

INTERIOR DESIGN ISSUE

GREENWICH

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DO

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Relax & Rejuvenate

An in-town retreat where luxury meets health (seriously)

Jumpstart your summer regimen with the overnight Fit and Fabulous package at the Delamar. Make it a couple's retreat or a girlfriend getaway. The \$279 package includes deluxe accommodations for two, passes to Pure Barre, SoulCycle and the YMCA, a gift with purchase at Lululemon, 15 percent off purchases at Saks, a one-day Green & Tonic juice fast (to take home), a complimentary makeover and breakfast. Upon request, hotel staff will eliminate any temptations of technology or decadence by checking your cell phone, iPad and computer and removing minibar treats from your room. Kick back, enjoy the view and sail on into summer.

A LESSON IN GOING WELL ABOVE PAR

WHEN FRED AND LISA TRUMP'S YOUNGEST CHILD, WILLIAM, WAS

born with a severe seizure disorder that caused his profound cerebral palsy, they were understandably overwhelmed. "It rocked our world. We weren't prepared for anything like this. And who is?" says Fred, a Greenwich resident.

As the Trumps diligently sought help to address William's complicated needs, they found themselves relying more and more on the staff and expertise of **ABILIS**, the Greenwich-based nonprofit that provides services to children and adults with developmental disabilities.

From the efforts of its physical therapists to special services for preschoolers, Fred says that Abilis "helped us cope with an incredibly difficult situation."

Even though William, now almost fifteen, no longer receives Abilis support, the Trump family has remained grateful and connected. Which is why, when the longtime host of its annual fundraising golf tournament decided to step aside, Fred volunteered to take over.

This year's June 9 Golf for Abilis event at the Trump National Golf Club in Briarcliff Manor, New York, will be the third fundraising

tournament Fred has hosted.

As for the stunning locale, "I have great connections," laughs Fred, a nephew of real estate developer (and course owner) Donald Trump.

Fred is gratified that last year's tournament helped support a variety of vital Abilis programs, including the opening of its eighteenth group community residence; the expansion of its innovative greenhouse-to-table microgreens program; and the funding of thousands of supportive visits to the homes of children with special needs.

"I do this not only because we want to say thank you, but also because I really want to bring attention to the great work they do," Fred says.

To find out more about the tournament or to participate visit abilis.us/golf.

—Beth Cooney Fitzpatrick



Fred Trump with his son William



Clara Zhang playing Carnegie Hall

Mini Mozarts

An out-of-the-box teacher creates piano prodigies

We've all heard the line about how you get to Carnegie Hall: practice, practice, practice. But award-winning piano teacher Felicia Feng Zhang, who recently brought seven students to the renowned concert venue to perform in an international competition, has a different approach. She calls it Feng Shui Piano Method, and she's more concerned with helping kids learn concentration, coordination and confidence, than with tracking hours spent at the keyboard. Indeed, Felicia, who grew up in a family of professional musicians in China and has two master's degrees in music, has pioneered techniques for different age groups and offers personalized instruction to her students at Greenwich Country Day and in private lessons. "It's so important

to pick music the children love so they will enjoy it," says Felicia, whose sight-reading methods teach young children to play numerous new songs in half an hour and improve their general reading skills. She trains kids to feel the rhythm (instead of counting beats), which can translate to success in dance and sports as well. In fact, her ten-year-old daughter Clara is so accomplished at piano that she's played at Carnegie Hall six times, appeared on *Today* and was recently tapped for *America's Got Talent*, yet she is also an Accelerated Learning Program student, competes on a swim team, plays tennis and dances. Feng's son, Alex is also a top student and accomplished piano player. Both epitomize her goal of helping kids be well-rounded. —Mary Kate Hogan



RAISING A WELL-ROUNDED, MUSICAL CHILD

PRACTICE WITH FOCUS

Kids should be relaxed when practicing—even if they only have ten minutes—but concentrate, using all their senses. Challenge kids to play a few pieces correctly, then let them have free time. "Correct, efficient and effective practice is what gets you to Carnegie Hall," says Felicia.

SEEK A YIN & YANG OF ACTIVITIES

Kids today have so much going on. Let children explore all kinds of activities and then help them narrow the list, finding a balance of quiet and active—such as art and soccer, music and tennis.

LEARN FROM SETBACKS

"It's OK if they fail. With every event or game, we always talk about what they learned and how they can improve. This helps children build independent thinking."

MOTIVATE BY BUILDING INTEREST

Let kids play songs they enjoy. Set goals for every year and then continually check your expectations. "I want them to be happy," says Felicia. "That's most important."

A MOVIE WITH BITE

It's not summer just yet, but it's never too early to learn more about the oceans' creatures that command both our fear and fascination.

The Maritime Aquarium is featuring *Great White Shark* in its IMAX theater from now through the end of June. The 40-minute film takes viewers around the world to the hot spots of these mysterious fish, but the plot isn't designed to get you thinking about the disadvantages of living in a coastal community. Instead, the story suggests these predators need help. "Our mission is to change people's attitudes toward the great white," says codirector Steve McNicholas. "The great white is not the menacing, evil predator it's made out to be. It's simply performing its crucial role at the top of the oceans' food chain. Great whites are not monsters, any more than the polar bears or lions that we revere."

maritimeaquarium.org

