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2023 | VOLUME 2, ISSUE 2

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## New England's Nutcracker



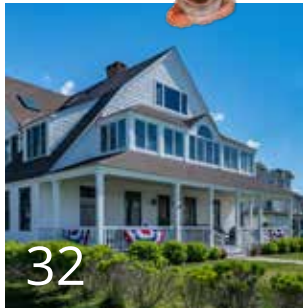
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## PUBLISHER'S LETTER



Budding trees, hatching eggs, graduations—spring is all about growth. Whether you are nurturing a family, a business or a personal goal, growth reveals itself in an inspiring pattern of incremental progress.

With a year under our belt, Coast Magazine is growing! As each issue publishes, we are further defining our voice, our style and our audience. The Shoreline of Connecticut has embraced us as readers. Your neighbors and friends filled our pages with uplifting stories and faces that make our corner of the world home.

You have clearly shown us that demand for Coast is high, and we are ready to expand our reach. Our distribution, readership and sponsors started east of the Q Bridge, spreading down the coast. We are now journeying over the Connecticut River to the banks of Old Lyme and beyond.

I'm excited to announce we will soon be inviting guests to greet you in this publisher's space. After all, I'm a behind-the-scenes kind of guy—let's get some fresh views in the spotlight.

Join our team of contributors and advertisers. We want to take part in the splendor of your growth!

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# Ahoy there, AND Play Ball!

## Collegiate ballplayers on the Norwich Sea Unicorns will make a splash this season

by Michael Ruscoe

The immortal Hall of Famer Rogers Hornsby was once asked what he did during the winter when there was no baseball. “I’ll tell you what I do,” he replied. “I stare out the window and wait for spring.”

If Hornsby lived on the Connecticut coast, he wouldn’t have long to wait. Not only is it finally springtime, but America’s national pastime is gearing up for another season of play in Norwich, where the Sea Unicorns (that’s right, Sea Unicorns) are preparing to take the field.

Just what is a sea unicorn? In the Arctic Ocean, it’s a narwhal—an odd-looking creature with a tusk protruding from its head. In Norwich, however, it’s also a collegiate-level ballplayer who is hungry for a chance to play in the big leagues.

“The Sea Unicorns are the former Connecticut Tigers of the New York-Penn League,” said Norwich General Manager Lee Walter Jr. “We changed our name right before COVID-19 hit in December of 2019, and at that time, we were still affiliated with the Detroit Tigers.”

COVID, however, canceled the 2020 minor league season. As the country emerged from the pandemic, Major League Baseball took over the minors, reworked them, and eliminated 40 minor league teams. The Connecticut Tigers was one of them.

Norwich joined the Futures League in 2021.

“The Futures League is a fairly new collegiate summer league where college players get to go to different towns, play baseball for the summer, hone their skills, and obviously, put on a show for the fans,” Walter said. “And they do a good job of it. The League is growing the reputation in the region for what the level of the league can be.

“It’s a long season, 64 games in total, which is 20 more than most traditional college summer leagues,” Walter said. “We get some really good talent from all across the country.

“The ultimate goal for these guys is to continue to develop and hope that they can sign a professional contract,” Walter said, “and then work their way up through the minors with the ultimate goal of being in the major leagues someday.”

Eliminating minor league clubs across the country was a controversial decision at the time, but Walter said there was still a silver lining for his young players and for Major League Baseball.

“This is still a benefit,” he said, “because it gives more college kids somewhere to play during the summer at a higher level. And it benefits Major League Baseball quite a bit, having all these collegiate summer teams where that they can watch these college kids develop before making a decision on whether to draft and sign them.”

The Futures League includes teams with such names as the New Britain Bees, the Worcester Bravehearts, the Nashua Silver Knights, and the Vermont Lake Monsters, giving the league a decidedly New England feel.

“We do have a league rule where 15 players (per team) have to have



Opposite page: Batter up! It’s time for some Sea Unicorns baseball!

Right: The mighty narwhal that represents the Sea Unicorns (Photo & image courtesy of the Sea Unicorns)



Left: The Sea Unicorn's game includes reaching out to the community, including these young ball-players

Below: A collegiate player at bat

(Photos courtesy of the Sea Unicorns)



some kind of New England tie, whether it's growing up and living in New England or at least playing for a New England school," Walter said. As a result, he said, the league has some players coming from ballfields as far away as Texas and Las Vegas.

"It's a nice little mix that we have going," he said.

Among this mix are players we might see in professional (and even major league) uniforms before too long. For example, "in our first year (with the Futures League), we had Lebanon native Colton Bender, who went to Quinnipiac College," Walter said. "He played here before going to the Cape Cod League, and while he was in Cape Cod, he ended up getting drafted, and he's currently in the San Diego Padres organization."

Other former Sea Unicorns to keep an eye on include Chris Maldonado and Cameron Maldonado (no relation). "They're both playing really, really well at their respective schools this spring, so those are guys to keep an eye on down the road," Walter said. "When they become draft-eligible, they may end up in the pros someday, too."

And while the players may be aiming for the bigs, fans can still expect the traditional minor-league experience when the Sea Unicorns's first pitch of the season is tossed on Memorial Day weekend.

"A couple of us here in the front office have been here since the minor league days, and so we still run the game as if it were minor league game," Walter said. "We really try to get the fans involved in a lot of things."



“For example,” he said, “this year on Saturdays, we’re going to have live music before every game. The gates will open two hours early instead of the normal one hour, and we’re going to have a different live band that’s going to play for 90 minutes during pregame.”

Other attractions will include in-between activities such as uniform races, putt-putt games (during which fans will have three chances to sink short putts), an inflatable bowling game, and potato sack races.

“It’s all about the fans and their experience,” Walter said. “When I see the fans are having a good time at the game, or they’re leaving happy regardless of what the scoreboard says at the end of the game, that’s easily the most rewarding part of my job. Because that’s what we’re here for, to put on a good show, and to make some family fun and affordable entertainment.” □



A meeting at the mound during Sea Unicorn action  
(Photo courtesy of the Sea Unicorns)



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# STAND UP

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# SPEAK OUT

the musical

## BE AN *Upstander*

*Stand UP & Speak OUT The Musical* addresses the effects that exclusion and negativity have on our youth and informs students about ways that they can Stand UP to it safely using kindness and inclusion to foster empathy and connection.

Bullying in schools can turn into tragedies when kids think they're alone with nowhere to turn. *Stand UP & Speak OUT The Musical Production* debuting at the Katharine Hepburn Theatre addresses this issue.

This life changing production created and composed by 4-time Emmy nominee Jill Nesi features a young cast in a powerful show with an important message. The show tells the story of Stephanie, a girl who is relentlessly bullied at her high school. She is visited in her dream by her old friend Ian. Sadly, Ian also suffered from horrific bullying, with tragic consequences.

The Connecticut Commission on Women, Children and Seniors along with Stand UP & Speak OUT CT, are working together to help foster a pos-



The 'Upstanding' cast of *Stand UP & Speak OUT The Musical* (Photo courtesy of the production)

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**Jill Nesi** | PRODUCER  
Emmy-Nominated Singer/Songwriter/Composer and creator of *Stand UP & Speak OUT The Musical*



**Alexis Lariviere** | DIRECTOR

**BEHIND THE SCENES**

*Alexis Lariviere is a 20-year-old award-winning actress and singer. Throughout her career thus far, she has had the honor of sharing the stage and screen with Molly Ringwald, Meatloaf, Cheri Oteri, and Conchata Ferrel, to name a few. She is beyond proud to be one of the original cast members of the grassroots organization, Stand Up and Speak Out. In addition to her love for the arts, Alexis has been a powerful peer advocate for safety, health, and wellness. When Alexis was nine years old she, her mother and her brother were recognized for creating a hands-on therapeutic woodworking program called Healing Hope Chest, assisting those experiencing grief and loss. As she makes her directing debut for this social and emotional musical production, Alexis hopes to continue to spread awareness, educate those around her, and make a positive impact in the world.*

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itive school climate for children and youth throughout Connecticut and beyond by building empathy through the arts.

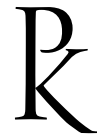
Past performances of numbers from the production include:

*The Ivoryton Playhouse, 2017 The Connecticut State Capitol, 2017*

*The United Nations, 2018 "Stand UP" The Musical Showcase (Adapted and Directed by Spotlight Stage Director Christopher Zullo)*

After a pandemic inspired hiatus, *Stand UP & Speak OUT* returns to the theater with this live (and full) production showcasing inspiring songs and dance addressing the topic of bullying and how kindness, empathy and acceptance can counteract poor behaviors. The goal of this powerful musical is to get both students of all ages and adults to recognize these situations and become "Up Standers" that STAND UP, SPEAK OUT, AND STOP BULLYING while creating a CHAIN REACTION of kindness!

*Performances are selling out. Contact The Kate for showtimes and ticket availability. katharinehepburntheater.org* □



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# Her Voice

*From non-fiction to fiction,  
Connecticut author,  
Susan Shapiro Barash,  
writes it all!*



**T**he Coast staff was excited to sit down with Susan Shapiro Barash, an author of intelligent and meticulous researched non-fiction. She also writes captivating fiction under the pen name Susannah Marren. Susan's books focus on the gender divide, and women's their innermost feelings about themselves as daughters, mothers, sisters, friends, wives, mothers-in-law, daughters-in-law, rivals, colleagues, and lovers. Her non-fiction informs her fiction. Several of her titles have been optioned by Lifetime and HBO.

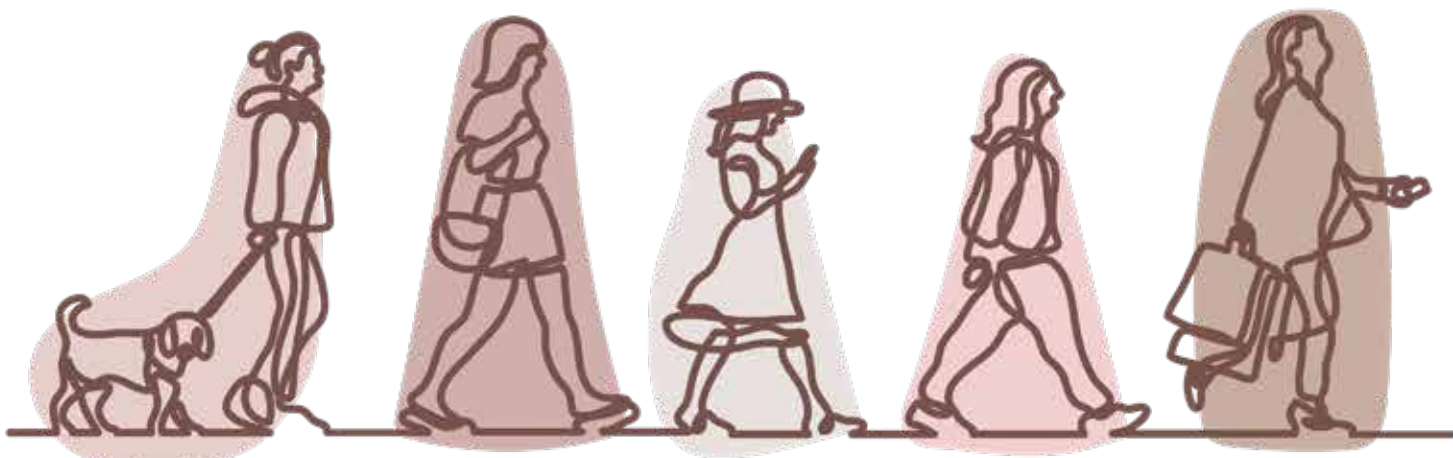
**COAST:** *Your nonfiction books such as Tripping the Prom Queen, Little White Lies, Deep Dark Secrets, Toxic Friends, The Nine Phases of Marriage focusing on how women are positioned in our society drew national attention from The New York Times, The Wall Street Journal, Forbes, The New York Post, The Chicago Tribune, Elle, 'O', and Marie Claire. You've appeared on countless national television and radio programs to discuss these issues. Can you talk about how do your non-fiction books inform your fiction?*

**SUSAN SHAPIRO BARASH:** My nonfiction informs my fiction because I am drawing on authentic material. What women have discussed about their relationships, such as those cited

above, are what my books are about. I'm very interested in how women work through these connections and how facile they are at keeping secrets and lying for the cause, if need be. Thus my novels always contain a secret, one that is dangerous and a challenge to manage.

**C:** *Can you talk about your Palm Beach series of books and why they are set on the east coast in Palm Beach? What makes that area fascinating for you? Why do you think so many snowbirds from Connecticut are drawn to it?*

**SSB:** I have been going to Palm Beach since I was a toddler. My parents loved it and bought a home early on. Every school break my older brother and



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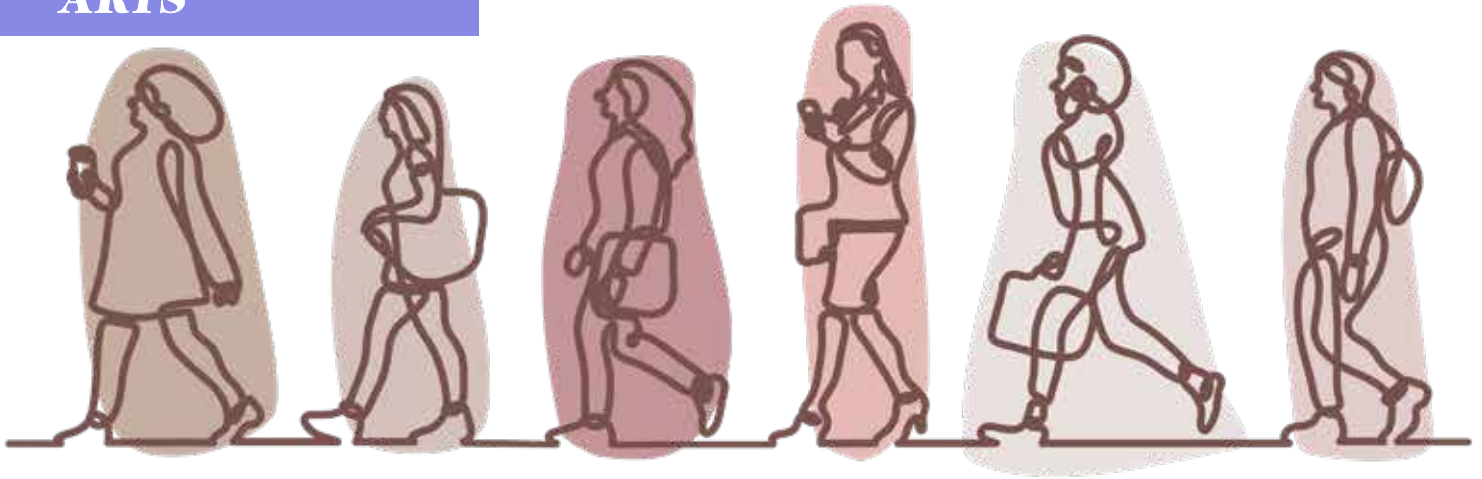
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“Women have so much to offer—the more they are successful in their own right, the more society profits.”

I were there and to this day we have friends from Palm Beach. When I left for college, my parents became residents. My father was a ranked tennis player and he and his doubles partner did well in Florida for decades. As a writer, I was always curious about how perfect life seemed in Palm Beach with all the beauty and serenity. What were the coiffed women really thinking, how was it for them? I would walk on Worth Avenue with my mother or with friends and imagine their truths.

**C:** For your latest book in the Palm Beach series you are doing an event at Bank Square Books in Mystic on July 2. You have appeared in Mystic in the past? What makes that area of Connecticut attractive to you as an author? And what attracted you to Connecticut to live, first in Westport and later in Greenwich?

**SSB:** I am looking forward to my event at Bank Square Books and it is the week of the launch of my new novel, *Maribelle's Shadow*. This is a very special bookstore and Mystic is a charming place. Both Greenwich and Westport are great towns—the libraries, the Y's, the bookstores and restaurants and culture. I have dear friends in both places. My children were raised partly in Greenwich and that makes is meaningful to me.

**C:** What do you think today's women face today as challenges they will not be able to ignore?

**SSB:** I believe that until there is equal

pay for equal work, there will be no true equality in our society. This remains an ongoing situation. Women's voices need to be heard. It is fundamental to progress and parity. Women have so much to offer—the more they are successful in their own right, the more society profits.

**C:** What issues do you think your next non-fiction book will cover? And your next fiction book?

**SSB:** I am presently working on a new nonfiction project and a new novel. I'm at the beginning stages so I can't divulge anything yet! □



Susan Shapiro Barash will appear July 2 at Square Bank Books in Mystic promoting the launch of her latest fiction title, *Maribelle's Shadow* (Courtesy Beaufort Books, Incorporated)



(Photo courtesy Susan Shapiro Barash)

**SUSAN SHAPIRO BARASH** is an American author of thirteen nonfiction women's issue books including *Tripping the Prom Queen*, *Toxic Friends*, and *You're Grounded Forever*, but *First Let's Go Shopping*. Her current non-fiction book, *A Passion for More: Affairs That Make or Break Us* is a study of today's woman and infidelity and it is the inspiration for a new podcast, *She Wants More* hosted by bestselling, award-winning host Jo Piazza. She writes fiction under her pen name Susannah Marren. Her novels are *Between the Tides*, *A Palm Beach Wife*, and *A Palm Beach Scandal* and her latest, *Maribelle's Shadow*.

For over two decades Susan has taught in the Writing Department at Marymount Manhattan College. She has guest taught at the Writing Institute at Sarah Lawrence College and presently is teaching at the Westport Writers' Workshop. She has served as a literary panelist for the New York State Council on the Arts, as a judge for the International Emmys and as Vice Chair of the Mentoring Committee of the Women's Leadership Board at the JFK School of Government, Harvard.



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# A LABOR OF LOBSTER

*by Michael Ruscoe*

*NICK & ARLENE CRISMALE*

*TALK LOBSTER SHACK & THE LOBSTERMEN*

*OF LONG ISLAND SOUND*

**F**or Nick and Arlene Crismale, owning and operating the Lobster Shack on the shores of East Haven is more than a mere labor of love. It's a labor of lobster, an offshoot of a Connecticut tradition that goes back hundreds of years.

According to Nick, a one-time North Branford police officer turned full-time

lobsterman, there was a day and age when "you could go to any (coastal) town, whether it be Milford, Stratford, New London, and wherever you went, there'd be lobster boats in every harbor. There were families of lobstermen.

"We would have boats all over the place out here," he said. "We would meet the New York guys. It was

unbelievable. And the chatter on the radio—people would listen in their boats just to listen to us talk back and forth, because we would be joking. We had a great time. You looked forward to going out every day."

After leaving the North Branford police force in 1980, Nick started his business with 50 traps, and over a period of



Nick and Arlene Crismale look out over the water from the second-floor dining room of the Lobster Shack  
*(Photo by Michael Ruscoe)*

ten years, grew to harvesting with 2,000 traps. Eventually, Arlene, freshly retired from the phone company, got into the business by selling fresh lobster rolls from a trailer parked in a Branford Marina.

“We had access to lobster meat, obviously,” Nick said. “We’d come in a pick some lobster meat for her for the next day. And then, all of a sudden, she started selling more and more. She got a little bit of publicity on it, and it just took off, and we graduated to a larger trailer.”

“It was a little hobby,” Arlene said, “and then it just mushroomed.”

The Crismales, who have been married for 51 years, continued in the lobster business—catching them, cooking them, even wholesaling them—until the lobsters in Long Island Sound suddenly began dying en masse.

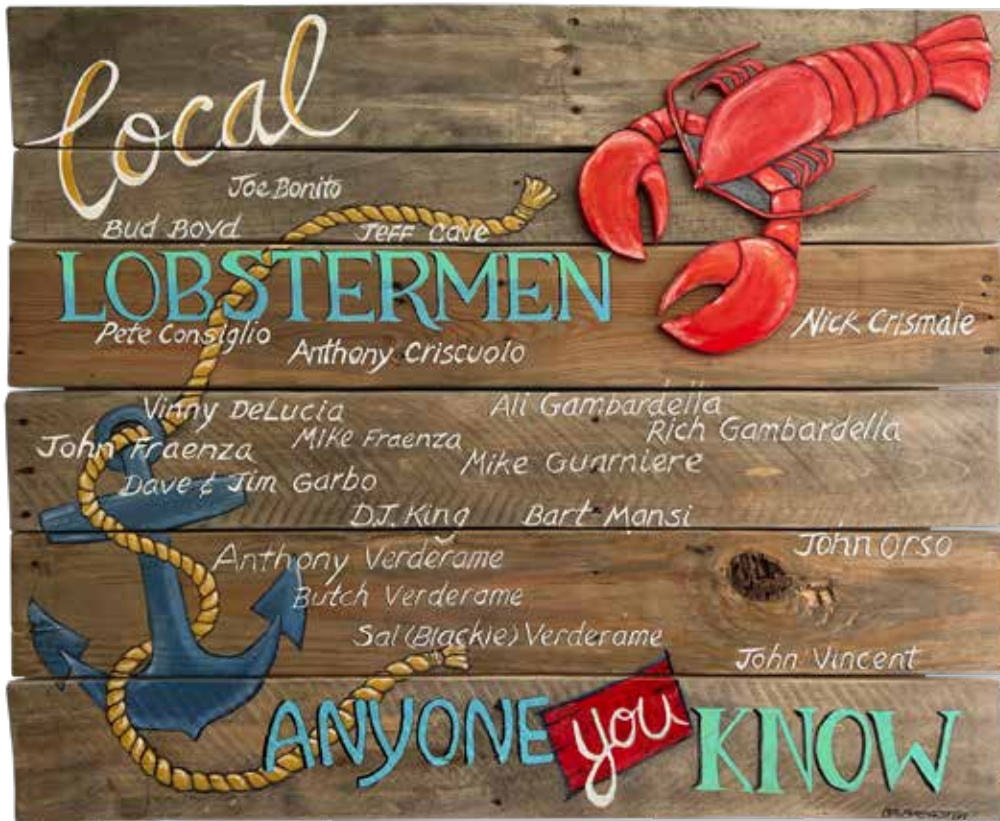
“We believe it was from the pesticides that

they sprayed for West Nile Virus,” Nick said. “It went into the water and lobsters became collateral damage. I was optimistically trying to do that for a few more years, but by around 2007, the reality was that you couldn’t make a living at it anymore.”

“They were using all these chemicals,” Arlene said, “and they didn’t even know what the heck they were doing. Lobsters are like bugs. They’re the bugs of the ocean. Pesticides just kill them. They were getting washed up onto the beach.

“Who would think,” she said, “with the Sound being as large as it is, the dilution would have impacted it? (But) it didn’t take much to offset the whole physiology of the lobster. They were prematurely shedding their shells. It upset the whole balance.”

“It was pretty devastating,” Nick said. “I was a first-generation fisherman, but there were a lot of guys who were second and third generation who lost their living.



An ode to local lobstermen adorns the restaurant wall (Art by Lee Burkhardt)

“I know some of the fisherman who were around, they left the state and just couldn’t deal with it,” Nick said. “Some became alcoholics because they just couldn’t deal with the loss. That was all they knew. Some of them lost their boats—when the mortgages were on their boats, they just couldn’t make it. It was just devastating.”

Despite the mass lobster die-off in the Sound, the Crismales managed to stay in the business. Having graduated to a larger lobster roll trailer, they decided to take the plunge

as full-time restauranteurs and bought the former Beach Head restaurant. The building, in Nick’s words, was “a little run down,” but after lots of renovation, the Crismales began selling their locally famous lobster rolls to the residents of East Haven.

The renovations include an upstairs floor with a deck overlooking the beach. “In the summertime, everyone wants to be on the deck,” Arlene said. “It’s the most beautiful view.” The second floor of the Lobster Shack also features a jazz brunch

The Lobster Shack sits by the beach in the sunshine, waiting to serve customers (Photo by Michael Ruscoe)



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Last autumn, the Crismales made the decision to keep the once-seasonal restaurant open year-round as a way to retain and reward their staff. It was a challenge to get through the off-season, when many of their regular customers were out of the state for the winter. But both Nick and Arlene said it was worth it.

"We're like family here," Arlene said. The people in our kitchen are amazing, and you have to let them know they're amazing. You have to let them know how much you appreciate them. And our staff is independent—they don't need us here. But we're still here because the people that come in, they want to see you, they want to know you're here."

With fresh lobster now coming in

from Massachusetts, Maine, and Canada, the Crismales expect a very busy spring and summer.

"We got through the tough winter," said Arlene. Now that spring has come, "it'll be fine," she said.

Nick, one of the last of the Long Island lobstermen, agrees. "I don't think many people who are in it clearly for profit would have sustained themselves through the winter like we did," he said.

"Some weeks it cost us money to be here. But we knew we were building something. We took that chance and made it through the winter.

"Once the summer comes, we do very well," he said, displaying the same fortitude that made the Connecticut lobster business thrive for generations. "It was worth the sacrifice." □



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# Biking IS AN All-Season Sport

AN **Instagram** CYCLIST SHARES HIS FAVORITE CT RIDES

guide & photos *by Matt Holmgren*

@oldschool77



oldschool77 Took my 1941 and 1952 Columbias out this weekend and had some great photo ops! Happy 4th of July!

Getting outside in Connecticut means taking to two wheels and slowing down to ride on the beautiful terrain of our great state. We have nearly 100 miles of great coastline and beaches to enjoy, there are some gorgeous rides to the north as well with satisfying views, historic sites, local eateries, breweries and homestead farms.

### TRAILS FOR EXPLORING

For some local great coastline access there are several terrific options. Hammonasset Beach State Park is one of my favorites in the area. It has an easier difficulty rating for terrain and is approximately 3.8 miles with extensions as well for longer riding. It is not only popular for biking but camping, bird watching as well as the local beach and Meigs Point for fishing. Plenty of places to rest and relax or to purchase food and drinks (seasonal) along the route near the bathrooms. There is an entrance fee for out-of-staters based on time of year but the scenery and views are worth the trip. The surface is both crushed rock and paved in certain sections and there are hiking options as well.

For mountain bikers the Hay House and Great Cedars East Loop is a more challenging trail in Old Saybrook, CT. It is popular for hiking, trail running and mountain biking. Although some parts are not well marked, it is relatively flat and easy to navigate for the



## Vintage Lighting Restoration

### Rewiring

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oldschool77 Sold a bike locally and made a ride combo out of it on the way home with Hammonasset! Mighty windy but a great spot for striped bass as well!

most part. There are maps available at the trailhead. At 5.6 miles it takes a few hours to hike.

If you would like to cover a bit more distance and venture away from the coast

to the north there are two other trail systems that offer even more variety at an easy grade and difficulty level, Farmington Canal Heritage Trail (54 miles), Farmington River Trail (16 miles) There really is no bad time of year to visit these two amazing trail systems and they are open year-round from sunrise to sunset. The path originated as a canal towpath in the 1820s, became a railroad in the 1840s and was converted to a multi-use path in the early 2000s. I prefer riding one of my various bicycles but roller blades, walking, jogging and even cross-country skiing during the winter. The Farmington Canal is completely paved and just about 90% complete as far as being connected from New Haven to lower Massachusetts.

The Airline Park State Trail is well-packed dirt and crushed stone, which is great for cyclocross, mountain biking

and runners/walkers alike due to the softer surface. On the Farmington Trail during the springtime when temperatures are in the 40s and sunny, you can see beautiful blooming flowers in



oldschool77 These snow tires are hard enough to roll when it's dry lol! SNOWTIME! Great workout regardless!

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Cheshire, waterfalls in Avon and wildlife throughout the corridor. The Farmington River Canal Trail, as the name suggests, is a spur from the Heritage trail but follows the Farmington River for even more impressive views. It is mostly paved and well-traveled and forms a loop with the Heritage Trail, which has a more direct route heading north. The Airline Rail Trail (50 miles) follows the bed of the abandoned New Haven, Middletown & Willimantic



oldschool77 Airline Trail 30 miles Hebron to Willimantic 1 of 2

Railroad in Eastern Connecticut. The lower 22 miles is designated as the Airline Trail State Park, an additional 28 miles (Airline North) continues northeast to Putnam. The packed stone trail passes through forests and wetlands in Beaver Brook State Park, Goodwin State Forest, Grayville Falls Park, the Hampton Reservoir, Salmon River State Forest, and the Lyman and Colchester viaducts, listed in the National Register of Historic Places. These viaducts were filled in many years ago to support the increased weight of train cars and the path today runs across the top of



oldschool77 Some Seaside Park cruising plus Mr Softee!

this fill. The Airline State Park Trail showcases colorful foliage as the leaves change in the fall months, and enjoyable fat tire biking and cross-country skiing in most sections during the colder months.

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**BICYCLE TYPES FOR THE TRAIL SYSTEMS**

The Airline Trail as is the Farmington Canal Trail both feature gentle slopes and hills and are predominantly flat and level due to the historic rail usage from the mid 19th until late 20th century usage. This allows single speed beach



oldschool77 Yearly bike/hike to the tri state marker! CT/RI/MA!

cruiser types of bikes to be well suited for either terrain. However, due to the dirt and gravel of the Airline Trail, more aggressive and larger tires are recommended to offer more stability and control in a variety of conditions.

The Farmington Canal Trail is mostly paved so roller blades, road bikes and other types of recreational activities would suit more wet conditions as well as a more predictable surface without mud or debris year-round. I have tried road to mountain to classic Schwinn and



oldschool77 Finished the last section of the Farmington Canal/River Rail Trail! I make it an annual thing and it's great to make it all the way up to Southwich MA! This boat anchor of a bike at 70lbs killed my knees LOL. Simsbury, East Granby, Granby, Suffield and Southwich today

chopper type bicycles with great enjoyment. You can't go wrong with a hybrid type bicycle for either trail during the drier months in either trail system and they are both well marked and have online map support to help connect with local amenities and businesses. For greater peace of mind,

the Farmington Canal Trails trail heads have self-serve repair stations to keep you going should you require mechanical adjustments.

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oldschool77 Early a.m. zip for Trumbull, Bishop apple picking with the family, and Farmington Hamden/New Haven on the bruiser cruiser!



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oldschool77 Lost the sun and it turned windy/cold but I got my miles in! New Haven section gets a bad wrap but I help maintain it just like any other sections. I'll be back for some cleanup later in the spring!

### PARKING AND ACCESSIBILITY

Look online to download printable trail maps. Here are a few of the more well-known stops. At several points on each trail system, there are identified parking spaces, various amenities and public restrooms, which are opened seasonal-

ly. For the Farmington Canal Heritage Trail, starting near the coast, the main trailheads are in various shopping centers such as in Yale/New Haven (mile 0), Hamden (mile 6), Cheshire (mile 14.3) and Southington (mile 22). The Northern Corridor Farmington Canal Heritage Trail has several parking and amenity locations in Plainville (mile 0), Unionville/Farmington (mile 1.3) Canton, Avon (mile 5), Simsbury (mile 14) and Granby (mile 19). To access the Farmington River Trail, the two main trailheads are near the Simsbury Public Library and the Tunxis Meade Athletic Field on Red Oak Hill Road in Farmington.

The creation of these rail trail systems offers countless opportunities for exercise, solo or in groups, building local businesses and transit as well as improving the quality of life especially for surrounding neighborhoods. They provide year-round enjoyment and act as a safe route for recreation, commut-

ing and for family enjoyment. Whether you walk, run, jog, bird watch, explore, rollerblade or bike ride the various rail trail systems of Connecticut offer a lot of variety and beauty that is both accessible and easy to use for all ability levels. □



oldschool77 Putting some miles on my Fall tire/ suspension setup until it snows. Great workout and gobs of traction!



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Our Little Secret

BRANFORD'S  
1928 COCKTAIL CLUB

# A Secret Worth Spilling

story & photos

by **Tiffany Guckin**

📷 @foodswithfinn

The roaring '20s was a decade of prosperity, bathtub gin and jazz! If this sounds like music to your ears, I'm going to let you in on a little secret. 1928 Cocktail Club, located in the heart of Branford, Connecticut, is the only true speakeasy bar & lounge in the state!

The concept of the cocktail lounge started out as initial dreams and discussions between now co-owners Frank Dean and Anthony Cuomo. Frank, no stranger to the hospitality industry, started from the depths of cleaning dishes in kitchen sinks, making his way to becoming a floor sommeliers at David Burke's Prime. Anthony, with a





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career in high performance computing and entrepreneurial experience, and an admirer of NYC cocktail bars, knew this was a business venture for them!

It was in that moment the concept was born, and the doors opened June 3rd, 2022! Now, onto, location. Location,



Old Fashion

location, location!

After multiple options were considered in various neighboring towns, a space in the Branford center became available, offering everything Frank and Anthony were looking for. An intimate space close to the city of New Haven, accessible to shoreline beaches and settled amongst already local favorite small businesses of the town.

Legend has it, Branford may have even had its hands in the prohibition movement, stashing barrels of whiskey and rum by Ms. Nelly Green herself, in the basements of what is now, Pasta Cosi, Ashley's and 1928!

So, what can you expect when you walk into a place like 1928? With a swift knock on the door and a password to get in, patrons will receive a warm welcome and will be treated like part of the family. The goal is to feel transported back in time, to a cozy and inviting lounge atmosphere, where one



Strawberry Fields

can enjoy a carefully curated cocktail, small bites, and live jazz music. The décor is also something to take notice of—an Art Deco vibe, showcasing work from local artists.

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Cheering to the good old days, the cocktails and specialty drinks are constantly evolving. Inspiration is drawn from the classics, while putting a modern twist on 1928's signature cocktails. Since day one the Espresso Martini variation, 1928 Manhattan variation, and Strawberry Fields have been fan favorites.

Other noteworthy cocktails that have been recently added to the menu and all created in house and served by both the gents and ladies of the team include the Buck Bunny, Cristallino, Harvest Moon, and Rayuela cocktails. Not in the mood for cocktail, no stress there! Beer, wine and tasty mocktails are also available for your enjoyment.

Members only!? Not exactly. One thing Frank and Anthony want the people to know is, they are not a members-only club. While membership is available for added perks and benefits, all are welcome to enjoy the establishment.

The passion and inspiration that has brought the Speak-easy concept to life in the Branford community does not go unnoticed. As previously stated, a cocktail bar like no other, the hopes are to continue to build on the concept with future goals of expanding this experience to other parts of the state. Tipping our hats off to the 1928 family and staff, and all that jazz... □



Old Fashion



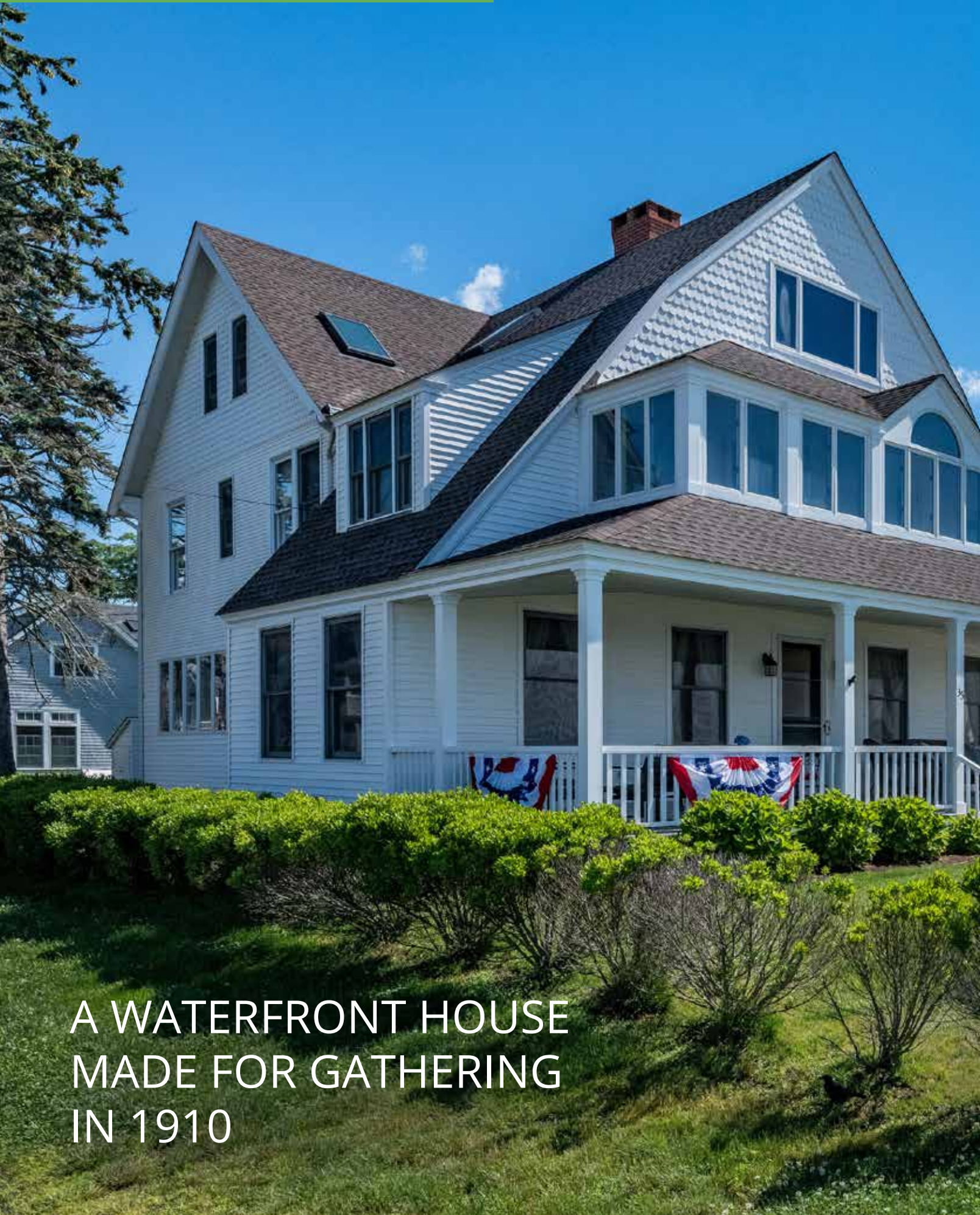
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# Shoreline Living *Over a Century Ago*





Pages 32-34: Views of Long Island sound shine through the windows in this large family home built before the days of mega-mansions on the Shoreline (Photos courtesy William Pitt Sotheby's International Realty)

At the beginning of the 20th century and predating by almost 100 years the arrival of the mega-mansion to this part of coastal Connecticut, a small number of sizable, substantial houses were erected to allow large families to gather together under one roof. This waterfront house on

the shoreline, built in 1910, is a prime example of one of these that has not only survived but thrived.

There are accommodations for family, friends and perhaps even a few unexpected guests with eight generous sized bedrooms (a potential bedroom with ensuite bath on the first floor is now used as an office). Most rooms have unobstructed views of Long Island Sound.

The first floor has 9'+ ceilings and spacious rooms with hardwood floors. The formal living and dining rooms each have a fireplace. One can also relax in the den or the roomy eat-in kitchen. A deep and wide front porch provides another tempting option.

The second floor, reached by two staircases, in addition to six bedrooms and two family bathrooms, has an enclosed porch overlooking the water. The third floor has a sitting room, two more bedrooms and a bath.

*For more info contact:*

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# The Early 1900s

The first decade of the 20th century was a time of peace and prosperity. America had become the richest nation in the world thanks in part to the growth of corporations (US Steel, JC Penny, General Motors to name but a few) with global reach. People traded rural areas for suburbs and cities expanded due to the ease of travel by automobiles, buses and street cars. Americans for the first time became eager consumers as companies began to spend on product advertising and vacation homes within reach became more and more popular.

**NOTABLE HAPPENINGS**

**1900** Census shows US population at 72 million; Madison's population was 1518

**1903** The Wright Bros. succeed in the first manned flight

**1907** The first electric ball is dropped in Times Square on New Year's Eve

**1908** Henry Ford launches an assembly line for the Model T

**1910** The Boy Scouts of America is founded

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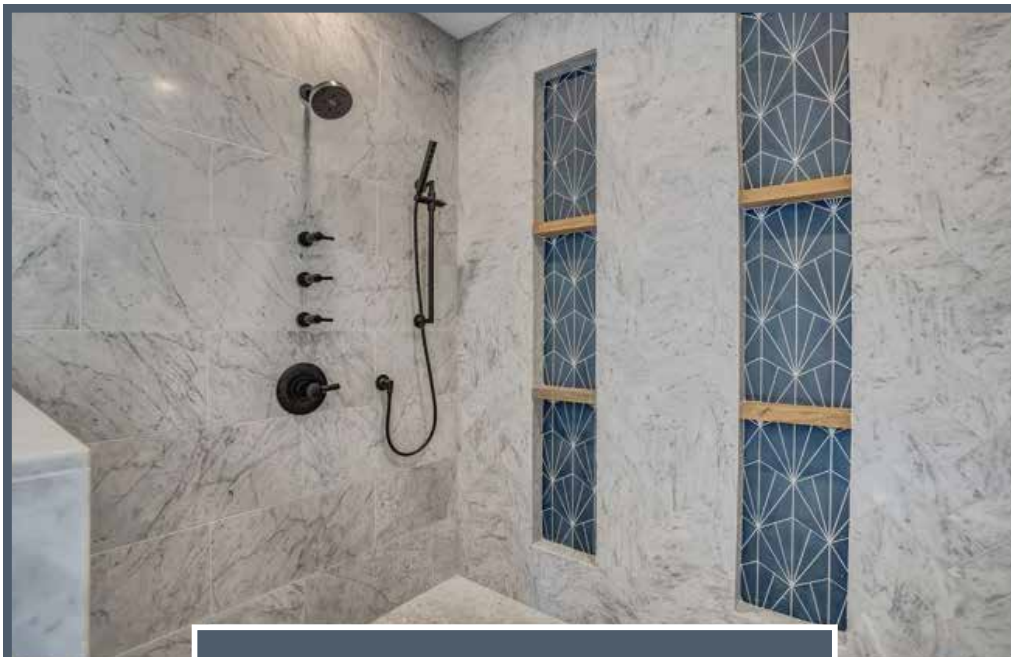
View of Long Island Sound from Glen Island, New Rochelle (24 x 36 in.) by artist Edward Gay, painted in oils in 1900

Below: One of eight bedrooms in this house built for overnights and long stays with family and friends (Photo courtesy William Pitt Sotheby's International Realty)



**1912** Arizona became the 48th state; the Titanic strikes an iceberg

**1914** Babe Ruth makes his major league debut



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**I**t's pollen season in the Nutmeg state! Get out the tissue boxes, eye drops, antihistamines, nasal sprays and the usual arsenal of allergy meds and get ready to fight spring allergy season!

Instead of looking forward to the spoils of this charmed time of year here on the shoreline, with its warm weather, green grass, flower blooms and leafy trees, for allergy sufferers, it is a haze of sleepless nights, itchy eyes, dry throats, fatigue and runny noses.

Seasonal allergy effects activate as early as late February and sufferers begin to brace for the discomfort and irritation as soon as the first pollen report comes out high. By

May, allergen triggers reach their loudest crescendo and the full-on war begins with bombs of tree and grass pollen being dropped everywhere, as well as intermittent grenades of the dreaded mold spores. Welcome to spring in Connecticut, one of the worst places to be if you are a seasonal allergy sufferer. In fact, according to The Most Challenging Places to Live With Allergies report in 2022, Hartford is rated fourth, New Haven fifth and Bridgeport eighth in the spring rankings of Top Allergy Capitals in the United States.

### Why?

There are several hypotheses. One is that because of all the rivers and streams and fallen leaves that end up in these



# AN ALL-OUT WAR WITH

# ALLERGIES

*by Karena Garrity*



small bodies of water, the amount of mold created is greater in this area than in other spots. In addition, the Nutmeg state is home to a vast variety of tree species producing pollen ranging from flowering trees to evergreens to maples and oaks, elder, mulberry, willow, hickory, cedar, and ash. And don't even get started with grasses. Have you ever tried to buy grass seed? There is a plethora of different varieties to choose from, and most grow here in Connecticut. And, just like with trees, a person only needs to be allergic to one variety to be driven mad by allergies. The same goes for flowers.

## **So, what to do?**

Combat! There is a myriad of remedies, however, finding

what works best for you is the challenge. Just about every allergy sufferer has undoubtedly tried Aunt Meg's special concoction, or daily spoonfuls of local honey, over-the-counter allergy meds of every kind and eye drops in bulk. But, when none of that works it's off to the doctor's office.

"For patients with moderate to severe allergic rhinitis, getting ahead of the season can be helpful, that is, starting the specific treatment plan before the specific allergy season that is problematic begins (spring, summer or fall, or all three)," suggests Dr. Nico Condulis of Wildwood Pediatrics in Essex, Connecticut. He adds, "All medications work differently. There are some medications that take several days to two

weeks to start becoming effective. Many of those medications require consistent daily use to remain effective. Other medications can be used on an ‘as needed’ basis. A general rule would be that the more significant a person’s allergy symptoms are, the more likely they would need daily medications to remain as symptom-free as possible.”

Condulis also said that for those with mild symptoms, a medication that is used as needed may be quite effective and most desired. And to remember that medications come in different forms. Oral medications are the most common. But also, nasal sprays and eye drops are used commonly. And certain individuals with persistent or more significant allergies will have a combination of medications. For instance, taking preventative medication(s) daily, and also have an additional medication to use ‘as needed’ on tougher days (high pollen count days).

Like with other conditions, prevention is key. Condulis explained that although removing pollen from your environment is difficult, some practices to implement include; keeping windows closed to decrease the pollen coming into the house. Use HEPA filters, or HEPA filters on an A/C unit. Try wet mopping hard surfaces. Don’t hang laundry to dry outside. Keep shoes outside after a hike and change your clothes after being outdoors. Keep grass short and weeds thinned in the immediate area of your home. Keep an eye on high pollen count days by subscribing to a pollen app or website. And finally, if you know you are going to get a ‘large’ exposure of pollen, take the needed medication beforehand to get ahead of the situation.

However, people aren’t the only ones who suffer from the onslaught of seasonal allergy bullets, our four-legged companions also feel the strife. Veterinarians see an influx of patients this time of year with extra itchy skin and or ears. The same treatment holds true for them regarding first trying to figure

out what your animal is allergic to and then figuring out a way to manage the symptoms.

According to Suzanne Magruder, DVM at Saybrook Veterinarian Hospital, although it is more common for dogs to present with seasonal allergies cats can have them as well. She explained that some of the first signs your pet is suffering include licking or chewing at paws, ear infections and chewing at the hind end or “scooting”. As a first

## 2022 Allergy Capitals™

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National Rank

**4** Hartford

**5** New Haven

**8** Bridgeport

course of action, Magruder suggests that owners bathe their dogs, try limiting their time outdoors and make an appointment with their veterinarian to make sure no bacterial skin infection or other skin conditions exist. To figure out if your animal has allergies vets pay close attention to how the dog presents, explained Magruder. “We consider the age of the animals, symptoms, time of year, etc., sometimes it is a diagnosis of exclusion meaning eliminating other causes of itchiness and treating any other problems like fleas or a skin infection. Allergy testing can also be done either by a blood test or skin testing as they would do in humans.”

She said that in some cases, over the counter medications can be used for animals suffering from seasonal allergies but owners should always consult with their veterinarian before giving any medications to their animals.

Advancement in veterinary medicine

also offers dog-specific allergy medicines that are the main treatment these days, according to Magruder these come in both daily tablets or once-a-month injectables that are given at the veterinarian’s office.

### Why so many allergies now?

Good question! Some attribute it to global warming. In 2023 Connecticut experienced its warmest January on record. Warmer weather creates longer “growing seasons” which equates to more pollen for a longer period of time.

According to an article published in *Frontiers In Allergy*, “there is global evidence of a general increase in the incidence and prevalence of respiratory diseases including allergic rhinitis and associated asthma. This increase has been related, in part, to concurrent increases in carbon dioxide and temperature on pollen production and allergic disease generated from plant-based sources of pollen. Such links to anthropogenic climate change have suggested three significant and interrelated consequences associated with respiratory allergies

or disease. First, warmer temperatures and a longer frost-free growing season can influence pollen season length and temporal exposure to airborne aeroallergens. Second, both warmer temperatures and additional carbon dioxide can increase the amount of pollen, the seasonal intensity, from spring through fall. Thirdly, there is evidence from oak and ragweed that rising levels of carbon dioxide could increase the allergen concentration of the pollen and symptom severity.”

The bottom line is if you or your loved ones, two and four-legged have seasonal allergies, you don’t have to suffer. Take the necessary precautions and make an appointment with a doctor or veterinarian. Try as many different medications as you need, until you find one (or more) that work best for you. Embrace the spring season with clear eyes, an unstuffed nose and a rested body! You’ll be much happier! □



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