

5th Anniversary Issue •

CONNECTICUT COTTAGES & GARDENS

WWW.CTCANDG.COM | SEPTEMBER 2009

Living The Life!

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- * FALL'S BOLD JEWELRY
- * JAPAN'S MOSSY GEMS
- * ARTISTS IN DIALOGUE





ON THE COUCH

On The Couch

by Lou Marotta & Lisa Fraidin, Ph.D.

DECORATOR VERSUS SHRINK! (WHAT DO YOU THINK?)

Do you think the furnishings and objects in a room reveal much about the homeowner(s)? Interior designers and psychologists have demonstrated in past On The Couch columns that they can identify characteristics of an unidentified home with amazing accuracy. This issue, we've invited Lou Marotta, a Bridgewater resident and NYC-based interior designer, to face off against Lisa Fraidin, Ph.D., a licensed psychologist and cognitive behavioral therapist based in Wilton. Whose assumptions come closer? Turn to page 117 to find out.

THE DESIGNER SAYS

LOU MAROTTA

I could live here in a heartbeat. White, white, white, with just a hint of color—you can bet there are no kids in this house! Instead, this is a young couple's house, possibly the first home of newlyweds. There are distinct "mans" and "lady's" chairs. Both pieces are slightly different, especially in the trim—but both are chic and very trendy!

By the looks of those Manolo Blahniks sitting on the floor, she is a professional. My guess is something creative, possibly in advertising, fashion or art consulting. The painting above the fireplace is the only touch of color and the only personal touch in the room. They probably live on the coast of Connecticut; one thing is for sure, they love water. This painting brings this couple peace and joy.

I can tell this couple also loves antiques. The upholstered chairs are classical in shape. The sconces and fireplace screen indicate a love for detail and beautiful old things. The fireplace looks old to me, so maybe this is a restoration of an old house. I think it's an Arts & Crafts home from the 1930s that the owners have lovingly restored.

I'm betting they just moved into this house when this photo was taken. It's empty of accessories and personal items. The house will serve as a beautiful backdrop for a future lifetime of collecting. I have a feeling the woman of the house, the one with the fabulous shoes, designed this house herself. She clearly has exquisite taste. In fact, she is probably thinking about changing careers and becoming an interior designer. Whoever designed this room is a surefire class act!

THE SHRINK SAYS

LISA FRAIDIN, PH.D.

Designer shoes are a giveaway that a woman (or couple) inhabits this bedroom. The image of a mature, elegant professional or socialite comes



to mind. The classic brass candelabras, molding and fireplace screen contrast with the geometric ottoman and bench, suggesting a traditional, yet modern dweller. Minimalism represents someone who needs order and simplicity. The neutral color palette is clean and inviting, much like a suite at a five-star hotel. This room would not be compatible with young children or pets. Anyone who chooses white furniture and rugs is either fastidious or unafraid of a challenge—probably both.

Although it is exceptionally neat, the room depicts someone who does kick off her shoes and relax. The desire for tranquility is evident in the lack of color and choice of artwork. This is a person who values time to unwind, escape and reflect after a busy day. Billowy, transparent white curtains allow sunlight to fill the room, indicating someone who is open and secure. The room is not for someone who wants to sleep in, but rather a motivated individual who gets up early to take on the world. The orchid, known for purity, luxury, delicate beauty and Zen, is the perfect metaphor here. This is the room of someone who embodies complementary contrasts. Traditional with a contemporary edge; minimalist yet warm; refined, orderly and ambitious, but able to let go and relax.



CONNECTICUT PIZZA FACTS 1. New Haven-style pizza debuted in 1925. 2. A white pizza is topped with garlic and olive oil. 3. New Haven is known for its white clam pizza, featuring shucked clams, parmigiano, garlic, oregano and olive oil. 4. The ovens at Pepe's Pizza are 600 degrees F. 5. A plain pizza takes seven minutes to cook in a 600-degree oven; a meat pizza, eight to nine minutes. *Source: Pepe's Pizza, New Haven, 203-865-5762, www.pepespizzeria.com.*

PHOTOGRAPH BY PAM BARKENTIN BLACKBURN. PAINTING: PICTURED; DAWN RIVER BY IRA BARKOFF. COURTESY OF ART + INTERIORS



On The Couch

YOUR READERS WILL BE SURPRISED TO LEARN that this recently built Colonial is home to an active Westport family, including three teenagers and two dogs. The homeowners invited us to re-imagine their master suite and create an environment that is both restful and luxurious. From the outset, they desired a clean, white room—a seeming departure from the rest of their home, where color is employed in bold, confident strokes. Our response was not only to saturate the space with white elements, but also to introduce richly textured fabrics and reflective surfaces. This interplay provides ample visual interest and eliminates any desire for cluttering accessories. Dark wood and touches of brown leather establish balance and also make the room appeal to the man of the house. The masculine and feminine aspects play off each other.

As composed and elegant as this room appears, it is likewise highly functional. The “his” and “hers” chairs are proportionally sized as well as distinctively detailed. Diaphanous, layered window panels frame practical silhouette shades, offering privacy or blackout options. The need for both ambient and task lighting is solved with sparkling Venetian sconces paired with unobtrusive reading lamps. The facing elevation features custom millwork incorporating a writing desk, cabinets and shelves for books and family photos.

While our client has a beautiful wardrobe, the shoes pictured actually belong to my design partner, Andrea Cross. The color was simply too perfect not to drop them into the shot!

—Judy Fisher, *Fisher Interiors*

Seagrass, Stark Carpet (T), D&D, (212) 752-9000, www.starkcarpet.com. **Lamps**, John Rosselli & Associates (T), D&D, (212) 593-2060, www.johnrosselliassociates.com. **Painting**, Catherine Redmond, www.catherineredmond.com. **Dining room: Custom wallpaper**, Paul Montgomery Studio, John Rosselli & Associates or www.paulmontgomery.com. **Wallpaper installation**, John Nalewaja, NYC, (212) 496-6135. **Chandelier**, Julia Gray Ltd. (T), (212) 223-4454, www.julagrayltd.com. **Mirror and ceiling paper**, Pewter Leaf, Blair Design Associates. **Custom Tibetan rug**, Stark Carpet (T). **Chinese pottery**, John Rosselli & Associates. **Pages 100-101: Sun room: Sofa and club chair**, St. Tropez in Java, **cocktail table and fabric**,

Sunbreeze Regency Sand #5095, Grange Furniture (T), NYC, (212) 685-9057, www.grange.fr. **Rug**, Stark Carpet (T), D&D, (212) 752-9000, www.starkcarpet.com. **Guest bedroom, curtains and chaise**, Blair Design Associates. **Curtain and chaise fabric**, Brunschwig & Fils (T), D&D, (212) 838-7878, www.brunschwig.com. **Rug**, Critter Rug, Stark Carpet (T).

WINES & SPIRITS

Page 102: Domaine de la Coume du Roy, www.lacoumeduroy.com. **Chateau de Pennautier**, www.chateaudupennautier.com. **La Maison Lorgeril**, www.delorgeril.com. **Chateau Maylandie**, www.maylandie.fr. **Domaine**

Preignes le Neuf, www.preignesle neuf.com. **Chateau Coupe Roses**, www.coupe-roses.com/en/.

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Page 106: Lou Marotta Inc., NYC, loumarotta@aol.com. **Lisa Fraidin, Ph.D.**, Wilton, (203) 885-2344, www.lisafraidin.com. **Page 117: Fisher Interiors**, Fairfield, (203) 331-1098, www.fisherinteriors.com.

MEET THE DESIGNER

Page 124: Rick Livingston, PERIOD, NYC, (212) 352-9400, www.period-nyc.com.