

# GREENWICH

JUNE 2014 | \$5.95

## BULLIED TO DEATH

We know how the bullying of **BART PALOSZ** ended.  
This is the story of how it began  
—and how it was allowed to happen.



DEALS & STEALS



ENTERTAINMENT



HOME



ACROSS THE BORDER



FAMILY FUN



FITNESS



KIDS



WELLNESS



DINING



RESOURCES



BEAUTY

THE

# *Insider's Guide*

TO GREENWICH

You're a Greenwich local. You've been there, done that, drank it, downloaded it, shopped it and shared it. But in case one trusted resource or speed-dial service has slipped below your radar, we're bringing it front and center. **Keep your eyes peeled as you sort through our essential guide. We called on some very special local friends—from television personalities to our very own New York Yankee—to share their hidden gems.**

by RIANN SMITH



**CLAY PECORIN**, *managing partner,*  
*Two-Ton Films*

**20**  “I love **ST. PAUL’S BOOK FAIR**. A box of books for \$5 ... you can’t beat it! I also think the pizza at **BRUCE PARK GRILL** is a true find.”

*St. Paul’s Book Fair takes place in May at St. Paul’s Episcopal Church, 200 Riverside Ave., (203) 637-2447; stpaulsriverside.org; Bruce Park Grill, 231 Bruce Park Ave., (203) 869-8006*

**22**  Among the fifty-plus set who want to stay svelte, strengthen their core and improve posture, personal trainer and nutritionist **MAURA MCINTYRE** is a true asset. McIntyre has over twenty years of experience and will come to your house or can train you in any park. *Maura McIntyre, (203) 570-9806; m2method@gmail.com*

**23**  For women with little time for body grooming, Sonia Goncalves-Ribiero at **ALLURA SALON & DAY SPA** is known for having clients in and out in twenty minutes, max. She’s famous for doing eyebrows to perfection and precise bikini waxes that (honestly) don’t hurt. Come in during the month of June for a combo brow and bikini special, \$35. *Allura Day Spa, 23 West Putnam Ave., (203) 869-1234; allurasalon.com*

**19**  Locals who aren’t big on injectibles but need a temporary lift—especially before a big event—turn to rock-star aesthetician and spa manager Barbara Aquino for an Ultimate Facial at **THE SPA AT DELAMAR**. The highlight: their Remodeling Face Machine, which delivers a gentle electrical current to (painlessly) stimulate collagen and develop muscle memory, so you look refreshed in all the right places. Bonus: The marine mask makes leathery summer skin soft again. *The Spa at Delamar, 500 Steamboat Road, (203) 661-9800; delamargreenwich.com*

**21**  If the word “shrink” makes you uncomfortable, but you know you and your kids could use a little behavioral tweaking, try parent coach **CRISTINA YOUNG**, LCSW, a trusted favorite of local moms. The former Greenwich private school teacher, school counselor and admissions officer works with parents and kids ages six to eleven to help with anxiety, social skills, anger management, technology boundaries, school success and more. And at \$150 per session, peace of mind comes relatively cheap. *Cristina Young Therapy, 45 East Putnam Ave., Suite 119, (203) 470-9172; cmytherapy.com*

**24**  Imagine your kids bragging about their knowledge of Paul Revere and the Cos Cob Art Colony. Wait, your kids? We know, it sounds like a stretch, but not if you enroll them in the **GREENWICH HISTORICAL SOCIETY’S HISTORY AND ART CAMP** starting in July, where first-through-seventh graders become junior historians for two weeks, then share what they’ve learned at a family reception. Registration ends June 15, so giddy up and sign up, as Paul might say. *Greenwich Historical Society, 39 Strickland Road, (203) 869-6899, x31; greenwichhistory.org*

## CLEANSING BY ZIP CODE

There’s no excuse not to juice, when so many appealing options have cropped up. Find the one closest to you.



**25** Midcountry sippers love **ELIXIR JUICE BAR’S** cleanses, which are tailored to your body’s typical fluctuations (their Quick Quencher curbs afternoon sugar cravings, while their Almond Smoothie soothes you at bedtime). Sign up for one to five days at \$55 per day. Get your friends in on it, because they offer a 10 percent discount to groups of 8 or more. *Elixir Juice Bar, 79 East Putnam Avenue, (203) 992-1054; elixirjuice.com*

**26** Backcountry folks flock to Armonk holistic market **BEWIES** for customized cleanses. Owners Amy Berman and Julie Wiesen will do an intake inventory of what you can and can’t eat and tailor recipes for your one-day to one-week cleanse, at \$59 per day. Its kale salad with red peppers, cucumber, pumpkin seeds and avocado dressing is a must-try. *BeWies, 430 Bedford Road, Rte. 22, Armonk, NY (914) 273-9437; bewies.com*

**27** **GREEN & TONIC’S** two Greenwich locales are lifesavers for Downtowners as well as Cos Cobbers, Riversiders and OG locals. Cleanses range from the 3-Day Jumpstart (\$52 per day) to their 5-Day Functional Plans (\$295 for five days) to the hardcore 10-Day Reset (\$595 for ten days). Tasty tip: Don’t miss their banana-coconut chia pudding. *Green & Tonic, 85 Railroad Ave., (203) 622-1479; 7 Strickland Road, (203) 869-1376; greenandtonic.com*