

FRIDAY, JAN. 24

10 & 11 a.m.

Sensory Storytime (Ages 18 months-48 months). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

12 p.m.

Women's Business Development Council (WBDC): Financial Foundations: Office Hour: Questions about W-2's and 1099's. Online. Free. Register. ctwbdc.org/class-listings

3 p.m.

FeederWatch Fridays. Greenwich Audubon Center, 613 Riversville Rd. All Ages. Free. Register. greenwich.audubon.org/events

4 p.m.

Apocalypse Life Skills: Sustainable Hanging Pots (Ages 8-13). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

5 p.m.

Night at the Museum – Wild Wetlands (creative boxed dinner & themed treats for kids; beer, wine & light bites for adults). Bruce Museum, 1 Museum Dr. brucemuseum.org.

6:30 p.m.

Comedy Night - Meghan Hanley and Moody McCarthy. Christ Church Greenwich SOLD OUT!

7 p.m.

Greenwich Public Schools' 8th Grade DC Trip Scholarship Fund and the Greenwich Alliance for Education's Dancing for DC. Old Greenwich Social Club. \$50. greenwichalliance.org/ogsc

SATURDAY, JAN. 25

12 p.m.

Colonial Crafts: Make Paper Quilling Cards in the Time Travelers KidStudio. Greenwich Historical Society, 47 Strickland Rd. greenwichhistory.org/events

1 p.m.

Art Adventures: Foil Prints (Ages 4 & up). Bruce Museum, 1 Museum Dr. Free with admission. No reservations required. Also held Sunday, Jan. 26. bruce-museum.org

6 p.m.

Greenwich Burns Supper fundraiser. First Presbyterian Church of Greenwich, 1 W. Putnam Ave. \$35, members; \$65, nonmembers (\$45 & \$75 after Jan. 17). 203-869-8686. fpcg.org/burns

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Green Thoughts

BY ANNE W. SEMMES

“The most important fact about Spaceship Earth: an instruction book didn’t come with it.”

The late Buckminster Fuller, American architect, author, and inventor who emphasized the need for humanity to work together to take care of Earth. (1895-1983).

Public Support Collides with RTM Vote

BY ANNE WHITE

On Tuesday night, the Representative Town Meeting overturned the Planning and Zoning Commission's (P&Z) decision to grant Municipal Improvement (MI) status for the Dorothy Hamill Skating Rink project, given in December of last year, effectively halting planning on the much-anticipated new rink.

While the decision has frustrated proponents of the project, it has also exposed deeper divisions in the town's governance and priorities.

The proposal, centered on the “flip” plan to relocate the rink to the site of the existing baseball field and vice versa, aimed to modernize the facility while ensuring uninterrupted skating programs during construction. First Selectman Fred Camillo, a vocal advocate for the project, expressed his disappointment the morning after the vote. “They disregarded the experts,” Camillo said. “Planning and Zoning spent years reviewing this, and engineers determined it would cost more to rebuild in the same place. But worse, they ignored the thousands of people who put them in office.”

Camillo pointed to the overwhelming public support for the rink project in the community's proactive efforts to make their voices heard. Over 300 letters were sent to RTM members, 90% urging them to approve the MI status, reflecting the sentiments of 84% of respondents in a January 2023 public survey who supported the “flip” plan. These letters, along with widespread participation in public meetings and hearings, underscored the community's belief in the project's necessity and importance. “The public practically begged the RTM to support Planning and Zoning's decision,” said Camillo.

Proponents of the project

emphasized that voting “yes” on MI status was not an approval of construction but a procedural step to move the proposal forward for additional review and funding considerations.

“Many RTM members seemed unaware of the extensive information and studies already accomplished and posted on the rink project's website which is part of the town's website,” remarked Bill Drake, the Rink Committee chair.

“This wasn’t about the process or the project. This was political power grab of the worst kind,” said one RTM member

Tracy Freedman, an RTM member from District 11 and a member of the Parks and Recreation Committee, voiced her support for the project during Tuesday's meeting. “The current plan, the flip, makes sense. It keeps our skating programs running, minimizes costs, and avoids blasting and building a temporary rink,” Friedman said. “Denying the swap will overturn years of work and add costly delays.”

Opponents, led by four Byram residents, raised concerns about the park's aesthetics and the scale of the new rink.

The proposal, centered on the “flip” plan to relocate the rink to the site of the existing baseball field and vice versa, aimed to modernize the facility while ensuring uninterrupted skating programs during construction. The Dorothy Hamill Skating Rink has long been a hub for the community, serving several thousand residents annually. However, the facility has significant deficiencies, including substandard ice size, outdated locker rooms, and aging

mechanical systems. The new plan, which also included enhancements to the Memorial Tree Grove and ADA-compliant walking paths, was given MI status by P&Z in December with a 4-1 vote after extensive public input. The commission received 136 letters for the proposal and 6 against.

Lucy von Brachel, a District 4 RTM member and one of four residents who referred the MI status to the RTM for review, articulated these objections. “We

support building a new rink, and we agree this project is urgent,” she said. “What we object to is the flip, which fundamentally changes this park. With the flip, the rink becomes the focal point, dwarfing everything around it.”

von Brachel further criticized the process, suggesting that alternative options, such as rebuilding the rink in its current location with a temporary facility, were not adequately explored. “There is a sense that every time we bring an idea up, the committee tries to find ways to say no because they just want to build where they want to build,” she said.

The vote also carried clear political undertones, with several partisan organizations sending out emails with the same talking points against the project. “This wasn't about the process or the project. This was a political power grab of the worst kind,” said one RTM member who requested anonymity. “That's unconscionable when so many people clearly supported this plan.”

Supporters rejected the

suggestion that the public misunderstood the implications of the flip. “Greenwich residents are very smart people,” said one RTM member who voted in favor of the project. “They clearly understand what the flip entails. This isn't about misunderstanding—it's about ignoring the public.” The planning process, they argued, was entirely transparent. Committee members were publicly posted, meetings were properly noticed, open and available online, and the town conducted a comprehensive public survey to solicit feedback from residents. (see the survey on page 5)

“This was one of the most transparent processes I've seen,” said Freedman. “Every effort was made to engage the community and ensure their voices were heard.”

The rink serves over 1,000 families annually, with the potential to serve far more than 10,000 families over the next decade. By contrast, the Central Middle School rebuild, which will cost an estimated \$100 million, is projected to serve 6,000 students over the same period.

Camillo lamented the disconnect between the RTM's decision and the public's wishes. “The RTM members who voted need to remember this when they go asking for votes for reelection, and when the people ask them if they listened to their wishes. They need to be truthful because they did not listen,” he said. “This isn't just about a delay. It's a missed opportunity to invest in a facility that means so much to so many.”

The project's fate remains uncertain, though Camillo indicated he has plans to move forward despite the setback. “I want to get this done for the town,” he said. “It's going to take longer now, and it's going to cost more, but I'm not giving up.”

LEAD COLUMN



By ICY FRANTZ

What's on Your Horizon?

For the last few months, I have been contemplating a statement I heard.

What do I mean by ‘contemplating’? I have been repeating it to anyone who will listen, I have mulled it over in my head countless times, I have considered its meaning and how it applies to my life, the lives of our children, and I have wondered how I can bring it to fruition in 2025.

I have been known to get excessively excited about a thought one day and promptly forget it the next. But with these particular words, it's been different. They keep pushing through the rest of the clutter in my mind, nudging me—this is important.

I know that on the occasion when I do push myself out of the bunker, I learn and grow, and my world gets bigger

So, let me back up and tell you my story from the beginning.

If you have read my pieces in the past, you probably know that I am a David Brooks fan. I

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See page 12 for answers to some questions our readers have asked.

Bridging the Gap: a Path to Educational Excellence?



State Sen. Ryan Fazio talks with Bishop Caggiano

At St. Ann Academy, two Connecticut legislators joined local educators and clergy to discuss the Catholic Academy of Bridgeport's role in a state where

“A student’s zip code should not determine their destiny.” Ryan Fazio

the quality of education can vary dramatically by geography. Senators Ryan Fazio (R–Greenwich) and Tony Hwang (R–Fairfield) led a session that explored strategies to expand resources for parochial schools. The discussion ranged from tax incentives for scholarships to broader policy questions about the sustainability of school choice as a lever for addressing inequities in public education. Senator Fazio framed the issue in terms of opportunity: “A student's zip code should not determine their destiny. Parochial schools like the Catholic Academy of Bridgeport provide hope and opportunity to kids and families who deserve

Continued on Page 11

Paws, Paintings, and Pajamas at the Bruce

On Friday, January 24, the Bruce Museum invites families to its annual “Night at the Museum: Wild Wetlands”. This event, which blends whimsy and conservation, offers an evening of crafts, storytelling, and exploration. Guests are encouraged to dress in pajamas or duck-inspired attire as they explore the museum after hours, learning about the fragile ecosystems that sustain both local and global wildlife.

The event, scheduled from 5:00 to 7:30 p.m., highlights a recurring theme in the museum's programming: the interplay between art, science, and environmental stewardship. While children engage in

activities inspired by wetland habitats, adults can enjoy light bites, beer, and wine. The evening underscores how conservation education, often associated with scientific institutions, can thrive in cultural spaces like the Bruce.

Earlier this month, the museum's “Fun Fur All” event on Martin Luther King Jr. Day introduced families to animal-themed exhibits, providing hands-on activities that emphasized the challenges wildlife face during winter. These programs reflect a shift in how institutions address environmental issues, placing them in the context of community action and ethical responsibility.

This week, the museum continues its exploration of the natural world with a screening of “The Pursuit of Endurance” on Sunday, January 26. The French documentary retraces Ernest Shackleton's Antarctic expedition, illustrating the tenacity required to survive in one of Earth's harshest environments. A post-screening Q&A with producer Luc Hardy will examine the lessons Shackleton's journey offers in the face of contemporary environmental challenges.

Looking ahead, the museum's February 2 program, “All Things Raptor”, shifts the focus to local wildlife. Featuring live hawks, owls,

Continued on Page 11

Father Murphy to Lead Parade

The streets of Greenwich are about to get a whole lot greener. Father Richard Murphy has been named the Grand Marshal of the 49th annual Greenwich St. Patrick's Parade, set to march on March 23, 2025, at 2 p.m. It's the kind of honor that feels like destiny for Father Murphy, who's spent a lifetime rooted in Irish pride and community spirit. Officially, his Grand Marshal

duties kick off on March 8 at the Greenwich Hibernian Association's St. Patrick's dinner dance, but for Father Murphy, the celebration runs much deeper than a title. “I have so many fond memories of attending the parade as a child,” he shared. “It was a day that brought the community together and meant the world to my godfather and uncle, Dennis Murphy. To be part of this

tradition now is a great honor.”

Father Murphy's Irish heritage is more than a badge—it's the foundation of his story. His grandfather, Philip Murphy Sr., emigrated from New Ross, County Wexford, and his grandmother, Margaret Carey, hailed from Kilkenny. The two met in Brooklyn, married, and eventually settled in Greenwich,

Continued on Page 11



MENTAL HEALTH COLUMN

Life Is the Story We Tell Ourselves

BY JILL S. WOOLWORTH, LMFT

Choose your story wisely. Most of us have experienced significant challenges. How we tell our story to ourselves and to others matters. Do you plant the ladder of your story on the sinking sands of victimhood, or on the solid ground of survivorship? If you're reading this book, you are a survivor. Tell your story from that perspective. You will not diminish what happened; you will be telling the truth about the present.

How you tell your story changes the way your brain stores the information each time you tell it. You literally have the choice to lay new tracks over old in your memory. Stories of courage, hope, strength, and transformation reinforce your ability to continue taking courageous, hopeful, strong, transformative actions.



Illustrated by Wajith Chaudhry

raise their children, and to develop a large network of supportive and fun-loving friends.

Excerpted from Jill Woolworth's book, *The Waterwheel*, available at Diane's Books, Dogwood Bookstore, Amazon, and barnesandnoble.com. Jill is a therapist at the Center for Hope & Renewal.

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RMA Presents “A Life in Cartoons”



Brian Walker described his life and career promoting comic art and sustaining classic comic strips originally created by his father, Mort Walker.

By CHARLIE SHAPIRO

On January 15 the weekly speaker series of the Greenwich Retired Men’s Association presented Brian Walker, son of renowned cartoonist Mort Walker. Brian grew up in a unique environment where cartoons were produced daily. Born in 1952, he was raised in a Greenwich, Connecticut, home where his father’s studio occupied the third floor. The Walker household was frequently visited by cartoonists who collaborated with Mort, creating an atmosphere steeped in creativity and humor.

Mort Walker, creator of the popular comic strip Beetle Bailey, began his iconic series in 1950. Initially featuring Beetle as a college student, the character joined the army in 1951. After the Korean War, Mort briefly returned Beetle to civilian life, introducing his sister Lois. However, reader demand prompted Beetle’s return to Camp Swampy. This led to the creation of a second comic strip, Hi and Lois, in 1954, featuring Beetle’s sister Lois as a main character.

The Walker family expanded over the years, eventually including seven children. Brian, along with his siblings, was featured in various publications, including a memorable photo shoot for Jack and Jill Magazine in 1966. At the time, the 14-year-old Brian was less than thrilled about appearing in a children’s magazine, fearing ridicule from his school friends.

In the 1960s, Fairfield County, Connecticut, became a hub for cartoonists. Dick Brown described this period as the “golden age of cartooning in Connecticut.” The area was home to numerous talented artists, creating a tight-knit community of cartoonists and their families. This vibrant scene was captured in a photograph taken at the Millbrook Club in

Throughout his career, Brian Walker has not only continued his father’s legacy but also made significant contributions to the world of cartooning.

1963, celebrating Mort Walker’s 40th birthday.

Brian’s involvement in the family business began in earnest after his college graduation. In 1974, he helped his father establish the Museum of Cartoon Art in Greenwich, initially located in the Mead mansion on Field Point Road. The museum later moved to the Ward Castle in 1977, hosting a grand “castle warming” event that raised \$35,000 and was featured in People Magazine. In 1984, Brian got his first experience in gag writing, contributing ideas to a King Features strip starring Betty Boop and Felix the Cat. This opportunity soon led to him writing for Beetle Bailey and Hi and Lois. By 1993, King Features promoted Brian, his brother Greg, and Chance Brown (son of Dick Brown) as the next generation of cartoonists, officially taking over the Hi and Lois comic strip.

Brian moved to Wilton, Connecticut, in 1987, which became the inspiration for the fictional hometown of Hi and Lois. He and Chance Brown, who also lived in Wilton, incorporated local landmarks and scenes into the strip, including the Wilton train station, Orem’s Diner, and other recognizable locations. This practice of featuring local places continued throughout the years, adding a touch of realism and familiarity for readers in the area.

For 25 years, Brian’s studio was located above the Silvermine Market in Norwalk, Connecticut. He often incorporated his experiences and surroundings into the comic strips, creating autobiographical elements that

resonated with local readers. One such example was a strip featuring the Silvermine Tavern (now known as Gray Barns) and the annual Santa Claus event held there.

In 1992, Brian founded the Connecticut Chapter of the National Cartoonist Society. The group held meetings at various local establishments, including the Cobbs Mill Inn, the Red Barn in Westport, and the Silvermine Tavern. These locations often found their way into the Hi and Lois strips, further cementing the comic’s connection to the local community.

The creative process for producing the comic strips involved monthly gag conferences where Brian, his father Mort, Jerry Dumas, and his brother Greg would gather to share and critique ideas. These collaborative sessions ensured a steady flow of fresh, humorous content for both Beetle Bailey and Hi and Lois. As the years passed, the staff working on the comics evolved. The Hi and Lois team came to include Brian, Greg, and Chance Brown, while the larger group working on both strips expanded to include Brian’s brother Neil and artist Bill Janocha. This multi-generational approach allowed for a blend of traditional humor and contemporary perspectives, keeping the strips relevant and engaging for readers.

Throughout his career, Brian Walker has not only continued his father’s legacy but also made significant contributions to the world of cartooning. He has curated numerous cartoon exhibitions, written and edited dozens of books on cartoon art, and played a crucial role in preserving and promoting the rich history of American comics. His unique upbringing, combined with his talent and dedication, has allowed him to provide readers with a window into the fascinating world of professional cartooning, all while keeping the beloved characters of Beetle Bailey and Hi and Lois alive and thriving in the funny pages.

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

The RMA’s upcoming presentation, “The Last Ships from Hamburg: Business, Rivalry, and the Race to Save Russia’s Jews on the Eve of World War I” by Steven Ujifusa, is scheduled for 11 AM on Wednesday, January 29, 2025. Please note that this and all future RMA presentations will be held at Christ Church Greenwich, Parish Hall, 254 E. Putnam Avenue, Greenwich, CT 06830.

From 1890 to 1921, 2.5 million Jews, fleeing discrimination and violence in their homelands of Eastern Europe, arrived in the United States. Many sailed on steamships from Hamburg. This mass exodus was facilitated by three businessmen whose involvement in the Jewish-American narrative has been largely forgotten: Jacob Schiff, the managing partner of the investment bank Kuhn, Loeb & Company, who used his immense wealth to help Jews to leave Europe; Albert Ballin, managing

director of the Hamburg-American Line, who created a transportation network of trains and steamships to carry them across continents and an ocean; and J. P. Morgan, mastermind of the International Mercantile Marine trust, who tried to monopolize the lucrative steamship business. Though their goals were often contradictory, together they made possible a migration that spared millions from persecution. Descendants of these immigrants included Ruth Bader Ginsburg, Estée Lauder, George Gershwin, Irving Berlin, Fanny Brice, Lauren Bacall, the Marx Brothers, David Sarnoff, Al Jolson, Sam Goldwyn, Ben Shahn, Hank Greenberg, Moses Annenberg, and many more—including Ujifusa’s great grandparents.

Ujifusa’s story offers original insight into the American experience, connecting banking, shipping, politics, immigration, nativism, and war—and delivers crucial insight into the burgeoning refugee crisis of our own time.

Steven Ujifusa is a historian who chronicles the confluence of American business, social, and maritime history. His third book, The Last Ships from Hamburg, was released by HarperCollins in 2023. Previous books were Barons of the Sea: And Their Race to Build the World’s Fastest Clipper Ship, and A Man and His Ship: America’s Greatest Naval Architect and His Quest to Build the SS United States.

Steven is a corporate historian and has won numerous awards for his writing.

Raised in Chappaqua, New York, he received his undergraduate degree in history from Harvard and a joint masters in historic preservation and real estate development from the University of Pennsylvania. He resides in Philadelphia with his wife Alexandra (an emergency room pediatrician) and two sons.

To stream the presentation by Steven Ujifusa at 11 AM on Wednesday, January 29, 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 Christ Church Greenwich, Parish Hall, 254 E. 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. 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 info@greenwichrma.org.



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COLUMN

The True Cost of Medications

In 2023, pharmacy costs represented 27% of total healthcare expenditures, a significant increase from 21% in 2021.

By RUSSELL R. BARKSDALE, JR

For over a decade, the United States has consistently led the world in per capita prescription drug spending. In 2023, pharmacy costs represented 27% of total healthcare expenditures, a significant increase from 21% in 2021. This growing financial burden has become a focal point for healthcare cost managers and policymakers alike, especially as the demand for high-cost therapies continues to climb.

Prescription drug marketing has reached unprecedented levels, reflecting the direct correlation between marketing investments and profitability. One striking example is the surge in demand for glucagon-like peptide-1 receptor agonists (GLP-IRAs), used to manage type 2 diabetes and obesity. These drugs, despite their clinical utility, highlight the escalating out-of-pocket costs patients face. Yet, this is only one piece of a larger, deeply complex puzzle of rising pharmacy costs.

Pharmacy Benefit Managers (PBMs) play a pivotal role in this pharmaceutical landscape.

Originally created to simplify drug distribution and lower costs through group purchasing, PBMs have evolved into key influencers of drug pricing and accessibility. Their responsibilities often include determining formulary exclusions (uncovered medications), processing prescription claims, and promoting generic or lower-cost alternatives. While these activities aim to manage costs, concerns have grown over their lack of transparency and potential conflicts of interest.

Critics argue that PBMs may prioritize financial gains over patient affordability and access. Their complex rebate structures and opaque contractual agreements have come under increasing scrutiny, prompting calls for heightened oversight. With healthcare inflation projected to persist at double-digit rates into 2025, PBMs are likely to remain central in policy discussions on drug pricing reform.

Polypharmacy—the use of multiple medications by a single patient—presents another significant challenge. It can lead to side effects, drug interactions, and inappropriate medication regimens, complicating diagnoses and treatment outcomes. Many patients, particularly those managing chronic conditions, take five or more medications daily without a clear physician-driven plan

for deprescribing or reducing unnecessary treatments.

Polypharmacy disproportionately affects individuals with comorbidities and chronic diseases. As patients age, they often see multiple specialists, each contributing to an expanding list of medications. Without adequate coordination, this can result in medication regimens that grow unchecked, increasing risks of cognitive and physical decline, hospitalizations, and even mortality. Ensuring that every healthcare provider has an accurate and comprehensive list of a patient's medications, including over-the-counter supplements, is vital for effective care.

The financial impact of polypharmacy is equally significant. Patients on fixed incomes may struggle to afford their medications, while the broader healthcare system faces substantial costs from nonoptimized medication therapies. In 2018, these therapies were estimated to cost over half a trillion dollars annually in the U.S., encompassing both direct drug costs and the expenses of adverse events caused by

inappropriate medication use.

To address polypharmacy, healthcare professionals are increasingly utilizing evidence-based tools such as the Beers Criteria and STOPP/START Criteria. These frameworks help identify potentially inappropriate medications and guide decisions about medication optimization and deprescribing. Deprescribing involves systematically discontinuing medications under a physician's supervision when their potential harms outweigh their benefits.

While deprescribing is critical to patient-centered care, it remains an emerging area of practice. More research is needed to establish evidence-based protocols and refine best practices. Advances in clinical decision support systems (CDSS) can assist providers by identifying inappropriate medications and enabling targeted interventions. Even modest improvements in medication management can lead to significant reductions in adverse effects, enhanced patient outcomes, and lower healthcare costs.

Anticholinergic medications can impair cognitive function

and increase fall risk. Commonly prescribed for conditions like overactive bladder, depression, and Parkinson's disease, these drugs block acetylcholine, a neurotransmitter critical for memory and muscle function. Long-term use of anticholinergic medications has been linked to an increased risk of dementia, though direct causation remains unproven. Nonetheless, their known associations with confusion and fall risk underscore the need for cautious prescribing, guided by physicians.

The drivers of rising pharmacy costs are multifaceted, ranging from intricate PBM agreements to the cumulative effects of polypharmacy as medical issues emerge over time. Addressing these challenges requires a coordinated effort across healthcare providers and patients.

Improving care requires increasing face-to-face physician time and enhancing coordination among specialists to ensure comprehensive, patient-centered approaches. Advancing research into deprescribing practices and medication optimization is

equally essential. While decades of investment have refined the initiation of medications, a complementary science for discontinuing unnecessary drugs is critical.

Collaboration among physicians, pharmacists, and other healthcare providers is vital for improving medication safety, reducing unnecessary drug use, and fostering a culture of continuous evaluation. By building on existing tools and emphasizing physician-led medication reviews, the healthcare community can optimize regimens, minimize adverse drug interactions, and improve patients' quality of life.

Ultimately, addressing the complexity of pharmacy costs will require systemic reforms and individual efforts to prioritize responsible prescribing and deprescribing practices. By focusing on these strategies, healthcare professionals can work toward a sustainable system that prioritizes patient well-being and maximizes the value of healthcare investments. In the end, healthcare outcomes must align with the resources devoted to achieving them.

Russell R. Barksdale, Ph.D., MPA/MHA, FACHE
President & CEO, Waveny LifeCare Network

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

The Heart of the Matter: How Sleep Impacts Cardiac Health

By TERESA ALASIO MD

In our fast-paced world, sleep often takes a backseat to academic, athletic, and social obligations. Yet, sleep is not a luxury—it is a vital biological process essential for overall health, especially for the heart. For anyone studying health sciences, understanding the link between sleep and heart health is crucial.

SLEEP: CRUCIAL ACROSS THE LIFESPAN

At every stage of life, sleep is a cornerstone of health. Infants and children require sleep for physical growth and cognitive development. During deep sleep stages, growth hormone is released, promoting physical development and strengthening the immune system. Teenagers depend on sleep to maintain focus, support emotional regulation, and fuel bodily changes associated with puberty. Sleep helps consolidate memories, which is critical during these formative years of education.

Adults need adequate sleep to manage stress, consolidate memories, and sustain bodily functions such as repairing tissues and regulating metabolic processes. For the elderly, quality sleep is essential to combat chronic conditions, improve immune response, and preserve cognitive abilities. Sleep deprivation at any age disrupts

these processes, creating strain on the cardiovascular system and increasing the risk of heart-related complications.

THE SLEEP-HEART CONNECTION

The heart works tirelessly, pumping blood and maintaining circulation. Sleep provides a period of recovery, reducing heart rate and blood pressure. These restorative processes help regulate inflammation, stabilize hormonal levels, and maintain metabolic balance—all factors crucial for cardiovascular health. During deep sleep stages, the body produces proteins called cytokines, which combat infection, inflammation, and stress.

Research highlights the connection between inadequate sleep and elevated risks of heart disease, including heart attacks, strokes, and coronary artery disease. Sleep deprivation increases stress hormones like cortisol, which contribute to hypertension and elevated heart rates. Over time, these effects create wear and tear on the heart and blood vessels. Furthermore, sleep impacts the autonomic nervous system, which controls involuntary bodily functions like heart rate. Proper sleep allows the parasympathetic system—the “rest and digest” system—to dominate, promoting relaxation and recovery.

Sleep disorders, particularly obstructive sleep apnea (OSA), exacerbate these risks. OSA causes repeated breathing interruptions during sleep, leading to intermittent oxygen deprivation. This condition contributes to high blood pressure, irregular heart rhythms, and vascular damage,

Sleep is more than rest; it is a vital process for recovery and rejuvenation. Adequate sleep supports heart function, lowers stress levels, and promotes overall well-being. Neglecting sleep, on the other hand, increases the risk of serious health problems, particularly cardiovascular diseases.

all of which heighten the likelihood of cardiovascular disease. Untreated OSA increases the risk of atrial fibrillation and other arrhythmias, which can have life-threatening consequences.

CONSEQUENCES OF POOR SLEEP ON HEART HEALTH

Chronic sleep deprivation negatively impacts heart health through several mechanisms:

- Hypertension:** Persistent lack of sleep triggers stress responses that constrict blood vessels, resulting in elevated blood pressure. Over time, this increases the risk of arterial damage and cardiovascular diseases.
- Inflammation:** Sleep regulates the production of inflammatory markers. Insufficient sleep leads to elevated levels of these markers, promoting atherosclerosis and other heart conditions. Chronic inflammation weakens the walls of blood vessels, making them more prone to plaque buildup.
- Impaired Glucose Metabolism:** Poor sleep disrupts insulin sensitivity, raising the risk of Type 2 diabetes—a major contributor to heart disease. This disruption leads to higher levels of blood sugar and damages the inner lining of blood vessels.
- Weight Gain and Obesity:** Sleep deprivation interferes with appetite-regulating hormones such as leptin and ghrelin. This

imbalance increases hunger and caloric intake, raising the likelihood of obesity. Excess weight compounds risks for high blood pressure, high cholesterol, and heart disease.

- Cardiac Arrhythmias:** Irregular heart rhythms, such as atrial fibrillation, are more common in individuals with sleep deficits. These arrhythmias increase the risk of strokes and other complications by contributing to the formation of blood clots.
- Lipid Imbalances:** Short sleep durations are linked to elevated LDL (“bad”) cholesterol and reduced HDL (“good”) cholesterol, factors that accelerate coronary artery disease. These imbalances strain the body’s ability to maintain healthy blood flow.

IMPROVING SLEEP TO PROTECT YOUR HEART

The American Heart Association recommends 7–9 hours of quality sleep per night for adults. Here are evidence-based strategies to optimize sleep:

- Maintain a Consistent Schedule:** Stick to regular bedtimes and wake-up times, even on weekends, to reinforce your body’s internal clock. Consistency helps regulate circadian rhythms, which influence sleep quality.
- Optimize Your Sleep Environment:** Ensure your bedroom is dark, quiet, and cool

to promote deeper sleep. Use blackout curtains and white noise machines if necessary to eliminate disturbances.

- Limit Stimulants:** Avoid caffeine, alcohol, and heavy meals close to bedtime to minimize sleep disruptions. Instead, opt for calming teas or light snacks if you’re hungry before bed.
- Adopt Relaxation Techniques:** Practices like mindfulness, meditation, or progressive muscle relaxation can ease pre-sleep stress. Establishing a bedtime routine that includes reading, journaling, or gentle stretching can also signal your body to wind down.
- Seek Medical Attention When Necessary:** Chronic snoring, excessive daytime sleepiness, or symptoms of sleep apnea should be evaluated by a healthcare professional. Effective treatments such as CPAP machines can significantly reduce health risks.

Signs Your Sleep Habits May Be Hurting Your Heart

- Loud snoring or gasping for air during sleep.
- Persistent daytime fatigue, even after a full night’s sleep.
- Difficulty managing weight or experiencing unexplained appetite changes.
- Experiencing frequent headaches or difficulty concentrating during the day.
- Noticeable increases in heart rate or palpitations without clear

cause.

Prioritize your heart by making sleep a non-negotiable part of your routine. The evidence is clear: quality sleep leads to better health outcomes. Your heart works relentlessly to sustain you—grant it the recovery it needs to keep beating strong.

SLEEP AS A PILLAR OF CARDIOVASCULAR HEALTH

Sleep is more than rest; it is a vital process for recovery and rejuvenation. Adequate sleep supports heart function, lowers stress levels, and promotes overall well-being. Neglecting sleep, on the other hand, increases the risk of serious health problems, particularly cardiovascular diseases.

Sleep is often overlooked in discussions of health, but it is foundational to a life of vitality. As researchers continue to uncover the intricacies of how sleep and heart health intertwine, one truth remains evident: sleep well, and your heart will thank you.

The information presented is for educational purposes only and not as a substitute for medical advice. If you have a specific medical concern, please speak to your medical provider.

Dr. Teresa Alasio is the Medical Director and Physician Owner of Intentional Self Aesthetics, located in downtown New Canaan at 23 Vitti Street. She aims to be in bed by 9:30pm every night.

A Delicious Boost from Filling in the Blanks!

BY DEBRA McLAUGHLIN

Filling in the Blanks food truck is rolling through Greenwich, delivering fresh, nutritious meals to Meals-on-Wheels, Inc. of Greenwich—and the smiles are as big as the meals! Volunteers Susan Decker and Mike Goff are all smiles as they unload boxes of healthy food destined for Greenwich preschool children

at four local pre-K programs and kids in a local academic support program. Thanks to a partnership with Filling in the Blanks of Norwalk, Meals-on-Wheels is able to provide these young learners with a nourishing meal each week. This collaboration is a perfect example of local organizations coming together to fight hunger and helping ensure no one goes without a healthy meal in our community!



Smiles are big as volunteers Mike Goff and Susan Decker welcoming the FITBE food truck!

Friends of Nathaniel Witherell Support Toys for Tots Drive

BY DEBRA McLAUGHLIN

Jim Mullins, a dedicated Friend of Nathaniel Witherell volunteer, once again led the annual Toys for Tots collection at The Nathaniel Witherell. Thanks to the generosity of staff and families, the collection box

was filled with gifts to brighten the holidays for children in need. Toys for Tots, a program run by the U.S. Marine Corps Reserve, distributes these toys to bring joy and hope to less fortunate children during the holiday season. Thank you, Jim, for your heartfelt efforts!



Friends of Nathaniel Witherell volunteer Jim Mullins

Bread of Life partners with High School Students to Offer Food Support

Last week, the popular bi-weekly Bread of Life pantry, located just across the border, was as busy as ever as more Rye High School juniors and seniors spent time bagging and distributing donated food to its many grateful recipients.

Bread of Life, operated by Giving Tree Global, functions like a food bank. Through its Food Rescue initiative, the team collaborates with grocery stores and restaurants to recover edible food that would otherwise be discarded as waste and delivers it to local food pantries, soup kitchens, and shelters—all free of charge. At the food pantries, a sense of family and community is fostered, making Bread of Life a place where the hungry come to be fed and the community comes to serve. In addition to food, Bread of Life also distributes children's clothing, with 1,300 people served in Rye, 400 people served weekly in White Plains, and 1,300 bags of children's clothing distributed.

This dedicated group of volunteers from Rye High School Academy—a project-based learning initiative—joined the pantry as part of their commitment to volunteer once a month in January, February,

and March at pantries supported by the Bread of Life/Giving Tree Global organization, which partners with Trinity Church in Greenwich.

"It's all about helping others, and that's why we're here," said Mark Bayer, the interim Assistant Principal of Rye High School. "These experiences of kindness and charity are vital, and throughout life, they add up."

As grateful individuals lined up at the Bread of Life tables last week, the enthusiastic teenagers, along with Bayer, delivered overflowing bags of dry goods, vegetables, and meat directly to them. The students also helped carry the bags to recipients' cars and assisted in other tasks.

"It feels good to help people and interact with everyone here. This has been a great experience," said Ben Stigliano, a junior at Rye High School. "Everyone is so nice, respectful, and grateful."

Excited to spend their time at the Bread of Life pantry, the students emphasized that their favorite part of the experience was connecting with everyone they served.

"It's great to be here," said Will Weiman, another Rye High School



Volunteers, including nearly 15 members of the Rye High School Academy group, busy working at the Bread of Life pantry in Rye last week. (Photo courtesy of the Bread of Life/Giving Tree Global organization)

junior. "Everyone is so dedicated, and it's nice to see the reactions and smiles on people's faces."

Bayer agreed, adding, "Everyone is excited to be here and involved with the Bread of Life, which is an amazing resource for so many people. This month, the focus for the Academy is all about finding the purpose of service, and the Bread of Life embodies that. For the kids to be involved with the organization in this capacity has

been especially meaningful for all of them."

For more information on joining the Bread of Life organization or supporting its mission, please contact:

Bread of Life/Giving Tree Global
65 Orchard Avenue
Rye, NY 10580
914-479-7422
www.givingtreeglobal.org

RELEASE

American Legion Post 29 Honors Rotary for "Flags for Veterans" Project

The Greenwich Rotary Club kicked off the new year with a momentous celebration, receiving an Appreciation Award from American Legion Post 29 for its outstanding "Flags for Veterans" project. The award was presented during the Club's first luncheon of the year, marking a proud milestone for the organization.

Veteran, Treasurer of the American Legion Post 29, and Post 135 Commander Dan Griffin contacted us through our Club member Diane Fox, informing us that he had an award, from the American Legion Post 29, for our Club for the "Flags for Veterans" project our Club organized in November in celebration of Veterans Day. We are truly honored that Dan Griffin, Commander LeBeau thought of recognizing our Club.

On Wednesday, January 15th,

our Club gathered for our first luncheon of the year, where Dan Griffin and Commander Peter LeBeau, distinguished veterans and leaders of Post 29, presented an Appreciation Award to the Greenwich Rotary Club.

The recognition highlighted the impactful initiative launched in November 2024 in honor of Veterans Day. Dan Griffin, and Commander LeBeau, distinguished veterans praised the Club's exemplary efforts in supporting veterans.

Representing the Greenwich Rotary Club, Past President Joe Benoit (2020–2021) and current President Agathe Likoba accepted the award with gratitude. In their remarks, both leaders credited the success of the project to the Club's leadership team and the dedication of its members. Special recognition was given to Jay



Feinsod, his wife Esta, Joe's wife Mary Benoit, Shashi Dayal, and Bruno Costa for their invaluable contributions to the project.

President Agathe emphasized the importance of honoring veterans not just on Veterans Day but every day. "Our commitment to honoring veterans should not be limited to Veterans Day," she remarked. "We should honor them today, tomorrow, and always."

The "Flags for Veterans" project featured an inspiring display of flags throughout the Greenwich community, serving as

a poignant symbol of gratitude for the service and sacrifices of local veterans. In addition to raising awareness, the initiative generated substantial financial support for American Legion Post 29, with Commander LeBeau noting that the Rotary Club's donation was the largest contribution the Post received in 2024.

The Greenwich Rotary Club Leadership Team and Club members, thank the American Legion Post 29 for this Award and appreciation.

The Second Congregational Church of Greenwich "2cc" hosts Church World Service Day



On Sunday January 19th, "2cc" in collaboration with Church World Service, hosted a pack-a-thon of essential products to those persons displaced by recent natural disasters. Through this special offering with the Church World Service kit ministry program, tangible items were packed to help meet any necessary

physical needs for those in times of crisis from fires to floods.

Hands big and small, including Bob Capazzo!, gathered in the church chapel together to show a little love can make a difference. The Second Congregational churches outreach ministry hopes beyond those tangible

items they can provide a small glimmer of hope to the recipients of the kits. At 2cc they believe one of most compelling definition of faithful stewardship is sharing hope with others.

For more information about 2cc go to www.2cc.org

RELEASE

Rotary's First Speaker of 2025: Damien Cregeau

The Greenwich Rotary Club welcomed 2025 with an engaging and visually rich presentation by Damien Cregeau, an independent historian and award-winning scholar of the American Revolution. Organized by Speaker Chair Suzanne Branch, the event, titled "Spies, Lies, and Alibis: Espionage In and Around New York City and Fairfield County During the American Revolution," captivated the audience with its historical depth and intrigue.

Cregeau's PowerPoint slideshow began with Captain Nathan Hale's fateful mission in 1776, moving on to John Jay's counterintelligence efforts in Rye and Katonah, and concluding with a deep dive into the Culper Spy Ring. Operating from 1778 to 1782, the ring used Fairfield as a key fulcrum in their intelligence work. Members were treated to insights into covert operations, invisible ink, and the daring individuals who shaped Revolutionary War espionage.

Raised in Fairfield, Cregeau is not only a local but a distinguished scholar. A past state president of the Connecticut Society of the Sons of the American Revolution, he has spent over a decade publishing in esteemed journals. His feature in Military History Quarterly on the use of invisible ink by General Washington and the Culper Ring



Speaker Damien Cregeau & Speaker Chair Suzanne Branch

earned him widespread acclaim and is available for reading online.

The presentation was streamed live on the club's Instagram page, extending the event's reach to followers and community members eager to learn about this intriguing chapter of American history.

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Musical Virtuoso at Christ Church: Isabelle Demers

Concertgoers will gather at Christ Church Greenwich on Saturday, February 1, 2025, for an extraordinary evening of music, as world-renowned organist Professor Isabelle Demers performs a free recital on the church's Harrison & Harrison organ. The program begins at 5:00 p.m., with a reception to follow in the Chapel Foyer.

Known for her captivating performances and virtuosic precision, Demers has established herself as one of the most electrifying organists of her generation. The evening's repertoire spans classical and modern compositions, showcasing

the organ's rich tonal range and her own technical brilliance. Highlights include Igor Stravinsky's Firebird Suite, selections by Johann Sebastian Bach and César Franck, and a striking performance of Rachel Laurin's works. A centerpiece of the recital will be George Thalben-Ball's Variations on a Theme of Paganini, performed entirely on the organ pedals—a feat rarely undertaken and a testament to Demers's "fearless and extraordinary" artistry, as described by the Amarillo Globe-News.

Professor Demers is celebrated for her ability to transport

audiences through sound, earning accolades from critics worldwide. Michael Quinn of Choir and Organ lauded her as "one of the most expressive organists at work today," while Donald Rosenberg of Gramophone noted her performances "go to glorious extremes." Born in Québec, Demers honed her craft at The Juilliard School and now serves as Associate Professor of Organ at McGill University in Montréal. Her recordings on the Acis and Pro Organo labels have been praised for their emotional depth and technical mastery, leaving listeners, in the words of Chicago Classical Review, in awe of her "bracing virtuosity."

The Harrison & Harrison organ at Christ Church Greenwich, a celebrated instrument in its own right, offers an ideal setting for Demers's performance. Its craftsmanship and tonal intricacies promise to amplify the emotional resonance of the evening's repertoire.


The event will conclude with a reception in the Chapel Foyer, allowing attendees the rare opportunity to meet the artist and discuss the performance. Christ Church Greenwich invites the community to join this celebration of music and artistry.

To learn more, visit christchurchgreenwich.org. Admission is free, and donations supporting the church's music ministry are welcome.



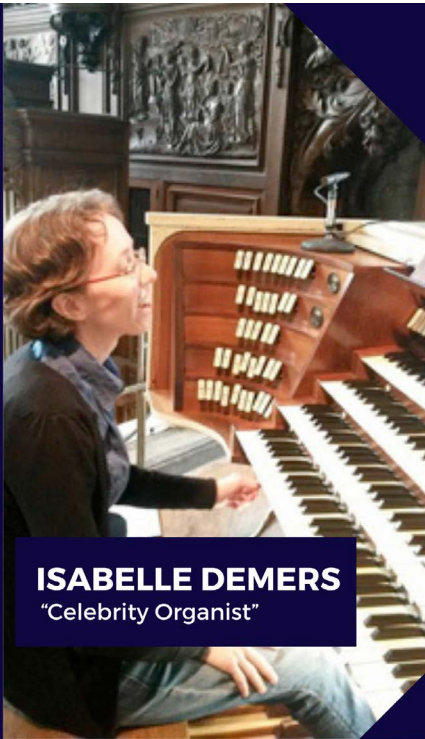
FREE
ORGAN
CONCERT

Saturday, February 1
5:00 pm
Reception to follow



CHRIST CHURCH
GREENWICH

254 East Putnam Ave.
Greenwich, CT
christchurchgreenwich.org



ISABELLE DEMERS
"Celebrity Organist"

Thomas Friedman for Library Signature Series

Greenwich Library is set to host New York Times foreign affairs correspondent and acclaimed author Thomas Friedman on Thursday, February 20, at 7 p.m. in the Berkley Theater as part of its Signature Series. Friedman's presentation, titled "The Big Trends Shaping the World Today: Economics, Technology, and Geopolitics," will explore the forces reshaping the global landscape and their implications for the future.

The event is free and open to the public, but registration is required and begins on January 30 through the library's website. A livestream will also be available; however, the event will not be

recorded.

Friedman, a three-time Pulitzer Prize winner, has been a prominent voice in international journalism since joining The New York Times in 1981. Known for his insightful analysis and accessible writing, Friedman has tackled complex global issues in his columns and books. Foreign Policy magazine notes, "Friedman doesn't just report on events; he helps shape them."

His bestselling works, including The World is Flat, From Beirut to Jerusalem, and Thank You for Being Late: An Optimist's Guide to Thriving in the Age of Accelerations, have collectively

sold over 10 million copies in 40 languages. In his most recent book, Friedman examines the "accelerations" reshaping society—technological, economic, and environmental—and proposes strategies to adapt and thrive amidst these changes.

Friedman's presentation will delve into the interconnected challenges and opportunities presented by globalization, rapid technological advancement, and shifting geopolitical dynamics. Drawing on decades of experience reporting from the frontlines of international affairs, Friedman will discuss solutions to ensure a sustainable and prosperous future,

addressing issues such as the future of work, income inequality, and climate change.

After the presentation, attendees will have the opportunity to purchase copies of Friedman's books, provided by Diane's Books, and have them signed by the author.

The Greenwich Library Signature Series, which brings nationally recognized experts to engage the community, is presented by the Greenwich Library Board of Trustees and supported by charitable contributions from the local community. Past programs in the series have featured discussions on timely issues,

fostering an exchange of ideas and perspectives.

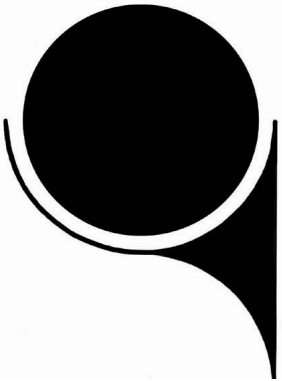
For more information on the event and other Greenwich Library programs, visit the library's website at www.greenwichlibrary.org or contact Kate Petrov, PR and Programming Manager, at (203) 625-6550 or kpetrov@greenwichlibrary.org.

About Greenwich Library
Greenwich Library serves as a cultural and intellectual hub for the community, offering a robust lineup of 2,200 programs and events annually. With its Main Library and Byram Shubert and Cos Cob branches, Greenwich Library provides resources that promote

lifelong learning and discovery.

Recognized as a five-star library by Library Journal for 11 of the past 12 years, the library boasts high circulation rates, strong program attendance, and exceptional community engagement.

Greenwich Library is located at 101 West Putnam Avenue in Greenwich. The Cos Cob Library is at 5 Sinawoy Road in Cos Cob, and the Byram Shubert Library is at 21 Mead Avenue in Greenwich. For more information, call (203) 622-7900 or visit www.greenwichlibrary.org.



GREENWICH SYMPHONY

Stuart Malina, Music Director

Saturday, February 1, 7:30 p.m.
Sunday, February 2, 3:00 p.m.

Valentin Kovalev, *Saxophone*

Gioachino Rossini
Overture to The Barber of Seville

Eunike Tanzil
Veni, Vidi, Vici

Takashi Yoshimatsu
Alto Saxophone Concerto Cyber Bird

Felix Mendelssohn
Symphony No. 3 ("Scottish")

Adults \$50 Students \$15

Performing Arts Center behind Greenwich High School
Hillside Road, Greenwich, CT

greenwichwymphony.org





Make a spiritual resolution in 2025

Read at your own pace



THE BIBLE CHALLENGE

CHRIST CHURCH GREENWICH

**Sign up now to get your Bible Challenge
Daily Reading Plan:**

biblechallenge@christchurchgreenwich.org

Spend 10-30 minutes a day reading Rev. Marek Zabriskie's prepared Daily Reading Plans to successfully read through the Bible. Over a million people have used his Daily Reading Plans to accomplish this spiritual goal. We are inviting everyone in Greenwich to join us as we read.

Read it as a book or an app on your iPhone or iPad

Choose from these options:

- The Entire Bible (30 min. a day)
- The New Testament, Proverbs and Psalms (10 min. a day)
- Teen Bible Challenge (10 min. a day)
- Children & Family Bible Challenge using the "Read with Me Bible" (at bedtime)
- Alumni Bible Challenge (For those who have completed The Bible Challenge)

**"Just as you take care of your physical, mental, and financial health,
take care of your spiritual health and your soul" -Rev. Marek**



christchurchgreenwich.org

COLUMN

By MAREK ZABRISKIE

Studies reveal that the number one way by far to develop a stronger faith in God is to read Scripture regularly. No spiritual practice does more for us.

But reading a document that is in many cases more than two thousand years old isn't easy. Hence, we can benefit from some help.

At Christ Church Greenwich we have over 250 members reading the entire Bible or the New Testament, Proverbs, and Psalms in 2025. The former takes about 30 minutes a day and the latter only takes 10 minutes a day to accomplish.

We invite you to join us. You can visit our website at: www.christchurchgreenwich.org to learn how you can easily join The Bible Challenge, find our reading plans and tips for how to get started.

Those who sign up to participate will receive a weekly email from me. We also are offering small group support and Sunday forums with outstanding scholars from Yale Divinity School.

Reading the Bible is not easy. The Bible speaks often in symbolic or imaginative language as it conveys truths that are beyond the grasp of words, logic, reason, and science.

The true authority of the Bible is discovered in holiness and as we commit ourselves to living out God's teachings. These teachings open our eyes, and God becomes a present reality in our lives.

Faithful interpretation comes from faithful performance. As we live the Scripture, the Scripture comes alive within us. When we fail to obey and follow Scripture, the Bible does not speak to us.

But the Bible speaks not in one but in many voices. Some of the voices of the Bible are complimentary. Many are discordant. They broaden our vision and force us to rethink entrenched positions.

As we read the Bible, we learn that all biblical texts are not to be treated as equally valuable. Some are more important than others. Most pale in comparison to Jesus' vital teachings such as when he commands his followers to love their enemies and forgive those who have hurt them.

While not all Bible verses are of equal importance, God can speak through virtually every biblical text to reveal truth to us. Thus, a Bible passage that we may have read many times before may suddenly speak to us now based on what is currently going on in our life.

We profit from reading the Bible slowly. If you are proficient in a second language like French or Spanish, try reading the Bible in that language. Words will jump off the page as you slowly read them in a less familiar language. You will hear them as if reading them for the first time.

Reading the text more slowly is essential for learning to love the Bible and to receive the wisdom that it seeks to impart. We love best those things that we must give regular, close attention to, like watching a baby, caring for a pet, assisting an aging parent, or tending a garden.

Throughout the Bible we encounter a cast of fascinating and bizarre characters. They are constantly changing and are substantially different at the end of the story than they were at the beginning of the story, which is not true for the characters in most Greek literature.

For example, in the *Book of Job*, Job is initially portrayed as an uptight father, who anxiously seeks to ward off any harm that might come to any of his party-loving children. By the end, he is transformed into a carefree father, who bestows on his daughters frivolous names and contrary to

patriarchal custom an inheritance.

In the Bible, many characters undergo what the Greeks called "metanoia" and the Jews called "teshuvah" or "turning away" from their previous life and "repentance."

The Bible is a story of people who are transformed: Abrahm becomes Abraham; Sarai becomes Sarah; Jacob becomes Israel, meaning "one who wrestles with God."

Simon is renamed Peter, "Petros," which means "Rocky." Upon Peter or "this Rock," Jesus will build his Church; and Saul, which means "small," will become Paul, a giant of Christianity.

It's important to note that every fully developed character in the Old Testament is imperfect. Some are complete schmucks: Abraham was the preserver of self at all costs; Jacob was a swindler; Moses committed murder; David was an adulterer and conniving killer; and Elijah was a wrathful prophet. None of them are flawless, holy men. Yet, God worked through all of them.

As we read the Bible, we must realize that it is not first and foremost about us. Scripture is exceedingly theocentric. It's about God, who is the principal and most interesting actor of all.

The overreaching story of

the Bible is not about salvation, but rather about the nature and the will of God. Again and again, we see a pattern whereby God's presence is made known to a person. Only then does God's will become operative in the world.

The first five books of the Bible, known as the Torah, Pentateuch, or the Law, are comprised of 187 chapters of which only about 20 focus on salvation such as the stories of Noah and Exodus.

What dominates the other 157 chapters is the story of God's character. This is demonstrated in God's covenant and faithfulness, which is extended to every human being. The revelation of God's will and the story of Israel's response to it – both obedient and disobedient – occupy about 120 chapters of the Pentateuch.

As you read the Bible, bear in mind that no biblical text yields only one solitary truth. A text that you read last year or ten years ago will often speak differently to you today and things that didn't speak to you before will jump off the page when you read it now.

Finally, faithful Bible reading presupposes a community of faith. This is the Church's book, not our private book. Scripture speaks best when it is read by a believer or

group of believers with open hearts and minds. I recommend creating your own support group to discuss the Bible as you faithfully read it.

After reading the entire Bible, one of my former parishioners wrote: "My own bible reading has been nothing short of profound. I am humbled and amazed at just how much this is speaking to me. Each day if I accomplish nothing else, I manage to get my reading done."

"It has become as vital to me as drinking water. And I am continually amazed at the grace that intercedes each and every time. Alright, I confess that parts of the Old Testament have been wrought with sacrifice that does not resonate with me! But still the word speaks into my living day and the glory is everywhere!"

"If my enthusiasm continues (which I hope and pray it will) I cannot wait to get to the end and do it again. Why, oh why, did I not do this earlier!"

The Rev. Marek Zabriskie is Rector of Christ Church Greenwich, a church with a passion for reading the Bible and inviting others to do so as well.

(Editor's note: you can find week one Bible readings in the second section of the Greenwich Sentinel.)

Worship Directory and Services

Assemblies of God

Harvest Time Church

1338 King St., 203-531-7778
www.htchurch.com

Worship Services: Sun, 9 & 10:45am. All services are streamed on the church's website and YouTube channel. In addition to Sundays, there are also groups for children and teens on Wednesday evenings. *Fire In The Night: January 24, 6pm. Dream Center Interest Meeting: January 26, after each Service.*

Baptist

First Baptist Church

10 Northfield St.; 203-869-7988
www.firstbaptistgreenwich.com

Sunday Servings: 11:30am, Facebook Live or for Devotion: 11-11:25am (Dial in 701-802-5355, Access code 360922).

Greenwich Baptist Church

10 Indian Rock Ln; 203-869-2807
www.greenwichbaptist.org

Worship: Sun, 11am (in person and online through Facebook & YouTube). Children Sunday School: 9:30am, ages 9-14y. Adult Bible Study: Sun, 9:30am, Fellowship Hall. Prayer Gathering: Wed, 7pm, Pastor's Office or virtual on Google Meets.

Catholic

Sacred Heart Church

95 Henry St.; 203-531-8730
www.sacredheartgreenwich.org

Mass: Mon-Fri, 7am (in the Chapel); Saturday Vigil, 4pm (in Church); Sunday: 7:30, 9:30 & 11:30am. Confessions: Sat, 3-3:30pm or by appointment. Divine Mercy Prayer Group: Wed, 7-9pm. Prayer Group: Thu, 4-5pm, in the Chapel, 38 Gold St. All are welcome. Ministry to the Homebound: if you, or someone you know, is homebound and would like a priest visit you, call the Rectory at 203-531-8730. Stations of the Cross: All Fridays during Lent, 6:30pm, in the Church, All are welcome.

St. Catherine of Siena & St. Agnes
4 Riverside Ave; 203-637-3661
www.stc-sta.org

* All Masses at St. Catherine of Siena Church are in-person and livestreamed (View our Livestream and recordings here: <https://events.locallive.tv/worship/stc-sta>)

Masses: Saturday, 3-4pm – Confessions (Specific dates confirmed weekly in bulletin.) Vigil Mass, 5pm. Sunday: 7:30am, 9am (Family Mass), 10:30am (Traditional Mass), 5pm (Teen Mass), all at St. Catherine's Church). Masses in other Languages: French Mass - 2nd Sunday of the month, 11am. Italian Mass - 3rd Sunday of the month, both at St. Catherine's Chapel. Spanish Mass, 6:30pm, St. Catherine's Church. Daily/Weekdays: Mon, Tue, Thu & Friday: 7am – Daily Mass, St. Catherine's Church; 5:15pm – Daily Mass, St. Catherine's Chapel. Tuesdays: Rosary, 6pm, St. Catherine's Chapel. Wednesdays: Adoration of the Blessed Sacrament, 8:30am-4pm, St. Catherine's Church. Ongoing: Food & Essentials Drive for Neighbor to Neighbor (there will be a car or SUV with an open trunk in the parking lot across from St. Catherine's church on Tuesdays, 9-11am. Join Music Ministries for choir rehearsals – Traditional, Contemporary, Teen, Cherub, Family Mass Choir - contact Music Director, Dr. Liya Petrides at music.director@stc-sta.org with questions. Walking with Purpose: Thursdays, through March 28, 10-11:30am (off Feb. 15 & March 14), stc-sta.org/walking-with-purpose. New Day Bereavement: starts March 5 (There's no cost and you need not be a member of the Parish of St. Catherine and St. Agnes or even Catholic, you just need to be registered. If interested, please contact Parish Partners at (203-637-3661, ext. 375).

St. Mary Church

178 Greenwich Ave.; 203-869-9393
www.stmarygreenwich.org

Public Mass: Sun: 9, 10:30am, 12:15 & 5:15pm. Sat Vigils: 4 & 7pm (Spanish). Daily: Mon-Fri, 12:05pm (Church doors will open from 10am-3pm). Confessions (English): Tue: 7-8pm; Sat: 3-3:45pm. Eucharistic Adoration: 1st Fri of the month: 12:30-5pm. *New Day Bereavement Program: Tuesdays, 1-2:30pm, through March 18.*

St. Michael the Archangel

469 North St.; 203-869-5421
www.stmichaelgreenwich.com

Mass: Mon-Fri: 7:30 & 9am. Sat: 9am & 5pm. Sun: 7:30, 8:30, 9:45am, 12 & 5pm. Confession: Sat: 4:15-4:45pm; Wed: 9:30-11am & 6:30-8pm. Eucharistic Adoration: Wed, 9:30am-8pm. New Day Bereavement Program: through Nov. 17, Thu, 7-8:30pm & through Nov. 30 (skipping Nov. 23), Wed, 4-5:30pm, 203-869-5421. *SMWA Pasta Dinner: Saturday, February 1, 8pm.*

St. Timothy Chapel

1034 North St.; 203-869-5421

Mass: Sat: 4pm (Vigil Mass). Sun: 11am. *Christmas Eve Mass - Dec. 24: 5pm.*

St. Paul Church

84 Sherwood Ave.; 203-531-8741
www.stpaulgreenwich.org

Mass: Mon-Thu: 9am; Sat: 4pm (Vigil); Sun: 7:30, 9:30 & 11:30am. Confession: Sat, 3-3:45pm. Mass on Holy Days: Vigil: 5:30pm, 9am & 12:15pm. Visit the website for information regarding the Bereavement Group (twice monthly) and weekly volunteer opportunities at the Don Bosco Kitchen and Food Pantry with the St. Paul Mercy Volunteers. All masses are available via livestream through the website. Evenings For Married Couples: 1st Thurs of every month, 7:30pm. *We are currently accepting donations (new or gently used) for Gianna's House. Gianna's House is location in Brewster, NY and helps women who are facing unexpected pregnancy with their needs and the needs of their babies. Large boxes will be placed by the doors for donations until February 17.*

St. Roch Church

10 St. Roch Ave; 203-869-4176
www.strochchurch.com

Mass: (Reservations and/or for viewing via live streaming): Mon-Fri: 7:30pm; Sat: 5pm; Sun: 7:30am (Concelebrated for Previously Scheduled 9:30am Mass Intentions), 10:30am, 12pm (Spanish). Mass Intentions: consult the bulletin for time.

Christian Science

First Church of Christ, Scientist
11 Park Pl; 203-869-1555
christiansciencect.org/greenwich

Sundays: 10:30am. Sunday School: for students up to 20yrs, 10:30am, Wed. 7:30, testimonies of healing - call in for all services 203-680-9095 code 5205207. Reading Room, 333 Greenwich Ave. 203-869-2503, M-F, 11-3, some Saturdays. Bibles and children's books for sale.

Community

First Church of Round Hill

464 Round Hill Rd; 203-629-3876
www.firstchurchofroundhill.com

In-person worship: Sundays, 10am.

Round Hill Community Church

395 Round Hill Rd; 203-869-1091
www.roundhillcommunitychurch.org

Weekly Sunday Worship services in the Sanctuary at 10am or online at roundhillcommunitychurch.org anytime. Children's Worship (grades K-5) meets during the 10 am service. Please call the Church Office or visit the website for the most up-to-date information, events, and schedules. Tools for Aging Well, 2nd Wednesday of the Month, 11am-12pm, Sanctuary. *Round Hill Art & Craft Studio: Mondays, 1-4pm.*

Congregational

The First Congregational Church

108 Sound Beach Ave; 203-637-1791
www.fccog.org

Worship: In-Person & Virtual: Sundays, 10am. Live-streaming on YouTube and Facebook, and broadcast on WGCH (1490 AM). Connect during the week: Friday: Friday Email Blast (sign up by calling the church office); Church school before worship most Sundays, 9am for preschoolers through grade 6. Online programming available via Zoom. A joyful community diverse in spiritual backgrounds and beliefs. *Quarterly Meeting Sunday, February 2, 11:15am.*

North Greenwich Congregational

606 Riversville Rd; 203-869-7763
(Instagram photos and videos @ [north_greenwich_church](https://www.instagram.com/north_greenwich_church))

Worship Service: Sun, 10:30am, in person.

Second Congregational Church

139 E Putnam Ave; 203-869-9311
www.2cc.org

Sunday worship: 8:30 & 10:30am. Children's Chapel during worship 10:30am worship.

Episcopal

Anglican Church of the Advent

606 Riversville Rd; 203-861-2432
facebook.com/greenwichanglican

Service: Sun, 9am, Holy Eucharist. Sunday School during academic year.

Christ Church Greenwich

254 E. Putnam Ave; 203-869-6600
www.christchurchgreenwich.org

Holy Eucharist: Sundays, 8am, In-person only, Chapel. Messy Church Eucharist: every Sun, 8:45am, In-person only, Parish Hall. Holy Eucharist: 10am, In-person or livestream, Main Sanctuary, Children's Chapel during the service. Choral Evensong or Sung Compline: In-person or livestream, 5pm. Wednesdays: Preach and Teach Eucharist (new time for this midweek service), 12:15pm, In-person only Chapel. Thursdays: Choral Evensong, 6:30pm, In-person or livestream, Main Sanctuary. *Youth Confirmation: Sundays, Sept. 15 - June 7, 11:15am-12:15pm. The Disciples of Christ in Community: Tuesdays, Sept. 17 - Nov. 19, 7-8:30pm. Joyful Noise with Anna Leinbach: Sundays, Feb. 16, March 9, April 6, May 11, June 1. Sunday Forum with Professor Greg Mobley, Yale Divinity School: Sunday, Jan. 26, 11:15am. Men's Gathering at the Rectory - "Individuals Who Inspire You": Thursdays, Jan. 30, 7pm. Family S'Mores Night: Sunday, Feb. 2, 3-4:30pm, Tomes Higgins House Back Lawn.*

St. Barnabas Episcopal Church

954 Lake Ave.; 203-661-5526
www.stbarnabasgreenwich.org

Holy Eucharist: Sundays, 10am (in person & livestreamed). *Join us as we celebrate all the new beginnings brought by the fall in the company of one another and of our Lord. Every Sunday features joyful preaching by our clergy, Father Justin and Rev. Phoebe, beautiful music by our director of music, Marnus Greyling, and the St. Barnabas Choir, and a warm welcome for kids and parents. Our exciting Sunday School programs for kids take place every Sunday during the 10am service: Children's Church for kids 4-8 years old, and YC (Youth Church) for those 9+.* Children are also always welcome in church, and childcare is provided all morning in our nursery. Come kick off your fall in faith. Visit us in person, on our website, and on social media (Instagram: [@st.barnabasgreenwich](https://www.instagram.com/st.barnabasgreenwich)). Small church feel - Big church experience.

St. Paul's Episcopal Church

200 Riverside Ave.; 203-637-2447
www.stpaulsriverdale.org

Worship: Sundays, 10:15am (in person and streaming). Coffee hour immediately following worship service in Selleck Hall. Sunday School (including frolic Fatih class for toddlers 2+) in the Children's Chapel downstairs - drop-off starts at 10am. Ongoing: Neighbor-to-Neighbor food drive box by office door. Pick-up is every Thursday morning. *St Paul's Annual Meeting: Sunday, February 2, after the 10:15 service.*

St. Saviour's Episcopal Church

350 Sound Beach Ave; 203-637-2262
www.saintsaviours.org

In-person Service: Sundays, 10am.

Jewish

Chabad Lubavitch of Greenwich

75 Mason St.; 203-629-9059
www.chabadgreenwich.org

Please visit our website for details on Shabbat services, classes, programs and more. Judaism 101 for Moms: Thursdays, 9:20am. Kabbala & Challah: Thursdays, 9:15am, \$20 p/class. *Parents Night Out - Cooking Demo & Dinner I: Tuesday, February 4, 7pm, RSVP.*

Congregation Shir Ami

One W. Putnam Ave; 203-274-5376
www.congregationshirami.org

All services, programs and celebrations are available online via Zoom. Kabbalat Shabbat: Fridays, 7-8:30pm, First Presbyterian Church. Soul Spa - Torah Study: Saturdays, 10-11:30am, on Zoom. *Shabbat Service: Friday, Jan. 24, 7pm, First Presbyterian Church. Soul Spa - Meet the Midrash: Saturday, Jan. 25, 10am, on Zoom.*

Greenwich Reform Synagogue

92 Orchard St.; 203-629-0018
www.grs.org

Join Rabbi Gerson and Cantor Rubin every Friday, 6pm for Shabbat Services, and once a month for Tot Shabbat, 5:30pm. All in person services are also live streamed on Zoom. *GRS Reads: Sarit Yishai-Levi's best-selling "The Beauty Queen of Jerusalem": Thursday, January 30, 12pm.*

Temple Sholom

300 E. Putnam Ave.; 203-869-7191
www.templesholom.com

Services - In-person and virtual Friday night Shabbat services, 6:30pm & Saturday morning Shabbat services, 10:30am. *Itsy Bitsy Playgroup: Fall Session: Fridays, Sept. 6-Nov. 22, 9:15am. Shabbat Mishpacha: Saturday, Jan. 25, 11am. Comedy Night: Saturday, Jan. 25, 7:30pm. 3rd-5th Grade Youth Program: Challah Baking: Sunday, Jan. 26, 11:30am. Lunch 'n Learn: Reflections from Israel with Rabbi Gisel: Tuesday, January 28, 12pm. Book Discussion: "Long Island Compromise": Wednesday, Jan. 29, 7pm. A Great Chanukah Gift Idea! Virtual Chocolate Class: Thursday, Jan. 30, 7pm, on Zoom.*

Lutheran

St. Paul Lutheran Church

286 Delavan Ave.; 203-531-8466
www.firstpaul.com

Sunday Divine Service: 9am. Sunday Bible Study: 10:30am. Wednesday Dinner: 5:30pm. Wednesday Bible Study: 6:30pm.

Methodist

Diamond Hill United Methodist

521 E. Putnam Ave.; 203-869-2395
www.diamondhillumc.com

In-person & Online Worship Service every Sunday, 10am, followed by a time of Fellowship. Wednesday Noonday Prayer & Wednesday Evening Bible Study. (Details at diamondhill.com).

First United Methodist Church

59 E. Putnam Ave.; 203-629-9584

www.fumcgreenwich.com

Sunday Worship, 9:30am (except the last Sunday of the month at 10:30am). Virtual Daily Gathering: Mon-Fri, 3pm, Zoom. Talking with Your Hands: Mon, 3pm. Reading this World as a Christian: Tue, 3pm. Back to Rock - music with Mr. Bruce: Tue, 3pm, via Zoom. Reading the Shape of Scripture: Wed, 3pm, via Zoom. Spring Bible Study: Thu, 3pm, via Zoom. Tea & Talk: Fri 3pm, via Zoom.

Bethel African Methodist Episcopal

42 Lake Ave.; 203-661-3099

Worship via teleconference: Sun, 11am and until further notice (Dial-in number: 425-436-6380, Access code: 612220).

Nondenominational

Dineletown Community Church

376 Stanwich Rd., at Barnstable Lane

Sunday Service: 10:30am. Philip Antinone – Chaplain.

Revive Church

90 Harding Rd., Old Greenwich (Old Greenwich Civic Center)
www.myrevive.org

Worship Service: Sun, 10am, Holiday Inn 980 Hope St, Stamford. Online Sermons available on Facebook ([facebook.com/myrevivechurchgreenwich](https://www.facebook.com/myrevivechurchgreenwich)) and on YouTube. All groups are online. Direct any prayer needs to the prayer chain at 203-536-2686 or revivecfm@gmail.com.

Stanwich Church

202 Taconic Rd.; 203-661-4420
www.stanwichchurch.org

Sunday Morning Worship Service: *9am & 10:45am. Kids Ministry for grades 5 and under, and Student Ministry for grades 6 and above, are offered. Live stream and recorded media are available at stanwichchurch.org. We'd love to meet you here!*

Center for Spiritual Development.

NSAC

293 Sound Beach Ave; 203-637-4615
www.Center4SpiritualDev.org

Sunday Service (hybrid: in-person & virtually on zoom): 7pm. Virtual Children's Lyceum (ages 5-14): 3rd Sunday of the month, 10-10:40am. Healing Service: 3rd Thursday of the month, 7-7:30pm. (Email Albertsonpcc@gmail.com for registration and Zoom Links). *Spiritual Mediumship class - The Joy of Mediumship: Jan. 27 & Feb. 3, 7-9*

COLUMN

The Voice of Dr. King and the Pursuit of the Promised Land



BY RABBI MITCHELL HURVITZ

The Book of Exodus describes the “Voice of Sinai.” The voice comes as the mountain quakes and erupts in thunder, fire, and smoke. The Israelites hear the voice call out with Ten Thundering Utterances, initiating the community into a collective prophetic mode.

As recorded in the Book of Prophets within the Hebrew Scriptures, Isaiah hears the voice call to him, which initiates him to become what we call a Prophet. Elijah similarly experiences God’s Voice when “God passes by him. But God was not in the wind, nor the earthquake, nor the fire, but ‘the still, small Voice.’”

The Bible notes that God interacts with humans in our world, and all of us can experience moments of divine revelation whereby we can hear God’s Voice. God is not usually located in significant events, but in the “still small Voice” within, pushing us toward the direction of justice and love.

We are never helpless in remaking the world into a better place, a moral place where God’s word and the human family can be One.

Anyone preaching or teaching the “word of God” stands on the foundation of our Jewish experience at Mount Sinai and subsequent experiences by which we hear God’s Voice. From this experience, our spiritual ancestors brought a radical, revolutionary, and theological idea to the world: ethical monotheism. At the heart of ethical monotheism is the dogmatic teaching that there is one God who teaches us right from wrong.

This week, we celebrate the leadership and impact of the Rev. Dr. Martin Luther King Jr.

Dr. King heard God’s Voice amidst a quaking world erupting in smoke and thunder. He said: “I will not be content. I can hear a Voice saying, if you do it unto the least of us, my brother, you do it unto me.”

Dr. King also declared: “In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must ever conduct our struggle on the high plane of dignity and discipline.”

We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force.

When Dr. King powerfully declared these words,

he echoed the words of our ancient Hebrew prophets, who heard God’s Voice and declared war on immoral idolatry. The prophets of the Hebrew Scriptures understood that we cannot accept falsehood in our lives, which is idolatry’s essence. Idolatry is not the worship of statues; instead, it is the belief that there is no moral Truth, no right and wrong, and we human beings are merely helpless bystanders against evil.

Idolatry is the illusion that all humanity needs to do in life is survive. All we need to do is skillfully play the game of life, manipulate others for our benefit, change sides as self-interest serves, and scheme our way to curry a moment’s favor, whether right or wrong.

The Hebrew Prophets inspired us to make no allowance for moral passivity or resignation. We are to reject moral cynicism, injustice, and cruelty and not live our lives only for ourselves and not for others.

When the Israelites escaped their Egyptian bondage and stood at Mount Sinai, they heard God’s Voice. They still felt the sting of Pharaoh’s whip upon their flesh, and they all knew about life’s inherent chaos. But, within hearing God’s Voice and the further echoes of God’s Voice as articulated by the Hebrew Prophets, we are told never to forget the

feelings of what it was to be a victim of cruelty and violence. And, with this memory, we refuse to accept immoral turmoil to exist without our continual confrontation.

There will always be brokenness within the world, and there will always be the ever-present possibility and responsibility to bring about repair. We are never helpless in remaking the world into a better place, a moral place where God’s word and the human family can be One.

Dr. King knew and embraced this ideal when he told us that “one refuses to accept despair as the final response to the ambiguities of history.”

On the last night of Dr. King’s life, he spoke in Memphis, Tennessee: “Moses, who saw the promised Land but could not enter it... And I’ve seen the Promised Land. I may not get there with you, but I want you to know tonight that we, as a people, will get to the Promised Land.”

An assassin’s bullet took Dr. King’s physical life. But, his voice - echoing the continued Voice of God - prompts us to continue our collective efforts to reach the Promised Land.

Shabbat Shalom.*Temple Sholom’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 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 the Sentinel and in other local and national publications.*

Please send obituaries, photos, and service information to Caroll@GreenwichSentinel.com. We do not charge for obituaries.



LORRAINE MEINELT

Lorraine Marie Rousseau Meinelt, age 90, of Greenwich, formerly of Westport, beloved wife of Kenneth Harold Meinelt, passed away peacefully Thursday January 16, 2025.

Born in Glen Cove, NY, the daughter of the late Charles Henry Rousseau and Gudrun Marie Olsen Rousseau, who immigrated from Norway in 1920. Lorraine’s stepsister, Clarice Kelly, preceded her in death.

Lorraine and Ken started their life together almost 70 years ago, in Levittown, NY, where they both worked for Sperry Aerospace. Ken continued his long and successful career with Sperry while Lorraine chose to stay at home and raise their four children. Ken’s positions at Sperry necessitated moves to Phoenix, AZ, Salt Lake City, UT and Edina MN. They would later relocate to Westport, CT when Ken took a position at Norden Industries. Wherever she lived, Lorraine became very involved in her local Lutheran Church. She was an active member of Our Saviour’s Lutheran Church in Fairfield, where she served on the Church Council as Property Chairperson and served as President of the Women of Evangelical Lutheran Church of America group (WELCA). She dedicated herself to volunteering in each community she lived, including Girl Scout Leader, Cub Scout Den Mother, Newcomers and Neighbors in Edina, serving as president, Philanthropic Educational Organization (P.E.O.), Pink Ladies at Holy Cross Hospital in Salt Lake City and was active in the Council of Churches of Greater Bridgeport. In addition to her loving husband, she will be sadly missed by four beloved children, Ellen Marie Meinelt of San Jose, CA, Judith Lynn Myslik and her husband William of Morrison, CO, Edward Charles Meinelt and his wife Mary of Piedmont, SC and Doris Lorraine Meinelt of Greenwich, CT and four cherished grandchildren, Chelsea Marie, Joshua Edward (Annalise), Zachary Kenneth (Jessica) and Lucas Theodore.

A funeral service will be held Friday, January 24, 2025, at 11:00 a.m. at Our Saviour’s Lutheran Church, 160 Hill Farm Road, Fairfield, with the Rev. Susan Williamson, Pastor, officiating. Interment will follow in Oak Lawn Cemetery. Friends may greet the family Thursday, January 23rd, from 4-6 p.m. in the Spear-Miller Funeral Home, 39 South Benson Road, Fairfield. In lieu of flowers, friends may consider a donation in Lorraine’s memory to Our Saviour’s Lutheran Church, Grace’s Garden.

SYLVIA MARX

January 14, 1936 - January 14, 2025

Sylvia Adele Marx, January 14, at age 89. The beloved daughter of Evelyn and William Pasternack, she was married for 64 years to the late Leonard Maximilian Marx, Jr.

Sylvia was born in 1936 in Passaic, NJ and received a B.A. in history from Connecticut College in 1957 and a M.Ed. in 1958 from Harvard Graduate School of Education. After a short career as a schoolroom teacher, Sylvia studied as a classical pianist and performed solo and duo piano recitals for several decades. She also taught advanced piano students and honed her technique through master classes and workshops.

Sylvia served on the Yale School of Music Board of Advisors and on the Marlboro Music Festival Board of Trustees. She was a longtime trustee of her alma mater, which awarded her the Connecticut College Medal in 2011. In addition, Sylvia served as a trustee of the Clark Art Institute and the Westchester Philharmonic.

Sylvia was an elegant and gracious woman with a keen intellect. She will be missed dearly by all who had the pleasure of knowing her generosity, warmth, and kindness. She was cherished by her children, Nancy Better (James) of Greenwich, CT and Richard Marx of Reno, NV. She was also adored by her three grandchildren: David (Elizabeth); Charlie; and Sarah, as well as her great-granddaughter, Alexandra.

Funeral services will be held privately. In lieu of flowers, Sylvia’s family requests that contributions be made to the Bruce Museum in Greenwich, CT; the Marlboro School of Music in Marlboro, VT; or Temple Sholom in Greenwich, CT.



ELIZABETH CONDON

Elizabeth Grant Condon (“Betty”) passed away January 15. Elizabeth was born on October 4, 1947, in Pinehurst, North Carolina, to Albert and Elizabeth Grant. As the daughter of a textile mill manager, Betty moved many times throughout the state with her brother, Holt Grant, before attending Laurenburg High School, St. Mary’s Junior College and then University of North Carolina Chapel Hill, graduating in 1969 with a degree in Education.

Betty then joined the emerging flock of professional women remaking New York City. She worked as an administrative assistant for Morgan Guaranty Trust. Betty’s hard work, attention to detail, and technical skills led to many promotions at the American Stock Exchange and CBS. Betty was always an early adopter and investor in technology, eventually working as a contractor for IBM.

In 1972, Betty met John Irish Condon in NYC. Together, they spent their courtship sailing throughout New England. In 1973, Betty and John were married in Laurenburg, NC, and spent their honeymoon in Bermuda. They chose Greenwich, CT, as their forever home, building a house on Angus Lane, where they would live for 39 years.

In 1977, Betty gave birth to John Holt Condon (“Holt”), followed shortly thereafter by Jeffrey Irish Condon in 1978. Betty dedicated her life to her children, being a wonderful and loving mother, focused on education and on providing her children with every opportunity to succeed.

Betty was always involved in the community. Betty was very active at Brunswick School as a class mom and supervising ballroom dancing, and then eventually working alongside Brunswick’s development group. Stemming from her love of sailing and her boys’ involvement with the sport, Betty held many leadership positions at American Yacht Club, including running the Junior Program, managing regatta scoring, heading the membership committee, and later advising the Club as a trustee.

Betty lived her life in perpetual motion, traveling and cruising around the world with both family and best friends. She will be remembered for her kind heart, her love of and devotion to her family, her compassion for community, and her zest for travel. Betty is survived by John, Holt and Jeff, as well as her four cherished grandchildren, Jack, Porter, Blaire and August.

Services will be held at Christ Church, Greenwich, CT, on Saturday, January 25 at 11:00 a.m.



DAVID RENNIE

David Waldron Rennie, age 63, of Shelton passed away on Friday, January 10, 2025 at St. Vincent’s Hospital. He was born in Greenwich on February 22, 1961, son of the late Gordon Hunter and Virginia Waldron Rennie. He was the beloved husband of Meg Rennie and loving father and grandfather of his daughter Katherine Rennie Carberry, her husband Kenneth, and their children Kiera and Nora, as well as his daughter Carolyn Rennie Losos and her husband Wojciech. He was the brother of Richard Rennie and his wife Terry, and the late Carol Rennie, and uncle to Karla Rennie Downing and her husband Van; Amanda Rennie; Christine Chambers and her children; Thomas Chambers; and Andrew Huber, his wife Sarah, and their children.

David graduated from Greenwich High School, where he played trumpet in the marching band, and then from Denison University with a BFA in music education. A lifelong Scouter like his father, David achieved Eagle Scout and the Order of the Arrow’s Vigil Honor and started his professional career as a District Executive of the Housatonic Council. He served in many leadership positions during his fourteen years at the Hiawatha Seaway Council (now the Longhouse Council) in New York, and his ten years at the Connecticut Yankee Council, until he retired in 2014.

David enjoyed directing summer camps, including what became Strang Scout Reservation in Connecticut and Sabattis Scout Reservation in the Adirondack Mountains of New York. Throughout his life, David also served in several leadership positions at St. Matthew’s Episcopal Church in Liverpool, New York, and at St. Paul’s Episcopal Church in Shelton, Connecticut. On March 3, 2015, David and Meg participated in an historic eight-way chain of live kidney transplant surgeries performed at Yale-New Haven Hospital. David was fortunate and grateful to receive a kidney from an altruistic donor. The near-decade that followed saw some of David’s most joyful moments. He won HGTV’s 2016 Dream Home Giveaway and celebrated the weddings of his two daughters and the births of his two granddaughters.

Calling hours were on Monday, January 20 at Riverview Funeral Home, Shelton. His funeral service took place on Tuesday, January 21 at St. Paul’s Episcopal Church, Shelton.

Friends may leave condolences at www.riverviewfh.com. In lieu of flowers, please consider making donations to the Yale New Haven Transplantation Center or the Campership Program at Scouting America’s Housatonic Council.



JAMES ROCKEFELLER, JR.

January 7, 1926 - January 8, 2025

James Stillman Rockefeller, Jr. (1926-2025) died at his home of seven decades on January 8, the day after his 99th birthday. Jim, also known affectionately

as “Pebble,” was a writer, boatbuilder, pilot, museum founder, philanthropist, father, and husband. He was also a lover of nature and interesting characters.

Jim was born in the Manhattan apartment of his parents, Nancy Carnegie Rockefeller and James Stillman Rockefeller, Sr., and raised in Greenwich, Connecticut. He was the grandson of William G. Rockefeller, great-grandson of James Stillman, and great-grandnephew of both John D. Rockefeller and Andrew Carnegie. He was predeceased by his brother Andrew Carnegie Rockefeller and sister Georgia Rockefeller Rose.

Jim attended Greenwich Country Day School and Deerfield Academy, then served in the Army Air Corps during World War II. After graduating from Yale University, where he studied English and History, he spent several years traveling and exploring before finally settling down in Camden, Maine. In 1974, he cofounded the Owls Head Transportation Museum (the largest working transportation museum in New England) along with Tom Watson, Jr. and Steve Lang and served as its chairman until 2017. For over twenty years, at Bald Mountain Boat Works, Jim built and restored boats, vintage cars, and airplanes alongside his colleague and friend, Fred Holbrook. As a pilot he clocked more than 2,000 hours in the air, flying until the age of 90. An accomplished writer, Jim wrote three books and numerous magazine and journal articles. Man on His Island, which details his travels in the Pacific, was published in 1957. His second book, Med Liv Ombord (With Liv Onboard), recounts his journey with his first wife, Liv Heyerdahl, through the canals and rivers of France in a small Viking boat. First published in 1959 in Norwegian, it was then republished in 2017 as Still and Rushing Water in English. Wayfarer, published in 2018 and winner of the 2019 Maine Literary Award for Memoir, describes his life of adventures, deep loves and losses, and fatherhood, depicting throughout the enduring passion of his relationships and his love of nature.

At the very beginning of his seaward explorations on his boat Mandalay, Jim met his first love - the children’s book writer Margaret Wise Brown - on Cumberland Island, Georgia. They were engaged to be married, but she died while away in France. Margaret introduced him to the island of Vinalhaven, Maine, where he spent years after her death loving the island and its ocean. Jim later met Stella, the mother of his first child James Bennet (“Wawa”) during his travels to Tahiti. Both Stella and “Wawa” have since deceased. He married Liv Heyerdahl in 1956 in Norway, where their two children Liv Merlin and Ola Stillman Rockefeller were born. Liv Heyerdahl died when the children were still young. Jim was also predeceased by his two stepsons, Bjorn and Thor Heyerdahl Jr., children of Liv and the Kon-Tiki explorer, Thor Heyerdahl. Since 1983, Jim had been deeply in love with Marilyn Moss, the writer and former CEO of Moss Inc. They were happily married for over 41 years, enjoying sailing and flying adventures together, along with quiet times at home watching birds in the garden and their view of Penobscot Bay.

As a philanthropist and enormously kind-hearted man, Jim contributed generously to non-profit organizations that addressed homelessness, civil rights, education, and nature conservation, among other causes. Perhaps more significant was his impact on the lives of individuals whom he helped in countless ways, including college tuition assistance for Maine students. He had an ability to believe in people who did not yet believe in themselves, and to nurture each person’s unique talents. Jim was an extraordinary man with endless curiosity, a sharp wit, a kind demeanor, and an appreciation of life’s simple pleasures. Jim described his own life as privileged, being able to “do pretty much whatever I wanted, but hopefully giving back a small part of what I have been given.” To those who knew, cherished, and admired Jim, he gave humor and wisdom. He was known for his singular phrase that was at once advice, encouragement, a farewell, and more: “Courage.”

Jim is survived by his wife Marilyn, younger sister Nancy McFadden Copp, his children Liv and Ola, his stepchildren Genevieve and Jeffrey, his grandchildren, great grandchildren, nieces, nephews, and many other family members and friends who loved him dearly.

A memorial service to honor Jim will be held at the Owls Head Transportation Museum in late spring or summer. In lieu of flowers, please consider a donation in Jim’s honor to Homeworthy at <https://homeworthy.org/donate>.

Memories and condolences may be shared with the family at www.ripostafh.com

ICY’S COLUMN
From Page 1

read his weekly columns in the New York Times, and I have read most of his books. I wish I could write like him. I don’t always agree with him, but he makes me think. And he has a way of integrating research with his personal stories that is effective and brilliant.

So, imagine my excitement when I heard that David Brooks was speaking at the high school where three of our four children graduated and where I served for 11 years on the board. Surely, I could get an invitation.

Self-importance aside, I was denied but promised a recording of his talk.

And when I got over my disappointment and finally received the password-protected Vimeo, I sat back at my computer with a good cup of coffee and listened.

Brooks’ talk was based on his latest New York Times bestseller How to Know a Person: The Art of Seeing Others Deeply and Being Seen Deeply and the school’s summer read. I, too, had read his book, so I was familiar with much of what he had to say.

Towards the end of his talk, he looked up at the auditorium full of teenagers and said the words that have kept me company these past

few months, the words that I could have glossed over, but I didn’t, and the words that I have been considering as I go into the new year.

“You need to widen your horizon of risk.” What?

My initial reaction was shock. How can anyone tell teenagers that they need to “widen their horizon of risk”? I spent the last 20 years trying to teach my own to avoid risk—or more specifically risky behaviors—and to put safety first.

But then I realized that “risk” does not just describe the threatening behaviors I was hoping my children would avoid—alcohol, drugs, unprotected sex, and reckless driving.

The “risk” that Brooks is talking about is the “risk” that has the potential of enlarging our life, not necessarily endangering it. I needed to widen my own understanding of “risk.”

And so, I considered our young adult children and wondered—were they “widening their horizon of risk?”

Last week, I got a beautiful note from a friend. In it, she wrote: “You must be very proud of your children’s accomplishments.” I took a moment to think about that.

And of course, I am. But what I am proud of has less to do with schools, jobs, and accomplishments that usually garner attention, and more to do with how they have been willing to “widen their horizon of risk.”

One child has persevered through tough challenges. Another one has moved away from the only home he knows to a foreign country to work. Another has fallen in love, taking on with grace all the beauty, complexities, and expectations of a relationship. And still another has chosen to take a year, far off the beaten path, to learn about the world and herself before she goes to college.

And as I thought about the risks that they were taking, I questioned my own.

Truth be told, I am happiest, snuggled and warm and well within my comfort zone.

Picture this: a good book, my computer, maybe a pen and a journal, a dog or two, the cat, a snack, a cozy blanket, sweatpants, a scrunchie, and a roaring fire.

That is my definition of security—where nothing can hurt me, where I feel sheltered and safe and unafraid.

And that is where I love to be.

Honestly, much in this world frightens me.

But it makes me think of this quote attributed to John A. Shedd: “A ship in a harbor is safe, but that is not what ships are built for.”

And I know that on the occasion when I do push myself out of the bunker, I learn and grow, and my world gets bigger. That is what we are built for.

So where is the risk on my horizon?

Well, let’s just say I won’t be jumping out of a

plane or bungee jumping off the side of a cliff (like a certain daughter of mine), but I do have risk on my mind.

Just the other day, I was blathering on about this very subject to an unlucky victim, and it occurred to me that writing truthfully and from the heart is a risk. Anytime we put ourselves out there, we risk rejection.

We also welcome connection. And connection has certainly expanded my world, for which I am grateful.

And looking ahead into 2025, I plan on “widening my horizon of risk” more.

I’ve already said yes to something that terrifies me.

And although I am scared to fly, I plan to say yes to more travel, more time beyond the harbor.

And as Brooks’ title proposes—I want to see others more deeply and allow myself to be seen more deeply, and certainly there is risk involved in both.

Returning for a moment to Brooks’ talk, he asked this question before concluding: “What would you do if you weren’t afraid?”

With that in mind, as I look out on the horizon of the new year—where earth or sea meets the sky—I wish everyone curiosity and courage to seek that which scares you but also makes you feel most alive.

Icy Frantz; The Icing on the Cake; Icyfrantz.net.

SEN. FAZIO
From Page 1

it but might otherwise not have it.” His comments echoed long-standing concerns about how Connecticut’s achievement gap—among the widest in the nation—limits upward mobility for many students.

The Catholic Academy, which serves nearly 900 students, stands out for its robust offerings. Executive Director Angela Pohlen described a range of programs designed to give students experiences beyond the classroom, from STEM and arts initiatives to outdoor science experiments on Long Island Sound. These opportunities, she argued, are essential for developing the whole child, particularly for families who may not have access to similar enrichment elsewhere.

Still, the academy’s ability to provide these resources depends heavily on private funding. “Non-public schools get very little money from the state,” said John Kennedy, a board member, who advocated for SB 122, a bill that would create tax

credits for scholarship donations. The proposal, while aimed at increasing financial support for schools like the Catholic Academy, underscores the reliance of such institutions on philanthropy rather than public investment.

Senator Hwang pointed to parochial schools as a potential model for innovation in education, citing their ability to maintain academic rigor while fostering extracurricular engagement. “The continued development and support of our parochial schools mirrors what is necessary to support our public schools,” Hwang said. But he also emphasized the need for systemic investment, noting that technological and pedagogical advancements must be scaled to benefit all students, regardless of the type of school they attend.

Bishop Frank Caggiano, a vocal advocate for Catholic education, highlighted the importance of partnerships between parochial and public schools. “Our goal is to help all our children to grow in wisdom and grace to unlock their gifts and talents,” he said. His vision, though compelling, raises a critical question: can collaboration bridge the structural divides that often leave public schools underfunded while parochial schools remain dependent

on unpredictable streams of private donations?

This dual challenge—unequal funding for public schools and the tenuous financial footing of many private institutions—reflects deeper systemic issues. Schools like the Catholic Academy of Bridgeport serve as a reminder of what’s possible when resources align with need. Yet their existence also highlights how much remains unresolved in a state that prides itself on its educational reputation.

Senator Fazio’s legislative proposals, such as tax credits for scholarships, offer a pragmatic starting point. But they do little to address the root causes of inequality, such as the state’s reliance on property taxes to fund public education, which entrenches disparities along socioeconomic lines.

For now, the Catholic Academy continues to navigate this complex landscape, balancing ambition with pragmatism. Its leaders and advocates remain optimistic, even as the policy solutions available to them seem incremental at best. As Bishop Caggiano noted, “Together, we can ensure all our children have the resources they need to thrive.” Whether those resources will be sufficient—and equitably distributed—remains an open question.

PARADE GRAND MARSHALL
From Page 1

where the family’s ties to the town took root.

Raised in Stamford, Father Murphy grew up in a bustling household with his parents, Philip Jr. and Betty, and his four siblings. After graduating from Stamford High in 1979, he worked as a postage meter repairman at Pitney Bowes. But in 1989, he felt a higher calling, leaving behind his toolbox to enter the St. John Fisher Seminary Residence.

His path to priesthood took him through Sacred Heart University and the Immaculate Conception Seminary at Seton Hall. Ordained in 1996 by then-Bishop Edward Egan, Father Murphy began a priestly journey that spanned parishes in Norwalk, Stamford, Trumbull, and Stratford. But in 2014, fate brought him back to Greenwich as the pastor of St. Michael Parish.

“It’s been wonderful reconnecting with the community here,” he said. “Greenwich is not just where my father grew up; it’s where I’ve found my place as well.”

Beyond his pastoral duties, Father Murphy is a chaplain for the Greenwich Police Department and the Knights of Columbus. His ability to connect with people, whether through faith or service,

makes him the perfect choice to lead this year’s parade.

The Greenwich St. Patrick’s Parade is more than floats and bagpipes—it’s a testament to the town’s enduring sense of community and heritage. For Father Murphy, it’s also a chance to celebrate the values that shaped him. “St. Patrick’s Day is about faith, resilience, and the beauty of Irish culture,” he said. “It’s an honor to be part of that.”

Mark your calendars for March 23, and visit www.greenwichhibernians.org for updates. With Father Murphy leading the way, this year’s parade promises to be one for the books—equal parts celebration and connection, with plenty of Irish pride to go around.

BRUCE MUSEUM
From Page 1

and falcons, the event highlights the ecological importance of birds of prey while emphasizing the conservation efforts necessary to protect them.

The Bruce Museum’s January and February events, while diverse in format, share a common thread: the belief that

understanding art, science, and the environment is essential to fostering compassion and action. By connecting the community to these themes, the museum continues to position itself as a space where culture and conservation converge.

Connecticut Ranks 8th in National Exoneration Study

A new study from the Omega Law Group sheds light on wrongful convictions across the United States, ranking Connecticut eighth among states for exonérations between 2020 and 2024. The study, which drew on data from The National Registry of Exonerations, analyzed wrongful convictions scaled per 100,000 residents, offering a snapshot of both progress and persistent challenges within the justice system.

Connecticut recorded an average of 3.87 exonérations per 100,000 residents during the study period. On average, individuals in the state spent 25 years wrongfully imprisoned—the fourth-longest duration

nationally. These figures underscore the enduring impact of miscarriages of justice and the substantial time required to overturn wrongful convictions.

Nationally, Illinois led the rankings with a staggering 18.41 exonérations per 100,000 residents, representing 231 exonérations over five years. This total dwarfed that of Michigan, the second-ranked state, which reported 5.98 exonérations per 100,000. Despite Illinois’s progress, the state’s average wrongful incarceration period—18 years—underscored the harrowing consequences for those affected.

Louisiana followed Michigan, with 5.68 exonérations per 100,000 residents and an average

incarceration period of 24 years. Delaware ranked fourth with 4.85 wrongful convictions per 100,000 residents, though individuals in the state spent an average of just five years wrongfully imprisoned—the shortest duration among the top-ranking states.

Connecticut’s position reflects both a commitment to addressing past injustices and the scale of the challenge ahead. Miscarriages of justice often result from systemic issues, including inadequate defense representation, racial bias, and flawed forensic practices. The Omega Law Group study noted that exonérations represent not just moments of justice but also opportunities to address these

underlying problems.

The findings point to uneven progress across the United States. While states like Connecticut have made strides in addressing wrongful convictions, others lag significantly behind. South Carolina reported just one exoneration over the study period, with a rate of 0.19 per 100,000 residents—the lowest in the country. Kentucky, Arizona, and Colorado followed closely, each with fewer than 0.35 exonérations per 100,000 residents.

Even among states with fewer exonérations, the human cost remains severe. Alabama ranked fifth-lowest for exonérations per capita but recorded an average incarceration period of 29 years—

highlighting the compounding injustices faced by individuals caught in the system.

A spokesperson for the Omega Law Group emphasized the dual nature of exonérations as both a marker of progress and a call for further reform. “This study highlights a somewhat positive shift as many states are taking meaningful steps to right the wrongs of past convictions through exonérations. However, without continued investment in reform, too many wrongful convictions risk going unnoticed,” they said.

The spokesperson also stressed the role of advocacy organizations, including innocence projects and nonprofit groups, in driving progress.

“Exonérations not only provide justice to individuals who have been wrongfully imprisoned for years—sometimes decades—but they also underscore the need for broader structural changes,” they added.

For Connecticut, the challenge now lies in building on this momentum. Advocates and policymakers must grapple with how to prevent future wrongful convictions while ensuring that those already affected receive the support they need to rebuild their lives. As the Omega Law Group’s findings suggest, progress requires not only addressing individual cases but also tackling the systemic factors that contribute to these injustices in the first place.

Obituaries



PAMELA CHIAPETTA

Pamela Jones Chiapetta, beloved mother, grandmother, sister, and friend passed away peacefully and surrounded by family on Saturday, December 21, 2024 in Bend, Oregon. The daughter of S. Thomas Jones and Nancy Knee Jones, she was born March 4, 1944 in Portland, Oregon. She attended Grant High

School, where she was on the cheerleading squad and would often sing (and cheer in her younger years) the Grant Fight Song upon request. Throughout her life she kept in touch with her core group of friends from high school, and, even when living across the country, made every attempt to attend class reunions.

Pam attended University of Oregon, where she became a member of Pi Beta Phi Sorority. She longed for adventure and so became a flight attendant for Pan Am Airlines in 1964. Her first assignment was the Newark, New Jersey to Chicago flight and, while exploring the surrounding areas, she fell in love with New England and the town of Greenwich, Connecticut. Here Pam married and raised her children, Anne and Jamie. Pam had a passion for remodeling and decorating and used this passion in her career as a top selling real estate agent for almost 40 years

in Greenwich. Many of her clients and co-workers became close lifelong friends, who often enjoyed one of her fabulous dinner parties and could sample her latest favorite recipes, which included Chicken Divan, Chicken Marsala, and Meatloaf.

After raising her family, Pam traveled and explored many European countries, including Switzerland, Italy, England, France, and Germany. She also went on many road trips - along the eastern seaboard and the west coast of the USA. Upon her retirement, Pam made her longest road trip - across the country to a new home in Arizona and eventually to Bend, Oregon, where she spent time with family, past friends, and even made some new dear friends.

Pam is survived by her daughter Anne Lopuch and her husband Dan of Sparta, New Jersey, her son, James Chiapetta and his wife Aimee of Bend, Oregon, and her four

grandsons - Peter Lopuch, Andrew Lopuch, Will Chiapetta, and John Chiapetta. She is also survived by her sister, Leslie Shaw and her husband Tom, and her brother, Thomas (Rock) Jones. She was preceded in death by her mother, father, and sister, Sydney Caba, married to Maurice Caba. She was a loving, caring daughter, mother, grandmother, sister, and friend who will be remembered for her interest in everyone’s stories and her talent for gathering friends and family together for fun times.

A memorial service commemorating her life will be held on Sunday, April 6th at 12:30, Tetherow Golf Club, Bend, Oregon. All friends, family, and acquaintances are welcome to attend. In lieu of flowers, donations can be made to ASPCA and/or Partners in Care Hospice service in Bend (www.partnersbend.org).

The Sentinel received numerous questions from readers about the Dorothy Hamill Rink over the past week. To address these inquiries, we compiled and summarized publicly available information and studies about the rink. All responses are published on this page to provide clarity and address the most common questions.

WHAT DOES THE RINK OFFER?

The Dorothy Hamill Skating Rink is run by the Dept. of Parks & Rec. It offers an extensive range of programs for the Fall/Winter 2024-2025 season, emphasizing recreational and competitive opportunities for all ages and skill levels. Key highlights include:

Public Skating Sessions: Regularly scheduled sessions, with free entry for residents aged 65 and older and children under four. Skate rentals are available for a small fee.

Skating School: Directed by Nancy Leamy, a national and international coach, the program includes group lessons for children and adults. Levels range from beginners (e.g., Snowplow Sam) to advanced skills, following U.S. Figure Skating standards. Lessons include public session practice opportunities and badge testing.

Hockey Programs: Newly introduced programs cater to skill levels from beginner to elite, led by Neal Rich, a seasoned coach affiliated with Greenwich High School and the Greenwich Cardinals Youth Hockey. Programs include: Learn to Play Hockey; Beginner, Intermediate, Advanced, and Elite hockey sessions; Stick-and-puck sessions for informal practice.

Private Lessons and Facility Rentals: Private coaching is available during public skating times. The rink also offers ice rental for hockey and figure skating and off-season indoor turf rental for various sports.

Scholarships and Accessibility: Scholarships are available for Greenwich youth, and the rink adheres to non-discrimination policies, ensuring accessibility for participants with disabilities.

The rink combines structured programs and recreational options, making it a versatile community facility for ice sports and activities

WAS A STUDY DONE?

An evaluation study conducted in September 2019, highlighted critical findings and recommendations regarding the Dorothy Hamill Rink.

Key Findings:

The 2019 study revealed that the Dorothy Hamill Rink was operating under significant physical and operational constraints. The facility’s infrastructure was aging and struggling to meet the demands of its users. Structural wear and tear, including issues with the roof, plumbing, and mechanical systems, were identified as major concerns.

At the time, the rink’s size and layout were flagged as insufficient for usage levels, which have grown since then. The facility often reached or exceeded its capacity, limiting opportunities for broader community engagement and reducing scheduling flexibility. For example, the rink hosted local youth hockey teams, figure skating programs, and public skating sessions, creating scheduling bottlenecks and leaving some community needs unmet.

Technological shortcomings were also noted in the study. The rink’s operational systems, including ice maintenance equipment and environmental controls, were outdated, leading to inefficiencies and higher operational costs. These deficiencies contributed to challenges in maintaining optimal ice quality and a comfortable environment for visitors.

Recommendations:

The 2019 study recommended a comprehensive renovation or potential replacement of the Dorothy Hamill Rink to address its aging infrastructure and capacity issues. Specific recommendations included:

Infrastructure Upgrades: Immediate repairs to critical structural components, including the roof and plumbing, to ensure the facility remained operational in the short term.

Facility Expansion: Expanding the rink to better accommodate the growing demand for skating and hockey programs. This would involve reconfiguring the current layout to improve traffic flow and usability.

Technology Modernization: Investing in state-of-the-art ice-making and energy-efficient systems to reduce costs and improve operational sustainability. Upgraded systems would enhance ice quality and reduce the environmental impact of the facility.

Long-term Strategic Planning: Engaging the community in discussions about the potential for a completely new facility, ensuring that it met future needs while retaining the character that had made the Dorothy Hamill Rink a local icon.

Community and Financial Considerations:

The report underscored the importance of community input in deciding the future of the rink. Given its central role in Greenwich’s recreational landscape, any changes would need to reflect the priorities and needs of residents. However, the study also acknowledged the financial implications of these recommendations. Renovation or replacement costs would require substantial investment, prompting the need for creative funding solutions, such as public-private partnerships or grants.

WHO USES THE RINK?

Dorothy Hamill Rink Community Engagement Survey, conducted by the Town of Greenwich’s Department of Parks and Recreation in January 2023, garnered 2,980 responses and provided a detailed look into the community’s use of the rink, its importance to residents, and the widespread support for its redevelopment.

Respondents overwhelmingly emphasized the rink’s unique role as a community gathering place. Nearly **56% of survey participants reported that they, or a member of their household, participated in activities or programs at the rink.** Among the top reasons cited for its importance were recreation, accessibility, and its ability to bring families together.

“Dorothy Hamill Rink is more than a venue for skating—it’s a space where people of all ages come together to connect, learn, and grow,” said a respondent in the survey.

The rink is also recognized as a hub for youth development. Many participants noted the critical role of programs such as youth hockey leagues and learn-to-skate classes in teaching skills, teamwork, and discipline.

The survey detailed the range of activities offered at the rink. Public skating was identified as the most popular, with **49% of respondents** engaging in open or family skate sessions. **Youth hockey leagues followed, with 26% participation**, highlighting the rink’s prominence in the local hockey community.

Learn-to-skate programs and figure skating also drew notable interest, particularly among younger residents and their families. Community events held at the rink were praised for bringing residents together in ways that extend beyond sports.

Despite its popularity, the Dorothy Hamill Rink is aging and struggling to meet the evolving needs of the community. Feedback from respondents indicated concerns about the rink’s amenities, with many calling for modernized locker rooms, expanded seating, and energy-efficient systems. **Respondents expressed overwhelming support—84%—for constructing a new rink adjacent to the current one, ensuring continuity of use during redevelopment.**

Temporary rink options were also explored. **While 37% of respondents said their rink usage would remain unchanged during construction, 18% anticipated a decrease, citing concerns about reduced amenities and limited ice time.**

In addition to its role as a sports facility, the rink supports broader community use. Approximately **34% of respondents reported using the adjacent Eugene Morlot Memorial Park, with activities ranging from walking and running (78%) to playground visits (35%).**

The survey underscored the significance of the rink as an **affordable, accessible resource in a town where private facilities often dominate the recreational landscape.**

For original documents, meeting minutes, newsletters, and up to date information, visit: www.greenwichct.gov/1926/Skating-Rink-Replacement-Project

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TAX NOTICE

CONSOLIDATED REAL ESTATE PROPERTY TAXES

TOWN OF GREENWICH

THIS IS A REMINDER FROM YOUR TAX COLLECTOR

The Second Installment of Town Real Property and Sewage System Maintenance Taxes are due January 1, 2025 and must be paid by February 3, 2025. Delinquent taxes are subject to an interest charge of 1.5 % per month (A fraction of a month is defined by statute as a whole month) from the installment due date. Minimum interest charge is \$2.00.

Taxes may be paid by mail or at the Tax Collector Office, Town Hall located at 101 Field Point Road, from 8:30 A.M. to 3:30 P.M. Monday through Friday. You may pay online with a credit card or electronic check (ACH/EFT). A convenience fee is charged by the provider for this service. Any taxpayer who pays by check must submit the second half remittance stub with the payment and the canceled check will be the receipt.

TAX NOTICE

SUPPLEMENTAL MOTOR VEHICLES PERSONAL PROPERTY TAXES

The Tax Collector of the Town of Greenwich hereby gives notice that any person who registered a Motor Vehicle between October 2, 2023 and July 31, 2024 is liable for the payment of property taxes due January 1, 2025 and must be paid by February 3, 2025 without penalty as per Public Act 76-338 as amended (as enacted by the Connecticut State Legislature). Taxes are delinquent if not paid by February 3, 2025, subject to interest at the rate of 1.5 % per month (A fraction of a month is defined by statute as a whole month) from the due date. Minimum interest charge is \$2.00.

Taxes may be paid by mail or at the Tax Collector Office, Town Hall located at 101 Field Point Road, from 8:30 A.M. to 3:30 P.M. Monday through Friday. You may pay online with a credit card or electronic check (ACH/EFT). A convenience fee is charged by the provider of this service. Any taxpayer who pays by check must submit the second half remittance stub with the payment and the canceled check will be the receipt.

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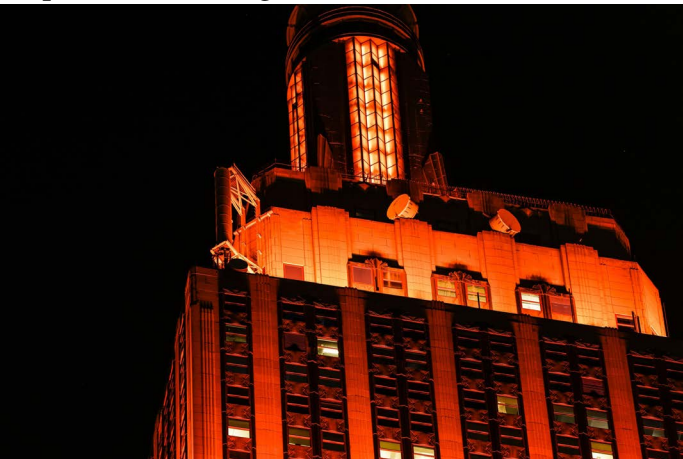
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NEWS BRIEFS

Empire State Building Honors Andrew Niblock



On January 13, the Empire State Building was lit in GCDS orange to honor Andrew Niblock. Niblock, who battled ALS, was remembered for his optimism. The event served as a tribute to his courage in facing the disease.
Photo Credit: Greenwich Country Day School

POLICE & FIRE

Sidewalks Cleared Ensure Pedestrian Safety

The Greenwich Police Department reminds residents to clear sidewalks of snow and ice within 18 hours of a storm. This ensures sidewalks remain safe and accessible for pedestrians.

Town Investigates Parking Scam Alert

Greenwich residents have reported receiving fraudulent text messages about unpaid parking tickets. The Department of Parking Services confirmed they do not send such messages, and the Greenwich Police Department is investigating. Residents should ignore the texts and contact Parking Services directly with any questions.

AROUND TOWN

Donated Equipment Aids Community Needs



Holly Hill's Wheel It Forward program collects durable medical equipment (DME), such as wheelchairs, walkers, and canes, for redistribution to those in need. Donations of gently used equipment can be dropped off at the Operations Field near the attendant's shed.
Photo Credit: Greenwich Public Works

Town Conditions on 8-30g Project Challenged

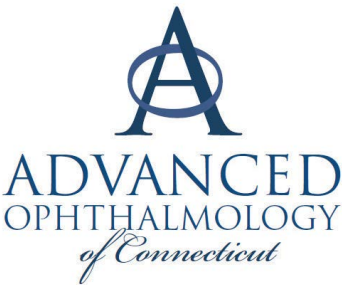
Mason Street Partners LLC has sued the Greenwich Planning and Zoning Commission over conditions attached to its approval of an 8-30g affordable housing project on Mason Street. The developer claims the conditions, including size and distribution requirements for affordable units and restrictions on retail use, violate state law and threaten the project's viability. The case, now in the Hartford land use docket, will determine whether the commission's actions comply with Connecticut's affordable housing statute.



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Bobcats Thriving in Greenwich's Forests



Bobcats are native to Connecticut and have been making a comeback in suburban and rural areas, including Greenwich. These solitary animals avoid human interaction and pose no threat to people. Bobcats help control rodent populations and are a protected species in the state.
Photo Credit: Greenwich Conservation Commission

LOCAL BUSINESSES AND NONPROFITS

Queen Willa's Countdown to the Bell



A Greenwich family has launched a fundraiser, "Queen Willa's Countdown to the Bell," to support Circle of Care, LiveFree, and Swim Across America's Fairfield County chapter. The fundraiser offers coupon booklets and direct donations to benefit these organizations, which assisted their daughter, Willa, during her leukemia treatment. Willa, now 5, is set to complete her chemotherapy and radiation in July. For more information, visit <https://www.gardencatering.com/WILLASCOUNTDOWN/>

Hemingway Book Returned After Decades

A copy of Ernest Hemingway's The Sun Also Rises, originally due at Greenwich Library on April 15, 1969, was recently returned after nearly 56 years. The borrower explained it was accidentally packed during a move to upstate New York in 1980. With overdue fines eliminated in 2022, the library accepted the book without penalty, along with a check to replace it.

Red Cross Aids Wildfire Recovery

The California wildfires have caused widespread destruction, displacing families and pets, and destroying homes and belongings. The American Red Cross is providing food, shelter, emotional support, and other critical aid through over 400 workers on-site. Donations and volunteer support can be directed through the Red Cross to assist ongoing relief and recovery efforts.

Bruce Museum Hosts Animal Day

The Bruce Museum held "Acts of Community Service for Animals Day: Fun Fur All" on January 20 from noon to 4 pm, offering free admission for visitors under 18. The family-friendly event included activities like bird feeder crafting, animal-inspired headband making, and a scavenger hunt through the museum's galleries. Participants also learned about how animals adapt to winter.

Camera-less Photography Exhibit



The Camera-less exhibit at Flinn Gallery, running through March 5, features works by Joanne Dugan, Amanda Marchand, Anne Arden McDonald, and Liz Nielsen. The exhibit focuses on camera-less photography, a technique that dates back to the 1800s. It demonstrates how artists today create photographic images without using a camera.
Photo Credit: First Selectman Camillo's Community Connections, Work by artist Liz Nielson

PEOPLE IN TOWN

Greenwich Resident Joins TPIU

The Patient Is U Foundation (TPIU), a nonprofit focused on patient-centered healthcare, has appointed Greenwich resident Claudio Pannunzio as Chairman of the Board. Pannunzio will oversee TPIU's strategic direction, including advocacy, education, and partnerships aimed at fostering compassionate care and reducing healthcare costs. Founded in 2017, TPIU works to improve patient experiences and support caregivers in delivering empathetic care.

Greenwich Comptroller Plans Smooth Transition

Peter Mynarski, Greenwich's comptroller since 2004, plans to retire later this year, and the town has begun searching for his replacement with a starting salary of \$200,000. The finance department, which manages budgeting, audits, and retirement plans, is also facing additional transitions, including the planned retirement of Budget Director Roland Geiger. The town is using an executive search firm to aid in recruiting a new comptroller.

Father Murphy Leads St. Patrick's Parade

Father Richard Murphy will serve as Grand Marshal of the 49th annual Greenwich St. Patrick's Parade, organized by the Greenwich Hibernian Association. He will be installed on March 8 at the group's dinner dance, and the parade will take place on March 23 at 2 pm A Stamford native and current pastor at St. Michael Parish in Greenwich, Murphy has served as a police chaplain and has strong ties to his Irish heritage through his paternal grandparents.
Photo Credit: Greenwich Hibernian Association

SCHOOLS

SHG Students Explore CAHM



The Middle School Chinese classes at Sacred Heart Greenwich visited the Museum of Chinese in America. Students explored Chinese American history through primary sources, artifacts, and personal stories. The exhibits were presented in both English and Chinese.
Photo Credit: Sacred Heart Greenwich

SPORTS

GHS Boys BBall Shows Resilience



Greenwich High School's boys basketball team lost 58-48 to New Canaan on January 17, despite a late comeback attempt. Matthew Maloney scored 20 points, with 18 coming in the second half, and Sandro Scott added 10. The team trailed by double digits but narrowed the gap to three points in the fourth quarter.
Photo Credit: Ben Harper/Chaos Crew Media

Brunswick Wrestling Dominates Invitational

The Brunswick School wrestling team won the 50th Annual Brunswick Invitational Wrestling Tournament on January 18, 2025, with 373 points, securing the team title for the second time in three years. The Bruins had four champions and 19 wrestlers place in the top six of their weight classes. New York Military Academy and Eagle Hill School finished second and third, respectively.

GHS Girls Basketball Stays Undefeated



Greenwich High School's girls basketball team improved their record to 10-0 with a 47-27 victory over New Canaan on January 17. The team had previously defeated Bridgeport Central 48-19 on January 14. Their next game is against Staples on January 21, followed by a home game against Trumbull on January 24.
Photo Credit: Dan Utzinger

FROM HARTFORD

CT Strengthens Climate Change Resilience

Governor Ned Lamont announced a legislative proposal to enhance Connecticut's resilience to extreme weather and climate change. The plan includes measures such as improving flood insurance awareness, expanding coastal development reviews, restricting high-risk flood zone development, integrating climate risks into municipal planning, and requiring infrastructure mapping. The proposal will be detailed in his budget address on February 5, 2025.

Crackdown Targets Illegal E-Cigarette Sales

Connecticut's Attorney General William Tong has served civil investigative demands to 12 local smoke shops and two wholesalers as part of a nationwide effort targeting illegal, youth-oriented disposable e-cigarettes. These products, often imported illegally from China, are not regulated by the FDA and contain high levels of nicotine. Attorneys general from multiple states are taking enforcement actions to address the sale and distribution of these products, which are popular among youth.

Connecticut Forces Support Safe Inauguration

Governor Ned Lamont authorized the deployment of over 200 members from the Connecticut National Guard and 35 State Police personnel to Washington, D.C. to assist with security for the 60th U.S. Presidential Inauguration. The National Guard provided support in areas including public safety and infrastructure protection, while the State Police assisted with crowd control. Both deployments were in response to requests for aid from federal and local agencies.

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203.461.5964

| Address | Original List | List Price | Sold Price | DOM | BR | FB | Acres | SqFt |
|--------------------|---------------|-------------|-------------|-----|----|----|-------|-------|
| 12 River Lane | \$2,225,000 | \$2,175,000 | \$2,225,000 | 137 | 4 | 2 | 0.25 | 2,653 |
| 11 Valleywood Road | \$2,650,000 | \$2,650,000 | \$2,700,000 | 5 | 5 | 4 | 0.19 | 2,765 |
| 472 N Maple Avenue | \$4,495,000 | \$4,295,000 | \$4,200,000 | 109 | 3 | 3 | 1.14 | 4,155 |
| 220 Overlook Drive | \$5,995,000 | \$5,995,000 | \$5,675,000 | 172 | 6 | 6 | 0.38 | 7,500 |

NEW LISTINGS

DATA FROM LOCAL REAL ESTATE AGENT

TIMOTHY AGRO, GREENWICH STREETS TEAM

203.461.5964

| Address | List Price | Price/SqFt | SqFt | AC | BR | FB | Area |
|------------------------|--------------|------------|--------|-------|----|----|---------------|
| 1465 E Putnam Ave. 220 | \$500,000 | \$548 | 912 | | 1 | 1 | Old Greenwich |
| 10 Rex Street | \$825,000 | \$594 | 1,390 | 0.15 | 3 | 3 | Pemberwick |
| 15 Lafayette Court 1C | \$1,130,000 | \$958 | 1,180 | | 2 | 2 | South Parkway |
| 51 Forest Avenue 33 | \$1,498,000 | \$660 | 2,271 | 0 | 3 | 2 | Old Greenwich |
| 20 Church Street A52 | \$1,695,000 | \$1,286 | 1,318 | | 2 | 2 | South Parkway |
| 137 Sound Beach Avenue | \$1,950,000 | \$1,131 | 1,724 | 0.23 | 3 | 1 | Old Greenwich |
| 81 Hendrie Avenue | \$4,100,000 | \$1,016 | 4,035 | 0.35 | 5 | 5 | Riverside |
| 70 Sumner Road | \$5,495,000 | \$588 | 9,340 | 4 | 6 | 6 | North Parkway |
| 34 Dublin Hill Drive | \$9,495,000 | \$1,022 | 9,295 | 3.24 | 5 | 7 | South Parkway |
| 14 Meadow Drive | \$9,750,000 | \$1,028 | 9,483 | 3.2 | 10 | 6 | South Parkway |
| 111 Conyers Farm Drive | \$18,995,000 | \$1,330 | 14,284 | 18.43 | 6 | 9 | North Parkway |
| 547 Lake Avenue | \$21,000,000 | \$1,726 | 12,168 | 3.62 | 7 | 9 | South Parkway |

Featured Open House

51 Forest Avenue #33


Old Greenwich

\$1,498,000

Sun 12-3 PM

BHHS New England Properties

The Real Estate Records In 2024



BY MARK PRUNER

THE BIGGEST, THE SMALLEST AND THE LONGEST DOM

In 2024, we had 500 single family home sales which is well below our 10-year pre-Covid average of 621 sales. Given how little inventory we had all year, it is actually surprising that we did this well.

In 2024, we had the tightest market ever with only 88 listings at the beginning of 2024. At that time, most price ranges all the way up to \$4 million only had a few weeks of supply. Buyer demand was high and houses that had sat on the market for years were selling.

Fast forward to December 2024 and our months of supply is still way under 6 months of supply, the traditional dividing line between a buyer's and a seller's market. All the way up to \$5 million we are under 3 months of supply; what I call a super-seller's market

Overall, 2024 was a white-knuckle ride. If you wanted a to buy in Greenwich, you had to move quickly or see the value in the houses that others had picked over. So, let's take a look at the highlights and lowlights of this year's market.

I. HIGHEST SALE

A. BY NEIGHBORHOODS OVER \$10 MILLION.

- South of Post Road – 21 Vista Rd - \$31,500,000 (RPO)
- Mid-country – 22 Dairy Rd - \$16,250,000
- Backcountry – 74 Lower Cross Rd - \$11,000,000
- Riverside – 42 Dawn Harbor Lane - \$10,950,000

Probably no market changed more year to year than our over \$10 million market. We have had 17 sales over \$10 million this year and we had another 4 private sales. (Stay tuned, next week's article is about the 20% of the market that were our private sales.) In 2023, we only had 12 sales over \$10 million in 2023, so the high-end is doing well.

This year our highest priced sale of the year was in the Indian Harbor

Association at 22 Vista Drive for \$31,500,00 which many years ago had been Ivana and Donald Trump's place. Last year our highest sale was for \$17.6 million in backcountry.

The highest sale appeared on the GMLS for "recording purposes only" as it had been on and off the market for several years and at the time it sold it wasn't publicly listed. The highest active listing was 22 Dairy Road at \$16,250,000, which had been on for 189 days, when it went to non-contingent contract.

When the stock market does well the Greenwich high-end market does well. The stock market is up and crypto is way up. Both markets are volatile and taking some money off the table and putting it into Greenwich real estate can be prudent estate planning.

BTW: These numbers are all based on the Greenwich MLS numbers and do not include private sales, which as I said, I'll write about next week. Our private sales show a bifurcated curve with more private sales below \$1.5 million and above \$6.5 million.

II. LOWEST SALES PRICE

A. BY NEIGHBORHOOD

- Byram – 127 Henry St - \$515,000
- South of Parkway – 22 Grand St – \$610,000
- Pemberwick – 29 Pemberwick - \$725,000
- South of Post Road – 24 Prospect St - \$750,000

As you might expect our lowest priced sales was in Byram followed by Chickahominy, two of our most affordable neighborhoods. Our next lowest priced sale was in Pemberwick and was over \$700K. The median house sales price in the State of Connecticut is around \$400,000. This year, like the past several years, we had no sales under \$400,000 and we only had these two sales under \$700K.

None of our lowest priced houses are in move-in condition, so these sales prices do not reflect the buyer's total first year costs. If you are looking for a bargain in Greenwich, they are all gone, so if you are looking for a house under \$1,000,000 be prepared to move quickly. Right now, in mid-January 2025, you have

As the Head of the Upper School and a Sacred Heart Network alumna, I understand the transformative power of a Sacred Heart education.

a choice of one house under \$1 million and it's listed for \$825,000.

III. BIGGEST HOUSE

Our biggest house sold this year was also the highest priced at 21 Vista Drive at 19,786 s.f. Our second biggest house was at 18 Simmons Lane at 19,096 s.f. and was a bargain at only \$10,400,000.

IV. SMALLEST HOUSE

Our smallest house was also our least expensive house at 127 Henry St. As noted above, it sold for \$515,000 and was only 768 s.f. Our next smallest house was in central Greenwich at 147 E. Elm St. It was only 1,024 s.f. but sold for \$1,300,000. Anything close to town sells for a premium even if the lot is only 0.12 acres as it was here.

V. INVENTORY

- A. Lowest – 88 listings – 1st week of January – (2019 –

454 listings)

- B. Highest – 170 listings - 3rd week of Sept - (2019 – 630 listings)

Every week this year, we set a new record for lowest inventory of all time until June, when we barely eked above our very low 2023 inventory levels. We finished the year with 97 listings just above 2023's year-end inventory of 93 listings. By the beginning of 2025 we once again slopped into record low inventory levels with only 86 single family homes on the market in Greenwich. There is not nearly enough inventory to meet demand.

VI. DAYS ON MARKET

When you are in a tight market, one thing that happens is that houses that have been sitting for a long time find buyers. This year we had 11 houses sell that had been on the market for

more than 365 days. The highest DOM was 90 Oneida Drive selling after 1,210 days on market. The second longest days on market was 6 Windrose Way at 900 days on market. There is a good chance that other houses even exceeded this total, but they had been on and off the market so that days on market got reset.

VII. ACRES

Our largest lot size sold this year was 618 Lake Avenue at 12.3 acres. That's a nice size, but it is indicative of how few great estates survive intact. At the other end of the lot size, our smallest lot sales were a tie at 0.07 acres at 24 Prospect St. and 127 Henry Street, our two most inexpensive houses. These lots were right at 3,000 s.f. This means that the lot size for these two houses was less than houses' square footage 171 of

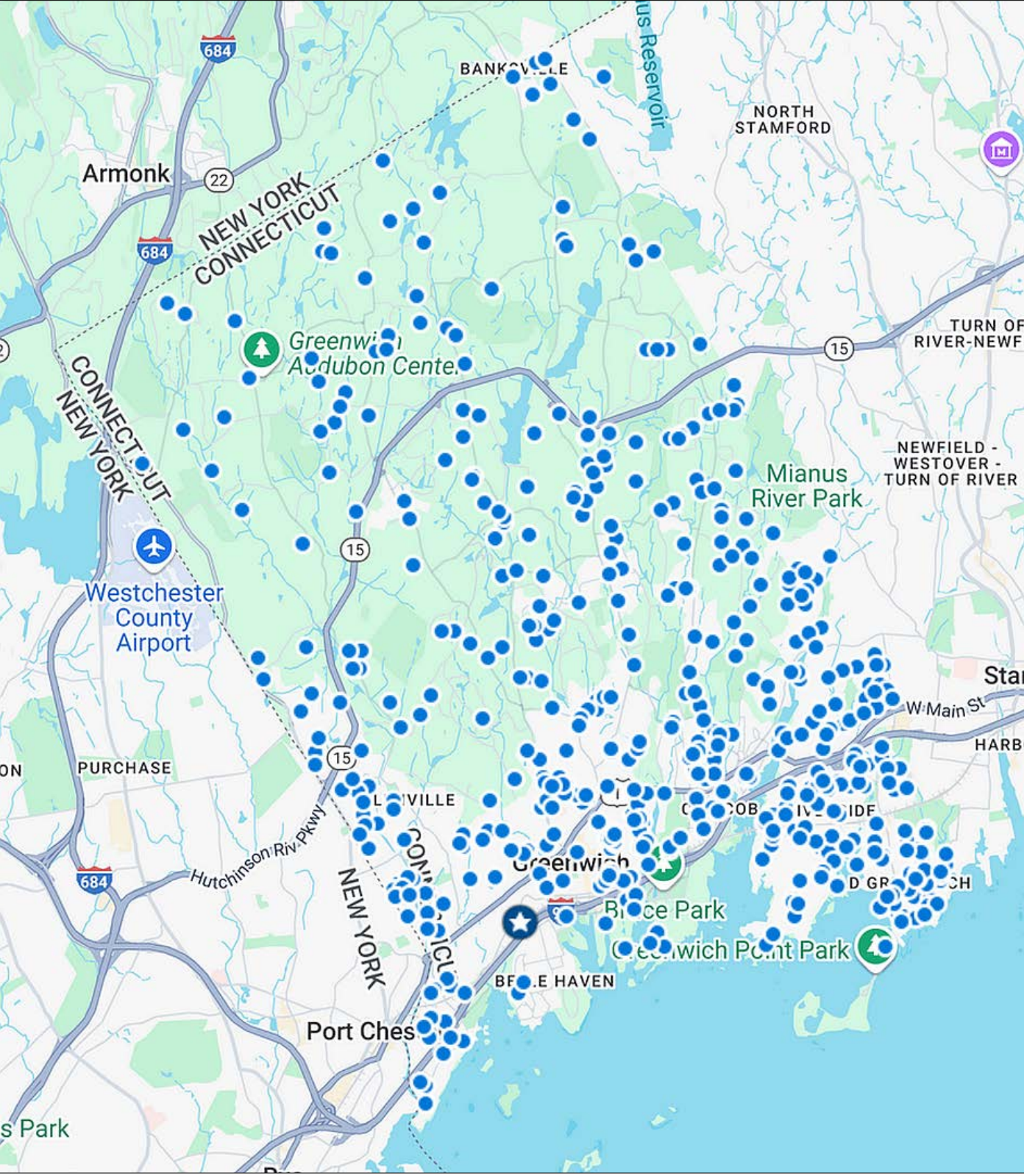
our 500 houses sales house that sold last year; i.e. these lots were smaller than most people's houses.

VIII. OLP VS SP

Our most over list price sale was at 52 Shore Road. It went for 59% over list price. It listed for \$3,495,000 and sold for \$5,500,000 in 28 days on market. Of our 500 sales so far this year, 289 went for full list price or over list price. At the other end 429 Round Hill Road went for only 56% of its original list price and took 608 days to get to contract.

All in all, an interesting year, and so far, 2025 is starting out even more interesting..

Mark Pruner, along with his brother Russ Pruner, are the founders of the Greenwich Streets Team at Compass Real Estate. He can be reached at 203-817-2871 or mark.pruner@compass.com.



COMPASS PERFECTION!



GREENWICH STREETS TEAM AT COMPASS

MARK PRUNER | DENA ZARRA | RUSSELL PRUNER
TIMOTHY AGRO | FELIPE DUTRA



547 Lake Avenue | \$21,000,000 7 BEDROOMS | 9.3 BATHS | 12,168 SF | 3.62 ACRES

Rarely in our 40 years of listing Greenwich real estate have we been able to list a home that is true “Perfection.” No detail in this home has been overlooked. It offers its new owners everything they might want - size, location, condition, and property. Most important is the degree of detail the Owner used to completely renovate this lovely one-of-a-kind brick Georgian Colonial in the heart of mid-country Greenwich. It is superbly renovated with great attention to detail. This home offers such resort-style details as an in-ground pool with a spa, a cabana with a large sauna, an outdoor kitchen, wonderful terraces, an outdoor fireplace, a tennis court, professionally landscaped grounds, and an indoor basketball court. It was masterfully renovated in 2017 by Hobbs, Inc. This meticulously maintained home boasts extra high ceilings, wide hallways, wide planked oak floors, nine gas fireplaces, an elevator, radiantly heated floors, and custom wood cabinetry on three levels. Further highlights include seven en-suite bedrooms, nine full baths, three half baths, a rec room, a wine cellar, a gym, a playroom, and a media room. The oversized primary suite offers a spa bath, two fireplaces, and custom wood closets. A chef’s kitchen, deluxe butler’s pantry, outdoor atrium, and two garages with space for eight cars complete this amazing home.



The Greenwich Streets Team at Compass
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Empowering Young Women to Lead with Confidence and Purpose



By MEGHAN MCMAHON

High school is a pivotal time in a young woman's life, marked by academic, social, spiritual, and personal growth. These years should provide a secure environment where she can explore her passions, build meaningful connections, and prepare for the future. At Sacred Heart Greenwich, we offer more than just a learning space; we create a community where young women are supported and inspired to thrive with confidence and purpose.

A collaborative environment is essential for young women to overcome challenges and seize opportunities. At Sacred Heart Greenwich, we celebrate individuality while fostering a culture of respect and support. Through retreats, advisory meetings, service experiences, and diverse extracurricular activities—

from athletics to the arts—every student builds lasting connections that bolster her academic and personal growth. This sense of belonging empowers her to voice her ideas confidently and engage deeply with her passions.

It is also an important time to explore different interests. Our wide range of electives—from visual and performing arts, media studies, science research, and journalism—encourages students to explore creative, intellectual, and artistic pursuits, fostering self-discovery and leadership. Whether sculpting, coding, or competing on the field, Sacred Heart Greenwich students are inspired to think critically and creatively, expressing themselves with confidence.

Leadership development is integral to our mission. Programs like Student Council, Peer Leadership, and the Leadership Academy, along with student-led clubs such as robotics, Model UN, and sustainability initiatives, enable students to pursue their passions while honing essential skills like critical thinking and collaboration. Our athletic, arts, and science programs further instill teamwork, discipline, and self-expression—key qualities for future leaders. These experiences prepare

As the Head of the Upper School and a Sacred Heart Network alumna, I understand the transformative power of a Sacred Heart education.

students to excel in college and beyond, equipping her to inspire change and lead with purpose.

Faith and community service are cornerstones of the Sacred Heart Greenwich experience. We encourage young women to make positive impacts on their communities, developing empathy, responsibility, and leadership skills through hands-on projects and partnerships. Guided by our faith-based mission, they learn to navigate life with integrity and humility through prayer, reflection, service, and retreats. They also have the opportunity to serve as Extraordinary Ministers of Holy Communion, deepening their faith and commitment to service.

In today's interconnected world, a global perspective is essential. Sacred Heart Greenwich is part of a network of schools in over 40 countries, offering opportunities for international

and domestic exchange programs. Our Global Scholars program and cross-cultural initiatives broaden horizons, fostering global awareness and preparing students to become compassionate leaders in a global society.

Graduates leave Sacred Heart Greenwich with a strong academic foundation, a confident sense of self, and a lifelong sisterhood. They are courageous, confident, and ready to make meaningful contributions to the world. For families seeking a high school experience that blends academic excellence, leadership, service, athletics, arts, and faith within a supportive community, Sacred Heart Greenwich is where young women thrive.

As the Head of the Upper School and a Sacred Heart Network alumna, I understand the transformative power of a Sacred Heart education. My team

is committed to supporting each young woman's personal, academic, and leadership development, helping her to forge a unique path with confidence.

Meghan McMahon, Head of Upper School for Sacred Heart Greenwich is the educational leader of the Upper School, ensuring students' educational, physical, social, psychological, and spiritual needs are met through an innovative and robust curriculum that will prepare them for college as well as their future careers. In addition, she oversees programs to support educators and oversee the coordination of the co-curricular and extra-curricular activity programs. McMahon, a graduate of the Newton Country Day School of the Sacred Heart, holds a Bachelor of Arts from the College of the Holy Cross, a Master of Arts in Teaching and History from Tufts University, and a Master of

Education in Educational Leadership from Columbia University, Teachers College.

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Local Weather: The Week Ahead

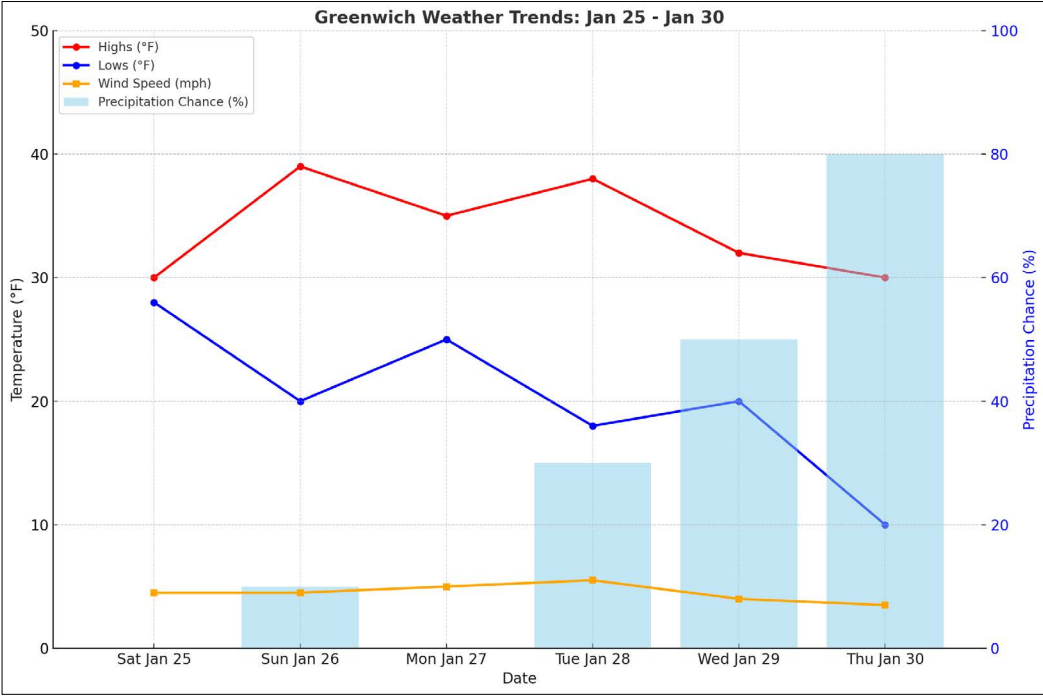
By EMMA BARHYDT

The week brought an unforgiving chill to much of the United States, and Greenwich was no exception. After enduring highs of 17°F and 19°F, ending the week in the mid to high 30's feels downright balmy. As the week concludes, Greenwich residents can look forward to more seasonable conditions, with temperatures settling within the historical averages for late January.

Saturday, January 25, will usher in a reprieve with abundant sunshine. Highs will hover in the low 30s, dipping into the high 20s overnight. Winds will remain calm, with speeds under 10 mph and gusts below 20 mph—ideal conditions for those venturing outdoors.

Sunday, January 26, will be a bit warmer with highs in the high 30's, possibly breaking into the low 40's. The day will be a little gloomier than Saturday with 75%

| Day/Date | Emoji | Weather Forecast |
|-------------------|-------|---|
| Saturday, Jan 25 | ☀️ | Abundant sunshine; calm winds |
| Sunday, Jan 26 | ☁️ | Cloudy with highs in the high 30s; gusty winds |
| Monday, Jan 27 | ☁️ | Partly sunny, highs around 35°F |
| Tuesday, Jan 28 | ☁️ | Mostly cloudy with a chance of flurries |
| Wednesday, Jan 29 | ☁️ | Partly cloudy, slight chance of wintry mix |
| Thursday, Jan 30 | ❄️ | Sleet and freezing rain persisting throughout the day |



cloud cover. You can expect average winds of just under 10 mph and gusts of up to 25 mph. The lows this evening will be in the low 20's with much of the cloud cover clearing.

By Monday, January 27, the weather will cool slightly, with

highs in the low 30s, potentially reaching 35°F. Expect a mix of sun and clouds, with 50% cloud cover throughout the day. Winds will pick up marginally, averaging just over 10 mph with gusts reaching 25 mph. Overnight temperatures will settle in the mid-20s.

Tuesday, January

28 will deliver some of those balmier temps with the high today in the high 30's, possibly even getting into the low 40's. Today will be mostly cloudy with a strong chance for some flurries. Any precipitation will be only just enough to add some winter magic to your day and result in no

As January draws to a close, the forecast suggests a cold, rainy finale.

accumulation. Tonight, we dip back into those colder temps with lows in the high 10's.

Wednesday, January 29 sees slightly cooler daytime temps, with a high in the low 30's. Today will be partly cloudy with a cloud cover of 47% and a chance for a snow shower or a moment of wintry mix. Wind speeds and gusts will be low all day. The evening will see a low in the low 20's with a high probability of intermittent sleet and freezing rain, exercise caution while driving.

Thursday, January 30, will bring the week's most challenging weather. Sleet and freezing rain from Wednesday night will persist throughout the day, keeping roads slick and hazardous. Day time temperatures will

be in the low 30's and may fall below freezing. There is the possibility of snow in the afternoon as the storm finishes up. By nightfall, the storm will depart, leaving Greenwich with lows in the mid to low 10's and partly cloudy skies.

As January draws to a close, the forecast suggests a cold, rainy finale—fitting for a month defined by winter's grip. Residents are advised to exercise caution on icy roads, avoiding sudden braking and maintaining safe distances between vehicles.

For non-emergencies, Greenwich residents can contact the police department at 203-622-8000. In case of emergency, dial 911.

Nationally: The Week Ahead

By EMMA BARHYDT

Northeast:
The Northeast will experience fluctuating weather throughout the week. On Sunday, January 26, expect a mix of clouds and sun with breezy conditions. A cold front arrives on Monday, January 27, bringing much colder air. Snow showers are likely midweek, with light accumulations possible on Tuesday, January 28, and Wednesday, January 29 further north. By Thursday, January 30, snow, sleet, and freezing rain will affect the region, particularly along coastal areas. The week ends on Friday, January 31, with sunny but frigid conditions, maintaining the winter chill.

Southeast:
The Southeast faces significant winter storm impacts during this period. On Sunday, January 26, Southeastern Texas, including Houston and Beaumont, will see light to moderate snowfall, while areas from Lake Charles to Lafayette may experience

heavier accumulations. These areas could see record-breaking totals by the time the storm ends. New Orleans faces some uncertainty, with 2–5 inches of snow likely, though some models suggest totals as high as 10 inches, potentially surpassing historical records. Northern Florida and southern Georgia remain at risk for significant ice accumulation, which could lead to power outages and hazardous travel conditions, especially on Monday, January 27, and Tuesday, January 28. A warm-up beginning on Sunday, January 28, will help clear snow and ice by Monday, January 29.

Midwest:
The Midwest will experience typical winter weather throughout the week. Sunday, January 26, begins with clear skies, but Monday, January 27, and Tuesday, January 28, bring intermittent snow showers, with light to moderate accumulations expected. Heavier snow may fall near the Great Lakes. A brief warming trend midweek will be followed by another cold front arriving on Thursday,

January 30, and Friday, January 31, bringing clear skies but maintaining the winter chill.

Southwest:
The Southwest remains colder than average during this period. Sunday, January 26, features sunny skies, while Monday, January 27, may bring scattered snow showers to some areas. From Tuesday, January 28, through Friday, January 31, clear, sunny, and dry conditions will dominate, providing some relief from the cold. Nights will remain particularly cold throughout the week.

Northwest:
The Northwest begins the week with steady cold conditions and mostly clear skies on Sunday, January 26, and Monday, January 27. By Thursday, January 30, cloud cover increases, and isolated showers are possible on Friday, January 31. Significant precipitation is not expected. Temperatures trend closer to seasonal norms toward the end of the week, bringing a slight moderation in the chill.

West Coast:
The West Coast enjoys mild and stable weather throughout the week. On Sunday, January 26, and Monday, January 27, sunshine dominates, with occasional clouds appearing by Wednesday, January 29. By Friday, January 31, isolated showers may develop in some areas, but winds remain calm, and no major storms are expected. Eastern Colorado, however, will see some of its coldest conditions of the season, in stark contrast to the relatively mild weather along the coast.

Summary:
This period brings impactful winter weather to many regions, particularly in the Southeast, where rare snow and ice events are expected. Residents should prepare for potential power outages and hazardous travel conditions. A warm-up starting on Sunday, January 28, will bring relief to many affected areas, gradually easing conditions into the end of the week.

According to the Wall Street Journal

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Senate Democrats Urge GOP to Negotiate Immigration Reform
Thirteen Senate Democrats have called on Republicans to work on a comprehensive immigration and border security plan, opposing narrower GOP measures, according to a letter obtained by WSJ.

Trump Pentagon Pick Faces Alcohol Abuse Allegations
Pete Hegseth's former sister-in-law claims he abused alcohol and engaged in inappropriate behavior, including being removed from a strip club while in uniform.

Federal Workforce Stability Erodes Under New Trump Policies
President Trump's directives to end remote work and reduce job protections

are creating uncertainty among federal employees, signaling significant workforce changes.

Trump's Clemency for January 6 Rioters Sparks Bipartisan Concern
President Trump's pardons for January 6 participants, including those who attacked law enforcement, have drawn criticism from Democrats and unease from some Republicans.

GOP Leaders Debate Strategy for Advancing Trump's Agenda
Republican lawmakers met with President Trump to resolve whether to combine his legislative priorities into one comprehensive bill or split them into two.

Trump Threatens Tariffs to Secure Trade

Deal and Address Border Issues
The president is leveraging tariffs to pressure Canada and Mexico to limit fentanyl and migrant flows while renegotiating trade agreements.

AI Leaders Commit \$500 Billion to U.S. AI Infrastructure
OpenAI, SoftBank, and Oracle executives announced their pledge to invest in building AI infrastructure in the U.S. following discussions with the White House.

Ukraine Envoy Faces Daunting Task of Achieving Peace
President Trump has tasked retired Lt. General Keith Kellogg with brokering peace in Ukraine within 100 days, a goal widely seen as unfeasible.

Global Leaders Prepare for Potential Trump Relection
At Davos, participants at the World Economic Forum expressed cautious optimism about Trump's return, marking a shift from their 2017 reactions.

Businesses Scramble to Navigate Trump's Regulatory Changes
Companies are mobilizing teams to handle Trump's tax, immigration, and trade reforms, with efforts including JPMorgan's war room and immigration hotlines.

Pentagon Plans Expanded Role at Border to Combat Trafficking
The Pentagon aims to increase its presence at the U.S. border to address drug and human trafficking, despite legal and institutional challenges.

Spoil Yourself this Valentine's

A review of three luxuries in one location.

By Emma Barhydt

On a crisp January evening, Tony's welcomed its patrons with its signature lively atmosphere, a vibrant energy, and the warm hum of chatter that only a well-loved restaurant can produce. From families sharing a Friday night meal to a couple celebrating their engagement, Tony's offers an experience tailored to all, embodying the charm of a true community gathering place.

The evening began with the Tuna Tataki, a dish as balanced as it was bold. The tuna, mildly spicy and perfectly seared, paired beautifully with its ponzu sauce. The dish is served with soy sauce, but the ponzu sauce is all you need. Shaved cabbage added a subtle crunch, complementing the dish's layered flavors without overpowering the tuna's delicate essence.

Tony's also boasts an impressive cocktail menu. The Fuego cocktail lives up to its name, delivering a fiery punch for spice enthusiasts. Be warned, the Fuego is not for the faint of heart, it is incredibly spicy. On the other hand, the Winter Sangria embodies cozy indulgence, a drink that evokes the warmth of the season with every sip.

The highlight of the evening was the main course: a 20 oz Bone-in NY Strip steak served with truffle butter. Presented piping hot and pre-sliced, the



With honeyed ricotta and a delicate drizzle of chocolate sauce, the cake was light, subtly sweet, and a satisfying end to a hearty meal

Tuna Tataki to Truffle Butter: Tony's Restaurant Hits All the Right Notes

steak was flavorful, juicy, and masterfully cooked. The bone is served with the steak, but apart from it so you don't have to fight with the bone to get your steak

which I so appreciated. The truffle butter, rich and aromatic, elevated the dish further. I still maintain that when Tony's boxes up your steak they should

include whatever is left of the sauces on the side.

Quick side note, if you did take the steak home, they send the bone home with you which is



Tony's also boasts an impressive cocktail menu

a fabulous ingredient to use for all kinds of things. My personal favorite use for the bone is to add it to the cream of a bechamel sauce to give it the most incredible umami flavor, you can also add the bone to soups and stocks for some additional flavoring.

Alongside the steak, the Broccoli Rabe provided a vibrant contrast. Cooked with garlic, olive oil, and red pepper flakes, it struck a perfect balance of spiciness and the delicate sweetness of the Broccoli Rabe itself. The simplicity of the dish also allowed it to soak up the truffle butter's lingering flavors, creating a memorable side that held its own and worked well with the rest of the meal.

No meal at Tony's feels complete without dessert, and

the Ricotta Pistachio Cake proved to be the perfect finale. With honeyed ricotta and a delicate drizzle of chocolate sauce, the cake was light, subtly sweet, and a satisfying end to a hearty meal.

Of course, Tony himself was present, making his usual rounds and chatting with diners. His gregarious personality is as much a staple of the restaurant as the menu, and his knack for trivia questions keeps everyone on their toes (especially me).

Dinner was, of course, an incredible experience. I love Tony's. When a place as community focused and welcoming as Tony's does food so incredibly and consistently well over such a long period of time, how could it not be a favorite?

Pure Zen at The J House Spa

By Emma Barhydt

Stepping into the serene atmosphere of The J House Spa feels like crossing into a world of indulgence and relaxation. On a recent visit, I experienced their signature Pure Zen treatment—an exquisite combination of the spa's most popular offerings: a stress relief massage, foot cleansing ritual, and essential facial. It was, in every sense, a perfect escape.

The journey began with the facial, performed by Daniela, whose expertise and warmth immediately set me at ease. Before beginning, Daniela took the time to discuss my skincare routine and goals, asking thoughtful questions that demonstrated her deep knowledge of skincare. Her approach was meticulous yet gentle, starting with a double cleanse that left my skin feeling utterly refreshed. She skillfully cleaned my pores, performed minor extractions, and applied a creamy moisturizer and eye cream that left my face glowing. By the end, my skin felt smoother, softer, and noticeably rejuvenated—sebaceous filaments were gone, and I felt ready to take on the world.

The next phase of my Pure Zen treatment was the stress relief massage, executed to perfection by Angela. The combination of soothing aromatherapy and the precise amount of pressure made this experience the pinnacle of relaxation. The choice of scents—lavender, eucalyptus, and grapefruit—allowed for a personalized touch. I

selected eucalyptus for its invigorating yet calming properties, striking the perfect balance to recharge me for the rest of my day. With warm hands and a rhythm that seemed in sync with my body's needs, Angela melted away every bit of tension I'd been carrying.

The finale was a foot cleansing ritual, an indulgent polish that softened calluses and prepared my feet for a luxurious massage. Angela's attention to detail here was remarkable, leaving my feet not only looking better but also feeling revitalized.

Throughout the experience, the spa's ambiance amplified the sense of tranquility. Soft music filled the air, and the lighting was warm and inviting. At times, I felt myself drifting on the edge of sleep, but the serene eucalyptus aroma kept me grounded in the moment.

By the time my treatment concluded, I felt utterly transformed. The stresses of daily life had vanished, replaced by a lightness and contentment that can only come from moments of pure self-care. Walking out of The J House Spa, I felt like royalty—pampered, refreshed, and completely at peace.

For anyone seeking an unparalleled experience of relaxation, The J House Spa's Pure Zen treatment delivers in every way. With skilled professionals like Daniela and Angela, a soothing environment, and treatments that cater to your every need, it's no surprise this spa remains a haven for those in search of a true retreat.

By Emma Barhydt

The J House Greenwich is known for its blend of luxury and modern elegance, and their Romance Package takes it to the next level. Whether you're celebrating a special occasion or treating yourself to a well-deserved escape, this package offers the perfect mix of pampering and indulgence.

I recently had the opportunity to experience it first-hand during a solo Galentine's celebration, and it was nothing short of spectacular. I arrived at the hotel and checked in with their friendly, knowledgeable, and welcoming front desk staff who started my evening the right way with a complimentary glass of prosecco-yum! I was on my way to the spa first thing so they took my bags and dropped them off in my room for me while I headed down to the spa. With that, my first impression of the room was after I got back from dinner and I was wowed!

The Romance Package includes thoughtful touches that elevate the experience. I arrived to find my room beautifully set with scattered rose petals that created an atmosphere of pure romance. Towel swans on the bed were surrounded by rose petals, with a heart-shaped box of chocolates resting in the center. A stunning bouquet of roses added the finishing touch to the room, while a small box containing custom-made pillowcases with my initials and a bottle of Veuve Clicquot Champagne awaited me on the table.

The luxury didn't stop there. The room was stocked with signature J House amenities, including chocolates, eye masks, and plush slippers. The bed was like a cloud, balancing softness and support for a perfect night's rest, and the high-tech features, including a giant flat-screen TV, further elevated the experience. I cozied up and watched The Hunger Games: Catching Fire while indulging in the delicious box of chocolates.

With the Romance Package, you also receive a complimentary continental breakfast each morning, valet service, and a late check-out at 1 p.m. I opted for room service over the continental breakfast. I ordered Steak and Eggs with a side of Hollandaise Sauce and Blueberry Pancakes, all of which was delicious. I ordered just before 9am and everything showed up piping hot just after 9:30 am which seemed incredibly fast to me. The food was, of course, delicious.

For those looking to enhance their stay even further, The J House offers options like a couples massage at The J Spa or a reservation for two at Tony's, their acclaimed



A small box containing custom-made pillowcases with my initials and a bottle of Veuve Clicquot Champagne awaited me on the table



I arrived to find my room beautifully set with scattered rose petals that created an atmosphere of pure luxury.

on-site restaurant. For me, dinner at Tony's was a treat, but you've already heard all about that.

For a stay that combines romance, luxury, and a touch of indulgence, The J House Greenwich's Romance Package is

the perfect way to treat yourself or your loved one to a night (or weekend) of pure bliss. Whether you're enjoying champagne, chocolates, or just the quiet of your beautiful room, this package offers everything you need to make unforgettable memories.

SPORTS

Greenwich High keeps perfect season going with road victory vs. New Canaan

By DAVID FIERRO

Greenwich High School’s girls basketball team made it a perfect 10.

The Cardinals ran their

record to a perfect 10-0 by upending host New Canaan High School on Jan. 17. Ranked No. 2 in Class LL in the CIAC, Greenwich earned a 47-27 victory over

New Canaan.

Of their 10 victories to start their season, the undefeated Cardinals have won by 20 or more points seven times.

The road victory capped another winning week for the Cardinals. Prior to defeating New Canaan on Jan. 17, Greenwich rolled to a 48-19 road win against

Bridgeport Central on Jan. 14. The Cardinals will look to move their record to 11-0 when they visit FCIAC foe Staples Tuesday (Jan. 21) at 7 p.m.

Greenwich hosts FCIAC rival Trumbull on Jan. 24 at 7 p.m.



Greenwich High School junior guard/forward Mikayla Kiernan dribbles toward the basket during a varsity basketball game at New Canaan High School. Photo: Dan Utzinger



Elsa Xhekaj drives to the basket for a layup for the Cardinals. Photo: Dan Utzinger



Kate Baxendale of Greenwich, left, drives to the basket vs. New Canaan. Photo: Dan Utzinger

Greenwich Country Day School girls basketball team topped by St. Luke’s

By DAVID FIERRO

Starting fast and finishing with a flurry enabled the St. Luke’s School girls basketball team to overcome FAA rival Greenwich Country Day School in an action-packed game in which both squads had their moments.

This fast-paced, intense, back-and-forth matchup featured standout shot-making from the Storm and Tigers, but visiting St. Luke’s started and finished the game strong, resulting in its fifth victory of the season on Jan. 14.

Senior guard Camdyn Nelson, a Greenwich resident, Olivia White and senior guard Emma Solenne, also a Greenwich resident, paced the Storm’s offense against the Tigers in this FAA game.

St. Luke’s held a 22-13 lead on Greenwich Country Day following the first quarter and entered halftime with a slim 31-30 advantage. GCDS came back to take the lead in the third quarter and went into the final quarter ahead, 49-47, before the Storm made their spirited run.

“We started off strong and they went on their run, credit to them, but the fourth quarter really did it for us,” Nelson said. “We went on a run, stuck together, we went back to how we started the game and what we really wanted to focus on. It was a good win for us.”

Nelson, who has committed to play Division I basketball at Syracuse University, recently reached the 1,000 career point plateau. Her older sister Mackenzie Nelson plays basketball at Virginia Tech. For Greenwich Country Day School, senior guard Brianna McDermott scored more than 20 points, including several 3-pointers and junior power forward Mia McCauliffe-Grant also scored in double figures.

Greenwich Country Day currently has a record of 1-4 in the FAA and 1-9 overall, though they have lost some close games so far this season. The Tigers are optimistic that they will soon start earning league wins.

“I’m excited, I think we’re peaking at the right time,” said McDermott, who reached the 1,000



Greenwich Country Day School varsity girls basketball coach Elisa Brown talks to her team during a timeout. Photo: Antonio Monteiro

career point milestone last season. St. Luke’s has a great team, they have a lot of great players. I think we just ran out of gas at the end, they executed more than we did. But postseason is a different season, so I’m excited.”

The triumph raised St. Luke’s record to 3-0 in the FAA, which they have won numerous seasons in the past. The Storm have an overall mark of 5-5.

“There’s a few games that we could have won, but we’re still coming together,” said Solenne, who will play basketball at the Division I level at Mercyhurst University. “There’s a lot of new people on the team this year and we’re building our chemistry.”

Sollenne’s older sister Ava Solenne is on the basketball team at Quinnipiac University. The first quarter was especially strong for the Storm, as they jumped out to a 7-2 lead behind a 3-pointer from Grace Kearney, then built their advantage up to 15-4 on back-to-back layups by Nelson with 3:39 remaining.

Trailing 22-8 late in the opening quarter, GCDS scored the last five points of the first quarter, then scored the first five points of the second quarter. A basket in transition off a pass from McDermott by freshman forward McKenna O’Neill brought the Tigers to with 22-14



Brianna McDermott of Greenwich Country Day School dribbles the ball down the court during varsity basketball action versus St. Luke’s School. Photo: Antonio Monteiro

and four straight points from McDermott made it 22-18.

Following a free throw by White, McDermott swished a shot from 3-point range, cutting the Storm’s lead to 23-21, extending GCDS’ run to 13-1. In the final minute of the second quarter, McDermott nailed another 3-pointer, bringing the Tigers to within 31-30 at halftime.

“I think we played with good teamwork all together and we didn’t blame our mistakes on each other,” O’Neill said.

“That’s what really got us to compete against this type of team.”

Greenwich Country Day took the lead in the third quarter behind stellar shooting from McDermott, O’Neill and McCauliffe-Grant. McDermott’s jumper gave the Tigers a 38-35 lead, then McCauliffe-Grant made a free throw, making it 39-35 in favor of GCDS at the 3:43 mark of the third quarter.

A foul shot and layup by O’Neill matched the Tigers biggest lead of the game at 46-41 with 1:20

to go in the third quarter. A deep 3-pointer by McDermott put GCDS on top, 49-44, late in the third quarter.

“We were staying diligent to what our game plan was,” GCDS coach Elisa Brown said. “They hit a couple of quick shots early and were kind of on fire. I think that we just stayed in the flow and once we got into our own flow, we were able to knock down shots.”

Trailing 49-47 after three quarters of play, the Storm went on the game’s decisive run in the final quarter of action. After McCauliffe-Grant scored off an impressive move in the low post, giving GCDS a 51-49 edge, Nelson converted a 3-point shot, putting St. Luke’s back on top, 52-51. McCauliffe-Grant made another basket from inside and Camdyn was true on another 3-pointer, making it 55-53 in favor of St. Luke’s with 5:51 left to play.

“In the first quarter I thought I didn’t really look for my outside shots a lot,” Nelson noted. “In the second I really wanted to focus on that. We had good ball movement – two wide open shots off drive and kicks – credit to my teammates for finding me.”

For the fourth quarter, St. Luke’s outscored Greenwich Country Day, 25-10, to claim this FAA midseason matchup.

“Teamwork and communication definitely helped us get back in the game,” O’Neill said. “In the fourth quarter, we just started making lackadaisical mistakes and were less confident and that’s when they got more confident and took over the game. I thought we could have beaten them and even though we didn’t I think it’s going to better prepare us for our next games.”

The Storm have been used to playing in meaningful regular season and postseason games for a long time and their experience especially surfaced in the fourth quarter.

“It was definitely a game of runs and out of the half we let them come out pretty strong,” Solenne said. “But I knew we needed to bounce back in the fourth quarter and I think we knew we had that game the whole time, it was just about momentum. It was about making shots, which gave us some shots to pull it out at the end.”

As always, St. Luke’s has high expectations.

“I think we have the right pieces, the right places, the right attitude to go on runs to possibly win FAAs, to win the NEPSAC,” Nelson said. “Our big goal is to win those things, but at the end of the day it’s what we do to prepare for those moments.”

Greenwich Country Day knows it can turn its season around and contend for the FAA Tournament title.

“I think we contend with everyone in our league,” Brown said. “There hasn’t been a big game that has taken us out of it. In the top 1 to 5 in the FAA there isn’t anyone that is unbeatable.”

“We’re missing some people with some injuries, some people are away, so at practice we were trying to figure out what group we’re going to have in,” McDermott noted. “We are proving that we can play with good teams.”

The image displays four 4x4 grids, each representing a step in the construction of a 4x4 magic square. The grids are arranged horizontally. Each grid contains numbers 1 through 10, with some cells empty. The grids show the progression from an initial state to a completed magic square.

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| | 1 | | | 9 | | 5 | | 3 |
| | 9 | 5 | | 4 | | | | |
| 4 | | | | | | | 7 | |

| Hard | | | | | | | | |
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| | | | | 5 | 4 | | | 6 |
| | | 1 | 5 | | 7 | | | |
| 8 | | | | 6 | | | 5 | |
| | | 3 | | 4 | 2 | | | |

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| | | 5 | | | | 4 | 9 | |
| 2 | 9 | | | | | | 5 | 1 |
| | 1 | 3 | | | | 6 | | |
| | | | | | | | | 8 |
| | | | | | | | | 9 |
| 9 | 5 | 2 | 8 | | | | | |

| Easy | | | | | | | | |
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| | | | 1 | | | 7 | | |
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| Top row - Easy | Top row - Hard | Top row - Very Hard | Bottom row - Easy | Bottom row - Hard | Bottom row - Very Hard |
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Universal Crossword

Edited by David Steinberg

ACROSS

1

In unison

6

Indonesian tourist destination

10

Salon sound

14

E-cigarette user

15

“Die Hard” actor Rickman

16

Lounge around

17

Geographic area around the South Pole

20

“Really?!”

21

Crash investiga-tors?

22

Dream Team jersey letters

23

Polo shirt brand

25

Fitting

27

Outfielder’s highlight reel play

33

Palindromic Indian flour

36

Chimpanzee, e.g.

37

In ____ of (replacing)

38

Blameless person’s feeling

42

Feathery fashion statements

43

Pop star Rita

44

Concert hall section

45

Its door always opens at 9 a.m.

49

____ Kosh B’gosh

50

Reliably profitable product

55

“Oh really?! ____ who?”

57

Gretel’s brother

61

Dog food brand

62

100% rating on Rotten Tomatoes, say

65

Prayer’s last word

66

Idyllic garden

67

Animal life

68

Ship’s pole

69

Woodcutting tools

70

“WandaVi-sion” actress Elizabeth

DOWN

1

Be of use

2

Stark who was crowned queen in “Game of Thrones”

3

Vision-related

4

“Super cool!”

5

Slip up

6

Cake maker’s mixture

7

Landed

8

Doily fabric

9

Machu Picchu builder

10

Type of 35mm camera

11

“Go to the back of the line!”

12

Societal woes

13

Earnest request

18

____ Field (Mets’ ballpark)

19

Apple on a desktop?

24

Mark from an old injury

26

“Ancient” diet

28

Waterway through Panama

29

Shipping company

30

Instant, briefly

31

Gospel’s Winans

32

Color

33

Baseball’s Moises or Felipe

34

Pot covers for afternoon socials

35

To-do list items

38

Network with national “Hockey Night” broadcasts

39

Sound from a baby or dove

40

“The Lord of the Rings” menace

41

Varieties

46

“Crazy to run into you here!”

47

Atlantic and Pacific, for two

48

Math class after trig

51

Kosher : Judaism :: ____ : Islam

52

Santa ____ (man with a prominent list)

53

Offer a take

54

“I’m Every ____” (Chaka Khan hit)

55

Ponzi scheme, say

56

Name hidden in “Her Majesty”

58

Tennis server’s stat

59

Zilch

60

Whole lot

63

Explosive letters

64

Exec focused on money

PREVIOUS PUZZLE ANSWER

8/2

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www.upuzzles.com

8/3

Fore-sees by Drew Schmenner

| | | | | | | | | | | | | | | |
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Horoscopes

From January 27 to February 3, Aquarius season brings a focus on community, innovation, and individuality, with Uranus influencing unexpected changes. The period encourages attention to social causes and personal expression. Uranus may cause sudden shifts, requiring adaptability. The Sun in Aquarius emphasizes social awareness and progress, while Uranus in Taurus may bring changes in values or finances. Mercury in Aquarius supports clear communication and collaboration.

Aquarius: This week, Aquarius takes center stage in teamwork and collaboration. Starting Sunday, January 26, planetary alignments highlight group endeavors and organizational success. By Monday, January 27, the arrival of Mercury in Aquarius enhances your presence and opens doors to meaningful connections. With this influence lasting until February 14, it's an ideal time to expand your network and build personal and professional relationships.

Pisces: For Pisces, this week brings intuitive insights and opportunities for personal growth. The alignment of Mercury in Capricorn with Neptune in Pisces, alongside Venus in Pisces and Uranus in Taurus on Sunday, January 26, may deepen your connection to the spiritual realm, sparking reflections and dreams with significant meaning. Mercury's transition into Aquarius on Monday, January 27, focuses your attention on introspective work, encouraging you to break free from past emotional burdens and limiting beliefs. It's a transformative time for Pisces.

Aries: Aries, this week presents moments for inspiration and connection. Starting Sunday, January 26, with the Mercury-Neptune alignment and Venus-Uranus link, you may feel a surge of motivation to align with your goals and take note of unexpected signs around you. On Monday, January 27, Mercury's move into Aquarius stirs social interactions and expands opportunities to meet like-minded people. These connections could lead to exciting new ventures both personally and professionally.

Taurus: Taurus, this week offers a period of practical manifestation and professional advancement. With Mercury in Capricorn aligning with Neptune and Venus in Pisces linking to Uranus on Sunday, January 26, it's a powerful time to refine your goals and set your sights on material success. By Monday, January 27, as Mercury moves into Aquarius, your attention will shift toward career development and planning. Use this time to update your resume, explore job opportunities, and seek advice from mentors.

Gemini: This week, Gemini is poised to shine socially, starting Sunday, January 26, with Mercury and Venus' favorable aspects, which may amplify your presence and popularity. Compliments and recognition could come your way, boosting your confidence. On Monday, January 27, as Mercury enters Aquarius, your focus shifts toward professional growth and future opportunities. This is a good period for considering educational pursuits or career certifications to support your long-term goals.

Cancer: For Cancer, new opportunities beckon this week, particularly ones tied to your hopes and aspirations. The Mercury-Neptune and Venus-Uranus aspects on Sunday, January 26, encourage you to reassess these chances and ensure they align

with your deeper desires. As Mercury transitions into Aquarius on Monday, January 27, financial planning becomes a key focus. It's a good time to review your savings, consult with experts, and strategize for your future financial security.

Leo: This week, Leo finds inspiration in both relationships and personal projects. Starting Sunday, January 26, the planetary alignments suggest that goals and desires can be realized through focused action. As Mercury enters Aquarius on Monday, January 27, your social and professional circles may expand, leading to fresh collaborations and new opportunities. These interactions can help you take significant steps toward growth, both personally and in your career.

Virgo: Virgo's focus this week is on clearing away distractions and simplifying your path. The alignment of Mercury and Venus with Neptune and Uranus on Sunday, January 26, presents an opportunity to declutter both mentally and physically. As Mercury moves into Aquarius on Monday, January 27, a shift in routine could lead to healthier habits and personal transformations. This is a time for focusing on your well-being and embracing practical changes for self-improvement.

Libra: Libra starts the week with a boost to their social life, thanks to Mercury's alignment with Neptune and Venus' connection with Uranus on Sunday, January 26. Small gestures and compliments could have a significant impact. When Mercury enters Aquarius on Monday, January 27, creativity will flow, sparking inspiration for artistic expression. This period offers the chance to share your creativity or even help others express their talents, especially those younger or less experienced.

Scorpio: This week, Scorpio experiences growth and change, particularly in personal interests and home life. On Sunday, January 26, Mercury aligns with Neptune, and Venus links with Uranus, creating new possibilities for creativity or a new activity that could become a passion. When Mercury enters Aquarius on Monday, January 27, changes related to your home or living situation are likely. Whether through organizing, decluttering, or even moving, this period offers an opportunity to refresh your environment.

Sagittarius: Sagittarius finds new perspectives this week, starting Sunday, January 26, with the alignment of Mercury and Venus. A new acquaintance might offer fresh ideas that lead to exciting possibilities, even if their full potential isn't immediately clear. On Monday, January 27, as Mercury enters Aquarius, you could find yourself more engaged with neighbors and your immediate surroundings. Whether through local events or shared social activities, the next few weeks bring opportunities to build stronger connections in your community.

Capricorn: Capricorn experiences favorable cosmic support this week, beginning Sunday, January 26, with Mercury in Capricorn forming a beneficial aspect with Neptune and Venus aligning with Uranus in Taurus. This is a time to communicate your ideas clearly and gain support for your goals. On Monday, January 27, as Mercury shifts into Aquarius, you may find yourself more focused on financial matters. Use this time to review your budget, explore new income streams, and set practical goals for financial growth.

Family Time Crossword

The (K) Clues Are for Kids

Created by Timothy E. Parker

ACROSS

1.

Grooves to pop music

5. (K) ____

Crackle and Pop (Rice Krispies mascots)

9. (K) Receive ownership of

12. (K) Region

13. (K) Throw a baseball with force

14. (K) Produce an egg

15.

Any lived-in home

17. (K) Biblical flood vessel

18.

Funky dance

19. (K) Part of a suitcase

21. (K) Sound enhancer for an electric guitar

22.

Envy or pride, for example

23.

Talk

26.

Cancel a choice

31.

It can cause one’s head to swell

32. (K) Ford foursome

33.

Prosecute

34. (K) Something near your keyboard (2 words)

36. (K) Take in visually

37. (K) Suffix with “invent” or “act”

38. (K) “____ be my pleasure to help!”

41.

Brownie add-in, sometimes

44. (K) Type of U.S. military member

48. (K) Have a sickness

49.

One worth imitating (2 words)

51. (K) Words that turn a miss into a Mrs. (2 words)

52.

“____ go brag!”

53. (K) Dalmatian doctors

54. (K) Number that makes division simple

55.

Reason for an IOU note

56. “With the greatest of ____ ...”

DOWN

1.

Sharp hook of a wire fence

2. (K) Chocolate cookie name

3. (K) Mexican money unit

4.

Antelope with a fat, stubby nose

5.

Type of bath for ewe? (2 words)

6.

Sister in a convent

7. (K) Curved part of a foot

8.

Greatly satisfies

9. (K) Happiness

10. (K) ____ Grey tea

11. (K) Youngster

16. (K) Barely lit, as a dark room

20.

Zero, at the World Cup

23. (K) Diamond or emerald, for example

24. (K) “Many moons ____ ...”

25.

A clear, seasoned broth

27. (K) “1989” or “Midnights,” for a Swiftie

28.

Riverbed deposit

29. (K) Hint for an actor

30. (K) Football holder

32.

Like a number of professors

35. (K) Simba, to Mufasa

39.

Bagpiper’s cap

40. (K) Controlled the SUV

41. (K) “You’re walking too fast!”

42.

Trusted helper

43. (K) Ripped apart

45. (K) Creative thought

46. (K) Brooklyn NBA team

47. (K) “Who ____ could it be?”

50.

Ad-____ (improvise)

Can you find the answer to this riddle within the solved puzzle?

Finish to a singles match?

Look for the answer in next week’s paper.

PREVIOUS PUZZLE ANSWER

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56

Previous riddle answer:

It can be well-placed?

29-A) PAIL

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The answers to this week’s puzzles can be found in next week’s issue.

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7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES

SOLUTIONS

- 1 intense (9)

2 largest deer family member (5)

3 casual outfit (9)

4 hive workers (9)

5 following a crooked path (10)

6 takes a break (8)

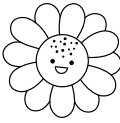
7 tool for “plumbing” (5)
- _____

| | | | | |
|-----|-----|-----|-----|-----|
| LEV | STR | FUL | GZA | UIT |
| EYB | ING | ATS | ES | MOO |
| ESS | SE | GG | ESS | ZI |
| SWE | EL | EES | HON | REC |

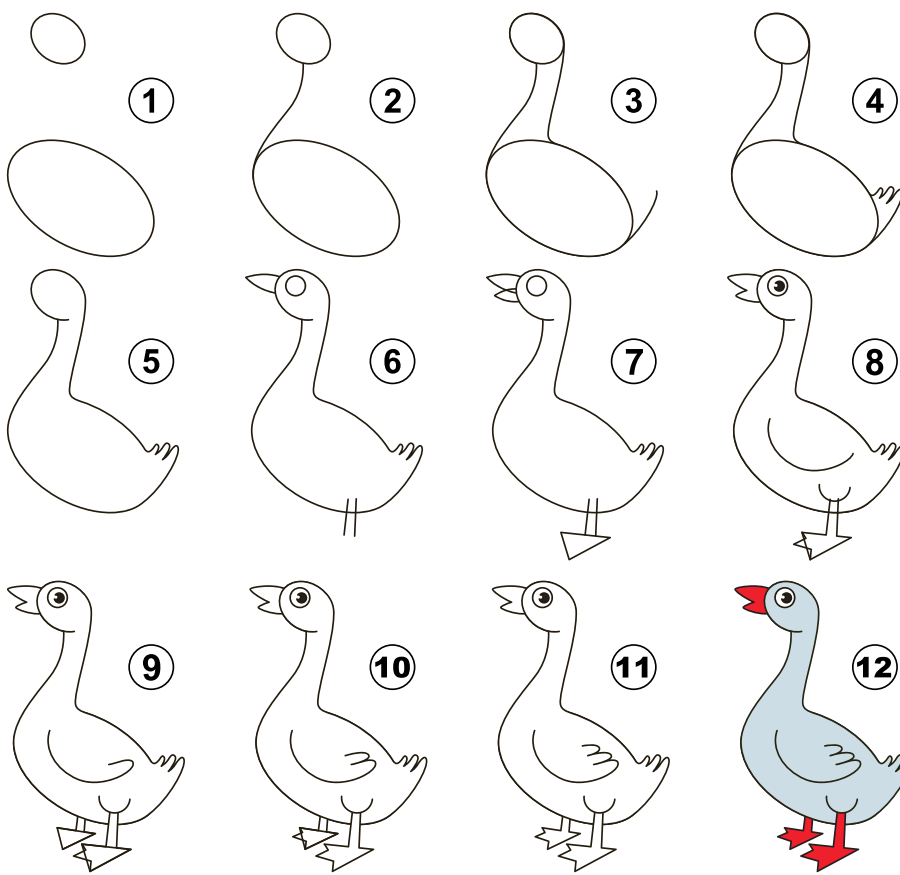
Previous Answers: : 1. BOMBING 2. SEARED 3. RENEGADE 4. INGRAINED 5. GLIMMERING 6. ANTIBODIES 7. PROPOSAL 8/24



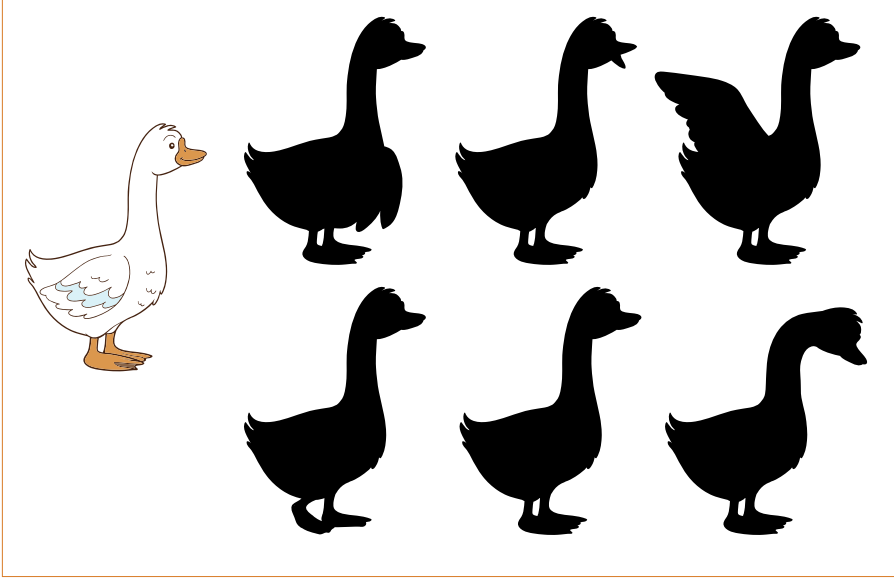
FARM ANIMALS AND BIRDS
— crossword puzzle —



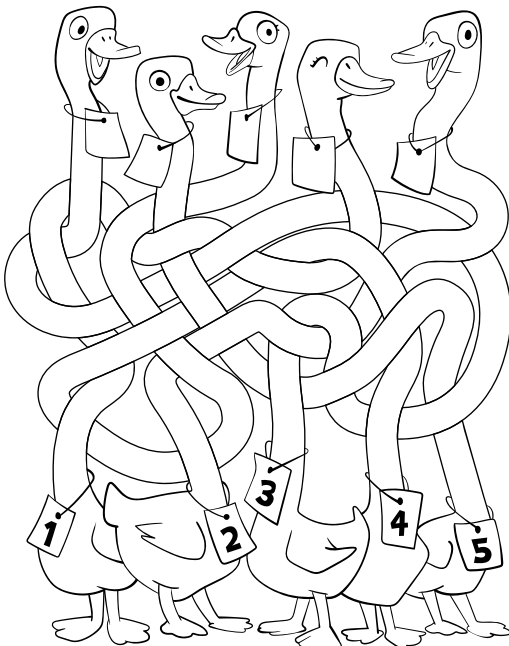
1. Turkey 2. Duck 3. Rooster 4. Pig 5. Donkey 6. Goose 7. Goat 8. Sheep 9. Cow 10. Horse 11. Rabbit 12. Hen



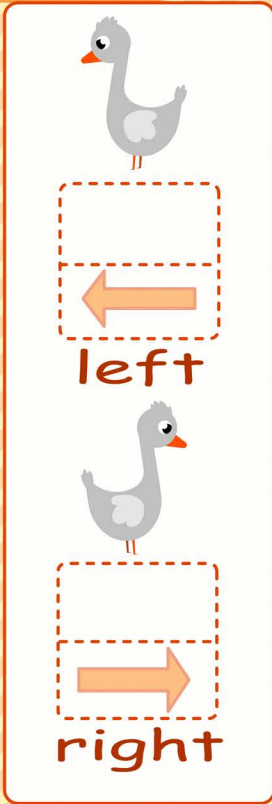
Find the correct shadow



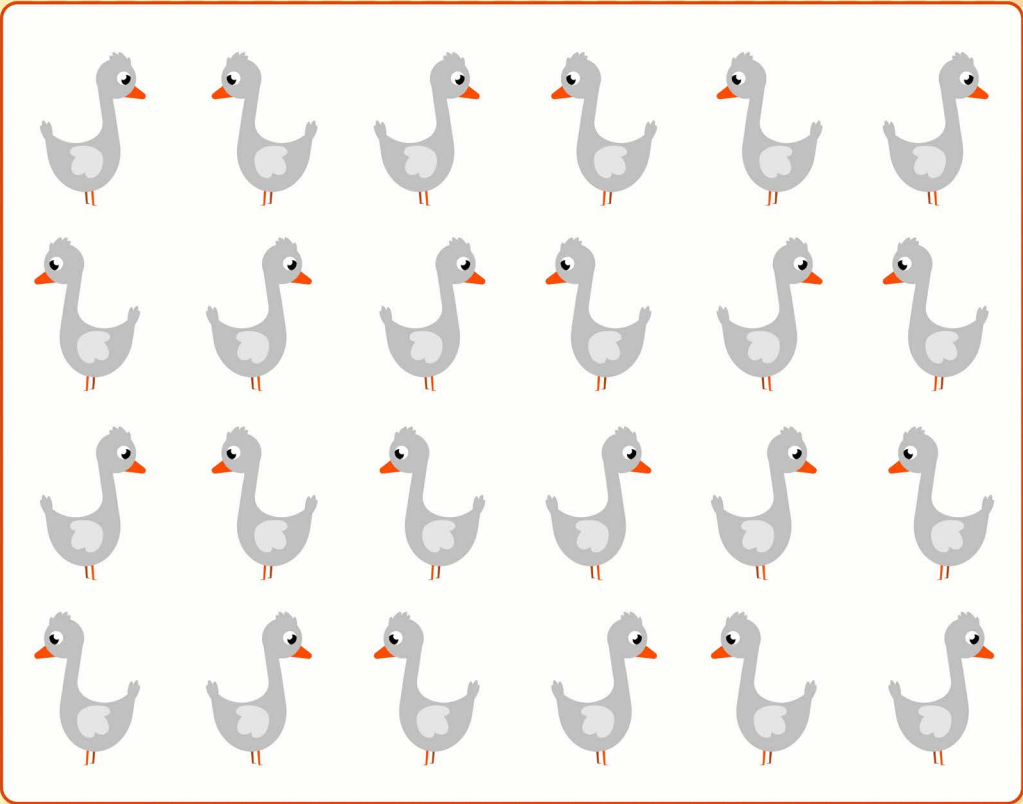
FIND TWO IDENTICAL GEESE



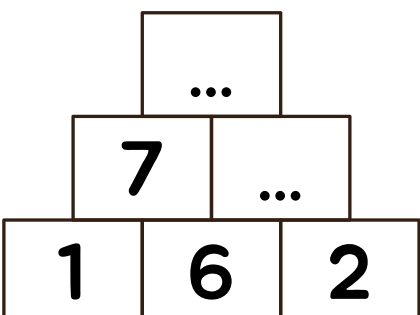
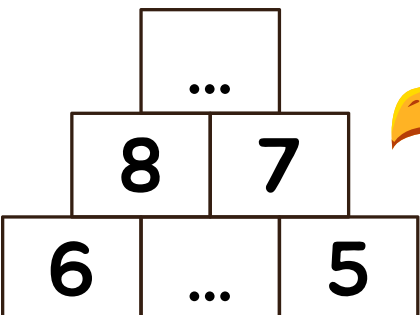
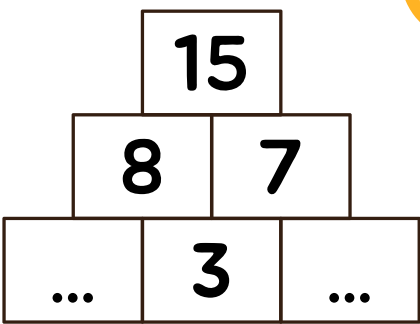
time to play



How many?



COMPLETE THE CORRECT NUMBER
the box above is the sum of the two boxes below



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Greenwich Calendar of Events for Your Fridge

FRIDAY, JAN. 24

10 & 11 a.m.
Sensory Storytime (Ages 18 months-48 months). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

12 p.m.
Women's Business Development Council (WBDC): Financial Foundations: Office Hour: Questions about W-2's and 1099's. Online. Free. Register. ctwbdc.org/class-listings

3 p.m.
FeederWatch Fridays. Greenwich Audubon Center, 613 Riversville Rd. All Ages. Free. Register. greenwich.audubon.org/events

4 p.m.
Apocalypse Life Skills: Sustainable Hanging Pots (Ages 8-13). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

5 p.m.
Night at the Museum – Wild Wetlands (creative boxed dinner & themed treats for kids; beer, wine & light bites for adults). Bruce Museum, 1 Museum Dr. brucemuseum.org.

6:30 p.m.
Comedy Night - Meghan Hanley and Moody McCarthy. Christ Church Greenwich, 254 E. Putnam Ave. \$50. christchurchgreenwich.org/upcoming-events

7 p.m.
Greenwich Public Schools' 8th Grade DC Trip Scholarship Fund and the Greenwich Alliance for Education's Dancing for DC. Old Greenwich Social Club. \$50. greenwichalliance.org/ogsc

SATURDAY, JAN. 25

12 p.m.
Colonial Crafts: Make Paper Quilling Cards in the Time Travelers KidStudio. Greenwich Historical Society, 47 Strickland Rd. greenwichhistory.org/events

1 p.m.
Art Adventures: Foil Prints (Ages 4 & up). Bruce Museum, 1 Museum Dr. Free with admission. No reservations required. Also held Sunday, Jan. 26. brucemuseum.org

6 p.m.
Greenwich Burns Supper fundraiser. First Presbyterian Church of Greenwich, 1 W. Putnam Ave. \$35, members; \$65, nonmembers (\$45 & \$75 after Jan. 17). 203-869-8686. fpcg.org/burns

7:30 p.m.
Comedy Night. Temple Shalom, 300 E. Putnam Ave. \$30, Temple members/SMNS Parents; \$40, non-members. gina.cristino@templeshalom.com. templeshalom.com

SUNDAY, JAN. 26

1 p.m.
Guided Gallery Tour: Greenwich During the Revolutionary War: A Frontier Town on the Front Line. Greenwich Historical Society, 47 Strickland Rd. Free with museum admission. Through March 9. greenwichhistory.org/events

2 p.m.
Bruce Experiences: French Film Series: “The Pursuit Of Endurance,” with the Alliance Française of Greenwich. Bruce Museum, 1 Museum Dr. \$10. brucemuseum.org

2 p.m.
Artist Talk with Joanne Dugan, Amanda Marchand, Anne Arden McDonald, Liz Nielsen. Flinn Gallery. 203-622-7947. flinngallery.com

TUESDAY, JAN. 28

9:45 a.m.
Riverside Garden Club Meeting: Speaker: Kyle Riccoboni: Winter's Beauty Brought Indoors. St. Paul's Episcopal Church 200 Riverside Avenue, Riverside. The first two meetings are free for non-members. riversidec-gardenclub.org

9:30 a.m.
Perrot Memorial Library: Perrot Walks: Tod's Point. Free. 203-637-1066 x15. perrotlibrary.org

10 & 11 a.m.
Bruce Beginnings: Sparkle Rocks (Ages 2 1/2-5). Bruce Museum, 1 Museum Dr. Free with admission. No reservations required. Also held Wednesday, Jan. 29. brucemuseum.org

4 p.m.
Debate Club (For Ages 9-12). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

5 p.m.
Nancy Landauer Art Show. The J House Greenwich, 1114 E. Putnam Ave. \$15. eventbrite.com/e/1155652059419

WEDNESDAY, JAN. 29

10 a.m.
Bruce Beginnings Junior: Sparkle Rocks (ages 12 Months-30 Months). Bruce Museum, 1 Museum Dr. Free with admission. First come, first served. brucemuseum.org

10 a.m.
Houseplant 101 - Get The Basics Of Indoor Plant Care. Greenwich Botanical Center, 130 Bible St. Free, Members; \$15, Non-Members. greenwichbotanicalcenter.org

11 a.m.
Retired Men's Association of Greenwich: Steven Ujifusa, Author, “The Last Ships from Hamburg: Business, Rivalry and the Race to Save Russia's Jews on the Eve of World War I.” On Zoom. Free & open to all. greenwichrma.org

12 p.m.
Colonial Crafts: Decorate a Top in the Time Travelers KidStudio. Greenwich Historical Society, 47 Strickland Rd. greenwichhistory.org/events

4 p.m.
Crafting Connections - Cards for Hospitalized Kids (Ages 9-12). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

5 p.m.
Alliance Française of Greenwich: French Cinéma theque - lively discussions on French films. Via Zoom. afgreenwich.org

5:30 p.m.
Women's Business Development Council (WBDC): Financial Foundations: Office Hour: Questions about W-2's and 1099's. Online. Free. Register. ctwbdc.org/class-listings

1 p.m.
Women's Business Development Council (WBDC): Business Essentials: Build A One-Page Business Plan. Online. Free. Register. ctwbdc.org/class-listings

7 p.m.
Environmental Book Group Discussion: "Playground," by Richard Powers. Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. 203-637-1066 x15. jsgam-mato@perrotlibrary.org

7 p.m.
India Cultural Center – ICC: “All We Imagine As Light” screening. The Avon Theater Film Center, 272 Bedford St, Stamford. \$9. iccgreenwich.org

THURSDAY, JAN. 30

10 a.m.
Open Knitting Drop-In Program. Perrot Memorial Library, 90 Sound Beach Ave. Free. 203-637-1066 x15. judys@perrotlibrary.org

12 p.m.
Women's Business Development Council (WBDC): Financial Foundations: Helpful Tips in Preparing your Business Taxes. Online. Free. Register. ctwbdc.org/class-listings

4:30 p.m.
The Eastern Middle School 2024-2025: “Disney’s The Little Mermaid.” EMS’s Lee Book Auditorium, 51 Hendrie Ave. on Jan. 31, 7pm & Feb. 1, 1pm & 6:30pm. \$10 (Thurs), \$20 (Fri & Sat). easternmiddleschool.ludus.com

6 p.m.
Pollinator Potluck: Neonicotinoids – The New DDT. Greenwich Audubon Center, 613 Riversville Rd. Free – RSVPs required. greenwich.audubon.org/events

6 p.m.
Riverside Association’s

Annual Meeting. St. Paul's Church, Selleck Hall, 200 Riverside Ave. riversideassociation.org

FRIDAY, JAN. 31

10 & 11 a.m.
Sensory Storytime (Ages 18 months-48 months). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

3 p.m.
FeederWatch Fridays. Greenwich Audubon Center, 613 Riversville Rd. All Ages. Free. Register. greenwich.audubon.org/events

4 p.m.
Creative Ventures: Wire Sculpting (Ages 7-13). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

7 p.m.
The Eastern Middle School 2024-2025: “Disney’s The Little Mermaid.” EMS’s Lee Book Auditorium, 51 Hendrie Ave. \$20. easternmiddleschool.ludus.com

SATURDAY, FEB. 1

9 a.m.
Meet for Coffee at the Bruce: Pets and the City with Dr. Amy Attas. Bruce Museum, 1 Museum Dr. brucemuseum.org.

9 a.m. - 4 p.m.
Greenwich Audubon at Teatown Hudson River EagleFest. Eastern Croton-on-Hudson, New York. greenwich.audubon.org/events

12 p.m.
Colonial Crafts: Make a Corn Husk Doll in the Time Travelers KidStudio. Greenwich Historical Society, 47 Strickland Rd. greenwichhistory.org/events

1 & 6:30 p.m.
The Eastern Middle School 2024-2025: “Disney’s The Little Mermaid.” EMS’s Lee Book Auditorium, 51 Hendrie

Ave. \$20. easternmiddleschool.ludus.com

7 p.m.
Flower Petals Adaptive Dance’s ‘Dance with Simone’ - Charity Benefit Couples Dance. Greenwich Arts Council, 299 Greenwich Ave. \$175. eventbrite.com/e/1107933973339

7:30 p.m.
Greenwich Symphony Orchestra concert. Performing Arts Center at Greenwich High School, 10 Hillside Road. greenwichsymphony.org.

SUNDAY, FEB. 2

1 p.m.
Guided Gallery Tour: Greenwich During the Revolutionary War: A Frontier Town on the Front Line. Greenwich Historical Society, 47 Strickland Rd. Free with museum admission. Through March 9. greenwichhistory.org/events

2 p.m.
Fred Elser First Sunday Science: All Things Raptor. Innis Arden Cottage, Tod’s Point. Free. No park pass needed. brucemuseum.org

3 p.m.
Greenwich Symphony Orchestra concert. Performing Arts Center at Greenwich High School, 10 Hillside Road. greenwichsymphony.org.

5 p.m.
India Cultural Center – ICC: My Story Our Future Exhibition Opening. Greenwich Historical Society, 47 Strickland Rd. iccgreenwich.org

THROUGH WEDNESDAY, MARCH 5
“Camera-less” Art Exhibit. Flinn Gallery - Greenwich Library, 101 West Putnam Ave., 2nd Floor. 203-622-7947. flinngallery.com

SUNDAYS, THROUGH APRIL 13

8 - 11 a.m.
Safe Roads Sunday program at Tod’s Point. Traffic will be restricted on the road leading to the Point to allow walkers, joggers and cyclists to enjoy a traffic-free loop that starts and ends at the entrance to the main parking lots. friendsofgreenwichpoint.org

MONDAY - FRIDAY

3:30 - 6:30 p.m.
Arch Street Homework Heroes - Free after school tutoring (6th-12th grade). Arch Street Teen Center, 100 Arch St. info@ archstreet.org. archstreet.org

TUESDAYS:

10 a.m.
Beginner Bridge with The Perfectly Polite Bridge Group. YMCA members, \$30; non-members, \$35. New players welcome. (Register by Monday, 6pm). 203-524- 8032. greenwichymca.org

5 - 7 p.m.
Lighthouse, a Program of Kids In Crisis: LGBTQ Youth Group Meeting. On Zoom. Free. Open to all LGBTQ Youth & allies. 203-661-1911. lighthouse@kidsincrisis.org. kidsincrisis.org/get-help/lighthouse

WEDNESDAYS:

11 a.m. - 12 p.m.
“Tools for Aging Well” (2nd Wednesday of the Month). Round Hill Community Church, 395 Round Hill Rd. 203-869-1091. roundhillcommunitychurch.org.

11 a.m. - 1 p.m.
Relaxed Duplicate Bridge with The Perfectly Polite Bridge Group. YMCA of Greenwich, 50 East Putnam Ave. Members, \$10; non-members, \$12. New players

Continued on Page B9



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THE BIBLE CHALLENGE WEEK 1 | *TEAR OUT SHEET*



MONDAY

Saint Matthew, one of the twelve Apostles, who from being a publican, that is, a taxgatherer, was called by our Saviour to the Apostleship: in that profession his name is Levi. (Luke 5.27, and Mark 2.14.) He was the first of the Evangelists that wrote the Gospel, and that in Hebrew or Syro-Chaldaic which the Jews in Palestine spoke at that time. The original is not now extant; but it was translated in the time of the Apostles into Greek, that version was of equal authority. He wrote about six years after the Lord's Ascension.

MATTHEW CHAPTER 1

The genealogy of Christ: he is conceived and born of a virgin.

1:1. The book of the generation of Jesus Christ, the son of David, the son of Abraham:

1:2. Abraham begot Isaac. And Isaac begot Jacob. And Jacob begot Judas and his brethren.

1:3. And Judas begot Phares and Zara of Thamar. And Phares begot Esron. And Esron begot Aram.

1:4. And Aram begot Aminadab. And Aminadab begot Naasson. And Naasson begot Salmon.

1:5. And Salmon begot Booz of Rahab. And Booz begot Obed of Ruth. And Obed begot Jesse.

1:6. And Jesse begot David the king. And David the king begot Solomon, of her that had been the wife of Urias.

1:7. And Solomon begot Roboam. And Roboam begot Abia. And Abia begot Asa.

1:8. And Asa begot Josaphat. And Josaphat begot Joram. And Joram begot Ozias.

1:9. And Ozias begot Joatham. And Joatham begot Achaz. And Achaz begot Ezechias.

1:10. And Ezechias begot Manasses. And Manasses begot Amon. And Amon begot Josias.

1:11. And Josias begot Jechonias and his brethren in the transmigration of Babylon.

1:12. And after the transmigration of Babylon, Jechonias begot Salathiel. And Salathiel begot Zorobabel.

1:13. And Zorobabel begot Abiud. And Abiud begot Eliacim. And Eliacim begot Azor.

1:14. And Azor begot Sadoc. And Sadoc begot Achim. And Achim begot Eliud.

1:15. And Eliud begot Eleazar. And Eleazar begot Mathan. And Mathan begot Jacob.

1:16. And Jacob begot Joseph the husband of Mary, of whom was born Jesus, who is called Christ.

The husband of Mary... The Evangelist gives us rather the pedigree of St. Joseph, than that of the blessed Virgin, to conform to the custom of the Hebrews, who in their genealogies took no notice of women; but as they were near akin, the pedigree of the one sheweth that of the other.

1:17. So all the generations from Abraham to David, are fourteen generations. And from David to the transmigration of Babylon, are fourteen generations: and from the transmigration of Babylon to Christ are fourteen generations.

1:18. Now the generation of Christ was in this wise. When as his mother Mary was espoused to Joseph, before they came together,

she was found with child, of the Holy Ghost.

1:19. Whereupon Joseph her husband, being a just man, and not willing publicly to expose her, was minded to put her away privately.

1:20. But while he thought on these things, behold the Angel of the Lord appeared to him in his sleep, saying: Joseph, son of David, fear not to take unto thee Mary thy wife, for that which is conceived in her, is of the Holy Ghost.

1:21. And she shall bring forth a son: and thou shalt call his name Jesus. For he shall save his people from their sins.

1:22. Now all this was done that it might be fulfilled which the Lord spoke by the prophet, saying:

1:23. Behold a virgin shall be with child, and bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us.

1:24. And Joseph rising up from sleep, did as the angel of the Lord had commanded him, and took unto him his wife.

1:25. And he knew her not till she brought forth her first born son: and he called his name Jesus.

Till she brought forth her firstborn son... From these words Helvidius and other heretics most impiously inferred that the blessed Virgin Mary had other children besides Christ; but St. Jerome shews, by divers examples, that this expression of the Evangelist was a manner of speaking usual among the Hebrews, to denote by the word until, only what is done, without any regard to the future. Thus it is said, Genesis 8. 6 and 7, that Noe sent forth a raven, which went forth, and did not return till the waters were dried up on the earth. That is, did not return any more. Also Isaia 46. 4, God says: I am till you grow old. Who dare infer that God should then cease to be: Also in the first book of Machabees 5. 54, And they went up to mount Sion with joy and gladness, and offered holocausts, because not one of them was slain till they had returned in peace. That is, not one was slain before or after they had returned. God saith to his divine Son: Sit on my right hand till I make thy enemies thy footstool. Shall he sit no longer after his enemies are subdued? Yea and for all eternity. St. Jerome also proves by Scripture examples, that an only begotten son, was also called firstborn, or first begotten: because according to the law, the firstborn males were to be consecrated to God; Sanctify unto me, saith the Lord, every firstborn that openeth the womb among the children of Israel, etc. Ex. 13. 2.

The psalms are called by the Hebrews TEHILLIM, that is, Hymns of Praise. The author, of a great part of them at least, was king David: but many are of opinion that some of them were made by Asaph, and others whose names are prefixed in the titles.

PSALMS CHAPTER 1

Beatus vir.

The happiness of the just and the evil state of the wicked.

1:1. Blessed is the man who hath not walked in the counsel of the ungodly, nor stood in the way of sinners, nor sat in the chair of pestilence:

1:2. But his will is in the law of

the Lord, and on his law he shall meditate day and night.

1:3. And he shall be like a tree which is planted near the running waters, which shall bring forth its fruit, in due season. And his leaf shall not fall off: and all whatsoever he shall do shall prosper.

1:4. Not so the wicked, not so: but like the dust, which the wind driveth from the face of the earth.

1:5. Therefore the wicked shall not rise again in judgment: nor sinners in the council of the just.

1:6. For the Lord knoweth the way of the just: and the way of the wicked shall perish.

TUESDAY

MATTHEW CHAPTER 2

The offerings of the wise men: the flight into Egypt: the massacre of the Innocents.

2:1. When Jesus therefore was born in Bethlehem of Juda, in the days of king Herod, behold, there came wise men from the East to Jerusalem,

2:2. Saying: Where is he that is born king of the Jews? For we have seen his star in the East, and are come to adore him.

2:3. And king Herod hearing this, was troubled, and all Jerusalem with him.

2:4. And assembling together all the chief priests and the scribes of the people, he inquired of them where Christ should be born.

2:5. But they said to him: In Bethlehem of Juda. For so it is written by the prophet:

2:6. And thou Bethlehem the land of Juda art not the least among the princes of Juda: for out of thee shall come forth the captain that shall rule my people Israel.

2:7. Then Herod, privately calling the wise men learned diligently of them the time of the star which appeared to them;

2:8. And sending them into Bethlehem, said: Go and diligently inquire after the child, and when you have found him, bring me word again, that I also may come and adore him.

2:9. Who having heard the king, went their way; and behold the star which they had seen in the East, went before them, until it came and stood over where the child was.

2:10. And seeing the star they rejoiced with exceeding great joy.

2:11. And entering into the house, they found the child with Mary his mother, and falling down they adored him: and opening their treasures, they offered him gifts; gold, frankincense, and myrrh.

2:12. And having received an answer in sleep that they should not return to Herod, they went back another way into their country.

2:13. And after they were departed, behold an angel of the Lord appeared in sleep to Joseph, saying: Arise, and take the child and his mother, and fly into Egypt: and be there until I shall tell thee. For it will come to pass that Herod will seek the child to destroy him.

2:14. Who arose, and took the child and his mother by night, and retired into Egypt: and he was there until the death of Herod:

2:15. That it might be fulfilled which the Lord spoke by the prophet, saying: Out of Egypt have I called my son.

2:16. Then Herod perceiving that he was deluded by the wise men, was exceeding angry: and sending killed all the menchildren that were in Bethlehem, and in all the borders thereof, from two years old and under, according to the time which he had diligently inquired of the wise men.

2:17. Then was fulfilled that which was spoken by Jeremias the prophet, saying:

2:18. A voice in Rama was heard, lamentation and great mourning; Rachel bewailing her children, and would not be comforted, because they are not.

2:19. But when Herod was dead, behold an angel of the Lord appeared in sleep to Joseph in Egypt,

2:20. Saying: Arise, and take the child and his mother, and go into the land of Israel. For they are dead that sought the life of the child.

2:21. Who arose, and took the child and his mother, and came into the land of Israel.

2:22. But hearing that

Archelaus reigned in Judea in the room of Herod his father, he was afraid to go thither: and being warned in sleep retired into the quarters of Galilee.

2:23. And coming he dwelt in a city called Nazareth: that it might be fulfilled which was said by the prophets: That he shall be called a Nazarene.

PSALMS CHAPTER 2

Quare fremuerunt.

The vain efforts of persecutors against Christ and his church.

2:1. Why have the Gentiles raged, and the prople devised vain things?

2:2. The kings of the earth stood up, and the princes met together, against the Lord, and against his Christ.

2:3. Let us break their bonds asunder: and let us cast away their yoke from us.

2:4. He that dwelleth in heaven shall laugh at them: and the Lord shall deride them.

2:5. Then shall he speak to them in his anger, and trouble them in his rage.

2:6. But I am appointed king by him over Sion, his holy mountain, preaching his comandment.

2:7. The Lord hath said to me: Thou art my son, this day have I begotten thee.

2:8. Ask of me, and I will give thee the Gentiles for thy inheritance, and the utmost parts of the earth for thy possession.

2:9. Thou shalt rule them with a rod of iron, and shalt break them in pieces like a potter's vessel.

2:10. And now, O ye kings, understand: receive instruction, you that judge the earth.

2:11. Serve ye the Lord with fear: and rejoice unto him with trembling.

2:12. Embrace discipline, lest at any time the Lord be angry, and you perish from the just way.

2:13. When his wrath shall be kindled in a short time, blessed are all they that trust in him.

WEDNESDAY

MATTHEW CHAPTER 3

The preaching of John: Christ is baptized.

3:1. And in those days cometh John the Baptist preaching in the desert of Judea.

3:2. And saying: Do penance: for the kingdom of heaven is at hand.

Do penance... Paenitentiam agite. Which word, according to the use of the scriptures and the holy fathers, does not only signify repentance and amendment of life, but also punishing past sins by fasting, and such like penitential exercises.

3:3. For this is he that was spoken of by Isaia 40 the prophet, saying: A voice of one crying in the desert, Prepare ye the way of the Lord, make straight his paths.

3:4. And the same John had his garment of camel's hair, and a leathern girdle about his loins: and his meat was locusts and wild honey.

3:5. Then went out to him Jerusalem and all Judea, and all the country about Jordan:

3:6. And were baptized by him in the Jordan, confessing their sins.

3:7. And seeing many of the Pharisees and Sadducees coming to his baptism, he said to them: Ye brood of vipers, who hath shewed you to flee from the wrath to come?

Pharisees and Sadducees... These were two sects among the Jews: of which the former were for the most part notorious hypocrites; the latter, a kind of freethinkers in matters of religion.

3:8. Bring forth therefore fruit worthy of penance.

3:9. And think not to say within yourselves, We have Abraham for our father. For I tell you that God is able of these stones to raise up children to Abraham.

3:10. For now the axe is laid to the root of the trees. Every tree therefore that doth not yield good fruit, shall be cut down, and cast into the fire.

3:11. I indeed baptize you in water unto penance, but he that shall come after me, is mightier than I, whose shoes I am not worthy to bear: he shall baptize you in the Holy Ghost and fire.

3:12. Whose fan is in his hand, and he will thoroughly cleanse his floor and gather his wheat into the barn; but the chaff he will burn with unquenchable fire.

3:13. Then cometh Jesus from

Galilee to the Jordan, unto John, to be baptized by him.

3:14. But John stayed him, saying: I ought to be baptized by thee, and comest thou to me?

3:15. And Jesus answering, said to him: Suffer it to be so now. For so it becometh us to fulfil all justice. Then he suffered him.

3:16. And Jesus being baptized, forthwith came out of the water: and lo, the heavens were opened to him: and he saw the Spirit of God descending as a dove, and coming upon him.

3:17. And behold a voice from heaven saying: This is my beloved Son, in whom I am well pleased.

PSALMS CHAPTER 3

Domine, quid multiplicati.

The prophet's danger and delivery from his son Absalom: mystically, the passion and resurrection of Christ.

3:1. The psalm of David when he fled from the face of his son Absalom.

3:2. Why, O Lord, are they multiplied that afflict me? many are they who rise up against me.

3:3. Many say to my soul: There is no salvation for him in his God.

3:4. But thou, O Lord, art my protector, my glory, and the lifter up of my head.

3:5. I have cried to the Lord with my voice: and he hath heard me from his holy hill.

3:6. I have slept and have taken my rest: and I have risen up, because the Lord hath protected me.

3:7. I will not fear thousands of the people surrounding me: arise, O Lord; save me, O my God.

3:8. For thou hast struck all them who are my adversaries without cause: thou hast broken the teeth of sinners.

3:9. Salvation is of the Lord: and thy blessing is upon thy people.

THURSDAY

MATTHEW CHAPTER 4

Christ's fast of forty days: He is tempted. He begins to preach, to call disciples to him, and to work miracles.

4:1. Then Jesus was led by the spirit into the desert, to be tempted by the devil.

4:2. And when he had fasted forty days and forty nights, afterwards he was hungry.

4:3. And the tempter coming said to him: If thou be the Son of God, command that these stones be made bread.

4:4. Who answered and said: It is written, Not in bread alone doth man live, but in every word that proceedeth from the mouth of God.

4:5. Then the devil took him up into the holy city, and set him upon the pinnacle of the temple,

4:6. And said to him: If thou be the Son of God, cast thyself down, for it is written: That he hath given his angels charge over thee, and in their hands shall they bear thee up, lest perhaps thou dash thy foot against a stone.

4:7. Jesus said to him: It is written again: Thou shalt not tempt the Lord thy God.

4:8. Again the devil took him up into a very high mountain, and shewed him all the kingdoms of the world, and the glory of them, Shewed him, etc... That is, pointed out to him where each kingdom lay; and set forth in words what was most glorious and admirable in each of them. Or also set before his eyes, as it were in a large map, a lively representation of all those kingdoms.

4:9. And said to him: All these will I give thee, if falling down thou wilt adore me.

4:10. Then Jesus saith to him: Begone, Satan: for it is written: The Lord thy God shalt thou adore, and him only shalt thou serve.

4:11. Then the devil left him; and behold angels came and ministered to him.

4:12. And when Jesus had heard that John was delivered up, he retired into Galilee:

4:13. And leaving the city Nazareth, he came and dwelt in Capharnaum on the sea coast, in the borders of Zabulon and of Nephthalim;

4:14. That it might be fulfilled which was said by Isaia 40 the prophet:

4:15. Land of Zabulon and land of Nephthalim, the way of the sea beyond the Jordan, Galilee of the Gentiles:

4:16. The people that sat in darkness, hath seen great light:

and to them that sat in the region of the shadow of death, light is sprung up.

4:17. From that time Jesus began to preach, and to say: Do penance, for the kingdom of heaven is at hand.

4:18. And Jesus walking by the sea of Galilee, saw two brethren, Simon who is called Peter, and Andrew his brother, casting a net into the sea (for they were fishers).

4:19. And he saith to them: Come ye after me, and I will make you to be fishers of men.

4:20. And they immediately leaving their nets, followed him.

4:21. And going on from thence, he saw other two brethren, James the son of Zebedee, and John his brother, in a ship with Zebedee their father, mending their nets: and he called them.

4:22. And they forthwith left their nets and father, and followed him.

4:23. And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom: and healing all manner of sickness and every infirmity, among the people.

4:24. And his fame went throughout all Syria, and they presented to him all sick people that were taken with divers diseases and torments, and such as were possessed by devils, and lunatics, and those that had the palsy, and he cured them:

4:25. And much people followed him from Galilee, and from Decapolis, and from Jerusalem, and from Judea, and from beyond the Jordan.

PSALMS CHAPTER 4

Cum invocarem.

The prophet teacheth us to flee to God in tribulation, with confidence in him.

4:1. Unto the end, in verses. A psalm for David.

Unto the end... Or, as St. Jerome renders it, victori, to him that overcometh: which some understand of the chief musician; to whom they suppose the psalms, which bear that title, were given to be sung: we rather understand the psalms thus inscribed to refer to Christ, who is the end of the law, and the great conqueror of death and hell, and to the New Testament.-Ibid. In verses, in carminibus... In the Hebrew, it is neghinoth, supposed by some to be a musical instrument, with which this psalm was to be sung.-Ibid. For David, or to David... That is, inspired to David himself, or to be sung.

4:2. When I called upon him, the God of my justice heard me: when I was in distress, thou hast enlarged me. Have mercy on me: and hear my prayer.

4:3. O ye sons of men, how long will you be dull of heart? why do you love vanity, and seek after lying?

4:4. Know ye also that the Lord hath made his holy one wonderful: the Lord will hear me when I shall cry unto him.

4:5. Be ye angry, and sin not: the things you say in your hearts, be sorry for them upon your beds.

4:6. Offer up the sacrifice of justice, and trust in the Lord: many say, Who sheweth us good things?

4:7. The light of thy countenance, O Lord, is signed upon us: thou hast given gladness in my heart.

4:8. By the fruit of their corn, their wine, and oil, they rest:

4:9. In peace in the self same I will sleep, and I will rest:

4:10. For thou, O Lord, singularly hast settled me in hope.

FRIDAY

MATTHEW CHAPTER 5

Christ's sermon upon the mount. The eight beatitudes.

5:1. And seeing the multitudes, he went up into a mountain, and when he was set down, his disciples came unto him.

5:2. And opening his mouth he taught them, saying:

5:3. Blessed are the poor in spirit: for theirs is the kingdom of heaven.

The poor in spirit... That is, the humble; and they whose spirit is not set upon riches.

5:4. Blessed are the meek: for they shall possess the land.

5:5. Blessed are they that mourn: for they shall be comforted.

5:6. Blessed are they that hunger and thirst after justice: for they shall have their fill.

5:7. Blessed are the merciful: for they shall obtain mercy.

5:8. Blessed are the clean of

heart: they shall see God.

5:9. Blessed are the peacemakers: for they shall be called the children of God.

5:10. Blessed are they that suffer persecution for justice' sake: for theirs is the kingdom of heaven.

5:11. Blessed are ye when they shall revile you, and persecute you, and speak all that is evil against you, untruly, for my sake:

5:12. Be glad and rejoice for your reward is very great in heaven. For so they persecuted the prophets that were before you.

5:13. You are the salt of the earth. But if the salt lose its savour, wherewith shall it be salted? It is good for nothing anymore but to be cast out, and to be trodden on by men.

5:14. You are the light of the world. A city seated on a mountain cannot be hid.

5:15. Neither do men light a candle and put it under a bushel, but upon a candlestick, that it may shine to all that are in the house.

5:16. So let your light shine before men, that they may see your good works, and glorify your Father who is in heaven.

5:17. Do not think that I am come to destroy the law, or the prophets. I am not come to destroy, but to fulfil.

To fulfil... By accomplishing all the figures and prophecies; and perfecting all that was imperfect.

5:18. For amen I say unto you, till heaven and earth pass, one jot, or one tittle shall not pass of the law, till all be fulfilled.

Amen... That is, assuredly of a truth... This Hebrew word, amen, is here retained by the example and authority of all the four Evangelists. It is used by our Lord as a strong asseveration, and affirmation of the truth.

5:19. He therefore that shall break one of these least commandments, and shall so teach men shall be called the least in the kingdom of heaven. But he that shall do and teach, he shall be called great in the kingdom of heaven.

5:20. For I tell you, that unless your justice abound more than that of the scribes and Pharisees, you shall not enter into the kingdom of heaven.

The scribes and Pharisees... The scribes were the doctors of the law of Moses: the Pharisees were a precise set of men, making profession of a more exact observance of the law: and upon that account greatly esteemed among the people.

5:21. You have heard that it was said to them of old: Thou shalt not kill. And whosoever shall kill, shall be in danger of the judgment.

Shall be in danger of the judgment... That is, shall deserve to be punished by that lesser tribunal among the Jews, called the Judgment, which took cognizance of such crimes.

5:22. But I say to you, that whosoever is angry with his brother, shall be in danger of the judgment. And whosoever shall say to his brother, Raca, shall be in danger of the council. And whosoever shall say, Thou fool, shall be in danger of hell fire.

Raca... A word expressing great indignation or contempt.

Shall be in danger of the council... That is, shall deserve to be punished by the highest court of judicature, called the Council, or Sanhedrim, consisting of seventy-two persons, where the highest causes were tried and judged, which was at Jerusalem. Thou fool... This was then looked upon as a heinous injury, when uttered with contempt, spite, or malice: and therefore is here so severely condemned. Shall be in danger of hell fire... literally, according to the Greek, shall deserve to be cast into the Gehenna of fire. Which words our Saviour made use of to express the fire and punishments of hell.

5:23. If therefore thou offer thy gift at the altar, and there thou remember that thy brother hath anything against thee;

5:24. Leave there thy offering before the altar, and go first to be reconciled to thy brother, and then coming thou shalt offer thy gift.

5:25. Be at agreement with thy adversary betimes, whilst thou art in the way with him: lest perhaps the adversary deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison.

5:26. Amen I say to thee, thou shalt not go out from thence till thou repay the last farthing.

5:27. You have heard that it was

said to them of old: Thou shalt not commit adultery.

5:28. But I say to you, that whosoever shall look on a woman to lust after her, hath already committed adultery with her in his heart.

5:29. And if thy right eye scandalize thee, pluck it out and cast it from thee. For it is expedient for thee that one of thy members should perish, rather than thy whole body be cast into hell.

Scandalize thee... That is, if it be a stumblingblock, or occasion of sin to thee. By which we are taught to fly the immediate occasions of sin, though they be as dear to us, or as necessary as a hand or an eye.

5:30. And if thy right hand scandalize thee, cut it off, and cast it from thee: for it is expedient for thee that one of thy members should perish, rather than that thy whole body go into hell.

5:31. And it hath been said, Whosoever shall put away his wife, let him give her a bill of divorce.

5:32. But I say to you, that whosoever shall put away his wife, excepting the cause of fornication, maketh her to commit adultery: and he that shall marry her that is put away, committeth adultery.

5:33. Again you have heard that it was said to them of old, thou shalt not forswear thyself: but thou shalt perform thy oaths to the Lord.

5:34. But I say to you not to swear at all, neither by heaven for it is the throne of God:

Not to swear at all... It is not forbid to swear in truth, justice and judgment; to the honour of God, or our own or neighbour's just defence: but only to swear rashly, or profanely, in common discourse, and without necessity.

5:35. Nor by the earth, for it is his footstool: nor by Jerusalem, for it is the city of the great king:

5:36. Neither shalt thou swear by thy head, because thou canst not make one hair white or black.

5:37. But let your speech be yea, yea: no, no: and that which is over and above these, is of evil.

5:38. You have heard that it hath been said: An eye for an eye, and a tooth for a tooth.

5:39. But I say to you not to resist evil: but if one strike thee on thy right cheek, turn to him also the other:

Not to resist evil, etc... What is here commanded, is a Christian patience under injuries and affronts, and to be willing even to suffer still more, rather than to indulge the desire of revenge: but what is further added does not strictly oblige according to the letter, for neither did Christ nor St. Paul turn the other cheek. St. John 18., and Acts 23.

5:40. And if a man will contend with thee in judgment, and take away thy coat, let go thy cloak also unto him.

5:41. And whosoever will force thee one mile, go with him other two.

5:42. Give to him that asketh of thee, and from him that would borrow of thee turn not away.

5:43. You have heard that it hath been said, Thou shalt love thy neighbour, and hate thy enemy.

5:44. But I say to you, Love your enemies: do good to them that hate you: and pray for them that persecute and calumniate you:

5:45. That you may be the children of your Father who is in heaven, who maketh his sun to rise upon the good, and bad, and raineth upon the just and the unjust.

5:46. For if you love them that love you, what reward shall you have? do not even the publicans this?

The publicans... These were the gatherers of the public taxes: a set of men, odious and infamous among the Jews, for their extortions and injustice.

5:47. And if you salute your brethren only, what do you more? do not also the heathens this?

5:48. Be you therefore perfect, as also your heavenly Father is perfect.

PSALMS CHAPTER 5

Verba mea auribul.

A prayer to God against the iniquities of men.

5:1. Unto the end, for her that obtaineth the inheritance. A psalm for David.

For her that obtaineth the inheritance... That is, for the church of Christ.

5:2. Give ear, O Lord, to my

words, understand my cry.

5:3. Harken to the voice of my prayer, O my King and my God.

5:4. For to thee will I pray: O Lord, in the morning thou shalt hear my voice.

5:5. In the morning I will stand before thee, and I will see: because thou art not a God that willest iniquity.

5:6. Neither shall the wicked dwell near thee: nor shall the unjust abide before thy eyes.

5:7. Thou hatest all the workers of iniquity: thou wilt destroy all that speak a lie. The bloody and the deceitful man the Lord will abhor.

5:8. But as for me in the multitude of thy mercy, I will come into thy house; I will worship towards thy holy temple, in thy fear.

5:9. Conduct me, O Lord, in thy justice: because of my enemies, direct my way in thy sight.

5:10. For there is no truth in their mouth: their heart is vain.

5:11. Their throat is an open sepulchre: they dealt deceitfully with their tongues: judge them, O God. Let them fall from their devices: according to the multitude of their wickednesses cast them out: for they have provoked thee, O Lord.

5:12. But let all them be glad that hope in thee: they shall rejoice for ever, and thou shalt dwell in them. And all they that love thy name shall glory in thee.

5:13. For thou wilt bless the just. O Lord, thou hast crowned us, as with a shield of thy good will.

SATURDAY

MATTHEW CHAPTER 6

A continuation of the sermon on the mount.

6:1. Take heed that you do not your justice before men, to be seen by them: otherwise you shall not have a reward of your Father who is in heaven.

Your justice... that is, works of justice; viz., fasting, prayer, and almsdeeds; which ought to be performed not out of ostentation, or a view to please men, but solely to please God.

6:2. Therefore when thou dost an alms-deed, sound not a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may be honoured by men. Amen I say to you, they have received their reward.

6:3. But when thou dost alms, let not thy left hand know what thy right hand doth.

6:4. That thy alms may be in secret, and thy Father who seeth in secret will repay thee.

6:5. And when ye pray, you shall not be as the hypocrites, that love to stand and pray in the synagogues and corners of the streets, that they may be seen by men: Amen I say to you, they have received their reward.

6:6. But thou when thou shalt pray, enter into thy chamber, and having shut the door, pray to thy Father in secret, and thy father who seeth in secret will repay thee.

6:7. And when you are praying, speak not much, as the heathens. For they think that in their much speaking they may be heard.

6:8. Be not you therefore like to them for your Father knoweth what is needful for you, before you ask him.

6:9. Thus therefore shall you pray: Our Father who art in heaven, hallowed be thy name.

6:10. Thy kingdom come. Thy will be done on earth as it is in heaven.

6:11. Give us this day our supersubstantial bread.

Supersubstantial bread... In St. Luke the same word is rendered daily bread. It is understood of the bread of life, which we receive in the Blessed Sacrament.

6:12. And forgive us our debts, as we also forgive our debtors.

6:13. And lead us not into temptation. But deliver us from evil. Amen.

Lead us not into temptation... That is, suffer us not to be overcome by temptation.

6:14. For if you will forgive men their offences, your heavenly Father will forgive you also your offences.

6:15. But if you will not forgive men, neither will your Father forgive you your offences.

6:16. And when you fast, be not as the hypocrites, sad. For they disfigure their faces, that they may appear unto men to fast. Amen I say to you, they have received their reward.

6:17. But thou, when thou fastest anoint thy head, and wash thy face;

6:18. That thou appear not to men to fast, but to thy Father who is in secret: and thy Father who seeth in secret, will repay thee.

6:19. Lay not up to yourselves treasures on earth: where the rust, and moth consume, and where thieves break through, and steal.

6:20. But lay up to yourselves treasures in heaven: where neither the rust nor moth doth consume, and where thieves do not break through, nor steal.

6:21. For where thy treasure is, there is thy heart also.

6:22. The light of thy body is thy eye. If thy eye be single, thy whole body shall be lightsome.

6:23. But if thy eye be evil thy whole body shall be darksome. If then the light that is in thee, be darkness: the darkness itself how great shall it be!

6:24. No man can serve two masters. For either he will hate the one, and love the other: or he will sustain the one, and despise the other. You cannot serve God and mammon.

Mammon... That is, riches, worldly interest.

6:25. Therefore I say to you, be not solicitous for your life, what you shall eat, nor for your body, what you shall put on. Is not the life more than the meat: and the body more than the raiment?

6:26. Behold the birds of the air, for they neither sow, nor do they reap, nor gather into barns: and your heavenly Father feedeth them. Are not you of much more value than they?

6:27. And which of you by taking thought, can add to his stature one cubit?

6:28. And for raiment why are you solicitous? Consider the lilies of the field, how they grow: they labour not, neither do they spin.

6:29. But I say to you, that not even Solomon in all his glory was arrayed as one of these.

6:30. And if the grass of the field, which is to day, and to morrow is cast into the oven, God doth so clothe: how much more you, O ye of little faith?

6:31. Be not solicitous therefore, saying: What shall we eat: or what shall we drink, or wherewith shall we be clothed?

6:32. For after all these things do the heathens seek. For your Father knoweth that you have need of all these things.

6:33. Seek ye therefore first the kingdom of God, and his justice, and all these things shall be added unto you.

6:34. Be not therefore solicitous for to morrow; for the morrow will be solicitous for itself. Sufficient for the day is the evil thereof.

PSALMS CHAPTER 6

Domine, ne in furore.

A prayer of a penitent sinner, under the scourge of God. The first penitential psalm.

6:1. Unto the end, in verses, a psalm for David, for the octave. For the octave... That is, to be sung on an instrument of eight strings. St. Augustine understands it mystically, of the last resurrection, and the world to come; which is, as it were, the octave, or eighth day, after the seven days of this mortal life: and for this octave, sinners must dispose themselves, like David, by bewailing their sins, whilst they are here upon earth.

6:2. O Lord, rebuke me not in thy indignation, nor chastise me in thy wrath.

6:3. Have mercy on me, O Lord, for I am weak: heal me, O Lord, for my bones are troubled.

6:4. And my soul is troubled exceedingly: but thou, O Lord, how long?

6:5. Turn to me, O Lord, and deliver my soul: O save me for thy mercy's sake.

5:5. For there is no one indeath, that is mindful of thee: and who shall confess to thee in hell?

6:7. I have laboured in my groanings, every night I will wash my bed: I will water my couch with my tears.

6:8. My eye is troubled through indignation: I have grown old amongst all my enemies.

6:9. Depart from em, all ye workers of iniquity: for the Lord hath heard the voice of my weeping.

6:10. The Lord hath heard my supplication: the Lord hath received my prayer.

6:11. Let all my enemies be ashamed, and be very much troubled: let them be turned back, and be ashamed very speedily.

Greenwich Calendar of Events for Your Fridge

Continued from Page B6

welcome. (Register by Tue). 203-524-8032. greenwichym-ca.org

12 - 2 p.m.

Waste Free Greenwich's Food Scrap Recycle Program: Drop off scraps at Round Hill Community Church, 395 Round Hill Rd. roundhill-communitychurch.org/news/composting-at-rhcc

12:15 p.m.

Greenwich Rotary Club Weekly Lunch Meeting. Putnam Cottage, 243 East Putnam Ave. RSVP: 203-832-3654. sheila.goggin@cbmoves.com. greenwichrotary.org

6 - 7:30 p.m.

Arch Street Teen Center High School Support Group for boys: Stress, Success, and Teenage Setbacks – moderated by Executive Director Kyle Silver. 100 Arch St. Register. Kyle@archstreet.org. archstreet.org

6:30 p.m.

NAMI-CAN (Child and Adolescent Network) Online Support Group - for parents and primary caregivers of children & adolescents, under age 21, with behavioral and emotional issues. Free. namisouthwestct.org/online-support

2nd WEDNESDAY OF THE MONTH:

11 a.m. - 12 p.m.

Aging Well - an informal conversation about different aspects of aging well. Round Hill Community Church, 395 Round Hill Road. Free & open to all. 203-869-1091. roundhillcommunitychurch.org

THURSDAYS:

8 a.m. & 4 p.m.

Tai Chi Basic Moves. First Congregational Church of Greenwich, 108 Sound Beach Ave. Registration required. Tuition is paid as a donation made directly by the participant to abilis, Neighbor to Neighbor, or the First Congregational Church. experiencetaichi.org

3 - 7 p.m.

Arch Street After School Programming (All Ages) – every Thursday starting Feb. 22. Arch Street Teen Center, 100 Arch St. archstreet.org

5 - 7 p.m.

Kids In Crisis Lighthouse LGBTQ Youth Group Meeting - open to all LGBTQ youth in middle & high school. Wilton Historical Society, 224 Danbury Rd, Wilton. Free. 203-661-1911. lighthouse@kidsincrisis.org. kidsincrisis.org/get-help/lighthouse

EVERY FRIDAY & SATURDAY:

8 a.m. - 12 p.m.

Book Exchange – choose from a huge selection of books. Holly Hill Recycling Center. Free, or, donate books. (Open every Fri & Sat. books4everyone.org

GREENWICH LIBRARIES

greenwichlibrary.org

Friday, Jan. 24

10 a.m.

Storytime. Cos Cob Library Turret. 203-622-6883.

7 p.m.

Friends Friday Films: “Ghostlight.” Berkley Theater. cgibbs@greenwichlibrary.org.

Saturday, Jan. 25

10:30 a.m.

Bio-Field Therapy with the Healing Touch Team. (Registration Required). Byram Shubert Library Community Room. 203-531-0426.

11 a.m.

Technology Help. Learning Lab. 203-625-6560. csherman@greenwichlibrary.org.

2 p.m.

Art Opening Reception:

"The Fantasy Hill Art Show" paintings by Rubin Strange. Byram Shubert Library Community Room. 203-531-0426.

Sunday, Jan. 26

2 p.m.

Artist Talk with Joanne Dugan, Amanda Marchand, Anne Arden McDonald, Liz Nielsen. Flinn Gallery. 203-622-7947. flinngallery.com

2 p.m.

Speed Jigsaw Puzzle Competition & Puzzle Swap. Marx Family Black Box Theater. sschugmann@greenwichlibrary.org..

Monday, Jan. 27

All Day

Adult Winter Reading Challenge.

9:30 a.m.

Little Learners (Registration Required). Children's Constellation Room.

11 a.m.

All Together Storytime. Marx Family Black Box Theater.

11:30 a.m.

Blood Pressure Screening. Community Room #5.

1 p.m.

Fiction Addiction: Lunchtime Edition. 2nd Floor Meeting Room.

3:30 p.m.

Battle of the Books with Ms. Flynn. Byram Shubert Library Conference Room.

4 p.m.

3D Printed Keychains. Learning Lab.

4:30 p.m.

Book Wizards Book Club. Cos Cob Library Turret.

7 p.m.

“Boots on the Ground Genealogy” with Sarah Gutmann. Online.

Tuesday, Jan. 28

11 a.m.

Storytime with Patty (Birth – Pre-K). Byram Shubert Library Community Room.

1:15 p.m.

Baby Lapsit (Registration Required). Children's Constellation Room.

4 p.m.

Book Explorers Book Club. Cos Cob Library Turret.

5 p.m.

Meditation & Breathing with Gail. On Zoom.

7 p.m.

What Lights You Up? Illuminate Your Career Path with Mary Olson-Menzel. Marx Family Black Box Theater.

Wednesday, Jan. 29

9:30 a.m.

Movers & Shakers (Registration Required). Children's Constellation Room.

10 a.m.

Baby Lapsit in the Stacks. Cos Cob Library Turret.

10:30 a.m.

Fiesta de los Cuentos. Children's Constellation Room.

1 p.m.

LaserLab: Design & Create. Innovation Lab.

4 p.m.

Legos @ the Library with Deirdre. Byram Shubert Library Community Room.

6 p.m.

Expert Selling on eBay. Online.

7 p.m.

Friends Performing Arts Series: An Evening with Norm Lewis. Berkley Theater.

Thursday, Jan. 30

10 a.m.

Japanese Storytime. Marx Family Black Box Theater..

11 a.m.

Technology Help. Learning Lab.

11:30 a.m.

Qi Gong. Online.

4 p.m.

Tai Chi for Adults with Ken Dolan. Byram Shubert Library Community Room.

6 p.m.

Teen Scene: Cork + String Art for National Croissant Day. Teen Commons.

7 p.m.

Celebrate Chinese New Year: Discover the Myths of Cycles and the Taoist "Wheel of Fortune" with Wenling Wang. Byram Shubert Library Community Room.

Friday, Jan. 31

10 a.m.

Storytime. Cos Cob Library Turret. 203-622-6883.

3:45 p.m.

Bring Your Child to the Library Day: Nappy's Puppets. Cos Cob Library Community Room.

4 p.m.

Rapid Prototyping. Innovation Lab. 203-622-7979. innovationlab@greenwichlibrary.org

7 p.m.

Friends Friday Films: “Fly Me to the Moon.” Berkley Theater. cgibbs@greenwichlibrary.org.

Saturday, Feb. 1

9 a.m.

Take Your Child to the Library Day Craft. Children's Constellation Room. 203-622-7940. children@greenwichlibrary.org.

9:30 a.m.

AARP Tax Help. 2nd Floor Meeting Room. Appointments are NOT required. 203-622-7900.

10:30 a.m.

Hatha Yoga for Adults with Inger. Byram Shubert Library Community Room. 203-531-0426.

11 a.m.

Hooked On Crochet. Teen Commons. 203-625-6549. alaughlin@greenwichlibrary.org

11 a.m.

Technology Help. Learning Lab. 203-625-6560. csherman@greenwichlibrary.org.

1 p.m.

Dungeons & Dragons (Grades 6-12). 203-625-6549. alaughlin@greenwichlibrary.org

2 p.m.

Chess for All with Ian. Byram Shubert Library Community Room. 203-531-0426.

2 p.m.

Lunar New Year Celebration. Cos Cob Library Community Room. 203-622-6883.

GREENWICH HOSPITAL

greenwichhospital.org/events 888-305-9253

Monday, Jan. 27

6 p.m.

CPR Friends & Family (Infant/Child). 38 Volunteer Ln. \$65. For discount information call 888-305-9253.

Wednesday, Jan. 29

1:30 p.m.

Parkinson's Disease Support Group - for people with Parkinson's, their families and caregivers. 260 Long Ridge Road, Stamford. Free.

Saturday, Feb. 1

9 a.m.

CPR Friends & Family (Infant/Child). 38 Volunteer Ln. \$65. For discount information call 888-305-9253.

Monday, Feb. 3

6 p.m.

CPR Friends & Family (Infant/Child). 38 Volunteer Ln. \$65. For discount information call 888-305-9253.

Wednesday, Feb. 5

12 p.m.

Webinar: Overhead Sports Injuries and How to Prevent Them. Online. Free.

1:30 p.m.

Parkinson's Disease Support Group - for people with Parkinson's, their families and caregivers. 260 Long Ridge Road, Stamford. Free.

7 p.m.

Talk: Pediatrician 101. Greenwich Hospital. Free.

NEIGHBOR-TO-NEIGHBOR

ntngreenwich.org

Everyday, all day

• 24/7 Food Drive Collection site at North Greenwich Congregational Church, 606 Riverside Road. The weatherproof bin is located outside of the Parish Hall.

• Greenwich Reform Synagogue, 92 Orchard St., Cos Cob.

Tuesdays

9 - 11 a.m.

Food Drive (drive-thru) at St. Catherine of Siena's parking area across the street from the rectory entrance, 4 Riverside Ave. (Non-perishable foods, personal care products, large sized diapers (5 & 6) and pull-ups, and knit hats (hand knit or store bought).

Thursdays

10 a.m. - 12 p.m.

Food Drive at St. Paul's Episcopal Church parking lot, 200 Riverside Ave.

RED CROSS BLOOD DRIVE

RedCrossBlood.org

Friday, Jan. 24

11:30 a.m. - 3:30 p.m.

New Rochelle Public Library, 1 Library Plaza, Lawton Street, New Rochelle, NY.

Sunday, Jan. 26

7 a.m. - 3 p.m.

Greenwich Blood Donation Center, 99 Indian Field Rd. Monday, Jan. 27

11 a.m. - 7 p.m.

Greenwich Blood Donation Center, 99 Indian Field Rd.

Tuesday, Jan. 28

11 a.m. - 7 p.m.

Greenwich Blood Donation Center, 99 Indian Field Rd.

11 a.m. - 4 p.m.

American Legion Post 347, 1 Locust Ave., Flint Park, Larchmont, NY.

Thursday, Jan. 30

7 a.m. - 3 p.m.

Greenwich Blood Donation Center, 99 Indian Field Rd.

11 a.m. - 4:45 p.m.

UConn, One University Place, Stamford.

Sunday, Feb. 2

7 a.m. - 3 p.m.

Greenwich Blood Donation Center, 99 Indian Field Rd.

TOWN MEETINGS

greenwichct.gov/calendar

Monday, Jan. 27

5:30 p.m.

Nathaniel Witherell Board of Directors Meeting.

7 p.m.

Inland Wetlands and Watercourses Agency Meeting. Zoom Webinar.

Tuesday, Jan. 28

7 p.m.

Board of Human Services Meeting.

7 p.m.

New Date: First Selectman's Youth Commission Board Meeting. Cone Room.

Monday, Feb. 3

10:30 a.m.

Architecture Review Committee (ARC) Sign-Meeting.

1 p.m.

Planning and Zoning Commission Briefing.

Tuesday, Feb. 4

4 p.m.

Planning & Zoning Commission Meeting.

7 p.m.

First Selectman's Youth Commission Board Meeting. Cone Room.

Wednesday, Feb. 5

7 p.m.

Architecture Review Committee (ARC) Regular

Meeting.

Thursday, Feb. 6

11 a.m.

FS Sustainability Committee Meeting Virtual via Zoom.

7 p.m.

Conservation Commission Regular Meeting. Zoom Webinar.

SAVE THE DATE

Saturday, Jan. 25, 2025

6 p.m.

Foundation of Hope Charity Celebration. Hyatt Regency Greenwich. foundationof-hope.us/gala

Saturday, Feb. 1, 2025

7 p.m.

Flower Petals Adaptive Dance's ‘Dance with Simone’ - Charity Benefit Couples Dance. Greenwich Arts Council. \$175. eventbrite.com/e/1107933973339

Friday, Feb. 28

6:30 p.m.

Kids In Crisis' An Après Ski Soirée The Loading Dock 375 Fairfield Ave, Stamford. kidsincrisis.org/sub/events

Wednesday, March 5

YWCA Greenwich's Women Who Inspire Awards. Greenwich Country Club. ywca-greenwich.org/events/2025-women-who-inspire-awards

Saturday, April 26

6 p.m.

Habitat for Humanity 40th Anniversary Gala. Hyatt Regency Greenwich. habitatctfc.org

Thursday, May 1

• YWCA Greenwich's Old Bags Luncheon 20th Anniversary. Belle Haven Club. ywcagreenwich.org/events/old-bags-luncheon-20th-anniversary

• Greenwich Arts Council's “Art to the Avenue.” greenwichartscouncil.org

Sunday, May 4

Breast Cancer Alliance 5K Run/Walk. breastcanceralliance.org

Our Neighboring Towns

FRIDAY, JAN. 24

10:30 a.m.

New Canaan Young Life Wyldlife Camp Info Meeting (for 6th, 7th or 8th grade). New Canaan Library, 151 Main St., New Canaan. Free. view.flodesk.com/emails/67585dec57788384309f358a

7:30 p.m.

Curtain Call presents “Steel Magnolias”. The Kveskin Theatre, 1349 Newfield Ave., Stamford. Performances: Fri & Sat, 7:30pm, & Sun, 2pm (Jan. 24, 25 & 26). curtaincallinc.com

SATURDAY, JAN. 25

11 a.m. & 2 p.m.

Pengwee's Breath Puppet Show. Stepping Stones Museum for Children – Mathews Park, 303 West Ave, Norwalk. steppingstonesmuseum.org

3 p.m.

LGBTQ+ Social Book Club. Ferguson Library - Harry Bennett Branch, Stamford. Free. Register. fergusonlibrary.org

SUNDAY, JAN. 26

10:30 a.m.

Chinese Language School of CT Open House. University of Connecticut-Stamford Campus, 1 University Pl., Stamford. 866-301-4906. chineselanguageschool.org

2 p.m.

Pengwee's Breath Puppet Show. Stepping Stones Museum for Children – Mathews Park, 303 West Ave, Norwalk. steppingstonesmuseum.org

MONDAY, JAN. 27

11 a.m.

Grounds for Discussion:

Raising Awareness of Trafficking Affecting Our Youth. Ferguson Main Library, Stamford. Free. fergusonlibrary.org

11 a.m. & 2 p.m.

Pengwee's Breath Puppet Show. Stepping Stones Museum for Children – Mathews Park, 303 West Ave, Norwalk. steppingstonesmuseum.org

4 p.m.

Robotics Club: Sphero BOLT. Ferguson Library - West Side Branch, Stamford. Free. Register. fergusonlibrary.org

TUESDAY, JAN. 28

12 p.m.

Community Mindfulness Project: Meditation. Ferguson Main Library, Stamford. Free. fergusonlibrary.org

WEDNESDAY, JAN. 29

11 a.m.

Get Fit at Ferguson. Ferguson Library - West Side Branch, Stamford. Free. Register. fergusonlibrary.org

1 p.m.

Age Well: A Community Resource Center for Seniors from SilverSource. Ferguson Main Library, Stamford. Free. fergusonlibrary.org

2 p.m.

AI for Dummies. Ferguson Main Library, Stamford. Free. Register. fergusonlibrary.org

"Hallo, Pooh," said Rabbit.

"Hallo, Rabbit," said Pooh dreamily.

"Did you make that song up?"

"Well, I sort of made it up," said Pooh. "It isn't Brain," he went on humbly, "because You Know Why, Rabbit; but it comes to me sometimes."

"Ah!" said Rabbit, who never let things come to him, but always went and fetched them. "Well, the point is, have you seen a Spotted or Herbaceous Backson in the Forest, at all?"

"No," said Pooh. "Not a—no," said Pooh. "I saw Tigger just now."

"That's no good."

"No," said Pooh. "I thought it wasn't."

"Have you seen Piglet?"

"Yes," said Pooh. "I suppose that isn't any good either?" he asked meekly.

"Well, it depends if he saw anything."

"He saw me," said Pooh.

Rabbit sat down on the ground next to Pooh and, feeling much less important like that, stood up again.

"What it all comes to is this," he said. "What does Christopher Robin do in the morning nowadays?"

"What sort of thing?"

"Well, can you tell me anything you've seen him do in the morning? These last few days."



"Yes," said Pooh. "We had breakfast together yesterday. By the Pine Trees. I'd made up a little basket, just a little, fair-sized basket, an ordinary biggish sort of basket, full of—"

"Yes, yes," said Rabbit, "but I

mean later than that. Have you seen him between eleven and twelve?"

"Well," said Pooh, "at eleven o'clock—at eleven o'clock—well, at eleven o'clock, you see, I generally get home about then. Because I have One or Two Things to Do."



"Quarter past eleven, then?"

"Well—" said Pooh.



"Half past."

"Yes," said Pooh. "At half past—or perhaps later—I might see him."

And now that he did think of it, he began to remember that he hadn't seen Christopher Robin about so much lately. Not in the mornings. Afternoons, yes; evenings, yes; before breakfast, yes; just after breakfast, yes.

And then, perhaps, "See you again, Pooh," and off he'd go.

"That's just it," said Rabbit, "Where?"

"Perhaps he's looking for something."

"What?" asked Rabbit.

"That's just what I was going to say," said Pooh. And then he added, "Perhaps he's looking for a—for a——"

"A Spotted or Herbaceous Backson?"

"Yes," said Pooh. "One of those. In case it isn't."

Rabbit looked at him severely.

"I don't think you're helping," he said.

"No," said Pooh. "I do try," he added humbly.

Rabbit thanked him for trying, and said that he would now go and see Eeyore, and Pooh could walk with him if he liked. But Pooh, who felt another verse of his song coming on him, said he would wait for Piglet, good-bye, Rabbit; so Rabbit went off.



But, as it happened, it was Rabbit who saw Piglet first. Piglet had got up early that morning to pick himself a bunch of violets; and when he had picked them and put them in a pot in the middle of his house, it suddenly came over him that nobody had ever picked Eeyore a bunch of violets, and the more he thought of this, the more he thought how sad it was to be an Animal who had never had a bunch of violets picked for him. So he hurried out again, saying to himself, "Eeyore, Violets," and then "Violets, Eeyore," in case he forgot, because it was that sort of day, and he picked a large bunch and trotted along, smelling them, and feeling very happy, until he came to the place where Eeyore was.

"Oh, Eeyore," began Piglet a little nervously, because Eeyore was busy.

Eeyore put out a paw and waved him away.

"Tomorrow," said Eeyore. "Or the next day."

Piglet came a little closer to see what it was. Eeyore had three sticks on the ground, and was looking at them. Two of the sticks were touching at one end, but not at the other, and the third stick was laid across them. Piglet thought that perhaps it was a Trap of some kind.



"Oh, Eeyore," he began again, "just—"

"Is that little Piglet?" said Eeyore, still looking hard at his sticks.

"Yes, Eeyore, and I—"

"Do you know what this is?"

"No," said Piglet.

"It's an A."

"Oh," said Piglet.

"Not O, A," said Eeyore severely. "Can't you hear, or do you think you have more education than Christopher Robin?"

"Yes," said Piglet. "No," said Piglet very quickly. And he came closer still.

"Christopher Robin said it was an A, and an A it is—until somebody treads on me," Eeyore added sternly.

Piglet jumped backwards hurriedly, and smelt at his violets.

"Do you know what A means, little Piglet?"

"No, Eeyore, I don't."

"It means Learning, it means Education, it means all the things that you and Pooh haven't got. That's what A means."

"Oh," said Piglet again. "I mean, does it?" he explained quickly.

"I'm telling you. People come and go in this Forest, and they say, 'It's only Eeyore, so it doesn't count.' They walk to and fro saying 'Ha ha!' But do they know anything about A? They don't. It's just three sticks to them. But to the Educated—mark this, little Piglet—to the Educated, not meaning Poohs and Piglets, it's a great and glorious A. Not," he added, "just something that anybody can come and breathe on."

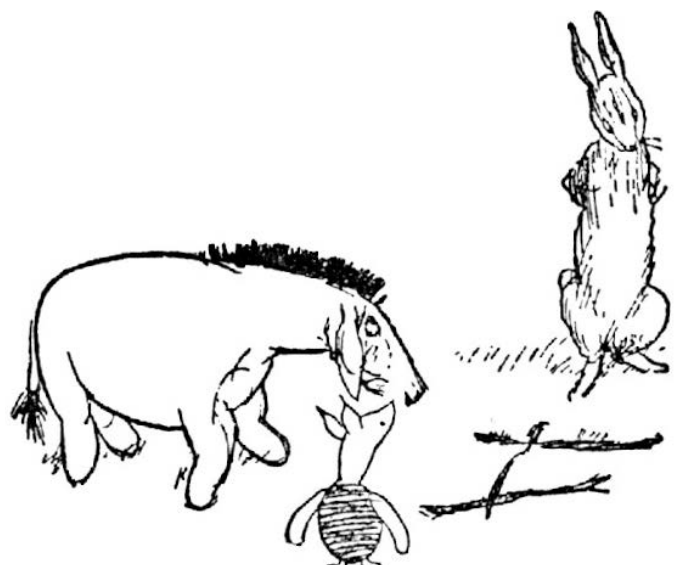
Piglet stepped back nervously, and looked round for help.

"Here's Rabbit," he said gladly. "Hallo, Rabbit."

Rabbit came up importantly, nodded to Piglet, and said, "Ah, Eeyore," in the voice of one who would be saying "Good-bye" in about two more minutes.

"There's just one thing I wanted to ask you, Eeyore. What happens to Christopher Robin in the mornings nowadays?"

"What's this that I'm looking at?" said Eeyore, still looking at it.



"Three sticks," said Rabbit promptly.

"You see?" said Eeyore to Piglet. He turned to Rabbit. "I will now answer your question," he said solemnly.

"Thank you," said Rabbit.

"What does Christopher Robin do in the mornings? He learns. He becomes Educated. He instigorate—I think that is the word he mentioned, but I may be referring to something else—he instigorate Knowledge. In my small way I also, if I have the word right, am—am doing what he does. That, for instance, is—"

"An A," said Rabbit, "but not a very good one. Well, I must get back and tell the others."

Eeyore looked at his sticks and then he looked at Piglet.

"What did Rabbit say it was?" he asked.

"An A," said Piglet.

"Did you tell him?"

"No, Eeyore, I didn't. I expect he just knew."

"He knew? You mean this A thing is a thing Rabbit knew?"

"Yes, Eeyore. He's clever, Rabbit is."

"Clever!" said Eeyore scornfully, putting a foot heavily on his three sticks. "Education!" said Eeyore bitterly, jumping on his six sticks. "What is Learning?" asked Eeyore as he kicked his twelve sticks into the air. "A thing Rabbit knows! Ha!"

"I think—" began Piglet nervously.

"Don't," said Eeyore.

"I think Violets are rather nice," said Piglet. And he laid his bunch in front of Eeyore and scampered off.

Next morning the notice on Christopher Robin's door said:

GONE OUT
BACK SOON
C. R.

Which is why all the animals in the Forest—except, of course, the Spotted and Herbaceous Backson—now know what Christopher Robin does in the mornings.

THE HOUSE AT POOH CORNER BY A.A. MILNE

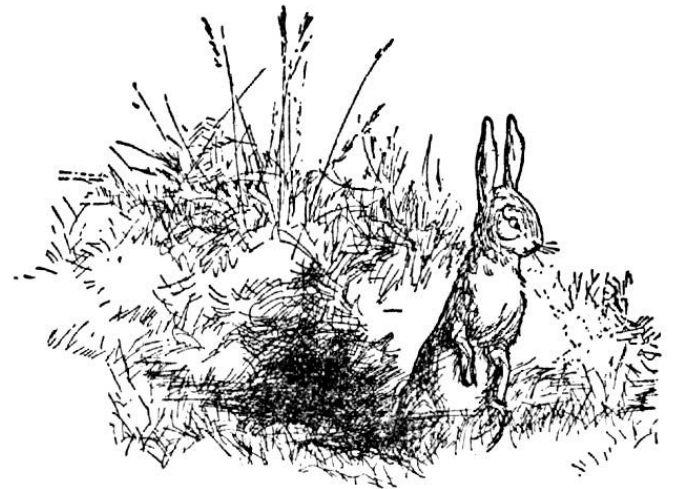
CHAPTER V

IN WHICH Rabbit Has a Busy Day, and We Learn What Christopher Robin Does in the Mornings

It was going to be one of Rabbit's busy days. As soon as he woke up he felt important, as if everything depended upon him. It was just the day for Organizing Something, or for Writing a Notice Signed Rabbit, or for Seeing What Everybody Else Thought About It. It was a perfect morning for hurrying round to Pooh, and saying, "Very well, then, I'll tell Piglet," and then going to Piglet, and saying, "Pooh thinks—but perhaps I'd better see Owl first." It was a Captainish sort of day, when everybody said, "Yes, Rabbit" and "No, Rabbit," and waited until he had told them.

He came out of his house and sniffed the warm spring morning as he wondered what he would do. Kanga's house was nearest, and at Kanga's house was Roo, who said "Yes, Rabbit" and "No, Rabbit" almost better than anybody else in the Forest; but there was another animal there nowadays, the strange and Bouncy Tigger; and he was the sort of Tigger who was always in front when you were showing him the way anywhere, and was generally out of sight when at last you came to the place and said proudly "Here we are!"

"No, not Kanga's," said Rabbit thoughtfully to himself, as he curled his whiskers in the sun; and, to make quite sure that he wasn't going there, he turned to the left and trotted off in the other direction, which was the way to Christopher Robin's house.



"After all," said Rabbit to himself, "Christopher Robin depends on Me. He's fond of Pooh and Piglet and Eeyore, and so am I, but they haven't any Brain. Not to notice. And he respects Owl, because you can't help respecting anybody who can spell TUESDAY, even if he doesn't spell it right; but spelling isn't everything. There are days when spelling Tuesday simply doesn't count. And Kanga is too busy looking after Roo, and Roo is too young and Tigger is too bouncy to be any help, so there's really nobody but Me, when you come to look at it. I'll go and see if there's anything he wants doing, and then I'll do it for him. It's just the day for doing things."

He trotted along happily, and by-and-by he crossed the stream and came to the place where his friends-and-relations lived. There seemed to be even more of them about than usual this morning, and having nodded to a hedgehog or two, with whom he was too busy to shake hands, and having said, "Good morning, good morning," importantly to some of the others, and "Ah, there you are," kindly, to the smaller ones, he waved a paw at them over his shoulder, and was gone; leaving such an air of excitement and I-don't-know-what behind him, that several members of the Beetle family, including Henry Rush, made their way at once to the Hundred Acre Wood and began climbing trees, in the hope of getting to the top before it happened, whatever it was, so that they might see it properly.

Rabbit hurried on by the edge of the Hundred Acre Wood, feeling more important every minute, and soon he came to the tree where Christopher Robin lived. He knocked at the door, and he called out once or twice, and then he walked back a little way and put his paw up to keep the sun out, and called to the top of the tree, and then he turned all round and shouted "Hallo!" and "I say!" "It's Rabbit!"—but nothing happened. Then he stopped and listened, and everything stopped and

listened with him, and the Forest was very lone and still and peaceful in the sunshine, until suddenly a hundred miles above him a lark began to sing.

"Bother!" said Rabbit. "He's gone out."

He went back to the green front door, just to make sure, and he was turning away, feeling that his morning had got all spoilt, when he saw a piece of paper on the ground. And there was a pin in it, as if it had fallen off the door.

"Ha!" said Rabbit, feeling quite happy again. "Another notice!"



This is what it said:

GON OUT
BACKSON
BISY
BACKSON.
C. R.

"Ha!" said Rabbit again. "I must tell the others." And he hurried off importantly.

The nearest house was Owl's, and to Owl's House in the Hundred Acre Wood he made his way. He came to Owl's door, and he knocked and he rang, and he rang and he knocked, and at last Owl's head came out and said "Go away, I'm thinking—oh it's you?" which was how he always began.

"Owl," said Rabbit shortly, "you and I have brains. The others have fluff. If there is any thinking to be done in this Forest—and when I say thinking I mean thinking—you and I must do it."

"Yes," said Owl. "I was."

"Read that."

Owl took Christopher Robin's notice from Rabbit and looked at it nervously. He could spell his own name WOL, and he could spell Tuesday so that you knew it wasn't Wednesday, and he could read quite comfortably when you weren't looking over his shoulder and saying "Well?" all the time, and he could—



"Well?" said Rabbit.

"Yes," said Owl, looking Wise and Thoughtful. "I see what you mean. Undoubtedly."

"Well?"

"Exactly," said Owl. "Precisely." And he added, after a little thought, "If you had not come to me, I should have come to you."

"Why?" asked Rabbit.

"For that very reason," said Owl, hoping that something helpful would happen soon.

"Yesterday morning," said Rabbit solemnly, "I went to see Christopher Robin. He was out. Pinned on his door was a notice."

"The same notice?"

"A different one. But the meaning was the same. It's very odd."

"Amazing," said Owl, looking at the notice again, and getting, just for a moment, a curious sort of feeling that something had happened to Christopher Robin's back. "What did you do?"

"Nothing."

"The best thing," said Owl wisely.

"Well?" said Rabbit again, as Owl knew he was going to.

"Exactly," said Owl.

For a little while he couldn't think of anything more; and then, all of a sudden, he had an idea.

"Tell me, Rabbit," he said, "the exact words of the first notice. This is very important. Everything depends on this. The exact words of the first notice."

"It was just the same as that one really."

Owl looked at him, and wondered whether to push him off the tree; but, feeling that he could always do it afterwards, he tried once more to find out what they were talking about.

"The exact words, please," he said, as if Rabbit hadn't spoken.

"It just said, 'Gon out. Backson.' Same as this, only this says 'Bisy Backson' too."

Owl gave a great sigh of relief.

"Ah!" said Owl. "Now we know where we are."

"Yes, but where's Christopher Robin?" said Rabbit. "That's the point."

Owl looked at the notice again. To one of his education the reading of it was easy. "Gone out, Backson. Bisy, Backson"—just the sort of thing you'd expect to see on a notice.

"It is quite clear what has happened, my dear Rabbit," he said. "Christopher Robin has gone out somewhere with Backson. He and Backson are busy together. Have you seen a Backson anywhere about in the Forest lately?"

"I don't know," said Rabbit. "That's what I came to ask you. What are they like?"

"Well," said Owl, "the Spotted or Herbaceous Backson is just a—"

"At least," he said, "it's really more of a—"

"Of course," he said, "it depends on the—"

"Well," said Owl, "the fact is," he said, "I don't know what they're like," said Owl frankly.

"Thank you," said Rabbit. And he hurried off to see Pooh.

Before he had gone very far he heard a noise. So he stopped and listened. This was the noise.

NOISE, BY POOH

Oh, the butterflies are flying,
Now the winter days are dying,
And the primroses are trying
To be seen.

And the turtle-doves are cooing,
And the woods are up and doing,
For the violets are blue-ing
In the green.

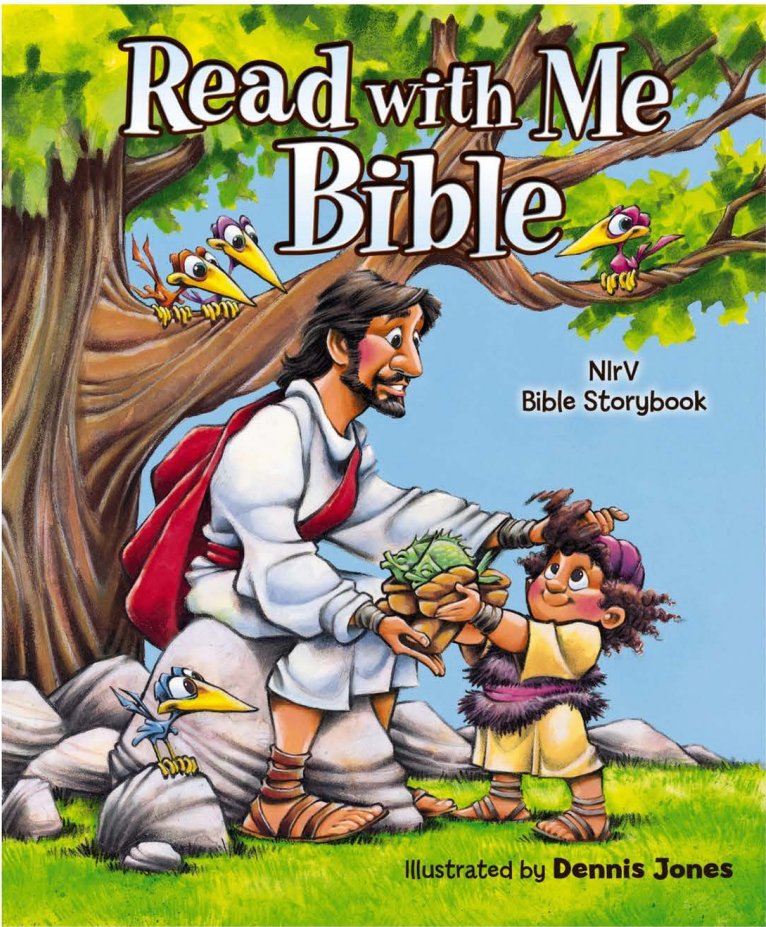
Oh, the honey-bees are gumming
On their little wings, and humming
That the summer, which is coming,
Will be fun.

And the cows are almost cooing,
And the turtle-doves are mooing,
Which is why a Pooh is poohing
In the sun.

For the spring is really springing;
You can see a skylark singing,
And the blue-bells, which are ringing,
Can be heard.

And the cuckoo isn't cooing,
But he's cucking and he's oeing,
And a Pooh is simply poohing
Like a bird.





WHY JOIN THE KIDS BIBLE CHALLENGE?

Create meaningful family moments and nurture your child’s faith by reading the *Read With Me Bible* together. Print out the Kid’s Reading Plan and let them check off the chapters one by one. This beautifully illustrated Bible is available at Dogwood Books and Gifts in-store or online. It brings the stories to life, making it fun and engaging. Share meaningful conversations while reading a chapter at a time together.

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Robert Burns

The National Poet of Scotland

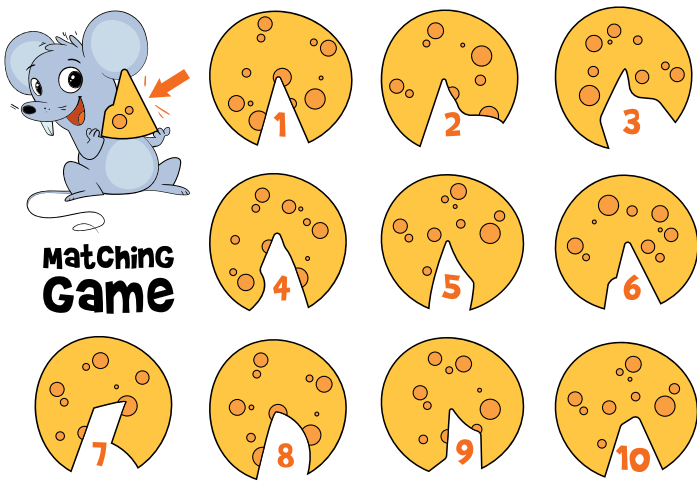
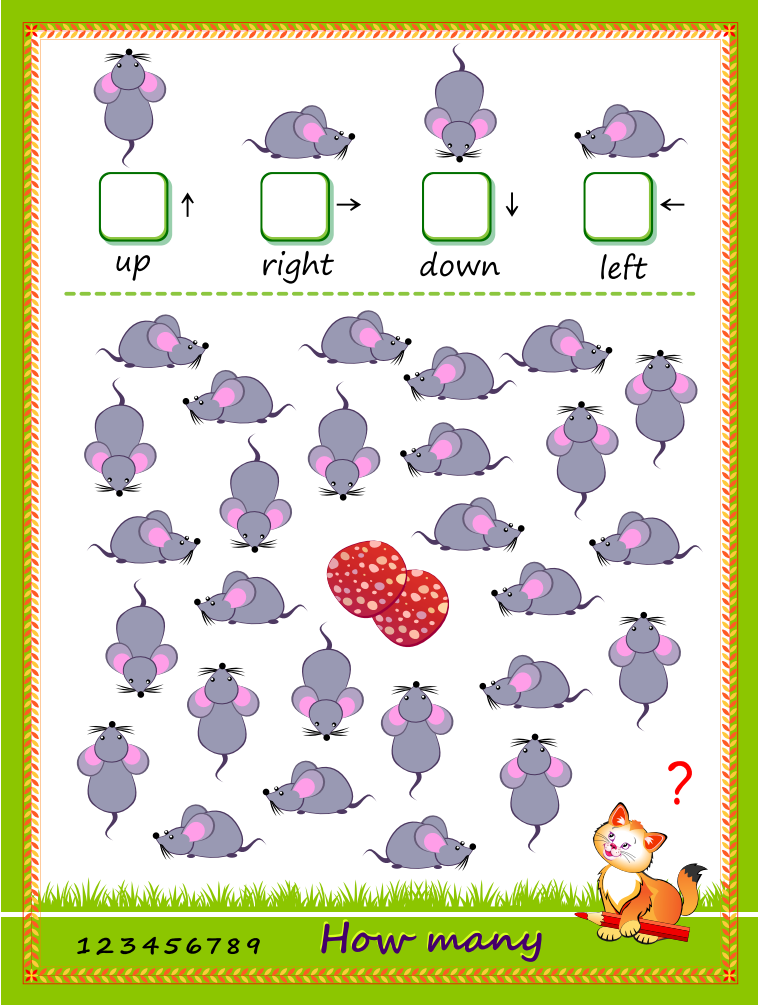
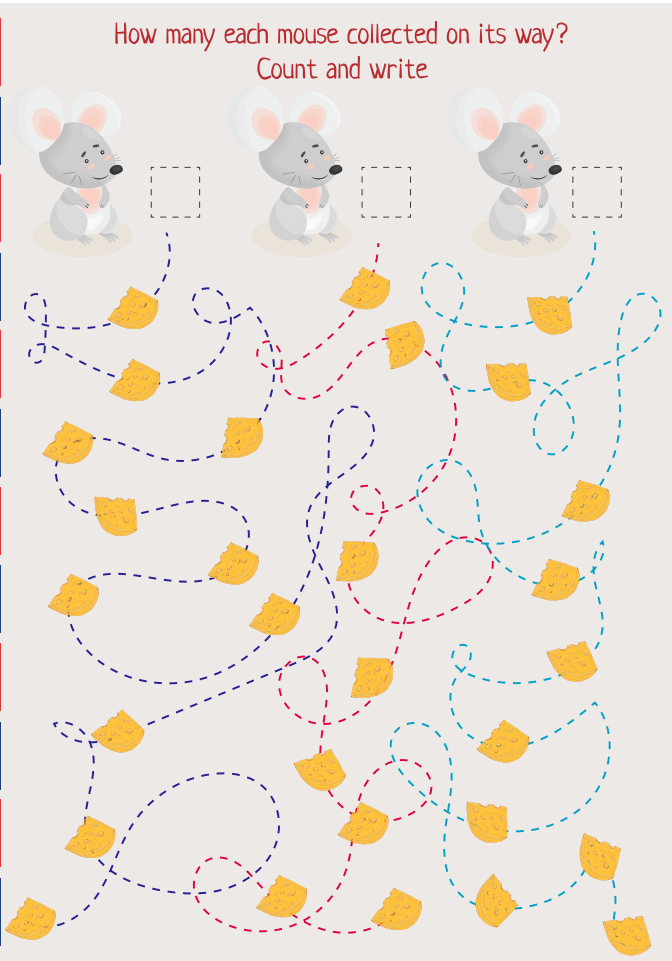
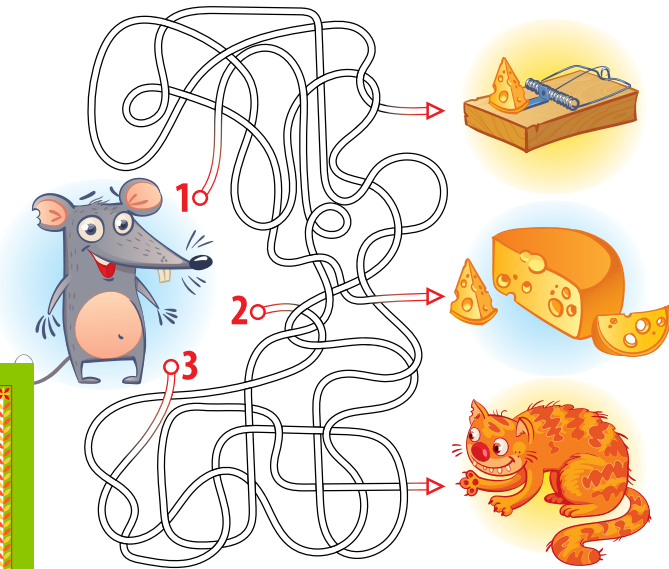
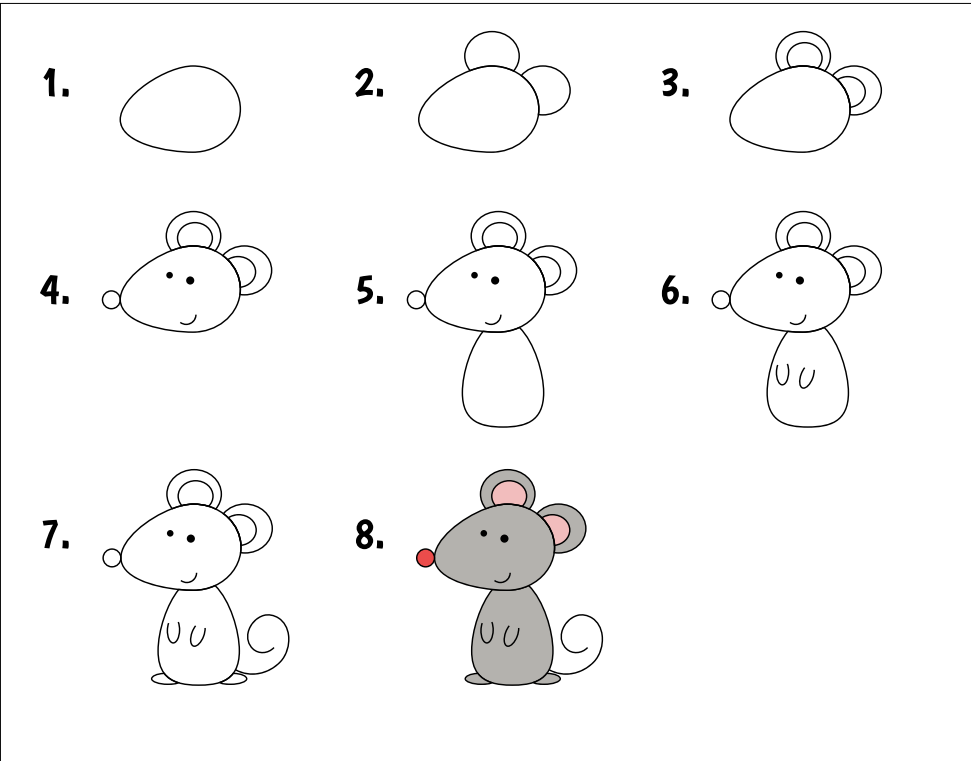
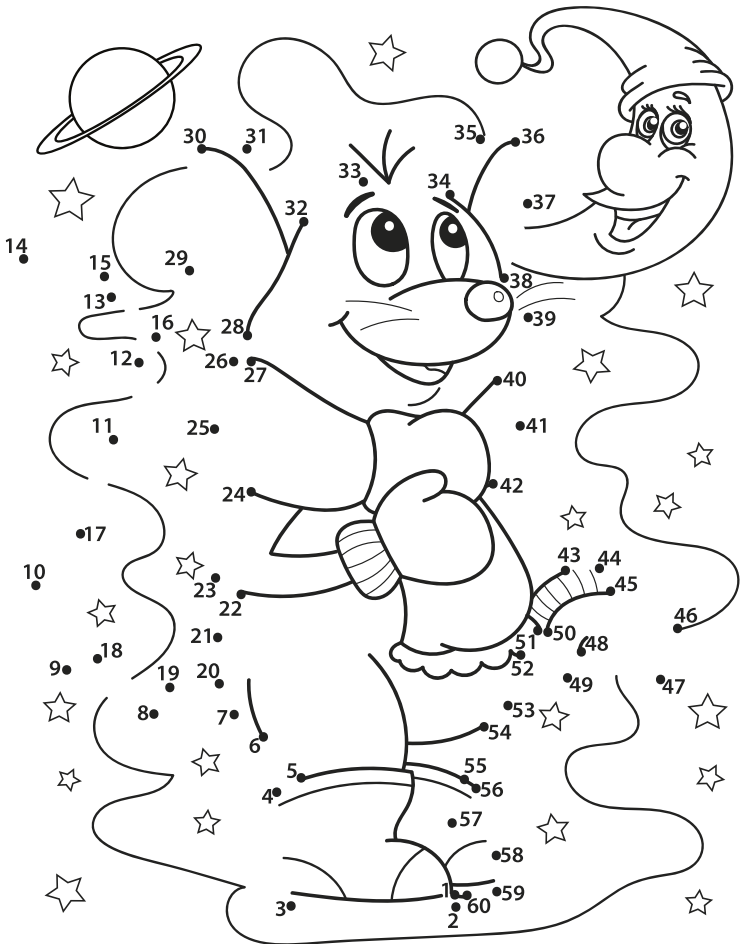
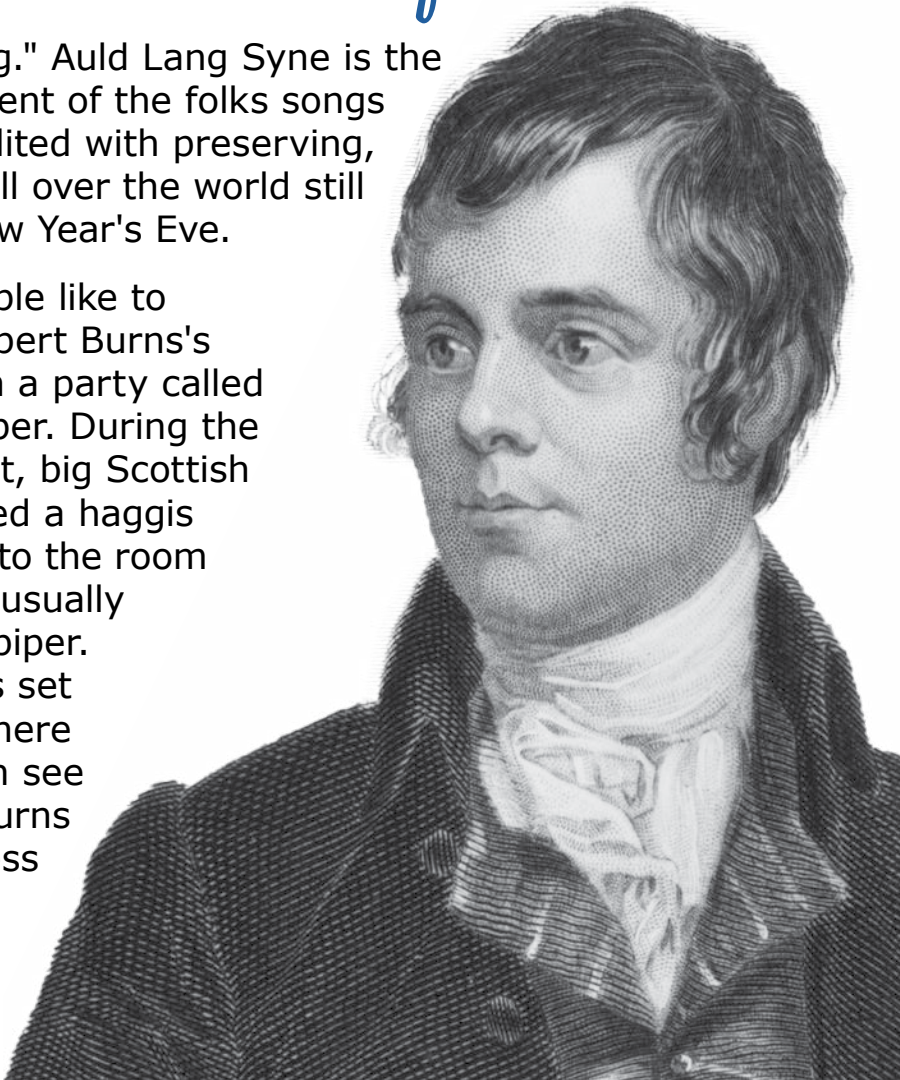
Robert Burns was born on January 25, 1759, in Scotland. He grew up on a farm and worked hard, but he also loved to write. His writing often celebrated Scottish culture and the lives of ordinary folks. Rabbie, as he was called, wrote in the old Scots language as well as in English. He liked to write songs, and he also collected, preserved, and even adapted many old folk songs of Scotland. Burns was only 37 when he died, on July 21, 1796, but his work lives on today, earning him the unofficial title of the National Poet of Scotland.

One of Burn's most famous poems is called "To a Mouse." He was inspired to write it "On Turning Her Up in Her Nest with the Plough" in November 1785. With the winter coming on, Burns felt terrible about accidentally ploughing up a mouse's nest, leaving her with nowhere to survive the cold weather and no time to build a new home and stock it with food. The incident caused Burns to reflect that "the best-laid schemes o' Mice an' Men" are often laid in vain because a twist of fate can tear it all down in a moment.

Another famous work of Burns's is the song "Auld Lang Syne." He described it as "an old song, of the olden times, and which has never been in print, nor even in manuscript until I took it down from an old

man's singing." Auld Lang Syne is the most prominent of the folks songs Burns is credited with preserving, and people all over the world still sing it on New Year's Eve.

Scottish people like to celebrate Robert Burns's birthday with a party called a Burns Supper. During the party, a great, big Scottish sausage called a haggis is paraded into the room on a platter, usually led by a bagpiper. The haggis is set on a table where everyone can see it, and the Burns poem "Address to a Haggis" is read to it before it is cut up and served for dinner.



The Sentinel Educational Pages

COLUMN | WILDLY SUCCESSFUL: THE SNOW GOOSE

An Arctic Goose That Visits Connecticut

By Jim Knox

When the mercury drops and the first flakes fly, they wing in from the far north. A quick glance persuaded me it was a pair of swans. A closer look revealed creatures far more unusual, at least in Fairfield County. The animals in question grazed on the late fall grass along the edge of the pond.

Due to their unpredictable visits to the Nutmeg State, Snow Geese, *Chen caerulescens*, are always a memorable sight. With its compact build, snow-white plumage, black wing tips, and pink bill and legs, the Snow Goose stands out among its familiar Canada Goose kin, which it frequently accompanies. Breeding in the Arctic tundra, these birds migrate south in late fall and early winter, foraging for tubers, roots and dried grasses along wetlands, agricultural fields, and marshes across Canada and much of the United States.

Hunted to near extinction to just a few thousand birds by the early 1900’s, Snow Geese were given full federal protection. Like many species, that protection led to a rebound in numbers. Aided by the adaptability of the birds, which widened their food choices from wetland grasses and tubers to include agricultural crops and their roots, the population exploded. As a result, this North American species is thriving among the west coast, east coast, and mid-continental populations and today approaches 20 million birds!

With two main recognized subspecies, as well as a less common “blue” phase which exhibits beautiful silvery-gray plumage occurring in both, the Snow Goose exhibits variations on a theme of remarkable success. Specifically, that success is of a superbly adapted Arctic species with the adaptability to range far south of its northern breeding grounds above the treeline in the vast tundra.



The Snow Goose

When the mercury drops and the first flakes fly, they wing in from the far north.

Designed by nature to exploit the extremely limited Arctic spring and withstand the ravages of deadly weather, Snow Goose goslings hatch with bodies completely covered with down and their eyes wide open, unlike their more southerly kin. These tiny subpolar hatchlings can venture out from their nests to walk, feed, swim, and dive within just hours of hatching. Their voracious feeding is essential in enabling them to gain more than a quarter pound of vital weight each day. To fuel their rapidly growing bodies, Snow Goose goslings can accompany their parents more than 50 miles from their nest site within just three weeks of hatching!

Another attribute of Snow Goose parental behavior fosters

protection for the little ones. While each pair aggressively guards their nest territory, expecting mothers will roll the eggs of trespassing pairs into their nests and raise the young as their own, thereby ensuring protection for greater numbers of young and aiding the survival of the entire flock.

The form of the Snow Goose is perfectly designed for life on the forbidding tundra. With a length of 27-33 inches and a weight of 4.5-9 pounds, these Arctic waterfowl are compact to conserve vital body heat in an unforgiving environment. With its legs positioned centrally beneath its body, the Snow Goose can navigate the barren ground and shallow waters of the Arctic

in summer with great balance and agility. The serrations lining the edge of its bill enable it to readily dig up and cut up roots and tubers, accessible in the Arctic soil. The primary feathers forming its trademark black wingtips are reinforced and can withstand tremendous stresses—a key attribute for birds making migrations of up to 5,000 miles (about twice the width of the United States) between their nesting grounds

and their winter range.

While smaller family groups typically disperse throughout Connecticut, Snow Geese of all subspecies tend to form massive flocks of up to several hundred thousand birds along main stopovers of their three continental migration routes. Putting the term, “safety in numbers” to the test, these huge congregations of birds may attract predators but,

through their sheer size, can simultaneously withstand such predation.

As is often the case with nature’s creatures, their adaptability to a human-influenced landscape can create challenges. With the birds’ booming populations shifting gears to feed off agricultural lands, the Snow Goose’s feeding habit of uprooting can destroy valuable crops. Our challenge lies in balancing the welfare of a population of superbly adapted creatures with the needs of human populations.

Late fall and early spring in New England are times of spectacular natural change. In the weeks ahead, as you stroll, hike, or kayak the land and waters of coastal Connecticut, keep a sharp eye out for the brilliant white birds amid flocks of Canada Geese. A rare sight decades ago, the presence of the Snow Goose is both a welcome visit of our neighbors from the far north and sure sign that, with a little help, nature will endure.

Jim Knox is Curator of Education at Connecticut’s Beardsley Zoo where he directs education and conservation initiatives to advance the protection of wildlife in Connecticut and beyond.

