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## LOCAL NEWS BRIEF

### COMMUNITY UNITES TO HONOR 9/11



On Wednesday morning, over 150 people gathered at Cos Cob Park to mark the 23rd anniversary of the September 11 attacks, where cannons fired at key moments of the attacks, and the names of 33 Greenwich victims were read with a bell toll for each. The ceremony included musical performances and a keynote address by Wells Noonan, who lost her brother in the attacks. Later, a second ceremony took place at the Glenville Volunteer Fire Company, featuring a piece of steel from the World Trade Center.

### GREENWICH HONORS MARY HULL

Greenwich Green & Clean dedicated a bench in Greenwich Common to honor Mary Hull's volunteer work. Hull, who

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### Green Thoughts

BY ANNE W. SEMMES

"It's mighty hard right now to think of anything that's precious that isn't endangered. There are no sacred and unsacred places; there are only sacred and desecrated places. My belief is that the world and our life in it are conditional gifts." Wendell Berry, American novelist, poet, and environmental activist, age 90. As shared with Bill Moyers on October 4, 2013.



## A Legacy of Stewardship: Historic Cliffdale Road Estate Listed for \$35 Million

BY BETH BARHYDT

The Beinecke estate at 10 Cliffdale Road in Greenwich, now on the market for the first time since its construction in 1939, offers a rare glimpse into the preservation of historical architecture and land use in the modern era. Listed for \$35 million, the estate's 66 acres reflect a landscape and built environment that have remained largely untouched by the rapid development that has transformed much of the surrounding area.

Commissioned by business magnate Edwin John Beinecke, the 9,300-square-foot Georgian Colonial mansion stands as a testament to an era when architectural design and landscape planning were deeply intertwined. The estate's structures and gardens were not just a reflection of the wealth of its owner but also a representation of the evolving relationship between human habitation and the natural world.

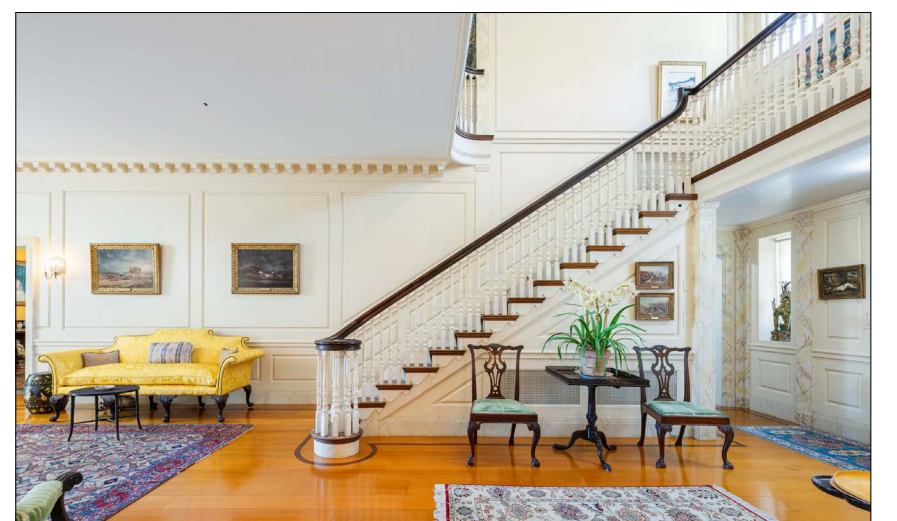
The estate's original use as part of Cragholme Farms, an agricultural complex dating back to at least 1934, underscores its role in a broader history of land conservation and farming in Greenwich. Historical records show that in the early 20th century, the property included large swaths of cultivated land, most likely orchards, and a farm complex surrounding

the now-demolished Tompkins House. Structures that remain on the estate include a barn (circa 1900), a caretaker's cottage, greenhouses, and various animal sheds, all of which speak to the property's agricultural past.

The estate's architecture further emphasizes the intersection of luxury and functionality. The main house, with its 10-foot ceilings, custom wood paneling, and multiple fireplaces, embodies the architectural trends of the early 20th century, when grand entryways and expansive living spaces were the hallmark of elite homes. But beyond its formal design, the estate was constructed with the surrounding landscape in mind. A screened porch offers panoramic views of meticulously maintained gardens designed by landscape architect Rudy J. Favretti, whose work is noted for blending aesthetic beauty with environmental stewardship.

Favretti's designs, recognized by the Smithsonian Institution, highlight the estate's historical and environmental significance. His work on the property includes formal terraced gardens, man-made ponds, and a network of private trails that not only enhance the beauty of the estate but also ensure its integration into the surrounding natural landscape.

In recent decades, the estate has



remained under the stewardship of John R. and Barbara G. Robinson, who took ownership in 1982 after several intra-family transfers. The Robinsons' preservation of the estate's historical structures and landscape aligns with the broader mid-20th-century movement toward historic preservation in the United States. This movement sought to maintain the architectural integrity of properties like 10 Cliffdale Road while also conserving the land and its associated uses.

The estate's listing for sale comes at a moment when conversations about

land use, historic preservation, and environmental conservation are more relevant than ever. As new development projects continue to reshape the Greenwich area, properties like 10 Cliffdale Road serve as reminders of the importance of preserving spaces that embody a different relationship between people and the land. The sale of this estate represents not just the transfer of property but the passing on of a legacy that intertwines architectural beauty, environmental stewardship, and a deep respect for the history of the land.

## Christ Church's "Joyful Noise"

BY BETH BARHYDT

Christ Church is launching a new, informal worship service called "Joyful Noise" this September. The 5:00 PM service, held in the church's Main Sanctuary, will feature renowned Christian musicians Rob Mathes and Anna Leinbach, a dynamic feature of contemporary worship as a new element in the Episcopal congregation.

The inaugural service is scheduled for Sunday, September 29, 2024, at the church's iconic building at 254 East Putnam Avenue. "Joyful Noise" will continue on a monthly basis, with Mathes leading the music on September 29, October 27, and

November 24. On alternate Sundays, Anna Leinbach, a soloist and violinist, will perform in the Chapel, including October 6 and November 10.

According to Rev. Marek Zabriskie, rector of Christ Church Greenwich, this service was born out of the success of earlier musical performances and the desire to offer worship at a time when people may feel more at ease. "We are extraordinarily blessed to have Rob, Anna, and this group of talented musicians join us for the new Joyful Noise services," Zabriskie said. "We are bustling on Sunday mornings, and this is another offering to

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### INSIDE



### FED RATE CUTS ON THE HORIZON?

Patricia Chadwick analyzes the Federal Reserve's upcoming decision, predicting potential rate cuts and highlighting the economy's strength. Chadwick recently released her memoir *Breaking Glass: Tales from the Witch of Wall Street*.

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### This Week in Sports

GHS football preview  
Field Hockey Win  
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Brunswick Football  
GHS Volleyball Win

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### POLO FINAL



BY LIZ LEAMY

### Smithfield Triumphs Over Audi 10-9 to Clinch The 2024 East Coast Open Title

Last Sunday was an affair to remember as Smithfield, the venerable high-goal polo crew based out of the Mashomack Polo Club in Pine Plains, New York and Audi, the formidable high-goal contingent from Greenwich went head-to-head in a heated battle with to claim the 2024 East Coast Open title at the Polo Club.

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## Meals-on-Wheels Fosters Friendship

BY DEBRA McLAUGHLIN

Volunteer drivers, John Suddell and Jim Mullins, arrive every Wednesday morning like clockwork at Meals-on-Wheels. Together, they deliver meals. In their brown paper bags are loaves of sourdough bread and fresh fruit as a supplement to their clients' daily meal service. Friends volunteer together because it:

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Meals-on-Wheels volunteers deliver roughly 2,400 meals per month; about 265 of these are weekend meals for preschool children and nearly 460 are to children at the Horizon at Brunswick Program. If you would like to learn more about volunteering or about receiving meals, please reach



Volunteer Drivers John Suddell and Jim Mullins

out to 203-869-1312, email us at mealsonwheelsgreenwich@outlook.com or visit us at https://mealsonwheelsofgreenwich.org/. Together, we'll continue to provide more than just a meal.

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## Study Links Energy Drinks to Mental Health Risks in Teens



BY RUSSELL BARKSDALE, JR.

A newly released study has raised significant concerns over the consumption of energy drinks among children and adolescents, revealing a troubling connection between these beverages and a rise in mental health problems, including anxiety, stress, depression, and suicidal thoughts.

Current data indicates that more than 30% of young people aged 12 to 17 regularly consume energy drinks, with boys partaking more frequently than girls. Many adolescents mistakenly believe these drinks will improve their academic performance or enhance their social standing. Energy drinks are often used to fuel late-night study sessions, boost athletic performance, or are sometimes mixed with alcohol during social gatherings. Despite being readily available in retail outlets with no age restrictions, many youths perceive these drinks as harmless.

Promoted for their purported ability to increase energy, combat fatigue, and sharpen focus, energy drinks carry significant health risks, largely due to their exceptionally high levels of caffeine, with some brands containing 500 milligrams or more per can. Medical professionals have voiced concerns over the toxic effects of such caffeine intakes, noting

alarming statistics: more than 5,000 caffeine overdoses occur each year, with half of the cases involving individuals under the age of 19.

The Health Risks of Energy Drink Consumption Research into the health effects of energy drinks on teenagers has intensified in recent years, with findings linking these beverages to serious physical issues such as increased risks of heart attacks, respiratory difficulties, and seizures. There have been documented instances of energy drinks causing irregular heart rhythms in otherwise healthy teens, a risk heightened for those involved in intensive physical activity.

Moreover, there is a rising concern about the negative impact of energy drinks on mental health. Regular consumers report heightened feelings of anxiety, depression, and stress. Additionally, as the stimulatory effects of caffeine dissipate, some teens struggle with concentration and alertness, which may lead them to seek other stimulants, including amphetamines.

### Identifying Caffeine Overdose

The potential for caffeine overdose escalates when energy drinks are consumed alongside other stimulants or alcohol. Symptoms of overdose can vary widely and include, but are not limited to:

- Accelerated heart rate
- Breathing difficulties
- Aggression or confusion
- Gastrointestinal issues
- Dizziness
- Increased thirst or dehydration
- Nausea

*Studies identify a concerning trend: teens who drink energy drinks are significantly more likely to engage in substance abuse.*

- Insomnia
- Stress
- Depression
- Suicidal thoughts

### A Gateway to Substance Abuse

Compounding these issues, studies also identify a concerning trend: teens who drink energy drinks are significantly more likely to engage in substance abuse. This risk is magnified for those with existing mental health challenges, such as anxiety, depression, or ADHD. Research shows that adolescents who consume energy drinks are twice as likely to drink alcohol, smoke cigarettes, or experiment with drugs compared to their peers who do not.

Demographic factors contribute to this vulnerability, with teens from less engaged families or those lacking knowledge about health risks being particularly at risk. While many will debate that an occasional energy drink may not pose a significant threat, parents are recommended to closely monitor consumption patterns and consider intervention if their child regularly indulges.

### THE DANGERS OF MIXING ENERGY DRINKS WITH ALCOHOL

The practice of mixing energy drinks with alcohol is increasingly common among teens, who often believe this combination will enhance the effects of both substances. Studies indicate that approximately 10% of adolescents have combined these drinks, viewing it as a way to prolong their drinking experience.

However, this risky behavior heightens the chances of severe health complications, including heart issues, seizures, and respiratory problems. Additionally, the likelihood of alcohol-related injuries, such as physical violence or impaired driving, increases markedly.

With the transition and disruption of sleep patterns from the start of the school year, coupled with the growing evidence of the dangers associated with energy drinks, it is essential for both parents and youth to navigate these potential health hazards with vigilance and informed caution.

Please visit <https://lp.constantcontactpages.com/cu/4LGI20c/references> for article references.

**Russell Barksdale, Jr., Ph.D., MPA/MHA, FACHE** is President & CEO of Waveny LifeCare Network



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# Smithfield Triumphs Over Audi 10-9 to Clinch the 2024 East Coast Open Title



At Left: Smithfield (green jerseys) battle it out against Audi (white jersey) at the 2024 East Coast Open final held at the Greenwich Polo Club last Sunday, in which they wound up on top of the leaderboard in the final tally, 10-9. (Photo courtesy of Claudia Suica). Above: No Va Mas played by Joaquin Panelo of Smithfield was named the Best Playing Pony of the 2024 East Coast Open final. (Photo by Liz Leamy)

By LIZ LEAMY

Last Sunday was an affair to remember as Smithfield, the venerable high-goal polo crew based out of the Mashomack Polo Club in Pine Plains, New York and Audi, the formidable high-goal contingent from Greenwich went head-to-head in a heated battle with to claim the 2024 East Coast Open title at the Greenwich Polo Club.

In the final tally, Smithfield wound up at the top of the leaderboard, clinching the famed East Coast Open Perry Cup Trophy by outdistancing Audi 10-9 due to the fact that Facundo (Polito) Pieres, the esteemed number-three Argentinian nine goaler, knocked in his team's game-winning point during the second-to-last (fifth) chukker.

Throughout this memorable showdown, Pieres, who was named the Most Valuable Player of the match, worked in dynamic and effective concert with his esteemed team colleagues, Joaquin Panelo, the high-octane six goaler, Manuel Villamil and John Klopp, the team's patron.

According to Klopp, winning the East Coast Open was a thrilling on all counts.

"I made up my mind I was going to work as hard as I could to reach this point and today was incredible. We were behind in the first half and knew going into the second [half] that it was time," said Klopp, whose wife, Karen and children, Jake, Adam and Kell, along with their other close family members and friends cheered him and the whole Smithfield team on from the grandstand during the game. "It was fantastic being out there and it was a great match."

This sold-out match, played in front of more than 4,000 spectators, was one for the books as it featured many of high-goal polo's most decorated players and ponies who put the pedal to the metal as they all flew around the massive Conyers Farm field at speeds of more than 35 miles an hour twisting, turning and hitting in goals.

In the first half of this match, Audi, with its stellar roster of players, Mariano Aguerre, Torito Ruiz, Nicolas Diaz Alberdi

and Martin Velez Suarez, commanded a resolute lead.

However, in the second half, all of the game-changing drama took place.

In the fourth chukker, Smithfield tied up the game up 8-8 with Audi when Pieres hit in a soaring 40-yard penalty shot.

Then, in the fifth chukker, Panelo proceeded to drive in a goal for his team to put Smithfield ahead of Audi by one point at 9-8.

Shortly thereafter, Audi's Ruiz knocked in a thriller of a goal whereby he, along with his powerful charge, flew

in an environment that is so green and tranquil with such lush surroundings and with such great energy. This is a place that we are definitely planning to come back to."

By all accounts, this also seemed to be much of the sentiment among the players and their families, friends and fellow team members.

"It's always great to be here," said Klopp, President of the Mashomack Polo Club, a sprawling 6,000-acre estate featuring six polo fields, a regulation arena for winter play and stalls that house up to 250 horses. "This is a wonderful

including the amiable proprietors and members of the Greenwich Polo Club's extensive lineup of food trucks, whose tasty fare is always a huge customer draw at the Sunday matches.

"We love it here. The horses are beautiful, it's a gorgeous area and this is a whole different world," said Yuki Nakmichi, who, along with her husband, Shu Nakamichi, operate and own the Japanese food truck, Eshumaru, which has been a fixture at the Greenwich Polo Club since 2019 with its popular menu of sushi, poke bowls, shumai, gyoza an spring rolls, among other things. "We

all of our customers and friends."

By all counts, the Greenwich Polo Club is a one-of-a-kind place with its many incredible offerings, designating it as a premier summer-season go-to spot for so many individuals hailing from the New York metropolitan area and beyond.

"It's been a wonderful experience to be here today and I definitely want to come back," said Maria Sun of New York City who was attending her first-ever polo match at the Greenwich Polo Club. "Everyone was cheering for the horses and players together, which was great. The crowd was incredible and now this has become my favorite sport to watch."

Madeline Groth agreed. "It's a great team sport to watch. The players and horses are fantastic and do a phenomenal job," said Groth. "Polo involves so much strength, skill and coordination and I try to come here whenever I can."

### 2024 East Coast Open Final Best Playing Pony Results:

Best Playing Pony (Argentine): Machitos Fuyi played by Mariano Aguerre (owned by Annabelle Gundy)

Best Playing Pony: No Va Mas played by Joaquin Panelo

The 2024 Greenwich Polo Club season will conclude on Sunday, September 15th with the Greenwich Cup. For more information, please contact the club at: [www.GreenwichPoloClub.com](http://www.GreenwichPoloClub.com)

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down the massive Conyers Farm field at optimal speed to tie the match at 9-9.

Several minutes later, Pieres then scored a goal for Smithfield to help his team surge one point ahead of Audi at 10-9, which wound up being the final score of this memorable East Coast Open final match.

Clearly, the efforts of all the athletes, both human and equine, were very much appreciated by virtually everyone there.

"When we first got here, Smithfield was behind and then there was a serious turn of events. To see them come from behind in such dramatic fashion has been incredible. I love an underdog story," said Amanda Bailey of North Jersey, who was attending her first polo match at the Greenwich Polo Club with some friends. "The match has been amazing, the grounds are beautiful and everyone has been so welcoming. It's relaxing to be

venue with so many terrific people. It's something."

Others concurred. "It's always great to be here," said Jason Yearwood, Business Development Manager of Barbados Tourism Marketing Inc. based in New York City that has been a longtime sponsor and partner of the Greenwich Polo Club and whose organization plans to have a major celebration in honor of Barbados Day at next Sunday's Greenwich Cup match on October 15th. "It's an incredible environment and every time I come here it's always a unique and different experience. It's wonderful to see everyone enjoying the day watching the horses and players in this beautiful environment. The sun, air, grass and trees are so gorgeous, and you feel the excitement right from the moment you drive in."

Others expressed similar feelings,

really enjoy being here. The people are so nice and everything is so well organized. We always recommend coming up here to



Shu and Yuki Nakamichi, the proprietors of the popular Japanese food truck, Ei Shu Maru, that has been involved with the Greenwich Polo Club since 2019. (Photo by Liz Leamy)

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COLUMN

# “The Time Has Come,” the Walrus Said.



By PATRICIA CHADWICK

It is apt today, as we await with anticipation the decision next week regarding a possible reduction in the level of the Fed Funds' rate, to replace “the Walrus” with “Jerome Powell,” the current chair of the Board of Governors of the Federal Reserve System (the Fed).

The Fed has made it abundantly clear over the last two years that its actions regarding interest rates were (and will be) guided by its dual responsibilities of (a) preserving the purchasing power of the U.S. dollar, i.e., maintaining price stability, and (b) promoting maximum employment. Note: Prior to 1978, the Fed's role was limited solely keeping inflation under control. However, when the price of oil quadrupled in the early 1970s, resulting in soaring inflation and economic recession, Congress added the responsibility of “promoting employment” to the duties of the Fed. Over the forty-five plus years since the passage of that bill into law, balancing those two responsibilities has at times been challenging. However, since 2021, when the COVID-19 pandemic wreaked havoc with the global supply chain, inflation has been the challenge.

Inflation in this country is most commonly measured by the Consumer Price Index (CPI), a composite based upon a representative basket of goods and services. As we all know, however, inflation is very particular to one's own

circumstances that include geography—whether one is a city dweller, or living in the suburbs, or in a town in the open countryside; the status of one's health; whether one owns a home outright, or is paying down a mortgage, or is a renter; the needs for travel/commuting, and, perhaps most importantly, one's age. That basket of goods and services, one that is deemed to be representative of the country as a whole, is far from the actual experience of individuals and families. Two important components of the CPI are food and energy, both of which are essential costs for everyone, even those who don't own an automobile, but must pay their utility bills. The demand for those two constituents are fairly price inelastic. The price of food has been particularly alarming over the last several years, but much of the inflation has been the result of exogenous forces. The Russian invasion of Ukraine in early 2022 had a multi-year impact on the rise in the prices of wheat, barley, seed corn, sunflowers and oils, as well as other food commodities. In addition, what used to be anomalous weather disruptions—extreme heat, floods and droughts—have become more the norm in the last few years, adding to the scarcity of food on a global basis and the volatility of prices. And here in the USA, avian flu has led to commercial egg farms having to euthanize their flocks. The impact of those cutbacks is expected to continue into at least early 2025.

In the manufacturing and industrial sectors of the U.S. economy, the prices of many products have dropped significantly from their supply-constrained highs two years ago. That inability to ship billions of dollars of overseas production to this country brought about a change of heart by a

*I remain convinced that there is a high likelihood of three interest rate cuts between now and next February. I will be happy with .25% in September.*

large number of U.S. companies (90% of North American manufacturers, by one investment bank's report) regarding their long-held trend of outsourcing production to facilities in foreign countries where lower wages offer a competitive advantage. According to some reports, more than one million manufacturing jobs—in industries as varied as electronics, automotive parts, semiconductors, consumer soft goods, and health care items—have been repatriated to this country in the last four years in an effort to shorten the supply chain. Those new jobs have been part of the reason for the continued robust employment in this country. In the short run, however, that shift from foreign to domestic manufacturing has added to the price of the final product, as hourly wages in this country are often multiples of those overseas. The advent of AI, however, has already begun to have a favorable impact on productivity in numerous industries. That trend will undoubtedly expand for decades to come, resulting in enhanced profitability and reduced inflation. Productivity gains also allow for increases in wages of the same magnitude without incurring an inflationary cost for the company.

The speed with which the Fed raised interest rates—from near zero in February of 2022 to 5.50% less than 18

months later—had the desired impact on inflation, which cratered from 9.1% (in July 2022) to 2.5% today, a whopping full 6.6 percentage points two and a half years! That is an unprecedented decline in inflation. Throughout this period of decline in the rate of inflation, the Fed Funds rate has remained unchanged at 5.50%, with the result that “real” interest rates today are very high. An extended period of high real rates could indeed become a recessionary threat at a time when there is no urgency to slow down economic growth. The telltale signs of over-expansion in the economy do not exist today—inventories are not out of line with trendline economic growth; both corporate and household balance sheets are healthy. Employment is strong, and as productivity increases, it will provide the opportunity for continued economic growth at a rate faster than employment. Those are all signs of a healthy economy. It is true that the trend for years has been that Federal debt continues to grow faster than the country's GDP. As of June 2024 it stood at 123.8% of GDP, which is down from an all-time high of 130.6% in 2020 during the COVID pandemic. However, allowing the economy to spill into a recession will do nothing to reduce the Federal debt. As I write this column, we are still days—and mountains of data—away from the September 17 - 18

Federal Reserve meeting at which it will make a decision about interest rates. The histrionics of the stock market, from my point of view, are silly; extrapolating every piece of economic data in a straight line into the future is a fool's errand. The data in general present a picture of moderate inflation, an excellent level of employment, a healthy consumer and a favorable environment for growth in corporate earnings. All good news!

In my February column, I wrote that the time had come and gone for a recession. I continue to believe that, even more strongly today. The only thing that could jinx that prediction would be if the Fed deliberately allowed real interest rates to remain high. There is no indication that the Fed has that intention; in fact, various Federal Reserve Bank presidents have all but said that a rate cut is likely, with the caveat that the decision will be data-driven. I remain convinced that there is a high likelihood of three interest rate cuts between now and next February and I will be happy with .25% in September. Cassandras will always find something to complain about with the state of the economy. But the preponderance of the data tell a good story and one that should get even better over the next year. Take a deep breath and carry on.

*Patricia Chadwick is a businesswoman and an author. Her second memoir, Breaking Glass, with the subtitle: Tales from the Witch of Wall Street, came out on May 14, 2024. It tells of her “growing up” and succeeding in what was then the all-male bastion called Wall Street. Her new book is a sequel to her first Memoir, Little Sister, the story of her childhood in a religious community-turned-cult. www.patriciachadwick.com*

## The Life of Centenarian Mildred Cogliandro

By ANNE W. SEMMES



Centenarian Mildred Cogliandro in her living room at Hill House in Riverside, Connecticut. Photo by Anne W. Semmes.

Mildred Cogliandro of Riverside turned 100 on July 3, 2024. A resident of Hill House since 2016 she was celebrated first on June 29 at a family gathering with 43 “nieces and nephews” attending, then in another celebration two weeks ago at Hill House, with attendees from all 62 rooms. “It was beautiful,” said Cogliandro. “And they gave me a crown. We keep the crown - for whoever is 100 gets to wear it.”

So, the *Sentinel* visited with Mildred Cogliandro and asked her the following questions:

**GS: Who else in your family has lived to 100?**  
MC: I had a sister who was 101.

**GS: So, what do you attribute your longevity to?**  
MC: I have no idea. I just live. I never thought, ‘Oh, I'm going to be a 100.’ It came, it came.

**GS: How many knees, hips, or shoulder replacements have you had?**  
MC: I had a left hip replacement, period. But I have a lot of aches and pains. Here and there.

**GS: What have you done for exercise in your life?**  
MC: I like to garden. I would rather have been there than inside dusting. I shoveled and all that. After supper here, I would walk to the dining room, and I'd do that about three or four times. That was my exercise. I don't do that now. It's too difficult. But we have exercise here on Mondays and Thursdays. We

have a lovely lady who comes, and I do whatever she tells us to do.

**GS: What are you most proud of in your life?**

MC: I am proud of my children. I have an adopted daughter, Lisa. She is one wonderful person. She came from Italy. She's 66 now. She just retired from being an assistant principal at Framingham School in Massachusetts. And they named the new eating place in the school after her. And then John was born to us 16 years after our marriage. And they get along fine.

**GS: What is your progeny?**

MC: I now have two great-grandchildren. I had two grandchildren and two step grandchildren from John and my daughter-in-law, Maureen. My daughter has no human children but has a canine child and two feline children.

**GS: So, how did you meet your husband, Dominick Cogliandro?**

MC: I met him at a dance in Stamford. I was visiting my sister. I was feeling blue...And my girlfriend came to see me. She wanted to go to a dance... And I didn't want to go. And she and my sister talked me into going to that dance. We had to walk all the way...And I did not dancing all night. At the last dance, this young man came and asked me for a dance... And he asked to take me home... ‘Well, if you take my girlfriend home too.’ So, he did. I gave him my sister's phone number. But I didn't give him my real name. I said, ‘My name is Schwartz.’ I'll never see this guy again. So, he keeps calling for a date...So he came to call for me at my sister's house and my brother-in-law answered the door. And he says, ‘Oh, I'm here for Ms. Schwartz.’ My brother-in-law says, ‘There's no Schwartz here,’ and slammed the door. So, I heard him...I go running out and I had to call him back...We were married for 62 years. He died six years ago.

**GS: But isn't there something else you're quite proud of - your volunteering life?**

MC: I always liked volunteering and did a lot during the war. I worked for the Nestle Chocolate Company for over 12 years. They had an office in Stamford. And at night, I volunteered as a nurse's aide at Stamford Hospital. After that I volunteered at our church. They opened a thrift shop and I worked there. I loved it.

**GS: But what about that extraordinary volunteering for six years and counting for**



Praises from the Hill House for Mildred Cogliandro's volunteering work for the Ronald McDonald House. Photo by Anne W. Semmes.

**Ronald McDonald House. And how did that come about?**

MC: A minister, Dwaine Newell of First Baptist Church came to Hill House one day and gave a little speech and talked about the Ronald McDonald House. At the end of his speech, he said people could collect can tops for the House. I said, ‘I will.’ [As the only one who volunteered.]

**GS: Do you know overall how many pounds of can tops you've collected and taken to Ronald McDonald House?**

MC: In the beginning, I had a scale and I know the very first time I took in 25 pounds. After that the scale disappeared. We're all guessing at it. [And all those can tops get recycled.]

**GS: It would be interesting if you knew from all that you've collected how many you have helped at Ronald McDonald House.**

MC: Yes, but I don't. But nobody really knows about Ronald McDonald House. So, I tell them what it is very often. And I get pamphlets when I go to the House, and I give them out.

**GS: Do you listen to music?**

MC: All day long. There's 797 that's just music... It's a station on the TV called Soundscapes.

**GS: Do you have a favorite song?**

MC: ‘Save the Last Dance for Me.’

**GS: What's on your bedside reading table?**

MC: I used to be a big book reader, which I'm not now. I like to skim through magazines. And I'd rather be working with my hands, which I can't do now, but that's about it.

**GS: Do you dream?**

MC: When I dream my very last sleeping time, because I have a very erratic sleeping time, and sometimes you have those dreams where in the end, you remember them.

**GS: What's your counsel to the younger generation?**

MC: Do what you want to do now and do it.

**GS: If you could tell the President of the United States one thing now, what would it be?**

MC: Get your act together. I don't know what it would be, but things seem so upsetting.

**GS: Do you believe in life after death?**

MC: I believe there's a heaven and a hell and I'm wondering about it.

**GS: If you had a magic wand, what would you wish for?**

MC: Peace really for everybody.

**GS: What are you looking forward to?**

MC: For today or tomorrow. Whatever's thrown my way, I'll do the best at it I can.

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**Greenwich Sentinel**

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## Time to Act

Greenwich residents, like many across Connecticut, are facing an alarming rise in their electric bills. As the third-highest in the country, behind only Hawaii and California, these skyrocketing costs are creating a heavy burden on households, especially as we approach the winter months when energy usage—and costs—will inevitably increase. Energy prices are part of the equation, as are “public benefit” charges, which are significantly inflating what residents pay each month—sometimes up to 29%. These charges, often hidden in plain sight, need immediate legislative attention. Yet the state legislature remains in recess, while families struggle under the mounting costs.

A special legislative session is needed now, ahead of winter, to confront these rising costs and provide some relief to ratepayers. Connecticut’s legislators must get back to work and fix this problem before it’s too late.

Electric bills are made up of several components, and one of the most overlooked is the “public benefit” charge. These funds are directed toward various state programs, including energy efficiency initiatives and subsidies for unpaid utility bills. While these programs may serve important roles, they also represent a hidden tax on ratepayers which has not been vetted and is not transparent.

The state’s public benefit charges are also used to subsidize infrastructure like electric vehicle chargers. These subsidies—beneficial to some, a burden to all—are essentially fuel costs that drivers should be paying themselves, especially when so many are already struggling with their own bills. It’s time to rethink these charges and how they are applied.

The legislature can and should take immediate steps to bring relief to residents. The first step is to cap new state energy purchases. Right now, the state is preparing to sign new energy contracts that could lock in prices at four times the market rate for the next 20 to 30 years. Capping these purchases before they are finalized could save millions for ratepayers in the long term.

Another key proposal is to use remaining American Rescue Plan Act (ARPA) funds to cover the unpaid utility bills that accumulated during the COVID-19 pandemic. These funds are running out, and it is essential to use them wisely before they are depleted. By covering these debts, the legislature can restore fairness for many families who should not be bearing the burden for others who did not pay their electric bills.

Additionally, eliminating subsidies for private infrastructure through electric bills is necessary. Residents should not be paying for services they do not use, and especially not for private infrastructure that only benefits a few.

Winter is fast approaching, and with it, higher energy demands. Connecticut households cannot afford to wait until the regular legislative session in January to address these issues. Every month that passes means more residents struggling under the weight of rising energy costs, with no relief in sight.

In Connecticut, a special session can only be called if at least 50 percent of both the House and Senate agree to return. Right now, 65 legislators have signed on to reconvene and address these urgent energy issues. However, none of the three state representatives from Greenwich—Steve Meskers, Hector Arzeno, or Rachel Khanna—have signed on to a special session. Without their signatures, this vital session could never happen.

It is time for our local representatives to step up and join state Senator Ryan Fazio and the growing list of legislators calling for immediate action. The process is clear: they must sign and then return to Hartford to address the problem. The longer they wait, the worse the situation will get for families across the state. These are not abstract policy debates—this is about helping Connecticut residents who are paying the third-highest electricity bills in the nation, many of whom are already struggling.

Greenwich residents can play a crucial role in this process. They need to urge their Representatives to sign on to the special session petition. This is not a partisan issue—it’s about getting back to work and solving a problem that impacts every household in our community. Residents can contact their state representatives directly and encourage them to act now, before the winter months bring even higher energy costs.

# Editorial Page

OPEd

## Arzeno’s Refusal to Support Special Session to Address Skyrocketing Energy Costs “Confusing”

By TOD LAUDONIA

I am confused by the fact that Hector Arzeno has refused to support a special session to solve skyrocketing energy costs in Connecticut. This issue is reaching critical levels and it is the job of state legislators to go to work and solve the problem.

The fact that he refuses to try to help lower energy costs through a special session combined with his endorsement by the

Connecticut League of Conservation Voters (CTLCV) sheds a bright light on his inability to balance pragmatic legislation with special interest groups. I believe he is misrepresenting the wishes of his constituents and of our town.

Unfortunately organizations, such as CTLCV, have missions with a very narrow focus on an ideological premise causing them to miss real opportunities for

conservation and ending up ignoring the bigger picture. My opponent does not consider the collateral damage that these organizations’ missions may cause to many of his constituents through unsustainable increases in costs to our energy bills.

Sustainable legislation can and should also be equitable, sustainable and affordable for all the residents of the State of Connecticut. We can do both. We should be doing

better.

It is time to hold our representatives accountable and remind them that they are elected to represent all their constituents (neighbors & friends), not just special interest groups, organizations or corporations looking only to further a narrowly focused agendas.

*Tod Laudonia, Candidate for State Representative*

## Don’t see your point of view? Send it in! [www.greenwichsentinel.com/send-letter-to-the-editor/](http://www.greenwichsentinel.com/send-letter-to-the-editor/)

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*This paper publishes all opeds and letters submitted that are civil and accurate so if you don’t see a letter that fits that criteria, we did not receive it.*

LETTER

## September 11 Town Memorials

By HARRY FISHER

Thank you to the *Greenwich Sentinel* for recognizing September 11, and the memorial at Cos Cob Park. The town has another memorial in addition to the one the *Sentinel* wrote about last week. The other is out on Great Captain’s Island near the lighthouse, a bronze plaque with the names of Greenwich folks lost on that date. It is aligned with so you look at the New York City skyline over it.

The last time I saw my brother Ben was a lunch at the Indian Harbor Yacht Club on Labor Day weekend that year. He died crushed by the collapse of Tower Two when it

*So when you look out at Great Captain’s Island at night, look for the green light and know that there is a memorial nearby.*

shredded the hotel to the west of the towers. He was with the fire command station that had been moved there from Tower One.

When we parted at IHYC we talked about the next fundraising effort as the most recent had been the preservation of the field at Sabine Farm. We discussed the stalled effort to put the navigation light back in the Lighthouse, and getting

the team back together, including the driving force of the SF effort, Ed Bragg. Importantly Ed was a Coast Guarder and that service maintains lighthouse.

Little did we know what September 11th would spark. Ben’s widow, Susan Fisher, identified the Lighthouse renovation as a recipient of donations in Ben’s memory. This became a private – public partnership and between

the contributions and a town contribution the historical building was restored. Unfortunately the Coast Guard refused to put the navigation light back in the tower. But fast forward and Ed Bragg was able to get a low wattage green flashing light installed in the tower.

So when you look out at Great Captain’s Island at night, look for the green light and know that there is a memorial nearby. And if you visit the island, it is possible to walk to the lighthouse, but best at low tide. God bless those we lost that day and all who serve to protect us from further terror.

LETTER

## No High Rises Please

By G. SCOTT DIDDEL

Dear Editor,  
As we approach this November’s election, I am writing to the town editors as a concerned town citizen. We are at a pivotal ‘moment in time’ for our beautiful town.

Here’s why:  
The Democratic elected talking heads in Hartford think it is a great idea to let developers build whatever they want in Greenwich. I mean, why not turn our beautiful town into a gridlocked nightmare

*Senator Ryan Fazio: saving Greenwich, one filibuster at a time.*

with skyscrapers on every corner? Enter HB5390, the “Let’s Ruin Greenwich” bill. Just imagine...

And who was in favor of this brilliant idea? Our very own Democratic State Representatives—Steve Meskers, Rachel Khanna, and Hector Arzeno. They voted for it in the state House to please their party in Hartford.

But hold on—Ryan Fazio had a better idea. By threatening a filibuster, he managed to get the bill yanked off the table. That’s right, Ryan saved us from living in the shadow of high rises.

But don’t pop the champagne just yet. Hartford’s cooking up something even worse—the Fair Share Act, which

would make 8-30g look like child’s play. This one could force us to build even more massive developments, and we’d have no say in the matter.

So, if you like Greenwich just the way it is, as do 63,000+ of us, you know who to thank. And you know who we need to vote for this November, yes.... Senator Ryan Fazio: saving Greenwich, one filibuster at a time. And trust me, we’re gonna need him to do it again as our voice in Hartford.

## Greenlight

The First Bank of Greenwich has announced a new partnership with Greenlight Financial Technology, aiming to promote financial literacy for families within its community. As part of this collaboration, customers of the bank will receive complimentary access to the Greenlight family finance app through the Greenlight for Banks program.

This partnership underscores the bank’s commitment to equipping families with the tools necessary

to foster healthy financial habits among children. Frank Gaudio, President and CEO of The First Bank of Greenwich, expressed enthusiasm about the initiative. “The First Bank of Greenwich’s partnership with Greenlight will empower our customers to educate their children about money management, fostering lifelong financial habits,” Gaudio said. He added that some staff members are already using the app with their own children and have provided positive feedback.

Greenlight is designed to provide parents with a cashless

solution for managing their children’s finances. Parents can automate allowance payments, manage chores, and set spending controls. The app offers a practical approach to financial education, allowing children to learn how to earn, save, donate, and spend wisely. Through the app, children can also use Greenlight’s debit card, which helps them gain real-world experience in money management under parental guidance.

A key feature of the Greenlight app is Level UP™, an

in-app financial literacy game designed to educate children through challenges, rewards, and an engaging curriculum. Matt Wolf, SVP of Business Development at Greenlight, explained the value of the program: “We created the Greenlight for Banks program to assist financial institutions in better serving families and engaging the next generation with top-notch financial education.”

## COLUMN

# Thank you to all the Male Role Models!



BY LAUREN RABIN

Football Season kicks off this time of year for the NFL and the Greenwich Youth Football League (GYFL). I always smile when I pass our fields in town and see these young boys learning to play football and be part of a team. I also think back fondly to witnessing my son's experiences playing football and the lessons they learned from some incredible coaches.

My sons are older, and now I have grandsons. I continue to worry about our boys and young men today. According to experts, boys can struggle more than girls because they have fewer tools to cope with emotions and stressors and are less likely to get the help they need. Without the means to effectively process emotions, boys are more prone to lash out in unhealthy ways or alienate themselves.

Male depression is perhaps the most common among men's mental health issues. According to CDC statistics on men's mental health, 5.5 percent of young adult males suffer from depression. That's about half the number of women of the same age.

***Our boys need us now more than ever. You can make a difference if you are a father, grandfather, uncle, brother, caregiver, coach, teacher, scout leader, mentor, clergy member, law, or public official.***

While there isn't a different sort of 'male depression,' some symptoms are more common in men than women. These include irritability, sudden anger, increased loss of control, risk-taking, and aggression.

I support common-sense gun laws and am grateful CT has some of the strongest, yet I struggle with the fact that Since

1982, an astonishing 144 mass shootings have been carried out in the United States by male shooters. In contrast, only four mass shootings have been carried out by women.

Our boys need us now more than ever. You can make a difference if you are a father, grandfather, uncle, brother, caregiver, coach, teacher, scout

leader, mentor, clergy member, law, or public official.

Positive male role models can have a significant impact on a boy's life, helping him develop in many ways:

**Self-esteem and mental health:** Positive male role models can help boys develop better self-esteem and mental health.

**Values and ethics:** Male role models can help boys develop a moral compass by teaching them the importance of honesty, integrity, and empathy.

**Violence prevention:** Male role models can help prevent violence by teaching boys to respect women and others.

**Personal growth:** Male role models can help boys develop a sense of independence and

autonomy.

Interpersonal relationships: Male role models can help boys build trusting relationships.

**Confidence:** Male role models can help boys improve their confidence.

And, of course, this doesn't come at any expense to what girls need towards their development; it's not an either-or focus... it's a both. Thank you to all our male role models in town; your effort is worth it!

Interestingly, I did a quick Google search on whether the Father's Forum in Greenwich is still active. I'm not sure; maybe it's a good time to re-establish?

*Mother, Grandmother, Aunt, Selectwoman*

## LETTER

## Tina Courpas is a New Path Forward

BY SABRINA FORSYTHE

The fabric of our nation feels pulled at every seam. That reality makes it more essential that ever to look for leaders who understand both the weight of history and the promise of the future. Tina Courpas, a candidate with a deep and varied background, is that kind of leader.

Tina's story begins with her parents, Greek immigrants who, like so many before them, came to this country seeking opportunity. Their journey is not just one of seeking the American Dream but also of instilling in their daughter a profound respect for the values

that make this nation strong—education, hard work, and a commitment to community. It is from this foundation that Tina Courpas has built her career and her vision for public service.

Educated at Princeton and Columbia Law School, Tina's professional life has been marked by a dedication to both the private and public sectors. She spent two decades navigating the intricate worlds of corporate law and investment banking, gaining a deep understanding of the financial structures that underpin our economy. Yet, it was her work in the non-profit sector that truly shaped her political philosophy—a blend of fiscal conservatism and social

***In a time when politics often feels like a zero-sum game, Tina represents a return to the idea that we are stronger together, united by our shared goals and aspirations.***

moderation, always with an eye toward individual freedom.

As the Executive Director of the Permanent Commission on the Status of Women in Connecticut, Tina led a critical statewide study on the impact of

COVID-19 on women. This was not an academic exercise; it was

a data-driven, bipartisan effort to understand how the pandemic affected women across the state and how to use that information to inform sound policy decisions.

It is this commitment to facts, rather than rhetoric, that sets Tina apart.

Her Greek heritage also plays a crucial role in her worldview. As the leader of The Hellenic Initiative, Tina worked tirelessly to support the nation of Greece during its economic crisis, uniting the global Greek community in a common cause. This experience reinforced her belief in the power of community and the importance of contributing to the greater good—values that guide her as she seeks to represent us.

Tina Courpas offers a new path forward, one that combines a respect for fiscal responsibility with a

compassionate understanding of the social issues that affect us all. Her approach is not one of divisiveness but of finding common ground, of building bridges where others see only chasms. In a time when politics often feels like a zero-sum game, Tina represents a return to the idea that we are stronger together, united by our shared goals and aspirations.

As voters, we are often asked to choose between extremes. Perhaps the better choice is one that recognizes the value in both. Tina Courpas is that choice—rooted in tradition, but with a clear-eyed vision for the future. It's time we give someone great the opportunity to lead.

## LETTER

## The Fragility of Local Power

BY JOHN REDMOND

There is a kind of fragility to the power that local governments hold, a vulnerability that is often overlooked until it is too late. Tod Laudonia understands this fragility all too well. His campaign is a response to the creeping centralization of power in Hartford, one that sadly our own Democrat representatives have given into - a process that threatens to erode the autonomy

of towns like ours.

Tod's opposition to the regionalization of tax collection and regulations is not just about preserving the status quo; it's about resisting a shift in power that would see local resources redistributed according to a larger state of Connecticut's bureaucratic government agenda. This is not merely a fiscal issue, although that is very concerning in its own right;

***His criticism of those who vote in lockstep with their party, despite representing politically diverse districts, is a powerful reminder of what representation should be.***

it's a question of who controls the everyday reality of our community. Tod's commitment to this cause is unwavering, and

it is central to his campaign.

But what truly sets Tod apart

is his understanding of what it means to be a representative. Tod sees himself as a voice for the people. His criticism of those who vote in lockstep with their party, despite representing politically diverse districts, is a powerful reminder of what representation should be.

Tod's campaign correctly warns us all of the fragility of local power and the need to defend it vigorously.

## Don't see your point of view? Send it in!

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## LETTER

## Thank You for OpEd About Energy

BY JAKE POLARI

Dear Editor,

I would like to express my gratitude for Harry Fisher's insightful piece on Senator Ryan Fazio's efforts to address the growing burden of electricity bills in Connecticut. It was well-

written and clear.

This issue strikes at the heart of what so many of us are grappling with—affordability and fairness in an increasingly challenging economic landscape.

Senator Fazio's comprehensive approach, which you so clearly outlined, underscores the

pressing need for reform in the way energy costs are managed in our state. As someone who has personally witnessed the impact of these high bills on seniors and small business owners, I believe Fazio's focus on reducing hidden charges, fostering a fair market for clean energy, and strengthening oversight through the

Public Utilities Regulatory Authority (PURA) represents a balanced and thoughtful solution.

Your letter on this important topic helps ensure that the voices of those affected are heard and that responsible governance is encouraged. Thank you for shedding light on this critical issue.

## LETTER

## We Need Balanced Leadership in Hartford

BY WYNN E MCDANIEL

Dear Editor,

While many of us are focused on the upcoming presidential election, we cannot overlook the importance of our local elections. That is why I am

writing to introduce you to Tina Courpas, who is running for the State Representative position for District 149.

As someone who is deeply involved in our community and concerned about its future, I

plan to vote for Tina as she has extensive experience in financial management and leading non-profit organizations which makes her an ideal candidate. She knows how to manage resources effectively and ensure

that taxpayer dollars are used wisely. Tina has set forth her positions on maintaining local zoning, managed affordable housing rollouts and public utility rate proposals along with the desire to improve the

financial stature of Connecticut - policies which will attract large and small businesses and new residents to our state while preserving the quality-of-life residents of Greenwich and Stamford have long enjoyed.

I urge you to vote for Tina Courpas, a representative who will bring balanced, thoughtful leadership to Hartford and truly understand and address the needs of our community.

Thank you.

## LETTER

## Mary Hull, All Things Green

BY SUZY SIMPSON

Dear Editor,

I just read your article regarding the hanging of the baskets. They are such a special touch to the ambiance

of Greenwich Ave and the Post Road, but one person that was not included in the article was Mary Hull. She was the director of Green & Clean for many years, and worked

tirelessly in all efforts to beautify Greenwich. She always had a car load of clippers, gloves, and buckets. The Japanese ladies were surely a big part of the basket arranging, but my dad

***In this effort, I am most grateful.***

also enjoyed working with the baskets. As a naval officer, he made many trips to Japan, so he fit right in with the ladies. Even after he had his stroke, Mary encouraged Daddy to continue

with the effort, as she knew how important it was to his well being. Mary worked her buns off for everything green, and in this effort, I am most grateful.

## LETTER

## Vote for Better Representation

BY MICHAEL C. NEDDER

In these divisive times, voters often line up behind a candidate for the party with whom they primarily identify. The problem is that politics has gotten more extreme

including on the local and state level. This year when the citizens of Greenwich vote on November 5th, they have a choice for moderates or a choice to further divisiveness within our town.

Should you want,

- higher taxes
- losing control of local zoning to Hartford
- property taxes being sent to Hartford instead of

Greenwich where they will decide best how to allocate them

- a lack of responsiveness on burgeoning utility bills
- zero accountability on the sale of Aquarion Water

Company to the Regional Water Authority ( RWA )

your choice is simple: vote for the slate of Democrats, BUT if you are tired of Greenwich being undermined by Hartford, cast your vote for

Ryan Fazio for State Senator, Tina Courpas for State Rep in the 149th District as well as the other Republicans running to represent Greenwich in Hartford. Together, they will keep Greenwich as our own.

## NEWS BRIEF

### Continued from Page 1

recently stepped down as director after 38 years, received a certificate of recognition from First Selectman Fred Camillo. The bench is located near a garden Hull worked on and was installed with the help of the town's Parks & Trees staff.

#### PAULIE'S PUSH HONORS 9/11 FLIGHT CREWS



Paul Veneto passed through Greenwich today, pushing an airline beverage cart as part of his journey from Boston to the 9/11 memorial. His effort, called "Paulie's Push," honors the flight crews who died in the September 11th attacks. More information can be found at PauliesPush.com.

## POLICE & FIRE

### GREENWICH POLICE LEAP LUNCHEON



The Greenwich Police Department hosted a luncheon for members of the Abilis Greenwich LEAP community at Innis Arden Cottage. The event included a meal provided by Chicken Joe's of Cos Cob. Officers and community members participated in the gathering.

#### ONLINE EXPLOITATION WARNING FOR PARENTS

The U.S. Attorney's Office for Connecticut issued a public service announcement warning parents about "sextortion," a form of online blackmail targeting minors. The announcement advises on protecting children and reporting exploitation to authorities or the CyberTipline. Further details are available at [www.justice.gov/ct](http://www.justice.gov/ct).

## AROUND TOWN

### LEAF BLOWER BAN ENFORCED

Greenwich's gas-powered leaf blower ban took effect on May 25, leading to 162 calls in the first month and 149 calls through the summer. Most calls did not result in violations.

### BELLE HAVEN CLUB PROPERTY REASSESSED

The Belle Haven Club reached a settlement with the town, lowering its property's assessed value by 7.9 percent after a dispute over excessive valuation. The club's total assessed value is now \$18.94 million, down from \$20.99 million. The club will receive a credit on future tax payments instead of a refund.

### TOWN HALL OVERVIEW EVENT

The Board of Selectmen and Greenwich Newcomers will hold "Greenwich Town Hall 101" on September 19, from 7:00 to 8:30 pm at Town Hall. The event will explain how local officials and staff operate within the town. It will take place in the Cone Room, 101 Field Point Road. To sign up please visit <https://www.greenwichnewcomers.org/event-5848232>.

### ROUTE 15 SIGN REPLACEMENT

Work has started to replace and renumber over 70 exit signs along Route 15, with completion expected by July 2026. The project spans several towns and will involve periodic lane closures during off-peak hours. The renumbering aligns with national standards, and the new signs will meet updated federal requirements.

### BINNEY PARK CLEANUP

A community cleanup at Binney Park in Old Greenwich is scheduled for tomorrow, September 14 from 2 pm to 4 pm, organized by student Thomas McKinney. Volunteers should bring gloves and wear long pants. Community service hours will be provided.

### FORMER GROCERY SITE PROPOSAL

The owners of the former Mike's Organic site at 600 E. Putnam Ave. are seeking to convert the property into a restaurant and presented the plan to the Greenwich Planning & Zoning Commission. Parking requirements were a primary concern during the review. The commission will revisit the proposal at a future meeting.

### AUTUMN SKATEPARK HOURS

As of the beginning of September, the Skatepark will close daily at 6 pm.

## LOCAL BUSINESSES AND NONPROFITS

### FLINN GALLERY TO OPEN YAMASHITA EXHIBITION

The Flinn Gallery at Greenwich Public Library will open its 2024-25 season with the solo exhibition "The Elusive Art of Kumi Yamashita," running from September 19 to November 6. Yamashita, a Japanese-born artist, has exhibited internationally and in major U.S. institutions. The gallery's season will feature five shows from September through June.

### SPIN EVENT SUPPORTS SMILOW

The Greenwich Hospital Freedom Riders participated in Spin in the Garden to raise funds for Smilow Cancer Hospital as part of the Closer to Free event. Thirteen riders used spin bikes provided by the YMCA of Greenwich, with a YMCA instructor leading the sessions. The funds will support cancer care services at Smilow.

### YOUTH PHILHARMONIC AUDITIONS

The Young Artists Philharmonic (YAP) in Greenwich is holding auditions for its three orchestras, flute choir, and masterclasses. Musicians of all ages and abilities can audition on September 13, 20, and 29 from 4 to 6 pm at the First Congregational Church in Old Greenwich.

### GREENWICH REACCREDITED AS HEARTSAFE COMMUNITY

The Town of Greenwich has been re-accredited as a HEARTSafe Community by the Connecticut Department of Public Health. This designation reflects the town's effective cardiac care system, including prompt 911 access, CPR, defibrillation, and advanced medical care, supported by Greenwich Emergency Medical Service (GEMS). Greenwich's survival rates for cardiac arrest significantly exceed national averages, with an 18 percent overall rate and up to 50 percent for witnessed cases.

### YMCA REOPENS WITH NEW UPGRADES

The YMCA of Greenwich reopened after completing maintenance and upgrades, including a renovated Wellness Center and new gym equipment. The facility also introduced new personal training options and orientation sessions for members. The updates aim to improve member experience and community health services.

### TROUPERS LAUNCH AUDITIONS FOR PINAFORE

Troupers Light Opera Company will hold auditions for "HMS Pinafore" on September 23 and 25, from 7 to 10 p.m. at Union Memorial Church in Stamford. All vocal roles are open. Performances are scheduled for March 8 and 15.

### NEW SERVICE AT CHRIST CHURCH



Christ Church Greenwich is starting a casual 5:00 pm worship service called "Joyful Noise," featuring contemporary music by Rob Mathes and Anna Leinbach on alternating dates. The service is designed for those who cannot attend morning services. These live, in-person services will be held at Christ Church Greenwich, 254 East Putnam Avenue.

### JERSEY SHORE ACTORS VISIT PASTA BOWLS



Pasta Bowls, a new restaurant in town, recently held its grand opening. Cast members of "Jersey Shore: Family Vacation" visited the restaurant on September 4 after a local comedy show. The restaurant offers customizable pasta bowls and various Italian dishes.

## PEOPLE IN TOWN

### DARRIN WIGGLESWORTH BIDS FAREWELL AFTER 35 YEARS



Darrin Wigglesworth is retiring after 35 years as the Town Parks Operations Manager, during which he rose from a utility worker to a top position. He was instrumental in projects such as the Binney Park Master Plan, park cleanups, and mentoring 37 Eagle Scout projects. His retirement marks the end of a significant era for Greenwich's parks and recreation.

### NICKERSON HONORED FOR DECADES OF SERVICE



The Glenville Volunteer Fire Company has awarded the David N. This Award for Outstanding Service to the Community to William H. "Bill" Nickerson for his nearly 40 years of service to Greenwich, including his roles in the Representative Town Meeting and as a state representative and senator. The award ceremony will take place on October 17 at Tamarack Country Club. The event is open to the public, and those interested in attending or contributing to the silent auction can contact the fire company.

## SCHOOLS

### MALKIN WINS DAVIDSON SCHOLARSHIP

Ashley Malkin, a 17-year-old from Greenwich, won a \$10,000 Davidson Fellows Scholarship for her project using machine learning to identify potential drug treatments for neurological disorders. Her research narrowed 11,575 FDA-approved drugs to 273 candidates. Malkin and other 2024 Davidson Fellows will be recognized at a ceremony in Washington, D.C.

### GHS SENIORS SHINE AS SEMIFINALISTS

Twelve Greenwich High School seniors have been named 2025 National Merit Scholarship Program semifinalists. Principal Ralph Mayo praised both the students and educators, highlighting their accomplishments. The semifinalists are Henry Cullen, Calvin Donat, Thomas Erensen, John Howes, YeonWoo Kook, Ashley Malkin, Luke Mendelsohn, Justin Qu, Naomi Rosell, Lauren Rutkoske, Austin Scialla,

and Michelle Weissler. They will be recognized at an upcoming Board of Education meeting.

### FREE NARCAN TRAINING FOR FAMILIES

Greenwich Public Schools is offering free Narcan training for families to teach how to identify and respond to opioid overdoses. Participants will receive a Narcan kit after the session. Training sessions are scheduled for September 18 and October 16 at Central Middle School, with times from 5:00 to 6:00 pm and 6:00 to 7:00 pm each day.

### JULIAN CURTISS INTERIM ASSISTANT PRINCIPAL



Claribel Michilena has been appointed interim assistant principal at Julian Curtiss School, effective October 1. She brings nearly 20 years of educational experience, including her most recent role as a district administrator in New York City. Michilena will work alongside Principal Eduardo Calderón to support the school's goals and student achievement.

### GA SENIORS ACHIEVE SEMIFINALIST SUCCESS



On September 11, the National Merit Scholarship Corporation announced the 16,000 semifinalists for its 70th annual scholarship program, including Greenwich Academy seniors Sophie Calise, Rena Georgakopoulos-Ueta, and Emily Hall. They qualified by scoring in the top one percent on the 2023 Preliminary SAT (PSAT). To become finalists, they must submit applications detailing their academic and extracurricular achievements.

### SHG STUDENT EARNS PRESTIGIOUS HONOR



Julia Stiker, a Sacred Heart Greenwich senior, has been named a 2025 Semifinalist in the National Merit Scholarship Program. Out of over 1.3 million eligible students, 16,000 were selected as Semifinalists based on their PSAT scores. Stiker now advances to the next phase, where 15,000 will become Finalists, and 6,870 will receive scholarships.

### WESTERN MIDDLE SCHOOL FIELDS UPDATES

New fields at Western Middle School are expected to reopen by the end of the year, but lights for nighttime use are not yet funded. Installing the lights is estimated to cost \$2.5 million, and discussions are ongoing about possibly funding it through the Parks and Recreation Department. Further budget talks will take place before the town's budget review next year.

### KULOWIEC ADVOCATES BALANCED AI IN EDUCATION

Before the school year began, Greg Kulowiec delivered a lecture on incorporating generative AI into teaching at GCDS. His presentation emphasized a balanced approach to AI, combining skepticism with optimism. GCDS continues to seek innovative methods to enhance student engagement and learning.

## SPORTS

### GHS FIELD HOCKEY TRIUMPHS 10-0

The Greenwich High School field hockey team defeated Danbury 10-0 after losses to Mamaroneck and Fairfield Ludlowe. Senior captains Kate Donnellan and Sofia Klingbeil led the scoring, with Donnellan recording a hat-trick and Klingbeil adding a goal. Earlier, Greenwich lost 5-3 to Fairfield Ludlowe and 3-2 to Mamaroneck, despite goals from Lilly Evers and Clara Ojeda Quintana.

### GHS BOYS' SOCCER STARTS STRONG WITH TWO SHUTOUTS

The Greenwich High School boys' soccer team has started the 2024 season with two shutout wins, defeating Fairfield Ludlowe 2-0 and St. Joseph 5-0. Senior Pietro Carvalho scored a hat trick against St. Joseph, contributing to a solid early performance by the team. The Cardinals, who had a successful 2023 season, are expected to be strong contenders for both FCIAC and state titles this year.

## FROM HARTFORD

### PUSH FOR SOCIAL MEDIA WARNINGS

Connecticut Attorney General William Tong and 41 other attorneys general urged Congress to pass legislation requiring surgeon general warnings on algorithm-driven social media platforms. They cited research linking social media use to mental health issues in young people. The attorneys general called for federal action, noting that social media companies have not addressed these concerns independently.

### DOT TRAVEL SURVEY

The Connecticut DOT is surveying residents on their daily travel habits to update data in response to changes from the COVID-19 pandemic and new technology. The survey, mailed to randomly selected households, will gather information on travel frequency, distance, and transportation methods, with results expected next spring.

### CHEESEBURGER DAY

National Cheeseburger Day, observed on September 18, is a tribute to one of America's favorite foods. The day spotlights the cheeseburger, recognizing its enduring place in American culinary culture. This simple yet iconic dish remains a symbol of American comfort food.

## OUR NEIGHBORS

### RAMP REOPENS

The Route 7 ramp to southbound I-95 has reopened, alleviating traffic caused by a tanker fire in May that destroyed the Fairfield Avenue overpass. The Connecticut DOT completed the reopening ahead of schedule, with the replacement bridge expected to be finished by spring.



# The Passions That Have Won for Susie Baker the David Ogilvy Award

By ANNE W. SEMMES

For over half a century the life and contributions of Susie Baker have been woven through the history of the Town of Greenwich. She has been honored by multiple organizations but next Wednesday evening she will receive from the Greenwich Historical Society at its annual meeting, its highest individual honor, the David Ogilvy Award for her "lifetime work" in "the advancement of preservation in Greenwich and beyond."

Just how that is spelled out in "worker bee" Susie Baker's life, this reporter learned of while talking with her in an upstairs room of the Innis Arden Cottage overlooked by an impressive portrait of J. Kennedy Tod, once owner of Greenwich Point, with a window view of Long Island Sound. And she was most proud, she shared, of her part in saving the historic buildings of Greenwich Point.

"The town didn't intend to save the historic buildings here," she said. "What's historic is this was the property of Elizabeth Feake," and "that's 1640. And she bought this property from the Native Americans for 11 coats – a bolt of wool. So that's the history of Greenwich. That's where it begins. And then to think that it was finally owned by Mr. Tod."

The Innis Arden Cottage had played a part in Baker's 25 years of teaching at Greenwich High School in marine biology and oceanography wherein she and teacher colleague Dan Barrett had used part of the Cottage as a marine science lab for their students. "You can study everything here. We have rocky habitats, a sandy beach habitat, a marsh habitat, a mud flat habitat."

But with the deteriorating Cottage and nearby barn, and no town plan to save the buildings – "It was just on the books for a bulldozer..."

To save the buildings Baker joined with three other women to form the Greenwich Point Conservancy (named first as Friends of Greenwich Point). With the need to learn more of the buildings' history Baker reached out to the Greenwich Historical Society and then president, Claire Vanderbilt.

Baker had been a part of the Historical Society from first moving to Greenwich with her family 56 years ago. "I just joined to become a member in the community," she said. A highlight in those membership years was serving in 1976 as a docent in the 200th year celebration of the town of Greenwich. "We put together this amazing program for all the third graders in town to have a field trip. But it was not the Cos Cob Art Colony then, it was the old Sarah Bush House, and I just loved every bit of that old history of when the grist mill was out in front - I just learned so much about the town's history acting as a docent."

Returning to her work with the Greenwich Point Conservancy, she noted its aims were for "conservation and preservation. And the Historical Society is more about preservation of the past." Conservation for Baker "is more focused on natural resources and saving what we have." Pointing to the now restored Cottage and next-door Old Barn, she said, "This is building conservation," adding, "This is history preservation."

For Baker's years of working for that preservation and conservation through the Conservancy, the Old Barn and adjoining building were named the Susie Baker Pavilion in 2014.

But Baker continued, "The Historical Society is not in the business of buying historical properties. They're in the business of preserving the history, archiving the history, and educating people... And



Susie Baker stands before the Old Barn at Greenwich Point that she played a pivotal point in preserving. Photo by Anne W. Semmes.

***"The Historical Society is not in the business of buying historical properties. They're in the business of preserving the history, archiving the history, and educating people."***

they built in recent years the Vanderbilt Barn, where they can do their educational programs, and they can sponsor all kinds of events. And they have the new space for the archives, and they also have a wonderful summer camp for children that's teaching history,

and some outdoor activities teaching natural history to all the kids in our town. So, they play a great role."

Questioned about the late David Ogilvy for whom her Historical Society Award is named she cited Ogilvy as "a major contributor to the

Society in every way. He also was an early board member of the Greenwich Land Trust and one of its presidents. The Greenwich Land Trust is preserving properties and open space, just as the Greenwich Historical Society is preserving the history - and they're both

conservation ideas. They're both saving, conserving, and protecting. And so that's where a lot of David's energy and time and treasure went in our town."

For Baker, protecting the open space in Greenwich is "the most important thing we have to worry about," she said. "And it's kind of hard to do. We have good zoning regulations for the backcountry areas of four acres. The Conservation Commission and the Planning & Zoning Commission in the town of Greenwich work hard to assure conservation set asides and conservation easements on all properties that are developed. And when you do that, you start protecting the natural world. You protect the waterways; you protect overdevelopment in terms of the population."

She's also "passionate about Long Island Sound and its being clean," she said, "And I'm passionate about keeping the waterways clean, and the open space preserved. And to do all that you have to honor the history after knowing what was there."

There's a quotation that says it all for Baker, by a Senegalese engineer and forest scientist, Baba Dioum: "In the end, we will conserve only what we love; we will love only what we understand, and we will understand only what we are taught." She found it on "a little plaque" she saw at the Bronx Zoo. She wrote it down. "That was long before there were cell phones to take a picture."

She insisted her students memorize it, "and they kept saying, 'Why? Why? Why?' And periodically we'd talk about it, and I would say, 'That's why I'm here.' And then on their final exam, I always said, now they had to write the poem - and it's true. And one of my students wrote it calligraphy-like, decorated it with sparkles, and put it in a frame and gave it to me - it's on my breakfast table."

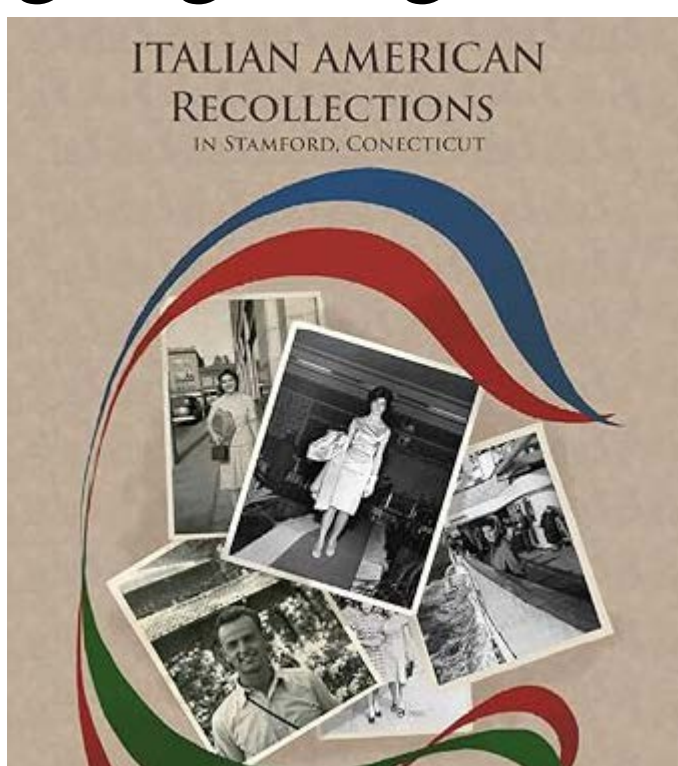
## Greenwich Historical Society Launches Fall Series Highlighting Local Authors

The Greenwich Historical Society is launching a new fall series to highlight local authors through its Local Spotlight Book Talks. These intimate events, hosted by the Museum Store, will provide attendees with an opportunity to hear directly from authors about their creative processes, motivations, and insights into their works. The program will also include book signings and refreshments, and attendees can enjoy complimentary access to the Bush-Holley House and museum galleries on the day of the talks.

"The success of our past author lectures inspired us to create a more structured series that allows authors to connect directly with the community," said Dianne Niklaus, Director of

Marketing and Communications at the Historical Society. The fall line-up will showcase a diverse range of authors, covering topics such as contemporary puppet theater, Italian-American heritage, and a personal memoir of survival during the Holocaust.

The series kicks off on Wednesday, October 2nd, with a presentation by Leslee Asch, a longtime Greenwich resident and former colleague of Jim Henson. Asch, who served as the producing director of the Henson International Festival of Puppet Theater, will share her book *Out of the Shadows*, which delves into the world of puppet theater and its evolution, much of which was influenced by Henson's passion for the art. "While Henson is best known for the Muppets, his commitment to



international puppet theater left an indelible mark on the field," Asch notes.

On Wednesday, October 16th, author Kim Harke will present *Italian American Recollections* in Stamford Connecticut, a detailed portrayal of Italian-American life in Stamford from the 1930s to the 1960s. Drawing from the Historical Society archives and over 80 interviews, Harke's work highlights the contributions of Stamford's Italian-American community during a period of rapid change in lower Fairfield County.

Closing the series on Wednesday, November 13th, is Judith Alter Kallman, a Greenwich resident and Holocaust survivor. Kallman will discuss her memoir, *A Candle in the Heart*, which recounts her

experiences as a child fleeing Nazi persecution in Slovakia and surviving the Holocaust. Her story also reflects on the kindness she encountered in England and Israel in the years following the war, where Jewish communities helped survivors rebuild their lives.

Books by the featured authors will be available for purchase at the Museum Store, and a 10% discount will be offered to attendees. Space for the events is limited, and registration is recommended.

Admission to the talks is FREE, but space is limited, and registration is recommended.

For more information on the series: <https://greenwichhistory.org/museum-store-local-spotlight-book-talks/>

### Joyful Noise Continued from Page 1

bring people closer to God wherever they are on their spiritual journey."

#### The Loft Concerts: Genesis of a New Movement

The idea for "Joyful Noise" began earlier this year, following the success of The Loft concerts in February. Mathes, a Grammy-nominated producer, arranger, and composer who has worked with the likes of Sting, Bruce Springsteen, and Panic! at the Disco, brought a new energy to the church with these performances. His ability to blend his deep Christian faith with contemporary music appealed to a broader audience, many of whom had not attended regular Sunday services in years.

Reflecting on his experiences, Mathes said, "Many of us grew up in religious households and left the church for a myriad of reasons – me included. Yet that tradition contains so much food for the soul. I can listen to Aretha Franklin's *Amazing Grace* or go to Christ Church on Christmas Eve and feel close to something ineffable, purposeful, full of love and grace."

It was these sentiments, combined with the positive reception of The Loft series, that led to the creation of a regular Sunday evening service aimed at those who may be seeking a more casual, reflective, and musically rich way to connect with their faith.

#### A Blend of Tradition and Modernity

While Christ Church Greenwich is renowned for its exceptional choral music and traditional liturgy, "Joyful Noise" breaks from convention by offering music not typically associated with the Episcopalian tradition. The service will feature a variety of contemporary Christian music, arranged and performed by Mathes and his fellow musicians. According to the church, the service will have an informal tone, encouraging attendees to "come as they are."

"I like the phrase 'church for the rest of us,'" Mathes said, capturing the spirit of the new service. His career in music has taken him from directing the Kennedy Center Honors to producing and arranging for internationally recognized artists, but he continues to return to the subject of faith in his own compositions. "So much of it is melodic, warm, and deeply felt music," he said of his work, which will now take center stage at Christ Church's latest offering.

#### A Welcoming New Way to Worship

The addition of "Joyful Noise" comes at a time when many faith communities are seeking to engage a new generation of worshippers. By offering a later service with a relaxed format, Christ Church hopes to attract those who may not be able to attend the traditional morning services due to work, family commitments, or other responsibilities.

"People are busy on Sunday mornings," Zabriskie said, "but that shouldn't be a barrier to experiencing worship and community. 'Joyful Noise' provides an opportunity for people to connect with God and with one another later in the day, in a way that feels more accessible and relevant to their lives."



#### Upcoming Service Dates

"Joyful Noise" will be held monthly in the Main Sanctuary with Rob Mathes on the following dates:

**Sunday, September 29, 2024**

**Sunday, October 27, 2024**

**Sunday, November 24, 2024**

**In addition, Anna Leinbach will lead services in the Chapel on:**

**Sunday, October 6, 2024**

**Sunday, November 10, 2024**

**For more information, visit [christchurchgreenwich.org](http://christchurchgreenwich.org).**

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COLUMN

## Understanding “The Writing on the Wall”



By RABBI MITCHELL HURVITZ

Rembrandt's Painting of "Belshazzar's Feast" captures a challenging Biblical narrative from the Book of Daniel, a reminder that chapters in our lives close, even as new ones begin.

Each of us addresses life transitions, the moments that act like the tides as we move through our days.

For many people who live with a belief in God, or Fate, we look for and see the Hand of God within our lives. Some see God's Hand in their individual lives, and some see it through a more macro lens, working in society, events, wars, accidents, natural phenomena, and even elections.

Sometimes, we are aware of God's Hand in our choices. Perhaps we make choices concerning what we know about God, justice, mercy, morality, and frivolity.

Every day, we all make choices from when we wake up until we lie down to sleep. Choices can include: How will we work today? How will we cope? How will we love? How will we strive with the purpose of repairing the world?

When I consider my daily choices, I think, "Do I see the Hand of God in this choice – is there some guidance?"

I often contemplate when considering my choices Rembrandt's depiction of "Belshazzar's Feast," an illustration that featured God's Hand.

The story of Daniel is about choices and consequences, as well as pasts and futures.

From this story, we derive the origin of the expression "the writing on the wall," which refers to perceiving warnings of troubles. Perceiving warnings is a significant part of how we learn and make choices.

The story of "Belshazzar's Feast" features, to Balshazzar's horror, a disembodied hand that is writing on the wall.

Belshazzar was an emperor who lived an immoral life. He enjoyed a life pursuit solely of frivolity, and the Book of Daniel records how he celebrated his profane joy by drinking from the sacred cups of the Great Temple of Jerusalem that his father had destroyed while plundering their sacred vessels.

During Belshazzar's feast of gluttony, a hand appears and writes on the wall: Mene Mene Tekel Upharsin (roughly meaning: number, number, measure, divide). No one initially consulted was able to interpret these words.

Finally, the exiled Jew, Daniel, who led a God-conscious life, was called upon to interpret the words the hand had written on the wall.

Belshazzar offered Daniel a reward to give his interpretation, but Daniel declined. Without the reward, he nevertheless shared his thoughts on the message anyway.

Daniel interprets that the Hand of God wrote each word, Mene Mene Tekel Upharsin, as addressing counting:

- Mene - God has numbered the days of the Babylonian Empire.

*When we reflect on the past and think about our future, we can look for guiding truths to help us make decisions.*

- Mene - God has numbered the days of Belshazzar.

- Tekel - God has measured Belshazzar's deeds and found them wanting.

- Upharsin - The Babylonian Empire will end and be divided.

After Daniel's interpretation, Belshazzar died that very night, and the division of his Empire, as foretold, happened.

This story from the Book of Daniel can come to mind when considering our large and small choices. When we reflect on the past and think about our future, we can look for guiding truths to help us make decisions.

Belshazzar's father was the King who led the siege and ultimate destruction of the Jerusalem Great Temple while plundering and desecrating holy ritual objects.

Each year, Jews observe a three-week commemoration of the Babylonians' siege and destruction, culminating in the observance of Tisha B'Av, which began this year after sunset on August 12.

Tisha B'Av is a somber Day of Remembrance, and in recalling the tragedy that befell Jerusalem, we also mourn the multiple disasters that victimized the Jewish People throughout our history.

On Tisha B'Av, we remember these past disasters but contemplate a more hopeful future. We try to take the opportunity to

perceive God's guidance in living our unfolding future as we engage in our daily choices.

The Talmud tells a story of when the Temple was destroyed by the Babylonians, a group of young priests gathered the keys to the Sanctuary in their hands.

They ascended a roof and declared: "Ruler of the World -- Since we have not merited to be trustworthy custodians, let the keys be given back to You." They then threw the keys toward Heaven. Something like a hand emerged and received them, and the priests threw themselves into the fire.

We must be worthy of our choices and successful custodians of the world God has gifted us.

Shabbat Shalom.

*Temple Shalom's Senior Rabbi Mitchell M. Hurvitz is a scholar, teacher, community activist and preacher, and is recognized as one of the prominent religious leaders in the Greenwich area and beyond. A frequent guest speaker at synagogues and churches, study groups, community institutions and universities, he is a charismatic personality who engages individuals and stimulates hearts and minds. His teachings can be found in Greenwich Sentinel and in other local and national publications.*

### Greenwich American Legion Post #29

248 Glenville Road  
Glenville, CT 06831



Tel: 203 531-0109  
Cell: 646 236-7657

### 2024 Annual Barbeque / Fundraiser

- Date:** Saturday, September 21st
- Time:** 2:00 P.M. – 5:00 P.M.
- Place:** Tomes-Higgins House at Christ Church Greenwich
- Live Music:** The "That's What She Said" Band  
Classic Rock 1960's – 1980's
- Menu:** Chicken, Green Salad, Burgers, Hot Dogs,  
Baked Beans, Chips, Pickles, Cookies  
Ice Cream, Beer, Wine & Soft Drinks
- Tickets:** Adults \$40, Veterans \$25, Children \$20 (5 Years & Older)
- Proceeds:** All proceeds net of expenses will be used to provide financial support for Greenwich youth programs including the Boys Scouts, Girls Scouts, American Legion Baseball, and Boys & Girls State Programs
- RSVP:** (203) 531 - 0109 or (646) 236 - 7657

*If you are unable to attend, a tax-free donation will be greatly appreciated. Checks may be sent to Greenwich American Legion Post #29, 248 Glenville Road, Glenville, CT 06831*

COLUMN

# Mental Health Tools and Strategies for Back-to-school



By SHARI SHAPIRO

As summer break ends and the new school year begins, it's essential for families in Fairfield County to prioritize their children's mental health alongside the usual preparations like shopping for school supplies. Mental health challenges can arise as students face the stress of returning to the classroom, and it's crucial for parents to be proactive in addressing these concerns.

In Connecticut, youth mental health statistics are concerning. According to the National Institute of Mental Health, 1 in 5 children between the ages of 3 and 17 experience mental, emotional, behavioral, or developmental issues. Additionally, half of all lifetime mental illnesses begin by age 14. These issues can stem from various factors, including social isolation, childhood trauma, poverty, long-term physical health conditions, and discrimination.

Locally, Kids In Crisis has observed a rise in the number of children needing mental health support as they transition back to school. Our organization offers a range of services to

help families navigate these challenges, including the TeenTalk program, which places master's-level counselors in schools throughout Fairfield County, and the 24-hour Crisis Helpline, available to support children and families in immediate need.

Kids In Crisis encourages families to establish a mental health toolkit to help children adjust to the new school year. Here are some tools and strategies:

**Preparation: Set Your Child Up for Mental Health Success**

**Create routines:** Establish regular sleep schedules, mealtimes, and screen-time to help your child adjust to the school routine.

**Talk about the positives:** Discuss what your child is looking forward to in the new school year, whether it's new school supplies, meeting friends, or a favorite subject.

**Plan ahead:** Help your child anticipate the first day of school by visiting the school, discussing the route to the bus stop, and planning where you will meet after school.

**Open communication:** Encourage your child to share their feelings about returning to school, validating their emotions, and discussing coping strategies for stressful situations.

**Be Aware: Recognize Signs of Distress**

**Behavioral changes:** Watch for signs such as withdrawal from activities, changes in eating habits, or increased

*If your child struggles to recover from a tough day or consistently avoids school, it may be a sign that they need additional support.*

irritability.

**Difficulty coping:** If your child struggles to recover from a tough day or consistently avoids school, it may be a sign that they need additional support.

**Persistent issues:** If challenging days become the norm rather than the exception, it's time to seek help.

At Kids In Crisis, we are committed to expanding our services to meet the growing mental health needs of children in Fairfield County. Our programs provide essential support to ensure that no child has to face these challenges alone. With resources like our school-based counselors and crisis intervention services, families can find the help they need to support their children's mental well-being as they head back to school.

**How You Can Help:** This school year, you can make a difference in the lives of children facing mental health challenges by supporting Kids In Crisis. Consider becoming a volunteer or making a donation to our programs. Your contribution will help us continue to offer critical services, such as school-based counseling and our 24-hour Crisis Helpline, to the

children and families who need them most.

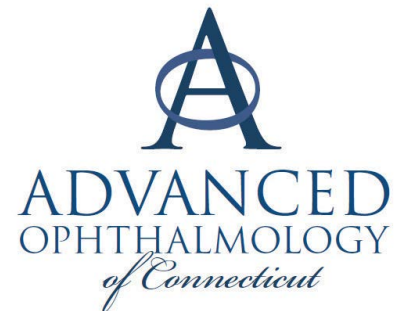
Together, we can create a community where every child feels supported, understood, and equipped to thrive. Visit [www.kidsincrisis.org](http://www.kidsincrisis.org) to learn more about how you can get involved.

*Shari L. Shapiro is the Executive Director of Kids In Crisis. Located in Cos Cob, Connecticut Kids In Crisis provides emergency shelter, crisis counseling, and community education programs for children of all ages and families facing crisis. Crisis can include domestic violence, mental health concerns, homelessness, substance abuse, economic difficulties, and other critical challenges. The Kids In Crisis Helpline is staffed 24 hours a day with trained Crisis Counselors, and provides free, confidential phone and face-to-face intervention, counseling, and referrals. Since its founding in 1978, Kids In Crisis has provided vital 24-hour services to almost 170,000 children and teens, and their families. Providers, educators, community members, and family members are encouraged to call the 24-hour helpline at 203-661-1911 for support.*



**It's Time to Schedule Your Child's Back-to-School Eye Exam!**

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# Ken Miller's New Exhibit Opens at Trimper Gallery

By Peter Barhydt

Artist Ken Miller will showcase his latest work in an exhibition opening at Trimper Gallery, in Greenwich, on Saturday, Sept. 14, 2024. Known for his representational style, Miller's paintings often display strong graphic design elements with pop art influences.

"This show is exciting because there are actually no people in any of the pieces," Miller said. "Most of it is a collection of landscapes and seascapes that are representational but also somewhat surreal. It's been really fun to curate and see it all come together."

Miller, who has painted since his teens, is largely self-taught, although he studied at both the Fashion Institute and the School of Visual Arts in New York City. His background in photography, including assisting fashion photographer

kept at it. Then I became a photographer, which crossed over with my work in the fashion industry. As digital photography took over, I started focusing more on painting, which has brought me a lot of joy and freedom."

Miller's exhibition will feature 24 pieces, according to gallery owner Alex Trimper. "His art is soft and emotional," Trimper said. "The subject matter may be simple, but the way he executes it allows people to make deep, personal connections. You don't need to have a profound understanding of art to be moved by it."

When asked what he hopes visitors will take away from the show, Miller said, "I hope they leave with a new perspective, a different way of looking at things. And I hope my work makes them smile."

In addition to showcasing his art, Miller is using the



Butterfly Koi By Ken Miller

*Most of it is a collection of landscapes and seascapes that are representational but also somewhat surreal. It's been really fun to curate and see it all come together.*

Ken Haak, shaped his sense of composition. In 1993, Miller authored "The Hamptons, Long Island's East End", a coffee table book published by Rizzoli.

Reflecting on his journey from photography to painting, Miller shared, "I was sort of discouraged from painting when I was younger, but I

exhibition to raise awareness for ALS. "I'm donating a portion of the proceeds to ALS United Connecticut," Miller said. "It's a cause that's very important to me. As an artist living with ALS, this show is really meaningful."

ALS United Connecticut will have representatives at the gallery to provide information

on the disease. "It's not just about the paintings," Miller added. "It's a great opportunity

to educate people about ALS, which is something I'm very passionate about."

The exhibition opens with a private reception on Friday, Sept. 13, and runs through the

fall. Trimper Gallery is located at 40 West Putnam Avenue in Greenwich.



Gardeners Bay by Ken Miller



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**WOMAN'S CLUB OF GREENWICH**

# Getting Russia Right

By Jim Dean

At the September 4 meeting of the Retired Men's Association Bob Phillips introduced the day's speaker, Thomas Graham, a distinguished fellow at the Council on Foreign Relations and co-founder of the Russian, East European, and Eurasian Studies program at Yale, who delivered a talk on Russia and the US's future role in global affairs: "Getting Russia Right: Why Russia Became an Adversary and How to Deal with It." His extensive background includes serving on the National Security Council and as a foreign service officer at the US Embassy in Moscow.

Graham argued that contrary to some predictions, Russia is not on the verge of collapse or disintegration. The country is held together by strong centrifugal forces, including patriotism and xenophobia. Russia is unlikely to experience a democratic breakthrough, as the Kremlin has systematically dismantled opposition. Russians generally support a strong ruler who can protect them from internal chaos and external threats. Despite Western sanctions, Russia's economy grew by about 3% in 2023 and is projected to maintain similar growth in the coming years. While facing challenges like demographic decline and underinvestment, Russia is more likely to experience gradual decline rather than sudden collapse. Importantly, 70-75% of the Russia population is ethnically Russian, making it unlikely to break apart.

Graham emphasized that whatever happens in Ukraine, Russia will remain a significant global player. It possesses the world's largest nuclear arsenal and has world-class cyber and space capabilities, as well as significant military potential. Russia's involvement is crucial for addressing strategic stability, cybersecurity, and non-proliferation of weapons of mass destruction. In Europe, Russia will continue to be a major factor in security arrangements. Europe must address how to manage relations with Russia, whether through cooperation or containment. The continent cannot escape the challenge of dealing with its large eastern neighbor, which has been a persistent issue for at least the past 200 years.

Russia's influence extends to the Arctic, where it has the largest continental shelf. As global warming opens new maritime routes, Russia will play a significant role in the region's development. In the Middle East, Russia maintains good relations with most major powers, including Turkey, Egypt, Saudi Arabia, and Iran. It has military bases in Syria, projecting power into the Eastern Mediterranean. In the Indo-Pacific region, Russia provides resources crucial for China's growth. It also has the potential to develop relations with South Korea and Japan, potentially acting as a constraint on Chinese ambitions. This positioning allows Russia to be a significant player in the region's geopolitical dynamics.

Graham highlighted Russia's importance in addressing transnational issues. As one of the four largest emitters of greenhouse gases, Russia's participation is essential in addressing climate change. Additionally, Russia's expertise in vaccine development could be valuable in addressing



Thomas Graham spoke about the challenge and necessity of maintaining engagement with Russia, in spite of its aggression in Ukraine and other fronts.

*The United States must continue to engage with Russia on multiple fronts, despite current tensions.*

future pandemics.

Given Russia's continued global significance, Graham outlined three main objectives for US policy towards Russia. First, maintain strategic stability to reduce the risk of nuclear conflict between the two countries. Second, manage competition responsibly to avoid direct military confrontation that could escalate to nuclear conflict. Third, cooperate on a narrow range of transnational issues where collaboration is essential. Graham also hinted at a fourth objective, namely managing the relationship with Russia so as to be able to deal effectively with the growing competition from China over the years ahead.

These policy goals suggest that the United States must continue to engage with Russia on multiple fronts, despite current tensions. Diplomatic channels should be maintained to address strategic stability and manage competition. Engagement on transnational issues like climate change and pandemic preparedness is necessary. US policy in Europe, the Middle East, and the Indo-Pacific must account for Russia's influence and interests, while Arctic policy should anticipate increased Russian activity in the region.

While sanctions have been implemented, policymakers should be aware of Russia's economic resilience and its potential for gradual rather than sudden decline. US military and cybersecurity strategies must continue to factor in Russia's capabilities and potential actions. Policy should be crafted with the understanding that Russia will remain a unified state and significant global actor for the foreseeable future.

In conclusion, Graham's analysis emphasized the need for a nuanced, long-term approach to US-Russia relations. While acknowledging the current challenges and conflicts, he argued that Russia's continued global significance necessitates ongoing engagement and strategic planning by US policymakers across various domains of international affairs. The complexity of the relationship and Russia's enduring influence in key regions and issues underscore the importance of maintaining a balanced and pragmatic approach in dealing with this significant global player.

Graham's talk was followed by a lengthy Q&A session.

The talk can be viewed by going to the RMA website at <https://greenwichrma.org>, and clicking on "Speakers."

The RMA's upcoming presentation, "It's Complicated: The Decision by the United States on How—Not If—To Use the Atomic Bomb During World War II," by Edward Aldrich, is scheduled for 11 AM on Wednesday, September 18, 2024. Ted Aldrich, author of *The Partnership: George Marshall, Henry Stimson, and the Extraordinary Collaboration that Won World War II*, will focus his talk on all the factors that went into the decision by Stimson who – working closely with Marshall – was given the responsibility by President Truman to recommend how to use the atomic bomb once it was developed. Addressing many of the misconceptions which formed in the years after Hiroshima and Nagasaki as to the reasons the US used the new weapon of mass destruction, Aldrich will place the audience in the shoes of Stimson, Marshall, FDR, Truman, Jimmy Byrnes, other civilian and military figures, and the American public during the brief period of time the decision about the bombs was made and will outline all the considerations that went into the deliberations.

The author, who has lectured several times on this subject at Colgate University, will draw on extensive research he conducted while writing his book on the wartime collaboration of Stimson and Marshall and will spend a bit of time discussing the background of Secretary of War Stimson to give a sense of the man to whom so much responsibility was given.

Edward "Ted" Aldrich was born and raised in Rowayton, CT, attended Colgate University, majoring in economics and political science, and earned an MBA in finance from

Boston College. He has had a distinguished career in banking beginning with UBS with posts in New York, Zurich, and London, and has held senior positions at Deutsche Bank, Fortis, and Mizuho Bank. He currently works as the head of corporate development for Auramet Trading, one of the world's largest physical precious metals merchants.

Ted's love of history began on the day he entered the second grade at Rowayton Elementary School and saw portraits of all the U.S. presidents on the classroom wall. Ted and his wife, Susie, have lived in Westport since 1999 where they raised three sons.

To stream the presentation by Edward Aldrich at 11 AM on Wednesday, September 18, click on <https://bit.ly/30IBj2l>. This presentation will also be available on local public access TV channels, Verizon FIOS channel 24 and Optimum (Cablevision) channel 79. The public is also invited to attend the presentation in person at the First Presbyterian Church of Greenwich at 1 West Putnam Avenue.

*Note: The views expressed in these presentations are those of the speakers. They are not intended to represent the views of the RMA or its members.*

*RMA speaker presentations are presented as a community service at no cost to in-person or Zoom attendees, regardless of gender. Any member of the public who would like to receive a weekly email announcement of future speakers should send a request to [members@greenwichrma.org](mailto:members@greenwichrma.org). The RMA urges all eligible individuals to consider becoming a member of our great organization, and thereby enjoy all the available fellowship, volunteer, and community service opportunities which the RMA offers to its members. For further information, go to <https://greenwichrma.org/>, or contact [members@greenwichrma.org](mailto:members@greenwichrma.org).*



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# How Greenwich's Richie Prager's Duck Stamp Collection Led to the Bruce Museum Exhibit



The now 91 Federal Duck Stamps dating back to the founding 1934. Photo by Patrick Sikes.



Hooded Merganser, winning Federal Duck Stamp artwork in 1978 by Albert Earl Gilbert, Bruce Museum, Gift of Richie Prager, 2021.15.33. Photo by Anne W. Semmes.

*“The more people that really understand this wonderful conservation program, the art competition, hopefully everyone goes out and buys a duck stamp for \$25, with 98 percent going to conservation.” Richie Prager.*

BY ANNE W. SEMMES

Next Thursday and Friday the Bruce Museum is likely to become a mecca to those with an interest in the artistic depictions of waterfowl, with the Museum's first-time hosting of the live Federal Duck Stamp Art Contest. Over two days five expert judges will examine hundreds of entries to select the winning duck painting to become the 2025 Federal Duck Stamp. And the five eligible species featured by the artists this year are the Northern Shoveler, Brant, Greater Scaup, Spectacled Eider and Hooded Merganser.

So, how is it that a three-inch square Duck Stamp, debuting in 1934, has led to the most successful conservation program in our nation's history, with some six million acres of critical habitat being conserved in federal refuges in almost every state, including in Connecticut the Stewart B. McKinney National Wildlife Refuge, with over a third of the refuge purchased with Federal Duck Stamps?

The present Bruce Museum exhibit spells it out clearly with its title "Conservation Through the Arts, Celebrating the Federal Duck Stamp." And, who better to explain the Federal Duck Stamp program than Greenwich's noteworthy Duck Stamp collector, Richard "Richie" Prager, whose collection of 70 winning duck paintings, now donated to the Bruce, grace the exhibit which opened last week. We caught up amazingly with Prager on his travels in the Democratic Republic of Congo!

Seems he was inspired by his mom being a stamp collector. "She saw me trying to collect every stamp under the sun, and she told me I needed to stick with it," he shares. And he'd arrived in 1976 at the legal age of

16 plus able to buy a duck stamp needed "as part of the licensing for water fowling."

"If you think of the duck stamp program," he continues, "there's really three legs to the stool. There's the hunter who has to buy a stamp, there's the stamp collector, and then there's the artists themselves. And the artists in many ways are the unsung heroes."

Fast forward to 2012, having long heeded his mother's counsel with his burgeoning duck stamp collection, when he was contacted by one of his stamp dealers. Would he be interested in purchasing 18 winning duck stamp artworks? Not really, he thought - he was a stamp collector.

But, thinking again, he recalls, "I realized there was a greater challenge in collecting the original [artwork] winners... And with that original purchase I had 18, and then I bought six more... And that just became my obsession to collect the original winning artwork."

Fast forward to Covid time. "It was a lot of blessings and a lot of pain," says Prager. "And one of the blessings for me was I always knew I was going to donate this, but I realized why not do it earlier in my life and enjoy the public seeing it. And most importantly, to use it [that donation] as a conservation education tool. The more people that really understand this wonderful conservation program, the art competition, hopefully everyone goes out and buys a duck stamp for \$25, with 98 percent going to conservation. That is my message."

And thank you to Dr. Daniel Ksepka, the curator of the Duck Stamp exhibit, for having connected this reporter with Prager in the Congo on Ksepka's iPhone. Ksepka's preceding tour through the art-filled exhibit provided the history behind the

creation of the Duck Stamp.

"Let's say it's the year 1800," he tells, "You go out with your shotgun to shoot a duck or two for dinner for your family... no problem. At the turn of the century... people are forming dense population aggregates in cities. And so now you can hunt with this punt gun... You can kill a hundred birds with one shot... And this was causing huge depletions of duck populations." Count too the dust bowl conditions leading to drying up marsh lands where ducks like to feed.

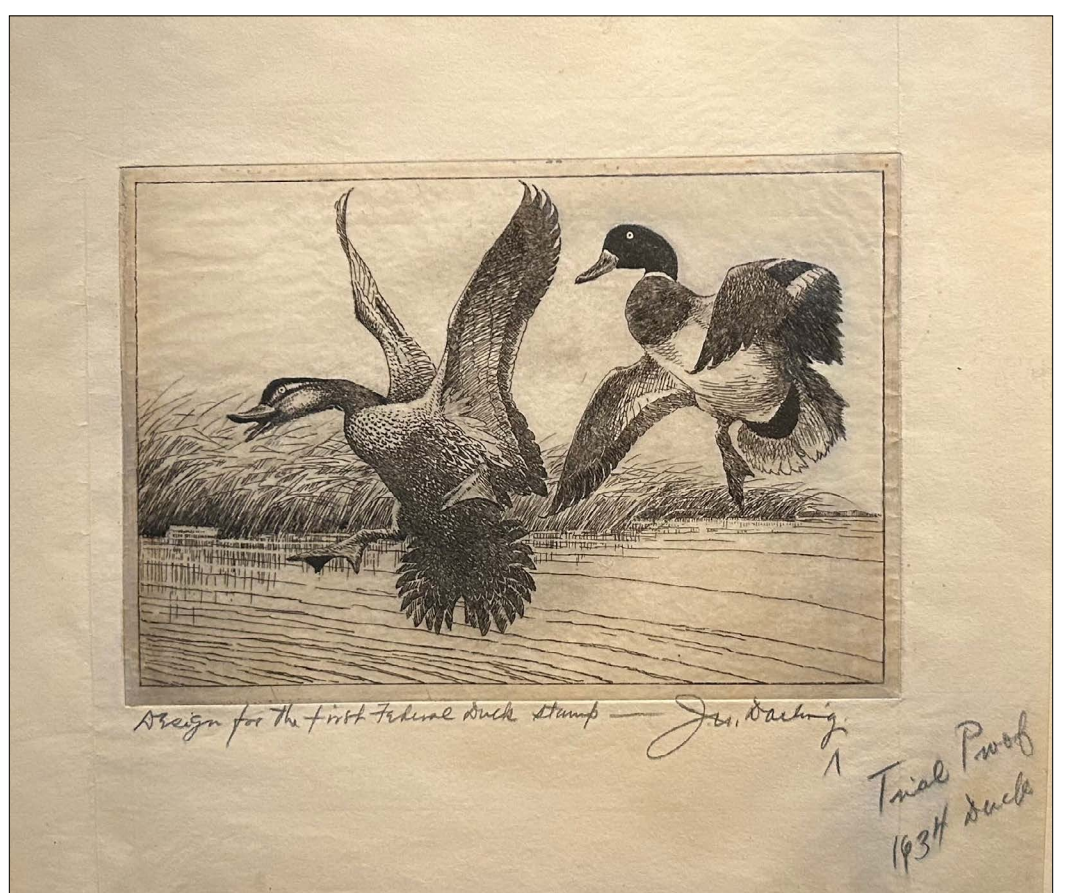
Enter Ding Darling, political cartoonist, "agitating for protections." "And FDR said to him, 'If you care so much about the ducks, you're in charge,' and made him director of the Bureau of Biological Survey, a forerunner of the US Fish and Wildlife Service. He came up with a lot of different regulations to help protect birds and more responsible hunting... And all of this helped the populations rebound."

"And he actually designed the first duck stamp himself," said Ksepka. "Basically working all day, all night, he had stacks of shirts ready to go if he needed to sleep on the floor. So, he had the cardboard thing they'd stiffen the collar with... He drew a little sketch of a duck on it... Someone from the Bureau of Engraving and Printing took it and made it into the first stamp without him even approving it... And that's how the first duck stamp came to be."

Thus, today with the Duck Stamp, said Ksepka, "Hunting is much more regulated. And equally importantly, that money goes to conservation." So, with the price of a stamp rising from a dollar in 1934 and now \$25, "They haven't raised the price. It's just gone up with inflation. And the surge is still there for buying the stamp. What's funny,



Richie Prager, as pictured in the Selous Game Reserve in Tanzania. Contributed photo.



"Design for the first Federal Duck Stamp" in 1934, by Ding Darling. Photo by Anne W. Semmes.



Bruce Museum Curator Dr. Daniel Ksepka pointing out Greater Scaup Taxidermy in the Federal Duck Stamp exhibit - as part of the Museum collection.

Photo by Anne W. Semmes.

they sell about one and a half million of these stamps a year, and only a little more than half are bought by people who intend to use them to hunt."

"A lot of people buy them for three other reasons," he shares. "They just want to support conservation; It gets you in free into any National Wildlife Refuge that charges entry fee; And three, probably the most important is people collect them. There are coin collectors, comic book collectors, then there's a community that loves these stamps. And getting a complete collection in mint condition or with rare errors or signed stamps is very important to

people." Addressing the upcoming Duck Stamp Art Contest, Ksepka shares that it was in 1950 that the artwork design contest was opened to the public. "Anyone in the United States could submit a picture, and the winner would be on the stamp." He adds, "It is the only art contest that is run by the federal government." And when the judges look at the art, "it's all anonymous." And that winning artwork brings more than just being on next year's duck stamp. "The only prize you get is a set of 25 stamps signed by the Secretary of Interior. So, do the math, at \$25 each, it's a little more than

a thousand dollars, but it's the Super Bowl of wildlife art." Ksepka continues, "If you win this, you can expect to sell thousands of prints. You can license your image. You'll be very well known. You can sell your other artwork." Back in the 1970's and 1980's he tells, "They called it sometimes the million-dollar duck, because you can expect to issue a series of 5,000 prints and sell them at a couple of hundred dollars each, or a couple thousand dollars for the really high-end ones. So, it's such an important accomplishment for a wildlife artist."





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Address	Area	Price	Day/Time	Broker
12B Hickory Drive	Greenwich	\$2,599,000	Sat 1-3 PM	BHHS New England
31 Stoney Ridge Lane	Riverside	\$3,129,000	Sat 1-4 PM	BHHS New England
247 Riverside Avenue	Riverside	\$6,650,000	Sat 1-4 PM	Coldwell Banker
58 Quaker Lane	Greenwich	\$20,000,000	Sat 1-4 PM	Sotheby's
13 Havemeyer Lane	Old Greenwich	\$999,000	Sun 1-3 PM	BHHS New England
31 Stoney Ridge Lane	Riverside	\$3,129,000	Sun 1-4 PM	BHHS New England
58 Quaker Lane	Greenwich	\$20,000,000	Sun 1-4 PM	Sotheby's
12B Hickory Drive	Greenwich	\$2,599,000	Sun 12-3 PM	BHHS New England

## NEW SALES

daTa from local Real Estate Agent  
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Address	Original List	List Price	Sold Price	DOM	BR	FB	Acres	SqFt
39 Aiken Road	\$6,495,000	\$6,495,000	\$6,400,000	25	4	4	4	6,836
42 Dawn Harbor Lane	\$10,950,000	\$10,950,000	\$10,950,000	28	6	6	1.24	9,995
295 Riversville Road	\$3,895,000	\$3,650,000	\$3,585,000	76	6	5	2.61	4,371
46 Burying Hill Road	\$4,500,000	\$4,500,000	\$3,900,000	63	5	6	4.43	6,054
351 Pemberwick Rd, 102	\$899,000	\$899,000	\$860,000	37	3	2	0	1,540
225 Valley Road	\$1,700,000	\$1,700,000	\$1,900,000	55	4	2	0.36	2,218
52 Crown Lane	\$4,895,000	\$4,895,000	\$4,400,000	40	6	6	4.24	6,600
100 Strickland Rd 10	\$925,000	\$925,000	\$940,000	13	2	3		2,055
42 Richland Road	\$1,199,000	\$1,199,000	\$1,190,000	20	3	2	0.1	
808 North Road	\$9,995,000	\$9,995,000	\$8,800,000	19	7	10	4.65	
26 Anderson Street	\$2,495,000	\$2,495,000	\$3,125,000	15	6	3	0.52	2,876
18 Bishop Drive North	\$1,639,000	\$1,639,000	\$1,640,000	11	4	3	0.34	3,355
20 Church Street B66	\$750,000	\$750,000	\$740,000	11	1	1		1,038
50 LafayettePlace 3F	\$589,000	\$589,000	\$605,000	25	3	2		1,250
1 Martin Dale	\$8,500,000	\$8,500,000	\$8,500,000	0	6	6		
25 Edgewood Drive	\$14,250,000	\$11,100,000	\$9,000,000	270	9	11	3.7	12,586

## NEW LISTINGS

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Address	List Price	Price/SqFt	SqFt	AC	BR	FB	Area
10 Cliffdale Road	\$35,000,000	\$3,763	9,300	66	8	7	North Parkway
537 North Street	\$15,495,000	\$1,021	15,171	2.97	6	8	South Parkway
406. Stanwich Road	\$13,900,000	\$1,187	11,715	2.61	6	6	South Parkway
31. Baldwin Farms	\$10,900,000	\$836	13,039	2.46	6	7	South Parkway
8 Dempsey Lane	\$8,995,000	\$837	10,749	2.1	6	7	South Parkway
373. Taconic. Road	\$7,100,000	\$580	12,232	4.28	7	9	North Parkway
247. Riverside Ave	\$6,650,000	\$701	9,485	0.45	6	7	Riverside
530 Lake Ave	\$5,395,000	\$811	6,656	2.12	5	6	South Parkway
219 Overlook Drive	\$4,995,000	\$624	8,001	0.67	6	5	South of Post Rd
127 Stanwich Road	\$4,850,000	\$695	6,981	1.09	5	6	South Parkway
8 Stoney Wylde Lane	\$4,800,000	\$1,066	4,502	2.01	5	5	South Parkway
49 Indian Mill Road	\$4,695,000	\$626	7,500	2.15	5	5	Cos Cob
63 Byram Shore Road	\$3,695,000	\$930	3,975	0.49	3	4	Byram
500 Valley Road	\$3,295,000	\$615	5,356	1.13	4	3	Cos Cob
88 Buckfield Lane	\$3,250,000	\$782	4,158	2.08	4	3	North Parkway
27 Harding Road	\$2,990,000	\$786	3,802	0.18	5	4	Old Greenwich
14 Lincoln Ave	\$2,900,000				5	5	South of Post Rd
70 Round Hill Road	\$2,850,000	\$538	5,302	1.23	6	4	South Parkway
6 Miltiades Ave	\$2,375,000	\$947	2,508	0.18	5	3	Riverside
18 Sandy Lane	\$2,095,000	\$437	4,793	4.16	5	4	North Parkway
9 Swan Terrace	\$1,895,000	\$946	2,004	0.41	4	2	South of Post Rd
59 Le Grande. Ave 15	\$1,699,000	\$685	2,482		3	3	South of Post Rd
523 Lyon Farm Drive	\$1,675,000	\$761	2,200		3	2	Glennville
627 Lyon Farm	\$1,575,000	\$553	2,850		3	2	Glennville
147 Holly Hill Lane Unit 2	\$1,325,000	\$822	1,611		2	2	South of Post Rd
78 River Road Unit 9	\$1,299,000	\$588	2,210		3	2	Cos Cob
172 Field Point Road 9	\$1,199,999	\$615	1,952	0	2	2	South Parkway
403 Stanwich Road	\$1,000,000	\$398	2,512	1.23	3	2	South Parkway
13 Havemeyer Lane	\$999,000	\$610	1,639	0.15	4	2	Old Greenwich
3 Relay Court	\$975,000	\$1,036	941	0.09	2	1	Cos Cob
351 Pemberwick Rd, 505	\$899,000	\$584	1,540		2	2	Glennville
Putnam Park. Unit 171	\$549,000				2	1	South Parkway

### FEATURED LISTING

# 26 Valleywood Road

Step into this 2,400+ sq ft beautifully refreshed Tudor on one of Cos Cob's most desirable streets. The inviting living room with a cozy fireplace flows seamlessly into a lovely dining room. The kitchen opens to a stunning family room with vaulted, beamed ceilings and breakfast area. The main floor also includes an office/bedroom and a full bath. The bright second level features three bedrooms and bathroom, while the third floor offers a spacious loft area. The lower level boasts a versatile playroom/gym/living area. Outside, enjoy a beautiful patio and a .22-acre, beautifully landscaped, level backyard. Conveniently located near schools, train, and parks. Your dream home awaits! For more information, please visit [26ValleywoodRoad.com](http://26ValleywoodRoad.com).

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### FEATURED BROKER

# Kimberly Conrad

#### 1. What's your communication style and frequency?

Whether I'm working with a buyer or a seller, keeping in constant communication and setting response time expectations is crucial. Working together is a relationship, and open communication is essential to any relationship - particularly in a fast-paced market where minutes can cost you. I always try to put myself in my client's shoes and remember they are trusting me with one of the most important transactions in their lives. Even if it's just instant acknowledgment that I've received their message and am working on it - I think people appreciate that.

#### 2. What marketing strategies do you use for sellers?

You really only get one shot to make the best first impression, so you must use it wisely, otherwise you will chase the market down - even in a sellers' market. I like to employ a "360-marketing" approach using both digital & traditional methods. Timing and proper preparation of decluttering to present the home in its best light is key. Buyers today form their opinion instantly based on photos online, and whether or not they can envision themselves in your home. You are truly selling yourself as much as the home. We've also seen in the recent market that using the listing price as a marketing tool to attract the largest pool of buyers can support driving up the selling price. On top of these fundamental building blocks, the luxury marketing materials and options offered at Sotheby's are unparalleled in Fairfield County.

#### 3. How do you handle bidding wars for buyers?

I've been on the other side of this as a buyer myself, so I fully understand the emotional rollercoaster that comes along with an extremely competitive market. For a buyer, they really must

consider "At what price will I be OK with losing this property?" and beyond the offer price, being the first appointment and the first offer holds weight with some sellers. Lastly, being flexible with terms the seller wants, like the closing date, can be very beneficial.



Kimberly Conrad  
Real Estate Advisor  
[KimberlyConradHomes.com](http://KimberlyConradHomes.com)  
203-228-8521

# Real Estate in August 2024 - A lot like August 2023



BY MARK PRUNER

Townwide, we have an amazingly low 1.8 months of supply compared to 2.4 months of supply last year. That might look like a big difference on a percentage basis, a further 25% drop, but tight is tight. If you are a buyer, neither amount seems like very much inventory, since six months of supply is considered the dividing line between a buyer's and a seller's market and both years, we have had a fraction of that.

Traditionally, house sales peak in June or July, and this monthly sales pattern remains consistent from year to year. Rentals, on the other hand, peak from May to July and exhibit a reasonably steady monthly sales pattern. Condominium sales are much more variable. This year, condo sales reached their peak in April only to match that number of sales last month in August. In prior years condo sales have peaked in September and even December.

This erratic monthly sales pattern can be attributed in part to the law of small numbers. Compared to house sales and rentals, Greenwich has many fewer condo sales. In the last couple of years, monthly condo sales have varied from 9 sale to 25 sales. (BTW: All numbers in this article include co-op sales as part of the condo totals. Our 135 "condo" sales include 21 co-op sales so far this year.)

Over the past quarter century, the average annual condo sales in Greenwich have been 196, with annual sales fluctuating between a low of 91 sales in 2009 during the recession and a high of 265 sales in the boom year of 2021. We did see a jump up in the boom year of 2021 when we had 265 sales, but we are on track to be around 203 sales this year, which is just 3.5% above our 24-year average.

On the other hand, when you look at month to month condo sales, they jump around, but this appearance of jumpiness is deceptive in that most months, the small number of sales each month a few more or less sales leads to significant percentage difference. Most months are within 8 sales of each other varying between 15 and 23 sales; a big percentage difference, but not a big numerical difference.

You might be wondering why this lack of seasonality in condo sales matters. It's important if you are a condo owner contemplating selling or if you are in the market to purchase one. In reality, every month can be a good or bad month for condo sales, and this uncertainty means you can't predict the ideal month to either buy or sell.

We have a spring market in single-family homes, because that is when the largest number

of homeowners decide to sell their houses, and dormant buyers awaken and rush to buy. That doesn't apply in the less seasonal Greenwich condo market. In 2024, we had a lot more percentage variation, opening the year with only 16 condo listings and nearly doubling our listings to 31 condo listings this week, but it has not been a straight line. We've never had a lot of condo listings in Greenwich and our 31 present listings are a fraction of what we normally have had over the last 24 years.

Since seasonality isn't a good guide for buyers what is? If you're a buyer looking for a bargain, pay close attention to the days on the market for each specific condo. Listings with significantly above-average days on market are typically overpriced, have some significant issues (like being located near a highway), or require extensive renovations.

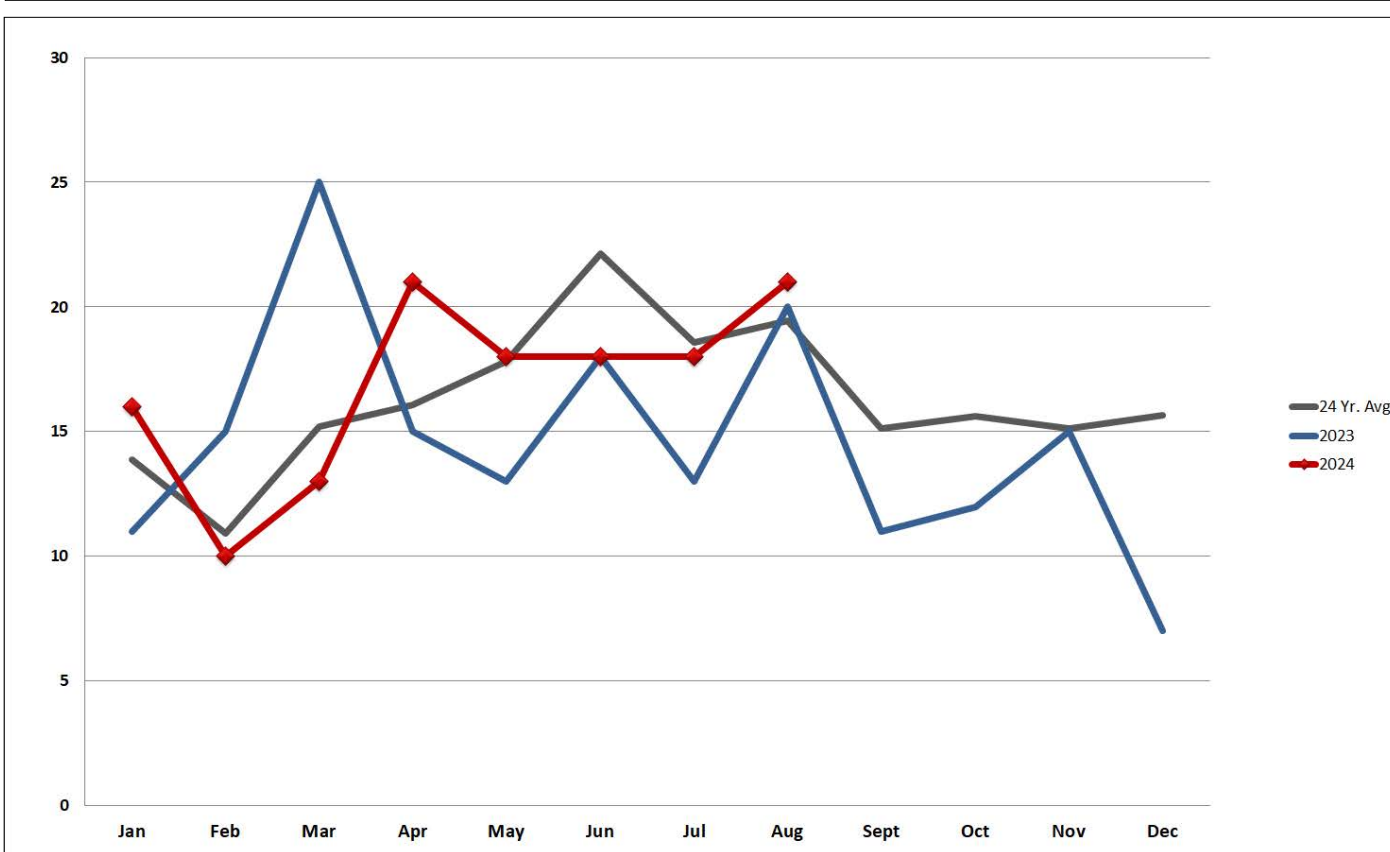
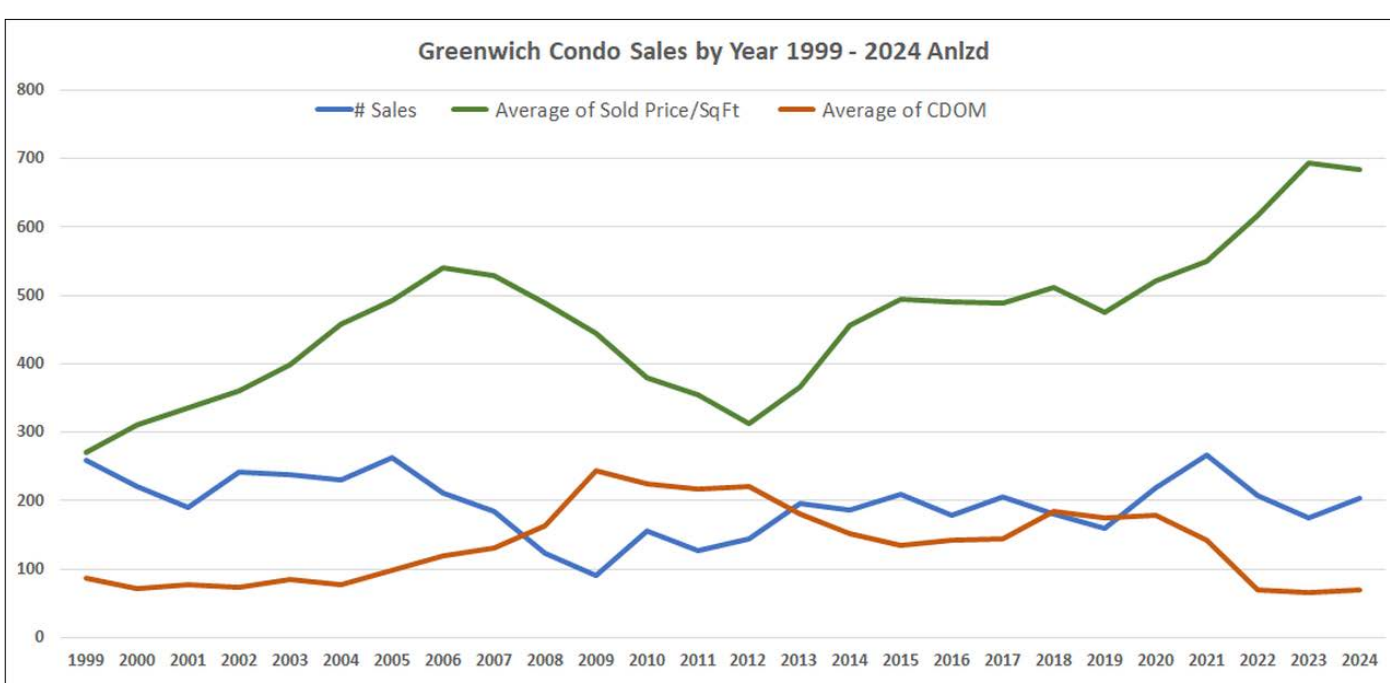
Reducing the price can address all three issues, even if it results in a lower price per square foot compared to the competition. It's surprising how often a seller with high DOM and a high price, will accept a reasonable offer. If you do really want the condo that has been sitting on market just don't start out with low-ball bid or you are likely not to get a counter.

Over the past three years, the condo market in Greenwich has experienced a surge in sales. Sales have increased from 159 in 2019 to an all-time high of 265 in 2021. Up to August of this year, there have been 135 sales, which, when annualized, would be 203 sales for the year, slightly above the 196-average condo sales over the last 24 years.

Other market indicators show how tight our condo market is. The price per square foot increased from \$475/sf in 2019 to \$616/sf in 2022, a 29.7% increase in three years. Last year, the price per square foot went even higher at \$692/sf, a 12% increase from the previous year. These large jumps can't be sustained, and so far this year, we have dropped back 1.4% to \$683/sf. That still a lot for a smaller number of square feet that you get in condo compared to a house.

Right now, all price categories are well under 6 months of supply, except for \$3- - 4 million where we have 4 listings and have had 5 sales so far this year resulting in 6.4 months of supply. It's a good time to list.

Days on market has also dropped a lot from 2019 to this year. In 2019, our last pre-Covid year, condos sat on the market for an average of 175 days. The days on market number was essentially unchanged in 2020, as some very slow to sell listings finally sold keeping the average DOM at a high level. By 2022, many of our long-term listings had sold and our days on market started to drop. Presently, we have an average of 69 days on market.



Our sales price to original list price ratio has also taken off in that same period. For the years from 2013 to 2020, our average sales price to original list price was right around 93%. Then in 2021 it ticked up to 95.6% and went up to 101.1% of original list price this year. This is the highest SP/OLP we have ever had.

Our median condo sales price is \$1.03 million compared to \$2.86 million for houses in Greenwich. In 2018, we had 36 condos listed over \$2 million dollars and right now we only have 7 condos over that price. High-end downtown condos are still the holy grail for Greenwich condo buyers.

Our total condo and co-op sales volume was a record high of \$288 million dollars in 2021. This year we will come close to breaking that record with 24% less sales.

Condos provide a great place for people that really want to live in Greenwich at more reasonable prices. They also provide a diversity of homeowners and lifestyles in Greenwich. Young people can buy their first starter home and downsizers have places to go without having to endure a Florida summer. You just need to be ready to move quickly, when the right condo comes on the market.

Mark Pruner is a founding principal of the Greenwich

Year	# Sales	Average of Sold Price	Average of Sold Price/SqFt	Average of SP/OLP	Average of CDOM	Sum of Sold Price
1999	259	\$ 395,459	\$ 270	94.5%	88	\$ 102,423,827
2000	221	\$ 440,152	\$ 310	95.7%	71	\$ 97,273,550
2001	190	\$ 517,617	\$ 336	96.4%	76	\$ 98,347,169
2002	241	\$ 582,880	\$ 361	97.1%	74	\$ 140,474,087
2003	238	\$ 612,623	\$ 399	94.9%	84	\$ 145,804,235
2004	230	\$ 711,456	\$ 457	96.6%	78	\$ 163,634,890
2005	262	\$ 816,904	\$ 492	96.1%	98	\$ 214,028,717
2006	212	\$ 922,366	\$ 540	94.4%	118	\$ 195,541,658
2007	184	\$ 1,024,669	\$ 530	93.6%	131	\$ 188,539,037
2008	123	\$ 919,786	\$ 488	90.3%	164	\$ 113,133,624
2009	91	\$ 818,066	\$ 444	84.3%	243	\$ 74,444,033
2010	155	\$ 756,796	\$ 380	85.1%	224	\$ 117,303,392
2011	127	\$ 770,248	\$ 354	87.6%	217	\$ 97,821,550
2012	145	\$ 804,519	\$ 313	89.3%	220	\$ 116,655,187
2013	195	\$ 794,838	\$ 366	92.6%	180	\$ 154,993,352
2014	187	\$ 861,862	\$ 456	92.8%	152	\$ 161,168,158
2015	210	\$ 982,956	\$ 494	94.2%	135	\$ 206,420,657
2016	179	\$ 939,931	\$ 491	93.5%	143	\$ 168,247,679
2017	206	\$ 948,054	\$ 489	94.0%	144	\$ 195,299,185
2018	181	\$ 967,502	\$ 512	92.1%	184	\$ 175,117,796
2019	159	\$ 904,872	\$ 475	92.7%	175	\$ 143,874,625
2020	219	\$ 1,003,644	\$ 520	92.7%	178	\$ 219,798,079
2021	267	\$ 1,076,597	\$ 550	95.8%	142	\$ 287,451,355
2022	208	\$ 1,138,093	\$ 616	99.5%	70	\$ 236,723,295
2023	175	\$ 1,173,328	\$ 693	98.6%	65	\$ 205,332,468
2024 Anlzd	203	\$ 1,398,072	\$ 683	101.1%	69	\$ 283,108,500
Grand Tot	4999	\$ 841,887	\$ 465	94.2%	128	\$ 4,208,591,340

Streets Team at Compass at 203-817-2871 or mark. the Compass offices at 200 Connecticut. He can be reached pruner@Compass.com or at Greenwich Ave.

## WELCOMING NEW MEMBERS AT THE YMCA OF GREENWICH



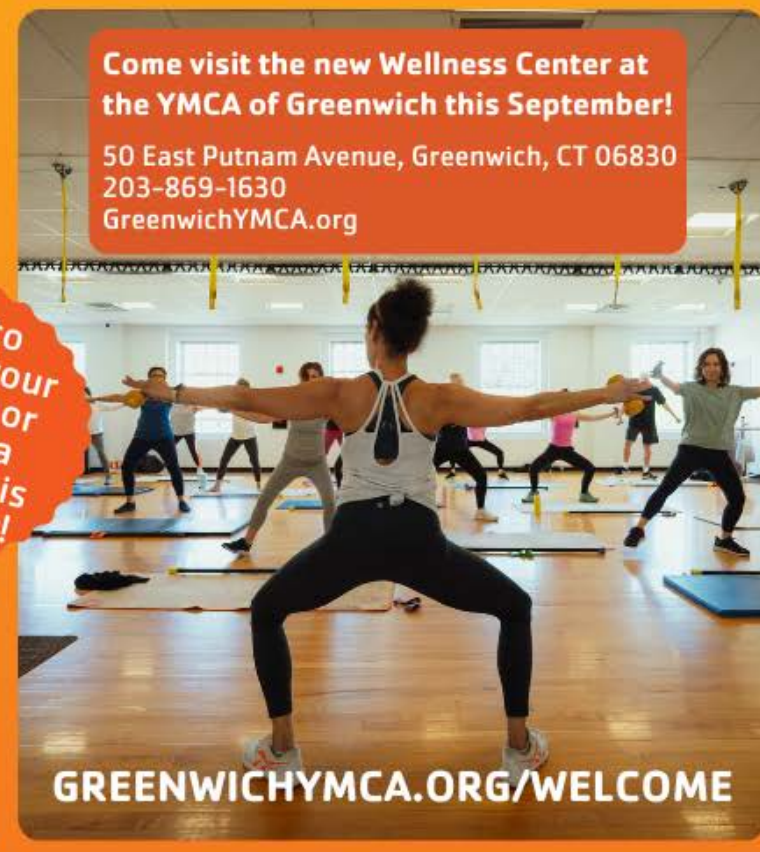
**FREE 7-DAY TRIAL**  
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GREENWICHYMCA.ORG/WELCOME

# ESCAPE AVIATION



Smithfield battles against Escape Aviation at the Greenwich Polo Club. Photo by Claudia Suica.

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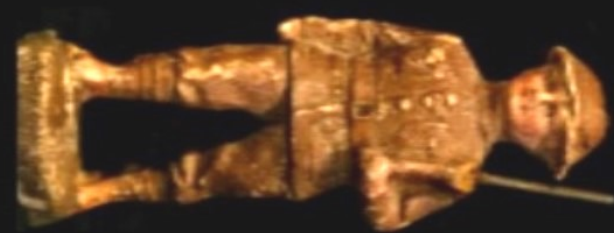
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REVIEW

## From Pasta to Lattes: A Delicious New Destination in Chickahominy

By Emma Barhydt

In Chickahominy, Constantino's Pastabowls has arrived with a burst of flavor, offering a fresh and vibrant twist on the classic Italian dining experience. The atmosphere strikes a perfect balance between comfort and style. With counter service that feels as warm as a family gathering and an airy, spacious room adorned with photos of famous faces enjoying pasta, this place radiates charm and authenticity.

Robyn and Michael Bordes now have three restaurants in Greenwich, Constantino's Pizzeria & Ice Cream, Love You a Latte, and now, Constantino's Pasta Bowls. When asked how Robyn started in the restaurant industry, she shared, "I started in restaurants when I was 13, and I was in my 20s and I started waitressing and bartending at Villaggio's in Parkersdale. When the owner started to get a little bit older, I had said to him, 'When you're interested in selling, will you let me know? Just in case.'"

From there, it was a true community effort to get Robyn the restaurant. She borrowed money, a patron of the restaurant co-signed with her for a loan, and it almost got scooped out from under her. In the end, she made it happen. It's that grit and passion that drove her to open up in Greenwich, and I'm so happy she did.

Constantino's Pastabowls offers a menu that's robust without being overwhelming. Whether you're craving a classic pasta dish or something with a bit more pizzazz, the options are thoughtfully curated, ensuring just enough variety to keep things interesting. The restaurant's roots are evident—having started with the idea of just fresh pasta and sauce, they've since built a menu that revolves around the culinary expertise of their chef. And while pasta remains the star of the show, the supporting acts shine just as brightly.

One of the standout appetizers, the burrata, is a masterpiece of contrasts. Though fried, the dish remains light, with a perfectly balanced pesto and balsamic glaze accompaniment adding depth to the creamy cheese. Pickled red peppers offer a delightful zing that complements the dish's richness, while the presentation is as appealing as the flavors. Despite initial concerns that the

burrata might be too runny, it melded seamlessly with the sauce and was mopped up by the fried coating creating an indulgent experience that didn't overwhelm and wasn't too messy.

For those craving a heartier dish, the bang bang chicken skewers are like nothing you've ever had. Seasoned with warming spices that offer a kick without overwhelming the palate, the chicken remains tender and juicy. Served with a refreshing side salad and extra chipotle mayo, this dish finds the perfect balance between heat and cool, spice and freshness.

Of course, no meal is complete without indulging in the potatoes—the "Best Potatoes Ever," a dish that lives up to its name. Imagine buttery, creamy potatoes topped with melted cheese that got just a little bit crispy on the bottom on the grill. It's comfort food elevated.

Service at Constantino's Pastabowls is a true highlight. The staff exudes kindness and care, making every guest feel like a priority. A testament to their commitment? When a young guest spilled his soda, he was quickly checked on to make sure he was okay and offered a replacement without hesitation. As Robyn proudly noted, "They care, they really care. They respect the business and can take care of it when I'm not there."

Each table is equipped with red pepper flakes, parmesan cheese, salt, pepper, oregano, and olive oil, allowing diners to personalize their dishes to their heart's content. Whether you're grabbing a quick bite to-go or settling in for a meal, the drink selection perfectly complements the menu, offering just the right mix of options.

And don't forget to save room for dessert. The churros, served with whipped cream and strawberries, are crunchy, beautifully coated in sugar, and the perfect sweet ending to your meal.

Constantino's Pastabowls also embraces the community spirit with their Family Pasta Night where kids aged nine or younger eat free on Mondays with the purchase of an entrée or pasta dish.

With its combination of stellar service, thoughtfully crafted dishes, and a genuine sense of community, Constantino's Pastabowls is more than just a

restaurant—it's a place where food, family, and friendship come together in the best possible way. The next time you find yourself in Chickahominy, stop by Constantino's Pastabowls for a meal that's sure to leave you feeling full, satisfied, and part of the family.

Another great reason to meander down that way is for my favorite coffee shop in town, Love You a Latte. Nestled right next door to Constantino's Pastabowls, this cozy café is serving up love in a cup. Its inviting atmosphere, creative menu, and stellar service make it a standout in the neighborhood.

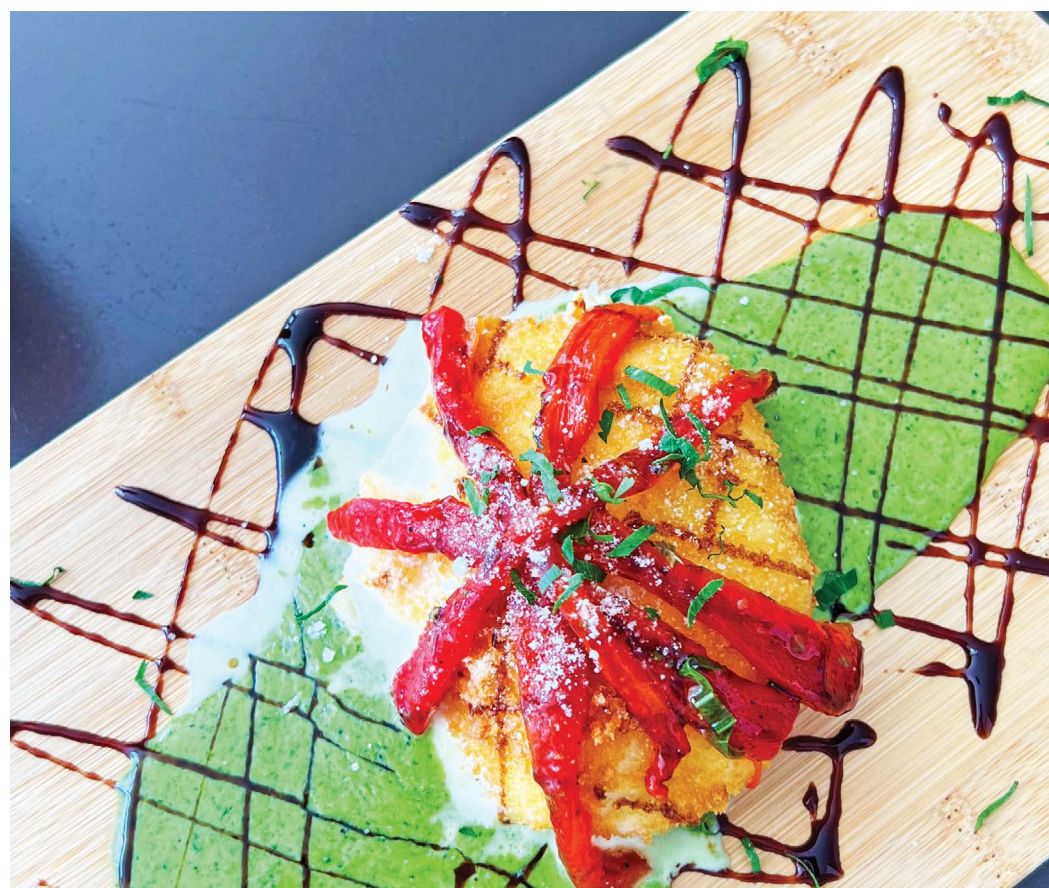
The space itself is warm and bright, with a little bar near the front where you can sip your drink while watching the hustle and bustle of Hamilton Avenue. In the back, there's a comfortable couch perfect for leisurely reading and a small table with high chairs for those who need to get a bit of work done.

But it's not just the atmosphere that draws you in—Love You a Latte's menu is as delicious as it is creative. They've managed to balance classic coffee shop staples with inventive drinks.

One of the café's most popular offerings is the Nutella Latte. This fan favorite combines the decadence of a mocha latte with the indulgent richness of Nutella, creating a drink that's both comforting and delicious. It's perfect for anyone with a sweet tooth, providing just the right balance of coffee and chocolate-hazelnut goodness.

For those who prefer cold brew, the Nitro Cold Brew is a well-rounded option. Smooth and strong, it's an excellent pick-me-up, especially on those hot Connecticut early fall days. And if you're looking for something to warm your soul as the weather cools, the Abuelita Hot Chocolate is the answer. This hot chocolate, with its delightful cinnamon notes, is a hug in a mug—perfect for a chilly fall morning when you need a little extra warmth.

Another treat is the Frozen Hot Chocolate, Love You a Latte's fun take on the classic frappe. It's cool and sweet with just the right amount of chocolate flavor to satisfy any craving. It's not just a chocolate frappe either, it truly tastes like hot chocolate. If you're reminiscing about summer nights spent around the fire, the S'more Latte will take you right back.



Grand Marshall Bea Crumbine in front on right with the recent St. Roch Church Procession in Chickahominy that follows the St. Roch Feast, with a statue in rear carried of Saint Rocco, the patron saint of the Italian town of Morra de Sanctis, Contributed photo.

*But it's not just the atmosphere that draws you in—the menu is as delicious as it is creative.*

With its blend of coffee, chocolate, and marshmallow flavors, it's a perfect pick for both summer and fall.

For those looking for a little spice, the Hot Honey Mocha Latte is a hidden gem. This drink isn't listed on the regular menu, but once you discover it, you'll be hooked. The honey and chocolate provide a deliciously rich sweetness, while the spicy kick at the end ensures you're definitely awake after that first sip. This is my absolute favorite coffee, hot or iced.

On the lighter side, the Lavender Honey Latte is a surprisingly refreshing choice. Lavender can be a polarizing flavor, but this latte manages to strike the perfect balance. The floral notes are subtle, not overpowering, and the honey adds just the right amount of sweetness

to round out the flavors. It's a delicate, soothing drink that's perfect for a relaxing afternoon.

Love You a Latte Greenwich isn't just a place to grab a drink, though. The staff here are as warm as the beverages they serve. Whether you're a coffee aficionado who knows exactly what you want or someone who needs a little guidance in choosing the perfect drink, the baristas are always ready to help.

If you're in the mood for something to eat, Love You a Latte's pastry selection won't disappoint. From croissants to muffins to cookies and even donuts, there's something to satisfy any craving. Many of their delicious pastries come in fresh from a fantastic bakery in the Bronx, but some are handmade with the owner's family recipes.

Whether you're grabbing a

Hot Honey Mocha Latte to-go or sitting down with an Abuelita Hot Chocolate and a good book, Love You a Latte Greenwich is the perfect spot to unwind, savor the moment, and enjoy a bit of cozy indulgence.

"We're a family-owned business that truly appreciates the community support," said Robyn, "I really, truly love the support and being a part of such a beautiful community of people."

**Constantino's Pastabowls**  
160 Hamilton Ave, Greenwich  
Phone: (475) 55-PASTA  
Monday-Saturday: 11A-9P  
Sunday: Closed

**Love You a Latte**  
160 Hamilton Ave, Greenwich  
Open 7 Days a Week  
Phone: 203-487-8181  
6:30 AM - 4:30 PM



Top: The crispy burrata at Constantino's Pastabowls, paired with roasted red peppers, pesto, and a drizzle of balsamic glaze, offers a delightful mix of textures and flavors.

Above right: A creamy pesto rigatoni dish at Constantino's Pastabowls, topped with fresh Parmesan, delivers a satisfying and herbaceous experience in their new Chickahominy spot.

Bottom right: Crunchy, sugar-coated churros topped with whipped cream and fresh strawberries make for the perfect sweet finish at Constantino's Pastabowls, a new must-visit spot in Chickahominy. Photos by Emma Barhydt.

# Sentinel Celebrations

Welcome to your new home for personal news and happy milestones!

- Birth announcements
- Engagements
- Marriages
- Graduations
- Promotions
- New home/moving announcements
- Retirements

Please send the following details:

- In which Sentinel paper should the announcement appear — Greenwich or New Canaan?
- Name(s) of people involved
- Noteworthy details
- Include a high-resolution photo, if you like

Email them to:

Cordelia@SentinelHometownNews.com.

*Submissions may be edited for brevity or clarity. The Sentinel may decline to publish announcements at its own discretion.*



Please join Rabbi Mitch & Roseanne Hurvitz as they celebrate the Bris and Hebrew Naming of their grandson

*Asher Joel*

son of Simon and Miriam Hurvitz



Saturday, September 14, 2024 at 4:30 pm  
Temple Shalom, 300 East Putnam Avenue, Greenwich, CT

A light dinner will follow.  
Kindly RSVP to Alice Schoen: 203-869-7191 or [alice.schoen@templesholom.com](mailto:alice.schoen@templesholom.com)

A CONTEST IN THE SPIRIT OF THE NEW YORKER MAGAZINE

## Sentinel Literary Competition

The Sentinel Literary Competition has returned from the Sentinel's annual hiatus tanned, rested, and ready to fill the indoor seasons with lighthearted intellectual diversion.

Here's what's new:

### MORE TIME TO ENTER

The Competition will now run monthly (rather than weekly) to allow ample time for our local Wordsworths to contribute. Enter as many times as you like!

### MORE AND BIGGER PRIZES!

The First Prize entry now brings home a check for \$100. The Runner Up wins \$50, and two Honorable Mentions each win \$25.

Email your entry(s) to:

[Dawson@GreenwichSentinel.com](mailto:Dawson@GreenwichSentinel.com)



### The September Competition:

**Give Us the Prompt:  
Please Prompt Promptly!**

What should you write about? You tell us!

Mr. Dawson is looking for great prompt ideas, and his favorites will turn up as prompts for future Competitions.

Prompts should be pithy and clever and include an example of an entry.

Please email your entry(s) to the Competition's trusty judge, Joe Dawson, at: [Dawson@GreenwichSentinel.com](mailto:Dawson@GreenwichSentinel.com).

### ENTER BY FRIDAY, SEPT. 27

Entries must be received by 11:59 p.m. Eastern Time on Friday, Sept. 27. Winners will be announced in the Oct. 4 issue of *The Sentinel*.

## COLORING CHALLENGE



# What's the Difference Between Mice and Rats?



Mice and rats are both rodents, but they differ in several ways:

Mice are generally smaller, with an average body length of 3-4 inches, while rats are larger, typically 9-11 inches.

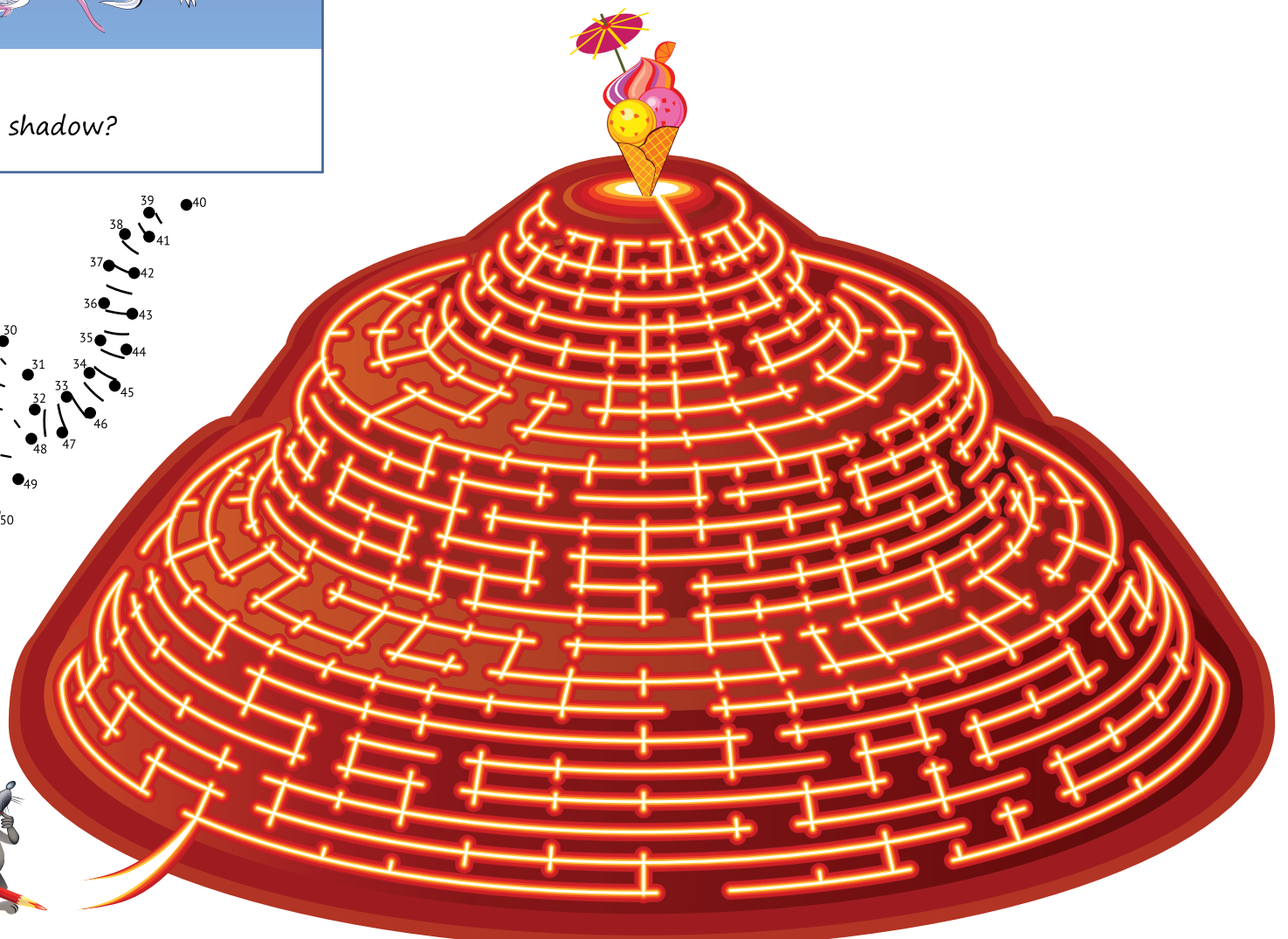
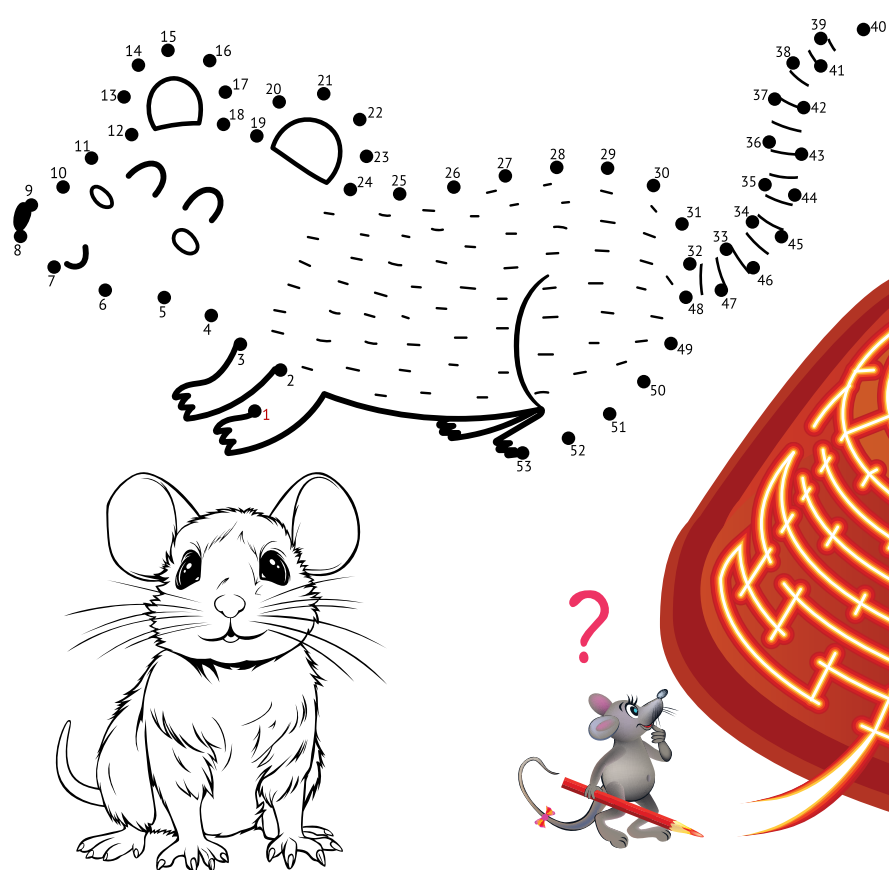
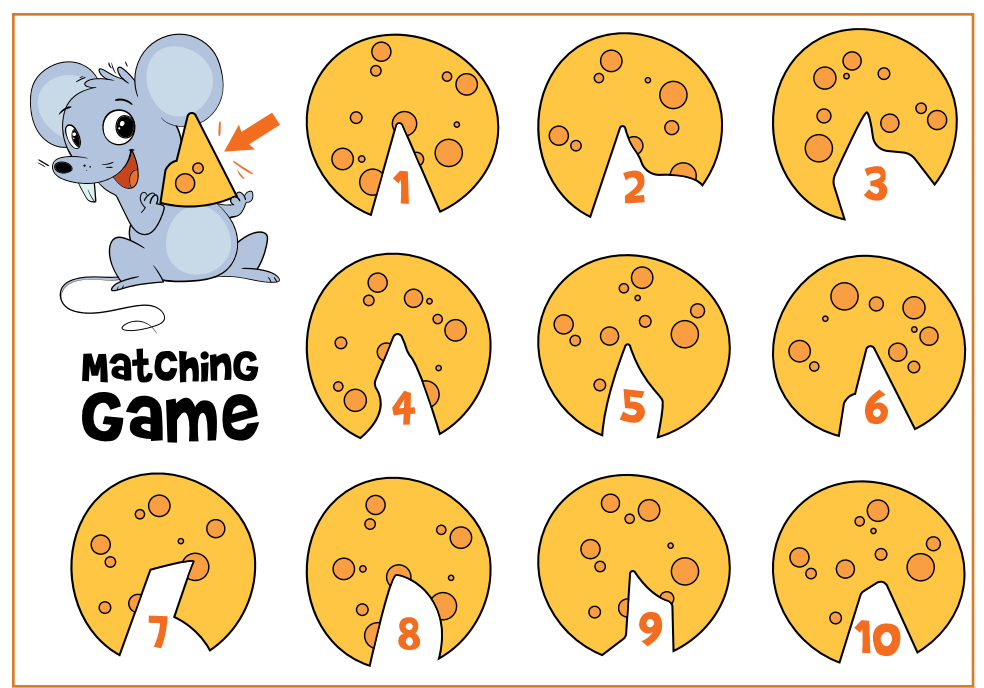
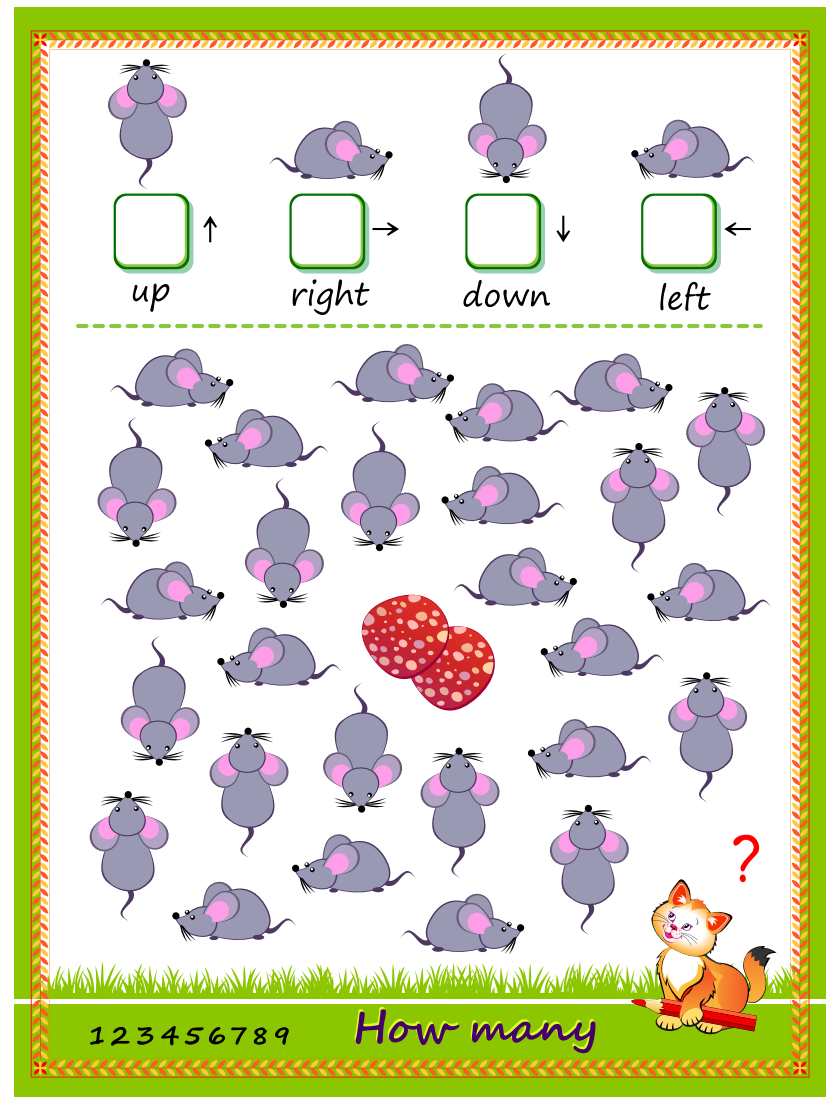
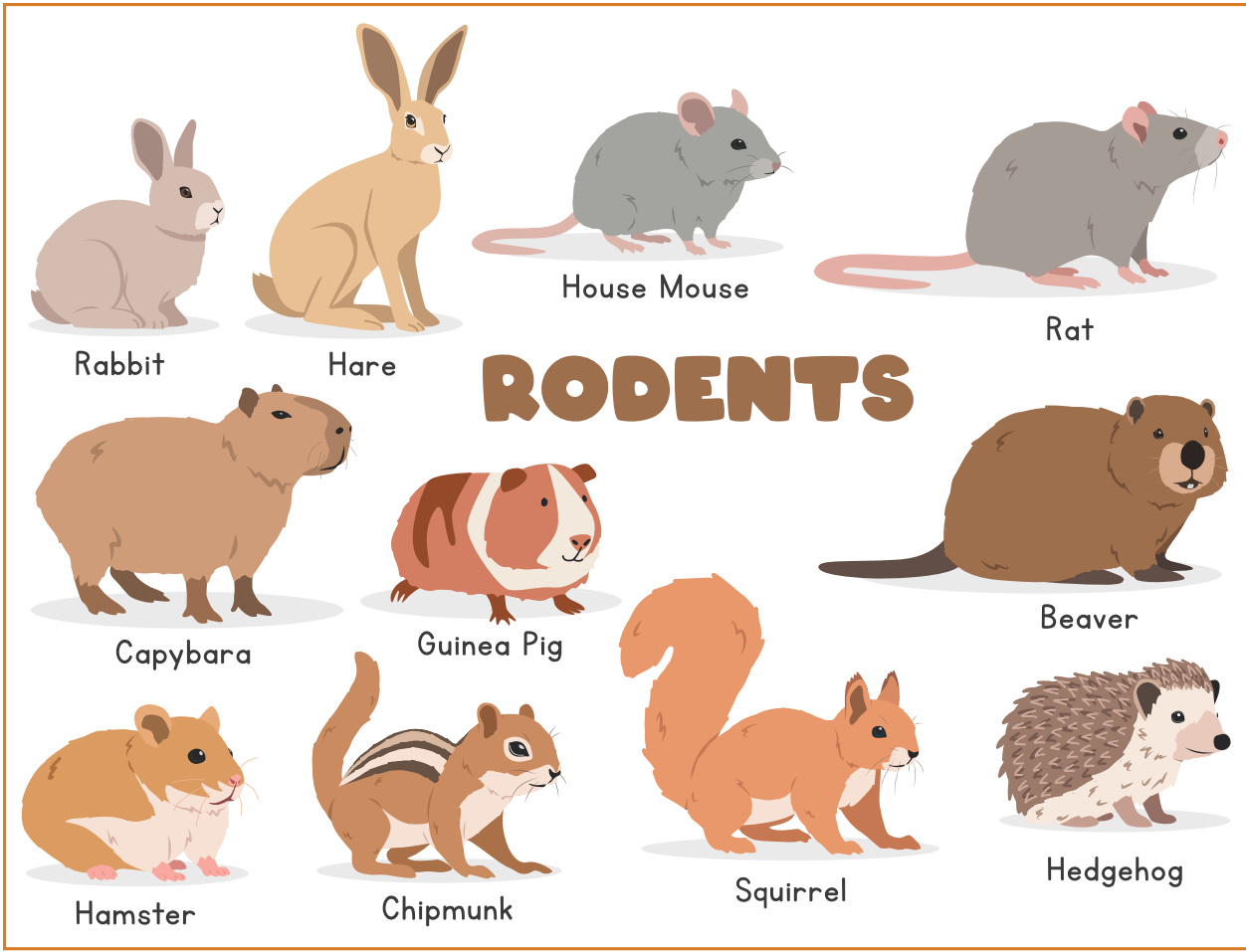
Mouse tails are longer relative to their body size and mostly hairless. Rat tails are thicker and scaly.

Mice have larger ears and a pointed snout, whereas rats have smaller ears and a blunter snout.

Rats are often more aggressive and also more social, and they live in larger groups. Mice tend to be more solitary although they are still social.

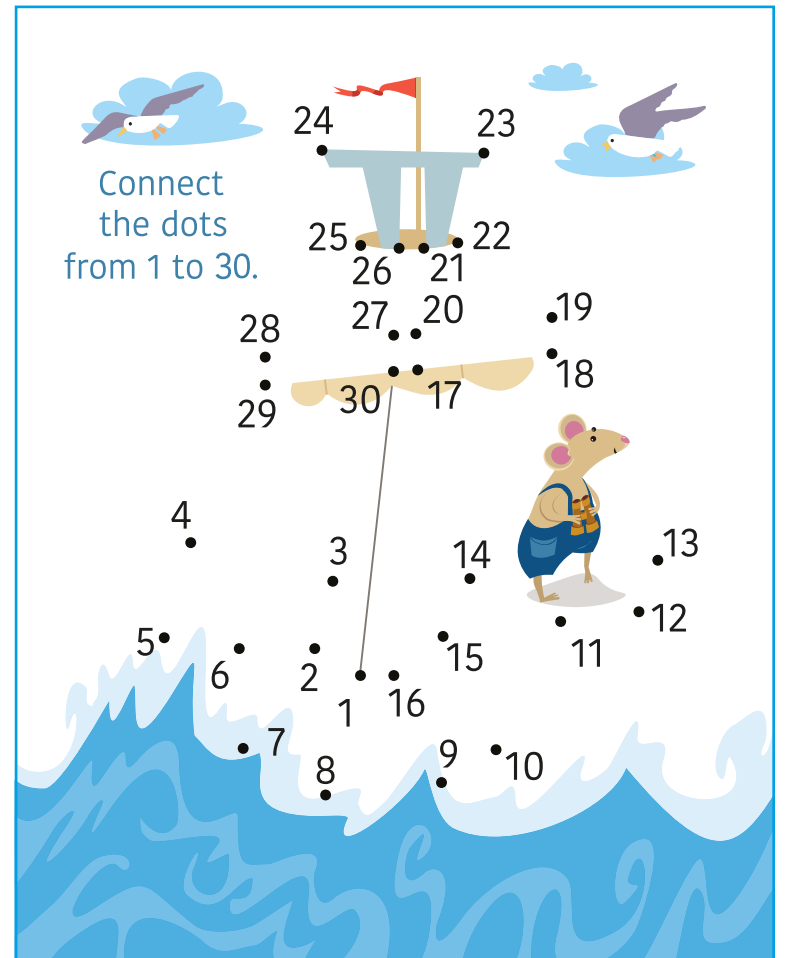
Both rats and mice are omnivores, but rats are more opportunistic and can eat a wider variety of foods.

Mice are faster breeders than rats, with shorter gestation periods and larger litters.





# COLOR BY ADDITION & SUBTRACTION

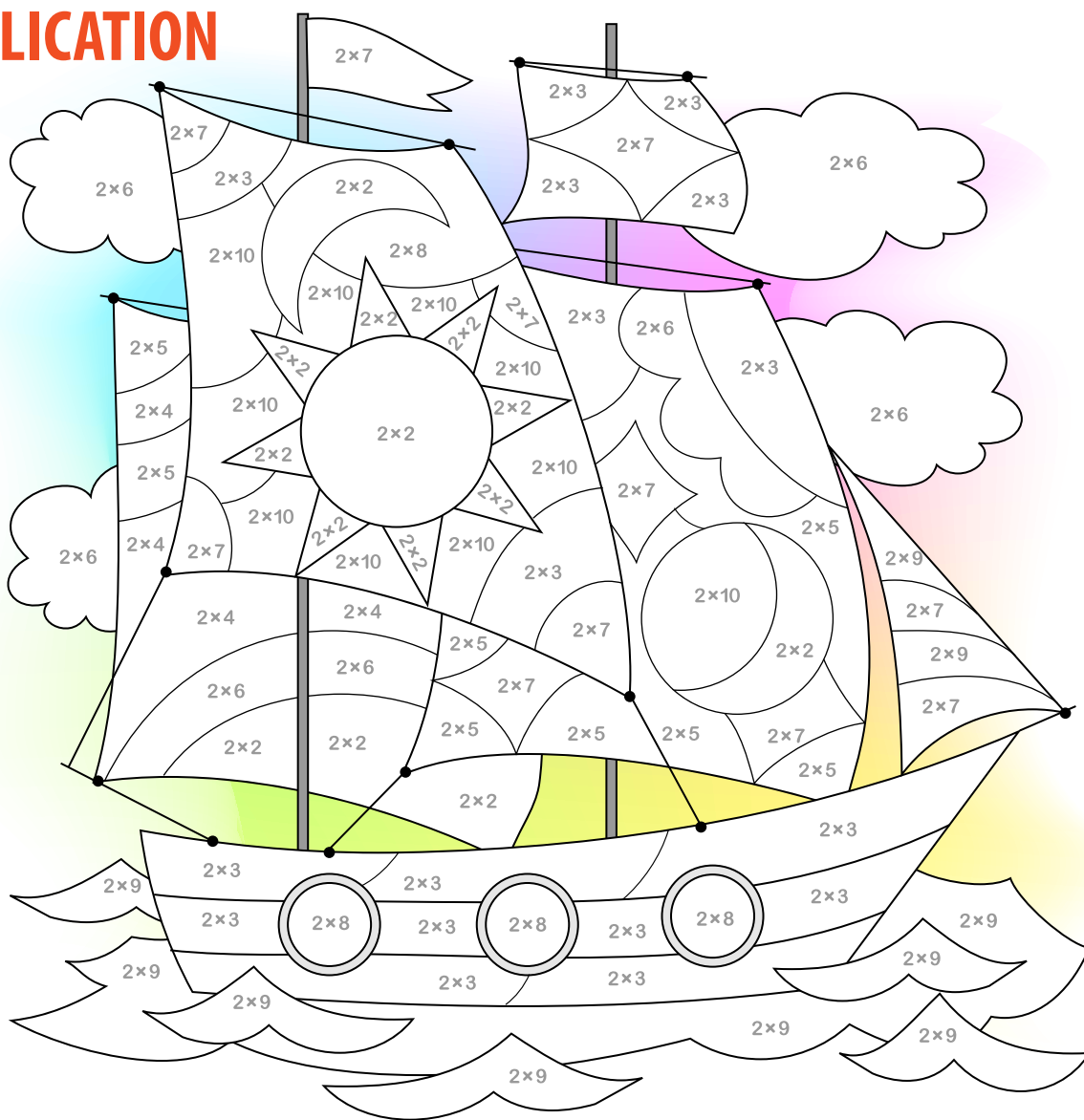


- | RED | YELLOW | PINK | GREEN | PURPLE | ORANGE | TURQUOISE | GRAY |
|-----|--------|------|-------|--------|--------|-----------|------|
| 1   | 2      | 3    | 4     | 5      | 6      | 7         | 8    |
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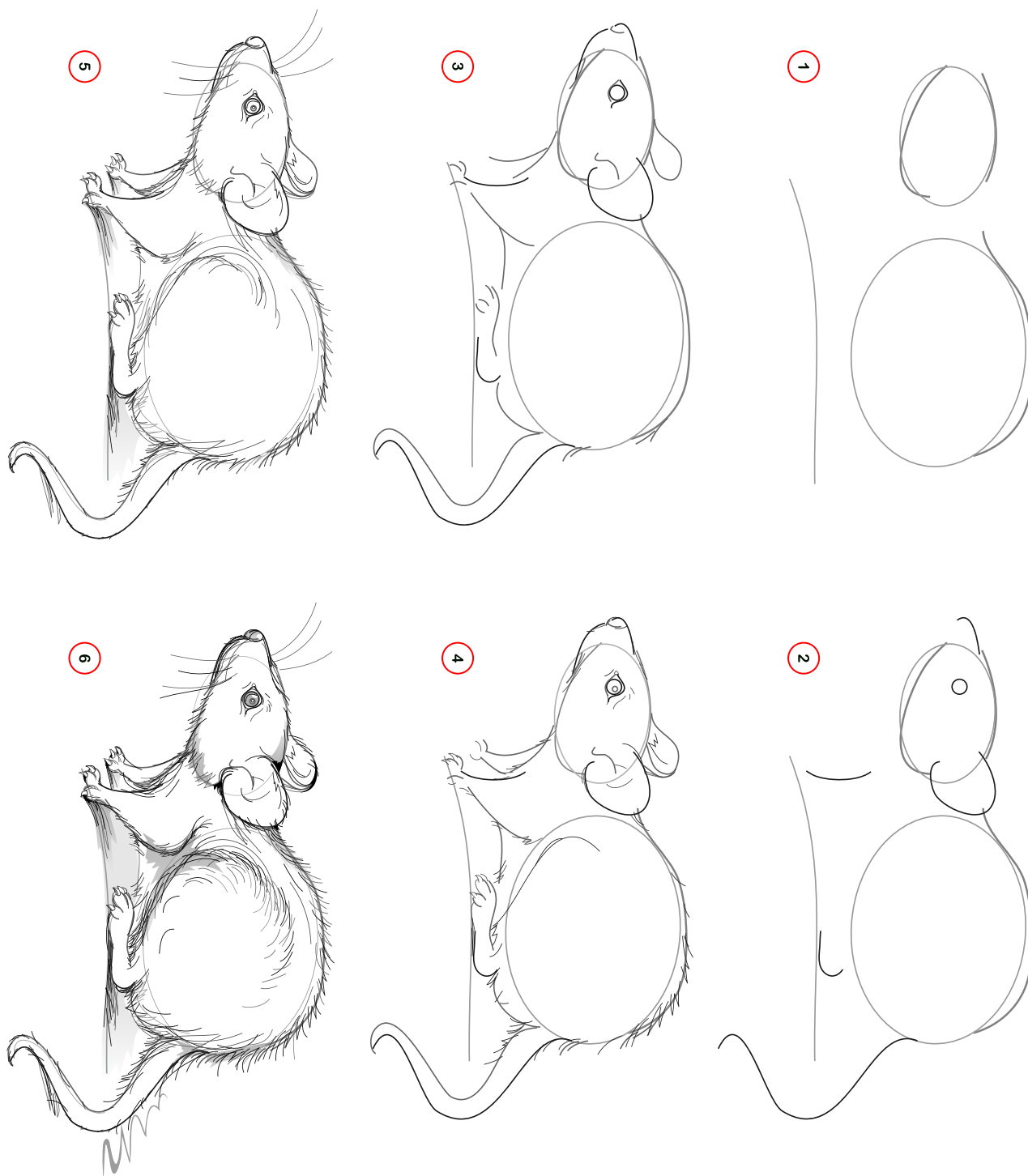
# COLOR BY MULTIPLICATION



$2 \times 2 = 4$
$2 \times 3 = 6$
$2 \times 4 = 8$
$2 \times 5 = 10$
$2 \times 6 = 12$
$2 \times 7 = 14$
$2 \times 8 = 16$
$2 \times 9 = 18$
$2 \times 10 = 20$



- |  |            |    |
|--|------------|----|
|  | YELLOW     | 4  |
|  | MAROON     | 6  |
|  | OCHRE      | 8  |
|  | PURPLE     | 10 |
|  | LIGHT BLUE | 12 |
|  | RED        | 14 |
|  | TEAL       | 16 |
|  | BLUE       | 18 |
|  | GREEN      | 20 |



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## SPORTS

# Greenwich High football team aiming to contend for a state championship

By DAVID FIERRO

Like last year, the Greenwich High School football team will open its season in September against a team it ended its season against the previous year.

The Cardinals began their 2023 season with a game against non-conference opponent Fairfield Prep, the team they defeated in the championship game of the CIAC Class LL Tournament in 2022. Soon, Greenwich will kick off its 2024 season against West Haven, the squad it was eliminated by in the semifinal round of the CIAC Class LL playoffs last fall. Greenwich visits West Haven on Sept. 13 for a 6 p.m. matchup the teams have looked forward to for quite a while.

"It's a tough place to play, but there's no better motivator than going up against a team that knocked you out of the playoff run last year," said Greenwich head coach Anthony Morello, who is starting his sixth season at the helm. "It's a lot easier motivating a football team after a season-ending loss than it is after a season-ending win."

The 2023 season saw the Cardinals register a record of 10-2. Greenwich began the season with nine consecutive victories before losing to FCIAC rival Staples on Thanksgiving, 24-13. In the quarterfinal-round of the Class LL Tournament, Greenwich topped Stamford, 47-21, setting up a semifinal-round showdown versus West Haven at Cardinal Stadium. The game was tied at 6-6 at halftime, but West Haven rallied for a 26-13 victory to advance to the Class LL final.

"There are a lot of things we wish we had done differently in that playoff game," Morello noted. "We felt we had just as much an opportunity to win that football game as West Haven did and West Haven made the plays when it counted. It's been a great motivator for us."

Indeed, the Cardinals aren't exactly easing into the new season. After visiting a formidable West Haven team on the road on Sept. 13, the Cardinals travel to Stamford on Sept. 21. As they exhibited last fall, the Black Knights are a team on the rise, one to certainly be reckoned with. In Week 3, GHS plays unfamiliar foe Bishop Hendricken High School, a perennial powerhouse/championship program from Rhode Island.

"It's a tough game right off the bat," Greenwich junior linebacker/running back Jack Kelly said. "It's a revenge game for us. That loss last year to West Haven in the semifinal has been fueling us all offseason and we are all really excited to play that game. They're a fast team, we're just going to have to match that speed and play aggressive and play as a team."

"It's going to be a really tough opponent, they're a good, solid team," Cardinals senior quarterback Michael D'Angelo said of facing West Haven. "But I trust my guys, we're ready to go on all cylinders. Everyone is firing out. We have a lot of young guys and we're ready to see what we can do."

D'Angelo and fellow senior Nick Wells are competing for the role as the Cardinals' starting quarterback, a position Rocco Grillo impressively performed at during his senior season in 2023. Grillo is continuing his football career at Fordham University.

"I could see both of these quarterbacks contributing on a week-by-week basis based on the situation of the game," Morello said. "MJ (D'Angelo) has done a great job of running our base with a methodical approach, so utilizing him and his physicality is something we're really excited about. Nick has demonstrated an ability to drive the team down the field in a short amount of time. Our two-minute drill he is excelling in. They both have a different set of skills and I'd be a fool to not use them both whenever needed to win a football game."

The season is starting a bit late for the Connecticut-based high school football teams. In most of the previous years, the season opened a week earlier.

"We are all happy to be back, we just got back from our sleepaway camp," D'Angelo said. "We're all fired up, amped up and Week 1 couldn't come sooner. Everyone is firing out. We have a lot of young guys and we're ready to see what we can do."

Said senior wide receiver Blake Martin of the later start: "We'll be ready when the time comes. I think it's fine, an extra week means extra practice. It's always better to be prepared than not be prepared."

Jack Carroll, Michael D'Angelo, Max Marek and Peter Vomvolakis are Greenwich's senior captains. Vomvolakis recently committed to attend the United States Naval Academy in Annapolis, Maryland, where he will play Division I football. Vomvolakis will be looked upon to lead the Cards' offensive line at center, a position he flourished at in 2023.

A two-time New Haven Register First Team All-State player and two-time All-FCIAC First Team selection, Vomvolakis (6-foot-2, 290 pounds) has been a member of the Cardinals' varsity football team since his freshman year and immediately made an impact, earning a starting role on the offensive line as a ninth-grader. He shifted to center a season ago.

"It was a little tough in the beginning, having to make a lot more calls, having to be responsible at the offensive line," Vomvolakis said of his transition to playing center. "But once the offseason and August went through it really became natural to make the right calls. "It's a really stressful position having to make all the calls, but it's a great position, being the captain of the offensive line, being the captain up front," he continued. "It's a really nice thing."

Vomvolakis and junior right tackle Richie McMurray are among some of the athletes that should power the Cards' offensive line.

"The line is really good," the 6-3, 270-pound McMurray said. "The biggest thing for us is we have the ability to identify problems quickly and move through it."

"I feel great about our offensive line and when you feel great about your offensive line, typically your running game is successful as well," Morello said.

George Vomvolakis and Ian Kim sparked the squad's running game a year ago during their senior seasons. Hector Lopez, a junior and Kelly will be counted on to help lead Greenwich's running attack this fall.

"I feel like it's a big role I'm playing on offense this year," Lopez said. "Replacing George Vomvolakis, there are some big shoes I have to fill. Overall, we're looking great on offense. I'm looking forward to the season."

Lopez brings speed to the backfield like George Vomvolakis did throughout his highly productive Cardinals career.

"He's very shifty and has a low center of gravity," Morello said of Lopez. "He can find a crease and can turn a 3-yard gain into a 60-yard gain in the blink of an eye. We also have Jack Kelly - he is more of a bruiser. He is going to do really good for us."

"We're definitely going to be a great running team, our O-line is looking great this season," Lopez noted. "Peter Vomvolakis is looking to lead our line and is looking good. Our running game is going to be up there."

Wide receiver is certainly a position of depth for the Cardinals with Martin returning, along with senior Matthew O'Donnell, senior George Minchin, Guy Germain (senior) and Michael Minyo (senior). Hudson Squires (junior), Bobby Stanley (sophomore), Dan Black and Andy Stedman are among some of the first-season varsity athletes that hope to make their mark at the wide receiver position.

"Practice has been great, we've been working our hardest trying to get better every day," Martin said. "The offense is really coming together and so is the defense. We've been trying to give each other good looks, so that we're ready when it comes to

game day."

Throughout the preseason, the quarterbacks and receivers have clicked.

"It's gotten better every day both quarterbacks are competing and gaining chemistry each day," Martin noted. "I think we're growing more and more every practice."

Junior Michael Golden (6-6, 225), Jack McElwain, a junior and Stedman are among some of the athletes at tight end.

"We are going to be featuring a lot of tight ends this year," Morello pointed out. "We big tight ends that can block, run and catch. Between our tight ends and our receivers, we have more than enough weapons for our quarterbacks to target."

Golden could be one of Greenwich's main targets at the tight end spot.

"I'm looking forward to a great season and helping out the team," Golden said. "The team is looking very promising, we're a little young, but we'll figure it out. I feel good about our offense, our running game is going to be a strong point of the team for sure. Our offensive line looks very good and our receivers look really good."

Greenwich scored 389 points in 12 games last season, averaging 32 points per matchup. Of course, the offensive unit is aiming to be extremely productive once this season.

"We have a lot of potential," Martin said of the offense. "We have a lot of guys that are going to step up this year - a lot of juniors and seniors."

"Our offense is going to be a big key to our team," Lopez said. "We have some great receivers and our offense is looking so good. We've been putting in a lot of work during the offseason."

Vomvolakis, McMurray and senior Kyle Ebanks are among some of the athletes that will be relied upon to anchor the defensive line.

"On the D-Line, we are really aggressive that's our biggest strength," McMurray said.

Greenwich graduated an outstanding group of linebackers last season in John Insinga, Sebastian Parra and Jayden Scott. Santi Parra, Sebastian's brother, a junior, begins his first year as a varsity starter at linebacker and is joined by sophomore Justin Carroll, Jack's brother and Kelly.

"We're a young group, we are losing some big starters, those three (Insinga, Parra, Scott), but we have been working a lot and I think it will be good," Kelly said. "We just want to be physical, aggressive and play hard."

The secondary is a definite strength for the Cardinals.

"We think the secondary has more talent than any secondary that we've had, so we expect really good things from our secondary," Morello said. "They're one of the more experienced groups that we've had out here."

Jack Carroll, a safety, senior Noah Steele, a senior cornerback, who has committed to play football at Carnegie Mellon and Germain are among some of the athletes that should anchor the secondary.

"I'm feeling really good, because we have four DBs that got a lot of playing time last year," Jack Carroll said. "So, we all got experience. I would say that's a strong point of the defense. Our linebackers, they're young, but they all have talent. They are getting better every day."

The 2023 season saw the Cardinals yield just 162 points in 12 games (13.9 points per game).

"We are working on physicality every day in practice," Jack Carroll said. "The name of the game for Greenwich is physicality and we want to keep it that way this year. We've got to have a team bond, that's what wins games in the fourth quarter. Just getting the little things right is going to help us go far this season."

Said Kelly: "I think we have a really strong unit this year, I think we are going to be strong against the run, strong against the pass. Our coaches have some great schemes for us and I think it will be a good year."



Photo courtesy of Dylan Goodman Photography: Greenwich High School senior quarterback Michael D'Angelo in action during the Cardinals' varsity football team's practice on August 24, 2024, at Greenwich High School.

*The 2023 season saw the Cardinals yield just 162 points in 12 games (13.9 points per game).*



Photo by Dylan Goodman Photography: Greenwich's varsity football team's placekicker practices during a training camp session at Greenwich High School on August 24, 2024.



Photo provided by Dylan Goodman Photography: The Cardinals' offensive line in action during a recent practice at GHS.

Morello has liked what he's seen from the defense during the preseason.

"We've been good against the run in past years, so if we can lock down the pass as well, I think our defense is going to be a major strength of this football team," he said.

On special teams, senior Jack Jedlicka has garnered attention from colleges with his standout skills as a longsnapper.

"Whenever you are punting or kicking, it is a pivotal moment in the game," Morello said. "For me not to worry, because Jack is snapping the ball is a blessing."

Greenwich's home games included Bishop Hendricken (Sept. 28), Danbury (Oct. 5), Wilton (Oct. 18), St. Joseph (Nov.

1) and Westhill (Nov. 16).

Road games include West Haven (Sept. 13), Stamford (Sept. 21), Trumbull (Oct. 25), Ridgefield (Nov. 8) and Staples (Nov. 28).

"We want to go all the way, that's what we're aiming for - another state championship, which we had two years ago," McMurray said. "I think this team definitely has the capabilities to get it done."

Morello has been impressed with the captains and the entire senior group.

"The captains, the seniors have done a great job of leading by example," he said. "This team wants to be great and that's always a fun group to coach. They know they have things to work on, they know they are not

where they want to be at this point, so they are willing to put the time in off the field."

"When they are out here they are listening, the team is actively trying to improve every minute of practice and those are teams you love to coach," Morello continued. "There is really good energy out here, a really good vibe going into the season. As long as we are improving as the season goes on, the sky's the limit for this group. If you ask any player, they will say we want to win the state championship. That is the goal of the team."

## SPORTS

# GHS Field Hockey Opens 2024 Season with Impressive Home Win Over Fairfield Warde

BY DAVID FIERRO

Unfinished business.

That's the Greenwich High School field hockey team's slogan for the 2024 season as Sofia Klingbeil, one of the captains, noted following the Cardinals' season-opening game against Fairfield Warde on Tuesday.

"Our slogan for the year is unfinished business," Klingbeil said. "We are trying to be a 60-minute team and as always, we are going to try to get to the state championship and the FCIAC championship."

Greenwich was certainly a 60-minute team in its season-opener against FCIAC foe Fairfield Warde Tuesday afternoon at Cardinal Stadium. Scoring three first quarter goals and tallying four times in the opening half, the Cardinals began its 2024 season with a dominant 8-0 victory over Fairfield Warde.

"We have a good group of returners and a really solid group of new girls," Greenwich head coach Megan Wax said. "We have been working a lot on our decision making and ball movement. I thought today we did an excellent job of that, especially right out of the gate."

The Cardinals are coming off a successful 2023 campaign, one that saw them register a record of 12-5-0-2, advance to the FCIAC Tournament semifinals and the CIAC Class L Tournament semifinals. Greenwich defeated Wilton, 7-0, in the FCIAC quarterfinals, before being edged by top-seeded Darien, 3-2, in the semifinals in a game GHS led by one goal with less than four minutes remaining. In last season's Class LL state tournament quarterfinals, Greenwich topped Newtown, 3-0, in the first round, then played well in a tough 2-1 loss to Staples in the quarterfinal-round.

Kate Donnellan, Klingbeil, Isabel Pol and Stella Thibeault are the Cardinals' 2024 senior captains.

"I'm really excited to be a captain, I've been working with these girls for almost four years now and every year we just fell short, because we have always been a second half team," said Donnellan, a forward, who earned FCIAC All-West Team honors for the 2023 season. "Today, we came out with high energy and I'm excited to keep that going into our next game. We want to be a 60-minute team and come out and score quickly, so that we can work on what we need to in the second half and keep it going throughout the whole game."

In Tuesday's triumph against Fairfield Warde, which was the

season-opener for both squads, Greenwich received goals from six different players. Thibeault and Donnellan each tallied twice, while Clara Ojea Quintana, Julia Lattuada and Klingbeil added one goal apiece in the winning effort.

"In the past couple of weeks and in the summer, all of our training and hard work paid off and we proved that in the game," said Thibeault, a 2023 All-FCIAC First Team selection. "A lot of people scored and I think we really showed our talent."

Caroline Babb, Liv Caminiti, Kelly Janssen and Aly Janssen served as Greenwich senior captains last season. Kelly Janssen was a First Team All-FCIAC goalie and is continuing her field hockey career at Hamilton College. Aly Janssen is playing field hockey at Trinity College and Babb and Caminiti received All-FCIAC Honorable Mention recognition. Hanna Klingbeil (All-FCIAC Honorable Mention selection) and Bernie Thompson were among some of the graduates from last season's successful squad.

"That was a great group that graduated," Wax noted. "Now, everybody is really excited about the talent that we have and our potential. We're taking it day-by-day, acclimating the older players with the freshmen."

Donnellan, Thibeault and Ojea Quintana should provide plenty of goals at the forward position for the Cardinals. Among some of the returning midfielders are Lattuada, a 2023 All-FCIAC First Team honoree, Klingbeil, Emilia Arroyo and Carlota Lopez. Pol, Alexia Gilroy and Lexi Carino are among the athletes that will also aid the Cardinals on defense. The defense certainly excelled in the season-opening triumph against Fairfield Warde.

"Something that usually takes us a while to do well is our transfers, but today the defense did a really good job transferring job from the right side to the left side and from the left side to the right side, so that's something to be proud of," Pol said of the team's defensive effort versus Fairfield Warde. "We are a very good attacking team, but it's also important for our midfielders and forwards to drop back and become good defensive players. We already are, but even more."

Against Fairfield Warde, Thibeault started the scoring, tallying off an assist from Ojea Quintana with 13:28 remaining in the first quarter. Donnellan's unassisted goal gave Greenwich a 2-0 lead on Warde at the 7:53 mark of the opening quarter.

Ojea Quintana tallied just 33 seconds after Donnellan scored making it 3-0. Donnellan added

another goal in the second quarter, giving GHS a 4-0 halftime advantage. Klingbeil, Thibeault and Ava Coccozza each posted second-half goals for the victors.

"We had great in-and-out passes up the side with a lot of cutting up the baseline," Donnellan pointed out. "We are doing a very good job at getting quick goals and getting on the board quickly."

"Honestly, we've been working really hard throughout the preseason and in practices - small things in drills, like communication - those small details really matter and I think we executed them today," Klingbeil noted. "On a lot of our corners, we filled in the post, that stroke and so it's just filling in the lanes."

Niene Boezen, Thibeault and Giselle DiPietro had three interceptions against Fairfield Warde as did Donnellan. Quintana posted three interceptions, while Pol, Sophia DiPietro, Gilroy, Lopez, Lattuada and Anne Boezen had two apiece.

Greenwich has two first-season varsity goalies, a freshman and a sophomore and they both performed well against Warde.

"The goalies really showcased how much they can work," Klingbeil said. "We have a freshman goalie and we have a sophomore goalie, so we have so much respect for them to go on the field at such a young age and go up against girls we are seniors and juniors."

Said Pol: "The defense looks really good, I think we all play really well together and we all have been working on communicating a lot, which is really important."

Indeed, the Cardinals captains are embracing their added responsibilities this season.

"It feels really good to be a captain, it's something that I've wanted for a while," Thibeault said. "It's so fun to lead these girls they are some of my favorite people."

"Being a part of this field hockey team has had an impact on my high school experience as a whole," Donnellan noted. "It's not only made me a better field hockey player, it's made me a better person. It's been a huge part of my future as a field hockey player."

Greenwich's field hockey program has a distinguished tradition. Greenwich has 17 FCIAC Tournament titles to its collection, the last of which came when it shared the conference title with Darien in 2012. The Cardinals have also won 10 state



Greenwich's Stella Thibeault takes the ball down the left sideline against Fairfield Warde.

*We want to work on meshing as a cohesive unit, push the tempo and we want to be able to be standing there in November*



Photo by David Fierro: Carlota Lopez of Greenwich High School, left and xxx of Fairfield Warde in action during a varsity field hockey game held at Cardinal Stadium in Greenwich on Sept. 3, 2024. The Cardinals won, 8-0.

championships - 2009, 2006, 2005, 1998, 1994, 1992, 1990, 1988, 1985, 1982.

The Cardinals were in action again on Thursday against Mamaroneck High School at 4:30 p.m.

"We have a lot of new players and a lot of the same players, so we need to keep working toward a spot in the state championship," Thibeault said.

"We're always playing with the hope of winning a

championship," Wax said. "We are building today for tomorrow. We want to work on meshing as a cohesive unit, push the tempo and we want to be able to be standing there in November."

## Greenwich High Boys Soccer Shuts Out St. Joseph, Improves Record to 2-0

BY DAVID FIERRO

Two games, two shutout victories.

That's exactly how the season has begun for the Greenwich High School boys soccer team, which seems primed to once again contend for both the FCIAC and state tournament championships.

After opening its 2024 season with a shutout win against Fairfield Ludlowe at home on September 4, Greenwich hosted St. Joseph on Friday and cruised to a 5-0 victory behind a hat trick from Pietro Carvalho. The Cardinals are coming off a successful 2023 season that saw them advance to the FCIAC Tournament semifinals and the semifinal-round of the CIAC Class LL Tournament. They posted a record of 15-4-2 one season ago and with a lot of options offensively and a strong group of defenders, the Cardinals should once again, be one of the premier squads in the state.

"If we can get our game going offensively, I think we have the potential to

give teams problems," said Greenwich veteran head coach Kurt Putnam, who is assisted by Ray Marschall. "We have players coming back off injuries and they will only add more potency to the front line. We have a lot of competition going on now in the midfield and up front. We should only keep getting better."

Putnam guided the Cardinals to the CIAC Class LL Tournament championship in 2022, the second state title in the boys soccer program's history. Greenwich's impressive soccer tradition includes eight FCIAC Tournament titles. In the Cardinals' season-opening game against FCIAC foe Fairfield Ludlowe, they registered a 2-0 triumph. Friday, they scored three times in the first half to seize control against visiting St. Joseph.

"I think it was a little more improved than Ludlowe," Putnam said of the team's performance against St. Joe. "We had a lot of possession against Ludlowe but didn't have the cutting edge I was hoping for. I thought overall,

we moved the ball quite well (against St. Joe). I think they're an improved St. Joe's team as well."

Carvalho, a senior, scored the game's first goal, tallying off a pass from senior Micah Kim five minutes into the first half, giving GHS a 1-0 lead on the Cadets.

"I saw a shot, I had to follow through and I found my opportunity and I put it away," Carvalho said of his first goal.

In the 26th minute, Carvalho struck again, this time scoring off an assist from junior Francisco Luzuriaga, putting the Cards on top, 2-0.

"God gave it to me, it was a lucky slide tackle and the ball came right to my feet and again, I put it away in front of the goal," Carvalho said.

Carvalho completed his hat trick in the first half. Scoring in the 34th minute off a through ball delivered by senior midfielder/captain Matthew Maloney, he gave the Cardinals a 3-0 advantage on the Cadets.

"To complete it I found the through ball, made the run, took on the goalkeeper and put it away again," Carvalho said of

his third goal. "You can't miss out on those opportunities. Those are the decisions that can make or break the game."

Said Putnam of Pietro's scoring surge: "He's done his job. I asked the starting team to go out there and try to get the job done. Give St. Joe's credit, they were hanging in there for quite a while."

Senior Thomas Tischler tallied in the 69th minute, then senior Eduardo Araujo converted a shot from approximately 20 yards in the 77th minute to seal the game's scoring for Greenwich versus St. Joseph.

"I think we played a very good game against Ludlowe," Maloney said. "We have been working on our attack game and in that game, it elevated to the next level. Today (against St. Joseph) we dominated the entire half, so it was a good showing for us."

Maloney will also serve as one of the captains of Greenwich's boys basketball team in the winter. He knows the Cardinals take the soccer field each game with plenty of potential.

"Our goal is to win another state championship, we fell a little short last year," Maloney noted. "We made it to the semifinals of the FCIAC Tournament and the state tournament. I think we have the pieces to win another state championship this year."

"The team has come together the last two games," Leon said. "We have a bunch of very talented players, I think there are eight players on the team from when we won states a couple of years ago. I think we know what it feels like to win."

Like Maloney, Leon works hard in his role as team captain.

"It feels great to be a captain," he said. "It feels good to be able to tell people how they are doing and being able to meet everyone on the team as well."

Through the first two games of the season, Greenwich has outscored the opposition 7-0.

"I thought we played well, I thought we started off a little slow, but we just needed a little more intensity," Carvalho

said. "And after the first one, everybody locked in and we were able to get a couple more."

"We are finding out what's working for us, we're building team spirit, we're building chemistry, we're working well together and we're doing well," Carvalho continued.

Nicholas Martschenko looks to run down the ball for the Cardinals varsity soccer team against the Cadets of St. Joseph.

Greenwich visits Wilton on Tuesday, then travels to Bridgeport Central on Thursday. The Cards host New Canaan on Sept. 16, before traveling to rival Staples on Sept. 18 and Trumbull, another conference rival on Sept. 21.

"We have a lot of competition going on now in the midfield and up front," Putnam said. "We should only keep getting better. Staples and Trumbull will be the first good litmus test for us to see where we're at."

## SPORTS

# Brunswick Football Team Enters the New Season Intent on Excelling

By DAVID FIERRO

Competing in close games was one of the themes of the Brunswick School football team last season, which saw the Bruins experience both success and a couple of tough setbacks in the tight matchups they were part of.

Despite facing adversity in several of its games against its formidable Northeast Prep League foes, Brunswick registered a representative record of 5-4 in 2023, after finishing 9-1 in 2022, including a victory in the NEPSAC Mike Silipo Bowl. Practice began this week for the Bruins, who are eager and intent on reestablishing itself as a premier team in the Northeast Prep League and the NEPSAC.

"Two years ago, we went 9-1, we won the top bowl game and I said to the team – every bounce went our way," said Brunswick head coach Wayne McGillicuddy, who is entering his third season at the helm. "Last year, we went 5-4 and easily could have gone 8-1, the bounces didn't go our way. Now we are preparing so we are not going to let the bounce of the ball decide a close game. We want to make sure that we are mentally and physically focused and prepared. Let's not have the ball have to bounce our way to win."

The Bruins open their 2024 season at home in the friendly confines of Cosby Field on September 13 against Cheshire Academy, a Northeast Prep League rival they lost to one season ago in the final minutes of play, 20-14. Brunswick also has home games against Northeast Prep League opponents Avon Old Farms School (Oct. 5), Phillips Academy (Oct. 19) and Phillips Exeter Academy (Oct. 26).

Road games for the Bruins include Salisbury School (Sept. 20), Deerfield Academy (Sept. 28), Suffield Academy (Oct. 12), Trinity-Pawling School (Nov. 2) and Williston Northampton School (Nov. 9).

"There's a lot of excitement about the season," McGillicuddy said. "We have 26 or 27 seniors. A lot of them have been contributors for a long time. A good chunk of that group are two to three-year starters."

The Brunswick football program has been represented by numerous athletes who have proceeded to play football at the collegiate level, a tradition that should continue.

"We have 16 kids who are trying to play college football," McGillicuddy said. "Twelve of them are committed and nine of them are playing Division I ball. They are a tight-knit group and they spend a lot of time together outside of here."

Here's a look at this season's Bruins.

**QUARTERBACKS:** Blake Hebert, a senior, joins Brunswick as a transfer student from Central Catholic in Lawrence, Massachusetts. Hebert has committed to play Division I football at Clemson University and the strong-armed, mobile quarterback will serve as one of the Bruins' captains. As a sophomore at Central Catholic in 2022, Hebert completed 111 of 185 passes for 1,748 yards, with 24 touchdown passes and only one interception in 12 games.

Hebert (6-foot-3, 225 pounds) suffered a season-ending ankle

injury in Central Catholic's first game of the season in 2023.

"Blake has been phenomenal," McGillicuddy said. "He is one of the best leaders that I have ever been around. You would not know that he wasn't on the team last year. He came in and he's worked his tail off to the point that the team has already named him a captain. He's won the team over, he is someone that everybody looks up to and he is someone that eats, sleeps and breathes football."

A 2024 graduate, Elijah Cromartie was Brunswick's quarterback the previous two seasons, effectively and impressively leading the offense. Cromartie is continuing his football career at the University of New Haven. Sophomores Harrison Hantman and Walker McClure are among Brunswick's 2024 quarterbacks.

**RUNNING BACKS:** Brunswick will rely on Zay Smith and Patrick Hiebert, both seniors, to carry the load in the backfield. The duo should provided a spark in the running game for the Bruins, who previously, were powered by running back Bryce Davis. Davis is playing football at the University of Albany.

Colt Inman, a freshman with speed, could also aid the offense out of the backfield.

**OFFENSIVE LINE:** Matty Augustine, a 6-7 297-pound offensive tackle returns to the offensive line, a group that he's solidified since his freshman season. A fifth-year varsity player, Augustine announced his commitment to play football at the University of Notre Dame this past February. He begins his second season as a captain.

"What he has meant to our program has been the world," McGillicuddy said of Augustine. "He's worked his tail off, he's been a leader. He has done everything that we asked him to and he has put in the extra work, getting extra field work in doing the little things."

"He's pulled those guys together on the offensive line," McGillicuddy continued. "They are a tight-knit group."

Owen Swenson (6'2, 270 pounds), a junior, returns at the center position and senior Sam Barsante (6'3, 265) also brings experience to the offensive line. Barsante has committed to compete at Amherst College. Michael Marini, a junior and Rowan Ahrens (6'6, 280) also a junior, return to the offensive line, while Sean Berntsen, a junior, joins the Bruins from Trumbull High School.

EJ Perez, a standout on the defensive line, will also see some time on the offensive line. Perez, a captain, will continue his football career at Brown University in 2025.

**WIDE RECEIVERS:** Senior Jaylen Noisette, who is headed to the United States Military Academy West Point, where he is planning to play cornerback, brings breakaway speed to the wide receiver corps. Tyler Lloyd, also a senior, is primed for a strong season, as are juniors Matthew Colella and Will Fels, both of whom had their moments last fall. The unit will be bolstered by the return of sure-handed receiver Will Graves, who was sidelined all of last season with an injury.

Noah Park, a sophomore, who

transferred from Greenwich High School, should be a receiving threat in his first season with the squad. Junior Max Gabelli and sophomore Caden Tate are among some of the other wideouts.

"They are a versatile group," McGillicuddy said of the receivers. "Blake (Hebert) has done a great job of getting them together, making sure they see what he sees and they are starting to jell."

**DEFENSIVE LINE:** Perez (6'2, 270) is starting his second season as one of the squad's captains.

"He has been a mainstay on the line," McGillicuddy said of Perez.

Jaylen Pray (6'7, 265) a senior defensive end who has committed to play at Syracuse University, brings strength and experience to the line and senior Arnaz Dowe also returns to the defensive line.

Tyler Georgs, a senior captain, Henry Johnson, a senior and Jake Greene, a junior, comprise a formidable trio of linebackers accustomed to competing in significant league games.

**DEFENSIVE BACKS:** The Bruins graduated seven players from their secondary from a season ago. Safety Ethan Long, is a senior playmaker in the secondary. Long will soon bring his football skills to Notre Dame and should provide a challenge for opposing offenses to pass the ball.

Maxwell Tejpaul, a senior cornerback, is a Boston College commit who will also be relied upon to lead this deep group of defensive backs. Noisette is also a dynamic cornerback in this secondary, which includes Graves, junior cornerback Kieran Edwards, senior corner Charlie Tortorella and junior defensive back Charlie Hausmann.

Indeed, the Bruins know they must be focused and in top form to produce the type of successful season they are aiming to accomplish.

"Our schedule is really tough," McGillicuddy noted. "I want to make sure these guys continue to improve. I want to make sure the guys who want to play college football have the opportunity to play college football. I want to make sure these guys are learning life lessons and continue to get better."

Coaching football and working at Brunswick School has helped McGillicuddy deal with the tragedy and adversity he has faced. His father Don, a beloved basketball referee in Massachusetts for decades, died after suffering a heart attack while officiating a girls basketball game in Watertown, Massachusetts in early March. Don McGillicuddy was 56 years old.

Wayne's mother died when he was a sophomore in college. He discussed his father's death with the Brunswick football team.

"This year I want to open up to them and let them see who I really am," the Bruins head coach said. "One of the things I've been working on is opening up."

McGillicuddy has witnessed the commitment the athletes on the squad are making and knows how important being a Bruin is to them.



Photo provided by Brunswick School: Matty Augustine (No. 58) on the offensive line for the Bruins varsity football team.

*"Two years ago, we went 9-1, we won the top bowl game and I said to the team – every bounce went our way"*



Photo courtesy of Rachael Stover: Brunswick School's varsity running backs take part in a drill during practice at Cosby Field on August 22, 2024, in Greenwich. The Bruins open their regular season on Sept. 13 against Cheshire Academy.



Photo by Rachael Stover: Brunswick School running back Zay Smith in action during a drill at a recent varsity football team practice at Cosby Field at Brunswick School's King Street campus in Greenwich.

## Greenwich High School Volleyball Starts Season With Win vs. Joel Barlow

By DAVID FIERRO

The Greenwich High School volleyball team started its 2024 season in style recently.

The Cardinals opened their new season with a 3-1 win over visiting Joel Barlow in a non-conference match. Greenwich won the match by set scores of 25-15, 25-16, 17-25, 25-15. Sarah Bernann, a setter, recorded an impressive 40 assists to go along with 10 digs, one kill and one ace to power the Cardinals (1-0).

Heidi Zieme registered 14 kills, five digs and two aces, while Talia Muir had 17 digs and five kills for Greenwich. Alina Sarkissian tallied nine kills, one assist and one block in the winning effort.

Cameron Clark contributed nine kills and nine digs, while Kaya Armstrong had nine kills and two blocks for the Cardinals, who are in action again on Monday at FCIAC opponent St. Joseph in Trumbull.

The Cardinals are coming



off a successful 2023 season in which they advanced to the quarterfinal round of the CIAC Class LL Tournament where they were edged by Southington, 3-2. Southington went on to lose to Darien in the championship match of the CIAC Class LL Tournament

last season.

Greenwich has won the Class LL state title three times, capturing the championship in 2021, 2017 and 2010. The Cardinals won the FCIAC Tournament championship in 2013, 2017 and 2021.

Photo by Kathleen Bonney: Sarah Bernann of Greenwich in action during the Cardinals varsity volleyball team's victory against Newtown in the second round of the CIAC Class LL Tournament in the second round helped Greenwich to a triumph against Joel Barlow in its first match of the season this week.

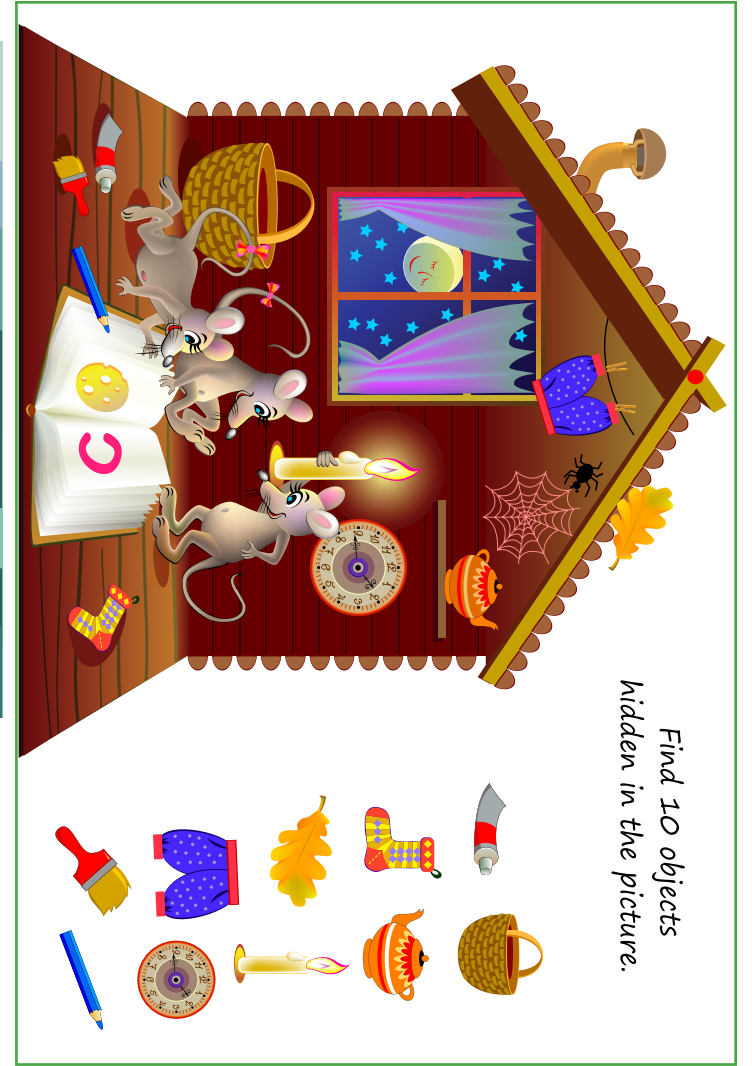






# PUZZLES

## Find 17 differences



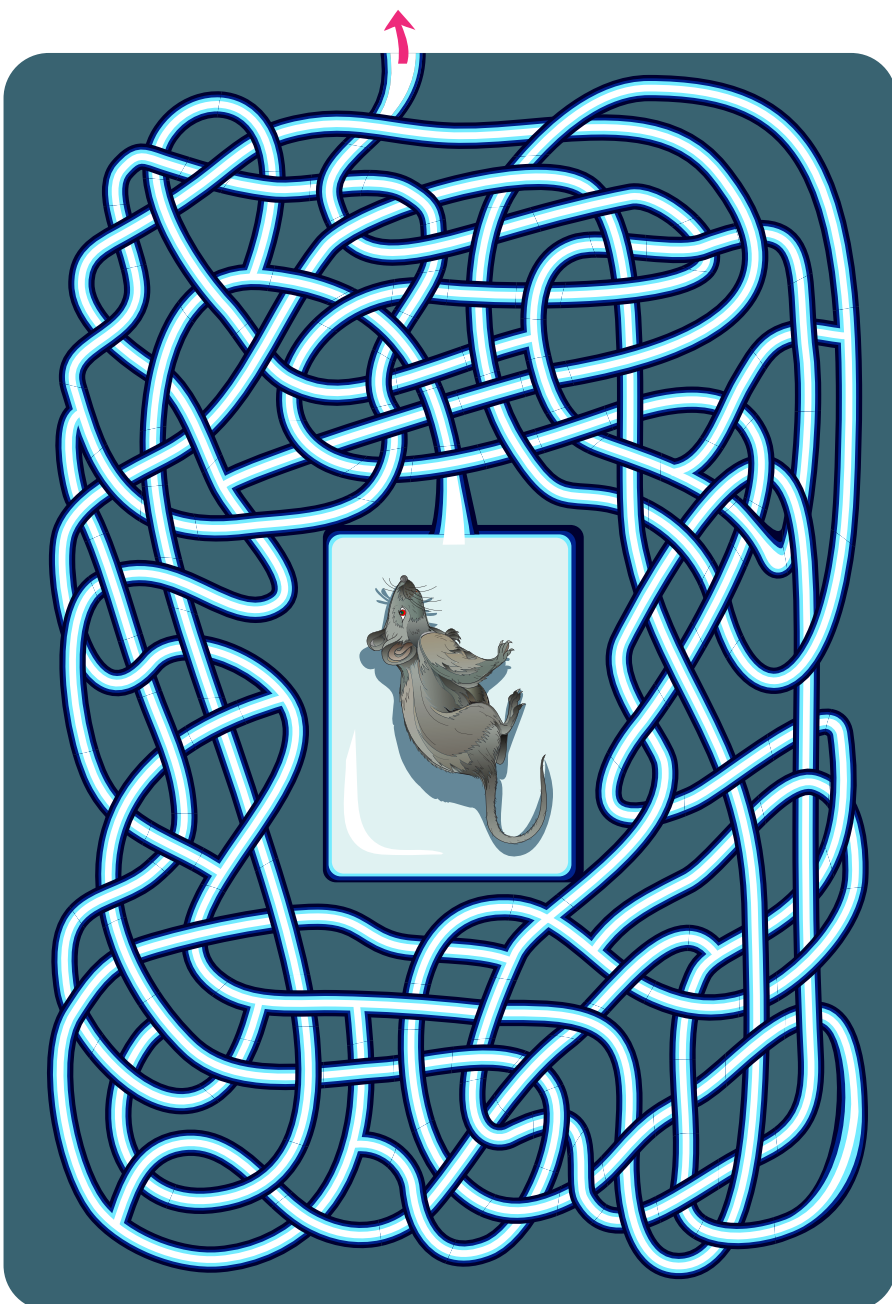
### FROG AND RAT.

A frog and a rat were out travelling one day.  
 "Kind sir," said the rat, "will you tell me, I pray,  
 Why are all the people so civil to you,  
 But glare upon me as though death were my due?"

"My friend," said the frog, "now the reason lies here;  
 The water is cheap, but the grain it is dear.  
 If you lived on water, or mud, or such stuff,  
 The people to you would be civil enough."

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BUTTERFLY  
CAMEL  
CRAB  
DOG  
ELEPHANT  
FISH  
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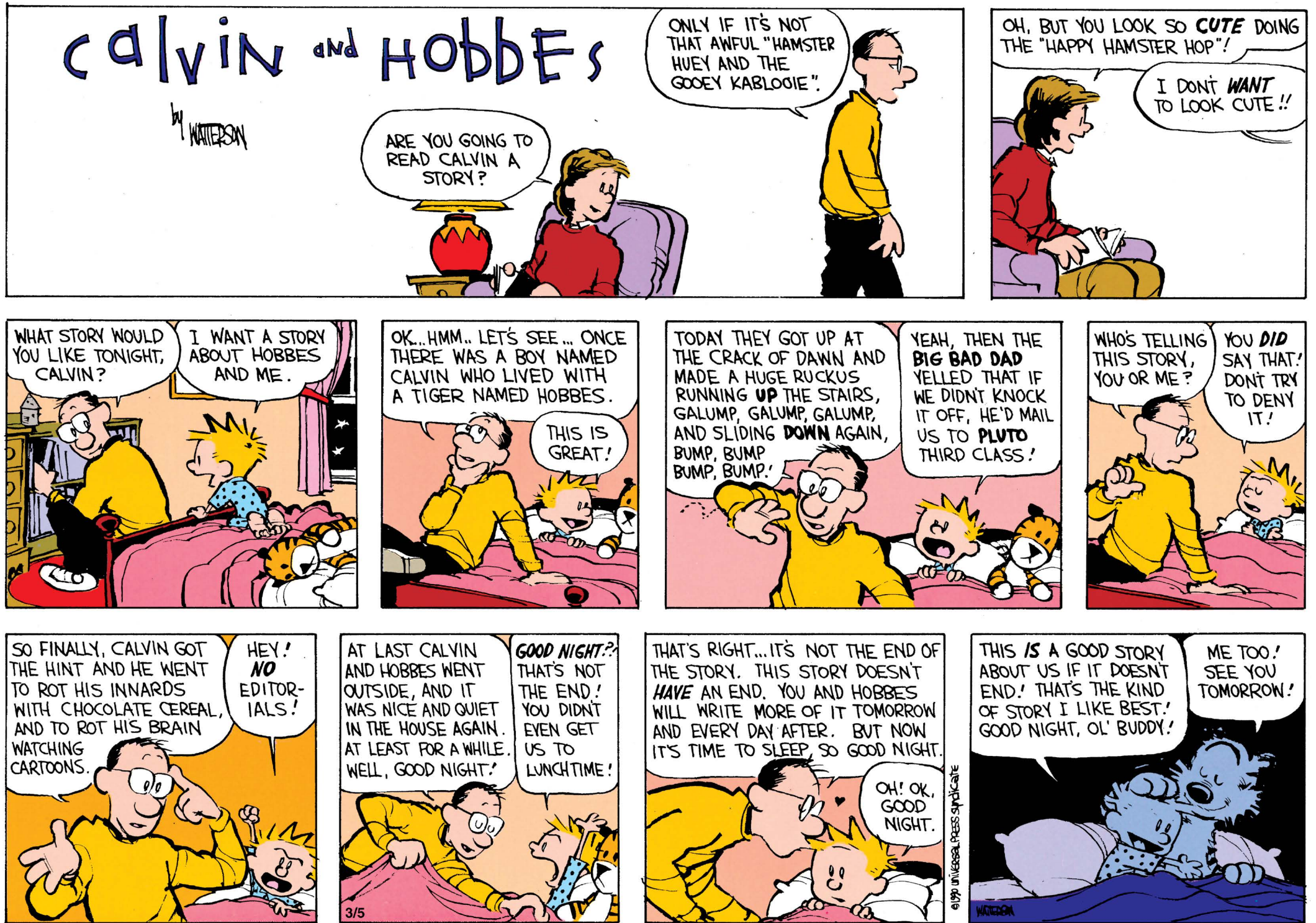
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## EDUCATION

From the Sentinel Foundation: the educational page for our readers.



### COLUMN | WILDLY SUCCESSFUL: THE CHIMNEY SWIFT

## Aerodynamic Design Gives This Bird High Maneuverability

By JIM KNOX

The peal of their clear twittering calls drifted down to me as I watched the small birds zip and wheel against a deepening summer sky high above town hall. While I couldn't make out their quarry, I could tell they were on the hunt, banking and swooping to snatch their prey in midflight. Never seeming to relent, their swirling hunting flight in the sky above pulsed with energy.

The Chimney swift, *Chaetura pelagica*, is a wonder of the natural world. At first glance inconspicuous, the small ashy gray bird lacks the pomp of the peacocks or the palette of the parrots, but a closer look reveals a creature of engineering beauty. At 4.5 to 6 inches in length, with an 11-12-inch wingspan, the swift is small, and with a body mass of a mere ounce, it is an ultra-light wisp on a wing. Equipped with long, crescent-shaped wings twice the length of its bullet-like body—it slices the air. This unique design confers the aerodynamic edge needed to evade nearly all predators and lock in on its highly maneuverable prey. Built for an unbeatable combination of speed—more than 60 miles per hour in level flight—and the ability to outmaneuver their tiny speedy prey, swifts are seemingly always one step ahead of predator and prey alike. With their unpredictable darting flight paths, these tiny creatures can evade all but certain raptors such as the ultra-swift Mississippi kite, and the 225 mile per hour Peregrine falcon!

Favoring wasps, bees, flies, mosquitos, ants, and airborne spiders floating on silk strands,



The Chimney Swift

*While I couldn't make out their quarry, I could tell they were on the hunt, banking and swooping to snatch their prey in midflight.*

these insectivores employ a suite of adaptations to successfully target their airborne prey. Visual hunters, swifts possess recessed independently focusing eyes protected by bristle-like feathers, enabling them to fly deep within swarms of insects and select individual prey while still avoiding collisions with other swifts. Similarly, possessing a tiny aerodynamic beak, the bird's mouth is cavernous, extending past its eye. This provides the bird with a huge gape to engulf prey on the wing—up to an astonishing 12,000 insects each day!

Ranging throughout the Eastern United States and Southeastern Canada, and wintering in Northern South America, the Chimney swift likely expanded its population with New World colonization. Originally, cliff, cave, and tree nesters,

Chimney swifts adapted to nesting in chimneys, barns, cupolas, churches, lighthouses, outhouses, sheds, silos, wells, cisterns, boat houses, and other structures. In fact, they are one of the few bird species equally adapted to urban, suburban, and rural habitats. Possessing tiny sharp-clawed feet, swifts are incapable of upright perching and must perch on vertical or near vertical surfaces. Hyper adapted to a life of flight, and perching only to roost or nest, they are the aerial specialists in the world of aerialists. Their refined anatomical design provides swifts with the ability to remain aloft for extended periods. In fact, Chimney swifts are so adapted for airborne life, they drink and bathe on the wing, drinking by skimming their tiny beaks over the surface of ponds, lakes and rivers, and bathing by

splashing water on their breasts to shake over their bodies.

Yet, as superbly adapted as Chimney swifts are, they struggle with the often-accelerated changes to our planet. With populations declining throughout their range since the 1960's, the federally protected Chimney swift has been accorded Near Threatened species status with rapidly declining populations by the International Union for Conservation of Nature (IUCN). The reasons for these declines are not well understood. Preliminary research indicates pesticide usage has led to a decline of many insect prey species, while climate change, habitat alteration, and chimney capping have affected populations significantly. Though not colonial nesters, they often roost in large aggregations of between 100-1,000 birds,

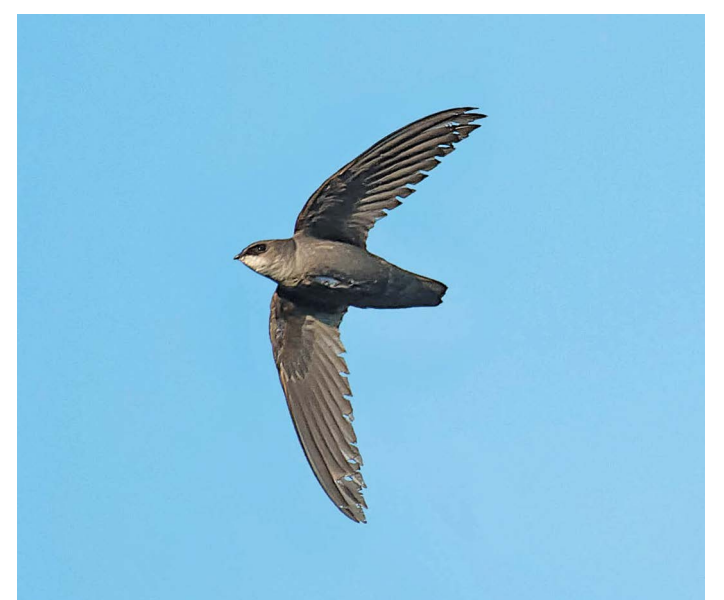
leaving them susceptible to disturbance or alteration of just a single roosting site.

Highly beneficial and possessing seemingly ethereal flight ability, Chimney swifts are marvels of the natural world. Their mosquito munching ways are among our best defenses against the spread of mosquito-borne zoonotic diseases. So, what can we do to protect Mother

Nature's turbo-charged bug zappers? The National Audubon Society, Cornell Lab of Ornithology, and The Connecticut Department of Energy and Environmental Protection all have excellent resources for conservation measures we can take on our properties, and in our communities, to protect these amazing creatures.

Seeming to defy the limits of endurance, and the laws of flight, and roaming the vast expanse of the sky, the Chimney swift is unlike other creatures. Observance of these tiny birds redefines what is truly attainable. By pushing beyond what others consider possible, to evading forces that threaten to bring us down, to employing innovation that untethers us from the competition, the Chimney swift offers us a skyward model for performance. While life invariably presents us with challenges both great and arduous, with boundless energy and an unconstrained spirit, nothing is beyond those who are swift of heart

*Jim Knox serves as the Curator of Education for Connecticut's Beardsley Zoo and as a Science Adviser for The Bruce Museum. His passions include studying our planet's rarest creatures and sharing his work with others who love the natural world.*



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