

## **Annual Photo Contest Winners**



# EFNW

Our 2013

The only guide to the best kept secrets of Greenwich. Under-theradar resources 🕮 hidden hot spots 😯 cool trends 🗢 quirky trivia @ and lots of free stuff

(just between us, of course)





























# Insider's Gulde TO GREENWICH



Who knew that Greenwich Orchids wasn't just for flowers? The charming shop, formerly a gas station, is a treasure trove of home finds, from luxe pillows and throws to glassware, soaps and coffee-table books. Pop in during January and get 20 percent off of the entire store. GREENWICH ORCHIDS. 106 MASON STREET. (203) 661-5544; GREENWICHORCHIDS.COM

If you fall into the group of tongue-tied lovers of Le Pain Quotidien who would sooner change breakfast locations than attempt to pronounce its name out loud, we consulted our local French

contingent to clear it up once and for all: luh pan kwo-tid-yeh. Now walk in with your head held high and order that pain au chocolat. LE PAIN QUOTIDIEN, 382 GREENWICH AVENUE, (203)

404-7533; LEPAINQUOTIDIEN.COM





If you're having a hard time finding the ideal painting to go with your Missoni sofa or Schumacher chair, bring your fabric swatch to Greenwich artist Kimberly Salib. She will customize an abstract oil painting to perfectly complement any pattern. Salib, who has sold over 2,000 paintings to a global clientele, owns a SoHo gallery and has shown locally at Cavalier Gallery and in Richards and Scoop for Art to the Avenue. Her most popular canvas size with Greenwich clients is a 48x48 in creamy neutrals. KIMBERLYDAWN.COM



t Ryan Oakes SOLID OAK PRODUCTIONS, (212) 699-0700; INFO@

Psst ... if you haven't heard. Hermes is planning a move from Richards to the old Best & Co. space on the Avenue this spring. That's 5,250 square feet of Parisian fabulousness, people. The ground floor and mezzanine floors of the new Hermès store will offer everything from fine leather goods to men's and women's ready-to-wear to fragrances and home furnishings. HERMÈS. 289 GREENWICH AVENUE. PHONE NOT YET AVAILABLE: HERMES.COM



Winter gloom has settled in and you could really use some Vitamin D, preferably on a catamaran. Every January, Longshore Sailing, the parent company of Greenwich Community Sailing, offers Caribbean vacation packages that are (shhh!) lower than the published rate. Stay at the Bitter End Yacht Club on Virgin Gorda, get private sailing lessons, circumnavigate Richard Branson's Necker Island, snorkel, hike and hit Soggy Dollar Bar on nearby Jost Van Dyke (there's a reason Jimmy Buffett sang about it). All meals and water sports are included, kids under five are free, and if you book before October 15, 2013, you'll get 5 percent off. GREENWICHSAILING.COM

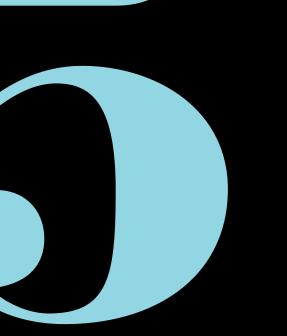


Why is the hot chocolate at Versailles so legendary? It's the only restaurant in town that uses smooth, rich ganache in its recipe. During the month of January, hold onto your receipt when you buy two cups of cocoa. It can later be redeemed for two free glasses of wine per person at dinner Sunday through Wednesday. VERSAILLES, 339 GREENWICH AVENUE, (203)

661-6634; VERSAILLESGREENWICH.COM



If you love wine and restaurant hopping, the Greenwich Wine Society is an in-town traveling dinner party. Join and nosh everywhere from Toscana to La Cremaillare to enjoy specialized food and wine pairings, sipping-only events at art galleries and jaunts to nearby vineyards. You'll learn about everything from Barberas to Muscats to Tempranillos, and make new friends, too. The group's annual Prosecco Party, held in the spring, is a big hit. GREENWICH WINE SOCIETY, 15 DIVISION STREET, (203) 629-1261; GREENWICH-WINESOCIETY.COM



FUN THINGS YOU SHOULD KNOW IF YOU LIVE HERE

by RIANN SMITH

We all need that friend who has the inside track on exactly who to call—for anything and everything. Consider this guide that trusted resource times ten. **We scoured our town for** under-the-radar services, hot spots, cool trends, quirky trivia and great deals. Whether you landed here a few months ago or know this town like the back of your hand, it's always good to be just a little more plugged in.

1000

How do you know wellness coach *Tina Guaglianone*, (aka. The Fit Green Goddess) is a hidden gem? Of her thirty die-hard Greenwich clients, most won't even share her name with their friends. Tina customizes fitness and meal plans, teaches clients how to shop healthy, eat smart at social functions, and order off a menu (women text her when they're out and she helps them choose an entrée). Clients even call while on vacation. Tina is offering readers 50 percent off a one-month wellness plan (a \$450 value). THE FIT GREEN GODDESS, (914) 357-0148; CONTACT TINA DIRECTLY AT TINAGUAGLIANONE@GMAIL.COM

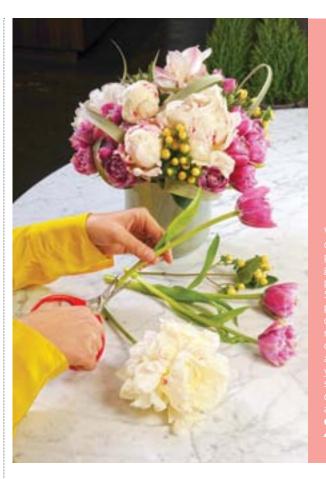
112 27.7%=PERCENT OF GREENWICH RESIDENTS WHO COMMUTE 45-PLUS MINUTES TO WORK

1200

Little known fact: Behind the Ella Vickers store on the Avenue is an adorable pink party space for tween and teen girls. *Little Sparklers* will customize a private jewelry-designing party that packs in two hours of jewelry making, cupcakes, pedis and a red carpet runway show where the birthday girl and her gang can strike a pose in their custom creations. *LITTLE SPARKLERS*, 85 GREENWICH AVENUE, (203) 622-2990; LITTLESPARKLERS.COM.

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Why stomp the divots when you can be Nacho Figueras for a day. Head to *Greenwich Polo Club* for a private polo lesson (up to a group of four) with instructor Alex Roldan, who has galloped with everyone from Tommy Lee Jones to Sylvester Stallone to Prince Charles. Everything is provided for you, except your victory glass of Champagne. GREENWICH POLO CLUB, NORTH STREET AT HURLINGHAM DRIVE, (203) 561-5821; CONTACT ALEX AT ROLDIE@YAHOO.COM



14.

Vino, apps, and the secrets of assembling peonies like a coro? Count us in! Gather your girlfriends for a flower arranging carty at **Winston Flowers**. For \$250 per person, you and your carty guests will get hands-on design demonstrations and refreshments, and all attendees can take home their flower carrangements. Hint: Book your party on the roof deck in spring or summer; it's a chic casis. Contact Emily Pinon at WINSTON FLOWERS, 382 GREENWICH AVENUE, (203) 622-4222; WINSTONFLOWERS.COM

**15** •••

Your Sub-Zero is humming "No, no, please, do not slap another piece of construction paper on me." But what's a mommy to do with her child's encyclopedic stack of scribbles, finger painting and pom-pom glued papers that mount by the week? Smart Greenwich moms are using a fab storage solution for kids' artwork: an iPhone app called *Artkive*, which logs snapshots of all of your budding Picasso's work and compiles it into darling books. **ARTKIVEAPP.COM** 



Looking for a break while you sweat, swim, volley or just sip your latte? The YWCA of Greenwich is now offering Monday through Saturday babysitting between 8:30 a.m. and noon for kiddies six months to six years for \$5 per hour, with multi- hour discounts, while you use its facilities. Not a member? The Y is offering a complimentary one-week pass to try the facilities, good through March 31; and if you become a full member you'll receive twelve hours of free babysitting. YWCA GREENWICH, 259 EAST PUTNAM AVENUE, (203) 869-6501; YWCAGREENWICH.ORG

17%

Old Greenwich locals know the best secret on Sound Beach Avenue is the *Beach House* VIP text club. Perks include free dessert, buy one, get one free; \$10 off your next meal; 20 percent off the entire tab; and drink specials. Text Beachvip to 28748 to get started. BEACH HOUSE CAFE, 220 SOUND BEACH AVENUE, (203) 637-0367; BEACHHOUSECAFE.COM



Greenwich moms with soccer-loving kids have a go-to goldmine on their speed dial: **Soccer With Aldwin**. Kids love Aldwin, who runs customized "afters" programs and soccer parties. If your lawn is spatially challenged, you also can rent out indoor and outdoor spaces at Western and Eastern Greenwich Civic Centers for parties. **SOCCER WITH ALDWIN, LLC, 21 FIRST STREET, EAST NORWALK, (203) 857-4688; SOCCERWITHALDWIN.COM** 

WINSTON FLOWERS; BOB CAPAZZO; SOCCERBALL:1STOCKPHOTO, COM

19

A superb spa treatment will mentally transport you, but how about for real? *The Spa at Delamar* is now offering a Loyalty Rewards program where you earn points that can be redeemed for free products, services or an overnight stay at Delamar Greenwich Harbor. Each time you visit the spa they'll give you one point for every dollar you spend. **THE SPA AT DELAMAR, 500 STEAMBOAT ROAD, (203) 413-3520; DELAMARGREENWICH.COM** 

200 6=NUMBER OF HI-TECH ELECTRONIC DEVICES IN A STANDARD J HOUSE HOTEL ROOM

21

Savvy shoppers at *Patricia Gourlay* who want to save time and dressing-room drama use the shop's personal lingerie shopping service. A carefully edited box of items can be sent to your home to try on, or a customized look book can be emailed to you with the latest from your favorite designers. Another perk: The store will customize and repair any bra for you, whether you have different cup sizes, enhancements or reductions that make it difficult to buy off of the rack. PATRICIA GOURLAY, 45 EAST PUTNAM AVENUE, (203) 869-0977; PGOURLAY.COM

**22** 

Walked the block eight times: check. Glugged that merlot you've been avoiding for the past nine months: check. If you're trying to induce labor, belly up at *chinawhite* (their chili-rich dishes like Chef Joe's Spicy Dragon Chicken have been known to get things moving). Rumor has it a new location will be popping up on the Avenue soon, but if Junior's due any minute, get your fix at the Purchase outpost, which draws its share of Greenwich fans. You could order takeout, but then again, this could be your last date night for a while. CHINAWHITE, 578 ANDERSON HILL ROAD, PURCHASE, NY, (914) 437-9700; CHINAWHITEUSA.COM

**23** 

Thinking about buying or renovating? Longtime clients seek out Old Greenwich local *Stefania Masoni*, master of space clearing and feng shui, to rid a property of negative energy (real estate agents also call on her when an otherwise terrific house isn't selling). Masoni will look at prospective homes and blueprints, and work with your architect on renovations and even small additions. Plus, for real estate and business purposes, feng shui is a tax deduction. We're getting a good vibe already. **STEFANIA MASONI GOOD FENG SHUI, (505) 906-1600; GOODFENGSHUI.NET** 

**24** 

A meal at *Thomas Henkelmann* is always an event, but few know that you can still enjoy the charming ambience without going whole hog—or pheasant, depending what's on the menu. Stop by for sips and apps by the fire in the cozy bar with its famous drinkmaster, Astley. In the summer, take your cocktails and nibbles outside on the porch. HOMESTEAD INN & THOMAS HENKELMANN, 420 FIELD POINT ROAD, (203) 869-7500; HOMESTEADINN.COM

250 \$167,502= MEDIAN HOUSEHOLD INCOME IN GREENWICH

2600

At first glance, it looks like a house, but step through the doors of *Party Paper & Things* and you'll find a mecca that moms flock to for kids' celebrations and casual affairs. Father-daughter team Julie and Mike Salerno are big on customer service and known for stocking customized-logo plates of Greenwich's public and private schools, as well as fireworks year-round. Party Paper & Things, 410 E. Putnam Avenue, Cos Cob, (203) 661-1355



arty hosts in-the-know call on

Soleil-esque face painter and Greenwich native *Wells Noonan* for children's birthday bashes. From fairies to Batman to exotic animals, she can do just about anything. She also has won raves for doing adult masquerade face and body painting for charity galas. FACES BY WELLS, (203) 984-8212; FACESBYWELLS.COM



You might associate *Arthur Murray* dance studio with cotillion for tweens, but it's actually a perfect place to take your cha-cha-challenged husband for a refresher course on the basics. The studio is offering a free first lesson, which leaves him with exactly zero excuses not to go. The best part is, he'll actually get out of his chair at the next benefit. *ARTHUR MURRAY GRANDE BALLROOM*, *6 LEWIS STREET*, (203) 769-1800; *ARTHURMURRAYGREENWICH.COM* >

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Getting out of town: brilliant. Paying high airport parking fees: not so much. Jet setters in the know park at **SUNY Purchase** and take its shuttle to Westchester Airport. Check out the "discounts" tab on their website for deals, including free parking days. With the cash you're saving, you can put it to better use, like raiding your hotel minibar. PURCHASE PARK 2 FLY; PP2F.ORG

Putnam Cottage (aka Knapp's Tavern) on the Post Road, built in the seventeenth century, was later turned into a tavern for "entertainment and strong drink," and was a lunchtime pit-stop for George Washington. We assume he washed down his meal with a glass of something hoppy, given that GW reportedly had his own recipe for beer which included molasses. PUTNAM COTTAGE, 243 E. PUTNAM AVENUE; PUTNAMCOTTAGE.ORG



If you have baby on the brain but it's just not happening, try a holistic approach that local moms swear by: acupuncture and herbal treatments for fertility with Dr. Yaron Seidman at Hunyuan Acupuncture Center. More than a few clients who'd undergone IVF unsuccessfully say they got a plus-sign after just two cycles. **HUNYUAN FERTILITY, 9 BENEDICT PLACE, (203)** 325-2000; HUNYUAN.ORG

It's always a pain when you're gathering a group together to meet-whether it's for business or discussing a school benefit—and you can't find a place with decent space. For those who never ventured beyond the first floor, Aux Délices **Riverside** has a group-friendly room upstairs with more seating. No more "Can I just borrow this chair, please?" Thankyouverymuch. AUX DELICES RIVERSIDE. 1075 EAST PUTNAM AVE-

NUE, (203) 698-1066; AUXDELICESFOODS.COM

**8.000**=ACRES OF PROTECTED LAND IN GREENWICH. THIRTY-TWO MILES TWENTY PARKS AND FOUR BEACHES



It's a new year, and your closet needs a purge. But if you have zero time to deliver piles of clothes around town, Dolly Ledingham, owner of **Consigned Couture**, will make house calls to survey your quality cashmere, coats, furs, bags, shoes and handbags you'd like to unload from your closet. If she likes what she sees, she'll take your items to put on consignment in her Greenwich store, where you will get a cut of the action if it sells. The best part: She'll be in and out of your house faster than you can say Alexander McQueen. CONSIGNED COUTURE, 134 EAST PUTNAM AVENUE, (203) 869-7795

**5 REASONS** TO CROSS

These nearby gems are an excellent reason to put a little more gas in vour tank.

RESTAURANT NORTH

For ex-Manhattanites who miss the weekend brunch ritual, head to this Armonk eatery for its farm-to-table vibe, inventive egg dishes and a pulpy, spicy Bloody Mary that'll make you momentarily think, "Toto, we're not in suburbia anymore." RESTAURANT NORTH, 386 MAIN STREET, ARMONK, NY, (914) 273-8686; RESTAURANTNORTH.COM

THE CAPITOL THEATRE

Reopened last year after extensive renovations, the Capitol Theatre is a historic and hip venue for acts ranging from Bob Dylan to David Gray to stand-up comedian George Lopez. Hint: The best seats in the house are the first-row balcony loggia. Arrive early to snag a spot in its pint-sized parking lot. THE CAPITOL THEATRE, 149 WESTCHESTER **AVENUE, PORT CHESTER, NY, (914) 937-4126;** THECAPITOLTHEATRE.COM

THE BEDFORD POST INN

If you're looking for a getaway less than a half hour away, you could do much worse than find yourself in one of the eight luxurious rooms at Richard Gere's rustic-chic hideaway, complete with Yoga Loft. If you're daytripping, don't miss dinner at The Farmhouse. Wednesday-Sunday. BEDFORD POST INN, 954 OLD POST ROAD, BEDFORD, NY, (914) 234-7800: BEDFORDPOSTINN.COM

CHELSEA PIERS STAMFORD

A playground for kids and parents alike this spinoff of the NYC version is every bit as exhilarating, from the Adventure Center to the Splash Zone to the state-of-theart squash facilities. Kid's parties win rave reviews. CHELSEA PIERS, ONE BLACH-LEY ROAD, STAMFORD, (203) 989-1000; CHELSEAPIERSCT.COM

To resist the bulk-buy is to ignore the singular beauty of Costco, the land of milk and honey—and paper towels. Greenwich hostesses in-the-know flock here for tender steaks, jumbo shrimp, smoked salmon and duck. **COSTCO, 1 WESTCHESTER AVENUE, PORT CHESTER, NY, (914) 935-3103;** COSTCO.COM

When you're planning a ski week in Vermont or a beach vacation, schelpping all your gear can be a nightmare. Instead of cramming skis, cribs, X-boxes and cooking items in your car/ airline luggage or buying a second set, use year-round vacation shipping service to pick up and pack up your items at your home and ship everything for you. Turner's Express ships anywhere in the Caribbean, Nantucket, Martha's Vineyard, Vermont and Maine. TURNERSEXPRESS.COM

Sunday brunches are always a treat, but taking the whole family out can set you back, big time. That is, unless you discovered that L'Escale offers a special kid-friendly Sunday brunch buffet where children under five eat free. Another mimosa, please, **L'ESCALE, 500 STEAMBOAT** ROAD, (203) 661-4600; LESCALERESTAURANT. COM

More women in town are getting their hair done together (why not, especially if you're all headed to the same party or restaurant afterward?). At **Do's**, a new blowout bar, you can book a Thursday night blowout party with your favorite friends, and enjoy a steady flow of cocktails as you get washed and coiffed for a big night out. They also host parties in the comfort of your home. DO'S, 25 LEWIS STREET, (203) 489-3200; DOSHAIR.COM

**\$15,000,000+=** SELLING GREENWICH POST OFFICE ... HARDWARE



Sorab and Roshi for a 2013 update. Sorab is a

If defrosting one more chicken breast will make vou scream, call on personal chef *Emilie Roy*. She will slip into your kitchen every week and prepare a home-cooked meal, or if you prefer, a full week's worth of delicious meals. Boeuf Bourguignon, anyone? It gets better: She shops for you and cleans up the mess. **EMILIE YOUR** FRENCH CHEF; EMILIEFRENCHCHEF.COM



Talk about double-duty beauty! Come in for one of your regular services at Warren-Tricomi **Salon** in Greenwich during the month of January, and you can receive a complimentary manicure or eyebrow shape with nail guru Yukie and brow aesthetician Anna if you're a newbie to either service. Complimentary services cannot be pre-booked and are based on availability. WARREN-TRICOMI SALON 1 EAST PUTNAM AVE-NUE, (203) 863-9300; WARRENTRICOMI.COM

Have a big event and want your makeup to look perfectly polished? At **Sephora** you can book a customized makeup application in exchange for buying a \$50 gift card that can be used on any products in the future. Secret: If you only want to get your eyes or lips done, they'll do one Express Service free of charge. Another hint: Go online and take their weekly survey. The Greenwich store turned out five survey contest winners of a \$250 gift card last year. SEPHORA, 75 GREEN-WICH AVENUE, (203) 422-2191; SEPHORA.COM

Locals wanting to wow party guests with a Grammy-worthy musical act are plugged into Hollywood Pop Gallery. They'll book your dream band—from Katy Perry to Earth Wind and Fire—and will take care of the whole setup, with no glittering detail spared. HOLLYWOOD POP, (203) 622-4057; HOLLYWOODPOP.COM

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For a special occasion or just a fun night out, gather a group for Barcelona's cocktail making class. You'll learn how to shake, muddle, and mix your own old fashioneds, floradoras and moiitos (the husbands love this part). You'd be crazy not to order some tapas, too ... all the better to soak up your custom concoctions. BARCELONA GREENWICH, 18 WEST PUTNAM AVENUE, (203) 983-6400; BARCELONAWINEBAR.COM

**700**=AVERAGE SERVED DAILY AT THE STARBUCKS ON GREENWICH AVENUE



Whether your toddler is a budding Michael Phelps or refuses to dunk, sign him or her up for Junior Swimming Friends at the Boys & Girls Club of Greenwich this winter. Instructor Philippa "Phil" Orszulak is a genius at helping kids who hate the water make big strides, just in time for summer. Another tip: If you have a child age six or older enrolled in the Boys & Girls Club program, the whole family can swim and skate for free on Friday nights and Saturday afternoons through March. BOYS & GIRLS CLUB OF GREENWICH, 4 HORSENECK LANE; CONTACT SUKIE MCFADDEN AT (203) 869-3224, EXT. 103; BGCG.ORG

When other birthday schemes fail, Greenwich moms who want zero hassle take the path of least resistance: the crowd-pleasing bouncy castle. **New England Bounce About** will quickly set up the castle the morning of your bash, and if you request it, they'll pick it up the day after the party so you (yes, we mean parents) can "jump" on the bandwagon. **NEW** ENGLAND BOUNCE ABOUT, (203) 364-0078; NEBOUNCEABOUT.COM



Olivine Gabbro 19 EAST ELM STREET; (203)

You've probably passed it 200 times, but the unassuming East Putnam Variety Store next to Whole Foods, (with a sassy green parrot named Jay) is kids tchotchke heaven, boasting 150-plus types of balloons—their most popular seller—plus tons of hard-to-find European magazines. Be sure to pick up a lottery ticket on your way out...the store has produced multiple \$100,000 winners. EAST PUTNAM VARIETY STORE, 88 EAST PUTNAM AVENUE; (203) 869-8789



Consider dragging your mini-me along for your next mani-pedi appointment—there's something in it for both of you. At Avenue Nails and Spa, technicians will trim your toddlers nails for free during your service. Which leaves you able to do more important things, like flip through the latest saga in US Weekly. AVENUE NAILS & SPA, 375 **GREENWICH AVENUE; (203) 552-9222** 



Help your mile-a-minute kids chill out—in both mind and body. Head to Jois Yoga, just off of Field Point Road. It was recently opened by coowner and Ashtanga devotee, Sonia Jones (wife of Paul Tudor Jones). The studio offers Ashtanga classes for tweens and teens. Have them give it a try at Jois' free kids open house from 1-2 p.m. for ages seven to twelve on Sunday, February 2. JOIS YOGA, 8 DAYTON AVENUE, (203) 340-9196; JOISYOGA.COM

4.9=DEGREES HALF OF 2012, OUR HOTTEST JANUARY-JULY IN HISTORY

Feeling pasty post-New Years? During the month of January, book a spray tanning party for five or more guests at **Zen Bronze** and each person will receive a full-body spray tan (the Zen Bronze Maxi treatment) for just \$25 and free gift. Zen will also provide vino and cheese for moms and cupcakes for teens. Bonus: The treatment is totally organic. ZEN BRONZE, 1081 EAST PUTNAM **AVENUE**; (203) 990-0209; ZENBRONZE.COM



When a garden party just won't cut it, think bigger. Like hot-air-balloon-ride bigger. Mooney Time Ballooning offers tethered sunset hotair balloon rides at your home. They don't come cheap (just south of six grand) for a two-hour program and setup/takedown, but you'll definitely be the "high" roller of the neighborhood. You'll need a 150-foot-square of grass (about half the size of a football field), which is actually less than an acre. CONTACT CHRIS MOONEY OF MOONEY TIME BALLOONING, (203) 263-0167

If you're a fan of Asian cooking, Fuji Mart right off of exit 5 in Riverside is your Shangri-la. It is the only Japanese market around that stocks authentic products like mochi rice and specific types of noodles that are impossible to find elsewhere. It also has a fresh fish and produce section. Warning: It's super-small and a parking nightmare, but once you're hooked on a particular product, you'll keep coming back. FUJI MART, 1212 EAST PUTNAM AVENUE, (203) 698-2107

Spring break is looming and you're dreading the inevitable bikini try-on. We'll let you in on a treatment that local gals swear by to minimize your muffin top: CoolSculpting. The painless procedure freezes your fat cells in a matter of weeks and has been getting major buzz-even Oprah loves it. CoolSculpting is available at **GREENWICH DERMATOLOGY**, 40 WEST ELM STREET, (203) 661-7546; GREEN-WICHDERMATOLOGY.COM

My Favorite Place may not be your favorite place for date night, that is, unless your dates are four feet tall and call you "hey mom." In that case, vou'll score major points for taking your brood to the Thursday night magic and balloon sculpting shows from 5-7 p.m. MY FAVORITE PLACE, 343 GREENWICH AVENUE, (203) 769-1300; MYFAVORITEPLACECT.NET



You'd love to bring the hostess a monogrammed gift but the typical wait time makes it nearly impossible. Surroundings offers a 24-hour turnaround for monogramming tea towels, potholders, aprons, dinner napkins and fabric wine coasters in pretty, graphic fabrics. During the month of January, enjoy 20 percent off monogrammed items in the store. **SURROUNDINGS**, 79 EAST PUTNAM AVENUE: (203) 422-5960: SURROUNDINGS-GREENWICH.COM



Recently opened Atelier 360 isn't your typical Greenwich Avenue boutique. The global-minded store is all about promoting organic, up-cycled fabrics, sustainable manufacturing, artisan methods, and designers with a conscience. Which means your values won't take a beating shopping there, even if your credit card does. Atelier 360 is offering GREENWICH magazine readers a 20 percent discount for first-time shoppers in January. ATELIER 360, 113 GREENWICH AVENUE, (203)

717-1055; ATELIER360.COM

A must-know for the upcoming spring tick season: If you find a tick on you, do yourself a favor and bring the little bugger (dead or alive) in a plastic bag back to Town Hall between 8 a.m. and 3 p.m. Monday through Thursday. They will perform tick testing to see if it's a positive or negative carrier of Lyme and other bacteria, and call you with results (and hopefully peace of mind) within a week. TOWN HALL, 101 FIELD POINT ROAD; (203) 622-7843; GREENWICHCT.ORG »



No longer will you have to endure your city friends taunting you for not having a **Soul Cycle** at your disposal. Now that chic studio with a cult-like following is opening its doors in Greenwich in mid-January, you too can be a calorie-burning, techno-rocking pedal-pusher. SOUL CYCLE, 266 MASON STREET, (203) 653-7685; SOUL-CYCLE.COM

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Perk alert: If you regularly go to **Equinox** for a salon or spa service, you can use all of the gym's facilities for free all day long, without having to be a member. **EQUINOX. 16 OLD** TRACK ROAD; (203) 863-0070; EQUINOX.COM/ GREENWICH-CT



Mothers who aren't comfortable dragging their kid to the nearest clinic when they come down with a nasty bug are raving about *Riverside* **Pediatrics**. The doctors will see your sick child on a walk-in basis from 5 p.m.-9:30 p.m. even if they aren't a regular patient. Another noteworthy service: Children's ear piercing for \$125. It's a much safer alternative than having it done at the mall. RIVERSIDE PEDIATRICS, 35 RIVER ROAD, COS COB, (203) 629-5800; RIVERSIDECTPEDIATRICS.COM

When you've tapped out the local library and toddler classes, head to the Giggle store on the Avenue on Wednesdays at 11 a.m. or 4 p.m. for walk-in Giggle Storytime. It'll give you just enough time to pick up a new Sophie the Giraffe before your munchkin has a meltdown. GIGGLE, 102 GREENWICH AVENUE, (203) 622-6775; GIGGLE.COM

**50=**NUMBER OF MOVIES AND TV THE INCEPTION OF EITHER MEDIUM





If you weren't blessed with the baking gene but want a pipeline to the most to-die-for biscotti in town, cheat with **Sweet Sue's**. Susan Ricci's homemade crumbly confections (think: cranberry pistachio, hazelnut chocolate, traditional anise and white chocolate cherry macadamia) have become a word-of-mouth sensation since they flew off the table at the Breast Cancer Alliance Holiday Boutique. Susan delivers to your door and in January is offering a free basket for every four purchased. Her pretty planter's boxes make them the perfect gift. SWEET SUE'S, (203) 629-8172; SWEETSUESBISCOTTI@ GMAIL.COM





Taut-tummied women in town have a secret bodysculpting weapon: Carolyn Driscoll. The private Pilates instructor has been hailed as a "life changer" and the key to maintaining your same dress size with just two sessions a week. Her fully equipped boutique studio also can accommodate duet sessions. Sign up in January and receive 10 percent off of a ten-session Pilates package. CAROLYN DRISCOLL PILATES, 52 LEWIS STREET, 3RD FLOOR; (203) 340-9370; CDRISCOLL25@ GMAIL.COM

JNITED STATES. HAS BEEN IN BUSINESS

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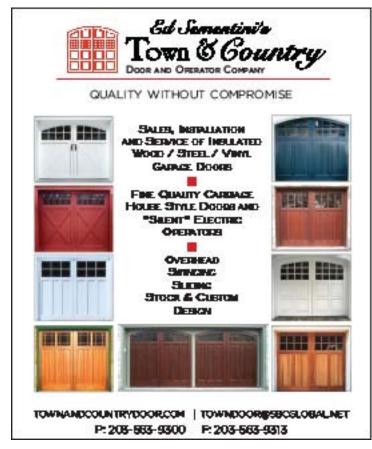


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