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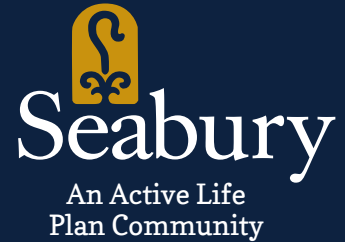
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Seasons' Greetings

Friends and Neighbors-

This autumn marks the 10th anniversary of *Seasons Magazines*. As founder/owner of the company, I'm often asked about how *Seasons* started. Timing, passion, creativity and a little luck came into play. My background is in media, and after working outside New England for many years, my wife and I decided to move back to Connecticut, our home state, to raise our three children and hang out my own shingle. Then, at the local Little League Field, there was a fortuitous meeting with an old friend with whom I shared my idea - to bring a top-quality community-focused magazine to the Farmington Valley for families to read and share, and direct-mail it for free. I wish I had a dollar for every time someone has said, "Seasons is always on my coffee table at home." That is an incredible compliment.

Over the past decade, I've been very fortunate to work with incredibly talented writers, photographers, editors and designers. They work hard to produce a local publication with high standards. Did you know we employ a researcher that fact-checks each and every single article? You don't see that commitment to quality much anymore. In each issue, we make sure there is something for everyone. We are committed to providing the best content possible, and I mean true content; no lists, reviews or "best of" pieces. Based on comments, feedback and awards *Seasons* has received over time, we're doing something right.

In the movie *Field of Dreams*, Kevin Costner's character hears a voice say, "If you build it, he will come." That's a message we believe resonates with *Seasons'* readers and advertisers. Over the past 10 years, the relationships we have developed are truly one of the most rewarding parts of my responsibilities at *Seasons*. When it comes to our advertisers, our focus has always been and will continue to be on partnerships that support them and their business or service. What can we do together? We have earned credibility with our advertising partners by making them a top priority and delivering on promises. Because of their support our readers continue to receive *Seasons* for free.

Through the years, *Seasons* has expanded from publishing a single magazine (*Seasons of the Farmington Valley*) into a multi-media company with five publications (over time, *Seasons* added West Hartford, Glastonbury, Northwest Hills and Shoreline editions), a social media platform, and an app (*Seasons of Connecticut* is free on iTunes). This fall, *Seasons Magazines Up Close*, our tie-in television show, will air on WFSB and, social media and YouTube.

Thank you to all who have been part of our staff over the years. Thank you to our readers who are not shy about providing feedback. Thank you to our advertising partners. And thank you to my wife and family for your love and belief. Because of your support, willingness to take risks, and never to reach for the low branch, *Seasons* has reached this milestone and hopefully will be around for years to come.

James P. Tully



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SEASONS of the Farmington Valley™

Autumn

2016

“Listen! The wind is rising, and the air is wild with leaves, we have had our summer evenings, now for October eves!”

– Humbert Wolfe

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WFSB's Scot Haney

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Last Word
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Patriots Season Ticket
Holder



A man with short, light brown hair is smiling and sitting outdoors. He is wearing a dark blue suit jacket over a light blue button-down shirt. He is positioned in front of a red brick wall with some green ivy climbing on it. To his right, there is a dark red curtain. He is sitting on a dark, textured chair. His hands are resting on his lap, and he is wearing a gold ring on his left ring finger.

THE INTERVIEW

SIMPLY SCOT: Originally from Long Island, Haney joined WFSB in 1998 and says Connecticut feels like home. "I was here a year and then I was here three years. Then I was here 10 years. After 18 years, I'm still here and I think I'm going to be here."

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Connecticut
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Written by **Deborah Geigis Berry**
Photography by **Seshu Photography**

Scot Haney

The Channel 3 meteorologist and *Better Connecticut* host reflects on his long career at WFSB, his competitive streak, and how a grocery store job taught him a life lesson

When Connecticut wakes up, one of the first thing residents do is tune in to *Eyewitness News This Morning* on Channel 3 to hear Scot Haney's weather forecast. His broadcast affects such everyday decisions as what to wear, whether to plan or postpone a hike, or if it's advisable to bring outdoor chair cushions inside.

"Weather runs the world," says Haney, who lives in a Hartford townhouse with his rescue cats, Charli and Dasher. "Regardless of what the heck is going on, whether you're going to church, you're going shopping, you've got a kids' event, just living life, you need to know what the weather is."

Sometimes viewers blame Haney for dreary days.

"You ruined my holiday," someone emailed him. "It snowed on Christmas and it snowed on New Year's. Because of snow on both of those days I was unable to travel."

"The forecast wasn't wrong," Haney says over lunch with *Seasons* at Tisane, in Hartford, when *Better Connecticut* was on summer hiatus. "It was just the fact that it snowed on his two holidays and it's my fault. I don't control the weather. I just tell you what's going to happen."

During the chat, which covered topics ranging from his long stint working at a Long Island grocery store to his recent "It Gets Better" video aimed at LGBT teens, Haney receives a notification from WFSB. "There's a waterspout moving across Long Island Sound," he says. "It's like a tornado over water. It's crazy. Normally, meteorologists observe what's coming out of the sky, not what's coming out of the water. I've never seen this before. There's a first time for everything."

Ultimately, the waterspout lost steam and was a non-

event, but the forecast is always literally on Haney's radar. Raised in Commack, New York, on Long Island, Haney crossed the pond (Long Island Sound) in 1998 to join the news team at WFSB. In 2007, *Better Connecticut*, the WFSB show he co-hosts with Kara Sundlun, premiered. When he isn't working, he spends much of his off-air time supporting community causes.

S: You picked Tisane as a meeting place. Is it one of your hangouts?

SH: I don't go out that much, but when I do I like to come here. The food is great. I love Max Downtown and Barcelona in West Hartford. Those are my go-tos.

S: You're on summer hiatus from *Better Connecticut*. How are you spending your time?

SH: I just dropped so much money it's terrible. Banana Republic had a 50 percent off sale. It's ridiculous but I ended up getting a ton of stuff. I do not buy anything unless it's on sale.

S: You're widely recognized wherever you go in Connecticut. Where do you go when you want privacy?

SH: Maine. Long Island. Cape Cod. When I leave the state I pretty much have anonymity.

S: Do you feel pressure to perform when you're recognized?

SH: You can't be in a bad mood. If you act up, people will

think you're uppity or that you're better than they are. Even driving, you've got to be polite. You're a representative of the station and that carries over into your personal life.

SH: Do fans follow you when you're shopping?

SH: No. People are very respectful and they're very polite. In my whole career, I only had one guy come up to me and say, "I hate you." Mostly, people come up and say hello, and there's a very pleasant exchange. They ask, "Can I take a photo?" It's a lot of fun.

SH: You appreciate your fans.

SH: People have given me the lifestyle I have. They've given me everything. If it weren't for them I would be nothing.

SH: What's something viewers don't know about you that might surprise them?

SH: I'm highly competitive about everything. I hate to lose. We lost our company softball game. It was bad. I was miserable the whole weekend. Supermarket shopping, I have to have the best price. Clothing, I have to get it on sale. TV, our show has to be number one. If not I'm like, "What the hell is happening?"

SH: You're not always easygoing?

SH: I have this drive. It's like, I will win. My bosses love it.

We get a daily report card on how the show does. I've got to be number one.

SH: What are things you struggle with?

SH: I struggle with my weight. I've never been fat, but I battle 10 to 15 pounds every day. It's really difficult to lose weight. I sympathize with people who are dealing with weight loss. I need to be about 10 pounds lighter, and it's very difficult for me. Every day is a challenge.

SH: You're involved in a lot of cooking segments on *Better Connecticut*. Are you a good cook?

SH: I can't cook a thing. I have a George Foreman grill and I make a turkey burger. I'm not a foodie. As long as I'm full, I don't care what I eat. Give me a peanut butter and jelly sandwich. A bowl of cereal. Leftovers. I'm good.

SH: There's a difference between being a weatherman and a meteorologist. What kind of training did you go through to become certified by the American Meteorological Society?

SH: One of my first jobs was at News 12 in Westchester. The Dolans [including HBO founder and billionaire Charles F. Dolan] owned Cablevision. They owned News 12 and they were pilots. They wanted to be able to call any one of their weather people and get an accurate report. "If you want to



COLOR MY WORLD: During the holidays, Haney and Eric Parker, co-anchor of WFSB's *Eyewitness News This Morning*, literally brightened viewers' days. Photo courtesy of Scot Haney.

work here full time you've got to be a meteorologist," they said. I said, "Well, I'm not." They're like, "You've got to go back to school."

S: How long did it take to get certified?

SH: At Stony Brook [part of the State University of New York system], I took one class per semester for like five years. It's all science, all math. It was very difficult. Luckily, I had a cousin who was very smart and lived in Philly. Every two or three weeks, I would drive down to visit him. He'd explain it all to me, help with my homework.

S: Weather is a hot topic.

SH: Weather runs the world. It's what we all have in common. First thing, you wake up in the morning you're like A, the Earth is still here. B, what's the weather? Well, after 9/11 it's true. After 9/11, you wake up and the first thing you do is turn on the television. Did anything catastrophic happen? No, okay. Well, now what's the weather? Ninety percent of local news is driven by weather. People watch local news to get the weather.

S: Were you at Channel 3 on 9/11?

SH: I was in the city. I lived in the city. Paul [Haney's former partner, Paul Martel] and I had an apartment in the city. We had just gotten back from vacation. I was getting my haircut at 55th and 5th. The haircutter missed the appointment, and I ended up turning around and walking home. I was walking by a storefront where a crowd was gathered around a television. I said, "What are you guys looking at?" They're like, "A plane flew into the towers."

S: Was it difficult getting out of New York?

SH: I didn't get out. I reported that night live on the air for my station. Nobody could get in, but I rollerbladed down to the command station near 23rd Street. I went up to the CBS affiliate and I said, "I work for CBS in Hartford. Can you help me get on the air?" They were like, "Absolutely." So I did a live shot, and I was on the air. At that point, we really didn't know anything.

S: Had anything prepared you for that?

SH: I was in the [North] tower the first time the bomb went off in '93 [on February 26, terrorists detonated a truck bomb



MOM AND ME: Haney, on vacation with his mom, Marlene, likes the proximity of Connecticut to Long Island, where she lives. "If my mother called and said, 'I need you to get here,' I can get in a car and be there." Photo courtesy of Scot Haney.

below the North Tower of the World Trade Center, killing six and injuring more than a thousand people.] I was a temporary worker for Sumitomo Bank. I was on the 95th floor when that bomb went off. It took us six hours to get out. I thought I was dead. I thought we were all going to die. It was a horrible experience. So I never went back in those buildings after that, and then 9/11 happened. It's crazy.

S: To what do you owe your long tenure at WFSB?

SH: At Channel 3, I've got great management and they have embraced me. I'm very lucky that the audience has embraced me. When you get to Channel 3 people tend to stay. Bruce [DePrest], Denise [D'Ascenzo], Dennis [House] have been there longer than I have. They're all talented enough that they could have gone on but chose Connecticut. It's a good place. My family is on Long Island. If my mother called now and said, "I need you to get here," I can get in a car and be there.

S: It's clear you love your career. But do you ever think about what you'd do for a second act?

SH: I'd become a tour director. Wouldn't that be hysterical? There's a company called Tauck. I've been on a couple of their tours. Every time, they're like, "You should become a tour director." I'm like, "I don't know anything about the destinations." They're like, "We'll teach you." How awesome is that?

S: Prior to coming to Connecticut, you worked for a long time at a Long Island grocery store, Pathmark, and rave about the experience.

SH: I loved it. I still dream about it.

S: What made it memorable?

SH: There's that book *All I Really Need to Know I Learned in Kindergarten*. Everything I ever learned I learned in the supermarket. It taught me everything. It taught me about life. It taught me about economies and social classes. The store bordered a very wealthy area and a very poor area. Wealthy people and people who were trying to collect bottles to make money shopped in the same supermarket. It was interesting to see the dynamics.

S: What did you do at the supermarket?

SH: I bagged groceries. I was a cashier. I was a cashier trainer. I worked on the courtesy desk. I started working when I was 16 and was promoted really quickly. I had an attitude. I was like, "I'm running this place." I thought I was so cool bossing all these people around and telling them what to do. It got so bad, they demoted me.

S: How did you handle that?

SH: I was crushed. They were like, "You're going to go work in the produce department." I was like, "I'm not working in the produce department." I quit. My father said to me, "You did what? Get back there and get your job back." I was like, "It's a stupid supermarket job." I didn't work for three months. I was in high school. Then I kind of missed it. I went back with my tail between my legs and said, "Can I get another shot?" They said, "You're just going to be a cashier. You're not going to be manager or anything like that." I said, "Fine." I worked my way back up and learned to keep my mouth shut. It was a very huge lesson.

S: I was moved by your "It Gets Better" video with an encouraging message for LGBT youth. How would you compare your experience of growing up gay in the '70s and '80s with the experience of kids today?

SH: I think kids today have it significantly harder than we did. If I was picked on in high school, high school ended at 3. I didn't have to go back until the next morning. So I was able to get away from it. I'd go home. I was in the shelter of my family, in my house. I had my friends. Today, you can't get away from it. With social media, you're constantly being bombarded. For kids, I think being different in any way is difficult until you can turn that into a strength.

S: When did you feel free to be yourself?

SH: I remember the first time I said the word gay. I was like

26. I didn't date or go out. I hadn't had a relationship with a guy until I was 26. That was my first kiss. I remember people all my life kept telling me, "You're gay." I'm like, "I'm not gay." Then when you finally act on it, you're like, "I'm gay." It was such an exhilarating experience to relate to another gay human being and be able to express yourself. It was the most freeing, unbelievable thing ever. At the same time, my life was over. That's what I was thinking. I'll never run for Congress. I'll never be president. I'll never do this. I'll never do that. Because I'm gay. This was back in 1990, not that long ago. And now I've made a career out of being gay.

S: What's particularly gratifying about your job?

SH: I think I've helped a lot of people. This email came in July 24. "Scot, you may not have any idea how much you impact people in such a positive manner every single day. I have struggled with severe depression and anxiety for almost 20 years and you (and the morning team banter) are extremely effective in lifting my mood to get through each day. I sincerely thank you for your antics and hard work." Like, wow. I've made that person happy or less anxious. What a gift it was for this person to reach out and tell me that.

S: Other messages aren't as uplifting.

SH: This came in this morning: "I know you don't make the rain, but it really got me down today."

S: I would imagine you've gotten offers to leave this market. What keeps you here?

SH: I actually have not. I was offered a job in Chicago a long time ago and the pay was the same as it was in Connecticut. I was like, there's no reason for me to go to Chicago if I'm going to get paid the same in Connecticut. I love Connecticut. I kind of lucked out because in the news business you have to travel a lot and you have to move from market to market to market. I've only had three jobs in the business. My first was in Topeka, Kansas. My second was at News 12 in Westchester County. In 1998, I got my third at Channel 3. I was like, I'm going to be in Connecticut a year and move on. I was here a year and then I was here three years. Then I was here 10 years. Then I was here 15 years. I'm like, this is bizarre. After 18 years, I'm still here and I think I'm going to be here. ■

Like Scot Haney, Seasons editor Deb Berry is a graduate of the S. I. Newhouse School of Public Communications at Syracuse University and is also a fervent bargain shopper.

Photographer Seshu Badrinath, of Avon, specializes in intimate, natural portraits of families and children; seshuphotography.com

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Where are they now?

Ten years after *Seasons* profiled four impressive, local high school graduates, we follow up and learn they're pursuing rewarding careers all over the country, preparing for marriage, and still making time to return to the Farmington Valley for cherished traditions



WEDDING BELLS: In June, Brian Ward and Maggie Glass, both 2007 Simsbury High School graduates, will be married in their hometown. Photo courtesy of Brian Ward.



ON A MISSION: Nicole Santarsiero, a 2007 Avon High School graduate, feels drawn to work in the nonprofit sector. Photo courtesy of Nicole Santarsiero. **BELOW:** Prairie Douglas, a 2007 Canton High School Graduate, hopes to one day work as an attorney in Washington, DC. Photo courtesy of Prairie Douglas.

In the autumn of 2006, the inaugural issue of *Seasons of the Farmington Valley* featured the dreams and plans of local high school seniors, all inspiring representatives of the class of 2007. The young men and women already had reputations of being involved, intelligent, and committed citizens, and their generation was described as at the “forefront of a communications revolution.” The four students profiled – Prairie Douglas, of Canton High School; Nicole Santarsiero, of Avon High School; Brian Ward, of Simsbury High School; and Ted Janeczko, of Farmington High School (who declined to be interviewed for this story, citing a busy work schedule), were venturing into the adult world at a time when the Internet, smart phones, and other forms of social media were booming, offering intriguing possibilities for how people connect.

In 2011, *Seasons* revisited these same individuals in a follow-up feature. All graduates of East Coast universities, the foursome had an impressive array of fresh experiences and ideas to share, and a thread of caring about their communities and the future of our society ran through all of their stories.

This issue marks the 10th anniversary of *Seasons of the Farmington Valley*, and we thought it fitting to reconnect with the group. Now nearly 10 years past the milestone of high school graduation, the 20-somethings are navigating adulthood. Here are their stories.

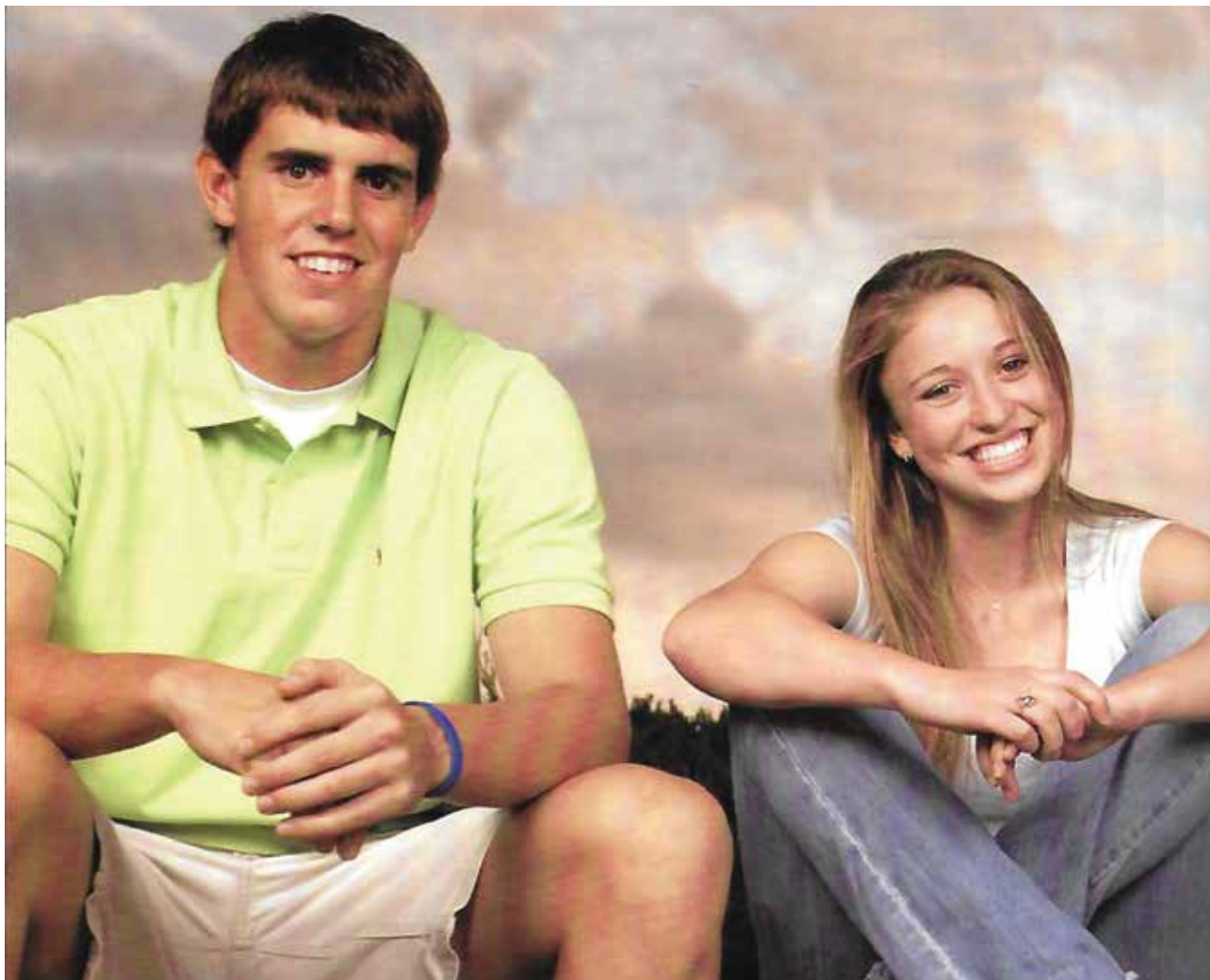
Nicole Santarsiero

When we checked in with Nicole Santarsiero in 2011, she had finished her undergraduate studies at Stonehill College in Easton, Massachusetts, and was involved in a service project in Costa Rica. Since then, Nicole completed her MBA in marketing studies at UMass Boston and has worked as a project manager in digital production. Her initial work after graduate school made her realize that she missed having a mission-driven goal – one that effects changes in society. She is honing in on a career in the nonprofit sector, having checked out several possibilities. She has learned the value of making sure that her own beliefs and personality align well with the culture of her chosen workplace.

Nicole realized that her undergraduate liberal arts focus, combined with her MBA training on business models and management, have provided her with advantages in the workplace as well as at home. She has grown both personally and professionally since the last *Seasons* check-in. She sums it up by saying, “When taking the time out to understand something, you can improve bumps in the road, whether it be regarding a personal relationship or a failed business campaign.”

Nicole moved to Los Angeles, California, about nine months ago, and was surprised at first by the culture shock that the West Coast presented. While she’s enjoyed her time there, she’s not sure yet if she’ll be there





TEN YEARS AGO: Brian Ward (Simsbury), Prairie Douglas (Canton), Nicole Santarsiero (Avon), and Ted Janeczko (Farmington) as they appeared in *Seasons'* 2006 story, photographed by Julie Bidwell.

for the long haul. She still makes it home to see her family in Avon, and hopes she can make it back for her 10th high school reunion in 2017.

Brian Ward

Brian Ward, a graduate of Simsbury High School and then Boston College, was working for Teach for America not long after college graduation when *Seasons* caught up with him in 2011. After teaching for two years at an underperforming school in Baltimore, Brian pursued an MBA at the University of Virginia's Darden School of Business in Charlottesville, Virginia. He counts himself lucky to have had what he remembers as a "tremendous experience" during his two years at Darden. Besides the strong academic preparation that his MBA program offered, Brian got to travel with classmates to Argentina during his first year there. His trip centered on consulting projects with local wineries. In his second year, he volunteered for Resilience Education, a program designed to provide financial literacy and entrepreneurship education to

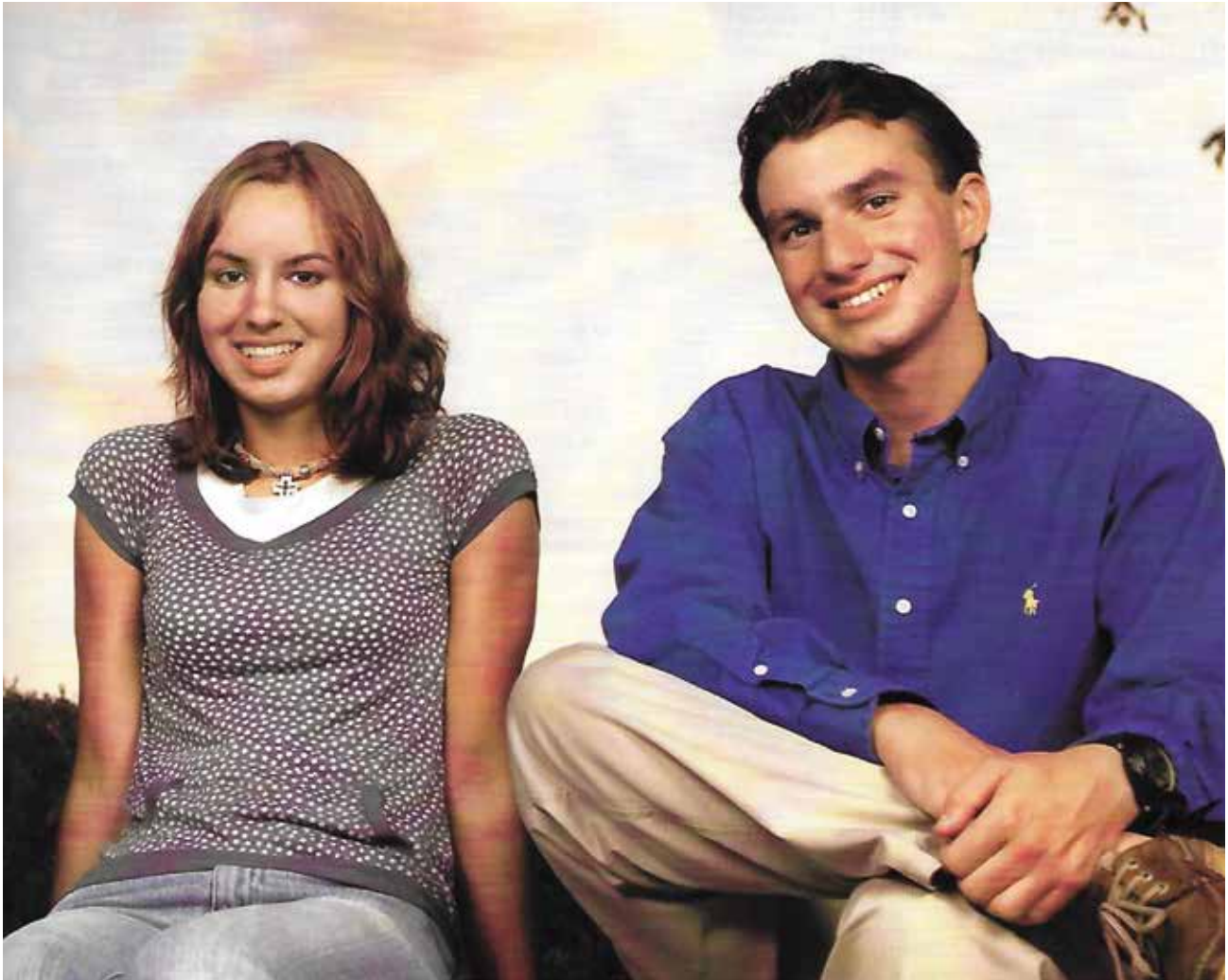
prisoners re-entering society.

These days, Brian is working in Strategy & Operations at Deloitte Consulting in Charlottesville, Virginia. His nine months there have led to both personal and professional growth, and he is grateful to have found "a great group of people" with whom to work.

Brian now lives in Arlington, Virginia, with his fiancée, Maggie Glass, also a 2007 Simsbury High School graduate. Both of their families still live in Simsbury, and the couple travels back home quite frequently. Brian and Maggie look forward to married life together; their wedding is in Simsbury in June.

Prairie Douglas

When *Seasons* reached Canton High School graduate Prairie Douglas in 2011, she had already graduated from George Washington University in Washington, DC, and was working as a lobbyist for American Appraisers. When we recently contacted her for an update, she was studying intensely for the



Massachusetts bar exam, the culmination of her law studies at Northwestern University.

Prairie attributes her heightened sense of focus in law school to a self-described epiphany after a sudden illness. Her law school career was rich with internships that all, in some way, touched upon securities, an area in which she's been interested for years. Most recently, Prairie worked as a full-time legal honors intern at the Securities and Exchange Commission. She views our current social and political climate with great interest, expecting that many turning points in law and policy will emerge. Prairie plans to move from Brookline, Massachusetts, to Washington, DC, in the near future, and hopes to someday be an attorney for a major regulatory body.

When Prairie returns home to see her family in North Canton, she is struck by the comparative quiet of her childhood home and enjoys being there. One of her old friends from Canton will be married soon, and this time Prairie will return home as a maid of honor. Each year, she also attends

Collinsville's Halloween parade, which brings back a wealth of treasured childhood memories.

Pride of the Valley

It's now been 10 years since *Seasons* first highlighted these bright minds and spirits. How comforting, in our current climate of unrest, to hear from young people who have made their changes thoughtfully and continue to consider the big picture – what really matters and how they might find a way to help in the world. These vibrant individuals, now wiser from experience and fully immersed in their adult roles, are just what we would expect to emerge from the enriching environs that are the Farmington Valley. 📖

Katherine Hauswirth's book about being in nature in Connecticut, The Book of Noticing: Collections and Connections on the Trail, will be published in May 2017 by local publisher Homebound Publications.



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Remembering Ranger Andy

Back in the day, kids loved screen time, too. From 4 to 4:30 on weekdays, they watched the *Ranger Andy* show, the #1 children's program on TV in Hartford in the '50s and '60s

“My name is Ranger Andy and I've traveled all around.”
In the late 1950s and through the '60s, those words beckoned kids growing up in Connecticut and southern New England to watch a banjo-playing troubadour in a ranger hat for a half-hour TV show that in its heyday was the #1 children's program in Hartford. *Ranger Andy* aired weekdays from 4 to 4:30 on WTIC-Channel 3.

More exciting than watching the show? Appearing on it, a lifetime memory for thousands of youngsters, as each day's program required at least 30 kids to join Ranger Andy on the set for songs and games. Many kids dressed in their Cub Scout or Brownie uniforms, eager for their moment in the spotlight. Birthday boys and girls and their party guests often appeared with Andy.

Pat Reno worked in the television station's promotion department. One of her duties was mailing out tickets for the show. “All the mothers would come into the studio while their children were on the show,” recalls Reno, retired and living in Farmington.

During the show's run, from 1957 to 1968, television was coming of age. It wasn't like TV today with virtually unlimited channels. If you lived in Southern New England, you could only get three channels:

WNHC, Channel 8, in New Haven; WJAR, Channel 10, in Providence; and WTIC, Channel 3, in Hartford.

It was a time when a television set, arriving into your home, felt like a new piece of furniture. With the most powerful signal, Channel 3 was king, its programs from downtown Hartford reaching beyond New Haven and north to Springfield.

The show debuted from television studios on the sixth floor of the Travelers Insurance Company's Grove Street building across from Travelers Tower, the seventh tallest building in the world when built in 1919. In 1962, WTIC, Channel 3, moved to nearby Constitution Plaza, a model urban renewal project that replaced Front Street, a neighborhood of 18th- and 19th- century buildings, housing mostly Italian immigrants. Broadcast House, one of the first sleek new buildings to anchor the plaza, was the TV station's new home.

Andy's Origins

The show starred Orville Andrews, an actor and singer who had created the character, Ranger Andy, on a NBC *Perry Como Show* Christmas special in 1956, performing songs on his banjo and delighting kids.

After the first *Ranger Andy* show aired in Hartford, shortly after the station went on the air in 1957,

Andrews continued to develop the character. He wore a green forest ranger uniform and performed on a set designed to look like a ranger station.

At the start of the program, Ranger Andy would stand in the doorway of the set, replicating the interior of a log cabin, and exclaim: "Let's see who's coming up the trail." That was the cue for 30 or more youngsters to file in and take their places on wooden benches, where they would join him for songs, games (like Simon Says), and riddles and jokes.

Being live TV, sometimes the unexpected happened. One time, a guest from a nature center appeared on the show with a live rabbit. That day, a big Christmas tree stood on the set and a wreath hung over a fake fireplace. Suddenly, the rabbit leaped out of the guest's arms, dove onto the tree, and pulled it down. Ornaments smashed and kids screamed.

"We went dark and to commercial while we regained our composure," recalls one of the show's directors, Dan McAuliffe, now of Venice, Florida.

In between the live segments, taped excerpts from programs, such as *The Laurel and Hardy Show*, ran. Commercials, often done live, were geared to children, with sponsors including Hostess Cupcakes (with Ranger Andy's young guests getting free cupcakes) and potato chip companies.

Ranger Andy wasn't the only show in town. *Flippy the Clown*, starring Ivor Hugh, entertained kids. So did *The Hap Richards Show*, which starred Floyd Richards, a WTIC-AM radio announcer, who transitioned to television. Indeed, stations in every major city in the nation aired locally-produced children's shows. They had to, according to the Federal Communications Commission, which more heavily regulated TV broadcasting in its early days. One condition for a station license was an agreement to provide a certain portion of the broadcast day with children's programming, says Ellen Seiter, a professor of cinema and media studies at the USC School of Cinematic Arts.

"There was a great deal of concern in the early days of television that its presence in the household would disrupt the domestic routine," says Seiter. "So early morning and late afternoon programming was scheduled for children to allow the presumed housewife to make meals, et cetera."

But *Ranger Andy* reigned, not only because of Channel 3's reach, but also because the Travelers, which owned WTIC, invested heavily in staff and programming.

"It was an institution," says Jim Stewart, of Berlin, who was a director and producer of the show. "To go back to school the next day and say, 'I was on the *Ranger Andy* show.' That was big stuff."



SHOW AND TELL: In the '50s and '60s, kids flocked to Channel 3's studio in Hartford to appear on *Ranger Andy* and meet his eclectic guests.



THE MAN WORE MANY HATS: Orville Andrews, the actor who portrayed Ranger Andy, also created radio jingles, appeared in Hollywood films and was a comedy singer.

One of those kids was future novelist Wally Lamb, who was on the show in 1959 or 1960 as a fourth- or fifth-grader.

"I was really excited," recalls Lamb, who took a long bus ride from his hometown, Norwich, to Hartford, with his Cub Scout troop for the TV appearance. "I remember calling all my relatives the evening before. It seemed miraculous."

The event left such an impression on him that he wrote a novel, *"Wishin' and Hopin,"* which features a fifth-grade narrator named Felix Funicello, who appears on the show, and tells a sexist dirty joke live before a shocked *Ranger Andy*. The show immediately cuts to commercial. Though fictional and the stuff of urban legend, Lamb says he's talked to others who appeared on the show where a young boy actually told such a joke.

Like thousands of his generation, growing up in Connecticut, Lamb remembers the *Ranger Andy* songs. During a phone interview, Lamb breaks into song to prove his point: "My name is Ranger Andy and I traveled all around/And I will tell you many things about the things I found/I'll sing about the mysteries of animals galore/And I hope to tell you many things you never learned before/Come along. Sing a song..."

Many other local baby boomers who grew up here can recite the lyrics to *Ranger Andy* tunes like "The Song That Never Ends" ("Chingdum diddle and a hi-dee-dee/the song that never ends") and

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Beetle Juice

For Orville Andrews, *Ranger Andy* was a job. He would drive his Volkswagen Beetle in from his northwestern Connecticut home in Kent to prepare for the show, recalls Stewart.

Born and raised on a Nebraska farm, Andrews went to the University of Nebraska to study agriculture. He might have joined the ranks of actual forest rangers, but he discovered acting and went on to graduate school at Nebraska, studying music and dramatics. To pay his way, he played banjo in dance bands in Nebraska and Colorado. He later moved to Hollywood where he appeared in a few movies, as well as on radio as a comedy singer. He also created some of the best-known radio jingles of the late 1930s and 1940s, including one for Bromo Seltzer, according to his obituary in *The Hartford Courant*. He died after a brief illness in 1968 at the age of 63.

Parents and teachers often marveled at how Andrews

could hold the attention of 30 or more excited boys and girls. His answer: "Treat them like adults," he was quoted as saying in his *Courant* obituary.

After Andrews' death, several announcers rotated as host of the show, including WTIC-AM radio personality Arnold Dean, who died in 2012 at the age of 82. The permanent job went to Jim Thompson, who had sung in nightclubs and performed in light operas. The show title changed to *The Ranger Station*, with Thompson, who now lives in Stratford, hosting under his own name.

Thompson's show lasted five years. In 1973, Traveler's sold the TV station to Post-Newsweek Stations, Inc., and in January 1974 the call letters changed to WFSB, which stood for Frederick S. Beebe, then president of Post-Newsweek. Many who worked on the *Ranger Andy* show still meet annually as part of a WTIC Alumni group.

"It was a very special place to work, [before the sale]," says Stewart. 📺

Leonard Felson, a regular contributor to Seasons, is a magazine writer whose passion for local history began at a young age. For more about him and his work, see www.leonardfelson.com.



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FAST TRACK: Since July, Jason Siegal, West Hartford's athletic director, has overseen sports programs at Conard High School and William H. Hall High School.

The New High School Sports Landscape

In the age of social media, concussion protocol, and the hyper-competitiveness of fans, parents and student-athletes, being an athletic director is no mean feat. *Seasons* talked with ADs at five public and one private school about how they tackle the challenge

While the world of academia is always changing, student-athletes seem to be impacted more dramatically by shifting cultural trends. The movie *Concussion*, spotlighting football injuries at the professional level, has encouraged parents to ask more questions about sports safety. When social media gaffes expose the naiveté of certain star athletes, school administrators think rigorously about how their teams communicate on Facebook and

Twitter. And each high school or private institution also looks to its unique sports culture, passed down through every graduating class, for answers.

To keep up with the new sports landscape, *Seasons* interviewed a wide array of Connecticut athletic directors. What we found was that each community has its own narrative, with the greatest success stories reaching up to the Olympics and the elite realm of professional sports.



A Tale of Two Schools

Jason Siegal, West Hartford's Athletic Director, is the new kid on the block. Although he has notable experience elsewhere, he's only overseen sports programs at both Conard High School and William H. Hall High School since July.

Siegal came to West Hartford public schools after working for nearly a dozen years at magnet schools. At the University High School of Science and Engineering in Hartford, he taught physical education and health while helping to found the school's athletic program. He also coached wrestling and softball, and became the school's dean of students and athletic director.

"I came from a smaller school, where we fostered a family environment," he says. "I find that the best way to prevent issues from arising is building relationships. It can't solve everything, but it's important that student-athletes, coaches, and families know they can bring up their concerns as quickly as possible."

At his Hall High School office this summer, Siegal was inundated with a steady stream of requests. With renovation projects happening all around him, a string of lights in yellow safety cages occasionally flickered and dimmed. He was unfazed by the chaos.

One hot-button issue for today's ADs is social media, which can be used for good, say keeping fans abreast of game highlights, or not so good – inappropriate posts by players.

"We do have a social media and technology use policy specific to athletes," Siegal says. "We do not tolerate any negative use of social media. So that would include drug or alcohol abuse, bullying, hazing, or poor sportsmanship. Our objective is to help educate student-athletes and inform students and families about social media. Students need to realize that, once something's posted on social media, it's never gone."

Siegal spent some of his summer keeping updated on new safety measures. "All football coaches in West Hartford are trained in a concussion re-certification program," he says. "Every year we have a conversation about the return-to-play protocol following such an injury." After an athlete's doctor diagnoses a concussion, the player must pass a five-step program before being allowed back on the field. The regimen progresses from light aerobic activity to contact drills and eventually full games, if the player is deemed ready by the athletic training staff.

A somewhat unusual aspect of West Hartford sports is the duality of having both Hall and Conard high schools. Their teams – the Warriors and Chieftains, respectively – are guaranteed to square off against one another at least once per season in most sports. The teams are in the same league (the CCC) and the same region, Central Region. "That's a great experience when they play each other," he says. "There's so much energy in the air, whether you're a participant or spectator. But at the end of the day, we're all West Hartford."

That's especially true in the case of the girls' ice hockey team. Drawing skaters from both schools, the squad is known as the Hall/Conard Warchiefs.

While many student-athletes from his town can look forward to great collegiate careers, Siegal was quick to point out that a Division I full college scholarship for athletics is not guaranteed. "Statistically, less than one percent of all high school kids nationwide will be offered a Division I athletic scholarship," Siegal says, citing the NCAA website. "Some Division II scholarships are offered, but there are none at the Division III level. So while we encourage all of our athletes to work for that opportunity, they need to have a 'Plan B.' There's just so many great athletes out there."

In West Hartford, Siegal says, sports have a larger purpose. "First and foremost, we view athletics at the high-school level as educational. We ask ourselves the question: Are they being taught the life skills in athletics that they need to excel here and beyond high school?"

Olympic Ties

Trish Witkin has fostered a winning environment in her nine years as athletic director in Glastonbury. While she's reluctant to boast, runners from Glastonbury High School traditionally outpace opponents in cross country as well as track-and-field events. GHS soccer teams repeatedly rank high year after year, with boys' and girls' teams frequently facing the best competition in Connecticut for state titles.

For all that success, however, the school also keeps a strong focus on scholastics. Visitors to the school aren't greeted by sports trophies in the lobby. Rather, the main foyer leads to a grand trophy case full of first-place hardware for robotics competitions. The two hemispheres of the school – its main classrooms and sports annex – are bridged by a hallway.

The role of technology in sports, specifically social media,



SUCCESS STORY: Under Trish Witkin's tenure as athletic director of Glastonbury High School, many student-athletes have gone on to play at Division 1 colleges.

is also a challenge. “Technology is a wonderful thing – it has enhanced athletic programs. But problems can arise,” says Witkin. “The ability to be anonymous [has emboldened critics]. We’re focused on the possibilities.” We have our own Twitter feed; We’re in the infancy stages of that.” The AD said Glastonbury currently uses Twitter to promote upcoming games and events for its 65 sports; some teams have their own Twitter feeds.

Many GHS teams also have a Facebook page. “It does present a whole set of challenges,” Witkin says. “If we come across something challenging or questionable, we would address that.”

Many GHS sports stars have gone on to play at Division I colleges during Witkin’s tenure. She said the school averages more than half a dozen such signings per year. “It’s been really exciting to see our student-athletes accomplish that goal,” she said. “It’s wonderful to see them go to college and play the sport they love. It’s exciting when they come back and visit too.” One notable graduate, track-and-field star Donn Cabral, competed in the men’s 3,000m steeplechase finals at the Olympic games in Rio this summer (he finished eighth).

Last fall, Glastonbury hit the sports jackpot when four teams made it to the state finals – three of their contests taking place the same day. “Girls’ cross-country had already won, and we had girls’ and boys’ soccer in addition to field hockey playing their state finals games the same day,” she recalled. “It was the first time I’ve ever experienced that. It seemed like everyone was wearing blue. Tomahawk pride was evident.” Both soccer teams took the state crown, and girls’ cross-country and boys’ soccer were actually “three-peats” as reigning state champions for the last three years.

Though GHS runners and kickers generally get the acclaim, Witkin is proud of the diversity of sports offered. A crew team, which practices on the Connecticut River, is among the athletic options not typically found at many high schools. Tennis, lacrosse, and golf athletes are also well-regarded here. “We’ve had success across so many of our programs,” Witkin says. “It’s been strong across-the-board.” Soccer is undeniably a perennial powerhouse sport here. But Witkin is equally proud of the Tomahawk football program that won a state title in 2008, after a quarter-century drought.

Witkin was an early adopter of a program that addresses athlete concussions. Glastonbury activated the program in 2007. “Certainly the subject of concussions is a big one,” the AD said. GHS takes it one step farther than many schools by using tests of an athlete’s brain, compared by a neurologist to baseline results, to determine if that athlete is allowed to return to play.

In 2015, the school began following new protocols for sudden cardiac arrest. Training included the use of Automatic

External Defibrillators, or AEDs. “We wanted everyone to be alert and aware of potential problems,” Witkin said. “Athletic trainers now carry portable AEDs at all times, and they are also installed at the high school gym and pool, as well as the boat house where crew practices.”

Among new initiatives, Witkin is bringing a Student Athlete Leadership Team program this year. The SALT program selects two candidates from each sport to represent the cultural values of the school. “We want our student athletes to have a voice,” says the AD. “This taps into the leadership abilities they already possess, and allows them to have some ownership of their programs.”

Balanced Approach

Timothy Filon, athletic director for Avon High School, emphasizes depth across all sports. AHS has outgrown its former reputation as simply a soccer powerhouse, and all programs are competitive within the school’s conference.

“The culture here is that we used to be known as a soccer town,” Filon says. “However, other programs have increased over time and now we’re pretty balanced.”

Filon served as interim AD of the school last year; fall 2016 marks his first season in the permanent position. He’s now in his 20th year in the school district, having worked as a physical education teacher and multi-sport coach for many years. “My philosophy was always, the more sports you can play, the better off you are,” he says. “There’s no push to specialize.”

When the school recently transitioned into the CCC, its teams stayed competitive. Last year, Avon won state titles in boys’ soccer, girls’ cross-country, and girls’ track. Though basketball and football have traditionally boasted winning seasons for Avon, up-and-coming sports include field hockey, girls’ lacrosse, and volleyball. The AHS crew team boasts about 100 student athletes. “We’re not struggling, as some schools are, to field our teams,” says Filon. “We don’t plan to cancel any of our programs.”

After graduating from Avon High School, two notable girls’ basketball stars, Lindsay Horbatuck (class of 2008) and Abby Laszewski (class of 2016), went on to Division I scholarships. Last season, Riley Strassner signed with Georgetown to play boys’ soccer, and some gridiron greats from AHS have also joined the ranks of the UConn Huskies football team.

“It’s not the norm to get a Division I scholarship but we do have a good amount of kids playing college sports when they leave here,” Filon says.

As a member of the Connecticut Interscholastic Athletic Conference, the school has safety protocols in place to deal with concussions and other injuries. “Each year we review



HE'S GOT GAME: Tim Joncas, athletic director of Westminster School and the school's hockey coach, often sees student-athletes head for the pros after graduation. Photo courtesy of Westminster School.

CIAC policies," Filon says, "and ensure that everyone has safety awareness, for example coaches providing water breaks every 15 minutes and not practicing in full pads if the heat index is too high. The training staff keeps in contact with coaches daily. Player safety is of the utmost importance."

Field of Dreams

Perhaps the biggest news about Torrington High School sports in the last two years has not been its incredible talent, award-winning teams, or broad base of athletes. Surely it can claim those too; however, visitors to the school grounds will immediately take notice of the Robert H. Frost Athletic Complex, which opened in 2014.

Stone columns and black metal gates flank the entryway to the new sports fields. Atop a bucolic hill sits a gridiron worthy of a Division I college team ringed by a state-of-the-art track. The approximately \$3 million total project, containing playing fields and public park space, qualified for Department of Environmental Protection grant money, according to Athletic Director Mike McKenna.

"The project included the football field and track plus new stands, a scoreboard, and press box," McKenna says. "Before this, the sports facility was in such bad shape we had stopped running track meets on our track."

Having a top-notch facility has helped spur interest in sports participation. "About half the of the student body

participates in sports," McKenna says. "It seems like the other half is in the band. There is a deep tradition of athletics at Torrington High School."

The Raiders sports culture was started by Connie Donahue in the 1930s, according to McKenna. Donahue compiled more than 800 wins at THS in football, basketball and baseball, played football at UConn, and was also a "mover and shaker" in the Connecticut sports world and a co-founder of the Naugatuck Valley League.

In the modern era, the Red Raiders haven't specialized in any particular sport. "Across the board, it's pretty even keel," McKenna says of participation numbers. "We've had our ups and downs over the years. Right now, our softball team has been very strong. We're also traditionally strong in swimming. We get about 90-110 athletes turning out for boys' and girls' track teams, 80 for indoor. There's not one team that has taken a lead role."

To complement the football and track renovations, a new softball field is expected to be ready for the spring season. That team has arguably been the strongest program for Torrington recently. Raiders softball made it to the state semifinals last year.

While he's not personally much interested in social media, McKenna says his coaches and players stay updated with technology trends. "I don't have Facebook or Twitter," says McKenna. "I'm a dinosaur; my kids laugh at me. But the

coaches [are plugged in], and I know that parents and athletes can follow their Twitter account.” He adds, “Once in a while, a kid will make some kind of inappropriate comment heading into a big game. It happens rarely, though.”

Some noteworthy athletes to come out of Torrington include swimmer Ray Cswerko, who went on to capture the national Division II championship with Southern Connecticut State University; Sydney Matzko, a softball pitcher who earned a scholarship to University of North Carolina in 2014; and Matt Traub, a 2015 graduate who earned a scholarship to swim at Boston University.

Safety is also paramount for the Red Raiders. This year the sports budget was increased to allow for a trainer on-site every day, at all practices and games. “Each year, we [as a society overall] seem to be gaining a better understanding of injury prevention,” McKenna says. “Unfortunately, a lot of people were head-in-the-sand in regard to injuries such as concussions or sudden cardiac arrest. There’s more trainers in high schools now. It’s a better, safer landscape for the high school athlete.”

Flight of the Martlets

Tim Joncas started with Westminster School in 2004

as a hockey coach, became head coach in 2007, and took on the additional responsibilities of athletic director in 2012. He continues to oversee all athletics while serving as hockey coach. “That’s how it works in the boarding school environment, you take on many roles,” he says. “It keeps me on my toes.”

He’s most proud of the sports participation numbers at Westminster. While those statistics are somewhat bolstered by an athletic requirement for first and second-year students, the results are still impressive. “We’re seeing that 93 percent of our student body has competed in at least two seasons of sports,” Joncas says. “We have an afternoon program requirement [for various activities], but they are choosing to play sports.” The school houses some 390 students.

“We have a pretty strong interscholastic competition culture,” he continues. “Even though more and more kids are being pushed into specialization in sports nationwide, we continue to have balanced programs.” The Westminster football team went to their league’s bowl game for the past two years, and the schools’ soccer, hockey, field hockey, and lacrosse teams are frequent competitors in the New England Championships for private schools.

Westminster’s hallmark program is most likely the hockey

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squad, if the judging criteria is famous alumni. Ben Smith, a 2006 Westminister graduate, now plays with the Colorado Avalanche in the National Hockey League. He brought the Stanley Cup back to school in 2013 after winning it with the Chicago Blackhawks. Tommy Cross, class of 2008, recently re-signed with the Boston Bruins. He's played with their AHL affiliate in Providence for the past four years. Meanwhile, the girls' hockey team won three New England Championships between 2010 and 2014.

"Each year, our hockey team has NHL scouts that do come out to games," says Joncas. "However, it's typically colleges coming to scout us." Plenty of great skaters have worn the logo of the Westminister mascot, a mythical bird called a Martlet.

Joncas is proud of the hockey talent he's ushered into the NHL, but it doesn't take his attention away from other sports. "Our softball program is one of the most successful in all of New England," Joncas says, noting that it won Western New England Class A Championships seven times between 2008 and 2015. His teams compete in the highest level of "classes," rather than divisions, in the Founder's League. Relatively new

sports to Westminister include a girls' golf program that began last spring.

Technology has come home to roost with the Martlets too. "Parents always want as much access as they can get with their kids," Joncas says. "We do have a director of social media at our school, and we post as much as we can on our school website, team sites, and Twitter."

Joncas said Westminister has also been at the forefront of concussion detection and treatment. "In dealing with concussions, we've always been ahead of the curve," he says. "We were doing baseline tests years before a lot of schools. We would never compromise the health of a kid to win a game. That just doesn't happen." ■

Mike Briotta is a freelance writer who has interviewed basketball stars Ray Allen and Marcus Camby, hockey goalie Jonathan Quick, and professional golfer J.J. Henry. He's been lucky enough to practice with the Hartford Wolf Pack, and once ate ice cream out of the Stanley Cup.

Todd Fairchild, of West Hartford, is a longtime contributor to Seasons. For more about Todd, go to shutterbugct.com.

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Apple Enchantment

After heading to a local orchard to pick your own apples, bring your stash home and make a rustic recipe that taps the fruit's flavor

Perfect for a date or family outing, picking apples at a local orchard (see www.pickyourown.org/CT.htm for a list of possibilities) is a classic fall excursion with a delicious end game. After returning home with your haul, perhaps with a few pieces of hay stuck to your jeans from the tractor ride out to the trees, you can embark on a second adventure. Head to the kitchen and make a sweet or savory dish that celebrates autumn's favorite fruit.

Most families have a cherished apple pie recipe, so instead I focused on three alternative ways to use apples – in pancakes (a great way to get your kids to eat fruit), in soup (employing savory autumn classics, parsnips and cardamom) and in a dessert (a rustic take on pie, where the filling takes center stage).

As apples come in all different flavors and textures, I've recommended an apple type for each recipe. Feel free to substitute your favorite variety if it fulfills the needs of the recipe. When baking, select firm and slightly tart apples, such as Cortland, Empire, Gala, Golden Delicious or Honey Crisp, as they hold up to heat and can withstand added sugar in a recipe. For cooking, Granny Smith, Braeburn, Cortland, Macoun, Fuji and McIntosh are great because they are slightly softer, will break down quicker and provide a smoother texture. 



Written and Photographed by **Alycia Chrosniak**



SWEET STACK: Topped with chopped apples and maple syrup, apple pancakes are the ideal fall repast.



HOT AND SAVORY: A swirl of cream and chives accents the tawny tone of apple parsnip soup.

APPLE PARSNIP SOUP

Tear a loaf of ciabatta into large pieces and char over a fire or a gas burner. Bread is the perfect dipping vehicle for this savory soup. Serves 4 to 6

Ingredients:

- 2 tablespoons butter
- 1 pound parsnips, peeled and diced
- 2 celery stalks, diced
- 1 medium onion, diced
- ½ teaspoon cardamom
- 2 Granny Smith apples, peeled, cored and diced
- 4 garlic cloves, sliced
- 4 cups chicken stock
- Salt and pepper to taste
- ¼ cup cream
- Chives, chopped

Melt the butter in a large saucepan over medium heat. Add the diced parsnips and cook for 5 minutes until slightly softened.

Add the celery, onion and cardamom and cook for an additional 5 minutes, stirring occasionally.

Add the apples and garlic and cook for another 5 minutes until the apples are softened.

Add the stock and bring to a boil. Reduce the heat to a simmer and cook for about 20 minutes until all the ingredients are very soft. Remove from heat and season with salt and freshly ground black pepper.

Blend the mixture with an immersion blender or in a traditional blender until smooth.

Divide between 4 to 6 bowls. Take a teaspoon of cream and drizzle on top of each bowl. Garnish with chopped chives and serve.



Perfect Pairings

HARD CIDER

The Pilgrims brought it to America. Benjamin Franklin chugged it. George Washington and Thomas Jefferson made batches of it, and Abraham Lincoln poured it at the tavern he owned before becoming president. What used to be the go-to beverage of the American colonist is now popping up at trendy bars and liquor stores alike. *Seasons* asked Scott Clark, of Liquor Depot, about the beverage's renaissance.

What is hard cider?

SC: Hard cider is a fermented alcoholic beverage typically made from apples, but sometimes other fruits are used, including pears. You can use any apple and its juice to create hard cider, but "cider apples" are preferred. There are different styles – sweet ciders and dry ciders, hopped ciders, ciders aged in bourbon barrels – the whole gamut.

You mentioned hard cider production has doubled since 2013. Why?

SC: It's an offshoot of the craft beer movement. Hard cider is another way to enjoy well-crafted brews, and it's also been fueled by the gluten-free crowd. Craft brewers and people who enjoy craft beers are always looking for the fresh, new, super exciting thing. For a while that was bitter IPAs, and then it was "big" high-ABV [alcohol by volume] craft brews. Then people noticed ciders are a fun thing to explore.

When might you choose hard cider over another beverage?

SC: When I want something fresh, crisp, and a little less filling than a beer, but not quite as strong as a cocktail or even a glass of wine. It's a good 5 p.m. sip while you're getting dinner together.

What are some good food pairings with hard ciders?

SC: Cider is extremely versatile and also works really well as an ingredient in recipes. **Angry Orchard Crisp Apple** is crisp and refreshing. It can cut through bold flavors and complement sweeter dishes. Drier ciders like **Magners** from Ireland or **Strongbow** from England pair well with heartier or saltier snacks. A few producers are offering barrel-finished ciders, which are heavier and natural substitutes for wine with dinner. California producer **Ace Black Jack 21 Cider** is finished in chardonnay barrels and offers unique creamy notes on the finish, while Vermont's **Boyden Valley Winery Double Bourbon Cider** is dry with caramelized bourbon flavors and smoky overtones, making it a great match with barbeque or grilled meats.

Find these beverages and many more at Liquor Depot, in New Britain and West Simsbury, www.liquordepotinc.com

APPLE PANCAKES

Don't overmix the batter. Overmixing can develop the gluten in the flour and make your pancakes chewy instead of fluffy. Lumps are okay. Serves 4

Pancakes:

- 2 cups all-purpose flour**
- 2 teaspoons baking powder**
- ¼ teaspoon salt**
- 1 tablespoon sugar, optional**
- 1 teaspoon cinnamon**
- 2 eggs**
- 1 ½ cups milk**
- 1 cup grated Granny Smith apples (about 2 apples)**
- Butter for cooking, or use canola or vegetable oil**

Apple Topping:

- 2 tablespoons butter**
- 2 Golden Delicious apples, peeled, cored and diced**
- 2 tablespoons brown sugar**
- ½ teaspoon cinnamon**
- Maple syrup**

Heat a griddle over medium-low heat.

In a bowl, mix together the dry ingredients. In a separate bowl, mix together the eggs and milk. Pour the wet ingredients into the dry ingredients. Stir just enough to combine; don't worry if there are a few lumps.

Place a teaspoon or so of butter on the griddle. When the butter foam has subsided, ladle batter onto the griddle. Flip pancakes after bubbles rise to the top and the bottom is golden brown, approximately 2-4 minutes. Adjust the heat as needed. Cook the second side until lightly brown.

While you make the pancakes, in a separate skillet, add the diced apples, and butter. Sprinkle the brown sugar and cinnamon on top and stir and cook until the apples are soft.

Garnish pancakes with the apple topping and maple syrup.

APPLE GALETTE

For a sweet, golden crust, sprinkle the outer edges of the dough with sugar before placing in the oven to bake. Serves 6-8

For the dough:

- 1 ½ cups flour**
- 3 teaspoons sugar**
- ¼ teaspoon salt**
- 1 stick + 2 tablespoons unsalted cold butter, cut into small pieces**
- ⅓ cup ice water**

For the filling:

- 4 to 5 Golden Delicious apples**
- 3 tablespoons sugar**
- ½ teaspoon cinnamon**
- 1 tablespoon unsalted butter, cut into small pieces**
- Zest and juice of ½ lemon**

In a food processor, combine the flour, sugar, salt and butter and process for about 5 seconds. Pour in the ice water and process for 10 to 15 more seconds until it just begins to come together. Transfer the pastry to your work surface and knead it into a disc. Wrap it in plastic wrap and refrigerate until chilled.

Peel, core and quarter the apples and slice them ¼-inch thick. Mix the pieces together in a bowl with the sugar, cinnamon and lemon juice and zest.

Preheat the oven to 400 degrees. On a lightly floured surface, roll out the pastry to approximately a 12-inch circle and transfer to a baking sheet. Leaving a 1-inch border, arrange the apple slices in a circle with the layers slightly overlapping. Dot the apples with the pieces of butter and fold the pastry edge up over the apples to form a 1-inch border.

Bake the galette for about 50 minutes, until the pastry is golden and crispy all over. Serve warm or at room temperature.

NEW CLASSIC: A galette is a sophisticated alternative to traditional apple pie.



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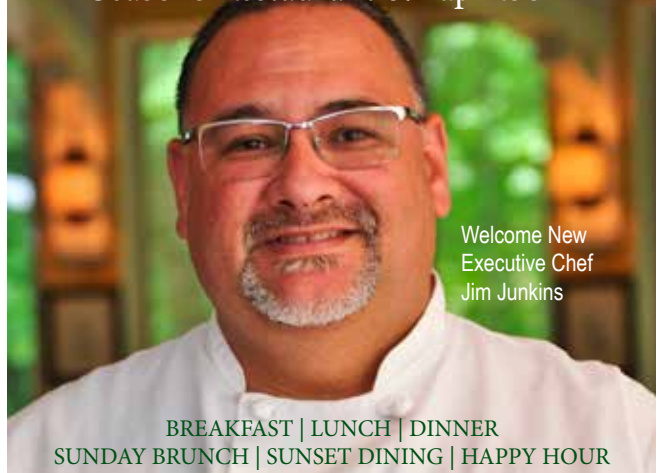
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Dr. Christine Rizk

When Gina Davis first met Dr. Christine Rizk, director of Saint Francis Hospital's Comprehensive Women's Health Center, she was 43 and newly diagnosed with breast cancer. "I had no idea which way to go, which way to turn, or even what my options were," recalls Davis, who first saw Dr. Rizk at Roswell Park Cancer Institute in Buffalo, New York, where she was working as a breast surgeon at the time. "She came into the room, she had a very warm spirit, and the appointment wasn't overwhelming – she made it so easy and comfortable to sit down and talk about being diagnosed with cancer."

Rizk ended up performing a lumpectomy on Davis. Her first words to the patient when she emerged from anesthesia after her surgery were, "You are a blessed woman." Indeed, according to Davis, who has now been cancer free for five years, Dr. Rizk is "one of God's archangels who was sent to help breast cancer patients." She says that Dr. Rizk has been a "huge part of my journey and survivorship." Davis is so devoted to her breast surgeon, that though Dr. Rizk had moved on from Roswell Park soon after treating her, Davis tracked her down several years later when she was ready to talk about undergoing reconstructive surgery, and drove seven hours to Hartford to consult with Dr. Rizk about her next step.

"I have always been interested in women's health and in taking care of women, and I absolutely love the fact that in breast surgery we do have an ongoing relationship with patients," says Dr. Rizk, who recently assumed the directorship of the Karl J. Krapek Sr. Comprehensive Women's Health Center. "It's not come in, have your surgery, and we never see you again. It's a very emotional and vulnerable time for not only the woman but her family as well. To be part of that journey is not only an honor, it's very rewarding."

The Comprehensive Women's Health Center, says Dr. Rizk, is one of the few accredited breast cancer programs that offers integrative medicine, which includes services like massage, energy therapy, acupuncture, psychological counseling, stress reduction management, and nutrition consulting. "We offer not just healing of the body," says Dr. Rizk, "but also of the mind and the spirit."

From Neuroscience to Breast Cancer to Women's Health

Dr. Rizk was born in England, and lived there and in Scotland until the age of 4, when she came to the United States. A "proud American citizen," she was raised in Rochester, New York, and studied neuroscience at University of Rochester. "I always wanted to do something in patient care," says Dr. Rizk. "I really don't have any other hidden talents – I can't sing, I can't dance, or do sports." So she attended medical school at SUNY Upstate Medical Center in Syracuse, New York, and completed her residency training in general surgery at the Cleveland Clinic. She went on to do a fellowship in breast disease at Brown University's Women & Infant's Hospital in Providence, before joining the faculty at Roswell Park Cancer Institute. She also worked as a breast surgeon and breast cancer researcher at SUNY Stonybrook for seven years before coming to Hartford to head up the Comprehensive Women's Health Center.

"It's a wonderful opportunity to be director of the Comprehensive Women's Health Center – to have the opportunity to not only work in my microcosm of breast surgery, but on a large scale in terms of women's health," Dr. Rizk says. In addition to breast cancer-related services, the center also offers radiology imaging (with same-day results), genetic counseling, gynecology and gynecologic oncology services, a survivorship program and lactation consulting. Ultimately, Saint Francis intends to move all women's health services, including women's cardiac care, to the center.

Assessing and Reducing Risk

Still, the main focus of the center, says Dr. Rizk, is the prevention and treatment of breast cancer. "When talking about prevention," she says, "we are talking about identifying women who are at increased risk – and then intervening to cut that risk." Who is at high risk? The majority of people diagnosed with breast cancer have no obvious risk factors, save being a woman, and being postmenopausal (as most cases of breast cancer occur in older women, though men and premenopausal women can also get the disease). And though four out of five women with breast cancer do not have a family history of breast cancer, those who do have a strong family history – which is typically (though not strictly) defined



INTEGRATED APPROACH: Dr. Christine Rizk, director of Saint Francis Hospital's Comprehensive Women's Health Center, has an ongoing relationship with patients. "We offer not just healing of the body, but also of the mind and the spirit," she says.

as having two first-degree relatives who were premenopausal when diagnosed – are at higher risk, Dr. Rizk says.

Doctors routinely use a breast cancer risk assessment tool developed by the National Cancer Institute and known as the Gail model to help determine a woman's degree of risk. This test entails a series of questions, such as whether a woman has had any abnormal biopsies, and what was the age of a woman's first period, onset of menopause, and first childbirth. "Most breast cancers are estrogen-fueled," explains Dr. Rizk, "so the longer a woman's body is exposed to cyclical high doses of estrogen, the higher the risk." Which isn't to say that estrogen causes cancer; rather, "it's adding fuel to the flame," says Dr. Rizk. Having been exposed to high levels of radiation to the chest (people who have been treated for lymphoma, for example), is also a risk factor.

According to Dr. Rizk, she and her colleagues advise women with a strong family history of breast cancer to seek genetic counseling and consider genetic testing to find out if they carry one of the several known genes that predispose people to the disease. "There is a rapidly growing list of mutations that we test for, and the list keeps growing," says Dr. Rizk. "But the BRCA1 and BRCA2 genes are responsible for most of the hereditary breast cancers that we see."

The average woman has a 12 percent risk of developing breast cancer by the age of 70. For women who carry one of the BRCA genes, there's a 40 to 80 percent lifetime risk of getting breast cancer – and a 27 to 40 percent risk of developing ovarian cancer. (These genes are also thought to be linked to increased risk of prostate, colon and pancreatic cancer.) "[For these women], the most aggressive – but also the most effective – means of lowering risk is risk-reducing surgery," says Dr. Rizk. She's referring to a prophylactic mastectomy or oophorectomy – the preventive surgeries that were widely publicized a few years ago by actress Angelina Jolie.

"A woman's chance of breast cancer after risk-reducing surgery drops to between 2 and 5 percent," she says. "It's not for every woman, and it's not even a decision that a woman has to make the second she finds out she is positive. It's very important to time such surgery with where a woman is in her life, in terms of her relationship status, childbearing, and breastfeeding." At Saint Francis, surgeons perform "nipple-sparing" surgery for most women who undergo preventive mastectomies, "which basically leaves a woman's breast looking like virtually nothing has happened, because the nipple and areola is intact, the scar is hidden, and immediate reconstruction can be done in the same operation," Dr. Rizk explains. Dr. Rizk usually advises women who are BRCA positive to have their ovaries removed after 40 years of age and when they are done with childbearing, as there is no good way of detecting ovarian cancer in its early stages.

For high-risk women who do not opt to take the surgical

route to cut their chances of developing breast cancer, there are also medications that can reduce their risk. Known as "chemoprevention," this approach involves the use of either tamoxifen or raloxifene, both of which suppress estrogen and thus are thought to lower one's chances of developing the disease.

Finally, all women deemed to be at higher risk are followed by doctors at the center more closely, with additional screenings to ensure that if breast cancer develops, it will be caught at an early stage, when it is most curable. "In addition to a mammogram once a year, we do an MRI once a year, and we separate these tests by six months," says Dr. Rizk. "The idea is we are looking at their breasts with some modality – and doing physical breast exams – twice a year."

Preventing Breast Cancer

Thanks to advances in treatment and earlier detection, breast cancer has become a very curable disease. "We are entering an era where we know that breast cancer is a group of diseases – it is not one size fits all – and as such, we are now tailoring a woman's therapy to the specifics of her disease. At the Comprehensive Women's Health Center, doctors use oncotyping to determine the genetic profile of a woman's tumor, which not only helps doctors to choose a chemotherapy regimen that is geared toward her specific subtype of breast cancer, but can also tell doctors how much of a benefit she will have from chemotherapy. "And the wonderful thing about being treated at a NAPBC accredited cancer center like our center," says Dr. Rizk, "is that it is likely that they have what is called a multidisciplinary tumor board, which is basically a powwow of all the different specialists having to do with a patient's care. You don't just get one person's opinion – you get the consensus of everyone's opinion."

While at Stonybrook, Dr. Rizk was involved in clinical research that she hopes to continue at Saint Francis. One study is evaluating whether surgery helps women with stage four breast cancer (these patients have traditionally not been offered that option), and the other looks at how smoking affects breast cancer. Dr. Rizk stresses that maintaining a low-fat diet and exercising regularly are good for both cancer prevention and heart health. "The most important thing, clearly, is don't smoke," Dr. Rizk says. She also urges women to get regular mammograms, and notes that the women's center offers a free mammogram day for the uninsured and underserved in October, to coincide with National Breast Cancer Awareness Month. ■

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Confessions of a Patriots Season Ticket Holder

I'm at Gillette Stadium on an October night, looking down upon a crowd of 60,000 people, four rows short of the summit. Section 331. Row 24. Seat 5. My seat for the last decade. A place that feels like home.

I'm a Patriots season ticket holder. Sort of. My friend Tony owns these seats, as well as two more seats much closer to the field. Every year my friend Shep and I purchase these tickets from Tony, thus making us quasi season ticket holders.

I've been a Patriots fan since I was a little boy. I would watch the games with my grandfather on Sunday afternoons and pretend to understand what was happening on the field until I finally did.

I ate Pringles, guzzled Tab, and wept as the Bears ended our Super Bowl dreams in January of 1986.

In high school, I dated a girl primarily because she had once lived next door to Patriots quarterback Steve Grogan. Her former proximity to that football legend was enough for me to fall for her. Temporarily, at least.

In 1997, I watched Super Bowl

XXXI, Patriots vs. Packers, at a friend's house. When Green Bay's Desmond Howard returned a third-quarter kickoff 99 yards for a touchdown, ending our championship dreams once again, I tore off my shoe and hurled it so hard at the living-room wall, it made a hole. Rather than repair the damage, his wife hung a painting of a fruit bowl over the hole and eventually forgave me.

When the Patriots won their first Super Bowl in 2001, I held Shep in my arms and wept, though I know this made him at least a little uncomfortable.

In 2006, I started attending games regularly. Things got real. When we lost, I couldn't simply turn off the TV and forget it happened. I exited the stadium with my head hung low and a sadness and exhaustion that lingered for days.

Tonight the Patriots are playing the Baltimore Ravens. It's an important game. Playoff implications. The Ravens always play us tough. Everyone in the stadium is on edge.

I started my day about eight hours ago with the drive from my home in

Connecticut to Foxboro, picking up Shep along the way. In addition to our \$107 tickets, we paid \$40 for the privilege of parking in a muddy field at least a mile from the stadium, and we paid Tony \$20 to provide us with a tailgate feast.

Mostly meat. Steak. Barbeque ribs. Hot dogs and burgers. Bacon wrapped chicken. Sometimes – if we're lucky – bacon-wrapped bacon. There may be some cornbread and beans, and always brownies for dessert (eaten only if the Patriots win), but for the most part, we eat protein. Vast amounts of protein.

Then, about an hour before kickoff, we trek to the stadium and commence the ascent to our seats, high above just about everyone else in the stadium.

The rain is coming down in sheets tonight. I'm encapsulated in multiple layers to protect me from the bite of the October wind and the torrent of water falling from the sky. I'm wearing so many layers that I have ceased to possess a defined form. I am a lump of humanity.

I would wear my heated socks

except they are not permitted in Gillette Stadium. No “battery-operated heated clothing” allowed. Also no unmanned aircraft and or breast pumps without written permission by guest services. I understand restricting the use of drones, but written permission for a breast pump?

“Yes, you may pump your breast. Go forth and prosper.”

Halfway through the first half, I need to pee. But we do not pee in Gillette Stadium during a football game. That would involve the removal of at least three layers of clothing just to reach my underwear. I would also be forced to stand in an endless line and suffer the unspoken yet intense pressure to do my business quickly while similarly lumpish forms wait uncomfortably close behind me, eager to return to the game.

Instead, I hold it and focus on the men on the field. I have never met or spoken to any of them. I know almost nothing about them unless it pertains to football. Still, I love them with all my

heart. When we win (and notice I say we, even though I never touch the ball), my spirits soar. The universe sings. When we lose, my students hunker down and try to avoid me for at least 48 hours. My heart breaks. The universe is cleaved.

And I love the fans cheering around me. Not the fans of our opponent, of course. There is always a sprinkling of them here, too, and I hate every one of them with the raging fire of a thousand suns.

Especially Jets and Ravens fans.

But I love my fellow Patriots fans. When we score a touchdown, the zebra raises his arms, the Minutemen fire off pretend muskets, and I scream and jump into the arms of a stranger. I embrace him with reckless, wild, all-encompassing abandon.

This is why I come to this place, so far and cold and wet and expensive and protein-packed. I come for this moment of communal love. This moment that no human being can experience while watching this game on a two-dimensional

screen in a cozy living room with an empty bladder.

These are not moments that can happen with slippers and remote controls and sofa cushions. These are moments that happen on cold, autumn evenings, high above the world, in conditions that might kill someone of lesser health. It takes a great deal of sacrifice to be a member of a National Football League team. Some of us are willing to make those sacrifices. ■

*Matthew Dicks is a West Hartford elementary schoolteacher and author of several novels, including the 2016 Nutmeg Award nominee *Memoirs of an Imaginary Friend*. He's also a 23-time Moth StorySLAM champion and the co-founder of *Speak Up*. For more about Matthew, go to www.matthewdicks.com.*

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