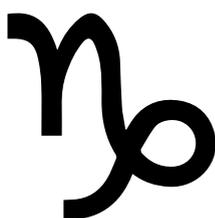


You are more decisive and forward-looking now, and you put more faith in your own abilities. Physically, you would likely be feeling strong. Your focus is on material affairs and

comfort issues. Security is a driving force for you at the moment, and you might find that you are especially interested in accumulating possessions. The most enterprising side of your nature surfaces, and it's time to seize opportunities. Existing problems in your life may be overcome now by bravery and a straightforward approach to your life. There's nothing wrong with a bit of self-centeredness during this cycle. Favorable Dates : 3, 8, 12, 17, 21, 26 Favorable Colors : Yellow & White

## CAPRICORN

22 DECEMBER - 19 JANUARY

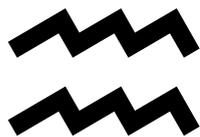


You could find that others are more demanding or strict with you these days. Strains on a relationship can occur as the result of your struggle with finding a life path or defining your career, or uncertainties in relationships can

affect your motivation levels in the material world. You may be swinging from positive to negative thinking now, particularly related to partnerships, home and family life, and career. Keep your eye on your goal of inner truth. Beware of the distraction of other people's ideas, agendas and reactions. The second half of the month is rather strong for money matters. Favorable Dates : 1, 2, 10, 11, 19, 20 Favorable Colors : Red & Blue

# AQUARIUS

20 JANUARY - 18 FEBRUARY

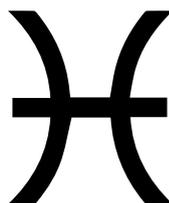


It's a great month to do something entirely new and pioneering—to go solo in some area of your life. You are in the position to make an impression on others, and to assert your personal influ-

ence. Spontaneity of expression is what this transit is about. This particular period smiles on your personal endeavours and boosts your ability to attract what and who you want into your life, and the means or confidence to talk things out. It's possible that you are reviewing your feelings for someone, or enjoying a more private love life for the time being. Favorable Dates : 2, 8, 11, 17, 20, 26 Favorable Colors : White & Blue

# PICES

19 FEBRUARY - 20 MARCH



This period would be bringing issues surrounding your personal identity, appearance, outward behaviour and self-expression to the forefront. This is a time when you more eas-

ily get in touch with a true sense of your identity and purpose but avoid taking it too far. You are swept with an overwhelming desire to be released from the people, places and things that you perceive are holding you back. Check those fantastic ideas at the door as not only are they impractical, they are also a backwards look at the things that have helped you rather than hurt you. Favorable Dates : 1, 9, 10, 18, 19, 27 Favorable Colors : White & Grey



Manish Kumar Arora,  
K.P. Astrologer, Numerologist, Tarot Card Reader &  
Vastu Consultant  
91-9871062000  
Facebook: [facebook.com/manishastroconsultant](https://www.facebook.com/manishastroconsultant)  
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# Family Pharmacy GREENWICH Rx

Greenwich Pharmacy in New Canaan is now opened at 116 Main Street. This is a full service Pharmacy as well as a full service spa. The services offered In the Spa include facials, massages, waxing, makeup application, professional peels and microdermabrasion. The skincare lines offered in the Spa include Elemis, Carita, Decleor, Skinceuticals, and Kat Burki. We also have a state of the art Elemis BIOTEC machine with five attachments for antiaging, with optimal and immediate results. These attachments include oxygen, microcurrent, LED light therapy (red and blue) and galvanic. We also offer "GIRLS DAY OUT" packages. This includes a signature facial and deep tissue massage. Also included in the package is fruit and champagne, making your time in the Spa with friends that much more relaxing. You can also customize your facials with addons such as Skinceutical peels or dermaplaning. Also pkgs include series of 6 and 12 treatments with an added bonus!!

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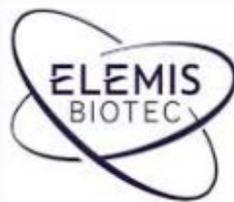
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