



Mystic Memories

by Teree Caruthers

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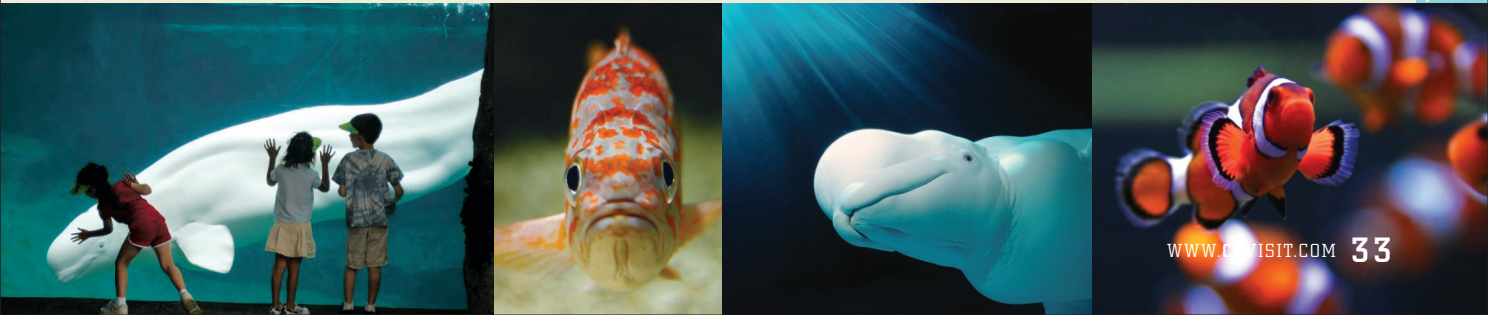
For centuries, Americans have been drawn to the sea. From immigrant ships carrying the hope of a better life to military vessels on the brink of war, the sea has at times been both friend and foe. Men have died trying to conquer it; others have devoted their lives to uncovering its mysteries. Great literature inspired by it, sonnets composed in its honor.

Nowhere is the bond between man and sea stronger than among the coastal towns of Mystic Country, where seafaring has become more than a way to make a living but instead a way of life – a life both romantic and arduous.

It was that same sense of romance and adventure that attracted my family to Mystic Country. Mystic is a quaint seaside town full of history and old New England charm – a great place to slow down a bit and relax. Of course, in Mystic, relax doesn't mean sit still. There are plenty of sights to see and attractions to enjoy for the entire family.

Must "Sea" Attractions

Our first stop: the **Mystic Aquarium and Institute for Exploration**, home to New England's only Beluga whales. The kids loved watching the aquarium staff work with the whales in the **Whales Up Close** program. The aquarium features several interactive exhibits for kids, such as the Ray Touch Pool and the DNA, Red Tide and the Sea exhibit – a series of games that teach kids about the biology of marine life. My husband and son were drawn to the shark tanks – especially during feeding time – while my daughter and I got taken for a ride in the aquarium's 3D motion theater. mysticaquarium.org



MYSTIC AQUARIUM



 We have been going here for years with our son, who is now nine years old and we still think this is a great aquarium. The outdoor space is great – we love watching the beluga whales, looking for turtles in the marsh, and watching the penguins. The aquarium has also added many interactive components so children love looking around as well. Go and have a great time!

–QueensNYTraveler

No trip to Mystic is complete without a visit to the **Mystic Seaport: The Museum of America and the Sea**, dedicated to preserving the history of the whaling industry in New England. The museum grounds are home to a host of attractions, including a re-created **19th-century seafaring village**. The re-enactors were so authentic, for a moment we actually believed we had been transported back to the 1800s. I was especially touched by the widow's walk, where wives would watch and wait for their husbands' return from sea. The kids learned first-hand the life of a sailor at the **Children's Museum**. They dressed in sailors' garb and learned to swab the deck and cook in the galley. The museum can be an all-day affair, but the restaurants, taverns and bake shop will give you plenty of fuel to stay afloat. mysticseaport.org



Craftsmen are busy restoring the world's last wooden whaleship, the *Charles W. Morgan*.

The *Morgan* is also a bona fide movie star, having appeared in eight major motion pictures, including *Gangs of New York* and *Amistad*.

Beach Bumming

Mystic Country boasts more than 30 miles of pristine shoreline. We made the quick drive to **Ocean Beach Park**, named one of the best beaches by National Geographic. The beautiful "sugar-sand" beach is perfect for an afternoon of soaking up the sun or building sandcastles. But if you want a break from sand and surf, the **Ocean Beach Boardwalk** is sure to entertain with amusement rides for kids of all ages, a miniature golf course, Olympic-size freshwater pool and a Nature Walk with an observation deck for bird-watching. At dusk, we cozied up to the **Sandbar Lounge** to take in the live music on the boardwalk stage.

Before You Go: Download the **Mystic Country Podcast**, a travelogue spotlighting the people and places that make the region special. **Free** in iTunes.

Treasure Hunt

I love quirky shops and trendy boutiques, so **Olde Mistick Village** was at the top of my to-do list. This picturesque 18th-century town is home to more than 50 shops and businesses. You won't be able to resist the 21 flavors of fudge made fresh daily at **Franklin's General Store**. Your kids won't be able to resist the toy animals and model hot-air balloons at **Penguins, Otters & Others**.



Shop for cool and unusual gifts at **Tra La La- Fine Stationery, Unique Gifts and Unexpected Necessities** and then pick up a souvenir for your pet at **Raining Cats and Dogs**.

Local Flavor

There is literally a restaurant for every taste in Mystic. My husband was especially excited to try "a slice of Heaven" at the legendary **Mystic Pizza**. He can recite nearly every line from the 1988 cult hit of the same name starring Julia Roberts. Memorabilia from the movie decorate the walls, but the pizza is the true star of the show.

New England is famous for its lobster, so lunch at the popular **Abbott's Lobster in the Rough** in Noank was definitely on our menu. Abbott's is an unassuming seaside stand known to dish out some of the region's best seafood. We snagged a table right by the water where we watched a

flotilla of sailboats drift by as the kids got a lesson in using lobster crackers.

See More Online: Add a taste of New England to your own menu. Learn lobster and clam cooking techniques from famed New England chef Jasper White at epi.us/lobster.



Mystic's picturesque beauty continues to draw travellers from all corners of the globe.

Before You Go: Impress your kids with your knowledge of whaling history. Check out *Leviathan: The History of Whaling in America* by Eric Jay Dolin or *Thar She Blows: American Whaling in the Nineteenth Century* by Stephen Currie.

Don't Miss: Be sure to schedule some time in the museum's Henry B. duPont Preservation Shipyard

to observe craftspeople working to restore the *Charles W. Morgan*, the world's last wooden whaleship and National Historic Landmark. Built in 1841, the *Morgan* spent 80 years at sea and made 37 whaling voyages before retiring in 1921.

Turtle Love

Dr. Allison Tuttle knew she wanted to be a veterinarian from age 10, when she and a friend rescued a baby bird that had fallen from its nest. Now Tuttle is living her dream of caring for animals as staff veterinarian and director of animal care at the Mystic Aquarium and Institute for Exploration.

"My passion was always working with aquatic animals in training and vet care situations. When I realized there was a way to blend both of those loves, I knew that's what I wanted to do," Tuttle says.

At the aquarium, Tuttle is responsible for medical care for the aquarium's wide variety of animals.

On a typical day, Tuttle tends to her sick patients, makes sure the others are receiving preventative care and then works with the animals and their trainers.

"If the animals only see the vets when they're sick, it's stressful for them, so we go out to feed them and participate in their training so they're used to us," Tuttle says.

Tuttle is also involved in the aquarium's research into animal infectious disease and preventative medicine.

"Aquatic medicine is interesting because it's not as well-developed as domestic animal medicine. Often we're seeing things for the first time. We had

the only reported case of diabetes in a sea lion, and it's up to us to figure out how to manage it," she says.

Tuttle says one of the most rewarding aspects of her job is educating kids about marine biology and the effect of ocean pollution on animal health and safety.

"If I can reach just one person, then I know I've made a difference," Tuttle says, "and you never know – they might even decide to become a veterinarian."

To See More: Watch videos of Tuttle and the Mystic Aquarium veterinary staff and trainers in action at youtube.com/MysticAquarium.



Scan the QR code with your smartphone for instant access to Olde Mistick Village shop information and special offers.



For More Information: To learn more about Mystic Country, visit mystic.org. Like MysticCountryConnecticut on Facebook, or follow @MysticCtTweets on Twitter.

MYSTIC SEAPORT

We visited the Seaport at the end of October, and it was COLD. We dressed for it, in layers, so we were fine. Right now is a good time to see the *Charles Morgan*, the last wooden whaling ship in the world, as it is undergoing final restoration, getting ready to sail in 2014. You can actually go inside as they are working and walk around. It costs \$6,000 a day for the restoration work, so your entry fee is going towards a great cause.
—Travelrlynn

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the 1990s, the number of people in the United States who are 65 years of age and older has increased by 50 percent. The number of people 75 years of age and older has increased by 100 percent. The number of people 85 years of age and older has increased by 200 percent. The number of people 95 years of age and older has increased by 400 percent. The number of people 100 years of age and older has increased by 800 percent. The number of people 105 years of age and older has increased by 1,600 percent. The number of people 110 years of age and older has increased by 3,200 percent. The number of people 115 years of age and older has increased by 6,400 percent. The number of people 120 years of age and older has increased by 12,800 percent. The number of people 125 years of age and older has increased by 25,600 percent. The number of people 130 years of age and older has increased by 51,200 percent. The number of people 135 years of age and older has increased by 102,400 percent. The number of people 140 years of age and older has increased by 204,800 percent. The number of people 145 years of age and older has increased by 409,600 percent. The number of people 150 years of age and older has increased by 819,200 percent. The number of people 155 years of age and older has increased by 1,638,400 percent. The number of people 160 years of age and older has increased by 3,276,800 percent. The number of people 165 years of age and older has increased by 6,553,600 percent. The number of people 170 years of age and older has increased by 13,107,200 percent. The number of people 175 years of age and older has increased by 26,214,400 percent. The number of people 180 years of age and older has increased by 52,428,800 percent. The number of people 185 years of age and older has increased by 104,857,600 percent. The number of people 190 years of age and older has increased by 209,715,200 percent. The number of people 195 years of age and older has increased by 419,430,400 percent. The number of people 200 years of age and older has increased by 838,860,800 percent. The number of people 205 years of age and older has increased by 1,677,721,600 percent. The number of people 210 years of age and older has increased by 3,355,443,200 percent. The number of people 215 years of age and older has increased by 6,710,886,400 percent. The number of people 220 years of age and older has increased by 13,421,772,800 percent. The number of people 225 years of age and older has increased by 26,843,545,600 percent. The number of people 230 years of age and older has increased by 53,687,091,200 percent. The number of people 235 years of age and older has increased by 107,374,182,400 percent. The number of people 240 years of age and older has increased by 214,748,364,800 percent. The number of people 245 years of age and older has increased by 429,496,729,600 percent. The number of people 250 years of age and older has increased by 858,993,459,200 percent. The number of people 255 years of age and older has increased by 1,717,986,918,400 percent. The number of people 260 years of age and older has increased by 3,435,973,836,800 percent. The number of people 265 years of age and older has increased by 6,871,947,673,600 percent. The number of people 270 years of age and older has increased by 13,743,895,347,200 percent. The number of people 275 years of age and older has increased by 27,487,790,694,400 percent. The number of people 280 years of age and older has increased by 54,975,581,388,800 percent. The number of people 285 years of age and older has increased by 109,951,162,777,600 percent. The number of people 290 years of age and older has increased by 219,902,325,555,200 percent. The number of people 295 years of age and older has increased by 439,804,651,110,400 percent. The number of people 300 years of age and older has increased by 879,609,302,220,800 percent. The number of people 305 years of age and older has increased by 1,759,218,604,441,600 percent. The number of people 310 years of age and older has increased by 3,518,437,208,883,200 percent. The number of people 315 years of age and older has increased by 7,036,874,417,766,400 percent. The number of people 320 years of age and older has increased by 14,073,748,835,532,800 percent. The number of people 325 years of age and older has increased by 28,147,497,671,065,600 percent. The number of people 330 years of age and older has increased by 56,294,995,342,131,200 percent. The number of people 335 years of age and older has increased by 112,589,990,684,262,400 percent. The number of people 340 years of age and older has increased by 225,179,981,368,524,800 percent. The number of people 345 years of age and older has increased by 450,359,962,737,049,600 percent. The number of people 350 years of age and older has increased by 900,719,925,474,099,200 percent. The number of people 355 years of age and older has increased by 1,801,439,850,948,198,400 percent. The number of people 360 years of age and older has increased by 3,602,879,701,896,396,800 percent. The number of people 365 years of age and older has increased by 7,205,759,403,792,793,600 percent. The number of people 370 years of age and older has increased by 14,411,518,807,585,587,200 percent. The number of people 375 years of age and older has increased by 28,823,037,615,171,174,400 percent. The number of people 380 years of age and older has increased by 57,646,075,230,342,348,800 percent. The number of people 385 years of age and older has increased by 115,292,150,460,684,697,600 percent. The number of people 390 years of age and older has increased by 230,584,300,921,369,395,200 percent. The number of people 395 years of age and older has increased by 461,168,601,842,738,790,400 percent. The number of people 400 years of age and older has increased by 922,337,203,685,477,580,800 percent. The number of people 405 years of age and older has increased by 1,844,674,407,370,955,161,600 percent. The number of people 410 years of age and older has increased by 3,689,348,814,741,910,323,200 percent. The number of people 415 years of age and older has increased by 7,378,697,629,483,820,646,400 percent. The number of people 420 years of age and older has increased by 14,757,395,258,967,641,292,800 percent. The number of people 425 years of age and older has increased by 29,514,790,517,935,282,585,600 percent. The number of people 430 years of age and older has increased by 59,029,581,035,870,565,171,200 percent. The number of people 435 years of age and older has increased by 118,059,162,071,741,130,342,400 percent. The number of people 440 years of age and older has increased by 236,118,324,143,482,260,684,800 percent. The number of people 445 years of age and older has increased by 472,236,648,286,964,521,369,600 percent. The number of people 450 years of age and older has increased by 944,473,296,573,929,042,739,200 percent. The number of people 455 years of age and older has increased by 1,888,946,593,147,858,085,478,400 percent. The number of people 460 years of age and older has increased by 3,777,893,186,295,716,170,956,800 percent. The number of people 465 years of age and older has increased by 7,555,786,372,591,432,341,913,600 percent. The number of people 470 years of age and older has increased by 15,111,572,745,182,864,683,827,200 percent. The number of people 475 years of age and older has increased by 30,223,145,490,365,729,367,654,400 percent. The number of people 480 years of age and older has increased by 60,446,290,980,731,458,735,308,800 percent. The number of people 485 years of age and older has increased by 120,892,581,961,462,917,470,617,600 percent. The number of people 490 years of age and older has increased by 241,785,163,922,925,834,941,235,200 percent. The number of people 495 years of age and older has increased by 483,570,327,845,851,669,882,470,400 percent. The number of people 500 years of age and older has increased by 967,140,655,691,703,339,764,940,800 percent. The number of people 505 years of age and older has increased by 1,934,281,311,383,406,679,529,881,600 percent. The number of people 510 years of age and older has increased by 3,868,562,622,766,813,359,059,763,200 percent. The number of people 515 years of age and older has increased by 7,737,125,245,533,626,718,119,526,400 percent. The number of people 520 years of age and older has increased by 15,474,250,491,067,253,436,239,052,800 percent. The number of people 525 years of age and older has increased by 30,948,500,982,134,506,872,478,105,600 percent. The number of people 530 years of age and older has increased by 61,897,001,964,269,013,744,956,211,200 percent. The number of people 535 years of age and older has increased by 123,794,003,928,538,027,489,912,422,400 percent. The number of people 540 years of age and older has increased by 247,588,007,857,076,054,979,824,844,800 percent. The number of people 545 years of age and older has increased by 495,176,015,714,152,109,959,649,689,600 percent. The number of people 550 years of age and older has increased by 990,352,031,428,304,219,919,299,379,200 percent. The number of people 555 years of age and older has increased by 1,980,704,062,856,608,439,838,598,758,400 percent. The number of people 560 years of age and older has increased by 3,961,408,125,713,216,879,677,197,516,800 percent. The number of people 565 years of age and older has increased by 7,922,816,251,426,433,759,354,395,033,600 percent. The number of people 570 years of age and older has increased by 15,845,632,502,852,867,518,708,790,067,200 percent. The number of people 575

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