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DOG DAYS OF SUMMER

"Many [dogs] suffer from anxiety associated with loud noises, such as thunder and fireworks," says Dr. Bob Goldstein, cofounder of Westport's **Earth Animal**, a natural animal care and nutrition shop. "[Administer] flower essences and herbs that are natural tranquilizers like skullcap, valerian and chamomile," he says. Here's more advice for dog owners.

LYME DISEASE

"Build up the immune system or natural defense against ticks by using potent herbs that strengthen and bitter the blood. High-quality herbs, if administered properly, are highly effective against insects and are free of side effects common in drugs and pesticides. Herbs that help to repel are alfalfa, blue green algae, spirulina and kelp."

STAGNANT WATER

Remove it. "It may contain harmful bacteria and parasites."

CAR HEAT

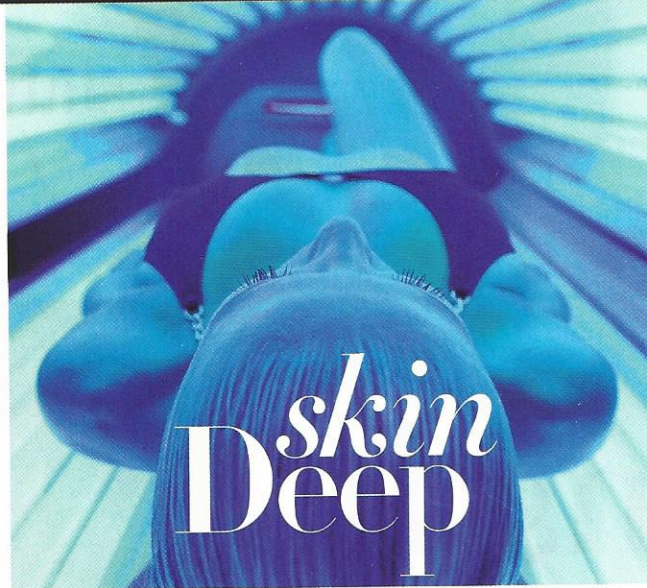
"The car can heat up to temperatures not physically tolerable, due to lack of sweat

glands in dogs. A temperature of 75 degrees will cause an internal temperature of 100 degrees in your car within ten minutes."

WATER IN PLASTIC

"Avoid feeding water stored in plastic, especially in warm weather. When chemicals—such as BPA in plastic—heat up, they leach into the water, making it carcinogenic."

—Dan Hajducky



Melanoma rates on the rise among young people

We know that the summer sun can wreak havoc on the skin. Yet that message seems lost on the demographic most likely tossing the SPF tubes aside in favor of soaking up the sun: the young and the bronzed. According to the American Academy of Dermatology, melanoma—the deadliest form of skin cancer—is increasing at an alarming rate in teens and young adults (one 2012 study by the Mayo Foundation for Medical Education and Research puts the rate at a whopping 400 percent). That makes melanoma the most common form of cancer in adults ages twenty-four to twenty-nine, with women in that demographic considered especially vulnerable.

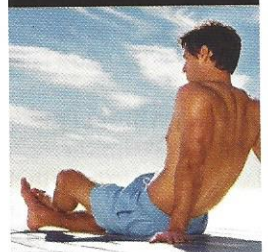
Dr. Omar Ibrahim, a dermatologist and founder of the Stamford-based Connecticut Skin Institute, notes factors elevating the statistics are the "sense of invincibility" that is the hallmark of youth, and young adults flocking to indoor tanning booths in search of a golden look. "Tanning beds give out pure unadulterated ultraviolet light which leads to DNA damage and can accelerate the rate at which cancers develop," he explains.

"I liken [visiting a tanning booth] to smoking," says Dr. Jason McBean, a Fairfield-based dermatologist affiliated with St. Vincent's Medical Center in Bridgeport. "It's just as dangerous."

There is some hopeful news, though. Dr. McBean says today's parents are more vigilant about doing skin checks on their children for unusual moles and other changes that can be cancer-warning signs. Ultimately, this proactive approach leads to more reported skin cancer cases, but lifesaving early interventions too, he explains. —Beth Cooney Fitzpatrick

SUN SMARTS FROM THE PROS

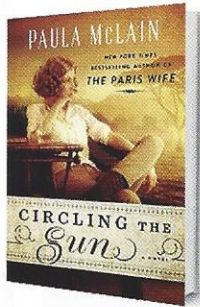
1. Apply broad-spectrum sunscreens that protect from harmful UVA and UVB rays. Invest in an SPF factor of 30 or higher.
2. Spray sunscreens "are convenient, but half of it gets blown away," notes Dr. McBean. "They give an artificial sense of security."
3. When applying in lotion form, "I tell my patients they need to use an amount that would fill a shot glass to cover their bodies," says Dr. Ibrahim.
4. Spray tans are a great option if you crave bronzed limbs. "They are completely safe and the way to go if you want color," says Dr. McBean.
5. Make annual skin checks with a dermatologist a healthy habit.



Dive In

Pack these new releases by local authors into your beach bag

Paula McLain—author of the 2011 acclaimed mega-seller *The Paris Wife*—will be at the Darien Community Association on July 28 to kick off Barrett Bookstore's Summer Book Club with a reading from her new novel, *Circling the Sun* (Ballantine Books).



McLain has a legion of Connecticut fans, but there are home-bred authors with recent releases, too. With the help of Rosanna Nissen and Sally Lovegrove at Barrett Bookstore, we put together this list of books to spend time with this summer. —Dan Hajducky

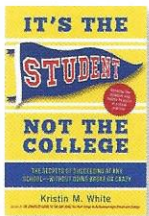


Paula McLain

GUEST LIST

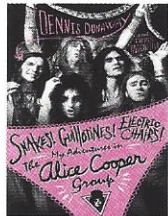
Rowayton is a small coastal town but over the decades its salty charm has attracted celebrities. Personalities such as Lillian Hellman, Duke Ellington, Jules Feiffer and Marlon Brando have spent time in the village. Now the **Rowayton Historical Society** tells the stories of some of the VIP guests who traveled through the village in the exhibit "Guess Who's Coming to Dinner," which runs through November 13. Fun anecdotes include the one about Archibald Selwyn, co-founder of what would become Metro-Goldwyn-Mayer, who had a summer home on Bell Island. Locals would swim out to the floats to get a glimpse of his guests, including the Barrymores. Silent film stars Dorothy and Lillian Gish also took up house here in the summers. And then there's the story about Helen Keller, who spoke to the Rowayton Flower Club in 1905. The members were thrilled when Keller shook hands with each child. rowayton-historicalsociety.org

NONFICTION



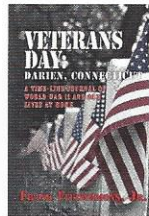
IT'S THE STUDENT, NOT THE COLLEGE: THE SECRETS OF SUCCEEDING AT ANY SCHOOL—WITHOUT GOING BROKE OR CRAZY
BY KRISTIN M. WHITE

White is a member of the New England Association for College Admissions Counseling and runs her own educational consulting firm in Darien. With data-backed reassurance, she asserts that happiness isn't an elite college's decal on the rear window. Published by Manhattan-based The Experiment, it's helpful reading for parents and teens in the process of applying to schools.



SNAKES! GUILLOTINES! ELECTRIC CHAIRS!: MY ADVENTURES IN THE ALICE COOPER GROUP
BY DENNIS DUNAWAY & CHRIS HODENFIELD

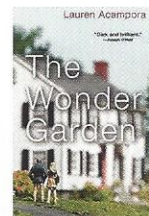
Alice Cooper was once the biggest act in America, producing four platinum albums, including the 1973 U.S. and U.K. No. 1, *Billion Dollar Babies*. Bassist Dennis Dunaway steps out from behind the strings to talk about the band's raucous heyday with *New Canaan-Darien* magazine contributor Chris Hodenfield, a former *Rolling Stone* writer and Darien resident. It's published by Thomas Dunne Books.



VETERANS DAY: DARIEN, CONNECTICUT
BY FRANK FITZSIMMONS, JR.

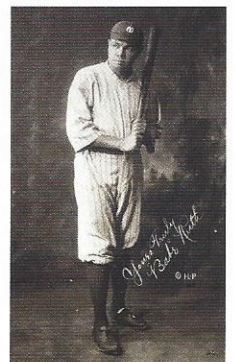
Fitzsimmons was a communications intelligence instructor in the Army Security Agency from 1953 to 1956. That experience prompted him to write and self-publish *Veterans Day*. He chronicles World War II in terms of major political and military decisions, and discusses the patriotism and nationalistic culture that swept America at the time. If you're swelling with pride this Fourth of July, you should check this one out.

FICTION



THE WONDER GARDEN
BY LAUREN ACAMPORA

Lauren Acampora—raised in Darien but now living in Westchester County—drew on her time in Connecticut when writing *The Wonder Garden*, a collection of interlinked short stories set in the prosperous (and fictional) Cheever-esque town of Old Cranbury. Acampora's debut novel (Grove Press) tackles the milieu of suburban life. Though it's dark at times, the author does a nice job of portraying the heightened expectations of those living in the suburbs.



Babe Ruth was one of the larger-than-life personalities in Rowayton.