

SEASONS *of*

AUTUMN 2019

# NEW HAVEN

## GOING GREEN

CBD GAINS A  
MAINSTREAM  
FOOTHOLD

## DIG IN

CHEF TYLER  
ANDERSON BRINGS  
HIS TALENTS  
TO NEW HAVEN

# LEE CRUZ

A COMMUNITY ACTIVIST  
SHARES HIS PASSIONS





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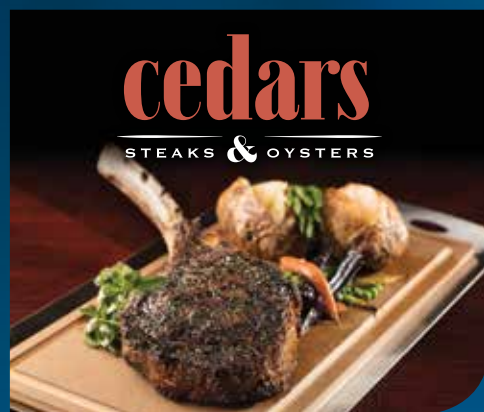


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WELCOME

# EDITOR'S NOTE



Welcome to the fall issue of *Seasons of New Haven*! It's hard to believe summer is already in the rearview mirror, but autumn always is an exciting time in Greater New Haven, particularly as thousands of college students return to the region, bringing the energy of a new season.

I'm very eager to share this issue with you because, as always, we're shining lights on so many of the people, places, and organizations that make this area great.

In the Elm City, we spend some time enjoying the food and atmosphere at the food truck "paradise" along Long Wharf. We also tag along with some of the city's downtown ambassadors to see what their jobs entail, and savor the flavors at one of New Haven's newest restaurants – Hamilton Park, inside the Blake Hotel. And, just in time for Halloween, we look at what makes the historic Grove Street Cemetery so unique.

You'll learn how a local family's medical scare led to the creation of an important, and growing, nonprofit. We also examine one today's hottest trends: the popularity of cannabidiol (CBD) products.

You're always welcome to join the conversation, and I invite you to connect with us on Facebook, Twitter and Instagram.

Happy reading,

*Cara*

Cara Rosner, Editor  
cara@seasonsofnewhaven.com

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*Seasons of NEW HAVEN*™  
is published by Seasons Media  
James P. Tully, Owner/Publisher

**Editor**

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**Creative Director**

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**Cover Photograph**

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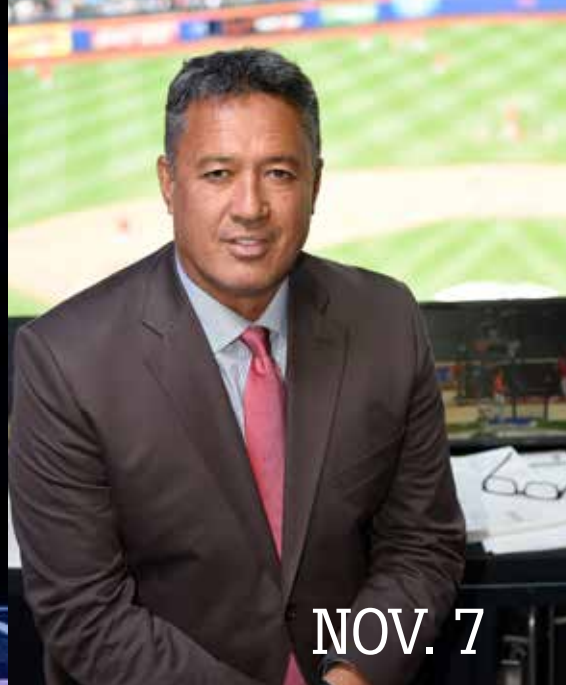
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# OUT & ABOUT IN

## **Music to Your Ears**

**Nov. 1-3**

The Broadway smash DREAMGIRLS comes to the Shubert Nov. 1-3. The musical, based on the book and lyrics by Tony and Grammy Award winner Tom Eyer, tells the rags-to-riches story of a 1960s Motown girl group, with all the triumphs and tribulations that come with fame and fortune. The show features music by Academy Award nominee Henry Krieger, and hits "And I Am Telling You I'm Not Going," "One Night Only," and "Listen." [shubert.com](http://shubert.com); 247 College St., New Haven; 203-562-5666.

## **Getting in the Game**

**Nov. 7**

*New York Times* bestselling author Ron Darling will discuss his latest book, "108 Stitches: Loose Threads, Ripping Yarns, and the Darndest Characters from my Time in the Game," Nov. 7 at R.J. Julia Booksellers. Darling was a starting pitcher for the New York Mets from 1983-1991 and the first Mets pitcher to receive a Gold Glove. He is an Emmy Award-winning baseball analyst and author. In his newest book, he examines the "six degrees of separation" evident throughout generations of baseball players. This is a free event, starting at 7 p.m. [rjjulia.com](http://rjjulia.com); 768 Boston Post Road, Madison; 203-245-3959.

## **Back to the Future**

**Nov. 12**

What did people of the past think the 21st Century would be like? Have any of the great aspirations – or

ominous predictions – of past generations come to fruition? Find out when the Derby Public Library hosts, "Looking Backward: The Future Seen from the Past," at 6:30 p.m. on Nov. 12. Hamish Lutris, an associate professor of history, political science and geography at Capital Community College in Hartford, will lead the discussion and explore visions of the future that people have held over the years. Admission is free. [derbypubliclibrary.org](http://derbypubliclibrary.org); 313 Elizabeth St., Derby; 203-736-1482.

## **Holiday Film Screening**

**Nov. 17**

The Whitney Humanities Center Auditorium, part of Yale University, will host a screening of "Home for the Holidays," a film directed by Yale alumna Jodie Foster (class of 1984), at 2 p.m. on Nov. 17. The screening will be part of "Treasures from the Yale Film Archive" series. The movie tells the story of a Thanksgiving family reunion and stars Holly Hunter, Robert Downey Jr., Anne Bancroft, Dylan McDermott, Claire Danes, Steve Guttenberg, and more. Admission is free. [whc.yale.edu](http://whc.yale.edu); 35 Wall St., New Haven.

## **Sip and Sample**

**Nov. 17**

More than 50 breweries will offer samples of more than 200 beers at the Elm City Brew Festival, happening from 1-5 p.m. on Nov. 17 at College Street Music Hall. The event, which is for people 21 and older only, will also feature local music acts and food vendors. Designated driver tickets, which





NOV. 17

NOV. 17

# GREATER NEW HAVEN

include no samples, are \$10; other tickets range from \$45 (advance) to \$60 (VIP). Early admission for those who purchase VIP tickets will run from noon to 1 p.m. Proceeds from the event will benefit the New Haven Center for Performing Arts Inc. For tickets: [collegestreetmusichall.com/brew](http://collegestreetmusichall.com/brew); 238 College St., New Haven; 877-987-6487.

## **A Classic, Reinvented Nov. 27-Dec. 22**

A new twist on a beloved classic takes center stage when "Pride and Prejudice" comes to Long Wharf Theatre Nov. 27-Dec. 22. In this innovative production, Jane Austen's novel is reimagined as a feminine farce. The Bennet sisters get caught up in the politics of love, set on the greens of Hertfordshire, as their mother strives to find suitable marriages for her daughters. [longwharf.org](http://longwharf.org); 222 Sargent Drive, New Haven; 203-787-4282.

## **Shop Local Nov. 30**

The holiday shopping season is fast approaching, making it the perfect time to support local businesses. Small Business Saturday, started by American Express, encourages

consumers to buy from locally owned businesses on the Saturday after Thanksgiving, which this year falls on Nov. 30. The day has grown in popularity over the years, and many local retailers throughout Greater New Haven will be offering discounts and other incentives to shoppers.

## **Works of Art Through Dec. 8**

Check out one of the Yale Center for British Art's newest exhibits, showcasing the work of John Ruskin, on display through Dec. 8. "Unto This Last: Two Hundred Years of John Ruskin" celebrates the bicentenary of the birth of the 19th century artist

and critic Ruskin. The exhibit features items on loan from the Beinecke Rare Book and Manuscript Library, the Metropolitan Museum of Art and other places. Admission is free. A book, with the same title as the exhibit, will be published by the center in partnership with Yale University Press.

[britishart.yale.edu](http://britishart.yale.edu);  
1080 Chapel St., New Haven;  
203-432-2800.





A portrait of Mike Papale, a man with dark hair and a beard, wearing a dark blue suit jacket over a light-colored patterned shirt. He is standing with his hands in his pockets, looking towards the camera with a slight smile.

# Heart of the Matter

## Wallingford Nonprofit Delivers Lifesaving Technology

By AMY J. BARRY

**T**he expression “It can all change in a heartbeat” may sound like a cliché, but for those who have survived a life-threatening episode, like Mike Papale, nothing could ring truer.

The morning of Aug. 24, 2006, started out no different from any other day in the life of the 17-year-old high school basketball player, who planned to continue playing his beloved sport in college that fall. But soon after arriving at Wallingford Parks & Recreation summer camp, where Papale coached basketball, he suddenly slumped over on the bench where he was seated and onto the floor, where he lay unresponsive while someone called 911.



Mike Papale, president of In A Heartbeat Foundation.



There was no automated external defibrillator (AED) on-site but, fortunately for Papale, an EMT working nearby got to him in time, performing CPR for eight minutes and saving the teenager's life.

It turned out Papale had suffered sudden cardiac arrest, and after arriving by ambulance at MidState Medical Center, he suffered a second arrest and was revived. He was then transported by LIFE STAR to Hartford Hospital, his parents not knowing if their son would survive and, if so, whether he would have brain damage.

The good news was that Papale survived with no brain injury. The bad news was that the doctors determined he had hypertrophic cardiomyopathy, creating a thickness of the septum and apex of his heart. This required the insertion of an implantable cardioverter-defibrillator (ICD) in his chest, which meant he would never again be able to play competitive basketball.

Papale, now 30, doesn't pretend that this wasn't a devastating experience for a teenager.

"Basketball was my whole life at that point, and it got taken away from me," he says. "I felt anger, frustration, and depression and it took some time to get over that. But it was also a balancing act for me between thinking, 'OK, I can't play basketball anymore, but I'm also lucky to be alive.' When a doctor tells you there was a one in a million chance you'd survive, it really puts things into perspective."

Doctors determined Papale had heart disease that went undetected until the cardiac arrest.

"That's how it happens a lot," he says. "Kids are born with these undiagnosed conditions. You don't get an EKG until you're older and so they may not have signs or symptoms until one day, they just drop."

Papale's mother Joan says it was the most terrifying day of her life, as well as the most blessed because she had no doubt that "God stepped in and put every player exactly where they needed to be, at the exact moment – and that's what ultimately saved Mike."

Papale says shortly after returning to their home in Wallingford, his mother set up a meeting at a local branch of the American Heart Association (AHA) and signed them both up as volunteers.

"I didn't really want to do it. I was 17," Papale says. "But she got me going because she told me that by sharing my story and raising awareness about what happened to me, and talking about CPR and the importance of AEDs in cardiac arrest, it could prevent someone else from going through the trauma we experienced as a family."

An AED is a portable, easy-to-use device that can analyze the heart's rhythm and deliver an electrical shock, if needed, to help bring back an effective rhythm.

Mother and son participated in many AHA events and walks, and lobbied in Hartford and Washington, D.C. They helped get two Connecticut bills passed that mandate AEDs be placed in all of the state's public schools.

"We watched the governor sign the bill into law in 2009," Papale recalls. "It was a really cool and rewarding experience."

## A FIRM FOUNDATION

As the years passed, life began to feel normal again for Papale. He graduated from Quinnipiac University in Hamden and pursued his new dream of being a college basketball coach. After a year as an assistant coach at the University of Massachusetts, he was hired as director of basketball operations at Quinnipiac.

But in August 2014, eight years after his cardiac arrest, Papale suffered a major setback. A series of problems occurred following what began as routine surgery to change his defibrillator battery. His defibrillator became infected, requiring risky emergency open-heart surgery and eight blood transfusions. A new defibrillator was installed five months later and luckily, the surgery went perfectly.

After his recovery period was over, Papale knew how lucky he was to survive two







Mike Papale (center, right) presents a donation of an AED to Ed Williams (center left), owner of 3E CrossFit of Cheshire. They are joined by In A Heartbeat Foundation board members Matt Gade (left) and Brandon Gade (right).

major life-threatening situations and that's when the idea for In A Heartbeat Foundation was born – a nonprofit with one goal: to save lives.

In A Heartbeat focuses on four things that Papale, its president, thinks are most critical: donating AEDs where needed, providing training to use AEDs, raising money for heart disease research, and supporting patients and screening kids.

According to Papale, In a Heartbeat Foundation has donated close to 100 AEDs to date (at a cost of about \$1,000 each), and given \$25,000 for heart research.

A close-up of an Automated External Defibrillator (AED) — a portable easy-to-use device that can restore the heart's rhythm and save lives.







Mike Papale demonstrates how to operate an AED.

There are plans to donate another \$12,000 by year's end to another research project.

How has the nonprofit raised so much money and awareness in such a short time? Papale gives a lot of credit to his dedicated board of directors, including his mother, father, brother, several friends, other survivors, patients and others.

Joan Papale is astonished by the foundation's quick growth.

"We live in a community that has embraced Mike's quest to save lives and spread awareness," she says. "However, Mike as president is the driving force."

Mike Papale, she notes, does public speaking, trains people in CPR and AED use, has started a support group, connects with doctors and electrophysiologists all over the country, plans and runs fundraising events, and attends symposiums to educate himself with the newest information.

Like many who run nonprofits, Papale acknowledges fundraising is the biggest challenge.

"I don't have a business background, but it's what I love to do," he says, "so I'm self-learning and reading, and learning what works and what doesn't."

Another challenge, Papale notes, is that although AEDs are becoming more prevalent, the survival rates of cardiac arrest aren't going up because people are unsure how to use AEDs or are afraid of them.

"We're trying to raise more awareness that these

## **"WHEN CARDIAC ARREST STRIKES, AN AED CAN MEAN THE DIFFERENCE BETWEEN LIFE AND DEATH." — Carlos Collazo**

machines are simple to use. You cannot hurt someone with them; they're actually made for the layperson," he says. "So even if you don't have training, you can use it as long as you listen to the instructions."

Carlos Collazo, executive director of the Ulbrich Boys & Girls Club in Wallingford, which received a donation of an AED from In A Heartbeat, says it couldn't have come at a better time.

"Part of creating a culture of safety is ensuring we have the necessary resources in place to provide a safer environment," Collazo says. "When cardiac arrest strikes, an AED can mean the difference between life and death."

### **MAKING A DIFFERENCE**

Today, Papale runs In A Heartbeat full time and continues to coach basketball part time. He feels it's a good balance of doing the things about which he is most passionate.

He has lived with an ICD for 13 years now and says, "Heart disease is scary for a lot of people and it was for me





Mike Papale, president of In A Heartbeat, presents AJ Jacques, from North Haven CERT with an AED. Also pictured (left to right) are board members John Papale, Joan Papale, Sara MacDonough Civitello, Chris Gatcomb, AJ Pace (from Defibtech), and board members Alyssa Budkofsky, Matt Gade, Mike Papale Jr., and Brandon Gade.

for a long time. And it's still always in the back of my mind, but I've learned to live my life very normally. I go to the gym every day. I'm active. I run. I just do things in moderation."

He adds, "I'm always telling cardiologists when I speak at conferences to have their patients call me. It would have been cool for me when I was 17 if I had a 25- or 30-year-old guy who had already gone through what I've been through to talk to, to be a mentor."

Papale's father, Mike Papale, Jr. of Cheshire, is in awe of how his son has handled this major change in his life.

"His strength and courage really helped me to deal with the situation," he says. "As time went on, it was truly amazing how Mike took this experience and became a difference-maker in the world of heart research and saving lives through the donations of AEDs. He's so passionate about the work he does. His enthusiasm is always at a high level."

Adds Joan Papale: "Mike's journey began with his determination to protect other families from what we went through. This would eventually segue into a crusade to save lives. Standing alongside my son through all his battles and joyous moments has been an honor."

"I think a lot of people spend their whole lives trying to figure out their purpose," reflects Mike Papale, "and mine kind of got handed to me."

To learn more about In A Heartbeat Foundation, visit [www.inaheartbeat.org](http://www.inaheartbeat.org). 



Mike Papale presents Chief William Wright of Wallingford Police Department with an AED, along with In A Heartbeat board members (left to right) Matt Gade, Mike Papale Jr., Chris Gatcomb, Joan Papale, John Papale, Brandon Gade, and Kevin Dingus.



Mike Papale (center) presents Dr. Martin Maron of Tufts Medical Center in Boston, MA with a donation of \$6,000 for heart disease research. Also pictured (from left to right) is In A Heartbeat board members Brandon Gade, Kevin Dingus, John Papale, Joan Papale, Mike Papale Jr., and Matt Gade.



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# Coming Home

**Masonicare's Ashlar Village allows residents to enjoy their lives without worry**

*By* **TERESA M. PELHAM**


**F**or a long time, one thing was holding Gus and Virginia Bodin back from moving to Masonicare's Ashlar Village in Wallingford. Well, a bunch of things: Their stuff. Reluctance to let go of boxes and boxes of the belongings that accumulate over a lifetime is often the main reason many people stay in their too-large homes. But once they take the plunge, life can become so much simpler.

Gus and Virginia finally made the move to Ashlar Village nearly six years ago and say they haven't regretted it once. They're now free to travel and visit their three grown children in Vermont and Colorado, without worrying about mowing the lawn or shoveling the driveway.

Masonicare at Ashlar Village, which is nonprofit, is the only life plan community in Wallingford.

Masonicare's local roots run deep, dating back to 1750, when Connecticut's first Masonic Lodge was chartered. Later, in 1889, Connecticut Masons began a charitable group that became The Masonic Charity Foundation of Connecticut. In 1895, that foundation dedicated an 88-acre homestead in Wallingford as The Masonic Home.

Today, Masonicare offers a wide range of services, including senior living, hospital care for seniors, long-term skilled nursing care, short-term rehab, behavioral health services, and outpatient care, among others. Masonicare staff members take pride in not merely treating a diagnosis, but caring for the whole person – mind, body, and spirit.



Located at the top of a wooded, hilly country road, the Ashlar Village community enables people ages 55 and older to live their active lives unburdened by a house and a yard.

The Bodins lived in Guilford for 60 years, in the house they built and in which they raised their children. But being at Ashlar Village allows them to entertain more easily. They recently hosted a family reunion for 19 people at the community's picnic pavilion.

"Dining services set it up, cooked, and cleaned up," says Gus. "It was a lot nicer than if we'd done it at our old house."

The picnic pavilion is a popular spot for residents, who organize gatherings for their "clusters," or neighborhoods, within Ashlar Village. Weddings and showers have been held there, too.

While the Bodins take advantage of many of the on-site services such as medical providers, they are still connected in many ways to the outside world. They see their friends, they go to many of their original doctors, they volunteer, they go to shows, they go to church, and they travel to see their children, grandchildren, and great-grandchildren.

"People bring their lives here," says Gus. "A lot of people have a misconception about a place like this. It's an extension of our lives. We're not cut off from our former community."

On campus, he volunteers with the food-service and marketing departments. While many residents take full advantage of the various meal plans, Virginia loves to cook and prepares all but a handful of monthly meals for them. They have some friends at Ashlar Village who admit they've never turned on their ovens.

Gus keeps a "game camera" outside, and has captured images of all sorts of creatures, including deer and foxes. They also tend to a flower garden, birdbath, and bird feeder.

Gus' parents lived in the Masonicare Health Center down the hill several years ago, and Gus served on the



Masonicare at Ashlar Village residents, Virginia and Gus Bodin. Photo by Stan Godlewski

facility's building committee. He retired in 1996 from the Masonicare Charity Foundation, where he had been in charge of admissions for 10 years. Prior to that, he worked for the Southern New England Telephone Company for 35 years.

Governed by a board of directors, Masonicare at Ashlar Village is Connecticut's only community with a money-back satisfaction guarantee. The three residence types – cottages, villas, and apartments – are pet-friendly and range from 700 to 3,000 square feet. Ashlar Village is open to all, and while Gus happens to be a Mason, fewer than 20 percent of residents are Masons.

Residents of Masonicare at Ashlar Village fall into a wide age range, with many being closer to the 55 minimum age requirement. In addition to seemingly endless activities – yoga, exercise, art, computers, movies, bocce, cornhole, billiards – the winding sidewalks make it easy to enjoy the surrounding scenery. A walking group strolls around the pond every Saturday morning.

As Gus puts it, "We're all neighbors, and everyone gets along. It's home."

**"We're all neighbors, and everyone gets along. It's home." — Gus Bodin**





**ADVENTURE**





# FREE WHEELING

## Connecticut's Motorcycle Riders Love Living on the Edge of Adventure

By JOHN TORSIELLO

**I**t may sound cliché. Well, it does sound cliché, but for motorcyclists, it really is true that the allure of an unending road, freedom of movement, and the wind blowing through their hair (hear that, state legislators?) is what keeps them hopping onto their bikes whenever they can.

“There’s nothing like the freedom of being on a motorcycle and enjoying the sunshine, the fresh air and all the crazy times that go with riding your Harley with a group of great friends on a road trip,” says Winsted’s Joseph “Pepe” Lopez, owner of Litchfield County Landscaping.

Paul “Beemer” Stringer, a member of the Hartford chapter of the Buffalo Soldiers Motorcycle Club and retired Weaver High School principal, says a sense of freedom, an intimate relationship with a machine, the thrill of riding – and a close-knit relationship with those who share similar feelings – are his biggest motivations for riding hard on two wheels.

For many, riding a motorcycle on the open road is a frequent, much-loved adventure.





Lovey Ali of Hartford, a U.S. Army officer nurse veteran who works for the state Department of Mental Health and Addiction Services as a registered nurse, couldn't agree more. "It's relaxing," she says. "I also feel like a 'bad ass' female, in control of all that power. I like to be in control, so being a passenger isn't for me."

Ali says she is proud being the only female rider in her chapter. "I think they should give me an honorary mention because of that," she laughs. "Otherwise, I'm treated just like my brothers. Whenever a female sees me on 2s, they always give me a thumbs up. If they express the desire to ride, I encourage them and offer my assistance if needed."

According to the website "Statista," there were more than 90,000 registered motorcycles in Connecticut in 2017, and more women are gripping the throttle these days. According to the Motorcycle Industry Council, women riders accounted for 19 percent of the total motorcycle riding population in the United States in 2018, with the median age of female riders being 38 – 10 years younger than their male counterparts. Rising numbers of riders are employed rather than retired (71 percent), married (68 percent), college graduates (24 percent), and had a median household income of \$62,500 in 2018.

For some of the thousands of Connecticut riders, the road winds a long way from home. And that's just how they like it.

It wasn't until Lopez got into his late 30s that he was able to afford a Harley. "It was the best experience of my life. I have been riding Harleys ever since. I have put on probably over 400,000 miles on the different Harley-Davidsons. I've have ridden all over the great United States and Canada, enjoying the beautiful scenery and national parks that they have to offer."



Lovey Ali, top left, a registered nurse, feels like a "bad-ass" female when she rides. She is the only female in her bike chapter. Her bike (top and above) is not only a form of transportation but a source of inspiration.





During the annual Toys for Kids event, bikers ride to Hubbard Park in Meriden and bring a toy for needy children to pick up. The riders then head to the VFW in Prospect, with as many as 225 in a line led by the Connecticut State Police.

Stringer explains that his club rode to Florida this year, and in the past to Arizona, Michigan, New Mexico, and Texas.

The Hartford chapter of the Buffalo Soldiers Motorcycle Club has 30 members. “We are from a hodgepodge of professions, including former military, state policemen, city and town police officers, teachers, school administrators, nurses, etc.,” says Stringer. “We are black, white, male and female. Our youngest member is 30ish and we have members in their 70s and 80s. We joined the club because of our love of riding as well as paying tribute to the original Buffalo [African-American] soldiers of the post-Civil War era. The commitment to community involvement is also a pertinent reason as to why we joined.”

Riding to the huge Sturgis Motorcycle Rally in South Dakota is sort of like a visit to Mecca for motorcyclists. It draws thousands each year and has been held for 79 years.



The appropriately named Ryder Fitzgerald, a member of the board of directors of the Connecticut Motorcycle Riders Association (CMRA), made the trip out to The Badlands for the event. He also has ridden on his steel and chrome horse to North Carolina and places in between.

The CMRA was born out of the controversial state “helmet law” in the 1970s that was going to require motorcyclists to wear helmets. The bikers protested and

won their fight. The issue has come up since, including this year, and motorcyclists showed up in Hartford to voice their belief that helmets should be an individual option.

“We believe it should be a choice,” says Fitzgerald. “We also keep an eye on things like motorcycles-only checkpoints and raising awareness of the rights of motorcyclists on the roadways. Of course, we also educate our members (about 1,000) and other motorcyclists about the need to not drive too





**“Motorcycle riding together has helped our relationship grow with trust and time spent together.”** – TRACY DAIGLE

fast or imbibe before riding. We have an obligation to be responsible on the highways and roads.”

“There was a time,” he says, “that I didn’t drive another vehicle for two years, and that included during the winter. I can put 10,000 miles on my bike [each year], and the majority of those miles are day-to-day riding.” Fitzgerald has lived in New Milford, Stamford and New Fairfield, and recently moved over the New York border to Dover Plains.

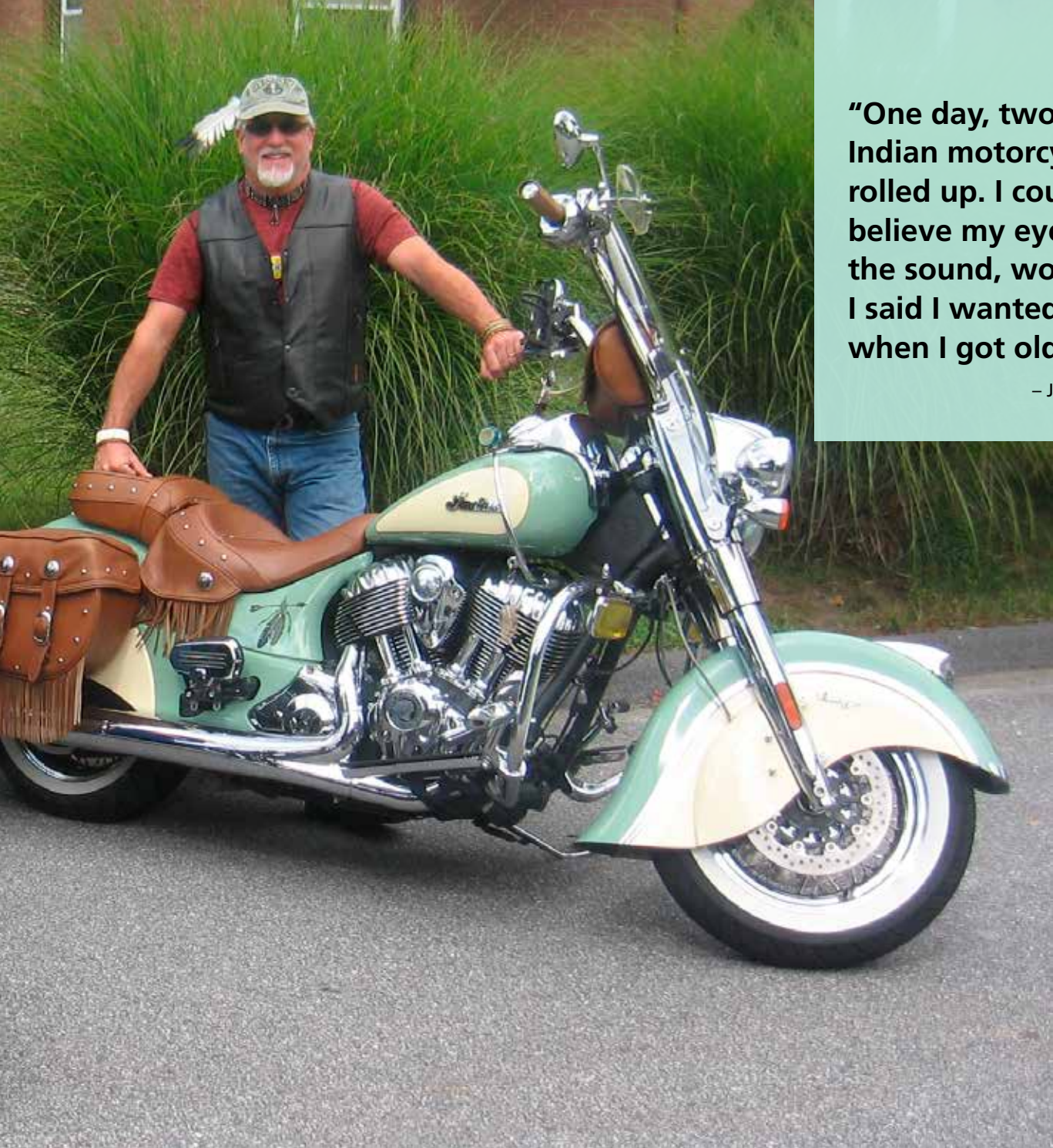
Tim Burke of chapter 135 of the Freedom Cruisers Riding Club, headquartered in Essex, has been riding a motorcycle since he was 19. That’s 37 years ago. Quite the antithesis of the image of the lone wolf biker flaunting social contact, he says pack riding is one of the joys of motorcycling for many.

“Usually we will get between five and six people but sometimes it might be 10 people in all, including those who are passengers. Typically, we will do the long rides (up to 11 hours) on Sundays when most people are available. Someone might say, ‘Let’s ride out to Kent Falls State Park’ and we will do that and then stop in Goshen for a meal.”

Riding as a pack, explains Burke, is not only enjoyable but also helps enhance the safety factor for bikers. “It’s much easier for motorists to notice four or five bikes together than one. We are always concerned about the safety of riders.” A key is keeping proper spacing between the bikes and usually, the most experienced rider will lead the group, with less experienced riders toward the back.

Joe and Tracy Daigle of Torrington both ride beloved





**"One day, two red Indian motorcycles rolled up. I could not believe my eyes, and the sound, wow! ... I said I wanted one when I got older."**

– JOE DAIGLE

Indian motorcycles, she a Springfield and he a Vintage. They ride as often as they can. Joe, who has been riding motorcycles most of his life, says he and his wife "started riding mopeds and scooters together, mainly to get my wife ready for the bigger bike. We ride as a couple and sometimes with friends we feel are up to our ride experience." Formerly president of the Indian Motorcycles Riders Group (IMRG) in Brookfield, he and Tracy used to lead 29 IMRG members to various destinations, but Joe retired from that position in June after getting the club up and running.

He tells a story about when he was just a tyke and was sitting under a maple tree, watching his father and others work. "One day, two red Indian motorcycles rolled up. I

could not believe my eyes, and the sound, wow! After they left, I ran to my dad and asked what those bikes were, and his reply was, 'Those were Indians, son.' I said I wanted one when I got older." His dad told him that they didn't make the bikes anymore; production ended in the late 1950s. Joe was "heartbroken" – until one day when he and Tracy were riding, and she said she wanted to check out Indian bikes for something to do. "She knew I was following them for years to see if they would come back to life. I wound up walking out of a shop with my Vintage that day. I thanked dad in heaven."

Tracy says she rides for her mother. "She was a single mother raising myself and my older brother, and worked three jobs to keep things afloat. My brother allowed me to





For members of the Connecticut Motorcycle Riders Association (CMRA), Santa Claus comes early, in October. That's when the bikers participate in the annual Toys for Kids event.

join in with his friends riding mini-bikes, dirt bikes and choppers, which is where my love for motorcycles started. I wanted to ride free to represent and live for my mom, who worked her life away." As for riding with her husband, she says, "Motorcycle riding together has helped our relationship grow with trust and time spent together."

The Fire and Iron Motorcycle Club Station 142, which meets in Shelton, was founded in 2014 and is an offshoot of a club started in 1999 by central Florida firefighters who wanted to create a club offering more riding and fewer rules. The club has grown to become an international club made up of firefighters and others in the fire service and EMS, several thousand strong.

Member Harry Soucy says, "People join to foster the brotherhood of fire service and to give back to others. Each station has its own charitable causes. We ride together for thousands of miles yearly. On odd years, we have regional rallies (seven regions) where hundreds ride together, and the national rally, where thousands ride. Members ride from all over the country, and our international stations attend. I started riding over 50 years ago, when my cousin gave me a bike."

For the CMRA bikers, Santa Claus comes early, in early October. That's when the club holds its annual Toys for Kids event. Bikers ride to Hubbard Park in Meriden and bring a toy (some make cash donations) for needy children to pick up. The riders then head to the VFW in Prospect, with as many as 225 in a line led by the Connecticut State Police, with help along with way from local gendarmes. Jim

Whitney and Mike Joyce serve as co-chairs of the event. The CMA also holds other rides and events to raise funds for its operations, which include lobbying for, and against, laws that affect motorcyclists in the state.


"I believe the charity and fund-raising rides have changed the image of bikers to some extent," says Whitney. "But we still get looks, mostly from older people," he adds with a chuckle. "The millennials and other younger people don't give a darn when we pass by."

The CMRA's "Toy Run," which will be held Oct. 6, will also feature live music and food and refreshments. Some individuals spend \$50 or more on an unwrapped new toy and others will send \$10. "It doesn't matter. We hold it rain or shine and we pray for sun because it makes the ride that much more enjoyable."

The Hartford chapter of the Buffalo Soldiers Motorcycle Club participates in a variety of charity rides, such as the "Children's Miracle Ride" in Southamptn, Massachusetts, the Special Olympics "Dream Ride" in Farmington, and the "Unity Ride for Sickle Cell" in Farmington. Says Stringer, "We give back to the communities through active participation and financial support. This is what we do, and we're committed to it."

Making memories. That's what Pepe Lopez considers riding on a motorcycle. "It's sharing great ride experiences and bonding and trusting the ones you ride with."

Lovey Ali puts it succinctly, calling a motorcycle "wind therapy." She adds, "Join me sometime."

Many Connecticut residents are doing just that. 



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# Giving Back

## Chelsea Groton Bank Benefits The Wider Community In Multiple Ways

By JAMES BATTAGLIO



Since day one, Chelsea Groton Bank has invested in the community by supporting local businesses. Today, 165 years later, this is still one of the bank's driving forces as it continues to expand its presence statewide.

The bank's business-focused roots date back to Nathan G. Fish, the first president of what was then Groton Savings Bank. Today, Chelsea Groton Bank is the largest mutual bank in Eastern Connecticut, serving businesses of all sizes.

Bank leaders take pride in what they call "creative customized solutions that turn dreams into realities for businesses of all types." In 2018 alone, Chelsea Groton funded \$72 million in new commercial loans, providing the capital and counsel that supports business and economic growth. It increased its commercial portfolio to \$251 million and expanded its reach from New London to New Haven, Hartford and Fairfield counties.

Getting creative means presenting companies with customized options to help them meet their goals, according

to Anthony Joyce, EVP, Senior Loan Officer.

"Rather than fit customers into one type of loan product, we create a tailored solution," says Joyce, who joined the bank in 2013. "For example, most people think a commercial term loan is the right solution for a construction project. However, in our experience, a construction line of credit may be a better solution."

In an era when banks are increasingly merging or being bought by large financial institutions, Chelsea Groton's clients reap the many benefits of working with a mutual community bank rather than "big-box" ones, says Carolyn Welch, SVP, Commercial Lending Manager.

"The major difference in a community bank such as Chelsea Groton is that, unlike commercial banks, we don't have stockholders, so we can focus on helping our customers," says Welch, who joined the bank in 2016. She leads the Commercial Lending Team in attracting, developing and growing commercial relationships throughout the bank's expanding market area.

To show its deep appreciation for its customers, each Chelsea Groton branch held a celebration for “Feel Good About Your Bank Day” on July 3 to commemorate the Bank’s 165th anniversary.

Being invested in and involved in its community are equally important to the bank. Among Chelsea Groton’s community outreach initiatives are its well-attended educational programs for business owners, which help businesspeople understand why, for example, it is beneficial for them to have a proactive presence on Facebook, or to use other social marketing tools.

“Some of these sessions are held during the workday, some in the evening,” says Barb Curto, AVP, Marketing Manager, for Chelsea Groton. “Our realtor classes sometimes draw as many as 80 people. These sessions have really grown over the last few years.”

There’s also, of course, the deposit side of banking. Here, technology has made a significant impact, says Alex Masse, VP, Operations and Business Banking Manager.

“Through the greater adoption of technology, businesses are able to do more than they ever had with less,” Masse says. “They’re turning to us to find better solutions to improve cash flow, gain efficiencies, reduce risk, and understand their financial position in real time. When business clients partner with us in Commercial Lending, they’re also getting the support of the Treasury Management Services team to help streamline their day-to-day banking activity.”

Banking, even business banking, is personal. There’s no one-size-fits-all solution when it comes to managing business finances. Chelsea Groton’s products, services, technology enhancements and hands-on approach have given local businesses the partnership they need for long-term growth.

As a preferred lender for the U.S. Small Business Administration (SBA), Chelsea Groton is able to underwrite its own SBA loans, making the process of obtaining these loans quicker for prospective business owners. Plus, the bank’s comprehensive suite of cash management, also known as treasury management, solutions allows businesses to efficiently and securely manage their cash flow.

Clients appreciate having access to so many services in one place.

When Marc Wiesenthal, co-owner of Comix Comedy Club, decided to move his business from the Foxwoods Resort Casino to Mohegan Sun, he turned to Chelsea Groton for advice and assistance.

“The business banking team had to think creatively about what we were looking for,” says Wiesenthal. “After learning about our business plan and goals, they came to us with a comprehensive program that worked for all parties involved.”

Joyce says, “Marc’s experience with Chelsea Groton illustrates how a customized financial package can really help business customers realize their goals based on their business plan.”

Adam Young, owner and pastry chef at Sift Bake Shop, with locations in Mystic, CT and Watch Hill, R.I., also has benefitted from the bank’s tailored approach. “I had never

heard of a bank going above and beyond for a hopeful business owner before,” says Young. “The Chelsea Groton team was incredibly customer-focused. They believed in me and my bakery’s concept. They understood my vision and could see the value in it from the very beginning.”

In addition to the care and attention it gives its clients, the bank also places a strong emphasis on corporate philanthropy. Each year, in honor of its employees, Chelsea Groton contributes to the Acts of Kindness initiative it launched in 2014. When it began, in recognition of the bank’s 160th anniversary, the bank donated \$160 per employee to a cause chosen by its employees. Every year since, Chelsea Groton has given \$100 on behalf of each employee; and this year, in honor of its 165th anniversary, \$165 will be donated to a cause chosen by each of its 225 employees.

The bank sponsors hundreds of events and organizations each year, and the Chelsea Groton Foundation, Inc. has awarded more than \$3.4 million in grants to nonprofit organizations in Connecticut and Rhode Island since its establishment in 1998.

Last year, the foundation approved \$532,749 in grants. It also provided college scholarships to 17 local high school seniors and donated \$22,100 to area organizations through its Acts of Kindness program.

In addition to financial support on the corporate level, the bank’s altruistic spirit extends to its workers as well. Chelsea Groton employees donate an enormous amount of time and money to fundraisers for local organizations. They also donate a surplus of their hours to the needs of fellow employees.

“In 2018 alone, bank employees volunteered a total of 9,223 hours of their time and gave \$47,853 of their earnings to various local organizations,” says Curto. “Giving back to the community is the hallmark of Chelsea Groton and what truly sets us apart.”

Community involvement and business support has led to many accolades for Chelsea Groton over the years, including being voted “Best Bank” and “Best Financial Advisor” by the readers of New London’s *The Day* newspaper, and a “Top Workplace” in the *Hartford Courant* based on an employee survey. BauerFinancial, an independent bank rating service, awarded the bank its “5 Star” designation for financial stability and exemplary excellence for the 99th consecutive quarter.

## About Chelsea Groton Bank

Based in Groton, CT, Chelsea Groton Bank is a full-service, mutually owned bank, with over \$1.1 billion in assets. Chelsea Groton Bank’s products and services include consumer banking, business banking, mortgage and business lending, cash management, financial planning and financial education classes. With 14 branch locations throughout New London County and a Loan Production Office in Hartford County, Chelsea Groton Bank also provides online and mobile banking, 24-hour telephone banking, and nationwide ATM banking for individuals, families and businesses. To learn more, please visit [www.chelseagroton.com](http://www.chelseagroton.com). The bank is a member of the FDIC and an Equal Housing Lender.



“It’s *fresh* food.  
It’s *fast* and it’s *good*.”

– Felix Sanchez, Sabor Mexico truck





At dusk on a late summer's night, hungry visitors line up along I-95 in New Haven for a nosh of their favorite dishes among the many food trucks that make the area a street-food destination. (Upper right) Some diners prefer to take their meals along the banks of Long Island Sound to watch the sunset.



# A Taste of Paradise

## Food Trucks Lure Patrons To The Waterfront

*Written and photographed by* **FRANK RIZZO**

**I**t's a quiet, lazy summer afternoon in New Haven on the stretch of harbor along I-95 on Long Wharf Drive. The temperature is in the mid-80s but the gentle breeze off the still water makes it a perfect day for lounging along the banks; biking, jogging or Fitbitting on the winding lane; or even indulging in a bit of paradise.

Food Truck Paradise, that is – the name city officials designated for the area, they say, based on a phrase that popped up during a Google Maps search and has since become branded for this homegrown collection of two dozen-plus kitchenettes-on-wheels that offer alternative food, flavors, and dining.

From the highway above, it might look like a string of Matchbox vehicles but it's a parallel world unto itself. Look at the cars and trucks lined up in the parking spaces with the different colored license plates, their drivers succumbing to the lure of the lingering lunch with a view. Others come from the city center or just beyond, in search of take-out that would make them office heroes. For some, it's an affordable, al fresco date. For others, it's a family outing and a picnic near the peaceful shallow waters with the occasional seagull squawking, punctuating the low drone from the highway traffic in the distance.

Tom Curley has driven along this same stretch of highway countless times and wondered about the increasing number of food trucks lined





While other types of food are featured also, many of the trucks specialize in Mexican, Spanish and Cuban dishes.

up over the last few years (they currently number around 30, depending on the day, weather and season).

On this day, when he and his 18-year-old daughter Samantha went shopping at IKEA, he decided to finally check out this unusual collection of movable feasts and see what the fuss is all about.

They drove out of the store's parking lot, went under the highway and took a right onto the frontage road, where they gazed upon truck after truck offering primarily Latin street food, but also ice cream, hot dogs, and Asian food, too.

"I've seen food trucks in Manhattan and even a few gathered together under The High Line in Chelsea but nothing quite like this," he says, as they finished their taco plates, seated on the thick wooded fence that borders a grassy knoll overlooking the shore.

And how does he choose among the vendors?

"I look for one where the locals are lining up," says the special education teacher from Brewster, N.Y. "It was



between this one and another truck further down the line. I'd definitely come back."

For Samantha and others in her generation, it's less a food novelty and more a natural go-to.

"I just finished my first year of college and whenever there's food trucks around, that's just where me and my friends go. It's easy to grab and go or just to hang out." She says they prefer the trucks to the fast-food chains like McDonald's. They're run by people who own their own businesses and who make good, authentic, affordable food without attitude.

"It's fresh food. It's fast. It's good," says Felix Sanchez who runs the Sabor Mexico truck, which like many of the

venders offers condiments galore (you're welcome) to his menu of tacos, tostadas, enchiladas, burritos, quesadillas, nachos, tamales (usually on weekends) – and much more.

More choices abound along the long stroll, where colorful menus boast about their tortas, chalupas, cemitas,





The sidewalk goes on and on, as nearly two dozen for trucks line up for the lunch hour rush.

sopas, huevos rancheros, and roasted corn-on-a-stick smothered in a mixture of mayo, cheese, and spices. Vegetarian selections, too, are abundant. Drinks? Slushy drinks, limonada or horchata, a plant-based milky beverage.

## LONELY BEGINNINGS

But Paradise took time.

And in the beginning, there was Bob. Just Bob.

"I was the first."

That's Bob Sweeney, 78, who has sold hot dogs in his "Sweeney's" truck on this stretch for 60 years. "I was here even before there was a highway. They were building it when I first arrived. Before that, this stretch was just a dirt road. At that time, it was just me and the seagulls."

He says his business grew slowly, attracting truckers off the highway who needed a quick bite. "It's been good to me," he says, adding that it allowed him to be his own boss while being able to support his family and send his children to college.

This historic harbor didn't look so nice in those early days, he says, and the waterfront was a bit of an outlander orphan in the seemingly Yale- and downtown-centric city, even though it acted as a de facto gateway into the city. Now it offers a fine howdy-do to those approaching New Haven,

the trucks' flags waving below in the sea breeze and, if the wind is just right, a faint aroma of sizzling fajitas adds to the welcome.

"The water's very clean now but when I first got here, you couldn't even stand on the bank because it stunk so bad," says Sweeney. "Then the city or state or whatever started spending more money to clean up the beach and more people started coming down here. Not in big droves. But gradually. One thing I'll say, they did a hell of a job cleaning that water. Now it's safe. And it doesn't get deep until you get way out, so people come with their kids. What they're drawn to is the location."

That's when a few other food trucks arrived, which Sweeney saw not as competition so much as a way to attract more people there. Then another truck arrived. Then more.

"Then the city got involved and, well, nothing is for free," he says. He praised the water cleanup, the new sidewalks, and lighting but he isn't a fan of the new licensing fees and the regulations that came with them.

When it came time to formalize the area as a designated food truck center with allocated spots, Sweeney, who operates the truck with his older brother Ed, was the first to choose where he wanted to be among the now-designated locations.





When night falls, the lights come on - and for some, the beach chairs come out in order to enjoy a meal in comfort.

And his selection?

"The middle is the best spot," he says. "Always go for the center."

Sweeney says he has no plans to change the \$2 prices of his wieners and buck sodas nor end his status as king of the road. "We're rounding third base and we're heading for home," he jokes, referring to their ages. "But we're not going anywhere."

## MORE TABLES, PLEASE

And neither is anyone else, now that this piece of paradise has been spiffed up with upgrades, including 1,000 feet of new sidewalks, 12-foot tall lights, pedestrian crossings, bike lanes, parking areas, solar-powered "Bigbelly" trash containers, and 17 new electrical plug-in stations that eliminated the noise and smell of fossil fuel generators. It's part of more than \$3 million in improvements for the overall area, which also includes landscaping and construction of a new boathouse and visitors' center.



A pair of travelers on I-95 felt the pull of the trucks and headed to the exit ramp on their way home.

CONTINUED ON PAGE 34



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CONTINUED FROM PAGE 32

Bob Pace, 52, a construction worker who lives in Hamden, regularly comes here but he has a recommendation to the city. “More picnic tables,” he says. “If there were, maybe I’d hang out here more, but generally I just get the food and leave.” He then pointed to the dumpsters filled to the brim: “And oh yeah, make it cleaner.”

Yandry Jaramillo, 35, of Elizabeth, N.J. is a freelance trucker who has turned off the highway for the past eight years, whenever he drives through about twice a week. “I haven’t seen anything quite like this,” he says.

Norma Feliciano sits on a lawn chair in front of Winn Pinchos, her food truck. She is the new kid on the strip, having previously been around town in other locations. Her menu offers Puerto Rican classics: pinchos (kabobs), empanadillas (turnovers), mofongos (mashed green plantains with garlic), bacalaitos (codfish fritters) and carrucho (conch salad).

“You know what it is,” she says about the area. “Here you get to try so many different foods. Like I’ve never had the mangos with —” She turns to her friend, “What is it that you put on it?”

“Hot sauce.”




Lack of picnic benches doesn’t discourage true lovers of Mexican cuisine.

“Hot sauce. Right. Delicious.”

Not every one of the slots are filled every day but most were back in force — and then some — for the fifth annual New Haven Food Truck Festival held in June, where there were close to 50 trucks that attracted thousands to this epic smorgasbord, including seafood items, burgers, and even one truck that offered deep-fried Oreos.

But beyond the festival, weekends are when the trucks are busiest. Weekdays are slower, with a little burst of business at lunchtime and again at dusk, when seaside sunset lovers get peckish.

Late-night business comes and goes as the neon and florescent lights come on, illuminating the line of trucks, now dwindled to about a dozen or so. Time slows as the night winds down. With the blue lights of the sculptural Q-Bridge in the distance, the half-moon reflected on the harbor and steady blinks coming from Lighthouse Point, the last customers finish their plates. With the final few trucks shutting down and rolling away, it’s time to call it a day — and night — in Paradise. Until tomorrow. 

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DELICIOUS



Chefs Ashley Flagg and Tyler Anderson.

## HAMILTON PARK, REDUX CHEF TYLER ANDERSON AND HIS TEAM FIRE UP THE BLAKE HOTEL

By TODD LYON

Photography by WINTER CAPLANSON

“I’ve been looking to be in New Haven for years,” says Tyler Anderson. His visage is so familiar to foodies, far and wide – the smooth pate, the oversized specs, dense ink on muscled forearms. We’ve seen him compete on “Top Chef,” most famously as part of the alliance known as The Three Bears. He’s gone up against Bobby Flay, he’s won “Chopped,” and he’s been nominated multiple times for James Beard Awards.

Here in Connecticut, we first saw his star rise at the Copper Beech Inn, and we’ve applauded on the sidelines



as Millwright’s, his Simsbury restaurant, has won raves and accolades, including, most recently, a Wine Enthusiast’s “Top 100” award. It was the ballyhooed rollout of Porrón & Piña, the Spanish-themed eatery and bar at the Goodwin Hotel in Hartford, that paved the way for the position Tyler Anderson now holds: Executive Chef, along with Chef Ashley Flagg,

of Hamilton Park at the Blake Hotel.

Anderson parachuted into the Hamilton Park chef’s seat, so to speak. His predecessors, Michelin-starred Chef Matt Lambert and wife Barbara, launched a menu and concept earlier this year, but ultimately decided to focus on their Manhattan eatery. Upon the couple’s departure, Blake Hotel owner Randy Salvatore, who also owns the Goodwin Hotel, recruited Anderson and Chef Flagg, who’d previously





*Lobster tail, tender and sweet, in a cauldron of mussels with potatoes, corn, and onions.*

Keeping it casual with a cheddar cheeseburger. As a hotel restaurant, Hamilton Park aims to please many palates.







made her mark at Millwright's, Porrón & Piña, Winvian, Little Donkey (Cambridge), and Grants (West Hartford). Beyond his chefly duties, Anderson is partnered with A. J. Aurricchio and Tim Cabral; the trio is responsible for all food and beverage operations at the Blake Hotel.

New Haven for the win: Team Anderson has crafted a menu that celebrates New England and the seasons, and does it beautifully via a combination of artistry, surprise, and soul. Simple ingredients are made astonishing; exhibit one is the Lobster Bake. It is centered on a lobster tail, tender and sweet, in a cauldron of mussels with potatoes, corn, and onions. Sounds basic enough, right? But wait: it is topped with a smoked paprika Hollandaise sauce, and the flavor-rich broth is bound by corn starch, as in, the natural starch occurring in the fresh kernels. "I just juice the corn as it comes off the cob," says Chef Anderson. "The starch is in there, it thickens right up, then I add fresh kernels for texture." The result is pure farm stand bliss.

Another instant classic is the glazed duck breast. Upon presentation, it looks like the duck is dotted with peppercorns atop coins of potatoes with wilted greens. Nope: the vegetables are baby turnips and tops, while the "peppercorns" are pomegranate seeds. The pomegranates are harvested by Chef Anderson's mom from trees in her yard in Ventura, California, then shipped east. Which brings us to another aspect of the Hamilton Park experience: the menu, says Anderson, is the most personal he's ever created.

"Ashley and I are working on food that's been inspired by moments," he says. Lobster Pasta, a dish I normally don't order, was brought to our table by Chef himself, who explained that it was in honor of the first dish he ever cooked professionally: Lobster Fra Diabolo. "This is my updated version," he explains, and it is a knockout. Radiatore pasta is tossed with fennel, Calabrian chili peppers, and chunks of lobster, resulting in a complex play between heat and sweet that dances on the tongue.

The action at Hamilton Park isn't limited to what's on the plates. The room has great flow; the lobby of the Blake is wide open to the bar and lounge area, which in turn offers direct access to the dining room, divided only by decorative glass half-walls. Beyond that, a comfy urban patio faces High Street. The place has definitely gotten its buzz back, helped along by what is known these days as a "full beverage program."

For those of us who fixate on wine and are thus behind the curve when it comes to the craft cocktail uprising, this means that the mixed drinks at Hamilton Park have been designed and curated by Cabral, New Haven's own drinks demon. (Cabral, Aurricchio and Anderson also co-own High George, the Blake's three-season rooftop bar and

Hamilton Park's bar and dining rooms flow directly from the lobby of the Blake Hotel.





eatery.) Each drink on the list is a mini masterpiece.

Bees Knees, made with gin, lemon, and honey from East Rock, would be right at home at a sunny country jamboree. Hanky Panky, on the other hand, is a blend of Japanese gin, vermouth and Meletti Fernet. The cocktail, served in a coupe, is unapologetically brown, its mood as dark as a Russian play. If you really want some drama with your drinks, however, you must order Smoke On the Water. The show begins when a glass-sided vessel, looking like a lantern and suspended on a chain, slowly makes its way to your table. You will see that it is filled with smoke, and something else. When the door to the vessel is opened, the sweet-smelling smoke pours out, and drinks in rocks glasses are retrieved. These are Hamilton Park's version of Old Fashioneds, made with Liberation Angelic Root Bitters, and served icy cold. "The colder the cocktail, the more the drink absorbs the smoke," explains Cabral. The smoke in question is generated from a burning plug of shaved apple wood, and the aroma is divine.

"Most of our drinks are based on classics," says Cabral. "Every one has a recipe, so it's going to taste the same no matter who is behind the bar." Helpful categories include "Effervescent," "Classic Light & Bright," "House Creations," and "Classic Bold & Boozy." The Manhattan is presented with a Luxardo cherry, and is the just the thing to order when fall nips the air.

Which brings us to the splashiest aspect of the newly realized Blake: High George, the rooftop bar and eatery, which has been a magnet for townies and tourists since it opened in July. Six stories up, the 80-seat indoor-outdoor space sports a long bar, table and sofa seating, and sky... lots and lots of sky. Here, patrons can kick back with a lobster roll and a Bird of Paradise (the drink features roasted pineapple), watch the sun set and pretend they're in the tropics. Or, when autumn leaves start to fly, and the view of the Yale rooftops turns crimson, they can stay toasty under a retractable glass roof, with heaters, protective curtains, and perhaps a skewer or two of coal-roasted sirloin.

The small-plates menu at High George, again conceived by chefs Anderson and Flagg, is more casual but no less delicious than its first-floor neighbor's. There are a few overlapping dishes, including some raw bar and appetizer offerings, and also a selection of Steamed Buns, which are sandwiches made on bright white bao buns. Cheeseburgers, crab salad, shiitake mushrooms with flavors of Bánh mì, and other handhelds are joined by mini kabobs to please omnivores and vegans alike.

The menus at both High George and Hamilton Park will evolve with the seasons, and so will Cabral's cocktail selections, upstairs and down. Anderson is especially looking forward to cooking in his favorite time of year: autumn. "It's the best time to be in New England," he says. "I love the smell in the air, the braises, the roasts ... it's warming to the body and heart." (Fun fact: Chef Anderson's last meal, should he ever end up on death row, would be roasted chicken with potatoes and salsa verde.)


No matter what the weather, Anderson is quite sure that a few dishes will always remain. The Clam Chowder, perhaps the most eccentric offering in the house, is a permanent resident, and is an homage to Chef Thomas Keller. "It was 1989, I was a young cook and a punk rocker, hanging out at The Whiskey in L.A.,"



*The baked beans appetizer, inspired by a childhood favorite of Chef Flagg, features pork belly and cornbread crumbs.*








*Hamilton Park's juicy lamb loin is prepared with dehydrated sumac, Aleppo pepper and Greek yoghurt, topped with chopped cashews. On the side are silken slices of eggplant.*





recalls Anderson. “I had dinner at The French Laundry, Keller’s legendary eatery, and tried a dish called ‘Oysters and Pearls.’ It was made with tapioca, oysters, and caviar, and it made me decide to become a chef. To this day it is one of my favorite dishes of all time.”


Anderson’s nod to Keller is a savory tapioca custard; the menu describes it as having “all the flavors of chowder.” As a person whose uncle owned and operated a chowder company in Cape Cod, I concur.

As for Chef Flagg, she has pledged allegiance to the Baked Beans appetizer. “It’s my best friend’s mom’s recipe,” says the chef, who is a native of Middletown. “She’d make it for us when we begged her to.” The dish is a variation on barbecued baked beans, and marries exceptionally large beans with crispy pork belly, cornbread crumbs, and charred scallion vin.

Flagg also has a soft spot for the lamb entrée, a juicy loin alongside a raft of silken eggplant, topped with crunchy cashews and dollops of sumac yogurt. “It’s got Mediterranean flavors,” she notes. “The sumac is dehydrated; it adds a nice sour flavor that goes well with the Aleppo pepper and Greek yogurt.”

The lamb is one of many examples of creative pairings of ingredients; this is a menu where tomato tarts frolic with horseradish curds, smoked bluefish dip rubs shoulders with everything bagel crackers, and tuna tartare flaunts its relationship with brown butter soy, coriander, and radishes.

“We’re here to make people happy,” says Chef Anderson. And, as a hotel restaurant, his place must please many palates. “There’s going to be a kids’ menu, and we’ve got the Caesar salad, the Crab Melt, you can order fries. If you want dinner to be fancy, you can make it fancy. But ‘fancy’ is not the same thing as ‘stuffy.’” Everybody is welcome to pop in for a burger and a beer, and the chef is loving the diversity and artiness of his new customers in the Elm City.

With all the celebrity that’s come his way, it’s great to know that Tyler Anderson is as modest and down-to-earth as he ever was. “My mother would say, ‘A haughty spirit comes before a fall,’” recalls Anderson. “Every time I thought I was hot stuff, I got gunned down.” What’s more, he is keenly aware of, and grateful for, the fact that he’s part of a team. “I don’t know why or how chefs get big egos. We all depend on our people; we all depend on each other.” 





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A low-angle photograph of four men standing on a large mound of reddish-brown earth. The man on the far left is wearing a dark jacket, blue jeans, and a black cap, with a tool belt. The man next to him is wearing a light grey t-shirt, blue jeans, and a black cap. The man in the center is wearing a dark jacket, light-colored pants, and a black cap, holding a shovel. The man on the far right is wearing a black t-shirt and dark pants. They are all looking towards the camera. The background shows a clear blue sky and some bare tree branches.

# Final Destination

## Grove Street Cemetery Embraces The Human Touch, History

*Story and photography by* STAN GODLEWSKI

For a place set aside for the dead, Grove Street Cemetery is crowded with the living.

The first officially chartered cemetery in the country, Grove Street remains a vital part of the New Haven landscape, accepting dozens of new burials a year and hosting hundreds of visitors every day.

Since the first burial took place there in November 1797, that landscape has drastically changed, but Grove Street remains the same, right down to how they dig the graves – one shovelful at a time.





Gravediggers/caretakers (from left to right), "Junior," Edwin Torres, "Willie," and Juan Albino, stand at the edge of a grave in Grove Street Cemetery.



Grove Street Cemetery Superintendent Seely Jennings.

About 50 times a year, a small crew using shovels and pickaxes dig into the earth for about four hours, creating a near-perfect rectangle three feet wide and eight feet long. A final resting place.

As tours stroll the cemetery or people have their lunch and a quiet phone conversation in the shade of an oak, the sound of metal scraping into dirt echoes, as it did two centuries ago.

"Everything is so close, we can't get machines between the gravestones," says superintendent Seeley Jennings. Also, the age of many of the existing graves means they might collapse under the weight of machinery that's used in most graveyards. "So, we dig them by hand."

Twelve months a year, whether it's 95 degrees or well below freezing, rain or snow, the shovels bite the earth.

"Junior," who has been digging for seven years, thinks the winter is the toughest. "It's because the ground is so frozen, we need to use a jackhammer to break through," he says. "After that, it's back to the shovels the rest of the way. A winter grave could take eight hours to dig.

"Some new people dig one grave, and never come back," he says. "It looks easy, but it's not easy."

The men who dig the graves are also the groundskeepers, caring for the entire cemetery – landscaping, plowing, sweeping, and keeping Grove Street Cemetery looking well-kept and dignified.

Day to day, they maintain the final resting places of about 14,000, including cotton gin inventor Eli Whitney; band leader Glenn Miller; the father of American football, Walter Camp; Civil War Union Army Brigadier General Amos Beebe Eaton; David Humphreys, aide de camp to General George Washington; dictionary publisher Noah Webster; and Andrew Hull Foote, the naval of-





Unlike many cemeteries, graves at Grove Street Cemetery still are dug by hand. Here, "Junior" takes his shift digging, surrounded by Eric Andino, Edwin Torres, and "Willie."

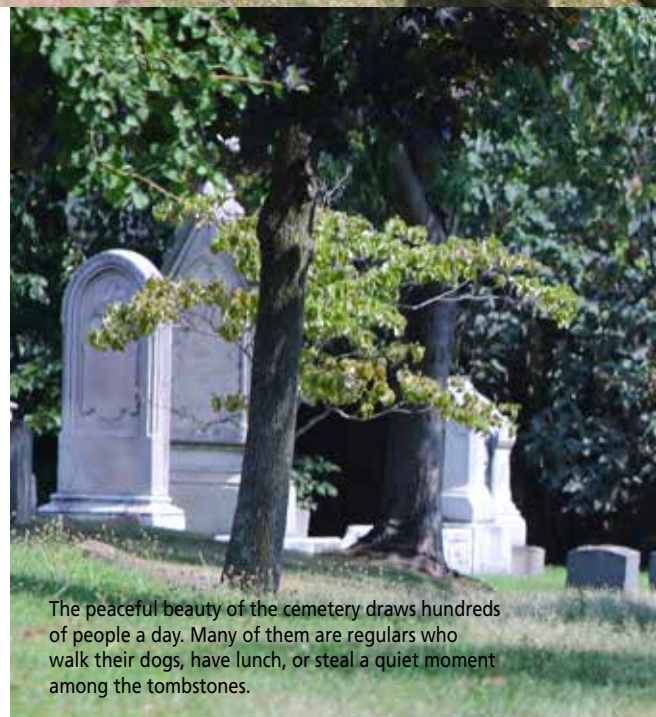
ficer who in 1862 infamously ended the rum ration in the United States Navy. He died shortly thereafter. There are also 14 former presidents of Yale University buried here.

Grove Street was created when 32 prominent New Haven citizens, led by James Hillhouse, decided to create a new public burial ground for the city after the yellow fever epidemic of 1794-1795 left the common burial ground, at what is now Center Church on the Green, crowded and unsightly. Moving quickly, the southeastern area of the cemetery was laid out in September of 1796.

As the first planned cemetery, Grove Street introduced several ideas that changed the way people viewed death and burial. With conscious design, it offered permanently owned family plots, a potter's field for the destitute or unknown, ornamental plantings, and named streets and avenues, including Laurel and Willow and Sycamore.

Land was purchased in 1814 to double the cemetery's size after all existing plots had been sold. In 1845, the cemetery was finished being enclosed with a wrought-iron fence, and the familiar sandstone, Egyptian Revival style arch was dedicated with a flourish in July 1845. The chapel was built in 1872.

That first grave was for Martha Beardsley Townsend, who was born



The peaceful beauty of the cemetery draws hundreds of people a day. Many of them are regulars who walk their dogs, have lunch, or steal a quiet moment among the tombstones.





in Stratford in 1752 and died in New Haven on Nov. 7, 1797. The remains of her son Lucius, who had died many years before at the age of 17 months, were taken from the Green and re-buried beside his mother. Their graves are at 13 Linden Ave.

Foreman Edwin Torres has been a groundskeeper and gravedigger at Grove Street for 11 years, and says, "I love digging graves...it's peaceful."

But like life, each new day digging a grave is different. "Some are easy, some are hard." Some go smoothly, and "...some are filled with roots and rocks," he says.

Eric Andino of Bridgeport has only been digging graves and working at Grove Street Cemetery for about a year, but the peacefulness and the work have left a mark. "Looking at all the graves makes me thankful," he says. "Every day we wake up, we're fortunate."

They know a little of the history of who each grave is for, and there's a certain amount of solemnity to the work. Sometimes he thinks, "This was a person who was alive a week ago."

The men agree that the hardest part is just getting started, those first few shovelfuls.

As they encounter stones, they are removed. As they hit roots, they are cut. As they take turns stepping into the ever-deepening hole, the air gets a little cooler, the smell of the earth a little sweeter.

And it does smell different, like when you dig into your garden on a spring morning, and the ground smells moist, almost fresh. Only it completely surrounds you. It's not an unpleasant place to be, especially when you know you can reach for that old

wooden ladder and just climb out.

Superintendent Jennings says, "You have to know what you're doing; you have to edge it off so it's nice and square."

To start, "I lay down a metal brace that's three feet by eight," he says, and the gravediggers then use that as a template after they probe the ground to make sure the earth is clear underneath. Then they dig down about four-and-a-half to five feet deep.

That's all? Four-and-a-half feet?

"They haven't dug six feet deep in 100 years," Jennings explains. "They didn't have concrete vaults in the 1700s and the 1800s, and back then, grave robbing was a very big deal. They were stealing cadavers and selling the bodies to medical schools. The grave robbers [often] worked alone, and if the body is buried six feet deep, that's a lot of digging for one grave robber. It would take him all night."

Also called "resurrectionists," body snatchers were careful not to take anything from the grave but the body, because stealing only the corpse was not considered a felony in the 18th and early 19th centuries in the United States. The courts had ruled that a dead body had no owner.

But today, Grove Street is peaceful 24/7, with no ghoulish silhouettes digging against a midnight sky.

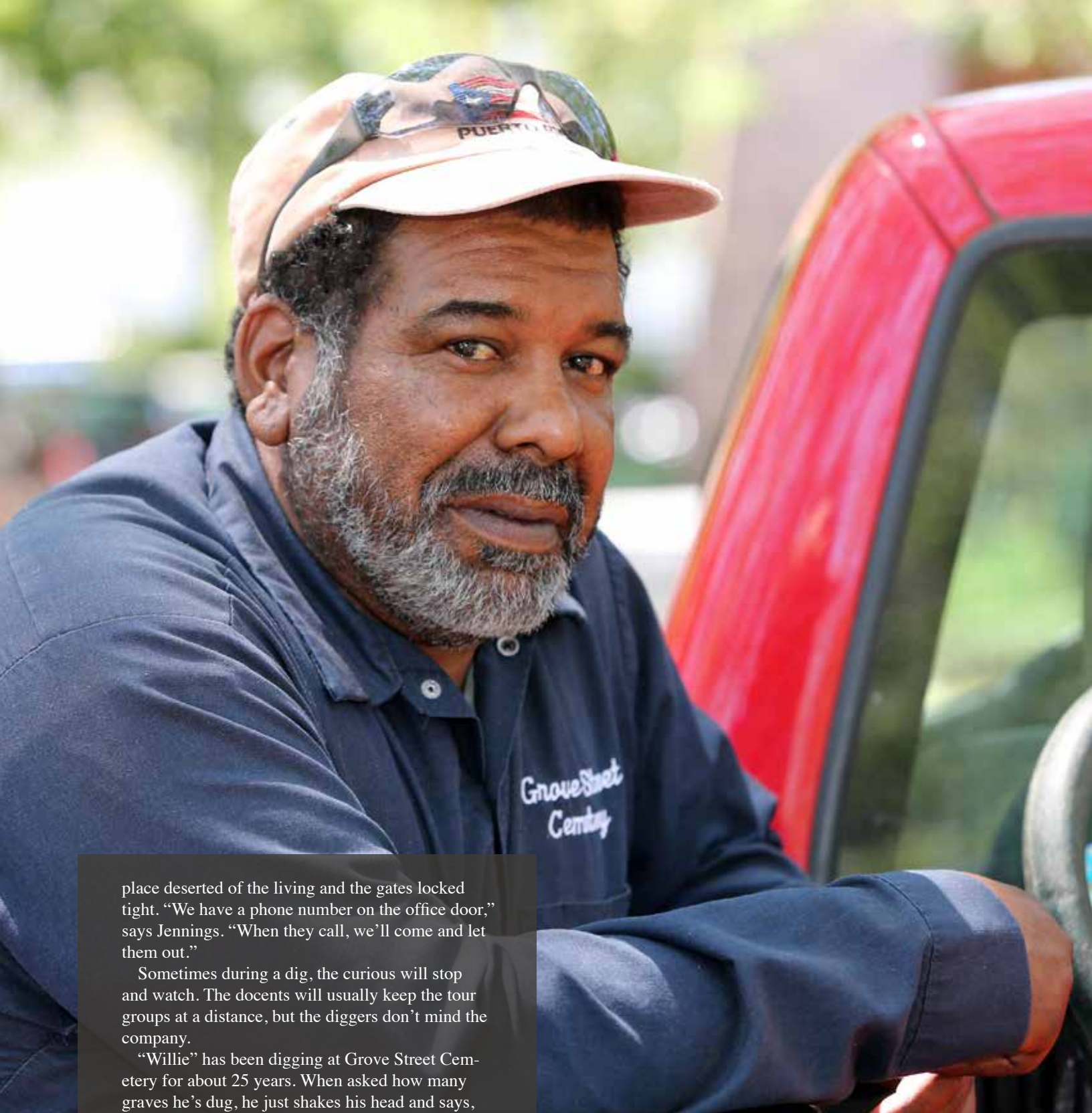
"Hundreds of people a day walk through here," says Jennings. "There are probably 25 [regulars] who come in every day and walk the cemetery."

It's a fascinating, calm, beautiful place.

Occasionally, a visitor will get a little too comfortable, buried in a book, lost in their headphones, or just falling asleep. They'll go to leave and find the







place deserted of the living and the gates locked tight. “We have a phone number on the office door,” says Jennings. “When they call, we’ll come and let them out.”

Sometimes during a dig, the curious will stop and watch. The docents will usually keep the tour groups at a distance, but the diggers don’t mind the company.

“Willie” has been digging at Grove Street Cemetery for about 25 years. When asked how many graves he’s dug, he just shakes his head and says, “A lot.”

He wears a red bandana around his head, and in his calloused hand is a burning Newport. He says he digs a grave now the same way he did 20 years ago. Then he looks out over the sea of tombstones, laughs, and says, “The same as 100 years ago.” **NH**

Gravedigger “Junior,” who has been working at Grove Street Cemetery for seven years, says in the winter “the ground is so frozen we need to use a jackhammer to break through.”



Gravedigger "Willie" has worked at Grove Street Cemetery for 25 years. How many graves has he dug? "A lot."





Eric Andino is new to Grove Street Cemetery. "Looking at all the graves makes me thankful," he says. "Every day we wake up we're fortunate."

### Grove Street Cemetery

**ADDRESS:** 227 Grove Street, New Haven

**SIZE:** 18 acres

**NUMBER OF INTERRED:** 14,000+

**FIRST BURIAL:** Martha Beardsley Townsend, who died Nov. 7, 1797

**AVAILABLE PLOTS:** approximately 1,400

**HOURS:** 9 a.m. to 4 p.m. daily

**TOURS:** Tour groups meet at the front gate at 10 a.m. on select Saturdays. Guided walking tours last about one hour and are free and open to the public. For more information, visit [grovestreetcemetery.org](http://grovestreetcemetery.org). There is also a self-guided tour available on the website.

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# Top Dogs

## K-9s are Important – and Loved – Members of Police Departments

Written by **ALIX BOYLE** / Photography by Allegra Anderson

Sonny, a handsome four-year-old German Shepherd who's a K-9 officer at the Clinton Police Department, likes to go to work.

In a demonstration of his skills, Sonny's human partner, officer Jason Frey, hid a sample of heroin in a box of files located in a storage attic at the police station.

In about 30 seconds flat, Sonny ran up the stairs and located the illicit substance, sitting down in front of the file box. Then he claimed his pay: a minute with the tug toy, dragging Frey around the attic in a rolling office chair.

Frey says Sonny is a "fur missile," 68 pounds of pure muscle and motivation, and one of the Clinton Police Department's most valuable assets. This striking German Shepherd is also the toast of Instagram, with some 45,000 followers. He's also been featured on the cover of *Working Dog Magazine*.

On Sonny's Instagram account, Frey chronicles the joys and challenges of being, and training, a working dog. He posts glamour shots of Sonny and videos depicting the endless practice of bite work, tracking and obedience that it takes to be a police dog.

In addition to finding illegal drugs, Sonny can serve as a major deterrent to crime. Recently, Frey was called to a home in which a suspect had barricaded himself.

"There is nothing more satisfying to a dog than a street bite," Frey explains. "Sonny can tell the difference between a training exercise and the real thing. He senses the adrenaline from me when I'm about to release him on someone. We opened the door just enough for Sonny's face to poke in. He [the suspect] took one look and gave up instantly."

Working dogs are also an asset in searching for evidence. When a Clinton homeowner reported missing jewelry, Sonny was called to the scene and within five minutes,

found the jewelry boxes discarded in piles of leaves on the property. That led to finding fingerprints on the boxes and, ultimately, an arrest.

Sonny came to Clinton from the Fidelco service dog program and was named for George "Sonny" Whelen, the CEO of Whelen Engineering, the company that designs and manufactures emergency lights for police vehicles. The company made a donation to purchase the dog, and Frey visits the business with Sonny about once a month. Sonny also makes appearances at community events.

"Sonny does community outreach and public relations, so we needed a dog that was socialized to people," Frey says. "We run primarily on donations, so Instagram is a big part of that. The town did not want to fund a K-9 unit."

Clinton allocates about \$2,000 to the K-9 program and it costs more like \$10,000 to feed Sonny his raw diet and pay for veterinary care, which is discounted by Clinton Veterinary Hospital, and to pay for training equipment like the bite sleeve and bite suit. Frey also sold T-shirts and other Sonny merchandise to help fund the unit.

When he's not on the job, Sonny lives at home with Frey and his family, sleeps in a crate and has no toys.

"He's got to earn the toy; it's his reward for completing a task," Frey said. "And his prey drive wants to make him eviscerate that toy."

A toy is a lower-level reward, followed by a tug toy, a nip on a bite sleeve, a chomp on the bite suit, and the ultimate – biting an actual bad guy. Frey has a few scars on his hands from the bite training.

Most of Connecticut's police dogs are born in Eastern European countries, bred for the characteristics desirable in a working dog: the instinct to hunt, to chase prey, and to defend and protect the pack.

German Shepherds are the breed of choice, with the Belgian Malinois coming into favor. These so-called "green dogs" [untrained] attend a 16-week state police training academy with their handlers for eight hours a day, five

**“Sonny is a *fur missile*, 68 pounds of pure muscle and motivation, and one of the Clinton Police Department’s most valuable assets.”** – Officer Jason Frey



Officer Jason Frey, and his K-9 partner Sonny, are integral parts of the Clinton Police Department.





days a week, according to Berlin officer Aimee Krzykowski. K-9 and handler head back to the academy once a month for additional training but work daily on reinforcing obedience and tracking commands.

The dogs are trained in detecting the presence of the odor of an illegal narcotic, searching for illegal drugs, stopping suspects from fleeing, and sniffing out evidence. Some dogs are trained to detect explosives; those would not be trained in narcotics. All the commands, like “sitz” (sit) and “plotz” (lie down), are German.

“Commands are given in German to avoid any confusion with commands I give to suspects,” Frey said. “For example, if I tell a suspect to get down on the ground, I don’t want Sonny to hear the word ‘down’ and do something that I don’t want him to do. That, and so nobody else can really give him any commands.”

Most dogs work until they are about 10 years old and must pass a recertification test every year.

In Berlin, residents often drop off dog toys for Casner, Krzykowski’s black, three-year-old German Shepherd K-9 partner.

“Casner is an amazing deterrent. He’s got a big bark and a commanding presence,” Krzykowski says. “We don’t know how many crimes he prevents.”

Casner – named for Berlin officer Jeffery Casner, who was killed by a drunk driver while on duty – travels in the back of a police SUV in a specially designed metal cage that protects him. Brady’s K-9 Fund, a non-profit started by a nine-year-old Ohio boy, will supply Casner with a lightweight ballistic and stab-proof vest that he can wear throughout his entire shift, as opposed to one that needs to be taken off and on. The vests typically cost more than \$1,000.

Training in obedience in the parking lot of the Berlin police department recently, Casner never took his eyes off Krzykowski, even when she walked behind a parked car. The human and



Sonny, a four-year-old German Shepherd, is trained to find illegal drugs and can also serve as a crime deterrent.





Frey and Sonny have a special bond. Together, they work hard to help keep the community safe.





canine bond is strong.

A two-time breast cancer survivor, Krzykowski got a lot of comfort from both Titan, her retired K-9 who lives with her, and Casner.

“When I was a couple of days out of chemo, and I didn’t feel like it, they got me up and moving,” Krzykowski says. “It gave me some sense of normalcy and was the best thing for me,” she says.

The New Haven Police Department has a relatively large contingent of K-9 officers: six patrol dogs including two Belgian Malinois, four German Shepherds, and one explosives-trained Labrador Retriever. Several of the dogs were funded through grants.

It’s a busy department with lots of requests for dogs to search for weapons, drugs and other evidence as well as finding lost children and seniors.

Officer Joe Staffieri is especially proud of Magnum, his five-year-old German Shepherd, for finding a gun hidden in a pile of leaves in the backyard of a home that a suspect had thrown away 12 hours earlier.

“There was play equipment in that yard,” Staffieri says. “God forbid one of the kids had found the gun.”

Dogs are particularly useful in finding the bad guy hiding behind a door in a building.

“We would rather have the dog go in first than risk the safety of an officer,” Staffieri says.

K-9 programs are increasingly supported by the public.


Lisa Deane, a Madison resident who lost her son Joe to a fentanyl overdose last December, founded demandZERO, an organization dedicated to combating the opioid epidemic. The group recently raised more than \$80,000 at a charity auction and is working toward donating a dog



Caption here. Caption here

and funds for food and veterinary care to the New Haven Police Department.

“Joe was a wonderful kid and an exceptional athlete, but he suffered with the addiction,” Deane says. “He fought it with all he had and died of a pure fentanyl overdose. Joe loved dogs but feared the drug detection dogs. We asked the police about the best way to support them. Our mission is to help law enforcement fight the opioid epidemic.”

This spring, Deane fought for the passage of a law stiffening the penalties for selling fentanyl, a synthetic opioid. Gov. Lamont signed the bill in June. 





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SEASONS OF NEW TRAVEL - PHOTO BY 2017



**BREAKFAST WITH**



Lee Cruz often starts his days at a Fair Haven favorite: Anastasio's Boat House Café.

# Breakfast with **LEE CRUZ**

## The Community Activist Shines a Light in Fair Haven

by **CARA ROSNER** / photography by **STAN GODLEWSKI**

**S**pend just a few minutes with Lee Cruz and you can feel his enthusiasm for New Haven – the city as a whole, but especially his beloved neighborhood of Fair Haven.

By day, Cruz is director of community outreach at the Community Foundation for Greater New Haven, a philanthropic institution established in 1928 as the community's permanent charitable endowment. His other passion, though, is Fair Haven, where he lives with his wife Sarah Miller and their two sons, eight-year-old Pablo and five-year-old Mateo.

While he's highly visible and active throughout Greater New Haven, he is deeply engrained in the fabric of this particular waterfront community. He loves Fair Haven and is eager to share that passion. Ask him for a restaurant recommendation, for instance, and he quickly lists eight must-try places.

Cruz is a founding member of the Chatham Square Neighborhood Association, which started in 2009 as an effort to connect neighbors and identify the community's assets, so those assets can be used to address the area's challenges.

He also leads walking tours of the neighborhood and has a comprehensive knowledge of the region's history. Sitting on the back deck of Anastasio's Boat House Café on Front Street, his favorite local breakfast spot, one recent morning, he points to a church steeple across the Quinnipiac River, atop Pilgrim Congregational Church, and enthusiastically notes that at one time, the steeple was the tallest structure in Connecticut – until a hurricane knocked it down in 1868; it was later rebuilt.

Over toast, home fries, and over-easy eggs at the café, he's excited to share what he loves about his neighborhood.

"I can go in a zillion directions," he says.

### **Q: What does your job at the Community Foundation for Greater New Haven entail?**

A: I connect people, nonprofits and businesses to create social and economic capital for Greater New Haven. That's

important because there are a lot of really interesting, fascinating people in New Haven doing phenomenal things, and I've found that there is a role and a space for connecting those people and also facilitating their success. And that's the base of philanthropy; you don't give out of your poverty, you give out of your wealth.

### **Q: What's your favorite way to spend a day in New Haven – or Greater New Haven?**

A: Either biking or walking around, whether it's in Fair Haven or downtown New Haven, or in one of several other great neighborhoods we have. We love the parks and downtown.

### **Q: What hidden gem in the city do you wish more people knew about?**

A: The Mill River is really beautiful and it's a hidden gem. There are people in New Haven who don't realize people come from other parts of the world to look at birds along the Mill River. It's a destination people come to.

### **Q: As a native New Yorker, how did you land in New Haven?**

A: What brought me to New Haven is a job after graduate school, to direct a dropout prevention program for Hispanic youth in 1983. I'd just finished a graduate program at Brandeis University in Massachusetts [earning a master's degree in Management in Human Services]. I had initially started as an undergraduate, thinking I wanted to be a social worker, but then I realized what I really enjoyed was not the direct service, but helping the people who ran the organizations that made [those services] possible.

After three years here, I moved to Nicaragua to do international development work. I went for a year and stayed for 12. Most of the challenges I was trying to address by doing international work had their roots in the United States – our economy, our foreign policy – so I decided to come back in 1998. [I've stayed here] because of its diversity. I think of New Haven as diverse, I think of




it as historic, and there are roots and a history here that is also diverse. And the absolutely beautiful waterfront that we have.

**Q: Where are your favorite local places to grab a bite?**

A: Without a doubt, breakfast here [Boat House Café], any day but particularly on the weekend. For lunch and dinner, there are several great options: Salsa's Authentic Mexican restaurant has the best mole; there's La Molienda Café, with the best ceviche; J&J Restaurant [Dominican] is really good; El Coqui has great Puerto Rican food; Grand Apizza; and Buen Gusto, that's also Puerto Rican food. And I'd be remiss if I didn't mention Cositas Deliciosas. You go in and pick three fresh fruits and, on the spot, they make you a fresh fruit smoothie and it's absolutely delicious.

**Q: What inspired you to become such a strong advocate for Fair Haven?**

A: Within New Haven, Fair Haven is the most diverse neighborhood. The people who live around my house include families from Ecuador, Puerto Rico, India, Italy, Poland, Israel, Honduras, Canada – that's all within two blocks of my house. My kids walk around the block, they know almost everybody and everybody knows them. They're hearing all these languages, experiencing all these cultures. Socioeconomically speaking, the diversity is there as well. We have a high poverty rate and we also have a tremendous amount of wealth. 



# Going Green

**CBD is good for business and, proponents say, good for your health**

By ALIX BOYLE  
Photography by TODD FAIRCHILD

**Before taking CBD, Denise couldn't complete tasks like grocery shopping or make decisions due to anxiety. She was even treated in the emergency room for an anxiety attack.**

Denise W. says that taking cannabidiol, or CBD, one of the many active compounds found in marijuana and hemp plants, has been “life-altering.”

“I tried a tincture and within an hour I felt a difference,” says Denise, who grapples with anxiety. After taking a water-soluble CBD liquid twice a day for a few weeks, and a CBD gummy as needed, Denise felt her anxiety significantly reduce. Before taking CBD, she couldn't complete tasks like grocery shopping or make decisions due to anxiety. She was even treated in the emergency room for an anxiety attack.

“My anxiety level went from a 15 out of 10 down to a three,” says Denise, who lives in the Greater New Haven area and did not want her full name used. “I researched CBD for a year. Why did I wait so long to take it?”

Denise was shopping recently at Your CBD Store in Milford, buying another month's supply. A 1,000-milliliter bottle costs \$110 and lasts for about a month, says Chief Operating Officer and General Manager Clayton Percy. The spa-like shop, decorated with comfy couches and soothing baby-blue paint on the walls, carries all things CBD – everything from tinctures and oils to lip balm, bath bombs, pet items, and so much more.

On a recent weekday morning, shoppers peppered Percy with questions about CBD and tried samples of CBD cream meant to reduce pain. He spoke with some customers for 20 minutes or more, patiently answering every query. Your CBD Store is part of chain of more than 400 stores nationwide that carry CBD products derived from hemp, a marijuana plant that is bred to be low in tetrahydrocannabinol (THC), the chemical in marijuana that causes the high people experience when they use it. If the plant creates 0.3 percent THC or less, it is called hemp; if it makes more than 0.3 percent THC, it is called marijuana. Both plants are in the cannabis genus.

CBD has been touted as a panacea for pretty much everything: pain management, mental health conditions, inflammation, physical ailments including arthritis and migraines, and Post Traumatic Stress Disorder. It's sold pretty much everywhere, including gas stations, gyms, and your local Bed, Bath and Beyond.





Kannaway representative Tammy Prevost of Southwick, Mass. (left) explains the benefits of using CBD products to a potential customer. "There's no regulation of CBD yet. It's the Wild West," Prevost says.

At Your CBD store, a woman who identified herself as having Parkinson's disease said she had less pain, less anxiety, and was able to walk more quickly after sampling CBD. She was returning to the store for more.

But, with one notable exception, CBD is not approved by the U.S. Food and Drug Administration (FDA). In 2018, the FDA approved Epidiolex, a drug for Dravet and Lennox-Gastaut syndromes, difficult-to-treat forms of epilepsy. It contains high levels of CBD.

All the products at Your CBD Store are made by a company called Sunflora. The plants are grown in Colorado and certified by the state Department of Agriculture. The company touts its carbon dioxide extraction process that eliminates the need for harmful chemicals and solvents.

The bottles are labeled with QR codes, leading the customer to a website with third-party testing for the product, showing the strength of CBD in the product and listing all the trace chemicals.

Third-party testing is a key to knowing what you are getting in the CBD world, says C. Michael White, professor of pharmacy practice in the UConn School of Pharmacy. White recently published a paper on human studies of CBD's therapeutic actions and potential in the *Journal of Clinical Pharmacology*.

"It is impossible to reliably tell how much CBD or THC is in a product unless it is verified by an outside laboratory," White says. "The concentrations of CBD (or THC for that matter) the manufacturer puts on the label are very often a work of fiction, not reality. Many products you buy in smoke shops or over the Internet have little to no CBD in them and some have more CBD than they disclose. If it is verified by an outside laboratory, the product label will refer you to a certificate of analysis that they have on file."

White urges people who want to try CBD to first discuss with their doctor and pharmacist how CBD might interact with prescription medication they are already taking.

"One important risk is that CBD is broken down in the body by the liver and also impacts how other drugs are broken down by the liver as well. This means there is a risk of serious drug interactions with CBD products," White says.

CBD can also cause sleepiness and lethargy, so it's best not to drive after using it until you know how it affects you.

And as far as the legalities are concerned, check to be sure your CBD does not contain more than the allowable 0.3 percent amount of THC.

"Outside of a medical marijuana dispensary-created product, if you use a CBD product that has more than 0.3

percent THC, even if you didn't know it had it, you could be arrested for possession of marijuana in Connecticut or when traveling across state lines," White says. "There are cases of two grandmas who got busted in the spring for possession of marijuana when drug sniffing dogs detected the THC in the CBD product. One was arrested at a Disney amusement park and another at an airport."

Dana Krete, an acupuncturist and naturopathic physician at the Wellness Center at Privé Swiss in Westbrook, has seen her patients have great success using topical CBD for pain relief. "The first patient I used the topical CBD with was a patient I was treating with acupuncture for knee pain from arthritis. She used the topical salve and got four solid hours of pain relief with each application," she says. "I find these results to be typical for most patients when treating pain."

After researching various CBD products, Krete began carrying them in the clinic and has been recommending the topical salve for patients, and then also using the internal oil for the past eight months. Krete says there are plenty of studies showing the efficacy of CBD for various ailments.

Despite its benefits, there is little reason for the drug industry to spend the money to do phase three clinical trials on CBD, necessary to bring CBD to the public, because it is not patentable. Phase three trials involve thousands of

patients and can take years to complete.

Krete believes CBD works for pain, inflammation, anxiety and insomnia, and also helps in regulating digestion. She stresses that patients should use CBD as part of an overall treatment plan.

"It is the most reliable thing I've used for pain," Krete says. "As with anything, you have to make sure you are getting it from a good quality source."

Kayla Tyska, a shoreline yoga instructor, hosts pop-up CBD events that include education about CBD, a yoga class, and the opportunity to try a CBD salve. Tyska believes CBD has improved the quality of her life so much, specifically improving shoulder tendonitis, that she started selling CBD products to her clients and others.

"I'm a walking CBD dispensary," she says.

Tyska first learned about CBD in high school when a classmate was taking it to help improve Crohn's disease. She began taking 50 milligrams a day six months ago after being reintroduced to it by a health coach and author.

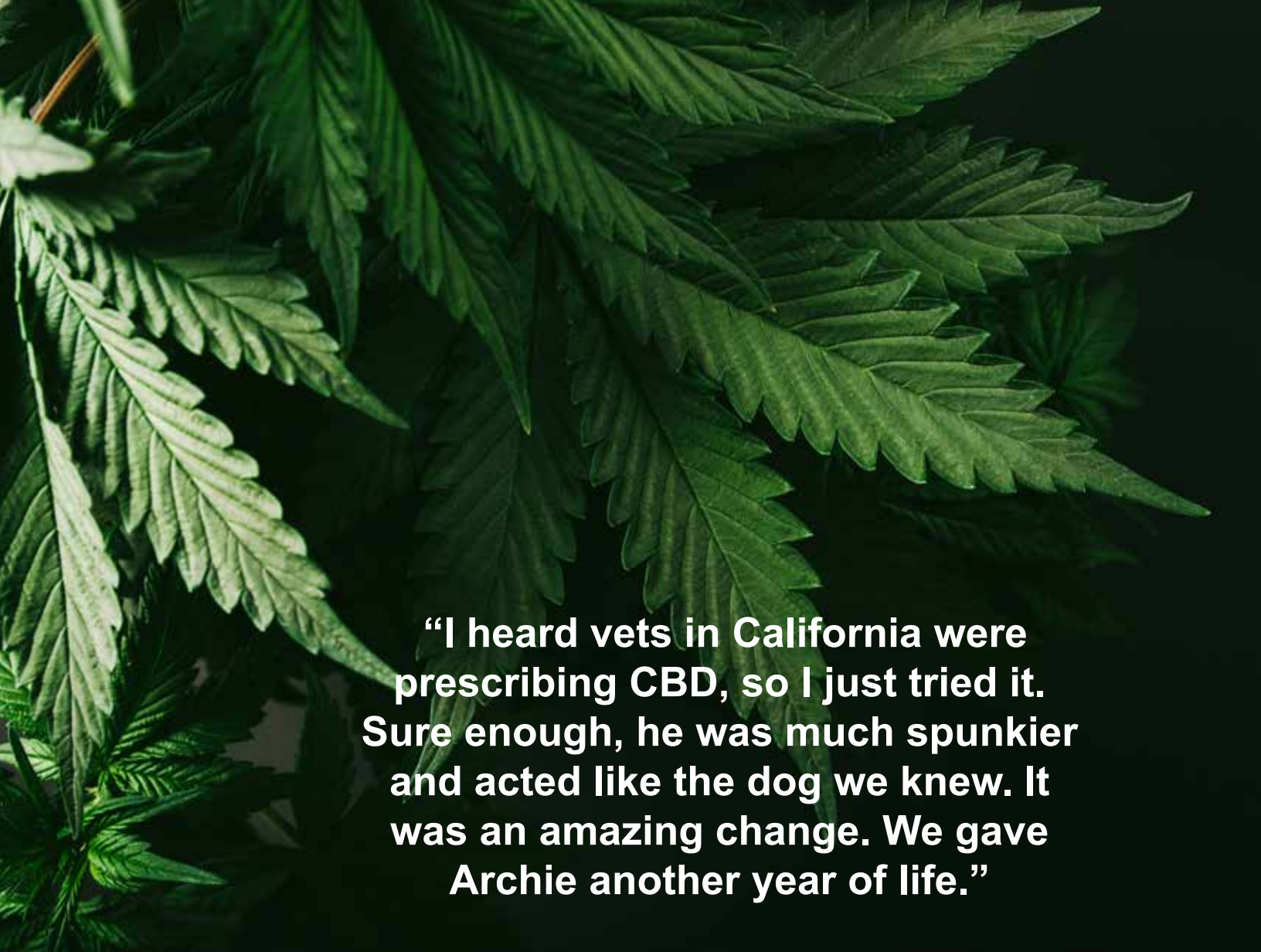
Tyska represents the Kannaway brand and says it's important to get CBD from a reliable source.

"Hemp is a bio accumulator and will absorb all the chemicals in the soil around it," Tyska said. "Kannaway is



Participants in a yoga class at Chamard Vineyards in Clinton learn about various CBD products offered by sales representative Kayla Tyska.





**“I heard vets in California were prescribing CBD, so I just tried it. Sure enough, he was much spunkier and acted like the dog we knew. It was an amazing change. We gave Archie another year of life.”**

one of 13 companies that has the seal from the U.S. Hemp Authority Certification Program. There’s no standardized testing in this industry. Ninety percent of labels are wrong.”

The Kannaway plants are grown in Switzerland, which has more stringent laws about chemicals used on plants than the U.S., and Tyska believes it is some of the purest available.

In addition to using CBD products for themselves, people are also giving them to their pets.


Ellen Botwin, a consultant and retired special education teacher who lives in Guilford, gave CBD oil to her beloved border collie, Archie, who lived to be 15 years and 5 months. The last two years of his life, he had trouble walking, getting up and seemed to be stiff with hip pain. She tried acupuncture and swim therapy, to no avail.

Botwin already had a medical marijuana license and was taking CBD for back pain as well as PTSD. She gets her product from a dispensary and believes it’s a pure,

unadulterated medical-grade product. She calibrated the dose of CBD for Archie based on his weight and her knowledge of how much she takes based on her own weight.

“At that time, vets were not allowed to prescribe CBD for dogs or even give an opinion,” Botwin says. “I heard vets in California were prescribing CBD, so I just tried it. Sure enough, he was much spunkier and acted like the dog we knew. It was an amazing change. We gave Archie another year of life.”

Chelsea Casper of East Berlin, a hospice worker, vapes CBD oil and feels that it elevates her mood and helps with anxiety and insomnia. She gives CBD-infused dog treats to Penelope, her Shiba Inu, especially before a bath or long car ride. The treat seems to make her a little sleepy, a good thing for this high-energy pooch.

“I think it’s a miracle drug, and I’m lucky that I can afford to pay for it,” Botwin says. “I wish it were available to everyone.” 

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# Backyard Orchards: Create Your Own Eden

*Written and photographed by* **TOVAH MARTIN**



“**G**uess how many fruit trees I planted this year?” That was the challenge Peter Montgomery laid down not long into our chat on the back porch (the one overlooking his own backyard orchard) of his Warren home. I thought that I’d be daring, so I ventured the “two dozen trees?” guesstimation. I wasn’t even close.

“One thousand, fifty trees,” he proudly proclaimed.

Actually, he served as a consultant for the planting of most of those fruit trees, helping nascent orchards across Connecticut and into Rhode Island become established in his capacity as an absolutely outspoken proponent for growing your own fruit trees. You’ve heard of Johnny Appleseed? Well, Peter Montgomery is the most recent iteration, with an emphasis on fruit that you might not be able to find at your local supermarket.

If Montgomery hadn’t encountered an Asian pear, this region might be lacking a whole lot of lip-smacking, homegrown fruit. Back when he was working in California, he frequented farmers’ markets and came home with a newly attuned taste for that relatively arcane fruit. Don’t judge Asian pears on the mushy version found in northeastern supermarkets, he cautions, because those pathetic representatives don’t compare to the tree-ripened nuggets of crisp, juicy goodness he produces in his two-acre backyard.

Striving to rediscover that taste was the impetus that started the orchard on his Warren property in 2005. “If you haven’t sunk your teeth into an Asian pear from your own tree, you are in for an experience,” he says provocatively. But he isn’t the type to settle for a couple of lone trees. He currently hosts 41 fruit trees, including 11 Asian pear trees, nine apple trees, and a smattering of perry pears, European pears, apricots, nectarines, peaches, and sweet cherries.

Despite less than ideal conditions (the wrong pH and soggy soil), the only disappointments have been the European pears that have refused to produce a crop to date and the cherry trees, which also failed to fulfill their destiny – a lack that Montgomery blames on the humidity in our climate.

He might actually bristle at the Johnny Appleseed comparison due to the misleading nickname. Contrary to the popular folktales, John Chapman (alias Johnny Appleseed, 1774–1845) did not sling handfuls of apple seeds across the countryside. In truth, Chapman wisely planted nursery orchards for his neighbors and taught them to produce nursery stock for sale to nurture further orchards.

As Montgomery points out, seed is the least effective way to grow an apple tree and the results will not produce the same apple as the parent. Not only are apples complex hybrids at this point, but flowers must be pollinated by another variety to produce fruit. Instead, he plants whips that result from grafts. That way, the resulting fruit will mirror its parent. The key to success is planting the tree with the graft union placed above the soil level. He recommends selecting semi-dwarf root stock for a robust, quickly maturing tree that produces fruit within easy harvesting reach. Whereas standard apples mature to 30–35 feet tall, a semi-dwarf tree tops out at a convenient 10–12 feet.

Although it was Asian pears that jumpstarted Montgomery’s orchard ambitions, apples followed closely on their heels. Supermarkets typically focus primarily on a handful of apple varieties selected for their ability to survive shipment from a distant source to your shopping cart. Unfortunately, they aren’t necessarily the tastiest examples of this fruit. Instead, Montgomery focuses on more delectably flavorful apples that are not necessarily great candidates for transporting far and wide. They make a good argument for growing in your own backyard, some of his favorites being Mutsu, Arkansas Black, and Roxbury Russet.

But all sorts of factors might come into play when selecting the right fruit for you. Montgomery is fond of hard cider, which is why he turned to perry pears. The endeavor proved so fruitful, in fact, that he pursued courses in cider-making and received certification from Cornell University’s Cider & Perry Academy. But cider-making is just one of the delights of growing your own



fruit and he urges potential home orchardists to explore fruit that's geared toward their fancies – for example, apples are bred specifically for fresh eating, cooking, sauces, salads, beverage, pies, and storage purposes. Select according to your taste.

There are factors beyond personal preferences that should guide your selection. Most importantly, fruits must be able to survive in Connecticut's plant hardiness zones, which range from the chillier 5b in the northwest corner to the balmy 7a along most parts of the shoreline. (Visit [planthardiness.ars.usda.gov/PHZMWeb](http://planthardiness.ars.usda.gov/PHZMWeb) for more information on your particular zone.)


Sunlight and soil are also key. No matter where you live in the state, we have no problem providing the 500-plus hours of temperatures below 45 degrees F that apples need annually. ("Most fruit trees also prefer 8 hours or more of sunlight," Montgomery suggests.) But you would be wise to check your soil pH, which varies considerably in our region. Montgomery's soil pH in Warren is 5.2, which is more acidic than the 6.8 ideal pH for apples. However, by amending the soil, he has been able to conquer that hurdle. Good drainage is also critical, a lesson Montgomery learned the hard way when he sited his initial trees in a gully. "A south-facing slope is optimal," he recommends. Of course, other factors are involved as well, with pruning being key to a tree's ultimate success. It's a science. Montgomery delves into the details when teaching courses on backyard orcharding through EdAdvance, and takes immense pride in the fact that his students (and potential home orchardists) count in the hundreds. Not unlike Johnny Appleseed, he is spreading word of the scrumptious goodness of homegrown fruit.

On a much larger scale, Linda Allard planted her own

orchard 20 years ago, when she built her home in Litchfield County. At the time, the head fashion designer for Ellen Tracy was traveling back and forth from New York City, but she felt strongly that cultivating her own fruit was an important facet of the country life experience. An accomplished cook and author of *Absolutely Delicious!* (Random House, 1994), Allard planted more than 135 apple trees on her north-facing slope, with some peach trees represented as well. It's about an acre of apples and, on a good year, she can press 200 gallons of fresh cider.

Last year was not a good year and, despite the fact that she grows nine different apple varieties including Liberty, Golden Russet, Winesap, Northern Spy, and Cortland, the crop was a major disappointment across the board. But Allard has noticed that her trees tend to alternate years of productivity. So this year she might be enjoying a bounty.

Home orchards run the gamut. And interest is definitely on the upswing. Richard Crouch, who runs the landscape department for Kent Greenhouse & Gardens, has noticed that the nursery is selling a lot of fruit trees. Apple trees are a favorite, followed by peach trees.

Acquiring a couple of fruit trees is a valid starting point. Whether you go whole hog or have just inherited a gnarly old apple that came with your property and are striving to prune it into prime again, it's all incredibly rewarding and enticing. After all, wasn't it an apple that baited the prototypical gardener to take a bite in the beginning? Adam had no idea what he was starting... 

*Tovah Martin is an author, lecturer, and garden/lifestyle writer – to say nothing of a plant expert. Her latest book is The Garden in Every Sense and Season (Timber Press, 2018).*







# Friendly Faces

## Downtown Ambassadors Help Keep New Haven Clean, Safe and Fun

By CARA MCDONOUGH / Photography by DANIEL EUGENE

**S**ammy Reyes is walking down Church Street in downtown New Haven on a Monday in mid-July. He greets almost everyone he passes, most of whom he knows by name, including the staff at local businesses, homeless individuals, and others out strolling in the late-morning sun. He speaks to some in Spanish and speaks to everyone with warmth and respect – and often a kind pat on the back or a handshake.

At one point, he bends down to pick up two errant paper napkins that are about to blow into the street.

“We try to keep New Haven clean and safe, a place where people can enjoy themselves,” he says of his job as a downtown ambassador. “We keep everything in order.”


The Ambassador Program has been around since the mid-1990s with the inception of New Haven’s Town Green District, a business district improvement program used to facilitate special projects and improvements downtown.

The program is a contracted service through Streetplus, a national organization that runs similar efforts across the country, tailoring it to the unique needs of each city served, and providing training for the ambassadors, who do everything from cleaning and beautification to reporting safety issues to local authorities when needed.

Terrence McIntosh, who serves as operations manager for Town Green District and manages the Ambassador Program, says there are three main tenets to the service provided by ambassadors: cleanliness, safety and hospitality.

Sounds simple, but an ambassador’s job is anything but. The roughly 25 ambassadors complete incredibly varied tasks every day of the week in downtown New Haven, throughout every season and during nearly every event. Their jobs include – but are not limited to – watering and maintaining flower displays and parks throughout the city; performing street sweeping; trash pickup and power washing bus stops and other public areas; snow blowing





**The roughly 25 ambassadors complete incredibly varied tasks every day of the week in downtown New Haven, throughout every season and during nearly every event.**

Sammy Reyes, along with about 25 other downtown ambassadors, play an important role in keeping the Elm City clean, friendly and inviting.







The downtown Ambassador Program dates back to the mid-1990s, when New Haven's Town Green District was formed. The district manages the ambassador program, which is contracted through Streetplus, a national effort that runs similar efforts across the country.

and shoveling when winter snow arrives; providing friendly directions, tourism suggestions and other information to visitors and residents; and patrolling and observing downtown for safety and other issues.

The jobs are large, small, and everything in between, and always make a difference. Reyes points out the weeds growing up through cracks in the sidewalk of the blocks he's assigned. He makes sure to pull them out, maintaining a safe and attractive walking space.

"We clean everything from the storefront to the edge of the sidewalk," says McIntosh, noting the job includes removing misplaced graffiti and signage, but also beautifying popular spots. Ambassadors use lighting, plantings and other landscaping to ensure downtown is visitor-ready, a welcoming place to shop, stroll and explore.

With their yellow-accented uniforms adorned with a "411" logo, ambassadors are also always at the ready to greet and assist people asking for directions, for help with parking, or for what attractions to visit during a trip to New

Haven.

"The ambassador program is our largest and most public-facing initiative at the Town Green District. They are critical to the ongoing cleanliness and hospitality of downtown New Haven and, additionally, they are the engine behind countless special projects and soft touches such as the public flower program for downtown and holiday decorations," says Win Davis, executive director of the Town Green District.

"Their work is rarely easy and often overlooked and, like the postal service, the ambassadors are out there every day, regardless of extreme weather. I am so proud and grateful for their daily contributions to a better downtown New Haven."

Recent ambassador projects include "adopting" the Temple Street courtyard as well as Orange Street's Pitkin Plaza, sprucing up both sites to make them more attractive to those who work and play nearby, says McIntosh. Ambassadors have also taken on the ambitious "Window





World” project, picking local artists to help fill any empty storefronts with their work until a new retailer moves in.

Then there’s safety, perhaps the most important – and nuanced – of all ambassador duties.

Ambassadors aren’t officers of the law, but they work closely with city police, often conducting the important job of “de-escalating” situations so police don’t need to be summoned, McIntosh explains (of course, when police are necessary, ambassadors swiftly make the call).

Part of their job is to remain vigilant while on duty, says McIntosh. Watching Reyes walk his normal route, for instance, it’s clear that his senses are always in overdrive, ensuring everything seems normal, calm, and manageable.

“We are the eyes and ears for the police, when we see things going on that might need their attention,” says McIntosh. “One of the ambassadors’ main jobs is to observe.”

As a “uniformed presence,” ambassadors often help assess and work through issues before

they become more serious, he says. They watch and take note of anything from loud noises to the “way a crowd at an event starts to move,” looking for first hints of a fight or the very beginning of a disturbance and are trained in ways to abate those situations.

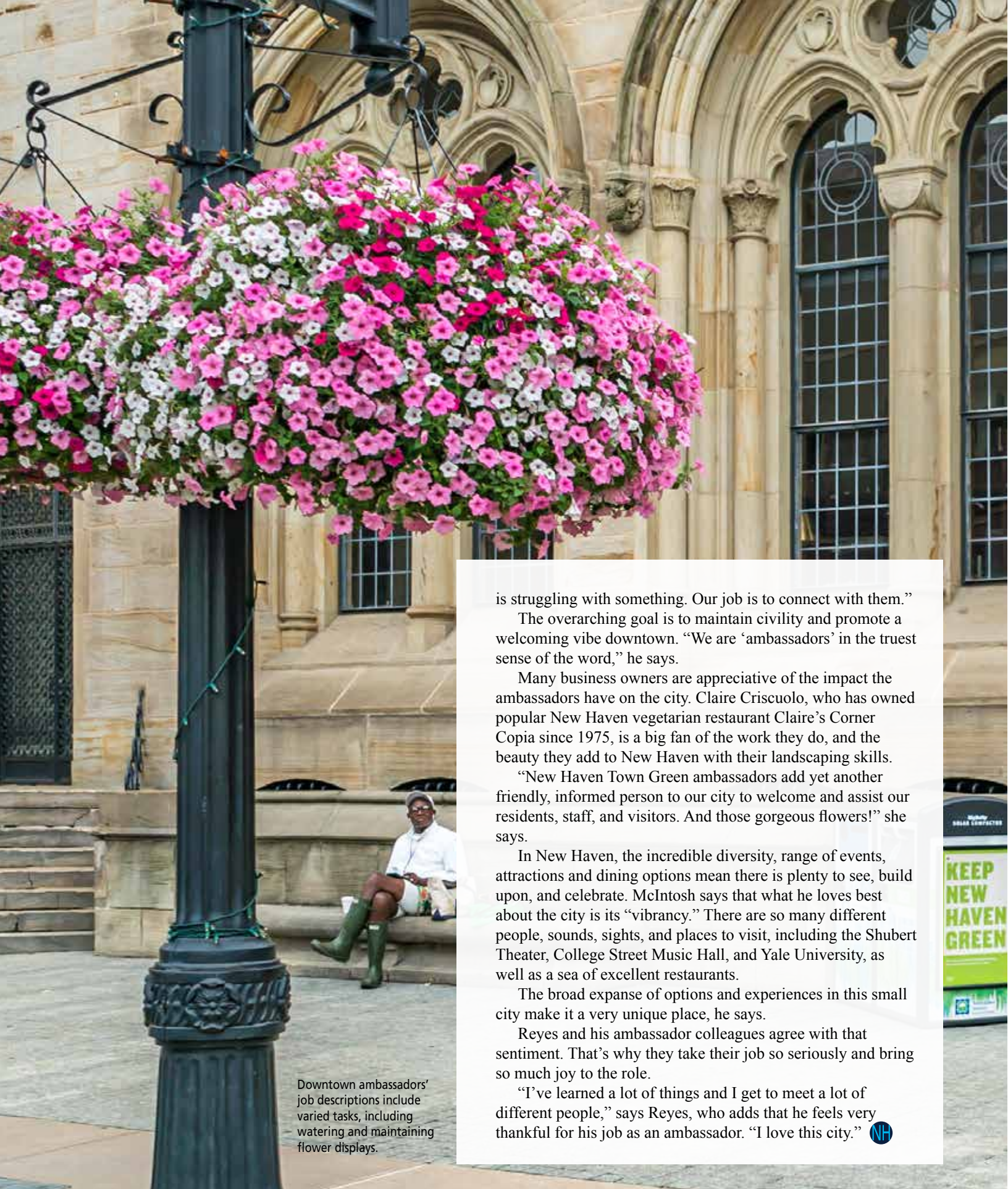
The ambassadors do, naturally, come across people who are homeless and/or have substance abuse issues, and that’s why “we train our ambassadors to do basic case work,” McIntosh says. They are prepared to ask individuals for pertinent information about themselves and to dole out advice on local shelters and other resources when needed. They truly know so many of the people who live, work, and face challenges downtown, from their nicknames to their entire life story. This is another detail that is abundantly clear watching Reyes on his walk, as he greets each person he meets and sometimes gently asks how “everything is going.”

“Our approach is always a friendly, positive one,” says McIntosh. “You can tell when someone



Town Green District Deputy Director, Matthew Griswold (left) and Sammy Reyes in downtown New Haven.





Downtown ambassadors' job descriptions include varied tasks, including watering and maintaining flower displays.

is struggling with something. Our job is to connect with them.”

The overarching goal is to maintain civility and promote a welcoming vibe downtown. “We are ‘ambassadors’ in the truest sense of the word,” he says.


Many business owners are appreciative of the impact the ambassadors have on the city. Claire Criscuolo, who has owned popular New Haven vegetarian restaurant Claire’s Corner Copia since 1975, is a big fan of the work they do, and the beauty they add to New Haven with their landscaping skills.

“New Haven Town Green ambassadors add yet another friendly, informed person to our city to welcome and assist our residents, staff, and visitors. And those gorgeous flowers!” she says.

In New Haven, the incredible diversity, range of events, attractions and dining options mean there is plenty to see, build upon, and celebrate. McIntosh says that what he loves best about the city is its “vibrancy.” There are so many different people, sounds, sights, and places to visit, including the Shubert Theater, College Street Music Hall, and Yale University, as well as a sea of excellent restaurants.

The broad expanse of options and experiences in this small city make it a very unique place, he says.

Reyes and his ambassador colleagues agree with that sentiment. That’s why they take their job so seriously and bring so much joy to the role.

“I’ve learned a lot of things and I get to meet a lot of different people,” says Reyes, who adds that he feels very thankful for his job as an ambassador. “I love this city.” 



# A visionary approach to cataract surgery.

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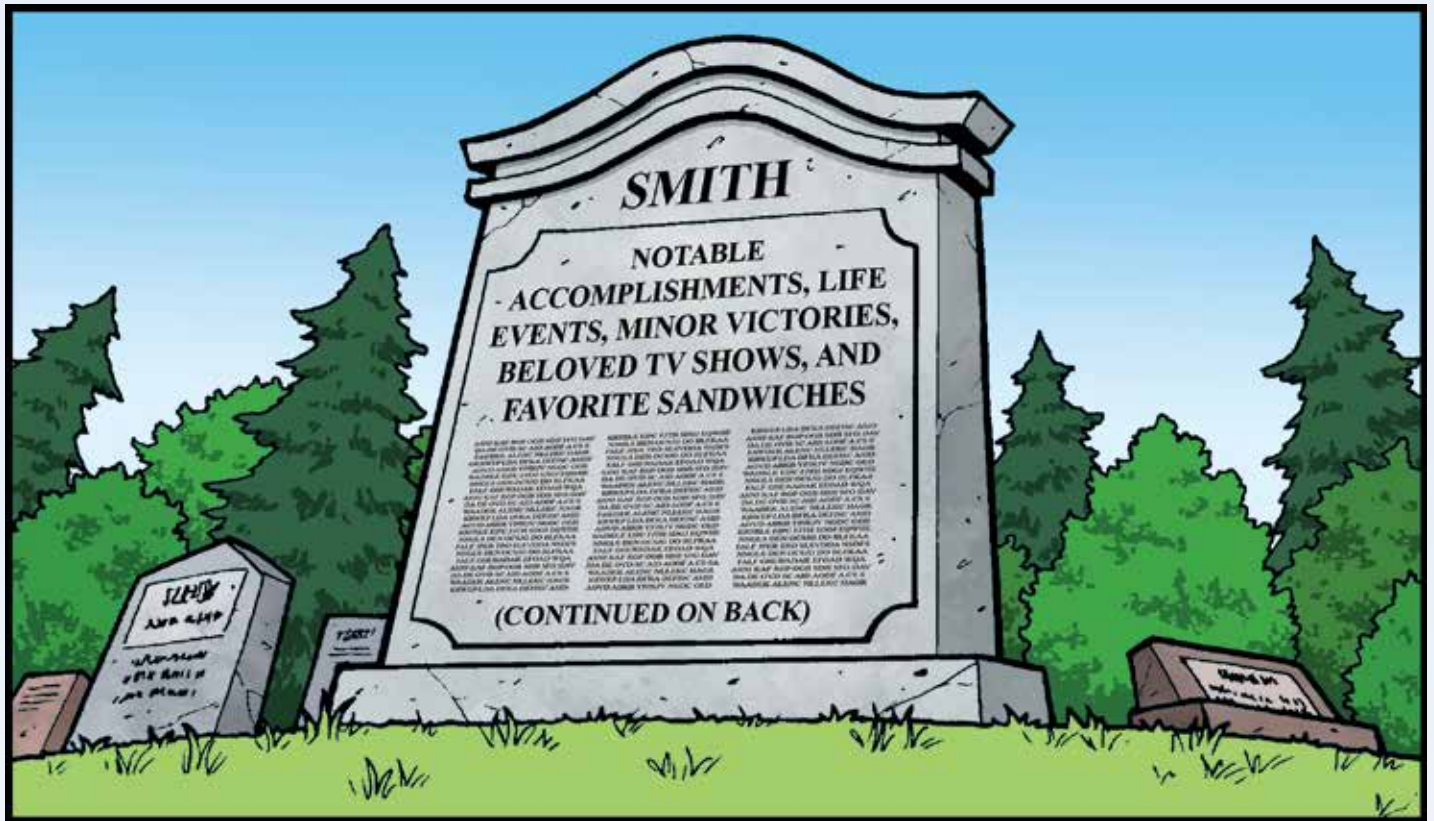


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# Funny Bones

## National Plan Your Own Epitaph Day Lets Us Poke Fun at Ourselves for Eternity

By MATTHEW DICKS / Illustrated by SEAN WANG

**T**om Sawyer was a lucky boy. As you probably know, he had the opportunity to witness his own funeral when his friends and family assumed that he was dead.

What a joyous day that must be ... to stand by inconspicuously and witness that glorious ceremony marking your life.

If you're still alive, of course.

Friends and family pull out their finest compliments, most memorable stories, and most amusing anecdotes to share with the world. All of your past indiscretions are immediately forgiven and forgotten, or they are somehow transformed into moments of levity.

When you were alive, for example, Aunt Betty never let you forget the time you accidentally ran over her pet guinea hen with your motorcycle. But now that

you're dead, she laughs about it as your body slowly decomposes beneath her feet.

Most of us never get to bear witness these glorious statements of love and appreciation, but Tom Sawyer did.

I suspect it was Mark Twain's desire, too, wistfully encapsulated in his fiction.

Sadly, few of us will be as fortunate as Tom Sawyer, but on November 2 of this year – and every year – we have an opportunity to play a small but important role in the ceremony commemorating our worst day ever: national Plan Your Own Epitaph Day. (Many websites will also tell you that this day is marked on April 6, but for the sake of argument, we'll go with November 2, the Day of the Dead.)

When you are long gone, the final reminder of your



existence will likely be a granite marker. A monument to your life. For most people, their epitaph inexplicably amounts to a name and two dates:

John Ultra Ordinary  
19-whatever to 20-who cares

Does anyone else find this a little ... dumb? When deciding upon the words that will be carved into granite – a monument that will likely exist longer than you did, the best your supposed loved ones could do is your name and two of the least consequential dates of your life?

Sure, your birthday is important, and yes, the day that you die is significant, but wasn't your wedding date more memorable and enjoyable than both? Or how about the days that your children were born? The year that you graduated college? The day you passed the bar? The summer afternoon when you hit your first and only home run?

These were the important dates in your life. The most important, in fact. But no, forget those. Instead, your loved ones are likely to opt for the day you emerged from a vagina or abdomen, and the day you finally stopped breathing for good.

That's it. Two dates. A subtraction problem so that future generations can calculate the length of your life.

How sad. How stupid.

I propose that you instead embrace national Plan Your Own Epitaph Day and prevent the possible atrocity of the name-date epitaph from befalling you, too. Rather than running the risk of having the people who love you the most say least consequential things possible about you, why not plan it now before it's too late?

The options are boundless. You could, for example, try to make future graveyard visitors laugh with an epitaph that tickles the funny bone. Rodney Dangerfield's epitaph reads, "There goes the neighborhood."

Or maybe you're worried that even in death, you might be concerned with what others think of you. If so, perhaps pen a defense of your character and moral standing.

Robert Clay, one of the most accomplished gunslingers in the Old West, has this on his headstone:

"I never killed a man who didn't need killing."

Or maybe practicality makes more sense to you. Shakespeare, fearing that his body might be exhumed and studied, wrote his own epitaph. It reads:

"Good Friend, for Jesus' sake forbear  
To dig the dust enclosed here:  
Blessed be the man that spares these stones,  
And curst be he that moves my bones."

Or maybe you're hoping to continue an ongoing battle


even after you're six feet under. If so, why not use your epitaph as one final salvo in that fight? Famed outlaw Jesse James' epitaph reads:

"Murdered by a traitor and coward whose name is not worthy to appear here."

Not bad.

As for me, I have no intention of ever dying and am incapable of even considering the possibility lest I collapse in a puddle of existential goo. But presuming that this is nothing more than a thought experiment, I think I'd opt for a list. Encapsulate as much of my personality and lifetime achievements as possible on the granite marker.

It might read something like this:

"Husband  
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Teacher  
Writer  
Storyteller  
Terrible golfer  
Better poker player  
Planned on living forever" 





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## SCHOOL OF EDUCATION

### • DOCTORAL PROGRAM:

Ed.D. in Educational Leadership

### • MASTER'S PROGRAMS:

Counseling  
– School  
– Clinical Mental Health  
Elementary Education  
Library and Information Science (fully online)  
Reading | School Psychology  
Special Education

### • SIXTH YEAR PROFESSIONAL DIPLOMA:

Classroom Teacher Specialist  
Educational Leadership | Reading  
School Counseling | School Psychology  
Special Education

## SCHOOL OF HEALTH & HUMAN SERVICES

### • DOCTORAL PROGRAM:

Ed.D. in Nursing Education (fully online)  
D.S.W. in Social Work (fully online)

### • MASTER'S PROGRAMS:

Communication Disorders | Exercise Science  
Marriage and Family Therapy  
Nursing | Public Health  
Recreation and Leisure Studies  
School Health Education | Social Work  
Sport and Entertainment Management  
(fully online)

## POST-BACCALAUREATE PROGRAMS

### • ADVANCED CERTIFICATES:

Accounting | Applied Behavioral Analysis  
Applied Statistics | Women's Studies

### • EDUCATOR PREPARATION:

Biology | Chemistry | Early Childhood Education  
Earth Science | Elementary Education | English  
Foreign Languages | Mathematics | Physics  
History & Social Studies | Special Education

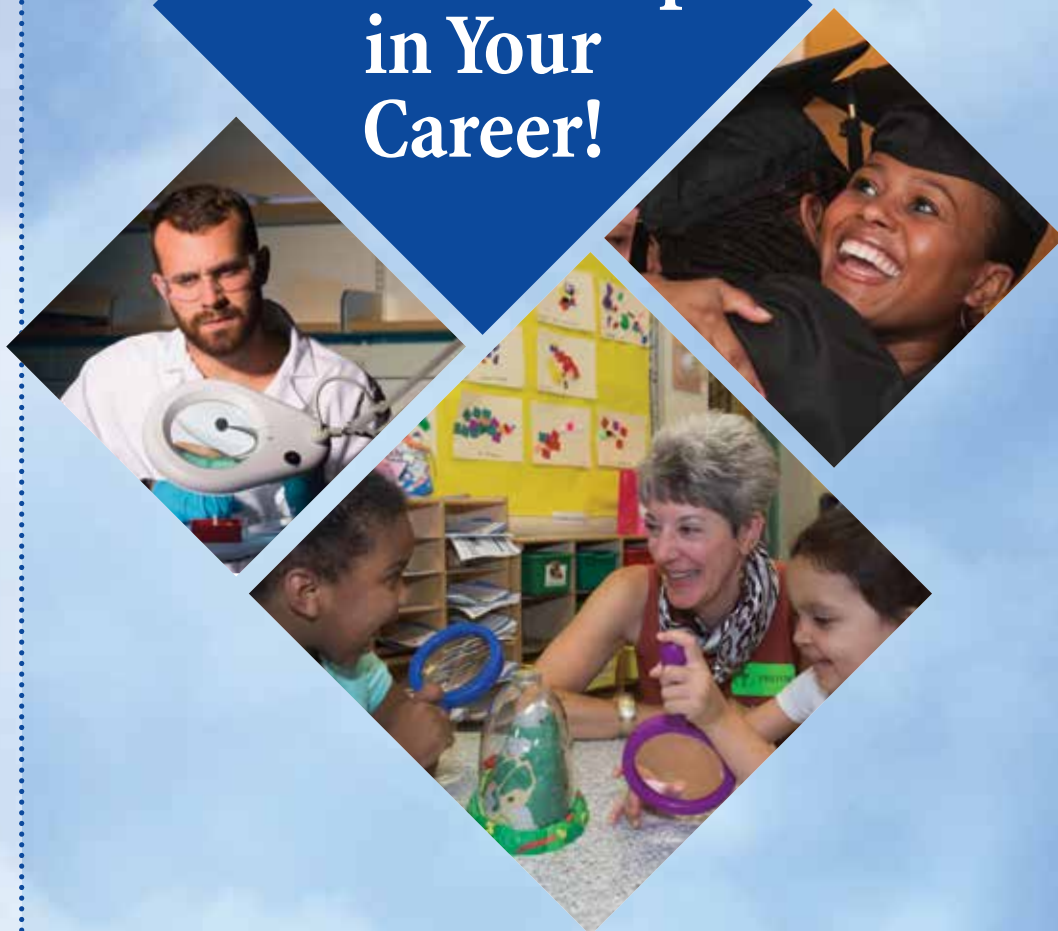
### • GRADUATE CERTIFICATES:

Remedial Reading and Language Art Specialist  
School Library Media – Teacher Certification  
School Library Media – Cross Endorsement

### • POST-MASTERS CERTIFICATES:

Clinical Mental Health Counseling  
Clinical Nurse Leader  
Family Nurse Practitioner | Nurse Educator  
Reading and Language Arts Consultant  
School Counseling

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*for Sales & Rentals: 2016, 2017, 2018*



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Yale and the Shoreline communities since 1926.*

**#1 in Multi-Family Sales,  
#1 in Condo Sales & #1 in Rentals**



**239 Bradley Street, New Haven \$975,000**  
Rare East Rock offering! Stately brick multi-family with approximately 5000 sq. ft. just steps to Yale & Downtown. The property features a 1st floor apartment with 3 bedrooms, a 2nd unit spread over two levels & an additional architect renovated 3 story unit. A 2 car attached garage, large back deck & beautiful bluestone patio complete this masterpiece!  
**Jack Hill (203) 675-3942**



**190 Wooster Street #35, New Haven \$320,000**  
Live on New Haven's famous Wooster Street! This lovely, well maintained, 4 bedroom, 2.5 bath duplex in Columbus Mall features a private entrance, large fenced yard with deck, updated kitchen, hardwood floors & off-street parking. Monthly fees include heat, taxes, insurance, snow removal, landscaping & more! Pets allowed, no investors.  
**Cheryl Szczarba (203) 996-8328**



**44 Trumbull Street, New Haven \$624,900**  
Exquisite five floor row house in prime location between Downtown & East Rock, just minutes to Yale. Currently used as office, residential conversion possible. This historic c. 1900 property maintains much of its original detail with decorative entryway, mahogany doors & ornamental moldings. Own a beautiful piece of New Haven History!  
**Jennifer D'Amato (203) 605-7865**



**289 Greene Street, New Haven \$349,000**  
Stunning Wooster Square condo – truly one of a kind. This remodeled & meticulously designed unit boasts a great open floor plan with 2 bedrooms & 1.5 baths in addition to a chef's kitchen, private balcony & gated parking for 1 car. Complex features a large courtyard with grass area.  
**Jack Hill (203) 675-3942**

**Jack Hill: #1 Top-Selling  
New Haven Agent: 2016, 2017, 2018**



**95 Audubon Court #231, New Haven \$499,900**  
New York style condo in the heart of Downtown New Haven, Yale & the Arts District. One level living with beautifully updated kitchen, two bedrooms, 2 full baths & new windows throughout. This quiet & private city home overlooks a private courtyard. The complex features 24 hour security.  
**Cheryl Szczarba (203) 996-8328**



**29 Myra Road, Hamden \$239,900**  
Absolutely adorable 2 bedroom, 1 1/2 bath Colonial on a meticulously landscaped lot! This charming home has been lovingly maintained with updates to the kitchen, roof, bathrooms and flooring. Custom built ins maintain the style and allure of the 1930's era. Central air and attached one car garage!  
**Jennifer D'Amato (203) 605-7865**