

# STAMFORD DOWNTOWN

MONTHLY E-NEWSLETTER

**Come out on Saturday, November 26th to support your Stamford Downtown local businesses!**



The Plug (96 Bedford St.)



Life Cycle (135 Bedford St.)



Whim (168 Bedford St.)



Natural Herbal Labs (103 Atlantic St.)



Lorca (125 Bedford St.)



Agora Spa (243 Tresser Blvd.)



Row House (5 Broad St.)

**Join the national initiative created by American Express to Shop Small on Saturday, November 26th and all throughout the year**



## WELCOME STAMFORD NUTRITION



Alyssa Anderson, owner of Stamford Nutrition

*"I'm excited to be here and to bring something new to Stamford Downtown..."*

Alyssa Anderson  
Owner of Stamford Nutrition

Starting a company at the height of COVID exemplifies Alyssa Anderson's passion for her company's brand Stamford Nutrition. With a Norwalk store up and running, Alyssa is now turning her attention towards establishing a new Stamford customer base, as she opens her second store located at 117 Broad Street, on the ground floor of the Landmark Square complex.

Alyssa is a professional at training people to fuel their bodies. Towards that aim, she has created energy booster drinks with a purpose in mind. The signature sip is called "The Landmark" featuring green tea, aloe, and vitamin B12. It uses a refreshing blend of raspberry, passion fruit, and collagen. All specialty drinks are made to order and the teas are traditionally 5 calories and sugar-free with the protein shakes ranging from 200 to 350 calories. Wander in and try one of their plant-based protein shakes to fortify your body for the winter cold.

## SHAH'S HALAL FOOD COMES TO STAMFORD DOWNTOWN



Shah's Halal Food (245 Main Street)

Newly opened at 245 Main Street, Shah's Halal Food is a family-owned and operated business established in 2005 with one food cart in Richmond Hill, Queens. Since then, they have grown to over 30+ locations across three countries including the U.S., Canada, and the U.K. Shah's is proud to be an official partner of the NY Islanders and the UBS Arena.

With successful locations in both Norwalk and Springdale, brothers Rafi and Mohamad Mashri always wanted to be part of Stamford Downtown's international food scene. They are delighted to have found a location in the heart of Columbus Park. Shah's Halal stores are built within communities rich in history and filled with passionate people from all walks of life who love fresh, ingredient-driven food, smothered in white, green, and hot sauce! Shah's signature platters are available with chicken, lamb, as a combo, or with falafel served on top of a fresh salad mix. Shah's is also known for their huge gyros, cheese steaks, burgers, and fries which add diversity to the menu. Stop in today or order online!

## STAMFORD DOWNTOWN, FRONTIER, AND ELM BEAUTIFY ST. JOHN'S PARK



Stamford Downtown, Frontier and ELM at St. John's Park

On October 19th, Stamford Downtown partnered with Frontier Communications and Eastern Land Management (ELM) to undertake a public realm beautification project at historic St. John's Park near the intersection of Grove and East Main Streets. This project represented a true collaboration as Frontier Communications provided ten volunteers, Stamford Downtown provided plant materials including the fall mums and mulch while ELM provided tools and guidance regarding the proper technique for planting and caring for the mums.

Stamford Downtown thanks its friends at Frontier Communication for initiating the project. Stamford Downtown hopes its partnership with Frontier will serve as a model for engagement with corporate stakeholders to assist in caring for additional public realm spaces within Stamford Downtown.

**Sunday,  
November 20,  
12 noon**

**Point72  
Giant Balloon  
Inflation Party**

**Saturday,  
November 19,  
3-6pm**

**STAMFORD DOWNTOWN**

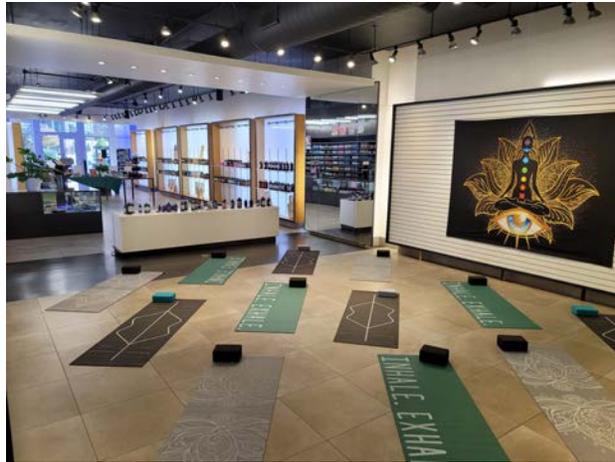
**PARADE  
SPECTACULAR**

**Master of Ceremonies  
Colin Cosell  
Mets PA  
Announcer**

**stamford-downtown.com**

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## NATURAL HERBAL LABS OPENS AT 103 ATLANTIC



Natural Herbal Labs owners Jodey Lazarus and Leighton Edwards at their 103 Atlantic Street location

Natural Herbal Labs recently opened its first retail store in Stamford Downtown located at 103 Atlantic Street. The location is not only quickly gaining a reputation of being the place to come for natural herbal supplements, but also as, an inviting space to take a weekly lunchtime yoga class, attend a wellness talk, or educate yourself on the latest nutrition products.

Owners Leighton Edwards and Jodey Lazarus are very passionate about health, wellness, fitness, and healing. They believe that overall health and wellness is not only about what you put into your body but also understanding how it all works explaining "...overall health includes mental, physical, emotional and spiritual wellness."

Leighton, started the business in 2009, as an extension of his boot camp business calling it "The Flatbelly Tea." Now, with over 24 natural products, and counting, he later renamed the company Natural Herbal Labs. Men's, women's, and children's vitamins, and herbal supplements including detoxes, inflammation, insomnia, and immunity boosters, are all available right in the store.

A Jamaican native, Leighton has made Stamford his home for the past 26 years. With a degree in Exercise Science and a background as a natural bodybuilder and boot camp instructor (Body By Leighton Bootcamp), Leighton has acquired a vast knowledge of herbs, not only growing up in Jamaica but studying and consulting with other seasoned Herbalists and Naturopaths in the herbal community.

Jodey and Leighton work together as a team. Leighton runs the wholesale part of the business and Jodey is operating the retail store. Jodey has a strong background in healthcare and is in the process of acquiring her herbalist and yoga certifications. On any given day, she can be found in the store to answer any questions you may have and to assist you with choosing the right herbal supplement. To speak with either Jodey or Leighton call them at (866) 515-2945 or for more information on store products go to their [website](#) or [Instagram](#) page.

## MEET LOREN NADRES, STAMFORD'S DIRECTOR OF ECONOMIC DEVELOPMENT



Loren Nadres



Mayor Caroline Simmons, Loren Nadres, and others at Global Stamford

Loren Nadres, Stamford's Director of Economic Development and member of Mayor Simmons' cabinet, instinctively translates visions into action. During her first year, Loren has been driving forward Mayor Simmons' top economic development priorities for Stamford, particularly on innovation, business retention, and business attraction. Loren and the team have been actively positioning Stamford as a rising global innovation hub, successfully attracting new businesses to move to Stamford, and actively retaining and engaging the City's largest employers.

As we look towards initiatives for 2023, Loren and the team will be launching the Mayor's Small Business Resiliency Grant and she has kick-started the new year early with the launch of the Global Stamford initiative.

From an impressive international economic development background including travels across 80+ countries, Loren is uniquely qualified to spearhead the new Global Stamford initiative. The initiative will focus on promoting Stamford as a prime location for international businesses to start and grow their companies in the region. It also maximizes Stamford's location right next to NYC and strategically positions its competitive sector advantages.

Mayor Simmons and Loren launched Global Stamford in partnership and co-hosted with the NYC Foreign Trade Commissioners Association (FTCA), which represents 100+ countries. The FTCA has a constant flow of international businesses looking to start and expand their companies in the NY metro area, "hence, they were the perfect partner to launch this new initiative with," explains Loren. The City has already welcomed the Consul General for South Africa and preparing for an upcoming business visit by the Consul General of the United Kingdom

Additionally, the Mayor and Loren will be launching the Small Business Resiliency Grant in the new year. The City has received a \$1.5 million federal grant, part of the American Rescue Program Act passed by Congress this year. These funds are earmarked to be awarded to our small businesses who suffered losses during Covid. The Mayor and Loren continue their deep commitment to supporting Stamford's small businesses to grow and thrive. Details of the grant will be released as the application becomes available online in early 2023.

## VERIZON OPENS AT 95 BEDFORD STREET

Stamford Downtown ushered in a new Verizon store to 95 Bedford Street this month. The Bedford Street location has accessories for all types of devices as well as featuring the latest products. This includes the Verizon 5G home internet device starting at \$25 and the Apple Eco system compatible with iPhones, Apple watches and iPads. The store also offers programs for small businesses. Come in and meet the store managers...



Store Manager, Ramon Reyes (left) and Assistant Store Manager, Michael Montenegro (right)

## STAMFORD DOWNTOWN ENVIRONMENTAL MAINTENANCE & AMBASSADOR SERVICES OCTOBER STATISTICS



**4,357**  
TRASH (LBS)  
REMOVED



**1,032**  
HOURS CLEANING  
SIDEWALKS



**326**  
PUBLIC  
ENGAGEMENTS



**28**  
HOURS OF  
LEAF REMOVAL



**20x**  
GRAFFITI WAS  
REMOVED



**22**  
HOURS OF  
GUM REMOVAL

## JERKYZ GIVES BACK



Delmar Morris, Isis-Rae Goulbourne, Joab Taylor, and Mario Lopez (left to right). (Courtesy of Hybrid Media.)

Shout out to Jerkyz (227 Summer Street) who will be providing local residents with free pre-packaged meals, no questions asked, on Thanksgiving. Restaurant owner Joab Taylor and his team were able to give out approximately 300 meals last year. However, this year with new partnerships and heightened awareness, they plan to grow that number to 750!

A three-course meal with a choice of chicken, fish and vegetarian options along with sides and desserts will be available on November 24th from 1 p.m. to 5 p.m., or until meals run out.

Columbus Park Restaurants

# Holiday Happy Hour

& Tree Lighting

**WEDNESDAY  
NOVEMBER 30TH  
6PM**

Join participating  
Columbus Park  
restaurants for a  
festive Happy Hour  
Event

Check your favorite  
restaurant's social media  
page for more info



Participating Restaurants: Acuario Restaurant, Columbus Park Trattoria, Kouzina Greek Taverna & Bar, La Perle Restaurant & Bar, Riviera Maya, Tiernan's Bar & Restaurant, and more to come!