

WEDDING SEASON! DRESSES, ACCESSORIES & BEAUTY TIPS

COLIN COWIE'S
GUIDE for
FAIRFIELD
COUNTY
BRIDAL
SPECIAL 40-PAGE
PULL-OUT

FAIRFIELD LIVING

MAY/JUNE 2015 | \$5.95

RODGERS & HAMMERSTEIN

SOUTH PACIFIC, OKLAHOMA!,
THE SOUND OF MUSIC AND MORE

How our town
inspired the icons
of musical theater

Michelle Jaffee,
owner of
Sweet & Simple



THE INSIDER'S GUIDE

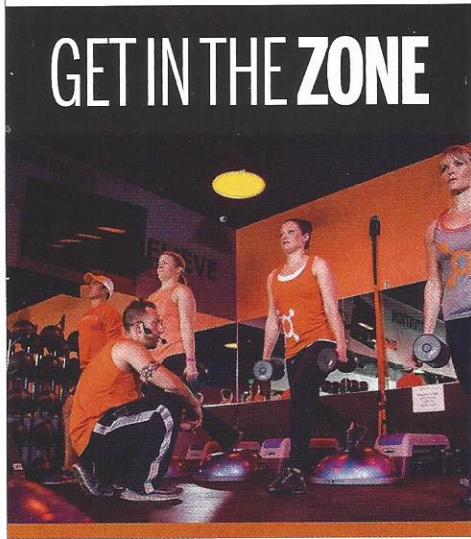
{FOOD-LOVER'S EDITION}

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GET IN THE ZONE

Are you ready for beach season? If not, no worries. **Orangetheory Fitness in Fairfield** will have you lean, mean and confident in time for shorts weather

This Fairfield gym utilizes the body's **Orange Zone** heart rate through interval training using the treadmill, indoor rowing and weight training. There are four heart-rate zones during exercise: One and Two are mostly aerobic, while Three and Four are anaerobic. In the Orange Zone, your heart rate is at 75 to 85 percent of its maximum; sustaining your workout in this zone means progress. No time to commit to a maximum-dedication workout? The Orange 60 is only an hour-long workout. With proper nutrition, weight loss can be seen with a minimum of three sessions per week, and personal performance gains with a minimum of two per week. Orangetheory estimates that clients who attend three to five sessions per week lose—on average—three to five pounds per week, due to clients burning an estimated 500 to 1,000 calories per workout. More at orangetheoryfitness.com.
—Dan Hajducky

Smart FOOD

Nutrients to keep in mind when your goal is to boost brainpower

One secret to retaining a nimble mind at any age is keeping it active. "But it's about more than doing crossword puzzles," says Dr. Steven Jones, director of the Center for Healthy Aging at Greenwich Hospital. "Trying new things stimulates activity that fires the neurons in our brains." That same rule applies to how we nourish our brains with food. So when it comes to nutrients that

support brain function, variety really is the spice of life, says Dr. Jones.

Also important: "For brain health, the emphasis should be on foods rich in antioxidants and healthy fats," says Annette Alfieri, a nutritionist and founder of Fairfield-based Lighten Up!

Both experts suggest stocking your pantry mindfully with the following foods, all known to support healthy neurological functions:

NATURAL ANTIOXIDANTS

Antioxidant powerhouses like berries (especially blueberries), green tea, dark chocolate and broccoli all contain substances that cut down on free radical damage.



OMEGA-3 FATTY ACIDS

Salmon, sardines, flax seeds and other foods rich in omega-3 fatty acids. "These fats support the development of brain tissue," says Alfieri.



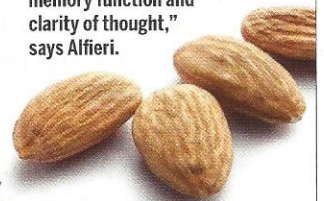
WHOLE GRAINS

"They tend to be more controversial because a lot of people are [on protein-rich] diets or avoiding gluten," notes Alfieri. "But the fiber [in whole grains] fights inflammation, which is good for brain health."



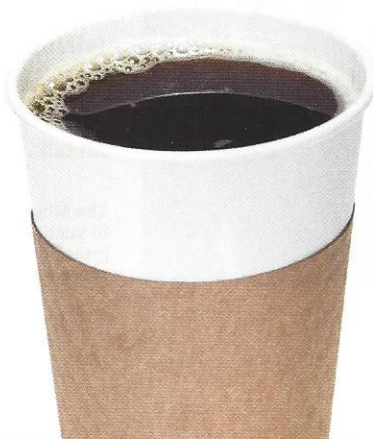
FRESH NUTS

Walnuts, almonds and cashews "have been shown to help improve memory function and clarity of thought," says Alfieri.



WHAT NOT TO EAT

"It's best to avoid salt, processed foods and unhealthy fats," says Dr. Jones. "That said, there's something to be said for moderation. You don't want to take all the joy out of your diet."



THE BUZZ ON CAFFEINE

When it comes to cognitive decline associated with memory-sapping diseases like Alzheimer's, the latest research suggests that drinking as many as three cups of coffee a day may have protective qualities. "But there are so many studies stating pros and cons about coffee that my advice would be to drink it if you enjoy it, but within limits," says Dr. Jones. —Beth Cooney Fitzpatrick

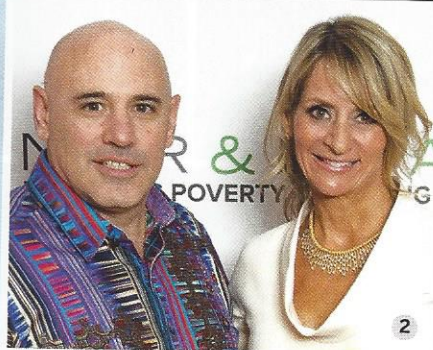
BY DAN HAJDUCKY

PEOPLE & Places

NEAR & FAR AID • PHOTOGRAPHS BY ROBERT NORMAN



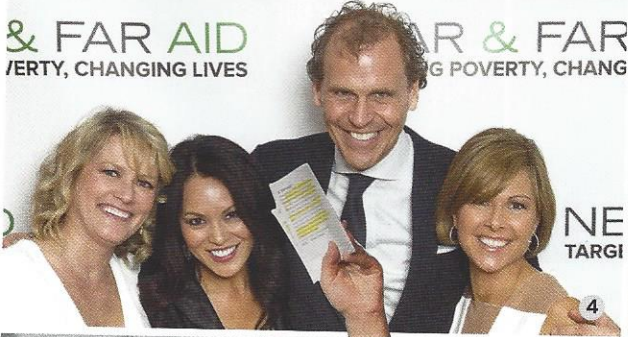
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A Helping Hand

Near & Far Aid celebrated the twentieth anniversary of its Spring Gala. The milestone event dovetailed with the sixtieth anniversary of the charitable organization's founding. It has supported numerous charities in Fairfield County; in the last fourteen years alone, N&FA has donated nearly \$14 million to aid others. This year's gala included co-master of ceremonies Dave Price and Elyse Luray and a performance by five-time Grammy nominee Sara Bareilles. »

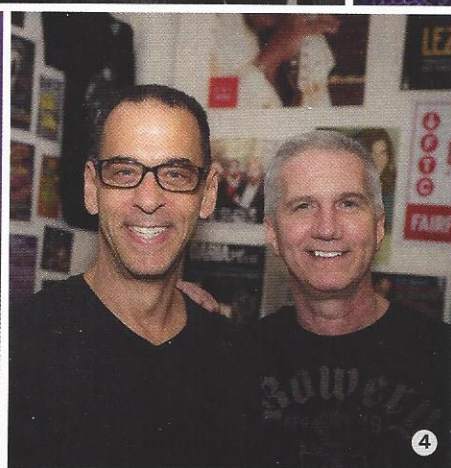
- 1 Co-Master of Ceremonies Elyse Luray
- 2 Rob and Cindy Citrone
- 3 The interior of the Near & Far Aid Spring Gala tent
- 4 Event Chairs Jeanne Burris, Kim Meier and Jenny Nelson with Bob Mitchell
- 5 Jaelyn and Justin Gailhard
- 6 N&FA Vice President Joan Paganos and President Bitsy Higgins
- 7 Musical guest Sara Bareilles
- 8 Co-Master of Ceremonies Dave Price
- 9 David and Jorgelina Friezo »



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(FOR MORE PARTY PICS VISIT fairfieldlivingmag.com)

PEOPLE & Places



1 Alzheimer's Association's Eleonora Tornatore-Mikesh, Fairfield First Selectman Mike Tetreau, Ellen Hyde Phillips 2 Laura Incerto and Giovanna Sgarlata LoSardo 3 Christine Urpin and Kelly LaFrance 4 Rob Fried and Jerry Vigorito, founders of Band Together 5 Fairfield University's Teddy Spicer and Jessica Gray 6 Frank, Claire, and Jeanne Rowella 7 Alzheimer's Association's Alexis Rodriguez and Fairfield University's Dr. Alison Kris

|| ALZHEIMER'S ASSOCIATION / BAND TOGETHER ||

Better Together

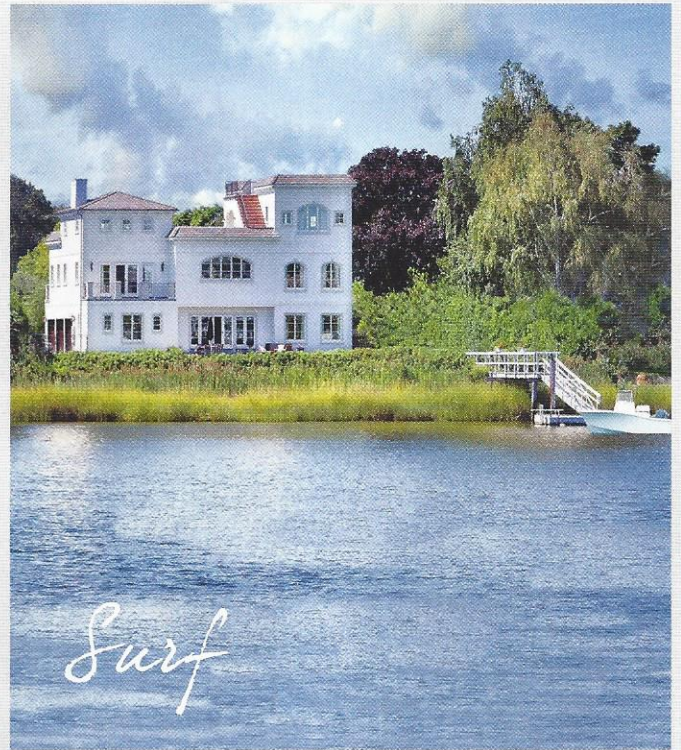
The Alzheimer's Association, Connecticut Chapter, and Band Together recently teamed up to host the annual Band Together fundraiser at the Fairfield Theatre Company. The emcee of the sold-out concert was Fairfield resident and two-time Latin Grammy-winning vibraphone player Dave Samuels. One of five million Americans currently living with Alzheimer's disease, Samuels is also an active member of Giving Alzheimer's Purpose. To date, Band Together has raised more than \$1.4 million to support local charities. Proceeds of this concert supports the Alzheimer's Association, CT Chapter, which helps the 72,000 state residents living with the disease.

PHOTOGRAPHS BY KATE EISEMANN PICTURES

PEOPLE & Places



1 Greysi Ceja 2 Samantha Strelzer, Danna Funaro, Evan Duval 3 Fashion designer James Coviello and Sophie de Crombrughe 4 Kristina Krasniqi 5 Fashion & Fantasy Mimosa Brunch models



Handsomely sited at the end of a coveted cul-de-sac, this custom-designed waterfront villa with private deep water dock and room for a pool is a rare find. Enjoy panoramic views of LI Sound and breathtaking sunsets.

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|| FAIRFIELD MUSEUM AND HISTORY CENTER ||

Time After Time

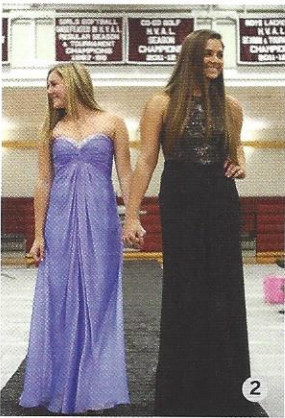
At the recent Fashion & Fantasy Mimosa Brunch, spring peeked its head out with the fashion show. Models sported spring fashions by New York designer and Fairfield native James Coviello. Guests enjoyed a mimosa brunch (catered by Festivities) and took in Fairfield Museum and History Center's exhibit Fashion & Fantasy: 250 Years of Wedding Dresses. The collection highlights the evolution of wedding gowns over the decades, from military-inspired Civil War look to today's many shades of white. »

PHOTOGRAPHS BY MIKE LAUTERBORN

PEOPLE & Places



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1 Wooster School student committee 2 Hallie Fuchs and Alexandra Ambrosio take the runway 3 Hallie Fuchs, Executive Director of the Norma F. Pfriem Breast Care Center Dr. Donna Twist, Alexandra Ambrosio, and the center's Events and Development Specialist Robin Righter

|| NORMA F. PFRIEM BREAST CARE CENTER ||

Catwalking for a Cause

A committee of forty students from the Wooster School in Danbury raised over \$10,000 for patient care programs at the Norma F. Pfriem Breast Care Center in their second Catwalk for a Cure fashion show, attended by nearly 200 guests. The money will provide breast care services, including mammograms, to women in need. The idea of the fundraiser belongs to two seniors, Alexandra Ambrosio of Brewster and Hallie Fuchs of Fairfield, who wanted to raise awareness of breast cancer in their community. Students modeled clothing from Splash of Pink, Dress Code, Banana Republic, Sam Edelman, South Moon Under, the Gap and Francesca's.

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FAIRFIELD FINDS THE BEST GUIDE 2015

BY DAN HAJDUCKY
PHOTOGRAPHS BY JULIE BIDWELL

Everyone has a favorite go-to in our town, but that doesn't mean we aren't also open to hearing about other people's "must" places to go and things to do. Food, fashion, fun finds for the family...who doesn't love to discover something extraordinary? *Fairfield Living* magazine asked Fairfield's top foodies to dish about their ultimate around-town choices.



MICHELLE JAFFEE

SWEET & SIMPLE

Michelle Jaffee, owner of Sweet & Simple and a Fairfield resident for nearly two decades, is so photogenic that one half expects bluebirds to land on her shoulder and sing out like in a Disney movie. In person, though, she typically dons a flour-flecked baseball cap and has her fingers caked in batter; if there's any song, it's just the hum of bakery's condenser constantly whirring. This is a hard-working woman who bakes beautiful and delicious creations. One might even say magical.

"I started Sweet & Simple in 2009 as a wholesale bakery selling cookies and brownies. Two years ago, we opened a bake shop and now we're a full-service bakery—lots of cookies, cupcakes, cakes."

Jaffee is proud that her shop, at 75 Hillside Road, is the neighborhood bakery—even serving mail order and wholesale business—in a town she knows like the back of her hand. But one can't subsist on cakes and cookies—and that's when she unties the apron strings.

"**PACI RESTAURANT** in Southport, **BODEGA** and **THE GREY GOOSE** for nice dinners," Jaffee begins naming a few favorites. "For wings, **ARCHIE MOORE'S**; for hot dogs, **SUPER DUPER WEENIE**; and **BIGELOW TEA** for tea."

With the culinary scene becoming more devoted to organically grown ingredients, Jaffee takes pride in supporting local farms and farmer's markets: "**SPORT HILL FARM** in Easton is great," she says, "and for the best Connecticut tomatoes and corn, go to **HAYDU FARM** on Congress Street—pretty flowers, too! **BLACK ROCK FARMERS' MARKET** in Bridgeport is the very best of the best."

With so many options for high-quality produce, Jaffee recommends the food business

owned by Ashley Hart and Amy Strife. "If you're looking for something cool and new to try, check out **BOOK-A-COOK**. Whether it's a gourmet meal by a hired chef who comes to your home, caters food or teaches a class, it's always a good time."

She also enjoys simply exploring. "For a nice day out, **SOUTHPORT BEACH, FAIRFIELD MUSEUM AND HISTORY CENTER** and **SOUTHPORT GALLERIES** can't be beat." She also gushes about shopping at **THE FAIRFIELD UNIVERSITY BOOKSTORE DOWNTOWN**. Her miniature schnauzer, Jimmy, joins her. "The best vet is Dr. Marsh and his staff at **GREENFIELD ANIMAL HOSPITAL**, while the best dog groomer is certainly **GREENFIELD HILL DOG GROOMERS**."

“FOR THE BEST SUNDAY NATURE WALK, HEAD TO THE AUDUBON CENTER ON BURR STREET.” —MICHELLE JAFFEE

PAOLO & CLARA CAVALLI

BRICK + WOOD

“We grew up in the Fairfield area,” says Paolo Cavalli, co-owner (with his wife, Clara) of Brick + Wood. “All of our family and friends are here. [Fairfield] is home.” Paolo split his time between Black Rock and Italy; Clara grew up in Trumbull. When Paolo returned to Connecticut, he immersed himself in the family restaurants, Luigi’s and Ponte Vecchio. After a stint in Irving, Texas, where they started Cavalli Pizzeria Napoletana (a restaurant that still thrives), they moved back to Fairfield. In late 2014, Brick + Wood opened, taking the place of Ponte Vecchio in the Brick Walk Plaza.

“I grew up on Jennings Beach, and now my kids will, too. Jennings is another reason why we moved back. I really missed living near the water, and Fairfield’s sense of community,” Clara says.

“I don’t think there’s one place that represents Fairfield,” Paolo says. “Fairfield has a great community feel, but it’s a combination of all the places that gives the town its vibe.”

So which contribute to the good feeling?



“My son”—who goes to **FAIRFIELD COUNTRY DAY SCHOOL**—“loves **SIXTEEN HANDLES**. We go there at least twice a week,” Clara says. “And for a fun day with the family, it’s **TUMBLE JUNGLE** or toy shopping at **MAGIC BEANS** and **HOBBYTOWN USA**.”

Even though they are owners of one of the area’s hottest new restaurants—with more than thirty international wines on tap—Clara and Paolo selflessly laud other establishments, almost exclusively eating in Fairfield. For Thai food and sushi, it’s **RAINBOW THAI** and **SHIKI HANA**, respectively. For pasta, Paolo admits he still goes to his uncle’s **LUIGI’S RESTAURANT**. Other common stops are **MECHA NOODLE BAR** and **GERONIMO TEQUILA BAR & SOUTHWEST GRILL** for its southwest cuisine. The couple

“**FAIRFIELD INSTANTLY MAKES YOU FEEL LIKE YOU’RE FAMILY. THAT’S IMPORTANT.**”

—CLARA CAVALLI

also raves about **FAIRFIELD CHEESE COMPANY**, and Clara says that their kids’ birthday parties are all done with cupcakes and cakes by the **PINK CUPCAKE SHACK**.

A busy mom, Clara stays local to shop for fashion, including **JENNY BOSTON BOUTIQUE**, **BANANA REPUBLIC** and **THE LOFT**. Also, she exclusively gets her hair styled at **GAVALI’S BEAUTY SUITE**.

Both parents are also looking forward to a town tradition in Greenfield Hill: “**THE DOGWOOD FESTIVAL** is a must,” Paolo says.

Serving traditional Neopolitan pizza with a contemporary twist, Brick + Wood has become a mainstay of the Fairfield restaurant scene. For The Cavallis, an open-armed welcome home is the pinnacle of compliments.

TIM SCOTT

GERONIMO TEQUILA BAR & SOUTHWEST GRILL

Tim Scott, co-owner of Geronimo Tequila Bar & Southwest Grill in New Haven, decided a few years ago that it was time to expand. By January 2014, Fairfield had its own, affectionately called “Geronimo’s” by locals.

It was almost destined, because Tim happens to be a Fairfield Prep alum. “I was a bit of an altar boy,” he says. “My uncle ran the bank in the center of town and he used to bring me to and from school. After high school, I went to culinary school at La Varenne in France and came back to work at La Chambord in Westport, a French restaurant.”

Tim’s culinary career might make an aspiring chef green with envy: he used to run the restaurants Gentree, Bruzelles, Scoози, 368 in New Haven and was the Executive Chef at the Wadsworth Atheneum in Hartford before partnering up with Mark Knight and Rob Bolduc, co-owners of Geronimo’s.

His thoughts these days are about the robust dining scene around Fairfield.

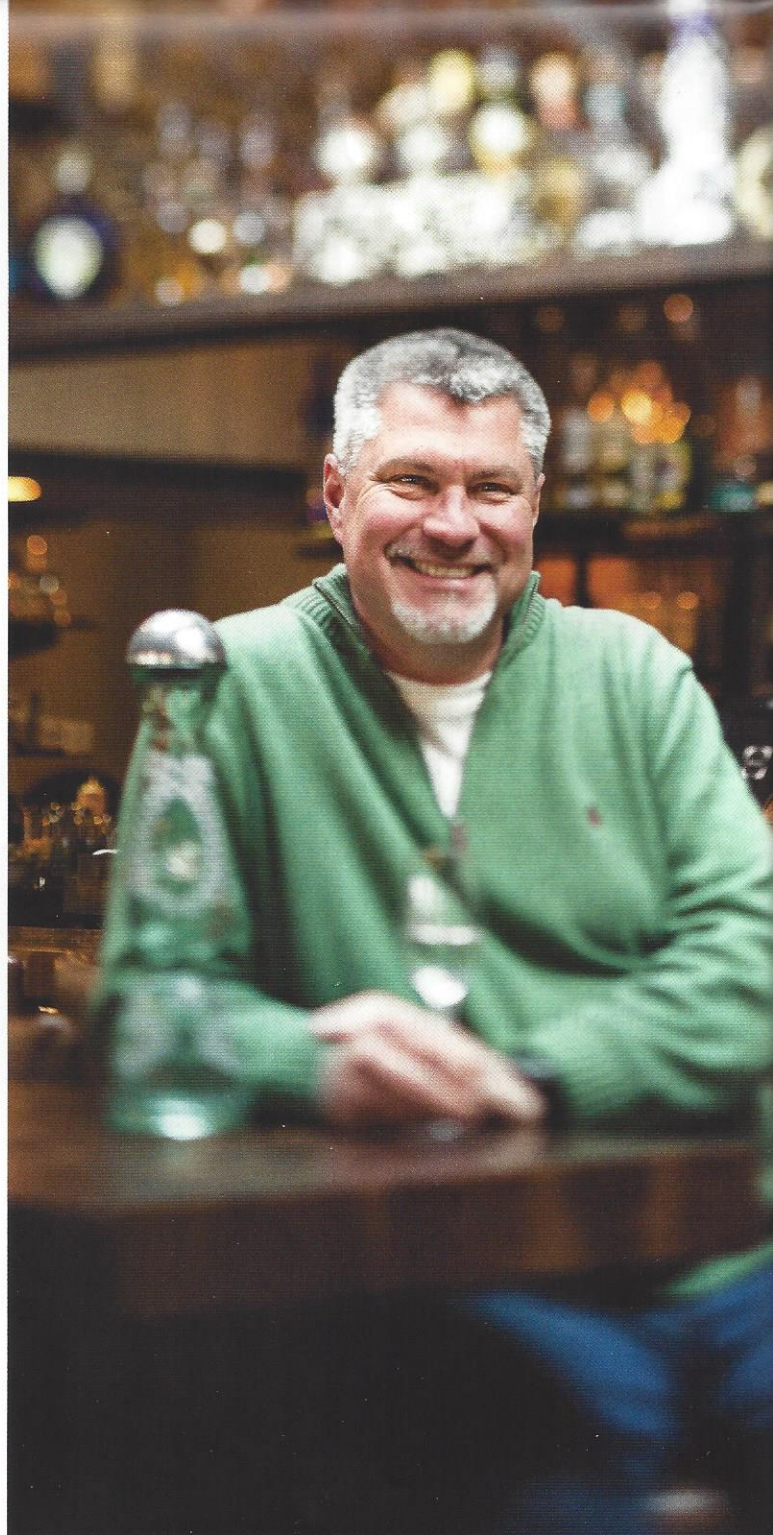
Naming a few picks, he says, “For a good meal, **THE CHELSEA, MOLTO** and **THE GREY GOOSE**, and, over in Bridgeport, **WALRUS + CARPENTER**. For desserts, **CAFÉ MADELINE**, and then you’ve got **ISABELLE ET VINCENT** that I’ve been hearing great things about.” Tim also participated in **BRICK + WOOD**’s celebrity chef series.

“If I have a free afternoon, I’ll do tacos and tequila at **BODEGA**,” he says. Bringing up drinks, he says he used to love Fairfield’s O Bar but admits that Westport’s **154**

POST has filled the absence.

For entertainment, he says he frequents **FAIRFIELD THEATRE COMPANY** as well as **FAIRFIELD UNIVERSITY ATHLETICS**. “Also, the **OLD POST ROAD** is great to see some of the old architecture.”

Tim has reclaimed his roots. “It’s good to see a little change happening in Fairfield. The development of the food scene is starting to come together. That’s going to be good—people will start coming from the surrounding areas to eat. That’s the goal.”



“FAIRFIELD BEACHES ARE CAN’T-MISS THINGS... WE USED TO GET IN THE CAR AND GO DOWN TO JENNINGS BEACH TO HAVE LUNCH.” -TIM SCOTT



“ I WAS COMFORTABLE FROM THE START. NOW, ALL THESE YEARS LATER, MY FAMILY IS STILL VERY HAPPY HERE. MY KIDS LOVE FAIRFIELD.”

-SCOTT BECK

SCOTT BECK

THE CHELSEA

Although Scott Beck, co-owner of The Chelsea, grew up in Weston and Westport, he's been a Fairfield resident for over thirty years. "I didn't know what Fairfield was really like when I was younger. I moved to town right after college, rented a small house near Penfield Beach, and I've lived here ever since. I loved the town, the people, the beaches, the proximity to New York City."

Having started working in restaurants before he could drive—his first job was Soup's On in Westport—Beck (who also co-owns Match and The Loft in South Norwalk) is no stranger to finding the pulse of a community. Since The Chelsea opened here two and half years ago, he's given Fairfield exactly what it craves: high-quality cuisine in a relaxed environment.

Surely Beck's schedule is packed, but there are times he heads out to enjoy his favorite local haunts.


"I'm somewhat obsessed with the Hatch Green Chili Stew at **GÉRONIMO'S**," he begins. "And **PACI**. Also, the **NAUTI DOLPHIN** and **PEPE'S**—my family loves pizza, what can I say?"

Being a dad, he adds, "For a hot dog, **SUPER DUPER WEENIE** is king, and I love **S&S DUGOUT**. As for desserts, head to **ISABELLE ET VINCENT'S** or **CAFÉ MADELINE**, which has the best gelato around. On a non-restaurant note, I really loved toy shopping at Blinn's before it closed. I miss that place."

He admits a bias towards the cocktails at his Westport place **LITTLE BARN** and loves the saki bombs at **KAWA NI**, also in Westport.

"I'm also a big supporter of the **FAIRFIELD THEATRE COMPANY**. They bring amazing live music to Fairfield in a cozy space, at an affordable price. I can't wait until the new expanded FTC theater opens." He's referring to The Warehouse.

So why Fairfield for The Chelsea? "We wanted to do something in Fairfield for a while because we love the community feeling the town has. We found the spot and wanted to help build Fairfield into a dining destination." Beck certainly met that goal.

A photograph of three people sitting at a bar. On the left, a man with dark hair and a beard, wearing a dark suit jacket over a light blue shirt, is smiling and looking towards the center. In the middle, a woman with long dark hair, wearing a patterned blue and white top, is smiling broadly. On the right, a man with a shaved head and a beard, wearing a dark suit jacket over a light-colored shirt, is smiling and looking towards the center. They are all holding wine glasses and a bottle of wine is on the bar in front of them. The background is a blurred bar setting with wooden accents.

“WE TRY TO
STAY AS CLOSE
AS WE CAN
WITH THE
COMMUNITY.”
-VICENTE SIGUENZA

VICENTE SIGUENZA, NUBE RIVERA AND KLEBER SIGUENZA

55 WINE BAR & RESTAURANT

Nube Rivera, Kleber and Vicente Siguenza, siblings and co-owners of Fairfield’s 55 Wine Bar & Restaurant, have worked in Connecticut restaurants for over two decades. They co-own and operate a few others—Cava Wine Bar & Restaurant in New Canaan, Scena Wine Bar & Restaurant in Darien, as well as Harvest Wine Bar and Restaurant in Greenwich and New Haven—but 55, here seven years now, is dear to them.

This year, they’re focusing on farm-to-table options with cattle from upstate New York, fish from New York City markets, and produce from Easton and Weston farms.

For people preaching local, home-grown eats, surely they must know a thing or two about the local restaurant scene?

“We love eating at **MOLTO** and our friends are opening a restaurant where O Bar used to be called **CRAVE BAR AND GRILL**,” Kleber says, before adding, “**GERONIMO’S** is fantastic.”

“For a day out with family, we go to my daughter’s favorite place: **LIANA’S TRATTORIA**,” Vicente asserts. “She goes there and asks, ‘May I have my usual?’ Fairfield really has a lot to offer, and the schools are great.” Vicente says his daughter’s Fairfield education has been on-point.

When the topic moves to desserts, the brothers perk up: “I hear amazing things about **ISABELLE ET VINCENT’S**. We have a really good connection with **BILLY’S BAKERY** as well.”

Kleber admits he’s on a health kick lately. “**SYNERGY YOGA** is amazing. I was so stiff when

I started and now, well, I’m still stiff, but I’m getting there!” After sessions, he heads to **CATCH A HEALTHY HABIT** for the juices.

The brothers note their wonderful partnership with **FAIRFIELD THEATRE COMPANY**, and how great the **FAIRFIELD CHAMBER OF COMMERCE** has been in organizing Restaurant Week.

Vicente mentions that, “**TWO ROADS BREWERY IN STRATFORD**’s double IPA is really good. **HALF FULL BREWERY** in Stamford is great, too.”

He adds, “**JENNINGS AND PENFIELD BEACHES** are great for a day with the family and also for running.”

Kleber laughs and says, “Well, you run. I lag behind and shout, ‘Go on, I’ll catch up!’”

The Siguenzas might play catch-up in their free time, but their restaurants are running full speed ahead. **E**

DO

PRODUCED BY DAN HAJDUCKY

Get Going

Summer welcomes back two outstanding outdoor festivals. The **New Haven International Festival of Arts & Ideas** features free concerts on the city green as well as dance, theater, lectures, tours and family performances, June 12–27 (artidea.org/festival). And later, on July 20, head to downtown Westport's **Levitt Pavilion** (levittpavilion.com) to kick off the forty-second season of free entertainment on the new stage designed by architect Peter Cadoux.



New Haven International Festival of Arts & Ideas

SIP SHOP NOSH

On May 7, from 5-8 p.m., downtown Fairfield will host **Sip Shop Nosh**, a fun event that's a little bit shopping, a little bit wine, and a whole lot of fun for the Fairfield Foundation for Education. This nonprofit organization was created by former Fairfield Superintendent Dr. Ann Clark and awards grants to public school teachers. For more information, go to fairfieldffe.org or call Pam Foarde at 203-257-9110.

RELAY FOR LIFE

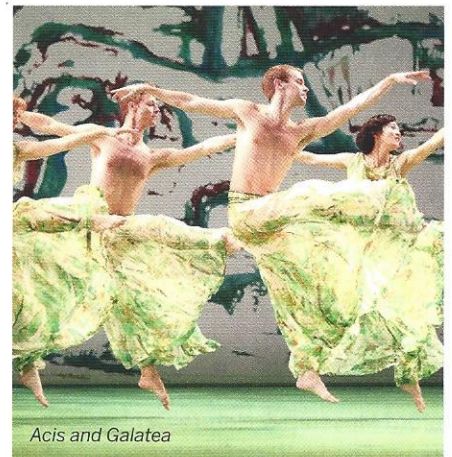
On June 6 at 3 p.m. the American Cancer Society's eighteenth annual **Relay for Life of Fairfield** kicks off at Fairfield Ludlowe High School. Last year, nearly 1,500 people participated and, together, raised more than \$220,000. For more information about this year's event or to sign up for a team, head online to relayforlife.org/Fairfield or call Grace D'Amico at 203-563-1520.

THE FITZGERALDS

In 1920 Zelda and F. Scott Fitzgerald spent six months living in Westport on Compo Road South. The filmmakers of the documentary **Boats Against the Current** believe that Westport provided the inspiration for *The Great Gatsby*. The film previews at the Fairfield Theatre Company on June 8 at 7:30 p.m. Actor Sam Waterston appears in the film, which Fairfielder and actor Keir Dullea narrates. 70 Sanford St., Fairfield; fairfieldtheatre.org.

ACIS AND GALATEA

As part of the International Festival of Arts & Ideas in New Haven, the Mark Morris Dance Group—founded by MacArthur Fellow/choreographer legend Mark Morris—will perform George Frideric Handel's opera **Acis and Galatea** at the Shubert Theater, with costumes by famed designer Isaac Mizrahi. Tickets range from \$25 to \$125. June 18 and 19. The theater is located at 247 College St., New Haven; go to shubert.com for more information and to purchase tickets to the performance.



Acis and Galatea

JOAN LUNDEN IN TOWN

Norma Pfriem's Rose of Hope Luncheon

This year's Rose of Hope Luncheon on June 11 also marks the Norma Pfriem Breast Center's fifteenth anniversary. Since 1999, the center has served more than 30,000 women. The keynote speaker is *NBC Today Show* correspondent Joan Lunden, a breast cancer survivor herself, while the Rose of Hope award winner is WPLR's Mike Lapitino. For ticket information, call 203-255-5546; bridgeporthospital.org/cancer/breast.

FESTIVAL BY JUDY SIROTA ROSENTHAL; ACIS AND GALATEA BY KEN FRIEDMAN