

CALENDAR

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 p.m.

Science Solvers: Fossils (Ages 4 & up). Bruce Museum, 1 Museum Dr. Free with admission. No reservations required. Also held Sunday, Jan. 12. brucemuseum.org

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. easternmiddle-school.ludus.com

5 p.m.

Organ Recital with Isabelle Demers. Christ Church Greenwich, 254 E Putnam Ave. Free. christchurchgreenwich.org/upcoming-events

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

Continued on page B2

Green Thoughts

BY ANNE W. SEMMES

"I was in the presence of his bird-kind, his pheasant-kind, and the proud life that informed that feathered dress, that jeweled head and harsh beak; that deliberate gait; the absoluteness of his being there before me. I beheld and worshipped."

Kathleen Raine, *English Poet, Critic and Scholar, about a male pheasant, from "Autobiographies," 1991.*



Stephanie Cowie, Selectwoman Lauren Rabin, Dennis Yeskey, Joe Kelly, Josh Caspi, CMSBC Chairman Joe Rossetti, Clare Kilgallen, BET Chairman Harry Fisher, Laura Kostin, Christina Poccia, and CMS Principal Tom Healy. CMSBC members not pictured: Todd Klair, Tony Turner, Dan Watson, Michael Kiselak

Breaking Ground on a Brighter Future: Central Middle School Project Advances

BY ANNE WHITE

On Tuesday, January 28, 2025, the Central Middle School Building Committee approved a major milestone: the finalization of a Guaranteed Maximum Price (GMP) contract with Turner Construction. At \$93,587,800, the GMP comes in over \$4.1 million under the initial projection of \$97,705,000. This savings increases the project's contingency fund from 3% to 6%, providing greater flexibility to address any unforeseen challenges as construction progresses.

The committee, established in July 2022, has remained focused on delivering a modern educational facility that meets the needs of Greenwich students. With a total appropriation of \$112,017,000, the project is on budget, and construction began last week, setting the stage for the new Central Middle School to open its doors in the summer of 2026.

The project represents one of the most significant public investments in Greenwich's

recent history, underscoring the town's commitment to providing its students with a first-class education. The Building Committee, composed of financial executives, attorneys, construction experts, and representatives from key town agencies, has worked to ensure the project adheres to its schedule and educational specifications. Their collaboration highlights the value of combining professional expertise with

the excellence Greenwich is known for."

The financial achievement of securing a GMP below projections is notable, particularly given the challenges of today's construction market. Inflation, labor shortages, and supply chain disruptions have caused delays and budget overruns in school projects across the state. However, the Building Committee's diligence and planning have allowed Greenwich to manage

Joe Rossetti, Chair of the Building Committee, said, "It's about creating a space where our students can thrive, learn, and grow in an environment that reflects the excellence Greenwich is known for."

civic responsibility.

"This project is not just about bricks and mortar," said Joe Rossetti, Chair of the Building Committee. "It's about creating a space where our students can thrive, learn, and grow in an environment that reflects

costs effectively.

"This achievement by the CMS team bodes well for other major projects in town such as the Old Greenwich School renovation, and we look forward to further abatement of inflationary pressures," said BET Chairman

Harry Fisher.

The project's journey began with the granting of Municipal Improvement (MI) status in 2023, a unanimous decision by the Planning and Zoning Commission that underscored broad community support. Since then, the committee has worked closely with town agencies to align the project with both educational needs and fiscal responsibility.

The decision to increase the contingency fund to 6% provides additional stability, ensuring that unexpected costs will not derail progress. This approach reflects a broader commitment to maintaining transparency and careful budget management.

As construction continues, the focus remains on delivering a state-of-the-art facility that will serve as a cornerstone of education in Greenwich. With doors set to open in 2026, this milestone marks another step forward in a project that has demonstrated the importance of teamwork, planning, and a long-term investment in the town's future.

BOE Requests \$202 Million; Total Budget \$523 Million

Greenwich First Selectman Fred Camillo on Tuesday unveiled a \$523 million budget proposal for the 2025-2026 fiscal year, marking a 4.3% increase over the current spending plan. Camillo emphasized that the budget reflects a balance between responsible financial stewardship and necessary investments in town infrastructure, leveraging ongoing public-private partnerships to mitigate costs.

"We have a responsibility to maintain and improve our town's facilities while being mindful of taxpayer dollars," Camillo said. "Taxes are always going to rise, but we must ensure that we are getting things done efficiently. This budget brings us very close to the mill rate guideline while delivering key improvements for residents."

Maintaining the Lowest Mill Rate in the State

Despite the proposed increase, Greenwich continues to have the lowest mill rate in Connecticut. The budget calls for a property tax rate increase from 11.712 to 12.262, slightly above the BET's suggested cap of 12.175. For a homeowner with a \$1 million assessed property, the increase would mean approximately \$550 more in annual taxes.

Camillo underscored that Greenwich's mill rate remains significantly lower than neighboring communities, even as the town undertakes long-overdue capital projects. "It's important to put this in perspective," he said. "While we are making critical investments, we are still maintaining the lowest tax burden in the state."

Capital Investments and
Continued on Page 7

Greenwich Officials Raise Concerns Over Aquarion Sale

BY ELIZABETH BARHYDT

On January 27, Eversource Energy announced the sale of Aquarion Water Company to the newly formed quasi-public Aquarion Water

"Unfortunately, the Aquarion sale to Regional Water Authority, which their elected officials foisted upon them through special legislation, will deliver higher utility bills and diminished trust." Ryan Fazio

Authority (AWA), operating alongside the South Central Connecticut Regional Water Authority (RWA). The \$2.4 billion transaction includes \$1.6 billion in cash and \$800 million in debt. Eversource CEO Joe Nolan called it a strategic move to refocus on core operations, but municipal officials fear higher rates and lost tax revenue.

State Senator Ryan Fazio, a vocal critic, described the deal as predetermined. (see

Continued on Page 12

'Fiddler' Opening on Feb. 8 in Ridgefield

BY TOM NISSLEY

I was invited to attend a sneak peek of a rehearsal of the new "Fiddler on the Roof," opening at ACT of CT on February 8. It will play on weekends for an entire month, with 26 actors that Director Daniel C Levine will have on stage throughout the show. When they're not in a scene, they will be watching the scene, surrounding the action on stage, and reflecting the audience members in front of the stage. The Royal Danish Ballet used a similar technique when they traveled to the USA in the 1950s, and it's beautifully effective.

Musical direction will be by Bryan Perri, always the musical supervisor at ACT

productions but for "Fiddler" the actual Director of the music in the show. Perri can be demanding, and at the sneak peek was working the cast to sing harder and more fully in "Tradition," with the poppas and the mommas and the daughters and the sons each claiming their roles in life in Anatevka. To watch Levine and Perri work together is in itself a rich experience. Of course they are a couple in real life, but on stage they are a powerhouse, pretty much guaranteeing that their "Fiddler on the Roof" will be the excellent production we are lining up to see.

You can order your tickets for "Fiddler" by calling 475.215.5497; or by going on line to

actofct.org.

Tom Nissley for the Ridgelea Reports on Theatre

Fiddler on the Roof is a timeless musical masterpiece. The musical takes place in the small Jewish village of Anatevka in Imperial Russia at the turn of the 20th century, and follows Tevye, a humble milkman, and his family, as they grapple with faith and changing societal norms.

Performance Dates and Times: Thursdays 7pm, Fridays 8pm, Saturdays 2pm* & 8pm, Sundays at 2pm. *Please note there will be no matinee performance Saturday, February 8.

Hahn Takes Over The RTC

On Jan. 29, Michael Hahn was elected as the new Chairman of the Greenwich Republican Town Committee (RTC), taking the helm on the same day as the Lunar New Year. Hahn, who succeeds Jerry Cincotta, emphasized his commitment to upholding the committee's long-standing traditions and

strengthening Republican leadership in Greenwich.

"I'm looking forward to continuing the great tradition of Greenwich Republican Chairmen," Hahn told the *Sentinel* following his victory. "To be able to lead this body is a privilege and honor I look forward to, and a responsibility I don't take

lightly."

Hahn's election comes at a pivotal time for the RTC, as local Republicans prepare for upcoming elections and policy discussions that will shape the party's direction in Greenwich. With decades of experience in Republican politics, Hahn has been an advocate for

grassroots organizing and voter engagement.

His leadership will focus on maintaining party unity while expanding outreach efforts to both longtime members and new voters in town. Hahn has emphasized the importance of transparency and collaboration within the committee.

MENTAL HEALTH COLUMN

No One Gets a Perfect 52-Card Deck

BY JILL S. WOOLWORTH, LMFT

No one gets a perfect 52-card deck in life. We all have setbacks, disappointments and parts of our lives we wish were different. Whether these challenges are minor or serious, the same question applies: how will you play the cards you were dealt? An overweight person might trade the A's she earned in school to be thin. An attractive man might trade his good looks for more intelligence or athletic ability. Someone with difficult parents or siblings might trade them for "the perfect family."

Your cards are your cards. Some of them are gifts. Some aren't. What will you do with them? Blaming someone else won't change the cards you hold. Some of your difficult cards may turn out to be the most valuable ones in your life.

It's your move.



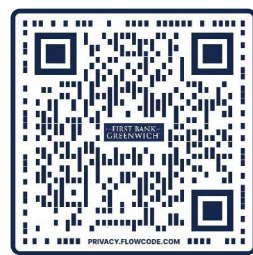
Illustrated by Wajih Chaudhry

learning differences, he knows that his personal experience is one of the reasons his students trust him.

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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Imaginative and Needed Ways to Turn Trash into Treasure On View at Greenwich Audubon

L to R Greenwich Tree Conservancy executive director Kate Dzikiewicz, Greenwich Audubon executive director Rochelle Thomas, and Board Chair Kim Gregory, and neighbor Dancia Callahan. Photo by Chuan Ding.

By ANNE W. SEMMES

Efforts to address the environment in creative and constructive ways continue to grow in the town of Greenwich. Those efforts were spelled out last Thursday at a gathering of some 120 at Greenwich Audubon featuring town leaders, an imaginative artist, and an educator of birds on their benefit to the environment. The event was the opening art exhibit of “Trash to Treasure” in the Center’s Kiernan Hall featuring artist Chris Duncan’s repurposing of thrown away art through collage. Duncan was introduced by Rochelle Thomas, executive director of the Audubon Center.

Thomas, now celebrating two years in her post, was first proud to announce the beginning renovations of the Center’s historic Mead House “so you’ll see a fresh face on John Street.” She cited Audubon Board Chair Kim Gregory for introducing her to Chris Duncan, realizing “immediately Chris was a good fit for the Center, because this show ‘Trash to Treasure’ aligns with Audubon’s mission to protect birds and their places by highlighting how all of us can contribute to reducing waste in our lives.”

Slated to address the crowd was Julie DesChamp, founder and chair of Waste Free Greenwich that Thomas described as “a grassroots nonprofit that engages, educates and empowers the Greenwich community to waste less, running solutions at home and at school through the six R’s: refuse, reuse, reduce, repair, recycle and rot. And as Julie will tell you, the reduction of waste produces innumerable downstream effects for people and birds.”

Chris Duncan described how her repurposing of artworks inspiration came to her during the Covid-19 shutdown, of “finding pieces of art that have been thrown away and then transforming them.” Per example at Goodwill, she’d found a canvas for “three bucks... I always try to get canvases that are on frames because framing is so expensive and a lot of these frames are amazing frames that actually make the artwork.” She also collects “old botanical artworks and then I just start cutting away and I start laying on top like colors.”

A resulting artwork on view was “Harvest Burst,” resplendent with two bird images included. Her modus operandi is to include birds and animals in each work.

“And it’s something that’s really fun to do with your kids,” she told. “It’s turning into something that is very different than what it was... It’s very therapeutic to cut at night while you’re sitting there watching and not watching the news.” Her aim is, “I want everybody to walk away with a smile, to find something that they didn’t think they’d find in the artwork, then you write your check [with prices marked from \$150 to \$350] to your favorite non-profitable. This time it’s to Greenwich Audubon because it’s a win-win...It’s really about the birds.”

“‘Trash to Treasure’ aligns with Audubon’s mission to protect birds and their places by highlighting how all of us can contribute to reducing waste in our lives.” Rochelle Thomas.

Waste Free Greenwich

Waste Free Greenwich founder Julie DesChamp’s first message to the crowd of birders, gardeners, and environmentalists was to thank Duncan “for raising awareness about the problem of waste through her collages and for giving me the perfect excuse to talk trash with you!” Duncan’s artwork was keeping “trash” out of landfills and incinerators, “and giving it a new lease on life...She has found value in unwanted items while making a subtle statement about our culture of consumerism. Reuse is just one of the many strategies we can adopt to generate less waste on a planet.”

And why are those six R’s (refuse, reuse, reduce, repair, recycle and rot) important?

“When items are trashed,” said DesChamp, “we waste all those resources including water, energy, labor, and land used throughout the lifetime of goods from extraction and production to transport and disposal. Our trash is either burned or buried. Both have negative impacts on the environment and public health. Incineration emits toxic pollution. Incinerators and landfills are a major source of methane, a powerful greenhouse gas, and we all know trash doesn’t always make it into the bin. Litter on our street ends up in our waterways and shorelines harming birds and other wildlife.”

DesChamp encouraged preventing food waste at home. “Forty percent of food in the United States is wasted and food scraps make up about a quarter of our trash bin.” She suggested, “Shop with a list, eat leftovers, store food properly, and understand those expiration dates to prevent food waste.” And to learn more, “You can check out our website (WastefreeGreenwich.org) or attend a workshop hosted by Greenwich Audubon or Waste Free Greenwich to learn how to start your own backyard composting system.” Greenwich’s municipal food scrap recycling program, she told “has diverted over half a million pounds of wasted food to compost since 2020.”

Benefiting Birds of Prey

Then it was birding time – though bird sounds of guest birds had accompanied talks - with Brian Bradley of Skyhunters in Flight. He first brought out a young Spectacled Owl before the crowd. “They may have a scholarly look on their faces,” he said, “but all the birds of prey are the most primitive minded nocturnal creatures. Think of them as instinctive, not intellectual, very reactive... They have certain tools and skills which allows them to be more effective hunters at night.” He then gave their impact on “the health of the environment.”

“They basically manage the health of the environment out

Repurposed “Harvest Burst” artwork by Chris Duncan. Photo by Chuan Ding.

there by doing two things,” he told, “They catch and eat the weak and the sick. By removing sick animals from a population, they leave the strong and healthy behind. So that allows that population to be actually healthier.” And add on, “By doing so, they also control the numbers and that’s very important as well.”

Bradley would also bring out a Barn Owl and a Great Horned Owl, all the while educating the crowd of the challenging life of these birds of prey. “What people don’t realize is that these things are as clumsy as a toddler when they’re young...fumbling around in trees and branches before they learn how to fly. It takes time and they’ve got the most difficult job in the world for that reason. When they’re out there looking

around, they’re vulnerable to other predators - the first year is their most dangerous period of life. It’s said 70 to 80 percent of all young birds of prey that leave the nest every year around the world die of starvation, are eaten by other predators, or from some form of accident.”

“So, when you see a bird out there sitting up on top of a tree as you go by on 684,” he noted, “don’t take that bird for granted because that is a true survivor. That’s basically the equivalent of a gold medal Olympic athlete.”

Following on at Greenwich Audubon this Thursday will be the kickoff of the 2025 season of Pollinator Potluck meetings, featuring the growing environmental impact of neonicotinoids – the new DDT, on our pollinators and our birds.

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Greenwich Scouts Practice Leadership and Winter Outdoor Skills at Annual Klondike Derby



A patrol pulls their sled. Photo: Sharon Strain



Another patrol pulls their sled. Photo: Marc Ducret



By JIM HEAVEY

This past Saturday and Sunday at the Ernest Thomson Seton Scout Reservation, the Black Wolf District of Scouting America held its annual Klondike Derby. The purpose of the Klondike Derby is for Scouts to test their skills at outdoor Scouting, camping, teamwork, and leadership while utilizing the patrol method. A patrol is the smallest unit inside of a Scout troop, and it's usually made up of five to eight Scouts.

In the weeks ahead of the Klondike Derby, patrols worked on honing their outdoor Scouting skills. On the day of the competition, each patrol was given a list of equipment they are required to carry from station to station on their sled. Patrols received points at each station, depending on how well they performed.

This year's Klondike had a combination of stations that the Scouts have seen in the past as well as a few new ones — all of them very challenging. There were snowshoe relay, fire building, shelter building for the entire patrol, compass course, hatchet throwing, blade safety, and first aid stations. A number of the events were timed, including milk-crate stacking and an Iditarot-style race that involved Scouts pulling their sleds around the lake. Each station presented a leadership reaction scenario where patrol leaders had to figure out how to resolve a challenging problem while in the outdoors using their leaderships skills and the equipment on their sled.

Scouts arrived early Saturday morning to have their sleds inspected by veteran Greenwich Scouters Robert Moore and Bob Neilsen, who made sure they had the proper equipment for all

the various competitions and the chilly weather. The Scouts then pulled their sleds from station to station over the recently fallen snow.

When a patrol arrived at one of the stations located throughout Seton Scout Reservation, they received instructions from an adult leader. Scouts were then given an opportunity to plan and execute their effort to perform the challenge.

The First Aid Station was manned by Explorers from the Greenwich Emergency Medical Service explorer post. Exploring is

Finally, the Scouts returned to their campsites for an overnight stay, while recorded temperatures fell into the 20s.

another type of Scouting offered to high school-age youth, in which they can explore certain professions.

Part of the Greenwich Council's Klondike Derby tradition is that every Scout brings two cans of soup. A soup station operates throughout the day, where Scouts can stop along the trail during the event to warm up and have some soup. At the end of the event, the unused cans of soup are donated to Neighbor to Neighbor.

This year's competition was very close, and all 10 patrols performed very well. The top three scorers received plaques at the closing ceremony. The Wizard Patrol of Troop 608 from Hamden, CT, took the gold. Cos Cob Troop 11's Gladiator Patrol came in second, and third place went to the Surfing Ducks of Troop 23 from Old Greenwich.

Following the day-long competition, the patrols returned to their troop campsites to prepare dinner over an open fire or gas stove. After the meal, they returned to the main camp for a campfire. Finally, the Scouts returned to



A patrol competes in the 2025 Klondike Derby. Photo: Cindy Andrews DePreta

their campsites for an overnight stay, while recorded temperatures fell into the 20s. The Scouts stayed in tents and lean-tos, while a few lucky Scouts slept in the Winter Cabin. The next morning, Scouts prepared a hearty warm breakfast before they headed back home.

Scouting America is open to all youth who have completed the fifth grade or reached the age of 11 up to the age of 18, and they can join at

any time. If you're interested in joining Scouting, contact Scouting America, Greenwich Council at (203) 622-8024.

Greenwich Police Chief Jim Heavey is an Eagle Scout and served as Scoutmaster of Greenwich Scout Troop 35 for many years. He currently serves as an Assistant Scoutmaster and on the Council Activities Committee within the Greenwich Council.



Klondike champions The Wizard Patrol of Troop 608 from Hamden, CT. Photo: Sharon Strain



Second Place winners Gladiator Patrol of Cos Cob Troop 11. Photo: Sharon Strain



Third Place winners Surfing Ducks of Troop 23 from Old Greenwich (with Chief Heavey, at left). Photo: Sharon Strain



A patrol takes the snowshoe relay challenge. Photo: Sharon Strain



Skits and performances around the campfire, led by the Order of the Arrow. Photo: Sharon Strain



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Dr. Camacho completed his general surgery residency at The Ohio State University Medical Center and completed his fellowship in minimally invasive surgery at Baylor College of Medicine. He has shared his expertise in minimally invasive procedures through books, peer-reviewed articles and more than 60 international presentations.

He is a fellow of the American College of Surgeons and an active member in several professional societies. In 2019, he was recognized by the Fairfield County Doctors of Distinction for his international work. He was recognized by the Latin American Federation of Surgery (FELAC) as the most accomplished Latino surgeon in the United States. Dr. Camacho is fluent in Spanish and has been a Greenwich resident since 2008.



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Shen’s Unlikely Journey: From Confucian China to the Court of Louis XIV



Robert Henrey spoke about the historic journey of a Chinese scholar to the West in the 17th century and the cross-cultural challenges that were encountered and persist to this day.

By MIKE ABRAHAMS

At the January 22nd Retired Men’s Association public speaker program Hollister Sturges introduced Robert Henrey, a scholar with a long career in finance at Coopers & Lybrand, and a lifelong interest in history and linguistics, who delivered a captivating lecture on the fascinating journey of a Chinese scholar to the West in the 17th century. The talk centered around Henrey’s book, “Shen’s Unlikely Journey: From Confucian China to the Court of Louis XIV,” which explores the first documented visit of an educated Chinese person to Europe.

Henrey’s interest in this subject stemmed from his personal experiences living in Asia, particularly his time in Singapore and a month-long stay in Shanghai in 1980. These experiences gave him unique insights into the complex relationship between China and the West, which he noted has not changed significantly since the 17th century. Many of the problems and perceptions that were operative then—suspicion, mistrust, etc.—are still very operative today. It is an interesting story not only for the history but also for how we understand each other today.

The story Henrey uncovered was remarkable for several reasons. It represented the first instance of an educated Chinese person, as opposed to a slave, visiting and being welcomed in the West. This visit occurred only 300 years ago, highlighting the relatively recent nature of meaningful cultural exchange between China and Europe. The Chinese scholar’s journey was immortalized in a portrait commissioned by King James II of England, painted by the renowned

Many of the problems and perceptions that were operative then—suspicion, mistrust, etc.—are still very operative today.

artist Godfrey Kneller, who had studied under Rembrandt. This portrait, the first of a Chinese person in Western art, served as a tangible connection to this groundbreaking cultural exchange.

Henrey explained that the scholar’s visit was orchestrated by Jesuits, who at the time were the primary Western presence in China. The Jesuits brought the young man to Europe as a form of propaganda, showcasing their work in China and demonstrating the potential for meaningful relationships with the vast and largely unknown country.

To provide context for the historical period, Henrey highlighted the stark differences between the 17th century world and our present day. He noted that the global population was only about 500 million at the time, compared to today’s eight billion. This vast difference in scale underscored how different the world was during the time of the Chinese scholar’s journey. Henrey also discussed the historical reasons for the limited contact between Europe and Asia prior to this period. Islamic control over the shortest routes to Asia, including the Silk Road, had created a bottleneck that was only broken when Portuguese explorers managed to sail around the Cape of Good Hope. This maritime achievement revolutionized Western access to China and other parts of Asia.

Henrey emphasized the self-contained nature of Chinese culture, which historically

showed little interest in looking to the West for inspiration. He attributed this to China’s unique characteristics: a unified language, a centralized political system, and a culture that looked inward rather than outward. The Confucian concept of a divinely mandated, centralized society further reinforced this introspective cultural tendency. He emphasized the remarkable political and cultural continuity of Chinese civilization, spanning nearly 4,000 years. This continuity, unparalleled in any other civilization, contributed to China’s self-sufficient worldview and its limited interest in external cultures.

The Portuguese, despite being a small nation on the edge of Europe, played a crucial role in breaking the Muslim stranglehold on East-West contacts. Their maritime skills allowed them to establish trade routes to India, Japan, and eventually China. However, China proved to be their most challenging endeavor due to its closed culture and lack of interest in Western offerings.

A significant breakthrough came in 1557 when the Portuguese persuaded the Ming dynasty to allow a trading post on the Chinese coast. This concession was primarily motivated by China’s desire for silver, which they received in exchange for silk and porcelain. The silver, originating from the New World, made its way to Europe and then to China, establishing a global trade network.

Throughout his lecture, Henrey drew parallels between historical events and contemporary issues, emphasizing that despite the vast changes in the world over the past three centuries, many of the fundamental challenges in China-West relations remain similar. He highlighted the continuing importance of understanding and bridging cultural gaps between China and the West, a task that remains as relevant today as it was during the time of the Chinese scholar’s unprecedented journey. By examining this early cultural exchange, he offered a unique perspective on the historical roots of current global dynamics, demonstrating the enduring relevance of studying such pivotal moments in history.

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 Age of Trump: Early Reflections and Predictions for the Second Trump Presidency” by Susan Herbst, is scheduled for 11 AM on Wednesday, February 5, 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.

While political scientists have refrained from calling the past few years a major political “realignment,” it is indisputable that we live in the “Age of Trump.” President Trump has profoundly

transformed American political culture, from our perspectives on traditional institutions to the nature of our political discourse, and everything in between. But what does all of this change mean for the citizenry and our democracy? And what might we expect from Trump and his administration in these very early weeks? Professor Herbst will bring what she knows from the field of political science, but please be ready with your own reflections and predictions: Academics certainly haven’t been right about a lot when it comes to predictions about American politics!

Dr. Herbst was appointed as the 15th president of the University of Connecticut in 2010 by the University’s Board of Trustees. She stepped down as president in 2019 and returned to the faculty. She teaches at the Stamford campus where she is University Professor of Political Science and President Emeritus. Prior to her appointment to the presidency, Dr. Herbst served as Executive Vice Chancellor and Chief Academic Officer of the University System of Georgia where she led 15 university presidents and oversaw the academic missions for all 35 public universities in Georgia. Before coming to Georgia, she served in a number of progressively challenging academic posts.

Born in New York City and raised in Peekskill, NY, Dr. Herbst received her B.A. in Political Science from Duke University in 1984 and her Ph.D. in Communications Theory and Research from the University of Southern California’s Annenberg School of Communication in 1989. She is the author of five books, her newest being “A Troubled Birth.”

To stream the presentation by Dr. Herbst at 11 AM on Wednesday, February 5, 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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Spreading Joy Through a Gift Shop



Friends of Nathaniel Witherell volunteer, Marie, in the gift shop.

BY DEBRA McLAUGHLIN

If you've been to The Nathaniel Witherell, you likely know the gift shop, which is run by the non-profit, Friends of the Nathaniel Witherell. This retail boutique is much more than just a place to shop. Nestled on a bustling corner in a main corridor, directly across from the auditorium, the shop is a hub of activity and connection for residents, families, and staff alike. Designed with accessibility in mind, the shop is wheelchair-friendly, ensuring that every resident can enjoy its offerings without barriers. For many, it has become a cherished destination—a place where comfort, joy, and community come together.

Run entirely by Friends of Nathaniel Witherell volunteers, the gift shop is a testament to the power of giving back. Sally, Marie, and Dottie, our three dedicated regulars, bring not only their time but also warmth and care to the shop. Open weekday afternoons, they create a welcoming space where everyone feels valued and appreciated. Their cheerful presence is often as meaningful as the items they sell.

The shop's inventory is as varied as the smiles it brings. From sweet and salty snacks to jewelry, greeting cards, stamps, and thoughtful gifts, there's something for everyone. For residents, it's a chance to indulge in a favorite treat, find a card to send to a loved one, or pick out a small token to brighten someone's day. Families visiting loved ones

appreciate the convenience of grabbing a last-minute gift, and staff members often stop by to recharge during a busy day.

The gift shop plays an integral role in the tapestry of experiences residents enjoy. The ability to shop independently and choose items that bring them joy fosters a sense of normalcy and empowerment. It's a small but impactful way to enhance the residents' quality of life. Through the dedication of the Friends of Nathaniel Witherell volunteers and the support of the community, the gift shop has become a beacon of positivity. Its impact extends far beyond its shelves, touching the hearts of all who visit.

Volunteers are always welcome at The Nathaniel Witherell. If you would like to volunteer, please contact Mary Tate, Director of Resident and Volunteer Services, at mary.tate@witherell.org or 203-618-4228. There are many opportunities to suit your interests and schedules, including arts and crafts, games, gift shop, and a variety of other activities.

For further information about Friends of Nathaniel Witherell and supporting these vital experiences we provide to those at The Nathaniel Witherell, call Lisa Harding, Director of Development, Advancement & Fundraising at 203-618-4227 or lisa.harding@friendsofnw.org Please also visit our website at <https://friendsofnathanielwitherell.org/>.

Connection & Friendship at MOW



Meals-on-Wheels driver Sandie Heath

BY DEBRA McLAUGHLIN

For many, a meal delivered to their doorstep is a lifeline. For others, it's a moment of connection and companionship, something that might be missing from their daily lives. Sandie Heath, a volunteer driver for Meals-on-Wheels, understands this well. She has been delivering meals to seniors and homebound individuals for several years, and what keeps her going is not just the act of providing food, but the deeper rapport she develops with those she helps.

When asked why she enjoys volunteering for Meals on Wheels, Sandie's answer is simple: "I enjoy it because of all the people I get to meet that I wouldn't otherwise." "It's not just about delivering food," Sandie explains. "For many of the people I see, a visit from a Meals-on-Wheels driver is often the only conversation they have that day. It's an opportunity to offer friendship and let them know someone cares." Meals-on-Wheels relies on a network of dedicated volunteers like Sandie to assist those who at the moment cannot shop or prepare meals on their own.

Volunteers like Sandie not only help fill an important physical need but also contribute to the emotional well-being of their clients. For seniors and individuals with disabilities who are confined to their homes, social isolation can be a real concern. With no one else to talk to, a friendly face from a Meals-on-Wheels driver can mean the world.

One of the reasons Sandie finds her work so rewarding is that she has become more than just a driver to many of the people she serves. Beyond the rewarding personal contacts, Sandie describes the role of volunteering for Meals on Wheels as "fun." There's an element of joy she finds in the consistency of her work and the people she meets along the way. Sandie is grateful for the relationships she's built.

If you would like to support Meals-on-Wheels in other ways by volunteering, partnering on a project, or making a financial contribution—please contact them at 203-869-1312 or via email at mealsonwheelsgreenwich@outlook.com. You can also learn more about how to get involved by visiting their website at [Meals-on-Wheels of Greenwich](https://www.mealsonwheelsgreenwich.org/)

YWCA Greenwich Celebrates Dr. King with Panel Discussion

January 2025, Greenwich, CT: On Thursday, January 23rd, YWCA Greenwich hosted the Annual Coretta Scott & Dr. Martin Luther King Jr. Conversation, a community forum organized by YWCA Greenwich's Center for Equity & Justice to celebrate the lives of Dr. and Mrs. King. This year's panel discussion focused on Women's Health Equity.

Moderated by Simone Quartey, Director of the Center for Equity & Justice, the panel of experts

included Dr. Mia Kazanjian, Diagnostic Radiologist at Stamford Health, who provided statistics on cancer rates in the United States indicating disparate outcomes and mortality rates for women of color. Director of Medical Administration for the State of Connecticut's Division of Health Services, Fatmata Williams, provided an overlay of how social determinants determine the insurance coverage women get. She highlighted how issues

of access, economic inequality and systemic bias impact health outcomes and shorten life expectancy. Rounding out the panel were OB/GYNs, Dr. Juliet Mushi of Harlem Hospital and Dr. Romelle Maloney of Greenwich Hospital, who provided insights into how structural racial and gender inequalities exacerbate issues like the Black maternal health crisis and access to physicians. The forum closed with a

thought exercise, facilitated by Two Gems Consulting, a women-led consulting group working in tandem with YWCA Greenwich's Center for Equity & Justice to understand health disparities for women. Attendees were asked to imagine what a just and equitable health ecosystem for all women. To watch the full event and learn more, please visit www.ywcagr.org/mlk25.

Historical Society Celebrates Contributions of Black Americans and Indigenous Communities to Nation's History

In honor of Black History Month, Greenwich Historical Society shines a light on the contributions of African Americans and Indigenous communities to the two contentious conflicts in American history: the Revolution and the Civil War.

"African-descended and Indigenous communities have had an immense impact on our nation's development," says Lauren Ackerley, director of public programs and exhibitions for Greenwich Historical Society. "Our focus this month is on programs that will inform attendees about these communities and their essential role in early American history, as well as encourage engagement in exploring perspectives on their experiences and contributions to our society."

Understanding Black and Indigenous Land- and Waterscapes in the Telling of History

February 8th: 2:00 - 3:15 pm virtual lecture

The second installment of a three-part lecture series, Reflections on the Revolution, sponsored by Sotheby's International Realty, features an in-depth exploration of the lives of African Americans and Dawnlnd Indigenous people who resided in Greenwich during America's fight for independence. The virtual lecture will be provided by Dr. Akeia de Barros Gomes, director of the Center for Black History at the Newport Historical Society

and visiting scholar and adjunct lecturer at Brown University's Center for the Study of Slavery and Justice.

"Black and Indigenous communities in the Dawnlnd (New England) have been profoundly impacted by colonialism, slavery and dispossession—however the sum of our stories is greater than this," says Dr. Gomes. "Our stories go back millennia. And in the face of colonialism, we survived, we maintained culture, we maintained community, and we maintained our spirituality. We are still here."

To register for the virtual lecture: <https://greenwichhistory.org/event/understanding-black-and-indigenous-land-and-waterscapes-in-the-telling-of-history/>. Ticket purchase includes admission to the Historical Society's current exhibition Greenwich During the Revolutionary War: A Frontier Town on the Front Line, on view through June 2025. For more information, visit <https://greenwichhistory.org/rev-war/>.

Douglass Day Transcribe-a-thon: Let's Do History!

February 14th: noon – 3pm

Permanent Collections Gallery

In partnership with the League of Women Voters of Greenwich and the YWCA of Greenwich, the Historical Society invites area residents to join a national transcribe-a-thon to learn about Black history through the lens of Frederick Douglass, the father



Dr. Akeia de Barros Gomes to lecture on African American and Indigenous communities in Greenwich during the American Revolution.

of the Civil War's abolitionist movement.

Organized by The Center for Black Digital Research, the event has been held annually since 2017 with a goal of preserving Black intellectual history. Thousands of people throughout the country will gather at local venues to transcribe documents and memorabilia, including diaries and speeches related to Frederick Douglass and other Black historical figures, which are housed at the Library of Congress.

Greenwich participants will transcribe the archival materials in the Historical Society's Permanent Collections Gallery where they will be linked with national attendees via a live stream. The three-hour program will feature

talks on African American history and a Great Douglass Day Bake Off Competition to celebrate Douglass's birthday and legacy. The entire event will be broadcast live from the Douglass Day website. The transcriptions will be made available from the website as part of a collection of Black history and culture.

Interested participants should bring their computers and tablets to access the archival material. Staff will be available to assist in the interactive event. For tips and tutorials on how to transcribe: <https://douglassday.org/transcribe-2025/>.

To register: <https://greenwichhistory.org/event/douglass-day-celebration-2025/>

YWCA Greenwich Announces 2025 Women Who Inspire Award Honorees

YWCA Greenwich is proud to announce the 2025 Honorees for its 7th Annual Women Who Inspire Awards: Elizabeth Koldyke Boolbol; Carmen E. Hughes; Alyssa Keleshian; Kirsten Lawrence, MD; Alessandra M. Messineo Long, Esq.; Marie Rocha; Meg Russell; Tracy Schietinger; Brianna Siegel, MD; Kathryn Webster; and Dr. Maggie Young.

The Women Who Inspire Awards were established to recognize and celebrate outstanding women in our community who have excelled in philanthropic, professional, and volunteer pursuits. The awards will be presented on Wednesday, March 5th at a cocktail reception and celebration starting at 5:30 PM at Greenwich Country Club.

Also being honored this spring with the 2025 Next Generation Women Who Inspire Award are Lindsey Deering Gaynor, a senior from Greenwich Academy; Zara Haque, a senior from Greenwich High School; and Brianna McDermott, a senior from Greenwich Country Day School.

Raising up the accomplishments of women and young women in our community is central to our mission. We are thrilled to honor this talented group of women representing a variety of sectors and endeavors. Every year we have an outstanding group of honorees, and this year's group is equally outstanding and inspirational," said YWCA Greenwich President and CEO Mary Lee Kiernan.

Greenwich Pediatric Dental Group, LLC, represented by Dr. Stacy Zarakiotis, Dr. Emily Gabeler and Dr. Marissa

Ruggiero, will receive the Women Who Inspire Corporate Award for their outstanding leadership in developing women's empowerment in the Greenwich community.

YWCA Greenwich has a storied history of honoring extraordinary women within the community, including the

BRAVA Awards, established in 1977 to recognize professional women, the Spirit of Greenwich Awards which started in 1994 to honor volunteers, and the Women Who Inspire Awards which began in 2019 to recognize all women and the fluidity in today's work/life balance.

The 2025 Women Who Inspire Awards co-chairs are Shari E. Aser; Anna Cerra, DNP, MSN, MS; Andrea Douglas, MD, FAANS, FACS; Kasha Konopka; and Elaine Ubiña.

For more information and to purchase tickets, please visit www.ywcagr.org/WWIA25.

RELEASE

Greenwich Rotary Joins Westport Rotary in Project for Uganda

The Greenwich Rotary Club is honored to collaborate with the Westport Rotary Club on a groundbreaking project to bring permanent dental and vision care to the Bwindi Community Hospital in Kanungu, Uganda. Spearheaded by Rick Benson of the Westport Rotary, this initiative has inspired tremendous support from Rotary clubs and partners worldwide, including the Greenwich Rotary Club.

Rick Benson's dedication and leadership have been instrumental in mobilizing resources and motivating clubs like ours to take part in this life-changing endeavor. Thanks to his tireless efforts, nearly \$300,000 has been raised to equip the hospital's new Dental-Vision Building. This facility will provide year-round care to a region of 280,000 individuals, including 3,500 Batwa indigenous conservation refugees, who currently lack access to permanent dental and vision services.

The project, identified as GG2350983, includes constructing and equipping state-of-the-art dental exam and surgical suites, a dental X-ray room, eye exam rooms, surgical suites, an eyeglasses lab, and a training space. With the building nearing completion, equipment has already been donated

or purchased at discounted rates, and additional furnishings and supplies will be sourced locally in Uganda after the equipment arrives in April 2025.

The dedication ceremony for the new facility is scheduled for May 10, 2025, marking a significant milestone in improving access to healthcare for the region. A team of vision care professionals will travel to Bwindi during this time, further emphasizing Rotary's commitment to creating sustainable, long-term impact.

The Greenwich Rotary Club's President, Agathe Likoba and her leadership team eagerly voted in favor of supporting this impactful Uganda project, demonstrating their commitment to global service and improving access to essential healthcare and applauds Rick Benson, The Westport Rotary for their extraordinary leadership. This project exemplifies the power of Rotary clubs working together to address critical global needs and transform lives.

For more information about this initiative or to contribute, please contact the Greenwich or Westport Rotary Club. Together, we can continue to make a lasting difference in the lives of the people of Kanungu and beyond.



A New Year, a New Administration. So, What’s in Store for the Markets and the Economy?



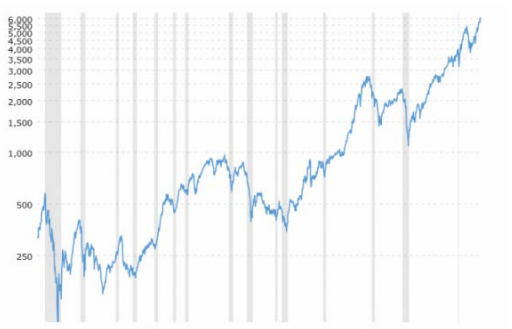
By Patrick Chadwick

The stock market is one, among a number, of leading indicators of the U.S. economy. Other such indicators include: new orders for both nondefense capital goods and also for consumer goods; consumer confidence; building permits for new homes; retail sales; and initial claims for unemployment insurance. The strength or weakness of those pillars of the economy are harbingers of future growth or decline in the GDP. Other measures—for example, employment, production and sales—are identified as co-incident indicators of economic activity because they simply explain what is currently happening within the economy. And then there are lagging indicators. Most notable among them are the unemployment rate and corporate profits—both of them are evidence that the economy has already slowed down or gone into recession. So, you might ask, how is the stock market an indicator of the future direction of the economy? The answer is, very simply: stock prices reflect the anticipated future earnings of publicly held corporations. If the outlook for the economy is looking bright, so too will the prospects for corporate earnings, and as a company’s earnings grow, it

logically follows that the valuation of its stock will do so as well.

Twelve months ago, there were many naysayers among economists and stock market watchers. With the Fed Funds (short term interest) rate at 5.3%--a level not seen since before The Great Recession in 2008, mortgage rates were sitting close to 9%, a 24-year high. People with long-held, low-rate mortgages were reluctant to sell their homes and take on new, more expensive financing, which put a serious damper on the housing industry. As a leading indicator of economic growth, the sluggish housing starts data caused many to fear an impending recession. However, there was offsetting good news—the high Federal Funds rate had the intended impact of reducing inflation. From its high in 2022, inflation had its most precipitous decline in half a century—a trend that continued to make progress through the end of 2024. Employment was the shining star of the economic landscape last year, despite there being some pockets of the U. S. economy that faced a slowdown. Contrary to “old school” theories of economics that falling unemployment will lead to inflationary wage increases, the beneficial impact of rising labor productivity allowed workers to reap the benefits of growing real wages.

In November, the change in leadership in Washington begged the age-old question: What does history tell us about the U.S. stock market performance under Democrat administrations versus Republican administrations? Logic might assume that the during periods when the president was a Republican, the benefits of low-tax policies and incentives to invest capital might provide a record of



outperformance. However, over the span of more than 65 years, there has been slight outperformance under a Democrat presidency. There is no moral to that statistic and the difference is not remarkable. Despite a tsunami of political promises made since November, including threats of tariffs of monumental proportion, the economic impact of those threats is almost guaranteed to be tempered by pragmatism. The U. S. economy, relative to its industrialized country competitors, particularly in Europe, is strong. Inflation has moderated to a level that is no longer threatening consumers’ purchasing power. Food prices remain sticky, particularly when it comes to eggs. Blame the avian flu which has now wreaked havoc with egg production for over two years and there’s little end in sight. Low inflation is good; deflation, on the other hand, is harmful—it decreases any incentive to spend, creating a “why buy today when the price might come down tomorrow?” syndrome. Productivity will continue to improve, aided and abetted by the benefits of artificial intelligence (AI). There is plenty of low hanging fruit in this new world of analytics,

and it’s hard to imagine any sector of the U. S. economy that won’t find opportunities to reduce costs and enhance profitability. AI will certainly lead to economic disruptions—think what the introduction of the automobile to the mass market in the early 20th century did to the manufacture of horse drawn carriages and all the paraphernalia that were part of that mode of transportation. But automotive factory jobs far outstripped the industry that was annihilated. That is but one example among countless other industries that died at the hands of new technology. The future holds the same.

Last year at this time, I was full of optimism about the U. S. economy and the stock market. 2024 proved to be an excellent year for equity investors, with the S&P500 returning 25%. I remain optimistic that the investment environment will continue to be favorable, although it goes without saying that the trajectory for the market will include corrections and volatility. Tensions exist on many fronts, including between the U. S. and its trading partners; regarding ongoing wars; on issues of nuclear proliferation; around cybersecurity. But challenges like those have been part and parcel of the life of this country since its inception. They will continue to be so in the future.

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

BUDGET From Page 1

Public-Private Partnerships

A significant portion of the budget is allocated to capital projects aimed at enhancing town infrastructure, with a strong reliance on public-private partnerships to help offset costs.

Shore Road Sidewalk Expansion – \$1.25 million is allocated for sidewalk and drainage improvements between Sound Beach Avenue and Tod’s Point.

Public Safety Complex Garage Repairs – \$1.3 million for replacing the deteriorating deck coating, protecting police and forensic vehicles.

Roger Sherman Baldwin Park Revitalization – The budget includes \$950,000 for design work, with an estimated total project cost of \$10 million. The town is actively pursuing private funding sources to help reduce the taxpayer burden.

Greenwich Cove Dredging – \$1.5 million to remove accumulated sediment and preserve the town’s maritime resources.

Wallace Center Renovations – A significant renovation project at the town’s senior center, which benefits from a \$1.32 million private donation from the estate of Mary Louise Wallace. Additional donations are expected to help fund further improvements.

“These investments are necessary to maintain our town’s infrastructure and quality of life,” Camillo said. “And thanks to our strong partnerships with private donors and organizations, we are able to stretch every tax dollar further.”

Board of Education Budget: Managing Rising Costs and Strategic Investments

Greenwich Board of Education’s Karen Hirsh and Superintendent Dr. Toni Jones presented a \$202.4 million operating budget for the school system, reflecting a 5.1% increase from last year’s \$192.6 million budget. The proposal also includes a \$19.6 million capital request for school facilities, which remains below earlier estimates.

“This budget represents countless hours of careful planning and prioritization,” Hirsh said. “We are committed to maintaining excellence in education while being mindful of taxpayer concerns.”

School capital projects include:

Julian Curtiss School Cafeteria Expansion – \$2.61 million to address the school’s undersized cafeteria.

Hamilton Avenue School Parking Lot Repairs – \$2 million to fix structural issues in the parking facility.

Riverside School Upgrades – \$2 million for architectural planning, with an estimated \$48 million in future construction costs.

ADA Compliance at Western Middle School – \$5.8 million for accessibility improvements.

GHS Cellular Service Upgrades – \$500,000 for a second phase of signal enhancements.

New GHS Access Driveway Design – \$150,000 for planning improvements to Cardinal Stadium access.

Superintendent Jones noted that rising wages remain the primary cost driver. “Our challenge is managing increased costs while still meeting the needs of our students and staff,” she said.

Balancing Fiscal Discipline with Community Needs

Tuesday’s presentation drew a mix of support and concern from residents. Many urged the BET Budget Committee to fund school

infrastructure projects, while others questioned the tax impact. The BET will conduct a thorough review in February, culminating in a decision day on March 4.

Greenwich’s economic climate remains a significant variable. Rising utility costs, unfunded state mandates, and increasing healthcare expenses complicate budgeting efforts. The town’s five-year capital plan projects spending at \$350 million, with an emphasis on deferred maintenance and essential upgrades. However, looming financial uncertainties—such as potential reductions in state funding—pose risks that the BET must account for.

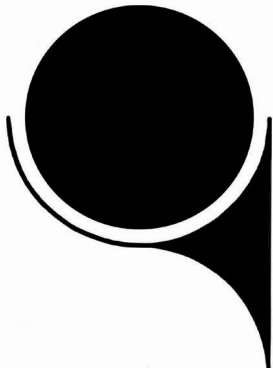
Camillo noted that his administration is taking a proactive approach, working with local stakeholders and state representatives to secure funding and maximize efficiency.

“We are ensuring that every dollar is spent wisely and leveraging public-private partnerships wherever possible,” he said. “The Wallace Center is a great example of how the town can partner with private donors to achieve big goals without placing the full burden on taxpayers.”

BET Budget Chair Leslie Tarkington underscored the importance of financial prudence. “Greenwich is in a strong financial position, but we need to ensure that spending remains disciplined,” she said. “Every dollar spent must be justified.”

The Representative Town Meeting (RTM), which has final approval authority in May, can only make cuts—not additions—to the proposed budget. That dynamic places additional pressure on the BET to finalize a budget that meets community expectations while staying within fiscal constraints.

The next steps in the budget process include departmental reviews beginning on February 4, culminating in a BET decision day on March 4. How much of Camillo’s ambitious plan survives intact remains to be seen. What’s certain is that the town’s ongoing balancing act between investment and restraint will once again take center stage.



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OPED

The Proposed Aquarion Sale Will Increase Water Rates and Public Distrust



By Sen. RYAN FAZIO

This stinks.

That is what I warned in the Senate during July’s special legislative session when a potential acquisition of Aquarion Water Company by the quasi-governmental Regional Water Authority (RWA) was given legal approval without any public hearing and only a few hours’ notice.

Now that the New Haven-based RWA has been announced as the winning bidder for Eversource-owned Aquarion, the public can see that the fix was in all along. And most of us in western Connecticut will be paying the price for it.

Let’s review and revisit the sins committed:

First, giving the RWA the ability to purchase Aquarion could result in major rate hikes for water customers. According to a preliminary analysis by the Office of Consumer Council, RWA customers pay roughly 50% more than similar Aquarion customers. That equates to a \$269 increase for a normal customer annually. There are multiple reasons for that but clearly RWA has a higher cost structure than Aquarion’s more efficient operations.

Second, Aquarion’s rates are currently

regulated and approved by PURA, which provides protection to consumers against regulated monopolies. The RWA’s rates, to the contrary, are regulated and set by their own Policy Review Board which does not have either the independence nor capability

Connecticut residents deserve lower cost of living, affordable utilities, and trustworthy government.

to probe and check rate increases that PURA does.

Third, the RWA gets to charge the full purchase price of the asset to Aquarion customers where another bidder would only be allowed to charge a lower cost, the book value of the assets, to customers.

Fourth, the governing board of the new RWA is expected to consist of 6 members in the legacy RWA area and 5 members from the new Aquarion area (mostly Fairfield and Litchfield County) even though the legacy New Haven RWA area serves about 430,000 people and the new Aquarion area serves about 625,000 people. There will not be fair representation on the board that runs the company.

Fifth, as a quasi-governmental utility, the RWA will not be legally required to pay full property taxes to their resident towns and cities and will instead make a “Payment In Lieu Of Taxes.” While I appreciate that RWA has said they will negotiate in good faith with towns, there is no legal requirement to make the same payments as Aquarion and therefore a strong possibility of revenue loss for our municipalities which will require a property tax increase on the rest of us.

Sixth, there were at least two other competitive bids for Aquarion from two other viable companies who likely would have maintained more cost effective operations and who would have rates regulated by PURA. The higher bid was rumored only \$200 million below the RWA bid of \$2.4 billion. For just an 8 percent difference, Aquarion customers will be deprived of all the protections mentioned. The cake was baked, however. RWA would always likely bid higher because it can charge customers more. Its rates are not regulated by PURA and it can charge the entire purchase price back to customers.

Seventh, the RWA bid required emergency legislation allowing their expansion which was passed in a special session of the legislature in July. The topic and policy change, which has billions of dollars of consequence, was never once the topic of public debate or a public hearing in my two years on the Energy Committee. It was not vetted, explored, or investigated. It wasn’t even mentioned. Perhaps with vetting we could have made changes to make this new arrangement more acceptable, like

giving PURA cognizance over rates.

Instead, all legislative norms about openness and deliberation were thrown out the window. The legal change allowing an RWA acquisition of Aquarion was only publicly known when news was broken by a CT Mirror reporter two days before the special session of the legislature. The 50-page legislation it entailed was only released hours before we voted on it. Even the Democratic chairmen of the Energy Committee expressed skepticism of the change. This change was imposed on Connecticut by the highest levels of leadership in the legislature and the governor’s office. Because there is a one-party supermajority in the state, there was no natural check in the process to force openness, bipartisanship, or deliberation.

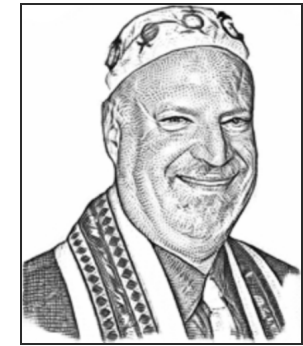
Connecticut residents deserve lower cost of living, affordable utilities, and trustworthy government. Unfortunately, the Aquarion sale to Regional Water Authority, which their elected officials foisted upon them will deliver higher utility bills and diminished trust. The only remaining check on the sale is now PURA. I strongly urge them to investigate this matter before them and use do whatever within their legal right to stop this transaction if the evidence aligns with what I have said above.

I hope I am wrong about all of this. Unfortunately, everything I said in July when I argued against this change in the Senate has proved truer in January. We can do better as a state and, in the future, I hope that we will.

Ryan Fazio represents Greenwich, Stamford, and New Canaan in the state Senate.

COLUMN

Never Again: Reflections on International Holocaust Remembrance Day



By Rabbi MITCHELL HURVITZ

Elie Wiesel z'l was deported to Auschwitz in May 1944. He was “lucky” to be selected for forced labor and thus survive. He later said, “I thought in 1945 antisemitism died in Auschwitz, but I was wrong. Its victims perished, antisemitism did not.”

In 2005, the United Nations designated “International Holocaust Remembrance Day” to commemorate the January 27th anniversary of the liberation of Auschwitz-Birkenau in 1945. On this day, the world is to remember the six million Jews murdered in the Holocaust and the Jewish resistance that accompanied and followed these events. In the shadow of such horror, we sit in the mournful darkness of our pain, suffering, and multigenerational trauma that the six million Jewish victims and their families sustained.

International Holocaust Remembrance Day is an opportunity to look both backward and forward and link the memory of the past with a call to conscience in the present. We remember the loss of children and adults, each individual who had a unique life and story cut short by their extermination. The scale of our collective loss is too much. And, yet, we must remember because of the reality of ongoing antisemitic hatred, threats, and violence.

The Holocaust is the paradigm for how human beings can embody evil. We must confront the evildoers who exist within our world. The irony of the Holocaust is that the worst examples of evildoers are omnipresent. Yet, there are stunning examples of the men and women who refused to stand idly by while innocent blood was shed.

Viktor Frankl was a neurologist, psychiatrist, and Holocaust survivor. He wrote about “Men’s Search for Meaning” and human capacity for good. He recorded incidents of kindness that concentration camp prisoners would show others, even at their significant personal risk. Unfortunately, these prisoners were the minority, yet we can perceive the inspirational hope that people have the capacity for good under the worst circumstances.

In 1953, Israel created Yad Vashem, their major Holocaust Memorial Museum. In addition to recalling the stories of the victims,

International Holocaust Remembrance Day is an opportunity to look both backward and forward and link the memory of the past with a call to conscience in the present.

they also serve as Israel’s “Martyrs’ and Heroes’ Memorial Authority.”

The tasks of Yad Vashem are to commemorate the six million Jews murdered by the Nazis and their collaborators during the Holocaust, pay tribute to the Jewish resistance fighters, and honor the “high-minded Gentiles who risked their lives to save Jews.” The “Avenue of the Righteous” was created by planting trees to commemorate the “righteous gentiles,” or the “righteous among the nations.”

In 1962, a Commission was formed and chaired by Justice Moshe Landau, a member of Israel’s Supreme Court, and their responsibility was to create the criteria to define who was a “righteous gentile” or a “righteous rescuer.”

There are four primary qualifications:

1. Individual Holocaust rescuers must have been actively involved in saving Jews from the threat of death or deportation to concentration camps or killing centers.
2. Individual must have risked their own life or liberty in their attempt to save Jews.
3. The original motive for rescue must have been to protect and save Jews from the Holocaust. Motivations not considered included potential financial gain, protecting Jews to convert them to Christianity, taking a Jewish child with the intention of adoption, or rescuing individuals during resistance activities that were not explicitly geared towards rescuing Jews.

4. There must be first-hand testimony from those rescued to verify the individual’s role in the rescue. If testimony does not exist or cannot be found, there must be irrefutable documentation of the individual’s participation in the rescue and the conditions surrounding it.

Four distinct ways often manifested amongst the “righteous rescuers.”

1. Some hid Jews in the rescuer’s home or on their property and provided food and other necessities to the Jews while in hiding.
2. Some of the Righteous obtained false papers and false identities that helped to save Jews.
3. Some helped Jews escape from Nazi-occupied territory to a less dangerous area.
4. Some rescuers saved children after their parents were taken away, most of whom were murdered.

The Righteous Among the Nations are people from a myriad of diverse backgrounds: Christians from all denominations, Muslims, Atheists, etc.

Yad Vashem retains an exhaustive list of individuals and groups awarded the title “Righteous Among the Nations.” And a shining example is Raoul Wallenberg.

Wallenberg was a wealthy Swedish businessman who chose to serve as a special Swedish envoy to Hungary during the war’s later stages. His purpose in service was to try to find a way to save Hungary’s Jewish citizens while it was under Nazi occupation.

By 1944, as many as 12,000 Jews were deported from Hungary to concentration camps each day. By the time of Wallenberg’s arrival in Hungary in 1944, over two-thirds of the Jewish population had been deported to Auschwitz in the space of just a few months, and only 230,000 Hungarian Jews remained.

Wallenberg issued protective passes “supposedly” authorized by the Swedish government to as many of the remaining Jewish citizens as he could. The passes were illegal, and Wallenberg had produced them on a mimeograph in yellow and blue, with the Swedish three-crown symbol in the corner. While fake, they looked official enough to trick the Nazi and Hungarian authorities.

Additionally, he rented 32 buildings in Budapest, which he established as Swedish extraterritorial safe houses. He hung large Swedish flags from the buildings and placed signs over the doors calling the houses “The Swedish Library” and “Swedish Research Institute.” Hungarian Jews lived in these buildings in relative safety.

One driver working for Wallenberg recounted the Swedish diplomat’s actions upon intercepting a trainload of Jews about to leave for Auschwitz:

“Wallenberg climbed up on the train’s roof and began handing in protective passes through the doors that were not yet sealed. He ignored orders from the Germans for him to get down, then the Arrow Cross men [the Hungarian fascists working with the Nazis] began shooting and shouting at him to go away. He ignored them and calmly continued handing out passports to the hands that were reaching out for them. I believe the Arrow Cross men deliberately aimed over his head, as not one shot hit him... I think this is what

they did because they were so impressed by his courage. After Wallenberg had handed over the last of the passports, he ordered all those who had one to leave the train and walk to the caravan of cars parked nearby, all marked in Swedish colours. I don’t remember exactly how many, but he saved dozens off that train, and the Germans and Arrow Cross were so dumbfounded they let him get away with it.”

In less than a year, Wallenberg may have saved as many as 100,000 Jews, more than any other person or institution succeeded in doing in Europe during the war.

By the end of 1944, the Soviet army had circled Budapest, although the Germans would not surrender. On January 17, 1945, during the height of the German-Russian fighting, Wallenberg was summoned by a Russian general on suspicion of being an American spy. No confirmed reports exist of Wallenberg after that date, although Russian authorities stated that he died in a Soviet Prison in 1947.

My childhood congressman, Tom Lantos z'l, was one of the Hungarian Jews saved by Wallenberg. He said:

“During the Nazi occupation, this heroic young diplomat left behind the comfort and safety of Stockholm to rescue his fellow human beings in the hell that was wartime Budapest. He had little in common with them: he was a Lutheran, they were Jewish; he was a Swede, they were Hungarians. And yet, with inspired courage and creativity, he saved the lives of tens of thousands of men, women, and children by placing them under the protection of the Swedish crown. In this age devoid of heroes, Wallenberg is the archetype of a hero who risked his life day in and day out to save the lives of tens of thousands of people he did not know whose religion he did not share.”

Each International Holocaust Remembrance Day, we take the time to remember the horror of the Holocaust. Also, inspired by the “Righteous Among the Nations,” we help ensure that Never Again is not a prayerful wish but a guarantee!

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 Greenwich area and beyond. A frequent guest speaker at synagogues and churches, study groups, community institutions and universities, he is a charismatic personality who engages individuals and stimulates hearts and minds. His teachings can be found in Greenwich Sentinel and in other local and national publications.

COLUMN

By MAREK ZABRISKIE

In 1930, the Archbishop of Canterbury, William Cosmo Lang, was preparing to host some 300 bishops from across the Anglican Communion at the seventh Lambeth Conference in London.

The previous Lambeth Conference, where Anglican bishops traveled from around the world to Lambeth Palace, which is located on the south bank of the River Thames across from the Houses of Parliament and has served as the residence of every Archbishop of Canterbury since around 1200 A.D, dealt with the controversial issue of contraception.

Debate over this issue still lingered, but the more pressing concern in 1930 was Church unity. How can people with strong, differing beliefs maintain unity?

As the archbishop prepared for the conference, the English spiritual writer and world famous expert on Christian mysticism, Evelyn Underhill, wrote a letter offering unsolicited ideas as possible conference agenda items for the archbishop to consider.

In her letter, she noted that many clergy seem to be little more than “consecrated philanthropists” who lacked “spiritual realism.” Their faith was not contagious, nor did they radiate anything remotely spiritual.

Underhill wrote that too many clergy were “humanitarian rather than theocentric” and therefore their care for the souls entrusted to them was “often vague and amateurish.” They could not impart a deep spiritual gift because “they do not possess it themselves.”

She recognized that many clergy were consumed by the daily routine of running their churches, overseeing

financial, administrative, and personal matters and aging buildings. Consequently, they failed to devote adequate time to prayer, Bible reading, and cultivating their interior life.

Then she wrote these famous, succinct lines, “The two things that the laity want from the priesthood are spiritual realism and genuine love of souls...God is the interesting thing about religion, and people are hungry for God. But only a priest whose life is soaked in prayer, sacrifice, and love can, by his own spirit of adoring worship, help us to comprehend [God].”

She was spot on. “God is the interesting thing about religion,” “people are hungry for God,” and only a priest, or lay person, marinated in prayer and the Bible can help us comprehend that mystery that we call God.

Christ Church Greenwich currently has over 250 members reading the entire Bible or the New Testament, Proverbs, and Psalms in 2025, using reading plans that I put together in 2011, which over a million people have now used to read the Bible successfully.

Reading the New Testament is simpler for Christians, since most preachers base their sermons on the New Testament. Hence, our hearers are far more familiar with it.

While large portions of the Bible are read throughout a three-year cycle in mainline churches, the portions that I call “the nasty bits,” which include long genealogies and dietary codes, and violent stories, or commands by God to kill others are excluded from church lessons.

When reading the entire Bible in a year, however, we read them. We read a portion of the Old and the New Testament each day. Hence, the most frequent question

that I receive is, “Do we worship one or two different gods? The God of the New Testament seems patient, loving, and forgiving, but the God of the Old Testament seems wrathful, angry, and unforgiving.”

I explain that we worship one God, but that our understanding of God has evolved over the centuries as humans have gleaned a greater understanding of how God works, especially as evidenced by the life, death, and resurrection of Jesus. I tell my listeners that any image of God that does not equate with love, forgiveness, and grace, must be questioned.

The authors of the Bible, especially in the Old Testament, often note that God commanded Moses, Joshua, Saul, and King David, and others to exterminate foreign peoples and dispossess their land. We can tell this story, but Christians know that this is not how a God of love acts.

This is not how Christians, nor most modern Jews, perceive God. While reading the Old Testament, however, God often appears to be chiefly interested in real estate as God paves the way for the Israelites to colonize the Promise Land, which God reportedly gave to them. This requires that believers believe that God gave explicit instructions to Moses about what sections or land to colonize and what peoples to exterminate or forcibly remove.

The gift of the Promise Land is roughly three thousand years old. There are some Christian evangelical groups that believe once the original Davidic boundaries (the most expansive boundaries ever achieved by Israel) are again repopulated only by Jews, the Messiah will return.

This is a dangerous belief to say the least, and it is

part of the belief in the Rapture, which is a destructive theological conspiracy theory that was developed following a translation of the Bible by John Nelson Darby in 1833. Hence, it is hardly an ancient Church belief.

Real estate is not the important thing about religion. God is what is interesting about religion, and how humans relate to God and how God relates to humans and all of creation.

While we struggle to comprehend the different depictions of God in the Old and New Testaments, we must recall what Jews and Christians hold in common regarding the nature of God are greater than the beliefs upon which we differ. This is what we need to focus upon.

Christians and Jews believe that there is a God who created this vast, complex, and constantly evolving universe. God said that it was “good” and entrusted its care to us. God’s spiritual laws undergird the universe, and when we follow them we live in harmony with creation and each other as God intended.

When we violate these spiritual principles, we disrupt the natural order and inevitably pay a price for violating God’s established order by or acting as if God did not exist.

Evelyn Underhill was right. “the interesting thing about religion is God,” and only a person soaked in prayer and steeped in sacred Scripture can lead us further into the mysteries of our faith and truly care for our souls.*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 two Bible readings in the second section of this 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 web-site and YouTube channel. In addition to Sundays, there are also groups for children and teens on Wednesday evenings. *Youth Convention: February 7 & 8, Hartford, open to all Middle School and High School students.*

Baptist

First Baptist Church

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

Sunday Services: 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 home-bound 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. *The Prayer Shawl Ministry would like to invite parishioners who knit or crochet (or would like to learn) to join us to knit or crochet prayer shawls on Saturday, February 1, 9:30am, in the School Hall. Family Mass: Sunday, February 9, 9:30am.*

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. On-going: 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). *Volunteer Opportunity: Share Your Time and Compassion! Our Parish Partners Ministry of Hope is seeking kind-hearted volunteers to support our homebound parishioners. To sign up or learn more, please contact Jeannemarie Baker at (203) 637-3661 (ext. 375) or ParishPartners@stc-sta.org.*

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. Valentine’s Day Breakfast: Sunday, February 2, after 9 & 10:30am Masses, Adults: \$10, Children: \$6, All are welcome.*

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. Paul Women’s Guild will host a reception to welcome Fr. Michael Clark to our parish: Saturday, February 1, following his first mass at 4pm.*

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. *First Friday Adoration: February 7, 9am-7pm. There will be a Mass in Spanish at 7:30pm, followed by a Holy Hour in Spanish.*

Christian Science

First Church of Christ, Scientist

11 Park Pl; 203-869-1555
christiansciencet.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 520520*. 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 roundhill-communitychurch.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.fcog.org

Worship: In-Person & Virtual: Sundays, 10am. Live-streaming on YouTube and Facebook, and broadcast on WCGH (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. “Souper Bowl” Sunday Soup and Chili Sale: February 9, 11am-1pm.*

North Greenwich Congregational

606 Riversville Rd; 203-869-7763
(Instagram photos and videos @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. *Winter Yoga: Fridays, 9-10am (\$20/week). Teddy Bear Story Hour at Coffee for Good: Saturday, February 1, 8am.*

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. Free Organ Recital with Isabelle Demers: Saturday, February 1, 5pm. 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). 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. On-going: 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. *From Ageing to Sage-ing - A Revolutionary Approach to Getting Older: Tuesday, Feb. 4, 7pm. Tu B'Shevat Service: Friday, Feb. 7, 7pm, First Presbyterian Church.*

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. *Red Cross Blood Drive: Monday, February 3, 1:30pm. Lunch & Learn with Cantor Rubin: Thursday, February 3, 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: Full Session: Fridays, Sept. 6-Nov. 22*, 9:15am. Temple Sholom’s Mitzvah Day: Sunday, Feb. 2, 3pm. Club 678 Youth Program: Cooking for Kids in Crisis: Sunday, Feb. 2, 11:30am. Beyond the Headlines with Douglas Murray: Monday, Feb. 3, 7pm. Text Study (On Zoom): Thursday, February 6, 9am.*

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

Dingetown 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) 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

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

Sunday Service (hybrid: in-person & virtually on zoom): 7pm. Virtual Children’s Lyeceum (ages 5-14): 3rd Sunday of the month, 10-10:40am. Healing Service: 3rd Thursday of the month, 7-7:30pm. (Email Albertson-pcc@gmail.com for registration and Zoom Links). *Metaphysics, Spiritual Philosophy & Self Unfoldment Course: Sunday, February 2, 12:30pm, \$30/class (First Sunday of each Month). Spiritual Mediumship class - The Joy of Mediumship: Feb. 3, 7-9pm, \$120, CSDPastor@gmail.com.*

Trinity Church

5 River Rd.; 203-618-0808
www.trinitychurch.life

In-Person Services: Sun., 9:45am, Hyatt Regency Greenwich, 1800 E. Putnam Ave., Old Greenwich; 10am, Trinity Westchester, 2111 Boston Post Rd, Larchmont, NY; 11am, Saxe Middle School, New Canaan. *Trinity Women’s Breakfast: Sunday, February 1, 9am. “Unspoken” Film Screening: February 6, 6pm, Westchester Service.*

Presbyterian

First Presbyterian Church

1 W. Putnam Ave.; 203-869-8686
www.fpcg.org

Worship: Sundays, 10am. *Heart to Heart: Friday, January 31.*

Grace Church of Greenwich

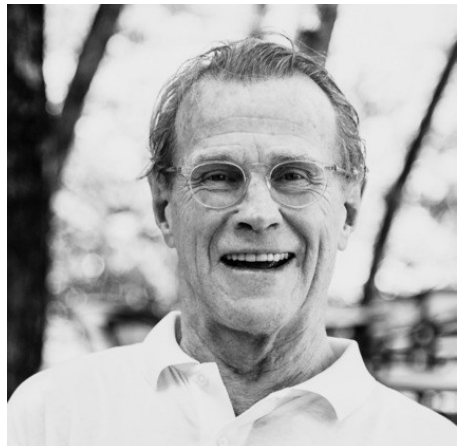
89 Maple Ave.
203-861-7555

www.gracechurchgreenwich.com

Worship: Sundays, 8:45am, 10:45am & 4:30pm, Woman’s Club of Greenwich,

Obituaries

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



GERALD RIGG

Gerald B. Rigg, known as Jerry to family and friends, passed away surrounded by loved ones on January 26. Born in Alliance, Nebraska on August 8, 1936, Jerry lived a life of purpose and principle and was known by those who loved him as kind, creative, and generous.

Reared on a childhood of snowy winters and bird watching, Jerry graduated from Princeton University in 1958. After a year of study and rugby at Mansfield Theological College, Oxford, Jerry graduated from Union Theological Seminary in 1961. Jerry served as Assistant Minister at Hitchcock Presbyterian Church in Scarsdale, New York from 1961-1964, when he became Director of Development at Union Theological Seminary. Graduating from Harvard Business School in 1969, Jerry launched a 35-year career at the investment bank Donaldson, Lufkin & Jenrette. As a member of senior management, he served successively as an institutional equity salesman, a money manager for the DLJ subsidiary, Wood, Struthers & Winthrop Management Corporation, and Director of Human Resources.

Jerry held a deep commitment to community, serving as President of the former Greenwich Health Association and as Vice President of St. Luke's LifeWorks, now known as Inspirica, which strives to end homelessness and housing insecurity in Fairfield County, Connecticut.

Jerry, along with his devoted wife of 60 years, Dedee Zanetti Rigg, was Co-Founder and Trustee of the Tyler Rigg Foundation, whose work involves bold ideas ranging from social welfare, youth empowerment, disability issues and environmental stewardship. Jerry's bedrock belief in sound philanthropy guided the Tyler Rigg Foundation from the start and transformed a fledgling organization into one that provides support to over 120 nonprofits.

A lover of nature, gardening, good food, golf, and tennis, Jerry's true passions were music and painting. The joy that singing brought Jerry led him to become a longstanding member of the Greenwich Choral Society and to sing in the choir at the First Presbyterian Church in Greenwich.

While Jerry's mind was dampened by 19 years of dementia, the disease could not steal his playful wit or take the twinkle from his eye. His spirit was luminous until the end. Undoubtedly the world will be emptier without him. We will miss his voice raised in song, his humor, and his joyful and humble spirit, but our hearts are larger and more open for knowing him.

Jerry is survived by his wife Dedee, his son Gerald "Rusty" Becker Rigg Jr., Rusty's wife Natasha Rigg, and his two adorable grandchildren, Lucy and Annika, and was predeceased by his son Tyler Linfert Rigg (1996).

A celebration of life will be held at the First Congregational church in Old Greenwich, CT on June 14, 2025, at 11:00 a.m. Donations in memoriam are welcome to the Tyler Rigg Foundation and the Greenwich Choral Society.



JEAN RUGGIERO

Jean Ruggiero (nee Ruocco) passed away peacefully on Friday, January, in Greenwich, CT. She was 87 years old.

Born on October 9, 1937 in Bronx, NY, Jean led a life surrounded by many aunts and uncles who doted on her. She was always a dreamer and a romantic. As a young girl she loved to settle herself under a tree in the park and read to her heart's content. She would continue to love reading throughout her lifetime.

There on the quiet streets of the Bronx, when life was simpler, she met a handsome young man who had just been discharged from the Air Force that day, Robert. They married on October 19, 1958. After marrying, their journey took them from Yonkers, NY to Hartsdale, NY and finally to Greenwich, CT where they raised their four sons, Robert, Richard (Stephanie), Stephen (Jacqueline) and David (Ana Sofia).

Always looking for fun and exciting things to do, Jean started baking and selling her delectable treats to a local caterer. She turned this new found skill into a passion for cooking and entertaining. You would always find a beautifully set table surrounded by family and

friends.

When she wasn't baking, she and her friends decided to try porcelain painting. In true Jean fashion, she took on this new hobby with great passion. Never having studied art or painting, Jean was able to create and paint beautiful portraits of museum quality.

Jean found her true calling when on a whim she decided to take a real estate class. Amazed she passed and got her license, Jean joined a small firm in Glenville, CT. From there she moved onto William Pitt Real Estate where her amazing climb to the top in the real estate community began. Throughout her career she won many achievement awards as top selling and listing agent. A jewel in her crown was selling the Trump estate. If that wasn't amazing enough Jean added another jewel when she sold the highest priced waterfront property in Greenwich history. Jean would rise up in the real estate community as the number 1 agent in Greenwich and the state and being listed as a top agent in the country. As a top agent, Jean sold over two billion dollars in real estate. She loved all of her clients - from the Wall Street traders to the rental customers who brought fresh vegetables from their gardens.

Jean loved her family and found great joy hosting and attending family parties. She was happiest when everyone was together as it reminded her of growing up in the Bronx.

In addition to her husband, sons and daughter-in-laws, Jean is survived by her sister, Rita Timlin, 11 grandchildren, Kerri Tanner (Walter), Diana Reding (Byron), Emma Summers (James), Isabel Chediak, Andrew Ruggiero, John Ruggiero, Alessandra Ruggiero, Daniel Ruggiero, Carlo Ruggiero, Katherine Ruggiero, and Stephen Ruggiero and 5 great-grandchildren Benjamin, Max and Graham Tanner and Lane and Willa Reding.

Visitation hours will be on Friday, January 31, from 4-8 p.m. at Leo P. Gallagher & Son Funeral Home, 2900 Summer St., Stamford, CT.

A funeral Mass will be held at St. Paul's Church in Riverside on Saturday, February 1, at 10 a.m. followed by interment at Gates of Heaven Cemetery Hawthorne, NY.



CARMINE ZARRA

Carmine Zarra, of Greenwich, passed away peacefully on January 22, at age 89. He was born July 18, 1935, in Teora, province of Avellino, Italy to Gerardo and Angelina (nee Ambrosecchia) Zarra. Carmine is the beloved husband of 67 years to the late Elia Zarra, his childhood sweetheart and lifetime love. They married on October 7, 1954, days before Carmine left for America, where Elia was finally able to join him 4 years later. They settled in Greenwich and started an amazing life together.

Carmine worked for many years for Greenwich Flooring. Affectionately known as Moochie or Carminuccio, he enjoyed gardening, making wine, playing Italian card games, and the occasional game of bocci. Above all he enjoyed his family. He is the cherished father of Angelina Lucas (Robert) and Gina Blum (David), the loving grandfather of Matthew Lucas (Alexandra), Jennifer Manke (Kevin), Brendan Lucas, Paul Blum, Andrew Blum, and Caroline Blum and great-grandfather of Ellie, Waverly, Shea and Teddy. He is also survived by his sister Yolanda and his many nieces, nephews and cousins.

Family and friends gathered on Monday 3-7 p.m. at Cox & Graziano Funeral Home, Greenwich. Funeral Mass was held Tuesday at Sacred Heart RC Church, Greenwich, CT, followed by entombment at St. Mary's Cemetery. In lieu of flowers, donations may be made in Carmine's name to Greenwich Emergency Medical Services (G.E.M.S.) at www.greenwichems.org.



ANDREA KIRKMAN

Andrea (Andy) Kirkman of Riverside passed away on January 21, at the age of 90. Born in New York in 1934, Andy grew up in Havana, Cuba, where her father was head of Proctor & Gamble's Havana office. She returned to the US at the age of twelve, fully bilingual with

an international flare that would inspire her work and the perspectives of people whose lives she touched. She earned her B.A. Degree in Economics from Wellesley College in 1955 and later a M.A. in Teaching from Fairfield University. Andy was part of the generation of truly remarkable women who successfully navigated the transition from traditional notions of a women's role in society to being able to do it all! And she did this brilliantly!

Andy was a loving wife to her husband Walter, mother to her three children, and grandmother to her six grandchildren. Together, Andy and Walter ensured that their children were imbued with a sense of purpose, an appreciation of education, music, the arts, and the importance of things larger than themselves. The love they shared for one another for over seventy years was an inspiration to all they touched, about what true love really means. At the same time, she had a fulfilling career starting as one of the first women in a professional position in economic research at the American Bankers Association. She was subsequently a Spanish teacher for twenty-four years in the Greenwich school system, retiring as a Master Teacher at Greenwich High School, where she inspired generations of students toward foreign language. At the high school, she also developed and instituted 'Hispanic Parents Night', which is still in place today, working to translate and address questions and make people feel comfortable coming to the high school. Outside the classroom, she continued to volunteer her time assisting the Hispanic community in Greenwich and surrounding areas with complexities they face navigating their journey of integration in US society. Andy was a firm believer in old-style liberal thinking, basic humanism and dedicated to the success of multiculturalism.

Andy never ceased in finding the positive side of any challenging situation, enabling people to move forward and live their life passions to the fullest. This wisdom, combined with her fondness for engaged discussions of current events, was loved and appreciated by family and friends, with many people remarking upon her death, "Andy made me smile". She was an avid reader of great works of the day, loved music - opera in particular! - family ski trips, enjoyed travel all over the world, and swimming (exclaiming "but oh, the pool!" in the Wellesley Alumni book).

Andrea is survived by her children, Karyn, and husband Christopher Lanzano of Fairfield, CT; Thomas, and wife Yi Liu Kirkman of San Francisco and Xian, China; and Kimberly, and husband Lourens Van Niekerk of Asheville, NC and Pretoria, South Africa; and six grandchildren- Alexander, Gerard, Stefan, Natasha, Nikolai, and Xinlin.

Andrea's family will receive friends on Sunday, February 2 from 12-4 p.m. at the Leo Gallagher & Son Funeral Home, 31 Arch Street, in Greenwich, CT. In lieu of flowers, the family asks that donations be made to the Organization of Hispanic Parents of Greenwich.



ALLAN MASCARO

Allan Mascaro, of Old Greenwich, CT, passed away on January 21, at Yale New Haven Hospital. He was 88 years old.

Unc (Allan) was born in St. John, New Brunswick, Canada on April 12, 1936. He was raised in Greenwich, Ct and graduated from Greenwich High School in 1954.

After graduation, he worked as a licensed plumber. Eventually he operated his own business, Oak Ridge Plumbing and Heating Company. After selling his business, he went to work at The Home Depot and worked until October 2024.

Allan is survived by his wife of 68 years, Alice Gibson Mascaro, nieces and nephews, Pat O'Neil (Bill), Cindy Metzroth (Tom), Kim Anderson (Donnie), Kathy Holberg, Kris McClendon, Susan Gibson and Joe Gibson, 14 great nieces and nephews and 19 great great nieces and nephews. He is survived by cousins, Nancy Wilson, Ian Farquharson, Susan Farquharson(Greg) and Andrew Farquharson.

Allan is preceded in death by his parents, Louis and Verna Mascaro.

Allan will be remembered for his bigger than life personality, his love for his family and friends. He loved everything and everyone.

Mass of Christian Burial took place Monday, January 27 at St. Clement's Catholic Church, Stamford, CT. followed by burial at St. Mary's Catholic Cemetery in Greenwich, CT.

In lieu of flowers, donations may be made to St. Jude Children's Research Hospital, www.stjude.org



PASQUALE CORTESE

Pasquale P. Cortese passed away January 18, at the age of 71 in Naples, FL. He was born on March 14, 1953, and raised in Greenwich, CT, in the neighborhood of Chickahominy. He later moved to Stamford, CT, then spent the last five years in Naples, FL.

Pat was a loving husband, father, and grandfather, who left his mark on everyone he encountered. He was an All-American swimmer at St. Mary's High School in Greenwich, a powerhouse in the softball leagues, and a baseball coach to many of the town's children over the years. Pat was an avid golfer and was able to play to the very end.

He absorbed the influence of the 60's, enjoying life and music, took annual trips to the Jamaican beach to relax and tan with friends, loved making his "famous" French toast for his grandchildren and pork and peppers for his friends and family. He enjoyed the roulette tables and, of course, watching the Dodgers, all while wearing his staple popped collar.

Pat was everyone's friend and will be missed forever...there will never be another "Patty Boy".

His beautiful life will be cherished forever in the lives of his wife Susan, children Chiara, Christopther (Laura), and Paul (Lauren), grandchildren Luca, Kennedy, Miller, Leo, Lucette, Presley and Arielle, sister Rosemary Harvey (Robert), and brother Vinny (Geraldine) Cortese (Vincent and Nicholas). And just like family, his in-laws Lenny and Debi Samela and Richard and Patty Samela.

Pat was predeceased by his parents Pasquale and Frances, and nephew Jeffrey.

To honor Pat's life, family and friends will gather Friday, January 31 from 4:00-8:00 p.m. at Cox & Graziano Funeral Home, 134 Hamilton Avenue, Greenwich. In lieu of flowers, the family requests that donations be made to the Boys & Girls Club of Greenwich, CT.



PATRICK DAUR

Patrick Michael Daur, 44, of Sandwich, MA, formerly of Vineyard Haven, MA passed away at the Cape Cod Hospital on January 17.

Patrick was born in Greenwich, CT on March 14, 1980. He graduated from the Tisbury School and The Martha's Vineyard Regional High School. Despite his gruff exterior he had a heart of gold. He worked many various jobs including Airport Mobile, Tisbury Shell and Allied Waste. In winter he loved to work at Waterville Valley.

Patrick is survived by his mother, Sandra Kenney (Doug Asselin Sr.); his father George T. Daur (Paula) of Shelton, CT; his brother Douglas Asselin, Jr. of Vineyard Haven, MA; and his two nieces, Ashanti and Skyler Daur. He is predeceased by his twin brother, Brian M. Daur.

Services were held at the Castiglione Funeral Home, 544 Old Post Road, Greenwich, CT on Sunday, January 26.



JANETH ESPOSITO

Janeth Marie Esposito, beloved mother, grandmother, great-grandmother, and devoted wife, passed away peacefully on January 6, at the age of 94. Born in Greenwich, CT, on October 24, 1930, Janeth lived a life centered around love, family, and the joy of simple pleasures. She was predeceased by her husband of 73 years, Domenick, as well as her siblings, Vivian Magee and William Dalto. Janeth is survived

Obituaries

by her three children, Barbara Caruso, Debra Inesta, and Scott Esposito, as well as her eight grandchildren: Michael Banks, Keith Banks, Christopher Rasile, Dawn Caruso, Gregg Inesta, Justin Inesta, Kaitlyn DeForest, and Raymond Caruso. She was also the proud grandmother of nineteen great-grandchildren, and cherished by a sister, Marion Chila, and several nieces and nephews. Janeth worked for 20 years in the cafeteria at several Greenwich schools, where she was loved and appreciated by countless children who adored her warm, kind presence. Later in life, she enjoyed spending time socializing with new friends at the Riverhouse, where she played bingo, listened to music, and celebrated the company of others.

A lover of family, Janeth found great joy in watching her children, grandchildren, and great-grandchildren grow. She was most proud of the loving bond they shared, especially during the holidays and special events, such as recent baptisms and Christmas celebrations. She also found peace in her fond memories of Florida and relished taking long drives with her husband, Domenick, throughout the years. Above all, Janeth was deeply devoted to her family, and her love for Domenick was the cornerstone of her life.

As much as she loved her family, Janeth was eager to reunite with her husband, whom she missed dearly in her final years. Her dedication as a wife, mother, and grandmother will be remembered by all who had the privilege of knowing her.

A private burial will be held at St. Mary's Cemetery. In lieu of flowers, the family requests donations to [Charity/Organization of Choice], in Janeth's memory.

ROBERT PENDERGAST

Robert William Pendergast, 64, passed away in his sleep on January 4, in Kingsport, TN.

Bob was a graduate of Boston University, where he played football as a Terrier also a graduate of Greenwich High School where he played baseball and football as a Cardinal. Bob loved his teams and made life long friends of the players.

Bob is predeceased by his parents, Daniel Richard and Sandra Margaret (Debish) Pendergast. Bob is survived by his sister Catherine Pendergast-LeBlanc of Cape Cod, MA.

Bob will be remembered as a great brother, cousin and friend.

Burial will be in the Spring in Greenwich, CT.



ROSEMARY LAMIE

May 6, 1948 - December 28, 2024

Rosemary Ann Lamie, 76, passed away Saturday, December 28, 2024, after a long and courageous battle with cancer. Despite her health challenges over the years, Rosemary was the longtime Faith Formation Director at the First Congregational Church of Greenwich before her retirement in 2022 and an active board member of Pilgrim Towers. Her greatest joy, however, was spending time with her beloved family and friends.

The daughter of late Bristo and Helen Hogue, Rosemary graduated from Michigan State University and later earned two advanced degrees, a Master of Social Work from Rutgers University and a Master of Public Administration from Pace University. She fulfilled her lifelong passion for service work throughout the years in many capacities including Westchester County Social Services, the Parent Teacher Association, and multiple engagements affiliated with the First Congregational Church of Greenwich. Her dedication and untiring service to others became her hallmark.

She will be forever missed by her two loving children, Anna and Michael; her cherished grandson, Miles; four siblings, Ron, Jean, Jan

and David, and numerous nieces and nephews whom she loved dearly.

All are welcome to celebrate Rosemary's life at a memorial service to be held on Saturday, February 1, 2025, at 11:00 AM at the First Congregational Church of Greenwich with lunch to follow. In lieu of flowers, donations can be made to the Gladney Center for Adoption or the First Congregational Church of Greenwich; two organizations near to Rosemary's heart.

Rosemary was an incredible grandmother, mom, sister, aunt, mentor and friend; she leaves a legacy of love, laughter and kindness through all the lives she has touched over the years.

A memorial service for Rosemary Lamie will be held at The First Congregational Church, 108 Sound Beach Avenue, Old Greenwich, CT Saturday, February 1 at 11:00 am.



BARBARA BRACK

Barbara Smith Brack, born on September 1, 1940, passed away on November 19, 2024 due to complications from Alzheimer's disease.

Born and raised in St. Louis, Missouri, Barbara attended Mary Institute Country Day School and studied English at Washington University. In 1963, she married Reg Brack, and the couple moved to Greenwich, CT, in 1967. Reg's job as President and CEO of Time Inc. had the couple traveling the world throughout their 54-year marriage and together they lived a life filled with family adventures, time with friends and meaningful philanthropy.

Barbara was devoted to her family, yes, but her life work, her calling, her gift, was her extraordinary animal advocacy. Between her own hands-on involvement and the Brack Family Foundation, she was able to help all creatures great and small.

To that end, Barbara always had leashes, cans of cat and dog food, blankets and bottled water at the ready in case she encountered an animal emergency which, thanks to her eagle eye, she often did. She knew exactly how to lure frightened strays out of hiding, how to calm the feral and how to find forever homes - in many cases her own.

At the Brack home it was not unusual to see ferrets, guinea pigs, parrots, snakes, raccoons, cats, dogs and, famously, Barbara's beloved 280-lb pig named Bud. A surprise gift from Reg on their 25th wedding anniversary, Bud grew to 280-lbs and became a local celebrity in Greenwich, where he lived happily for nearly two decades.

In addition to her boots-on-the-ground work, Barbara served on the board of The Humane Society of the United States (HSUS); established the Saint Martin Adoption Center for Animals on St. Martin, French West Indies; worked closely with Cleveland Amory and his Fund For Animals; helped open The Hancock County ASPCA in Maine; provided long-term support for Animal Aid Unlimited in Udaipur, India, among many other animal-related endeavors.

While Alzheimer's disease stole so much, Barbara's love for animals never wavered, never dimmed.

Barbara is survived by her daughter, Elizabeth, son-in-law, Rob Kovell; her son, Regi, daughter-in-law, Jill; her son, Peter, daughter-in-law, Yeon. And her granddaughter, Stella.

In lieu of flowers, the Brack family requests that contributions be made to The Humane Society of the United States online at www.humanesociety.org/memorialgift, by phone at 1-866-720-2676, or by mail to The Humane Society of the United States, 1255 23rd Street NW, Suite 450, Washington DC 20037.

Barbara's legacy of kindness and compassion will continue to inspire all who knew her.

PATRICIA POLLACK

Patricia Eleanor Sisterson Pollack (Pat) passed away on Monday, October 28, 2024, following a long journey with Parkinson's Disease. She died peacefully at her home in the company of her husband and daughters, under the excellent care of Mosaic at Home.

Pat was born on December 7, 1931 to William Sisterson and Eileen Nora McGough in Buenos Aires, the first of three daughters. Her English father emigrated to Argentina after serving in the British Army in the first world war and her mother was born in Buenos Aires to Irish parents whose families came to Argentina to work on railroads. Pat grew up bilingual, attending Michael Ham Memorial College, just a few blocks up the hill from a beloved childhood home in Vicente Lopez.

Pat had a life-long love of literature and poetry, art history and classical music. As a child, she and her sisters would see opera, concerts and movies at the Teatro Colon and later create miniature sets at home, using candy wrappers as color filters for their design. Pat was an excellent student, even skipping a grade in school, and ever an avid reader. Though she wanted to study at the university, she had to abandon this plan as earnings were needed to help support the family. Pat began to work at the age of 16 and found herself in demand among English companies as a secretary.

As a teenager, Pat longed to travel and spent several years saving up for a voyage to England. When she was 21, she had saved enough and then traveled with several friends, making stops in Uruguay, Brazil, Portugal and Spain on their way. Once in England, she and her friends worked and saved some more, and together with 3 of the friends, she then traveled by train, staying at hostels, in France, Italy and Germany.

In her early adult years, Pat lived briefly in Guatemala City and San Salvador, and settled in Washington D.C., where she worked as a secretary at the World Bank and continued to have opportunities to travel, including a number of trips to Mexico.

During that period, Pat joined the Washington ski club and there met the man who would be her husband and lifelong partner - Gerald Pollack. She said that she liked smart men, and that one reason she was first drawn to him was because he was the only man she had met in Washington who shared her admiration for the tenor Richard Crooks, whom she had heard on the radio while growing up.

The couple moved north, first to New York City and later to Connecticut. Two daughters were born to them, Nora and Carol. Pat now found the opportunity to attend college. She changed her intended major from Art History to French Literature, and graduated Summa Cum Laude from Queens College, also winning the Departmental Prize. Pat had the thought of continuing her studies and pursuing a master's degree, but abandoned the effort when it became too difficult to continue while caring for her young children. If circumstances and timing had been different, her daughters believe she might have found a rewarding and successful career in literary translation or art history.

In Old Greenwich, during her girls' childhoods, Pat was a class parent and frequent volunteer at the girls' school, helping to sew costumes, baking for class events, and chaperoning on class field trips. Pat found a welcoming community in her church, the First Congregational Church of Greenwich, and was generous in volunteering her time and skills to the church and its thrift shop, The Rummage Room, the proceeds of which support numerous charitable organizations. She was also an active local branch member of the Daughters of the British Empire, composed of ladies of English heritage.

Above all, Pat loved being a mother. She was very proud of her two daughters, and she adored her four grandchildren. She created the warmest of homes for them all.

Pat loved color and dressed colorfully, she loved birds and spiders, and never disturbed a spider's web, she also loved animals generally and she had many beloved cats over the years, as well as two dogs. She loved flowers, understood plants and was an excellent gardener.

She found beauty and comfort in music until the end and, through the cloud of late Parkinson's Disease, continued to make musical requests. In her final days, she heard her favorites - The Lark Ascending by Ralph Vaughan Williams and the Four Last Songs of Richard Strauss.

Pat and her sisters, Sylvia and Elizabeth, have been the beloved matriarchs and the center of a family spanning North and South America, Europe and Africa.

Pat is survived by her loving husband of 56 years, Gerald; children Nora (husband Tim Silverman) and Carol (husband Brian Reisinger); grandchildren Jonah, Lillian, Cleo and Phoebe; her sister, Elizabeth, and many nieces and nephews. She joins other departed loved ones: her father William, mother Eileen, sister Sylvia, niece Karen, and numerous close friends.

Memorial Service was held on Saturday, January 25, 2025, at The First Congregational Church of Greenwich, Old Greenwich, CT.



KATHERINE ANN SWEENEY

January 22, 1931 - January 22, 2025

It is with heavy hearts that we announce the passing of Ann Sweeney on January 22, 2025. She left us peacefully on her 94th birthday, surrounded by loved ones at home.

Ann had many roles throughout her life. She was a music teacher at schools in Michigan, Connecticut, and the David G. Osterer Cerebral Palsy Center in Rye Brook, New York. Ann was also the youth choir director at Saint Mary Parish in Greenwich, Connecticut, as well as a private piano teacher to over 60 students in the area. Though, the title Ann was most proud of was "mom" - even being named one of eight "Outstanding Mothers of the Year" by the National Mother's Day Committee in 1984.

Ann was the matriarch of the Sweeney clan, raising 18 children in Greenwich with her husband John Scripps Sweeney III, and later doting on her more than 40 grandchildren and great-grandchildren. Asked what prompted her to rear seven children and adopt 11 more, Ann said, "When I went to adopt for the first time, I was looking for a baby that needed me as much as I needed him...[and] when you have that many children, you don't do anything else anyway." The family's tale was chronicled in the book Patchwork Clan: How the Sweeney Family Grew, which Ann co-authored.

Long before she started her own family in Greenwich, Ann was born on January 22, 1931, as an only child to Harry and Mary Taylor in Mount Clemens, Michigan. That is where she received her early education, graduating from Mount Clemens High School in 1948. She went on to study the cello and piano at the Oberlin Conservatory of Music in Oberlin, Ohio, and pursued advanced music studies in Paris, France.

Perhaps that is where her love for travel was born. Remarkably, Ann visited more than 30 countries across five continents in her lifetime, often volunteering her time to teach music lessons to students abroad. While sightseeing was always on the itinerary, sunbathing and shopping were also Ann's specialties. Eventually, her home was filled with eclectic souvenirs and unique furnishings from her world travels - the physical reminders of Ann's adventures.

When she was home, Ann was never idle. She swam as many laps in the pool, planted as many flowers in her garden, read as many books, solved as many crossword puzzles, ate as much chocolate and spent as many days with family and her cats as she could until the very end. Over the last 10 years, Ann lived with dementia. While the disease may have dampened her mind, it did not diminish her wit, determination or spirit.

A public service to celebrate Ann's life will be held on Thursday, February 20, 2025, at 10:00 a.m. at Saint Mary Parish at 178 Greenwich Avenue in Greenwich, Connecticut. A reception will follow from 11:00 a.m. to 1 p.m. in the church's community room. All are welcome.

In lieu of flowers, please consider a donation to a charity that is meaningful to your relationship and memories of Ann.

AQUARION From Page 1

Sen. Fazio's OpEd on page 9) "The legal change allowing an RWA acquisition of Aquarion was only publicly known when news was broken by a reporter two days before the special session of the legislature," he stated. The 50-page legislation enabling RWA's bid was released hours before a vote, leaving no time for debate.

Greenwich First Selectman Fred Camillo had raised concerns months earlier. On August 22, he testified at RWA's public hearing. "I am concerned about the potential impact this might have on Aquarion's customers in Greenwich," Camillo stated. "This sale could well result in higher water rates." He cited data showing RWA customers already pay 23% more than Aquarion customers. "I am also concerned about the potential debt that the Authority would be taking on if this sale proceeds and how that potentially could result in further rate increases."

Camillo also warned that Greenwich could lose tax

revenue. Currently, Aquarion pays property taxes, but RWA, as a quasi-governmental entity, is tax-exempt. "That is a potential loss of revenue for the Town," he said, urging careful consideration of the financial implications.

On January 28, after the sale was finalized, Camillo reiterated his concerns. "The recent sale of Aquarion to Regional Water Authority still has not addressed the concerns I expressed when this issue first surfaced last year," he stated. "However, now that the sale has been completed, I would hope that their assurances about PILOT taxes and not raising rates for our residents will hold." He pledged to monitor the new authority closely. "Their public statements will now be scrutinized, and while I wish them well, I will surely be following up on my previous concerns."

Fazio remains skeptical, highlighting governance structure flaws. RWA's board will have six representatives from the New Haven area and only five from Aquarion's much larger service area. "There will not be fair representation on the board that runs the company," he said.

He also pointed to the financial structure of the sale. Private bidders were restricted to offering book-value rates, while RWA can pass the full purchase cost onto customers. "The higher bid was rumored only \$200 million below the RWA bid of \$2.4 billion," Fazio noted. "RWA could always likely bid higher because it can charge its customers more."

PURA is the last regulatory hurdle. "The only remaining check on the sale is now PURA," Fazio stated, urging scrutiny of its impact on consumers. The sale also requires approval from regulators in Massachusetts, New Hampshire, and under federal antitrust laws.

Fazio was blunt: "Connecticut residents deserve lower cost of living and trustworthy government. Unfortunately, the Aquarion sale to Regional Water Authority, which their elected officials foisted upon them through special legislation, will deliver higher utility bills and diminished trust."

Camillo vowed to keep Greenwich engaged. The question now is whether local concerns will influence the final regulatory decisions.

The Teen Mental Health Issue in Greenwich and How to Address It



By JENNIFER OPENSHAW

Mental health is grabbing headlines – and funding – in Greenwich and beyond. From group therapy through Greenwich Hospital/Yale New Haven to the United Way’s initiative to build a mental health center, there are growing efforts to help our young people.

While mental health issues have been with us for years, the rate of growth ballooned during Covid. In fact, the Center for Disease Control says teen suicide rose 62% from 2007 to 2021.

Closer to home, in 2022, 15% of Connecticut teens had a major depressive episode, and 65.6% of them did not receive treatment according to the Mental Health America. In Fairfield County, 64% of youth ages 12–17 reported suffering from anxiety and/or depression.

I have seen this first hand, in our schools, with our friends’ kids, and even in the projects our GWI students have created. I remember seven years ago, when launching our Business Academy after-school program, one 16-year-old from Greenwich created an initiative to address teen depression – a reflection of her own battle and ongoing therapy.

In a subsequent GWI cohort, another student – this one from Boston – created a venture centered on using poetry to address teen suicide.

And yet another young woman used her degree in social work - coupled with her love of horses - to create an equine therapy business.

One of the keys to addressing this situation and reducing the likelihood of developing mental health issues - and I’m a mother of two myself - is to create an environment in which your child or student can thrive, while avoiding the pressure that naturally comes from a high-achieving, highly-comparative environments like we have in Greenwich.

What are some of the ways in which you can accomplish that?

School friend group -- Not all friend groups are created equal. There can be pressure, expectations, taking sides, and much more. Have regular conversations with your child to talk through their friendships, the qualities they want, and help them find the right friends. Taking a proactive approach and making a change if needed, will also demonstrate that they can overcome – indeed, move through – painful and challenging moments and come out happier on the other side.

A community outside school – Youth groups through churches and synagogues or special programs through such organizations can do wonders. These environments tend to be less pressured, achievement-oriented, and cliquey. For my children, they’ve offered an alternative, safe and supportive environment where they’re not only learning deep music theory, team work, and discipline, but building lifelong friendships.

Physical outlet – Any sport, especially those with a team, can be a great outlet for stress and new friendships. Sports of any kind, but in particular team-sports, build many of the skills, including teamwork and confidence, that will lead to lifetime success. They provide an outlet on your student’s

terms, not yours. It’s important to balance the other demands on your child’s schedule and provide some outlet that excites him/her.

A “Big Sister” or mentor – A mentor doesn’t have to be from the school campus. In fact, better if it’s not. It can be the neighbor down the street who is a few years older – or someone from the business world, as we incorporate in our GWI programs, who can provide real-world guidance, but with an unbiased understanding that a parent or teacher can’t as easily.

Extra-curriculars that challenge and support – Just like most of us, our students often want the easy path. I’m a believer that confidence is built by doing tough things. And we see the results with over 90% of young women experiencing increased confidence after our Academy program.

Some extra-curriculars go further to provide a support community that can extend beyond high school - like GWI’s growing national alumni network.

Just today, I met with two parents and their daughters who attend local private schools. They were excited to be part of GWI’s national network. As one of them put it: “We have the network through our school, but this will give us a broader network to carry us into our careers.”

What are things to avoid? As I’ve watched my own teen, we’ve been mindful of the following:

Reduce the pressure to achieve – This is a topic that comes up frequently in my casual conversations with local parents and students. Consider putting your student in different socio-economic situations, avoiding language that demonstrates your own focus on achievement or perfection, and learning to accept that we’re all built

differently and therefore, might progress differently. But that’s not to be confused with discipline that’s required to learn and advance academically, emotionally, and, ultimately, professionally.

Avoid being overly critical – At the same time, constantly flooding your student with praise creates an environment where they expect only praise. That’s one reason GWI has now incorporated feedback into our new Career Accelerator program – it’s essential for job success.

Focus on your students’ progress - rather than the ultimate grade – Not every student is an A student. I remember working exceptionally hard for that A in English and I had to accept that I just wasn’t the A student. Still, I went on to be a national spokesperson, financial

commentator, and columnist for our nation’s leading publications – though not without some hard work. There are many stories here in Greenwich of the same.

Guide your student to take ownership of their progress – For example, understanding why a certain grade was garnered or working with the teacher to understand a concept that stumped them. One step that’s excited me personally was guiding my high schooler to meet with her teacher. Rather than simply saying: “Go meet with her and find out what you did wrong,” it was about understanding what she could have done differently while also building an important relationship.

Be open to alternative pathways – Finally, for those of you focused on Ivy League Schools, remember that the world has changed. Among

the key trends: A host of colleges that might have been “beneath” some parents are now considered top schools. For example, the University of Miami – once considered more of a party school – is now tough to access.

Also, corporate America is now welcoming and backing “skills-based hiring” – recruiting those who did not pursue the traditional college degree but developed skills for specific roles - like coding or welding. Students can not only make a serious living but they can avoid the \$30,000 average debt load.

A thriving community and economy demands that our young people are ready - with skills, confidence, and emotional strength. I’m proud that GWI is leading the way nationally to help make this happen for young women.

STATE OF CONNECTICUT TOWN OF GREENWICH HISTORIC DISTRICT COMMISSION

Notice is hereby given that on Wednesday, February 12, 2025 at 7 P.M. an in-person Public Hearing will be held in the Mazza Meeting Room on the 1st Floor of Town Hall by the Historic District Commission of the Town of Greenwich to hold their regular monthly meeting as required by Connecticut General Statute Chapter 97a, Section 7-147a through 7-147y.

Please contact the secretary of the Historic District Commission, Andrew R. Melillo, with any comments or questions at hdcgreenwich@gmail.com.

CLASSIFIED AD

Steven Fox Jewelry in Greenwich, CT is seeking a talented and dynamic high-end sales professional for a full or part-time position. Individual should be a natural people person who believes in providing exceptional customer service to our clients with the upmost professionalism and care. Must have previous experience in a retail environment with a focus on luxury client service. 401(k) matching. Bonus. Salary based on experience. Email to apply: concierge@stevenfoxjewelry.com.

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LEGAL AD

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.

Tax Collector
Town of Greenwich

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Economist Larry Kantor Discusses Economic Policy at League of Women Voters of Greenwich Event

By Anne White

The League of Women Voters of Greenwich hosted an economic policy discussion titled “Tariffs, Taxes, and the Trump Economy” featuring economist Larry Kantor. The event, held via Zoom, explored Kantor’s perspectives on economic policies, including tariffs, taxation, and regulatory changes under the current administration. Throughout the presentation, Kantor emphasized that his analysis was based on his own economic assessment and not on political considerations.

Kantor, an operating partner at Atlas Merchant Capital and former head of research at Barclays Capital, provided his personal viewpoint on the potential impacts of President Trump’s proposed economic policies. He stated that his approach was rooted in economic and empirical analysis, rather than political ideology. Kantor asserted that presidents often receive too much credit or blame for the state of the economy, arguing that external factors such as business cycles, monetary policy, and global economic conditions play a more significant role.

According to Kantor’s analysis, he believes that tariffs could have broad economic consequences. He suggested that the substantial tariff increases proposed by the administration—potentially including a 60% tariff on Chinese imports, 25% on goods from Canada and Mexico, and 10% to 20% on all

other imports—could lead to reduced GDP, higher inflation, and possible retaliatory measures from trading partners. Kantor cited previous tariff policies as a basis for his conclusions, stating that his view aligns with most economic studies, which he claims generally support free trade over protectionist measures.

Kantor further argued that tariffs historically have had unintended economic consequences. He referenced the Smoot-Hawley Tariff Act of 1930, which he stated led to a severe decline in global trade and exacerbated the Great Depression. He also discussed the tariffs implemented during Trump’s first term, noting that in his assessment, they raised prices, did not significantly increase manufacturing jobs, and resulted in retaliatory tariffs from other nations. However, Kantor acknowledged that some studies suggest tariffs have had political benefits, with support for such policies increasing in regions that were most affected by them.

On taxation, Kantor presented his view that extending the 2017 tax cuts, as proposed by President Trump, would likely add significantly to the federal deficit. He referenced estimates from the Congressional Budget Office (CBO), which project that extending these tax cuts could increase the national deficit by approximately \$4.6 trillion over the next decade. He stated that, in his opinion, additional tax cuts beyond the extensions would face challenges in Congress due to concerns about federal debt.

Kantor also commented on the broader fiscal landscape, asserting that high deficits and rising federal debt have already begun influencing financial markets. He expressed the opinion that continued deficit spending and debt accumulation could eventually lead to higher interest rates and investor concerns about the stability of U.S. fiscal policy. However, he also noted that the U.S. dollar remains the world’s dominant reserve currency, a status that he does not believe is likely to change in the near term due to the depth and liquidity of U.S. financial markets.

In addition to tariffs and taxation, Kantor shared his perspective on regulatory policy, stating that the administration’s efforts to roll back certain regulations could have mixed economic effects. While he suggested that reducing regulatory complexity could improve business efficiency, he acknowledged that regulations serve important roles in maintaining financial stability, consumer protections, and environmental safeguards. He also pointed out that many regulatory rollbacks face legal and political obstacles that could limit their impact.

Kantor also addressed immigration policy, which he believes is a key factor influencing U.S. economic growth. He argued that reductions in immigration, as proposed by the administration, could contribute to labor shortages, particularly in sectors such as construction, agriculture, and healthcare. He emphasized that his analysis suggests immigration

plays a critical role in maintaining workforce growth and supporting key entitlement programs like Social Security and Medicare. According to his view, a declining U.S. population and labor force growth could present long-term economic challenges.

Throughout the event, Kantor repeatedly underscored that his presentation was based on his personal economic analysis and not political advocacy. The League of Women Voters of Greenwich emphasized that the event was held as part of its nonpartisan educational mission and that it does not endorse or oppose any political party or candidate.

Following Kantor’s remarks, a Q&A session was held, during which attendees posed questions about investment strategies, economic growth, and fiscal policy. Kantor responded by reiterating his view that economic policy decisions, particularly on tariffs and taxation, could have significant long-term effects on markets. He also noted that while some deregulation efforts could improve economic efficiency, their overall impact would depend on the specific industries affected.

At the conclusion of the event, the League of Women Voters of Greenwich thanked Kantor for sharing his perspectives and encouraged attendees to continue engaging in discussions on economic and policy issues.

The full recording of the event will be made available on the League’s website for those who were unable to attend.

Greenwich Author Jeff Cooper’s Legal Thriller



Greenwich author and law professor Jeff Cooper is set to release

his latest legal thriller, *The Final Account*, on February 3, 2025. The novel, published by Red Adept Publishing, has already garnered critical acclaim, winning the 2025 Independent Press Award for Best Legal Thriller.

The novel follows Connecticut lawyer Jack Collins as he uncovers an embezzlement scheme within his law firm, only to realize it is part of a broader conspiracy involving some of the state’s most powerful figures. Critics have praised the book for its realism and gripping narrative. The Midwest Book Review described it as a novel that “will delight seasoned thriller audiences,” adding that its authenticity makes it “nearly

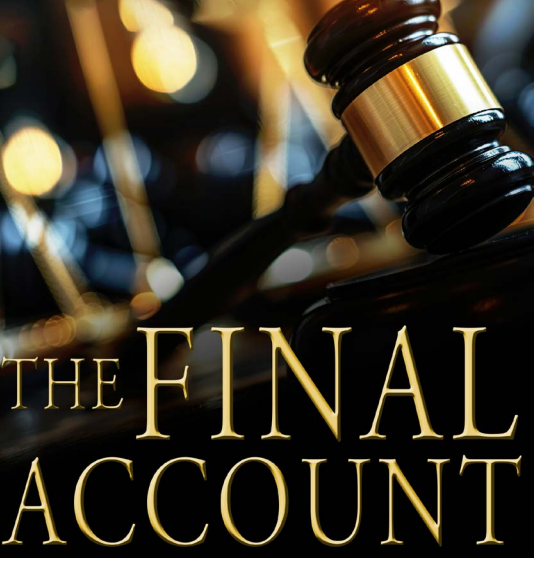
impossible to put down.”

This is Cooper’s second novel, following *After the Fact*, which was a finalist for the Daphne du Maurier Award for Excellence in Mystery/Suspense and appeared on several bestseller lists. Cooper, a Professor of Law at Quinnipiac University School of Law, brings his legal expertise to his fiction. He also serves as Special Counsel at Shipman & Goodwin in Stamford and has an extensive background in estate law, an experience reflected in his writing.

A graduate of Harvard College, Yale Law School, and New York University School of Law, Cooper has written more than 50 academic publications, many of which have appeared in law

journals and casebooks. His legal insights lend credibility to his novels, which draw on his years of experience in law firms and trust banks. In addition to his legal work, he has been involved in public service, serving on the Greenwich Representative Town Meeting, acting as a Justice of the Peace, and holding leadership roles in nonprofit organizations.

Red Adept Publishing, based in North Carolina, is known for its focus on genre fiction and has produced several national bestsellers. *The Final Account* will be available in paperback for \$15.99 and as an eBook for \$9.99. Cooper can be reached for interviews at jeffrey.cooper@qu.edu.



Three Artists Address Their Art Works on Paper at the Downing-Yudain Barn

By Anne W. Semmes

Lily Downing and husband David Yudain, a native of Greenwich, have a notable art gallery in North Stamford called the Barn, and last Sunday they hosted their “Sunday Salon” on “A Conversation about Paper.” The two would welcome some 45 curious attendees. As an art dealer, Downing said to the gathering that paper has “always been fascinating...And it is some of the most beautiful art ever created...going back to illuminated manuscripts.”

Downing continued, “I just thought it would be fun to have a conversation with three artists that worked with paper all very differently.” Tricia Wright, also from North Stamford, “makes her own paper, incises and gilds it,” Derek Uhlman, a sculptor, “works with paper”; and Malcolm Moran of Greenwich “makes monotypes and collages.” Also add paper conservator Ann Baldwin, “who conserves it all.”

Tricia Wright was first to share her fascinating creative experience that led to the work on exhibit in the gallery. Awarded an MTA public commission to create artworks for the Metro North railway, “that catapulted” her “from the solitary private world of the studio into a complex multi-part project” she was simultaneously awarded “an artist residency at the Paperwork Studio Dieu Donn   at the Brooklyn Navy Yard.

“It’s the leading center for papermaking in this country,” said Wright. “It’s a very special place. So, when you’ve got a residency, you work one-to-one with a master papermaker. It’s a very intimate collaborative experience. You come with ideas; you have a discussion - is this possible?” And if so, “how will you make it? So, you’re working with a papermaker, but there are interns and other people there to assist. So, everything you do, all the mistakes you make, is all public. You’re very exposed.”

But that experience “resulted in all of this gilded

paperwork you see here.” Wright had “pioneered different ways of working at Donn   they hadn’t seen... So, this work has been very special for me because it has dimensional aspects that is not to do with papermaking, but through other kinds of materials.”

Ann Baldwin of Greenwich

Next up was paper conservator Ann Baldwin who served 11 years at the Metropolitan Museum of Art in its paper conservation department. “It’s such a well-equipped laboratory and there’s so many relationships with scientists and other departments. It was a very fruitful experience.” She’s now in private practice in Greenwich. “Basically, I specialize in works of art on paper...I’ve taken musty smells out of books, I’ve treated moldy pastel portraits, taken stains off of and out of modern pieces of art that are mixed media.”

“And the good part about conservation,” Baldwin said, “is it’s a combination of craft and art history, which includes understanding the art and appreciating and respecting what the art is supposed to look based on artist intent and respecting its age. But then the other component is the science... We are now using and adapting things that are in the medical world, the biology world, which limit any damage that could be done. The intention is to always respect the art.”

Sculptor Derek Allman

Derek Allman, based in New Canaan, was up next. Apprenticed at age 19 to Reuben Nakina, at age 25 he was commissioned by the General Food Corporation to sculpt a 37,000-pound marble sculpture called “Stone Flowers.” But he’s interested in “a variety of materials... I have worked in metals, I’ve worked in glass, I’ve worked in cast paper, I’ve worked in plastics.” But he was blown away by the cast paper works of Louise Nevelson. “So, I decided I needed to learn about that, and I have done a series of pieces made out of cast paper, which is a curious concept.”



Malcom Moran of Greenwich

Last up was Greenwich artist Malcom Moran. “I’m a printmaker. I’m also a painter and drafts person and I like more traditional stuff that has been done for gazillions of years by a lot of other artists.” It wasn’t until later in his career that he got into printmaking, though his family owned a printing company, “started by a great, great grandfather in 1881,” and as a kid he used “to go down to the printing plant and the smell of the inks, which are all oil based.”

Over the years he learned “mostly by trial and error, with some people teaching me what works with what medium, what printing inks or what oil-based paints do to the paper and whether they’ll survive or not...So it is great to work with somebody who will look at a print and say, Malcolm, I don’t think that’s

going to work real well. I think you better lighten up on the ink or do this. And that’s terrific because it saves me a lot of tragedy.”

“People have been saying,” he told, “it is a medium which is going to disappear. It is not going to disappear. People love paper, people love books. ...It lasts a long time if you use it right, if you don’t use it right, it doesn’t last very long at all. It’s a great medium, it’s a beautiful medium and the traditions are awesome.”

Greenwich attendees comments

There were plenty of exchanges with attendees, including from Greenwich notable John Blankley. “Not to be mercenary, but we Americans do like money, and I really like our dollar bill. The paper is very nice.” But on a recent trip to his native England, he’d noticed the quality of the pound note. “Have you touched one recently,” he asked Wright. “I have,” she said. “You can put them in the washing machine, and they don’t fall apart. They’re plasticized.”

“And Canada infuses their dollars with maple,” added Downing. “They smell like syrup.”

Departing, Greenwich abstract painter Penny Putnam, whose work has been exhibited in the Barn, spoke of being “especially impressed by Moran’s knowledge of the variety of artist quality papers available, and the importance of knowing which papers pair with which media.”

Bea Crumbine, a Greenwich icon, who often attends the Barn events, shared, “It is always fascinating and interesting to hear the artists discuss their processes and influences.”

Susie Baker, another Greenwich icon who often attends the Downing-Yudain events, was impressed she said with the artists’ presentations. “Four very different backgrounds, talents, experiences and expertise! Who knew ‘paper’ could cover so much—no pun intended!”

Community Solutions to Advance a Sustainable Food System

Greenwich Food Alliance, in collaboration with Food Rescue US-Fairfield County, Greenwich Land Trust and Waste Free Greenwich, announces Community Solutions to Advance a Sustainable Food System, a free, in-person panel discussion on Wednesday, February 5, 2025 from 6:00 - 7:30 at the Greenwich Town Hall Meeting Room. All are welcome, please RSVP directly to: gfa@thefoodshednetwork.org. For further details see here.

The industrial food system causes significant harm to human and ecological health. It must transform if we are to sustain life for future generations. The solutions are creative, regenerative and rooted in dignity, care and community connectivity.

The purpose of Community Solutions to

Advance a Sustainable Food System is to build community support around local food systems change and raise awareness of the Greenwich initiatives necessary to strengthen the regional food economy. Each initiative strives for food security and human and ecological health.

Moderated by Ali Ghiorse, co-director of Greenwich Food Alliance and founder of The Foodshed Network, the panel discussion will enhance community understanding of:

- Food system work happening in Greenwich,
- Context around the industrial food system,
- Each initiative’s role in leading change,
- Connectivity between initiatives,

- How the community can promote and participate

Panelists will highlight the collaborations between their respective initiatives: noting the ways they intersect and harmonize towards a shared goal. Participants will be empowered with tangible and accessible actions to mend the local and regional food system. Panel speakers include Nick Bridge - Market Manager at Sam Bridge Winter Farmers’ Market, Terri Browne Kutzen - Chair of Greenwich Community Gardens, Julie DesChamps - Founder and Chair of Waste Free Greenwich, Brent Hill - Executive Director at Neighbor to Neighbor, Will Kies - Executive Director at Greenwich Land Trust, Karen Saggese - Co-Site Director at Food Rescue US-Fairfield County, Joan Seguin

- Commissioner at Greenwich Shellfish Commission, Martha Ramkellawan - Food Service Director at Greenwich Public Schools.

Greenwich Food Alliance, a program of The Foodshed Network, advances Greenwich’s food security initiatives by strengthening & leveraging relationships, knowledge and networks.

RSVP: gfa@thefoodshednetwork.org

For more information and to view the invitation:

<https://view.floodesk.com/emails/6736bb9bd3db40a67efb8ele>

For more information about Greenwich Food Alliance:

<https://thefoodshednetwork.org/greenwich-food-alliance>

NEWS BRIEFS

POLICE & FIRE
Cos Cob Firefighters Honor Milestones



The Cos Cob Fire Police Patrol and Cos Cob Volunteer Fire Department held their annual Inspection Dinner on January 11, marking 97 and 102 years of service, respectively. Members of the Greenwich Fire Department and town officials attended to acknowledge their contributions. The Cos Cob Fire Police Patrol is a volunteer fire service organization established in 1927. Photo Credit: Cos Cob Fire Police Patrol

FROM TOWN HALL

Greenwich Opens 2025 Permit Reservations

The Greenwich Department of Parks and Recreation will begin accepting online-only applications for 2025 picnic and overnight camping permits on February 18. Residents must verify their residency beforehand, requiring two proofs for primary account holders and one for permit holders, if different. Reservations are limited to one per family for overnight camping at Great Captain Island or Island Beach and one for picnic areas, with all fees due at booking.

Town Approves Historic Housing Plan

The Planning and Zoning Commission approved a plan to add six residential units to the historic 1910 Armory site in central Greenwich while preserving the original structure and part of the Drill Shed. The project includes a three-story building and a two-level parking garage, granted under a “historic overlay” that allows deviations from zoning standards. The designation ensures the Armory and Drill Shed will be preserved indefinitely.

Town Launches Annual Budget Process

The town began its budget process with presentations on Tuesday. First Selectman Fred Camillo and Greenwich Public Schools officials outlined their financial plans for the 2025-26 fiscal year, followed by public comments.

AROUND TOWN

Town Proposes Flooding Solutions

The western branch of Brothers Brook in Greenwich is prone to flooding, and the town has proposed a \$30 million plan to address drainage issues. The plan includes six projects, such as bridge replacements, spillway modifications, and channel widening, but federal regulations require upstream and downstream improvements to be coordinated. Officials caution that even if completed, these measures will have limited impact on reducing flooding in affected areas.

LOCAL BUSINESSES AND NONPROFITS

Green & Tonic Expands Stamford Location

Green & Tonic opened its seventh location in downtown Stamford on January 27, 2025, offering a gluten-free menu with smoothies, salads, and customizable meal options. The new store includes features like a Salad Station, Meal Boxes, and the Anna Kaiser Blue Moves Smoothie, catering to students with study areas, charging ports, and a 20% UConn Stamford student discount. Located at 54 West Park Place, it is open daily and hiring for new positions.

Greenwich Confirms Ban On Pet Sales

The Greenwich Planning and Zoning Commission discussed whether local regulations allow retail pet stores to sell puppies, kittens, and rabbits, prompted by New York State’s new law banning such sales. Greenwich’s current zoning regulations do not permit this type of retail activity, as animals are not classified as goods or commodities. Licensing from the Connecticut Department of Agriculture would also require local zoning approval, which Greenwich does not provide.

Greenwich Hospital Proposes Upgrades

Greenwich Hospital has submitted a revised proposal to build a cancer-care unit within its existing facilities, avoiding the need for new construction or zoning changes. The plan includes renovating 36,000 square feet in the main hospital and relocating several departments to offsite locations to create space for upgraded cancer treatment services. Initial feedback from the Planning & Zoning Commission focused on traffic, parking, and operational specifics, with further review pending formal submission.

Call-A-Ride Celebrates 50 Years



Call-A-Ride, founded in 1975 at First Presbyterian Church, provides free transportation for ambulatory Greenwich residents aged 60 and older. Initially starting with one vehicle and \$6,000 in funding, the nonprofit continues to assist seniors in reaching medical appointments, grocery stores, and other local destinations. The organization relies on donations and volunteer drivers to maintain its services. Photo Credit: Call-A-Ride

PEOPLE IN TOWN

Old Greenwich Honors Community Advocate

The Old Greenwich Association awarded Candace Garthwaite the Old Greenwich Award at its annual meeting for her long-standing contributions to the community, including her service on the RTM and advocacy for initiatives like flood mitigation and scenic road designations. Garthwaite also played a key role in establishing Old Greenwich as a Village District to preserve its downtown character. Additionally, OG Real Estate LLC outlined its plans to maintain and improve properties within the recently acquired Nolan Estate without altering existing façades.

SCHOOLS

Kindergarten Inspired By Empowering Story



Jenn Bensen, Associate Head of School for Student Life at Sacred Heart Greenwich, read The Littlest Yak to the kindergarten class. The book conveys that even the smallest individuals can achieve significant accomplishments. Students listened and asked questions about the story. Photo Credit: Sacred Heart Greenwich

Author Inspires Young Writers’ Creativity



Author Madilyn Wolpin visited Whitby School’s second graders to share the process of creating her book Bring Back the Babka. She explained the steps of writing, editing, and publishing, using drafts to show idea development. Students ended the session with a babka tasting and received autographed copies of the book. Photo Credit: Whitby School

Ashley Malkin Earns Prestigious Recognition

Greenwich High School senior Ashley Malkin has been named one of the top 300 scholars in the 2025 Regeneron Science Talent Search, earning \$2,000 for herself and \$2,000 for her school. Her project focuses on using machine learning to develop polymersomes capable of crossing the blood-brain barrier. The competition received nearly 2,500 applications from 795 high schools across the U.S. and internationally.

Ortiz Wins Silver Key Award

Middle School student Alisia Ortiz earned a Silver Key in the Connecticut Regional Scholastic Art Awards for her sculpture West Side Wanderer. The program is a juried competition recognizing outstanding student artwork in Connecticut.

SPORTS

GHS Basketball Dominates Trumbull Defense

Greenwich High School’s girls basketball team extended its undefeated season to 12-0 with a 44-33 victory over Trumbull, maintaining their No. 1 ranking in the CIAC Class LL division. Freshman Zuri Faison led the way with 19 points, supported by strong defensive play and contributions from teammates Elsa Xhekaj and Alyssa Gath. Coach Megan Wax praised the team’s defensive mindset and focus on growth as they continue to dominate the FCIAC.

GA Dominates Hopkins 49-33

Greenwich Academy secured its fourth win of the season with a commanding 49-33 victory over Hopkins School on Jan. 23. Junior Mallory Walker led the way with 18 points, while a balanced team effort and strong defense propelled the Gators to an early lead they maintained throughout the game. Coach Jordan Griffith praised the team’s hard work and resilience, emphasizing their growth

and determination in a challenging league. **Cardinals Showcase Resilience Against Fairfield**



Greenwich High School’s girls hockey team faced a tough challenge against the Fairfield Ludlowe co-op on Jan. 23, falling 6-2 despite goals from senior co-captain Lexi Carino and freshman Hailey Dreher. Fairfield’s offense, led by freshman Scarlett Robbins, overwhelmed Greenwich with a four-goal second period. Coach Doug Jebb praised his team’s effort and resilience but emphasized the need for stronger starts and improved scoring to compete in the highly competitive FCIAC. Photo Credit: Greenwich Sports Beat

GHS Wrestlers Shine Against Norwalk

Greenwich High School’s wrestling team secured a 42-32 victory over Norwalk High, building on their strong fourth-place finish at the Brunswick Invitational. Sophomores Nicholas Bound, Mark Zolotarvesky, and junior Monty Bell delivered standout performances, with Zolotarvesky and Bell also earning top placements at the Brunswick tournament. Despite injuries sidelining key wrestlers, the young team continues to show promise, aiming for strong finishes at upcoming FCIAC and state tournaments.

GHS Upsets Staples Unbeaten Streak



Matthew Maloney, Blake Martin, and Sandro Scott led Greenwich High School’s boys basketball team to a 57-52 victory over previously undefeated Staples, combining for 54 points in the FCIAC showdown. The Cardinals demonstrated composure under pressure, with Maloney scoring 14 of his game-high 23 points in the second half, while Martin and Scott added key baskets to maintain the lead. Greenwich improved to 4-6 overall and 3-3 in the conference, showcasing their ability to compete with top-ranked teams. Photo Credit: 06878 Photography

LOCAL POLITICS

RTM Approves Decorative Light Poles

The Greenwich Representative Town Meeting approved the donation of 36 decorative light poles valued at \$252,076 for the Glenville corridor, which will undergo significant upgrades. The project, funded by federal CMAQ funds and a \$500,000 public-private partnership, includes road widening, new sidewalks, updated traffic signals, and landscaping. The upgrades are expected to begin this spring and conclude by December, with the town assuming responsibility for electrical costs once the light poles are installed.

FROM HARTFORD

Attorneys General Defend State Authority

A coalition of state attorneys general, led by Connecticut’s William Tong, issued a statement addressing a U.S. Department of Justice memo on state involvement in federal immigration enforcement. Citing the Supreme Court decision in Printz v. United States, they asserted that the Constitution prohibits the federal government from compelling states to enforce federal laws. They affirmed their commitment to enforcing state laws while opposing federal overreach.

ACROSS CT

Eversource Sells Aquarion For Growth

Eversource Energy has agreed to sell Aquarion Water Company to the newly created Aquarion Water Authority (AWA) for \$2.4 billion, including \$1.6 billion in cash and \$800 million in debt. The sale enables Eversource to reduce debt and focus on its core electricity and natural gas operations, despite an anticipated \$300 million loss from the transaction. The deal is subject to regulatory approvals and is expected to close in late 2025.

Vornado Amazon Recall

Vornado has recalled 7,780 VH2 Whole Room Heaters due to a power cord defect that poses shock and fire hazards. The heaters, sold on Amazon between August and October 2024, are marked with “TYPE VH2” and date codes “JUL24” or “AUG24.” Consumers should stop using them and contact Vornado for a free replacement.

Recall for First Aid Beauty Cream

First Aid Beauty recalled 2,756 jars of its 14-ounce Ultra Repair Cream in coconut vanilla scent due to the accidental distribution of quarantined products. The recall, classified as “Class II” by the FDA, applies to specific lot numbers sold exclusively on FirstAidBeauty.com. Affected customers were notified and provided with replacement products and disposal instructions.

Egg Prices Rise

Bird flu outbreaks have led to higher egg prices in the U.S., with Connecticut prices reaching \$6.99 per dozen and the national average surpassing \$4. The virus has reduced egg supplies through culling efforts, affecting both backyard and large-scale flocks. While the CDC reports low human risk, producers and retailers are working to address market disruptions.

Kia Recalls 80K Vehicles

Kia is recalling 80,255 Niro EV, PHEV, and Hybrid vehicles from 2023 to 2025 due to a floor wiring defect that could affect airbag and seat belt functionality or cause unintended airbag deployment. Dealers will inspect, repair, or replace the wiring assembly and add protective covers at no cost. Owner notification letters will be sent starting March 14, 2025, with further details available at <https://www.nhtsa.gov/?nhtsald=25V024000> or from Kia.

OUR NEIGHBORS

Truwit Visits Swim School

Paralympian Ali Truwit, a shark attack survivor and Darien native, recently visited the Stewie the Duck Swim School in Norwalk to share her journey. During her visit, she presented a \$5,000 donation from her Stronger Than You Think Foundation to support low-cost swim lessons. Truwit, who lost part of her leg in 2023, won silver medals in the 2024 Paris Paralympic Games. The swim school, founded by Kim and Stew Leonard Jr., promotes water safety education in memory of their son, who drowned in 1989.



Your eye health is critical to your overall well-being.

For adults, regular eye exams are key to detecting early signs of age-related conditions such as glaucoma, macular degeneration, and diabetic retinopathy. For kids, eye health and vision quality play an essential role in physical, cognitive, and social development.

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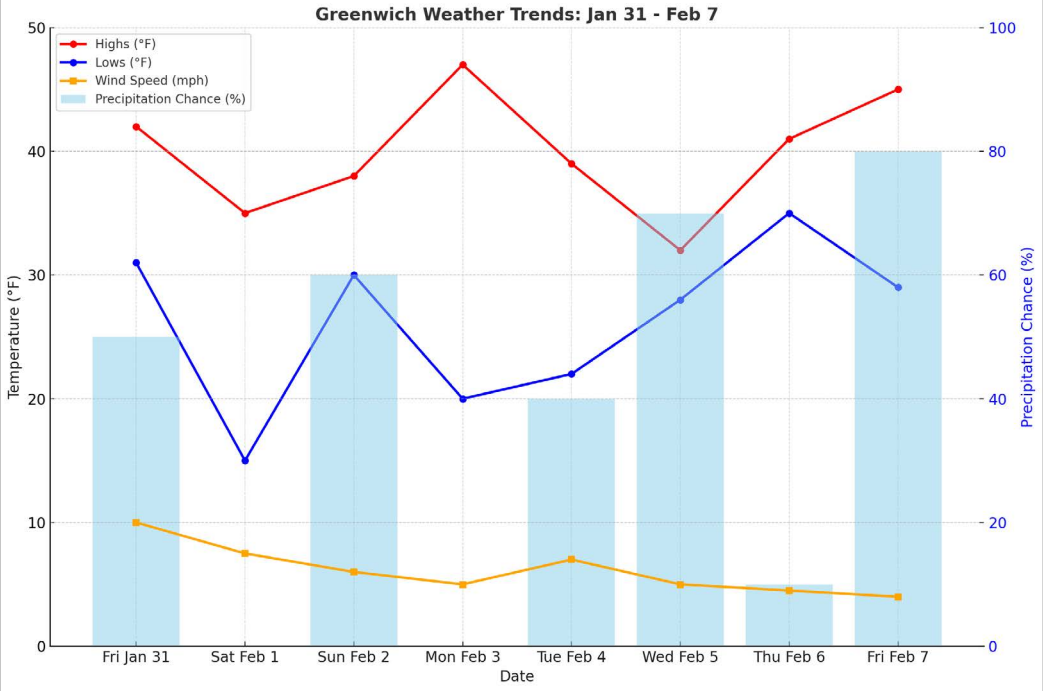
Local Weather: The Week Ahead

By Emma Barhydt

Greenwich is closing out January with a mix of rain, snow, and winter sunshine as the first week of February brings shifting temperatures and varied conditions. From mild days to brisk nights, residents can expect everything from flurries to a brief early week warm-up before winter makes another return.

Friday, January 31, will bring partly sunny skies with a high of 42°F and a low of 31°F. We'll receive about a half inch of rain today which will continue into the evening. In the evening wind gusts will be as high as 35 mph.

Saturday, February 1, kicks off the new month with a bright but brisk morning. Highs will reach



the mid-30s, and the day will be partly sunny with some early breezes. Evening lows will drop into the mid to low teens under partly cloudy skies.

Sunday, February 2, welcomes seasonal flurries, with highs in the upper 30s. Snow showers will continue

a warming trend, with highs soaring to the mid-to-upper 40s before dipping back into the low 20s overnight. Skies will be partly cloudy throughout the day and evening.

Tuesday, February 4, stays mild, with highs in the upper 30s and a mix of sun and clouds. By evening, temperatures will fall into the low 20s, bringing a mix of snow and ice, though accumulation will stay under half an inch.

Wednesday, February 5, starts with lingering snow, adding just over an inch before tapering off in the afternoon. Highs will hover in the low 30s, with evening lows in the upper 20s. Clouds will gradually clear overnight.

Monday, February 3, sees

brings a welcome break in the winter weather, with sunny skies, highs in the low 40s, and only a few passing clouds. The evening will see increasing cloud cover, with lows in the mid-30s and calming winds.

Friday, February 7, turns overcast with the chance for light morning snow, shifting to a mix of rain and snow in the afternoon. Highs will reach the mid-40s, while evening temperatures drop into the upper 20s, allowing any rain to turn back into snow. Expect up to two inches of accumulation.

February is off to a dynamic start, but winter isn't done yet—so keep the layers handy and stay ready for whatever the season has in store.

Thursday, February 6,

Nationally: The Week Ahead

By Emma Barhydt

Northeast: The Northeast will experience a mix of winter conditions during this period. Friday, January 31, brings milder temperatures with periods of rain. The weekend sees a return to colder conditions, with breezy and partly sunny skies on Saturday, February 1, and a chance of light snow on Sunday, February 2. Early in the week, temperatures will be milder with variable cloudiness, but expect a drop in temperatures midweek, accompanied by intervals of clouds and sunshine. Snow is anticipated on Wednesday, February 5, followed by mostly sunny skies on Thursday, February 6. The week concludes with cloudy conditions and a mix of morning flurries and afternoon rain on Friday, February 7. Overall, while winter's chill persists, there will be periods of milder weather and sunshine to enjoy.

Southeast: The Southeast is set to experience mild and pleasant conditions throughout the week. Friday, January 31, may bring periods of rain and a thunderstorm, but this will give way to plenty of sunshine and mild temperatures over the

weekend. The warmth continues into the week, with temperatures well above average for the region reaching the low 70s with ample sunshine. Cloud cover increases slightly midweek, leading to potential showers by Friday, February 7. This period offers an excellent opportunity for outdoor activities, with comfortable temperatures and mostly clear skies.

Midwest: The Midwest will experience typical winter variability. Friday, January 31, starts with windy conditions and a mix of rain and snow, though little accumulation is expected. The weekend brings cloudy skies, with milder temperatures on Sunday, February 2. A cooling trend begins on Monday, February 3, with mostly cloudy conditions, leading to colder temperatures and partial sunshine by Tuesday, February 4. The week continues with considerable cloudiness and occasional sunshine, providing a balance between winter's chill and moments of brightness.

Southwest: The Southwest will enjoy a stretch of pleasant weather. Friday, January 31, is expected to

be mostly sunny and less humid, setting the tone for the weekend. Saturday and Sunday offer plenty of sunshine and warm, above-average temperatures, reaching the mid-70s. The warmth persists into the week, with mostly sunny to partly sunny skies. Cloud cover increases slightly midweek, bringing chances of showers by Wednesday, February 5, and Thursday, February 6. The week concludes with morning clouds giving way to afternoon sunshine on Friday, February 7. This period provides ample opportunities to enjoy outdoor activities under favorable conditions.

Northwest: The Northwest will experience a mix of rain and snow showers during this period. Friday, January 31, brings breezy conditions with periods of rain. The weekend remains chilly with temps slightly below average and sun and clouds accompanied by passing showers, and the possibility of wet snowflakes mixed in. Early in the week, expect intervals of clouds and sun with occasional rain or snow showers. Midweek brings partial sunshine, but the chill persists. The week concludes with considerable cloudiness and periods of ice changing

to rain on Friday, February 7. While the chill remains, there will be moments of brightness to look forward to.

West Coast: The West Coast is set to enjoy mild and stable weather throughout the week. Friday, January 31, offers times of clouds and sun, with temperatures around 68°F (20°C). The weekend brings sun through high clouds, with temperatures reaching the low 70s°F (around 22°C). The pleasant conditions continue into the week, with mostly sunny to partly sunny skies. Midweek sees an increase in low clouds, but these are expected to clear, leading to a brightening sky by Thursday, February 6. The week concludes with sun through high clouds on Friday, February 7. This period provides a great opportunity to enjoy outdoor activities under favorable conditions.

Please note that weather conditions can change, and it's advisable to check the latest forecasts from reliable sources such as the National Weather Service and AccuWeather for the most up-to-date information.

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DeepSeek Chief's Journey From Math Geek to Global Disruptor

An in-depth profile of DeepSeek's CEO, highlighting his transformation from a mathematics enthusiast to a leading figure in the global tech industry. The article explores his innovative contributions and the company's rapid ascent.

The Day DeepSeek Turned Tech and Wall Street Upside Down

An analysis of the pivotal moment when DeepSeek's advancements disrupted both the technology sector and financial markets. The piece examines the implications for investors and industry stakeholders.

U.S. Consumers Lose Confidence at Start of Trump's Second Term

A report detailing the decline in consumer confidence coinciding with the commencement of President Trump's second term. The article discusses potential factors contributing to this sentiment shift.

France Is Furious Over a Few Stained-Glass Windows in Notre Dame

Coverage of the controversy in France regarding the installation of new stained-glass windows in Notre Dame Cathedral. The piece delves into the cultural and historical debates surrounding the renovation.

The Americans Pledging to Buy Less—or Even Nothing

An exploration of a growing movement among

Americans committed to reducing consumption or embracing minimalism. The article highlights personal stories and the broader societal impact.

Meta, Microsoft, Tesla Report Earnings Amid Market Volatility

Meta Platforms, Microsoft, and Tesla released their quarterly earnings reports, providing insights into their financial performance. Investors closely analyzed these results amid recent market fluctuations.

Federal Reserve Pauses Interest-Rate Cuts

The Federal Reserve announced a pause in its recent series of interest-rate reductions, adopting a wait-and-see approach. This decision aligns with market expectations and reflects the central bank's cautious stance.

Tech Stocks Rebound After DeepSeek-Induced Selloff

Technology stocks experienced a rebound following a significant selloff triggered by China's DeepSeek. The Nasdaq Composite rose 2%, indicating renewed investor confidence in the tech sector.

President Trump Proposes Universal Tariffs

President Trump proposed implementing universal tariffs exceeding 2.5%, aiming to bolster domestic industries. This announcement led to a strengthening of the U.S. dollar against the Japanese yen and the Canadian dollar.

General Motors Reports \$2.9 Billion Quarterly Loss

General Motors reported a quarterly loss of \$2.9 billion, prompting an 8.9% decline in its stock price. The automaker's financial performance

raised concerns among investors.

ASML Reports Strong Chip Equipment Orders

Dutch chip-making equipment supplier ASML announced that orders surpassed expectations in the final quarter of 2024. This development provided optimism for the semiconductor industry.

T-Mobile U.S. Shares Rise on Positive Earnings

T-Mobile U.S. shares increased following the release of favorable earnings reports. The company's performance contributed to positive sentiment in the telecommunications sector.

Nvidia Stock Recovers After Significant Decline

Nvidia's stock surged 8.9% after experiencing a 17% drop, which had erased over half a trillion dollars in market capitalization. Investors viewed the decline as a buying opportunity.

Oracle Shares Gain Amid Tech Sector Recovery

Oracle's stock gained 3.6% as part of a broader recovery in technology stocks. The company's resilience contributed to renewed investor confidence.

President Trump's Social-Media Company Expands into Financial Services

President Trump's social-media company, Trump Media, announced plans to enter the financial services sector. This strategic move led to a surge in the company's stock price.

Benchmark Treasury Yields Decline

Benchmark Treasury yields decreased after

settling at 4.548% the previous day. Investors shifted focus toward riskier assets, influencing bond market dynamics.

DeepSeek's Emergence Raises Questions for U.S. Tech Giants

The rise of China's DeepSeek has prompted U.S. technology companies to assess potential impacts on their market positions. Upcoming earnings reports from Meta Platforms and Microsoft are anticipated to address these concerns.

Federal Reserve's First Rate Decision Under Trump Administration

The Federal Reserve's upcoming rate decision marks the first under President Trump's administration. Investors are closely monitoring potential policy shifts and their implications for the economy.

Meta Platforms and Microsoft Set to Release Earnings

Meta Platforms and Microsoft are scheduled to report their earnings, providing insights into their financial health. Analysts expect these reports to shed light on the companies' strategies amid evolving market conditions.

Investors Anticipate Federal Reserve's Policy Statement

Investors are awaiting the Federal Reserve's policy statement, seeking clarity on future monetary policy directions. The central bank's decisions are expected to influence market sentiment.



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REAL ESTATE DASHBOARD

REAL ESTATE DASHBOARD EDITOR

Mark Pruner | Mark@GreenwichStreets.com

DASHBOARD CONTRIBUTORS

Timothy Agro | timothy.agro@compass.com
Robert Pulitano | robertpulitano@bhhsne.com
Pam Toner | pamtoner@bhhsne.com

NEW SALES

TIMOTHY AGRO, GREENWICH STREETS TEAM , 203.461.5964

Address	Original List	List Price	Sold Price	DOM	BR	FB	Acres	SqFt
37 Edgewood Ave A	\$850,000	\$850,000	\$700,000	101	3	1		1,550
37 Edgewood Ave B	\$870,000	\$870,000	\$700,000	16	3	1		1,550
40 W Elm Street 3G	\$1,160,000	\$1,160,000	\$1,160,000	27	1	1	0	1,050
19 Orchard Hill Lane	\$1,995,000	\$1,995,000	\$2,350,777	26	5	4	2.4	3,347
23 Pleasant Street	\$2,295,000	\$1,995,000	\$1,982,500	276	4	2	0.2	3,291
7 Cotswood Road	\$4,195,000	\$4,195,000	\$4,100,000	21	5	4	1	4,056
180 Round Hill Road	\$6,400,000	\$6,400,000	\$6,120,000	55	4	4	1.08	5,926
1068 Lake Avenue	\$7,495,000	\$6,995,000	\$6,550,000	84	5	6	4	12,680

NEW LISTINGS

TIMOTHY AGRO, GREENWICH STREETS TEAM , 203.461.5964

Address	List Price	Price/ SqFt	SqFt	AC	BR	FB	Area
79 Oak Ridge Street	\$1,225,000	\$669	1,831	0.17	4	2	South of Post
17 W End Avenue	\$1,395,000	\$854	1,634	0.34	3	3	Old Greenwich
95 Valleywood Road	\$1,695,000	\$705	2,405	0.23	3	4	Cos Cob
17 Maple Drive	\$1,875,000	\$798	2,350	0.15	4	3	Old Greenwich
107 Cognewaugh Road	\$3,100,000	\$701	4,420	2	4	4	Cos Cob
51 Hillcrest Park Road	\$3,300,000	\$556	5,930	1	5	4	Old Greenwich
7 Robin Place	\$3,395,000	\$838	4,050	0.3	5	4	North Mianus
242 RIVERSIDE Avenue	\$4,295,000	\$833	5,158	0.28	5	4	Riverside
125 Field Point Rd PH, A6	\$5,500,000	\$2,293	2,399		3	3	South of Post
7 Jones Park Drive	\$5,995,000	\$898	6,673	0.62	6	5	Riverside
273 Riversville Road	\$5,995,000	\$648	9,251	2	8	11	South Parkway
547 Lake Avenue	\$21,000,000	\$1,726	12,168	3.62	7	9	South Parkway

FEATURED OPEN HOUSES

Data Compiled by Trusted Real Estate Agent Rob Pulitano I203I 561-8092

Address	Area	Price	Day/Time	Broker
17 Maple Drive	Old Greenwich	\$1,875,000	Sun 1-3 PM	BHHS New England
79 Oak Ridge Street	Greenwich	\$1,225,000	Sat 12-2 PM	Corcoran
169 Mason Street #1G	Greenwich	\$745,000	Sat 12-2 PM	Douglas Elliman
169 Mason Street #1G	Greenwich	\$745,000	Sun 12-2 PM	Douglas Elliman

Greenwich’s 97 Secret Sales in 2024



BY MARK PRUNER

In 2024, Greenwich saw 500 single-family home sales that were dissected, examined, analyzed, and scrutinized for what they could reveal about the state of the Greenwich real estate market. However, this analysis mostly missed another 20% of the market that remained hidden unless you knew where to look. These sales are not limited to any one part of town, though they were weighted more towards the affordable end of the market under \$1.5 million and the top end of the market over \$6.5 million.

The SMLS sales

A small number of those sales were not that private, because the listing agent only put the listing on the Connecticut-wide Smart MLS not on Greenwich MLS. With the demise of the Darien MLS and the New Canaan MLS at the beginning of this year, the Greenwich MLS is the only remaining town-focused MLS in the State. Six of the 97 “secret” Greenwich sales in 2024 were only listed on the Smart MLS. This usually happens when an agent in Stamford or elsewhere in the state, who doesn’t do much, or often any, business in Greenwich, gets a listing in Greenwich.

Joining the Greenwich MLS is not inexpensive and often too costly for just one house. This is further compounded by the fact that these listings are mostly below our median sales price of \$2.86 million. Out of our six total Smart MLS-only listings last year, the highest sale was \$1.98 million. Four of the six listings were between \$1 and \$2 million. These four listings didn’t have much of an impact on the market as we had 129 GMLS-listed sales in that price range.

The other two Smart MLS-only sales were between \$600,000 and \$800,000, where we only had 10 sales last year on the GMLS. These two sales represented an additional 20% in sales for that price range. In total, the Smart MLS-only sales were only 1.2% of all sales in Greenwich.

Our private sales

This is not true of the 91 truly private sales that we had in Greenwich that were never publicly listed. These 91 sales represent an additional 18.2% more sales over the 500

GMLS sales. (In addition, we have sales that were private, but posted to the GMLS for “Reporting Purposes Only.) These sales, however, were not evenly distributed by price. On the GMLS, we had 83 sales under \$1.5 million which is 16.6% of our total public Greenwich sales, while our 36 private sales under \$1.5 million represent 36.3% of our private sales.

In some price categories, the difference without having the private sales is huge. Under \$600,000, we had one sale on the GMLS and four private sales. So, using the law of small numbers to make really big percentage differences, we had 400% more private sales than public sales in that price range. Under \$1 million, we had 30 public sales and another 19 private sales. The private sales raised the number of sales by 63%. We saw the same thing at the high end. Over \$6.5 million, we had 52 public sales and another 14 private sales, which increased our public sales by 26.9%.

Knowing about these private sales is crucial when you are trying to analyze the market in particular price ranges or in particular neighborhoods. Our private sales tend to concentrate in the hottest markets. We’ve seen that the highest percentage of private sales are in our lowest price ranges where we have no or very low months of supply. At the beginning of the year, we had no months of supply all the way up to \$1 million because we had no inventory. So far this year, we have had one listing come under \$1 million. It was in Pemberwick and went to contingent contract in seven days, so once again, we have no listings under \$1 million.

Listing does not mean it sells

It’s a frenzied market, and with a couple of phone calls and a few emails, the odds are very good that an agent can get multiple offers on a private sale in our most affordable market. (It’s actually harder than that, but still very doable.) I know what you are going to say, why don’t these sellers list their houses publicly and have a good chance of getting even more money.

Just because it is a super-hot market does not mean that you are guaranteed a sale even under \$1 million. Amazingly, seven public listings priced under \$1 million expired last year unsold. As mentioned above, we only had 30 GMLS sales under \$1 million. These seven unsold listings constituted 23.3% of the GMLS sales in this price range. Of

the seven expired houses, the median year built was 1925. By far, however, the biggest reason is that the houses are overpriced for the market.

One way this happens is that the agent does a square footage/acreage analysis and doesn’t make the proper adjustments for age, condition, or location. The other way this happens is the seller just thinks their house is worth more, and Zillow, who has never been in the house, says that’s true. Of these 7 expired listings, only 1 listing had a price reduction; the other five kept the price the same. (One house even raised the list price, though some work was done to the house.) In this market, if you don’t have serious offers in the first month, or at the lower end in the first two weeks, it’s very likely overpriced.

The hot private neighborhoods

We also see more private sales in hot neighborhoods. Of our 97 non-GMLS sales, 55 were in five neighborhoods: Central Greenwich, Old Greenwich, Cos Cob, Mid-country, and Riverside. In Old Greenwich, we had 46 public sales in the Old Greenwich school district and an additional 10 private sales in OG for a bump of 21.7% more sales.

Why people don’t publicly list

But still, I hear you say, why didn’t they publicly list the house? Often in a private sale, getting the absolute highest price is not the top priority. If you have an estate situation with heirs scattered all over the country and no one local, clearing out the house and fixing it up is too much work for people with busy lives who aren’t in the area. Also, many people don’t have the money nor the physical ability to fix up the house.

I have a minor specialty in listing houses owned by elderly widows. Often, they have a physical impairment that makes getting around difficult. The idea of packing boxes and sorting through decades of memories and accumulated stuff is just too much work and too much stress and they don’t have the money.

Many of the local brokers have finance programs, such as Compass Concierge, to help fix up houses, but that means strangers are going to be in their house. That last issue is

We had 91 private sales in Greenwich in 2024, which represented an additional 18.2% in sales in a very tight market.

a bigger issue than you might think, as many of our senior owners are embarrassed by the state of their house. Putting pictures of the house all over the Internet and hosting public open houses is not something they are willing to do.

At the high end, homeowners can be just as resistant to publicly listing their house. Once again, they often don’t want photos of their house being made public for everyone to see. For some homeowners, photo-shopping the valuable artwork out is sufficient, but they still want as few qualified buyers in to see the house as possible while still getting a good price for the house.

Dealing with new rules

Due to the tight market, we as realtors are seeing a lot more regulations about how and when we list houses. The National Association of Realtors has promulgated the Clear Cooperation Policy. They require that all houses be publicly listed within 24 hours of getting a listing unless the owner agrees to keep it private for a period of time. In Greenwich, you have to keep the listing private for four months before you can publicly list. If you do list it before that time, the listing fee goes from \$70 to \$1,000.

Since the listings are

private, you can’t send out bulk emails to your fellow agents, no mentions or allusions to a private listing on social media are allowed. You can’t advertise the listing, nor can you have a public open house. All of these rules have been created to make sure that a private listing is truly private, known only to a few. Their purpose is to make as many listings fully public as quickly as possible.

Unfortunately, these very strict rules don’t work for many homeowners, and many buyers don’t hear about listings that they would be interested in. Personally, I would love to have a semi-public listing and leave it up to the broker and the homeowner to decide how a listing should be marketed. One thing that GMLS members are allowed to do is to make a listing public, but limit it only to GMLS members by turning off the IDX feed. This Internet Data eXchange is the format that all the public websites, whether Zillow, the New York Times, or a local Greenwich broker, get.

By turning off the IDX feed, the only place the information is available is on the Greenwich MLS to MLS members. Even if we do this, we are still required to post at least six images, and if they are virtually staged, you have to label that photo and also post a picture showing the room “as is.” It would be nice

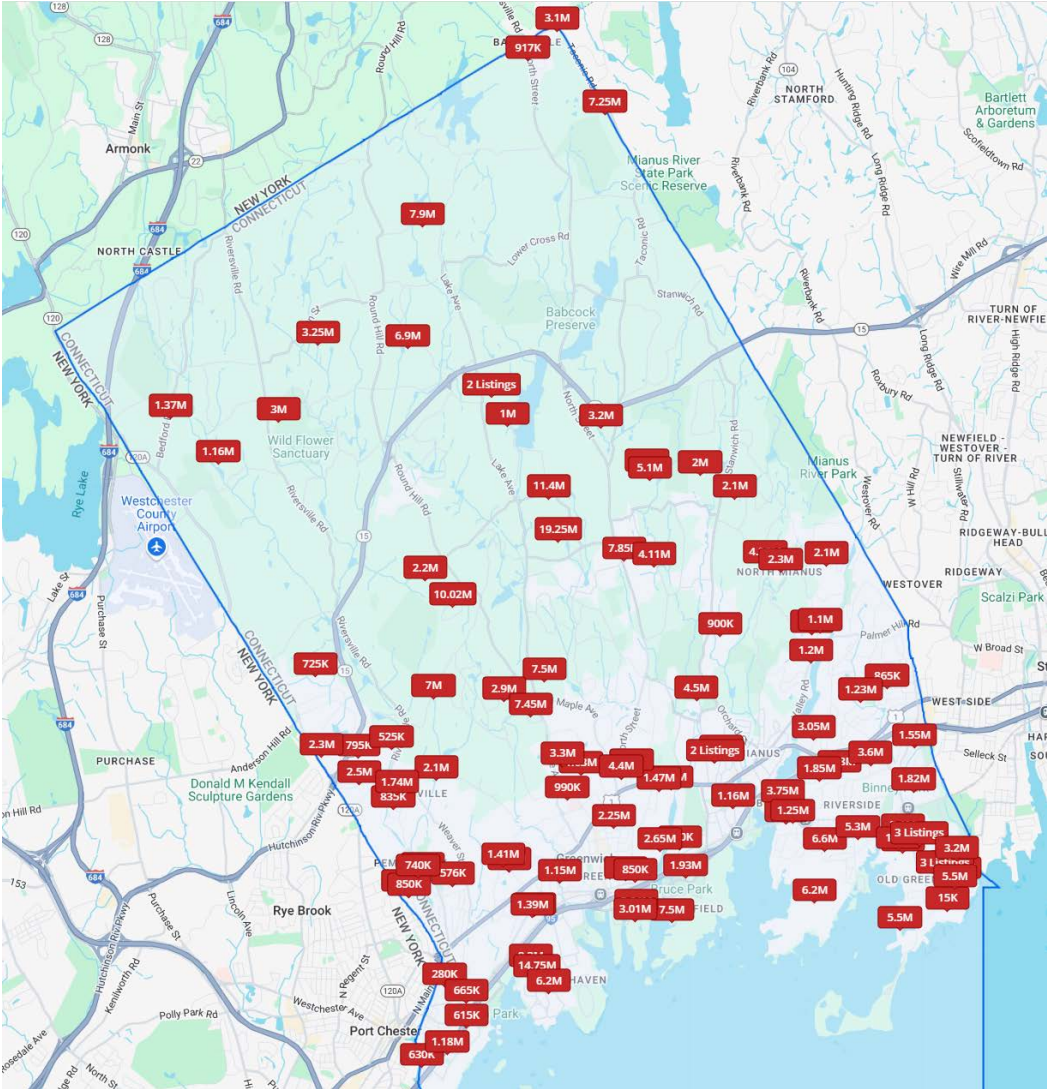
to let the homeowner decide what pictures they want up. If they are virtually staged, they should say that, but why not give the homeowner the choice of not posting, say, the master bedroom photo “as is” but only post a virtually staged photo too.

Given that our inventory continues to be at all-time record lows, with only 87 houses listed, I’d love to see more efforts to make semi-public listings with the seller deciding how they want to list the house.

The Spring Market?

Stay tuned and hope for more listings in the spring market. As yet, we have seen no signs of it. With two days to go in January as I write this, we have had 25 sales in January 2025, when our ten-year average is 40 sales. This week, we have had nine sales and 11 new listings for a net gain of two, as set out in Tim Agro’s adjacent weekly report. Anything to get more listings would help everybody, even sellers, as they would have a place to move to..

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.





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The Rosato Team

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#6 RENTAL TEAM - NORTH AMERICA



Peter & Denise Rosato
The Rosato Team

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Richard Breglia



Victoria Acosta



Drew Peterson



Linna Yuen



Marc Tessitore



Ben Cohen

2024 INTERNATIONAL
DIAMOND SOCIETY



Sue Frano



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*The New England
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The Sentinel Educational Pages

COLUMN | WILDLY SUCCESSFUL: THE WATER BEAR

The World’s Toughest Creature

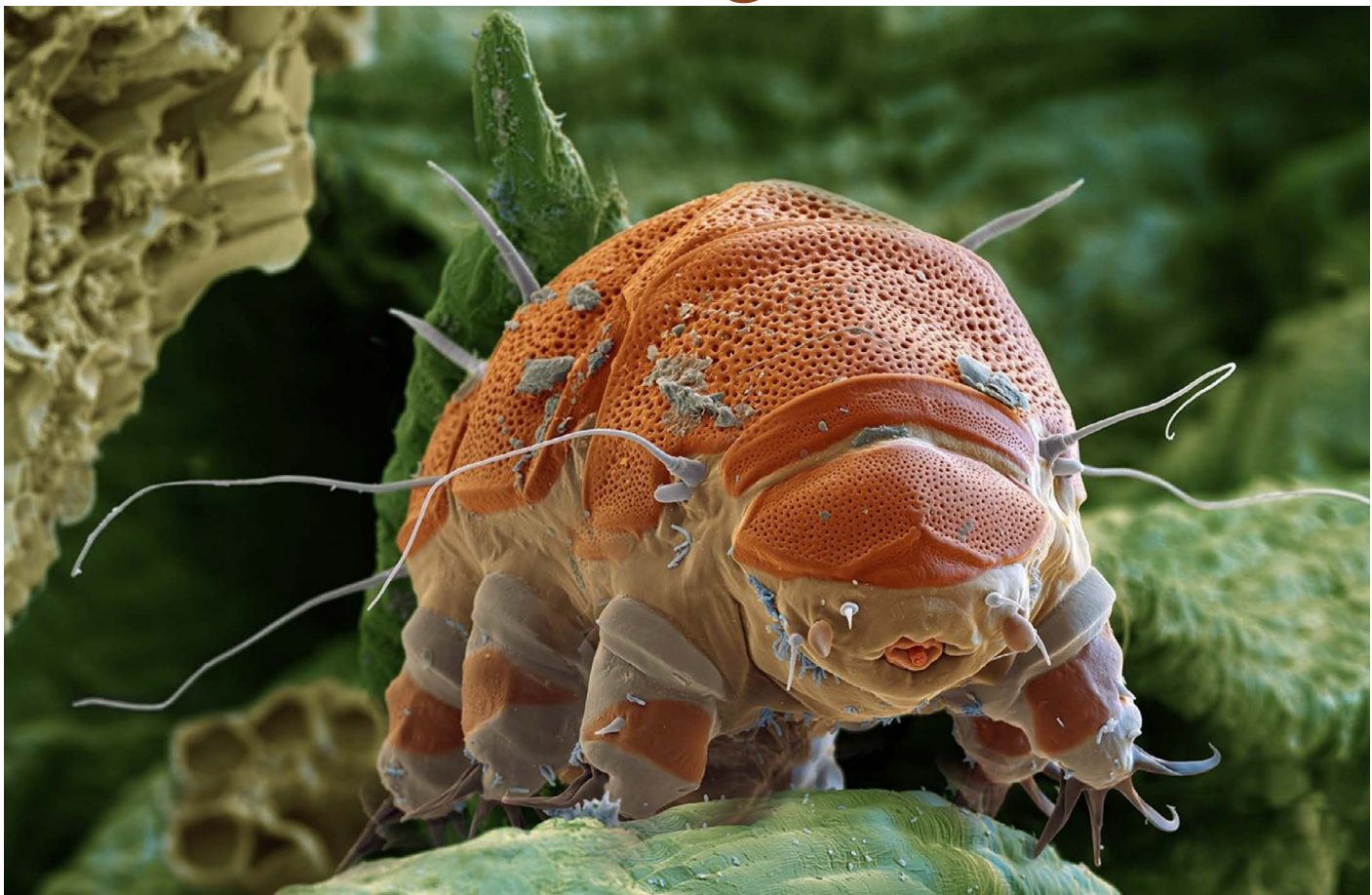
By Jim Knox

I first learned about Water Bears from my eighth grade biology teacher, Mr. Emrich. A kind man and exceptional educator rivaling any of my professors, he alerted our eighth grade minds to the breadth of the living world, with all of its less charismatic and well known inhabitants. Like most of my classmates, I was intrigued by the name, Water Bear.

Conjuring images of aquatic mammals, Water Bears (aka Moss Piglets) are neither mammalian, nor entirely aquatic. Although known for their preference for aquatic environments (either freshwater or saltwater), they abound in forest, tundra and even desert habitats worldwide. These tiny creatures, properly known as tardigrades, top out at 1 millimeter in length—the width of a pencil line, and represent a diverse group. To date, more than 1,200 species have been documented in their phylum, with each one more astounding than the last.

Discovered in 1773 by biologist, Johann Goeze, these micro beasts do indeed resemble the basic form of a bear. With robust, eight-legged, segmented bodies and claws on the ends of their legs, these plump, oddly cute little creatures roam their world searching for organic matter on which to feed. Extending their telescoping mouthparts outward, they latch onto food with sharp stylets (toothlike structures) to suck juices from moss, algae and lichens. While the vast majority of Water Bears are herbivores, some are opportunistic omnivores, like their namesake. Adopting a very bruin-like strategy, a select few are downright carnivores—even resorting to cannibalism.

To say tardigrades are survivors would be like saying Michael Jordan is a decent basketball player. The more we study them, the more we learn about tardigrade biology and physiology, and it is quite impressive. Called, “The World’s Toughest Creatures” by microbiologists and “Virtually Indestructible” by legions of other scientists,



Tardigrade

For them to survive 600 million years puts them in another echelon altogether.

they have earned these titles with each eight-legged step of their journey. And this journey is quite some trek through time. Tardigrades have been swimming, crawling and lumbering through our planet’s micro habitats for the past 600 million years. The dinosaurs, by contrast, came on the scene a mere 230 million years ago.

For species to survive for six million years is significant. For them to survive 600 million years puts them in another echelon altogether. You don’t get to the animal kingdom’s hall of fame by accident. Tardigrades outlast the competition through employing astounding physical and behavioral adaptations which define them as extremophiles or extreme organisms. They’re among the first life forms to pioneer lava fields, they frequently swim

within scalding geothermal hot springs, and they are the only species known to survive in outer space! Even among extremophiles, they sit at the top of the heap.

When drought or extreme cold hits, they pull their legs in, retract their heads, retreat into a ball-like capsule known as a tun, and secrete a protective, anti-desiccant coating. In this form, tardigrades also secrete a sugary gel known as Trehalose to protect their vital organs and reduce their metabolic functions one hundred fold. In this death-like state known as cryptobiosis, tardigrades can survive in suspended animation for at least 30 years. Amazingly, they even produce a protein to protect their DNA from exposure to radiation!

Impervious to lethal conditions for nearly all other

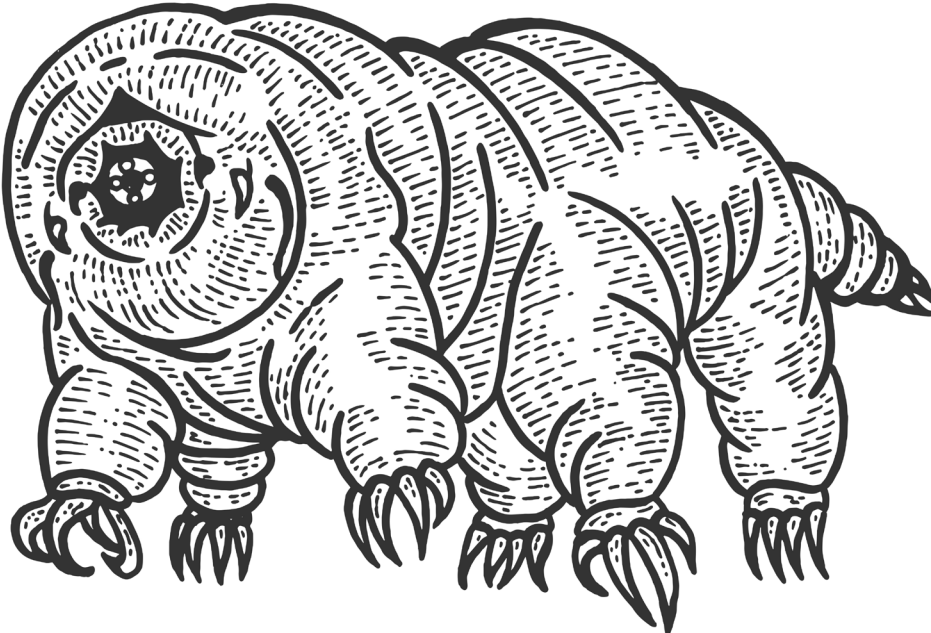
organisms, their physiological traits read like those of a graphic novel superhero. Tardigrades can withstand: temperatures of 303 degrees Fahrenheit, atmospheric pressure six times greater than that at the bottom of the Mariana Trench, freezing solid at -458 degrees Fahrenheit, living in the vacuum of outer space for 10 days, and bombardment by cosmic radiation...and I thought Superman was impressive... Their seeming invincibility

even carries over into their reproductive strategies. Tardigrades reproduce sexually—with females laying eggs and males fertilizing them—until they don’t. That is to say, when males are scarce or absent, females reproduce asexually. Through a process known as parthenogenesis, they lay eggs which hatch without fertilization. Either type of reproduction yields up to 30 Water Bear offspring per female. Their nearly

incomprehensible abilities astound us, yet Water Bears are more than a superbly adapted organism. They serve as models for both inspiration and replication. Water Bears have survived unscathed through the five greatest extinction events the planet has known. They have so much they can teach us. We have an opportunity to study them, learn from them, and apply those lessons.

As we contend with the daunting natural challenges of the 21st century, I find myself wishing for a “tech” hidden in nature that holds the promise of addressing—and even solving—some of these seemingly unassailable problems. If only there was a species which held the answers to: surviving extreme heat and cold, enduring decade-long droughts and colonizing new habitats. Enter the Water Bear—nature’s “super tech”. Our planet’s biggest, boldest and fiercest have adorned our flags, coats of arms, and family crests for centuries. Yet there is one minuscule beast which does what all others cannot. It may be that the answers to the colossal issues of the present, reside in the tiniest of creatures from the past.

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.





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Greenwich Calendar of Events for Your Fridge

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. easternmiddle-school.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 p.m.

Science Solvers: Fossils (Ages 4 & up). Bruce Museum, 1 Museum Dr. Free with admission. No reservations required. Also held Sunday, Jan. 12. brucemuseum.org

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. easternmiddle-school.ludus.com

5 p.m.

Organ Recital with Isabelle Demers. Christ Church Greenwich, 254 E Putnam Ave. Free. christchurchgreenwich.org/upcoming-events

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 Or-

chestra 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

MONDAY, FEB. 3

1 p.m.

Lecture: “Rogue’s Gallery” with Philip Hook, Board Member and Senior Director of Impressionist & Modern art in Sotheby’s London. On Zoom. \$30. greenwichdecorativearts.org

TUESDAY, FEB. 4

10 & 11 a.m.

Bruce Beginnings: Elements of Design (Ages 2 1/2-5). Bruce Museum, 1 Museum Dr. Free with admission. No reservations required. Also held Wednesday, Feb. 5. brucemuseum.org

10 a.m.

All About Vegetable Gardening Series - Plan And Design Your Vegetable Garden For Success. Greenwich Botanical Center, 130 Bible St. \$10, GBC & GCG Members; \$20, Non-Members. greenwichbotanicalcenter.org

12 p.m.

Women’s Business Development Council (WBDC): Business Concept Clinic (8 part series) Winter 2025 Application. Online. \$149. Register. ctwbdc.org/class-listings

4 p.m.

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

7 p.m.

Spirits & Vines - Whiskey Event. YWCA Greenwich, 259 East Putnam Ave. Members: \$20 p/class, \$50 for all 3; Non-Members: \$40 p/class, \$100 for 3. Sign up. ywcagrnr.

org/spirits

WEDNESDAY, FEB. 5

10 a.m.

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

11 a.m.

Retired Men’s Association of Greenwich: Will Friedwald, Author, Music critic, “The Music of Elvis Presley.” First Presbyterian Church, 1 W. Putnam Ave. & on Zoom. Free & open to all. greenwichrma.org

12 p.m.

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

12 p.m.

Women’s Business Development Council (WBDC): Business Essentials: Networking 101. Online. Free. Register. ctwbdc.org/class-listings

1 p.m.

Women’s Business Development Council (WBDC): Marketing Made Simple: How to market with the ChatGPT tool. Online. Free. Register. ctwbdc.org/class-listings

5 p.m.

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

6 p.m.

Community Solutions to Advance a Sustainable Food System - panel discussion. Greenwich Town Hall Meeting Room, 101 Field Point Rd. Free. All are welcome. RSVP. gfa@thefoodshed-network.org. view.flodesk.com/emails/6736bb9bd3d-b40a67efb8e4e

6:30 p.m.

Greenwich Land Trust: Astronomy Walk and Campfire. Lapham Preserve. Free, GLT Members; \$10, non-members. gltrust.org/upcoming-events

7 - 9 p.m.

Astronomical Society of Greenwich: Bowman Observatory Public Nights. Bowman Observatory, on the grounds of the Julian Curtiss School. Free. Greenwich-Stars@Gmail.com. astro-greenwich.org

THURSDAY, FEB. 6

10 a.m.

Open Knitting Drop-In Program. Perrot Memorial Library, 90 Sound Beach Ave. Free. perrotlibrary.org

1 p.m.

Greenwich Tree Conservancy and Greenwich Land Trust: Winter Walk: Identifying Trees without Leaves. Converse Brook Preserve, parking area is near 20 Cherry Valley Rd. gltrust.org/upcoming-events.

4 p.m.

Educator’s Open House. Bruce Museum, 1 Museum Dr. brucemuseum.org

5:30 p.m.

Talk & Trivia After-Hours at the Bruce. Bruce Museum, 1 Museum Dr. \$10 (includes a slice of pizza and a beer). brucemuseum.org

FRIDAY, FEB. 7

10 & 11 a.m.

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

1:30 p.m.

First Friday Concert Series: Naomi Onda. Greenwich Arts Council, 299 Greenwich Ave. greenwichartscouncil.org

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: Duct Tape Wallets (Ages 8-13). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

4 p.m.

Plant Some Love! Valentine Planters Workshop. Greenwich Botanical Center, 130 Bible St. \$30, GBC Members; \$40, Non-Members. greenwichbotanicalcenter.org

SATURDAY, FEB. 8

9 a.m.

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

10 a.m.

The Friends of Byram Park’s annual ‘Hot Chocolate in The Park’. Byram Park Beach Entrance, Byram Park. friendsofbyrampark@gmail.com. friendsofbyrampark.org

11 a.m.

Museum Movers: Yoga for Kids (Ages 3-6). Bruce Museum, 1 Museum Dr. Free with admission. brucemuseum.org.

1 p.m.

Art Adventures: Collagraphs (Ages 4 & up). Bruce Museum, 1 Museum Dr. Free with admission. No reservations required. Also held Sunday, Feb. 9. brucemuseum.org

1 p.m.

Kids Health Discovery Day with Greenwich Hospital at the Bruce Museum. 1 Museum Dr. greenwichhospital.org/events

2 p.m.

Film Screening -- "Bob Marley: One Love" - Celebrating Black History Month. Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

SUNDAY, FEB. 9

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

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 APR 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

Continued on Page 9

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Greenwich Calendar of Events for Your Fridge

<p>Continued from Page 2</p> <p>Church, 395 Round Hill Rd. 203-869-1091. roundhillcommunitychurch.org.</p> <p>11 a.m. - 1 p.m.</p> <p>Relaxed Duplicate Bridge with The Perfectly Polite Bridge Group. YMCA of Greenwich, 50 East Putnam Ave. Members, \$10; non-members, \$12. New players welcome. (Register by Tue). 203-524-8032. greenwichymca.org</p> <p>12 - 2 p.m.</p> <p>Waste Free Greenwich's Food Scrap Recycle Program: Drop off scraps at Round Hill Community Church, 395 Round Hill Rd. roundhillcommunitychurch.org/news/composting-at-rhcc</p> <p>12:15 p.m.</p> <p>Greenwich Rotary Club Weekly Lunch Meeting. Putnam Cottage, 243 East Putnam Ave. RSVP. 203-832-3654. sheila.goggin@cbmoves.com. greenwichrotary.org</p> <p>6 - 7:30 p.m.</p> <p>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</p> <p>6:30 p.m.</p> <p>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</p> <p>2nd WEDNESDAY OF THE MONTH:</p> <p>11 a.m. - 12 p.m.</p> <p>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</p> <p>THURSDAYS:</p> <p>8 a.m. & 4 p.m.</p> <p>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. experience-taichi.org</p> <p>3 - 7 p.m.</p> <p>Arch Street After School Programming (All Ages) - every Thursday starting Feb. 22. Arch Street Teen Center, 100 Arch St. archstreet.org</p> <p>5 - 7 p.m.</p> <p>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</p> <p>EVERY FRIDAY & SATURDAY:</p> <p>8 a.m. - 12 p.m.</p> <p>Book Exchange - choose from a huge selection of books. Holly Hill Recycling Center. Free, or, donate books. (Open every Fri & Sat. books4everyone.org</p>	<p>GREENWICH LIBRARIES: greenwichlibrary.org</p> <p>Friday, Jan. 31</p> <p>10 a.m.</p> <p>Storytime. Cos Cob Library Turret. 203-622-6883.</p> <p>3:45 p.m.</p> <p>Bring Your Child to the Library Day: Nappy's Puppets. Cos Cob Library Community Room.</p> <p>4 p.m.</p> <p>Rapid Prototyping. Innovation Lab. 203-622-7979. innovationlab@greenwichlibrary.org</p> <p>7 p.m.</p> <p>Friends Friday Films: "Fly Me to the Moon." Berkley Theater. cgibbs@greenwichlibrary.org.</p> <p>Saturday, Feb. 1</p> <p>9 a.m.</p> <p>Take Your Child to the Library Day Craft. Children's Constellation Room. 203-622-7940. children@greenwichlibrary.org.</p> <p>9:30 a.m.</p> <p>AARP Tax Help. 2nd Floor Meeting Room. Appointments are NOT required. 203-622-7900.</p> <p>10:30 a.m.</p> <p>Hatha Yoga for Adults with Inger. Byram Shubert Library Community Room. 203-531-0426.</p> <p>11 a.m.</p> <p>Hooked On Crochet. Teen Commons. 203-625-6549. alaughlin@greenwichlibrary.org</p> <p>11 a.m.</p> <p>Technology Help. Learning Lab. 203-625-6560. csherman@greenwichlibrary.org.</p> <p>1 p.m.</p> <p>Dungeons & Dragons (Grades 6-12). 203-625-6549. alaughlin@greenwichlibrary.org</p> <p>2 p.m.</p> <p>Chess for All with Ian. Byram Shubert Library Community Room. 203-531-0426.</p> <p>2 p.m.</p> <p>Lunar New Year Celebration. Cos Cob Library Community Room. 203-622-6883.</p> <p>Monday, Feb. 3</p> <p>All Day</p> <p>Adult Winter Reading Challenge.</p> <p>9:30 a.m.</p> <p>Little Learners (Registration Required). Children's Constellation Room.</p> <p>11 a.m.</p> <p>All Together Storytime. Marx Family Black Box Theater.</p> <p>11 a.m.</p> <p>LEGOS for the Wee Ones with Beth. Byram Shubert Library Community Room.</p> <p>11:30 a.m.</p> <p>Blood Pressure Screening. Community Room #5.</p> <p>12 p.m.</p> <p>Byram Lunch Bunch Book Club: "Neighbors" by Danielle Steel. Byram Shubert Library Conference Room.</p> <p>2 p.m.</p> <p>PrintLab: 3D Printing Studio. Innovation Lab.</p> <p>3:15 p.m.</p> <p>Nutmeg Book Club with Ms. Flynn -"Anybody Here Seen Frenchie?" by Leslie Connor. Byram Shubert Library Conference Room.</p> <p>5:30 p.m.</p> <p>Community Sponsored: Integrating Financial & Estate Plans with Elizabeth Falkoff & Julie Jason. 2nd Floor Meeting Room.</p> <p>Tuesday, Feb. 4</p> <p>11 a.m.</p> <p>Petite Concert. Marx Family Black Box Theater.</p> <p>11 a.m.</p> <p>Storytime with Patty (Birth - Pre-K). Byram Shubert Library Community Room.</p>	<p>1:15 p.m.</p> <p>Baby Lapsit (Registration Required). Children's Constellation Room.</p> <p>6 p.m.</p> <p>Choosing the Right Home Care Provider: Key Factors to Consider. Marx Family Black Box Theater.</p> <p>Wednesday, Feb. 5</p> <p>9:30 a.m.</p> <p>Movers & Shakers (Registration Required). Children's Constellation Room.</p> <p>10 a.m.</p> <p>Baby Lapsit in the Stacks. Cos Cob Library Turret.</p> <p>10 a.m.</p> <p>La Leche League of Greenwich/Stamford/Rye. Byram Shubert Library Community Room.</p> <p>10:30 a.m.</p> <p>Fiesta de los Cuentos. Children's Constellation Room.</p> <p>11 a.m.</p> <p>Early Walkers in the Stacks! Cos Cob Library Turret.</p> <p>11 a.m.</p> <p>The Nurse is in: Free Blood Pressure Screening. Byram Shubert Library Conference Room.</p> <p>3 p.m.</p> <p>Math Help with Patty (for Grades K-8). Byram Shubert Library Conference Room.</p> <p>4 p.m.</p> <p>Science Girls!: Astronomy (Grades 3-5). Children's Constellation Room.</p> <p>4 p.m.</p> <p>Teen Advisory Board (Grades 7+). Teen Commons.</p> <p>5 p.m.</p> <p>Special Education IEP Review with Nick Coletti. Greenwich Library.</p> <p>Thursday, Feb. 6</p> <p>9:30 a.m.</p> <p>Great Books Discussion. Online.</p> <p>10 a.m.</p> <p>Japanese Storytime. Marx Family Black Box Theater.</p> <p>11 a.m.</p> <p>Technology Help. Learning Lab.</p> <p>11:30 a.m.</p> <p>Qi Gong. Online.</p> <p>3 p.m.</p> <p>15 Websites To Know for 2025. Online.</p> <p>6 p.m.</p> <p>Western Greenwich: Neighborhood Mix and Mingle by Greenwich Town Planner and Collaborators. Byram Shubert Library Community Room.</p> <p>7:30 p.m.</p> <p>Thursday Evening Book Group. This Book Club will meet temporarily at the Main Library, in the 2nd Floor Meeting Room, during the Cos Cob renovation</p> <p>Friday, Feb. 7</p> <p>10 a.m.</p> <p>Storytime. Cos Cob Library Turret. 203-622-6883.</p> <p>10 a.m.</p> <p>Goldbas Musical Story Hour. Marx Family Black Box Theater. 203-622-7940. children@greenwichlibrary.org.</p> <p>4 p.m.</p> <p>How Things Work: Dissecting a 3D Printer. Innovation Lab. 203-622-7979. innovationlab@greenwichlibrary.org</p> <p>7 p.m.</p> <p>Friends Friday Films: His Girl Friday, with Reel Talk speaker Esther Zuckerman. Berkley Theater. cgibbs@greenwichlibrary.org.</p> <p>Saturday, Feb. 8</p> <p>9:30 a.m.</p> <p>AARP Tax Help. 2nd Floor Meeting Room. Appointments are NOT required. 203-622-7900.</p> <p>10 a.m.</p>	<p>Satur-yay! Storytime. Children's Constellation Room. 203-622-7940. children@greenwichlibrary.org.</p> <p>10:30 a.m.</p> <p>Vacation Week: Valentine Craft with Nicole. Byram Shubert Library Community Room. 203-531-0426.</p> <p>11 a.m.</p> <p>Technology Help. Learning Lab. 203-625-6560. csherman@greenwichlibrary.org.</p> <p>1 p.m.</p> <p>Cloak and Dagger Book Club 'In the Stacks'. Cos Cob Library Turret. 203-622-6883.</p> <p>1 p.m.</p> <p>LaserLab: Design & Create. Innovation Lab. 203-622-7979. innovationlab@greenwichlibrary.org.</p> <p>3 p.m.</p> <p>Peterson Concert: The String Queens Berkley Theater. 203-622-7910.</p> <p>GREENWICH HOSPITAL: greenwichhospital.org/events</p> <p>888-305-9253</p> <p>Saturday, Feb. 1</p> <p>9 a.m.</p> <p>CPR Friends & Family (Infant/Child). 38 Volunteer Ln. \$65. For discount information call 888-305-9253.</p> <p>Monday, Feb. 3</p> <p>6 p.m.</p> <p>CPR Friends & Family (Infant/Child). 38 Volunteer Ln. \$65. For discount information call 888-305-9253.</p> <p>Wednesday, Feb. 5</p> <p>12 p.m.</p> <p>Webinar: Overhead Sports Injuries and How to Prevent Them. Online. Free.</p> <p>1:30 p.m.</p> <p>Parkinson's Disease Support Group - for people with Parkinson's, their families and caregivers. 260 Long Ridge Road, Stamford. Free.</p> <p>7 p.m.</p> <p>Talk: Pediatrician 101. Greenwich Hospital. Free.</p> <p>Sunday, Feb. 8</p> <p>1 p.m.</p> <p>Kids Health Discovery Day with Greenwich Hospital at the Bruce Museum.</p> <p>NEIGHBOR-TO-NEIGHBOR: ntngreenwich.org</p> <p>Everyday, all day</p> <p>• 24/7 Food Drive Collection site at North Greenwich Congregational Church, 606 Riversville Road. The weatherproof bin is located outside of the Parish Hall.</p> <p>• Greenwich Reform Synagogue, 92 Orchard St., Cos Cob.</p> <p>Tuesdays, 9 - 11 a.m.</p> <p>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).</p> <p>Thursdays, 10 a.m. - 12 p.m.</p> <p>Food Drive at St. Paul's Episcopal Church parking lot, 200 Riverside Ave.</p> <p>RED CROSS BLOOD DRIVE: RedCrossBlood.org</p> <p>Sunday, Feb. 2</p> <p>7 a.m. - 3 p.m.</p> <p>Greenwich Blood Donation Center, 99 Indian Field Rd.</p> <p>Monday, Feb. 3</p> <p>11 a.m. - 7 p.m.</p> <p>Greenwich Blood Donation Center, 99 Indian Field Rd.</p> <p>1:30 p.m.</p> <p>Greenwich Reform Synagogue, 92 Orchard St., Cos Cob.</p> <p>Tuesday, Feb. 4</p>	<p>11 a.m. - 7 p.m.</p> <p>Greenwich Blood Donation Center, 99 Indian Field Rd.</p> <p>Wednesday, Feb. 5</p> <p>11 a.m. - 3 p.m.</p> <p>American Legion Post 347, 1 Locust Ave., Flint Park, Larchmont, NY.</p> <p>11:30 a.m. - 3:30 p.m.</p> <p>West Harrison Senior Center, 251 Underhill Ave., West Harrison, NY.</p> <p>Thursday, Feb. 6</p> <p>7 a.m. - 3 p.m.</p> <p>Greenwich Blood Donation Center, 99 Indian Field Rd.</p> <p>12 - 4 p.m.</p> <p>American Legion Hall, 40 Bell Rd., Scarsdale, NY.</p> <p>Friday, Feb. 7</p> <p>8 a.m. - 1:30 p.m.</p> <p>Stamford Church of Christ, 1264 High Ridge Road, Stamford.</p> <p>11 a.m. - 4 p.m.</p> <p>United Church of Rowayton, 210 Rowayton Ave., Norwalk.</p> <p>Saturday, Feb. 8</p> <p>9 a.m. - 2 p.m.</p> <p>The Idea Kitchen, 1940 Palmer Ave., Larchmont, NY.</p> <p>Sunday, Feb. 9</p> <p>7 a.m. - 3 p.m.</p> <p>Greenwich Blood Donation Center, 99 Indian Field Rd.</p> <p>TOWN MEETINGS: greenwichct.gov/calendar</p> <p>Monday, Feb. 3</p> <p>10:30 a.m.</p> <p>Architecture Review Committee (ARC) Sign-Meeting.</p> <p>1 p.m.</p> <p>Planning and Zoning Commission Briefing.</p> <p>Tuesday, Feb. 4</p> <p>9 a.m.</p> <p>Budget Mtg - Day 1 - First Selectman.</p> <p>4 p.m.</p> <p>Planning & Zoning Commission Meeting.</p> <p>7 p.m.</p> <p>First Selectman's Youth Commission Board Meeting. Cone Room.</p> <p>Wednesday, Feb. 5</p> <p>7 p.m.</p> <p>Architecture Review Committee (ARC) Regular Meeting.</p> <p>Thursday, Feb. 6</p> <p>9 a.m.</p> <p>Budget Mtg - Day 2 - Operating and Capital.</p> <p>10 a.m.</p> <p>BET Audit Committee.</p> <p>11 a.m.</p> <p>FS Sustainability Committee Meeting Virtual via Zoom.</p> <p>7 p.m.</p> <p>Conservation Commission Regular Meeting. Zoom Webinar.</p> <p>Monday, Feb.</p> <p>1 p.m.</p> <p>BET HR Committee.</p> <p>3 p.m.</p> <p>Energy Management Advisory Committee Meeting. Cone Room.</p> <p>SAVE THE DATE</p> <p>Saturday, Feb. 1, 2025</p> <p>7 p.m.</p> <p>Flower Petals Adaptive Dance's 'Dance with Simone' - Charity Benefit Couples Dance. Greenwich Arts Council. \$175. eventbrite.com/e/1107933973339</p> <p>Friday, Feb. 28</p> <p>6:30 p.m.</p> <p>Kids In Crisis' An Après Ski Soirée The Loading Dock 375 Fairfield Ave, Stamford. kidsincrisis.org/sub/events</p> <p>Wednesday, March 5</p> <p>YWCA Greenwich's Women Who Inspire Awards. Greenwich Country Club. ywca-greenwich.org/events/2025-women-who-inspire-awards</p>	<p>Saturday, April 26</p> <p>6 p.m.</p> <p>Habitat for Humanity 40th Anniversary Gala. Hyatt Regency Greenwich. habitatcfc.org</p> <p>Thursday, May 1</p> <p>• YWCA Greenwich's Old Bags Luncheon 20th Anniversary. Belle Haven Club. ywcagreenwich.org/events/old-bags-luncheon-20th-anniversary</p> <p>• Greenwich Arts Council's "Art to the Avenue." greenwichartsCouncil.org</p> <p>Sunday, May 4</p> <p>Breast Cancer Alliance 5K Run/Walk. breastcanceralliance.org</p> <p>Our Neighboring Towns</p> <p>FRIDAY, JAN. 31</p> <p>7:30 p.m.</p> <p>Curtain Call presents "Mystic Pizza". The Kveskin Theatre, 1349 Newfield Ave., Stamford. Performances: Fri & Sat, 7:30pm, & Sun, 2pm (Jan. 31, Feb. 1, 2, 7, 8, 9, 13, 14 & 15). curtaincallinc.com</p> <p>SATURDAY, FEB. 1</p> <p>12 p.m.</p> <p>2025 Vision Board Workshop. Ferguson Main Library, Stamford. Free. Register. fergusonlibrary.org</p> <p>2 p.m.</p> <p>Celebrate Lunar New Year: The Year of the Snake. Ferguson Main Library, Stamford. Free. Register. fergusonlibrary.org</p> <p>SUNDAY, FEB. 2</p> <p>2 p.m.</p> <p>Celebrate Lunar New Year: The Year of the Snake. Ferguson Main Library, Stamford. Free. Register. fergusonlibrary.org</p> <p>2 p.m.</p> <p>Mad Hatter Valentines Tea Party. New Canaan Museum and Historical Society, 13 Oenoke Ridge Rd., New Canaan. \$50, members; \$80, non-members. 203-966-1776. lp.constantcontactpages.com/ev/reg/qjbahee</p> <p>TUESDAY, FEB. 4</p> <p>4:30 p.m.</p> <p>Valentine's Day Clay Picture Frame Craft. Ferguson Main Library, Stamford. Free. Register. fergusonlibrary.org</p> <p>6 p.m.</p> <p>Question, Persuade, Refer Suicide Prevention Workshop. Ferguson Main Library, Stamford. Free. Register. fergusonlibrary.org</p> <p>7 p.m.</p> <p>Author Talk: "On a Mission: WWII Through the Eyes of a Bomber Pilot and a War Correspondent." Bedford Playhouse, 633 Old Post Rd., Bedford, NY. 914-234-6704. bedfordplayhouse.org</p> <p>WEDNESDAY, FEB. 5</p> <p>6 p.m.</p> <p>Pickleball Playbook: Sports Medicine for Active Living & Injury Prevention. Ferguson Library - Harry Bennett Branch, Stamford. Free. Register. fergusonlibrary.org</p> <p>SATURDAY, FEB. 8</p> <p>3 p.m.</p> <p>Sweetheart Ball. Stepping Stones Museum for Children - Mathews Park, 303 West Ave, Norwalk. steppingstonesmuseum.org</p>
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Sudoku for Kids

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SUDOKU

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Sudoku answers

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GROUNDHOG DAY

PREDICTING THE WEATHER WITH SHADOWS

Every year on February 2, people in the United States and Canada celebrate Groundhog Day, a fun tradition involving a furry animal known as a groundhog, or woodchuck. According to folklore, when the groundhog emerges from its burrow, it can predict the weather for the next six weeks.

If the groundhog sees its shadow on a sunny day, winter will last six more weeks. If it doesn't see its shadow on a cloudy day, spring is expected to arrive early. This tradition has its roots in old customs from Europe, where animals like badgers or bears were believed to predict the seasons.

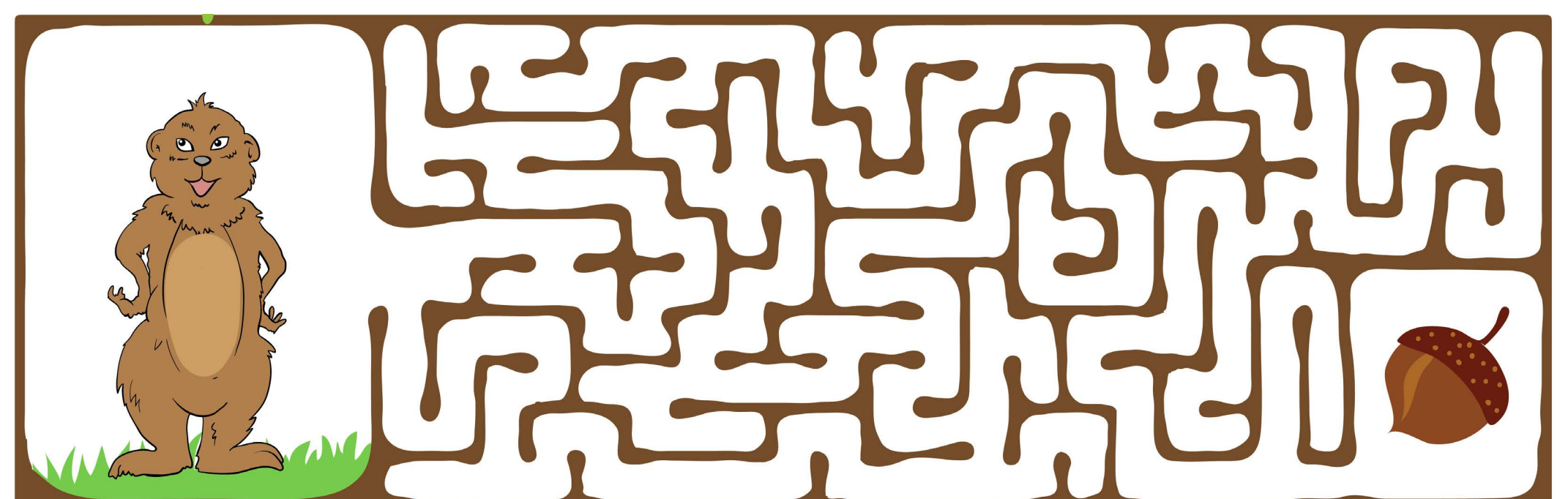
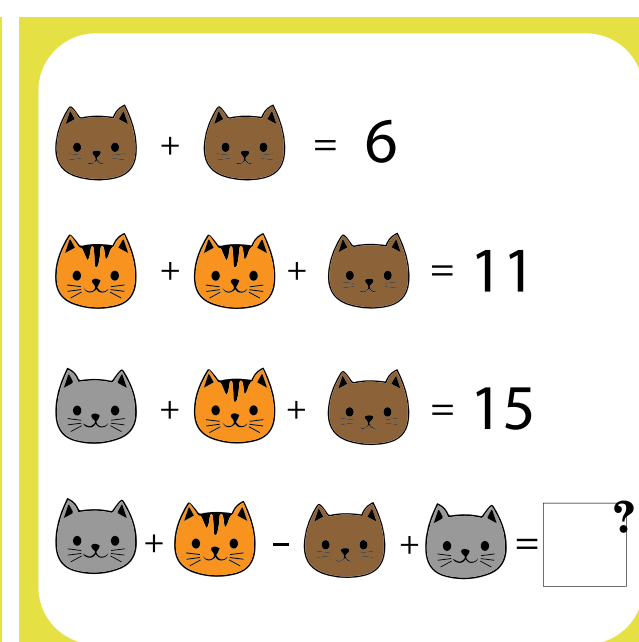
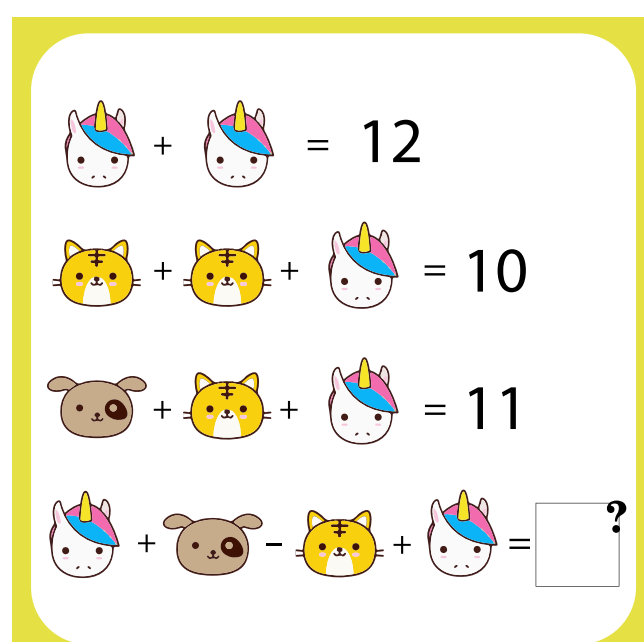
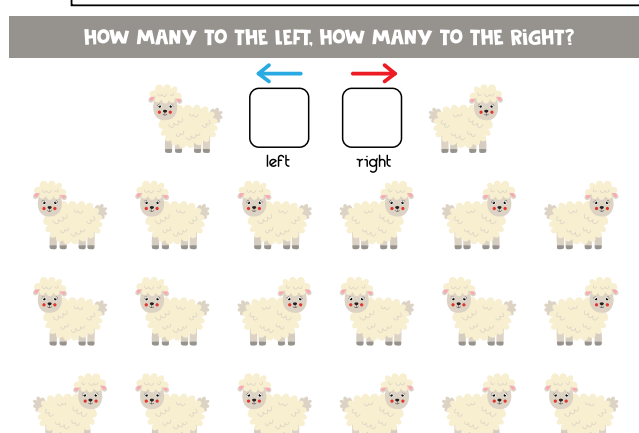
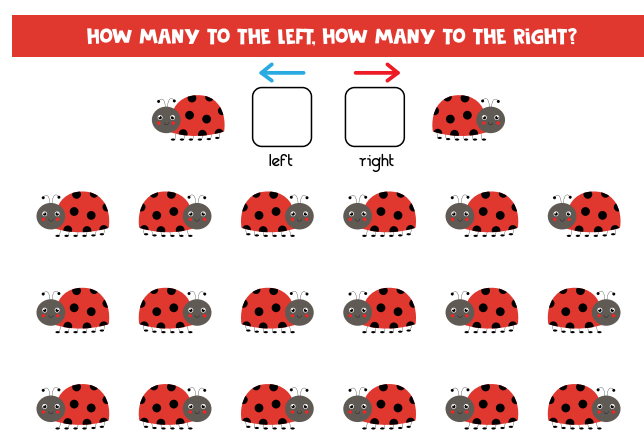
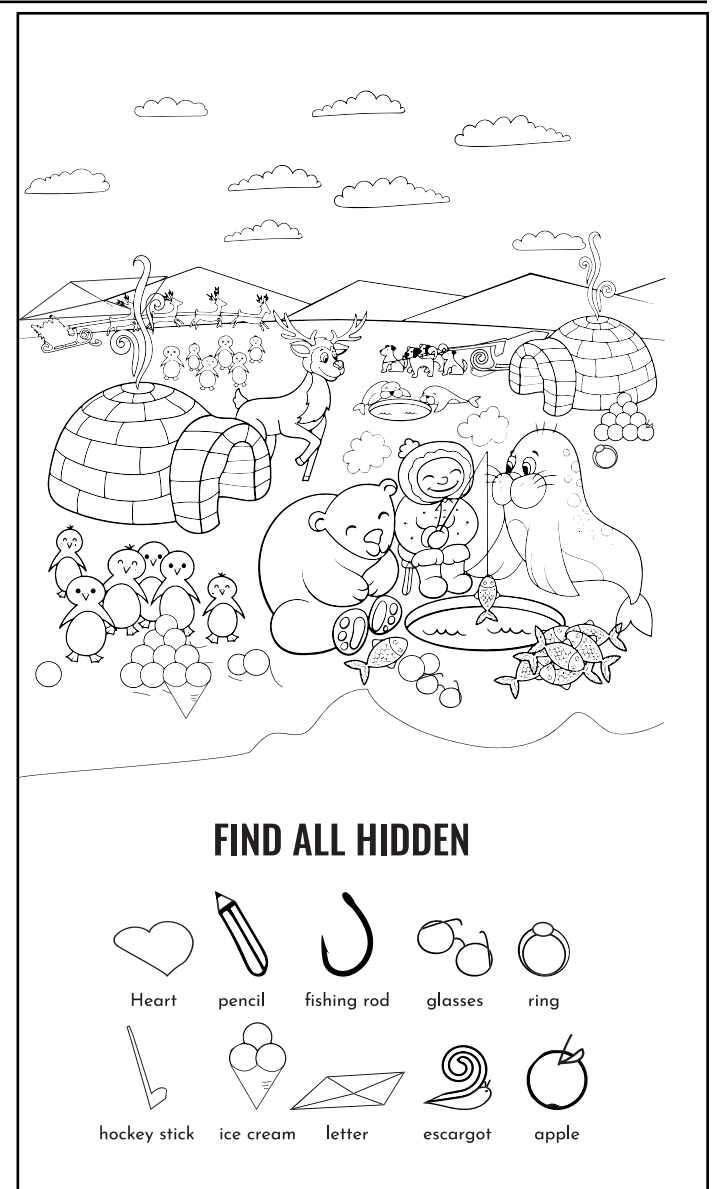
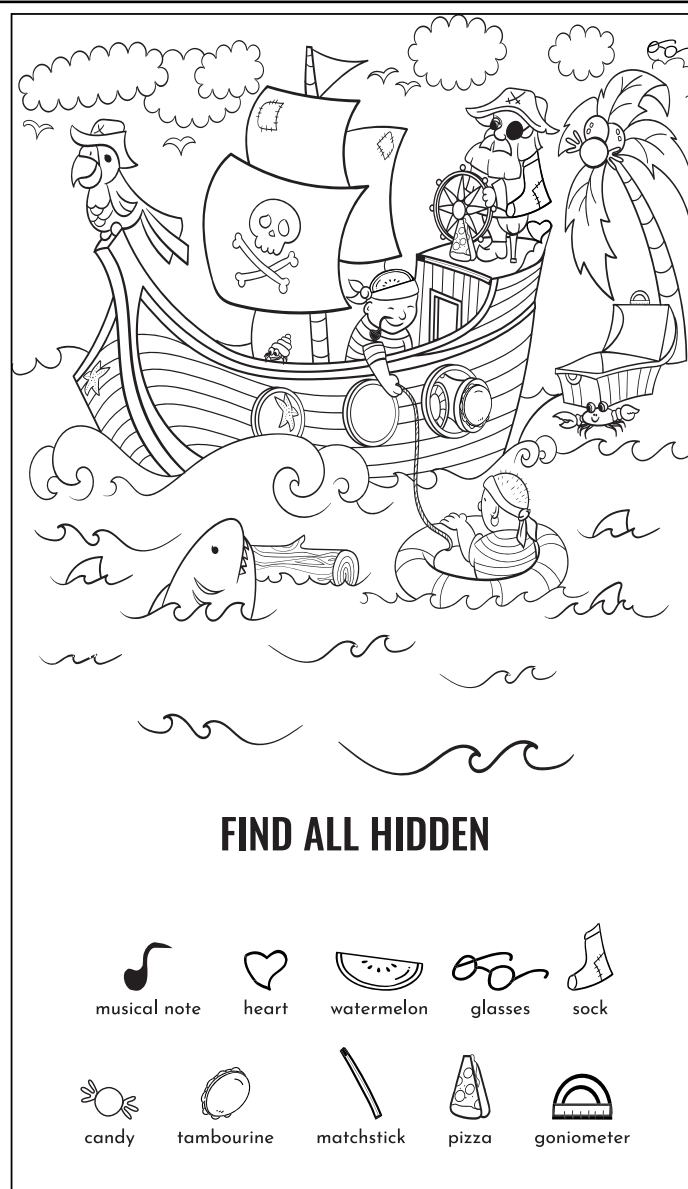
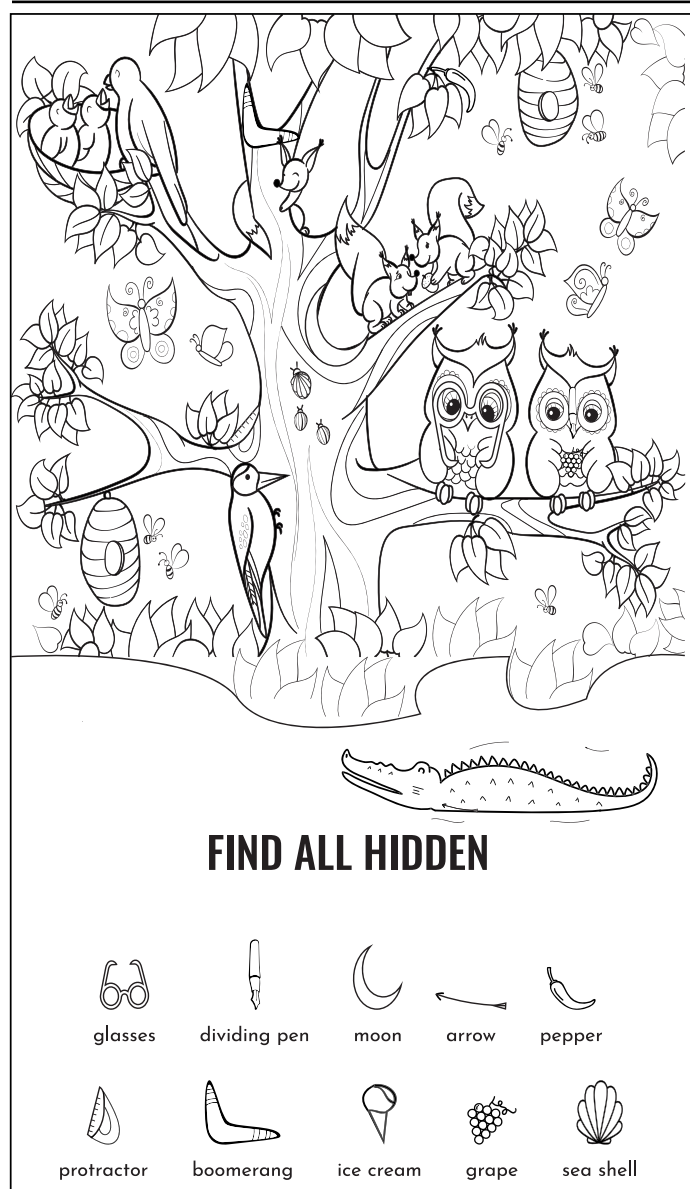
The timing of Groundhog Day is special because it falls about halfway between the winter solstice in December and the spring equinox in March. Many cultures have celebrated this time of year as a turning point. For example, the Celts celebrated Imbolc, which marked the start of preparations for spring farming. On February 2, Christians celebrate Candlemas, a festival that honors the Purification of the Blessed Virgin Mary. Both holidays look forward to brighter days ahead.

In the Middle Ages, the belief grew that animals might wake up briefly from hibernation on this day. Germans believed that if a badger saw its shadow, winter would stay longer. When German immigrants came to Pennsylvania, they brought the tradition with them but replaced the badger with the local groundhog.

Today, Groundhog Day is a beloved celebration, especially in Punxsutawney, Pennsylvania, home to the famous groundhog,



Punxsutawney Phil. Thousands of people gather to see if Phil spots his shadow, while millions watch on TV. Whether or not the prediction is accurate, Groundhog Day is a lighthearted way to connect with history and have fun during the chilly days of winter.



THE HOUSE AT POOH CORNER

BY A.A. MILNE

CHAPTER VI

IN WHICH Pooh Invents a New Game and Eeyore Joins In

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IN WHICH Pooh Invents a New Game and Eeyore Joins In

By the time it came to the edge of the Forest the stream had grown up, so that it was almost a river, and, being grown-up, it did not run and jump and sparkle along as it used to do when it was younger, but moved more slowly. For it knew now where it was going, and it said to itself, "There is no hurry. We shall get there some day." But all the little streams higher up in the Forest went this way and that, quickly, eagerly, having so much to find out before it was too late.

There was a broad track, almost as broad as a road, leading from the Outland to the Forest, but before it could come to the Forest, it had to cross this river. So, where it crossed, there was a wooden bridge, almost as broad as a road, with wooden rails on each side of it. Christopher Robin could just get his chin to the top rail, if he wanted to, but it was more fun to stand on the bottom rail, so that he could lean right over, and watch the river slipping slowly away beneath him. Pooh could get his chin on to the bottom rail if he wanted to, but it was more fun to lie down and get his head under it, and watch the river slipping slowly away beneath him. And this was the only way in which Piglet and Roo could watch the river at all, because they were too small to reach the bottom rail. So they would lie down and watch it ... and it slipped away very slowly, being in no hurry to get there.



One day, when Pooh was walking towards this bridge, he was trying to make up a piece of poetry about fir-cones, because there they were, lying about on each side of him, and he felt singy. So he picked a fir-cone up, and looked at it, and said to himself, "This is a very good fir-cone, and something ought to rhyme to it." But he couldn't think of anything. And then this came into his head suddenly:

Here is a myst'ry
About a little fir-tree.
Owl says it's his tree,
And Kanga says it's her tree.

"Which doesn't make sense," said Pooh, "because Kanga doesn't live in a tree."

He had just come to the bridge; and not looking where he was going, he tripped over something, and the fir-cone jerked out of his paw into the river.

"Bother," said Pooh, as it floated slowly under the bridge, and he went back to get another fir-cone which had a rhyme to it. But then he thought that he would just look at the river instead, because it was a peaceful sort of day, so he lay down and looked at it, and it slipped slowly away beneath him ... and suddenly, there was his fir-cone slipping away too.

"That's funny," said Pooh. "I dropped it on the other side," said Pooh, "and it came out on this side! I wonder if it would do it again?" And he went back for some more fir-cones.

It did. It kept on doing it. Then he dropped two in at once, and leant over the bridge to see which of them would come out first; and one of them did; but as they were both the same size, he didn't know if it was the one which he wanted to win, or the other one. So the next time he dropped one big one and one little one, and the big one came out first, which was what he had said it would do, and the little one came out last, which was what he had said it would do, so he had won twice ... and when he went home for tea, he had won thirty-six and lost twenty-eight,

which meant that he was—that he had—well, you take twenty-eight from thirty-six, and that's what he was. Instead of the other way round.

And that was the beginning of the game called Poohsticks, which Pooh invented, and which he and his friends used to play on the edge of the Forest. But they played with sticks instead of fir-cones, because they were easier to mark.

Now one day Pooh and Piglet and Rabbit and Roo were all playing Poohsticks together. They had dropped their sticks in when Rabbit said "Go!" and then they had hurried across to the other side of the bridge, and now they were all leaning over the edge, waiting to see whose stick would come out first. But it was a long time coming, because the river was very lazy that day, and hardly seemed to mind if it didn't ever get there at all.

"I can see mine!" cried Roo. "No, I can't, it's something else. Can you see yours, Piglet? I thought I could see mine, but I couldn't. There it is! No, it isn't. Can you see yours, Pooh?"

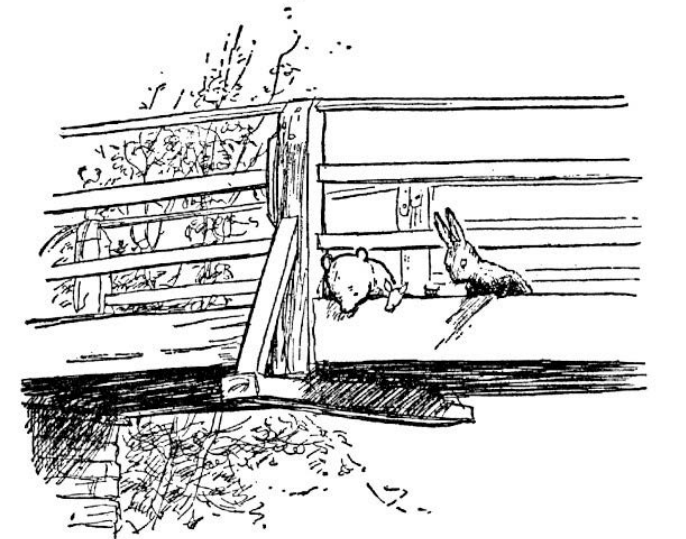
"No," said Pooh.

"I expect my stick's stuck," said Roo. "Rabbit, my stick's stuck. Is your stick stuck, Piglet?" "They always take longer than you think," said Rabbit.

"How long do you think they'll take?" asked Roo.

"I can see yours, Piglet," said Pooh suddenly. "Mine's a sort of greyish one," said Piglet, not daring to lean too far over in case he fell in.

"Yes, that's what I can see. It's coming over on to my side."



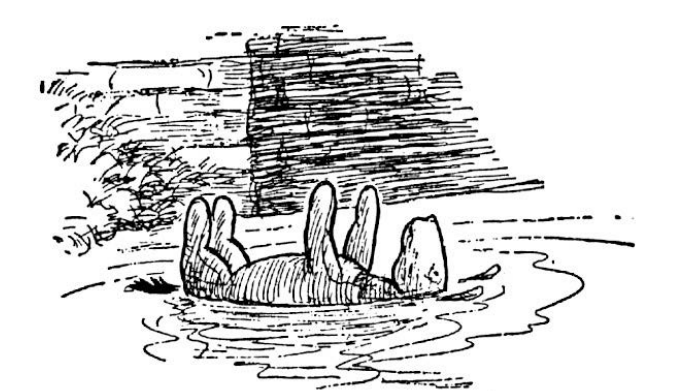
Rabbit leant over further than ever, looking for his, and Roo wriggled up and down, calling out "Come on, stick! Stick, stick, stick!" and Piglet got very excited because his was the only one which had been seen, and that meant that he was winning.

"It's coming!" said Pooh.

"Are you sure it's mine?" squeaked Piglet excitedly.

"Yes, because it's grey. A big grey one. Here it comes! A very—big—grey——Oh, no, it isn't, it's Eeyore."

And out floated Eeyore.



"Eeyore!" cried everybody.

Looking very calm, very dignified, with his legs in the air, came Eeyore from beneath the bridge.

"It's Eeyore!" cried Roo, terribly excited.

"Is that so?" said Eeyore, getting caught up by a little eddy, and turning slowly round three times. "I wondered."

"I didn't know you were playing," said Roo.

"I'm not," said Eeyore.

"Eeyore, what are you doing there?" said

Rabbit.

"I'll give you three guesses, Rabbit. Digging holes in the ground? Wrong. Leaping from branch to branch of a young oak tree? Wrong. Waiting for somebody to help me out of the river? Right. Give Rabbit time, and he'll always get the answer."

"But, Eeyore," said Pooh in distress, "what can we—I mean, how shall we—do you think if we——"

"Yes," said Eeyore. "One of those would be just the thing. Thank you, Pooh."

"He's going round and round," said Roo, much impressed.

"And why not?" said Eeyore coldly.

"I can swim too," said Roo proudly.

"Not round and round," said Eeyore. "It's much more difficult. I didn't want to come swimming at all today," he went on, revolving slowly. "But if, when in, I decide to practise a slight circular movement from right to left—or perhaps I should say," he added, as he got into another eddy, "from left to right, just as it happens to occur to me, it is nobody's business but my own."

There was a moment's silence while everybody thought.

"I've got a sort of idea," said Pooh at last, "but I don't suppose it's a very good one."

"I don't suppose it is either," said Eeyore.

"Go on, Pooh," said Rabbit. "Let's have it."

"Well, if we all threw stones and things into the river on one side of Eeyore, the stones would make waves, and the waves would wash him to the other side."

"That's a very good idea," said Rabbit, and Pooh looked happy again.

"Very," said Eeyore. "When I want to be washed, Pooh, I'll let you know."

"Supposing we hit him by mistake?" said Piglet anxiously.

"Or supposing you missed him by mistake," said Eeyore. "Think of all the possibilities, Piglet, before you settle down to enjoy yourselves."

But Pooh had got the biggest stone he could carry, and was leaning over the bridge, holding it in his paws.



"I'm not throwing it, I'm dropping it, Eeyore," he explained. "And then I can't miss—I mean I can't hit you. Could you stop turning round for a moment, because it muddles me rather?"

"No," said Eeyore. "I like turning round."

Rabbit began to feel that it was time he took command.

"Now, Pooh," he said, "when I say 'Now!' you can drop it. Eeyore, when I say 'Now!' Pooh will drop his stone."

"Thank you very much, Rabbit, but I expect I shall know."

"Are you ready, Pooh? Piglet, give Pooh a little more room. Get back a bit there, Roo. Are you ready?"

"No," said Eeyore.

"Now!" said Rabbit.

Pooh dropped his stone. There was a loud splash, and Eeyore disappeared....



It was an anxious moment for the watchers on the bridge. They looked and looked ... and even the sight of Piglet's stick coming out a little in front of Rabbit's didn't cheer them up as much as you would have expected. And then, just as Pooh was beginning to think that he must have chosen the wrong stone or the wrong river or the wrong day for his Idea, something grey showed for a moment by the river bank ... and it got slowly bigger and bigger ... and at last it was Eeyore coming out.

With a shout they rushed off the bridge, and pushed and pulled at him; and soon he was standing among them again on dry land.



"Oh, Eeyore, you are wet!" said Piglet, feeling him.

Eeyore shook himself, and asked somebody to explain to Piglet what happened when you had been inside a river for quite a long time.

"Well done, Pooh," said Rabbit kindly. "That was a good idea of ours."

"What was?" asked Eeyore.

"Hooshing you to the bank like that."

"Hooshing me?" said Eeyore in surprise. "Hooshing me? You didn't think I was hooshed, did you? I dived. Pooh dropped a large stone on me, and so as not to be struck heavily on the chest, I dived and swam to the bank."

"You didn't really," whispered Piglet to Pooh, so as to comfort him.

"I didn't think I did," said Pooh anxiously.

"It's just Eeyore," said Piglet. "I thought your Idea was a very good Idea."

Pooh began to feel a little more comfortable, because when you are a Bear of Very Little Brain, and you Think of Things, you find sometimes that a Thing which seemed very Thingish inside you is quite different when it gets out into the open and has other people looking at it. And, anyhow, Eeyore was in the river, and now he wasn't, so he hadn't done any harm.

"How did you fall in, Eeyore?" asked Rabbit, as he dried him with Piglet's handkerchief.

"I didn't," said Eeyore.

"But how——"

"I was BOUNCED," said Eeyore.

"Oo," said Roo excitedly, "did somebody push you?"

"Somebody BOUNCED me. I was just thinking by the side of the river—thinking, if any of you know what that means, when I received a loud BOUNCE."

"Oh, Eeyore!" said everybody.

"Are you sure you didn't slip?" asked Rabbit wisely.

"Of course I slipped. If you're standing on the slippery bank of a river, and somebody BOUNCES you loudly from behind, you slip. What did you think I did?"

"But who did it?" asked Roo.

Eeyore didn't answer.

"I expect it was Tigger," said Piglet nervously.



"But, Eeyore," said Pooh, "was it a Joke, or an Accident? I mean——"

"I didn't stop to ask, Pooh. Even at the very bottom of the river I didn't stop to say to myself, 'Is this a Hearty Joke, or is it the Merest Accident?' I just floated to the surface, and said to myself, 'It's wet.' If you know what I mean."

"And where was Tigger?" asked Rabbit.

Before Eeyore could answer, there was a loud noise behind them, and through the hedge came Tigger himself.

"Hallo, everybody," said Tigger cheerfully.

"Hallo, Tigger," said Roo.

Rabbit became very important suddenly.

"Tigger," he said solemnly, "what happened just now?"

"Just when?" said Tigger a little uncomfortably.

"When you bounced Eeyore into the river."

"I didn't bounce him."

"You bounced me," said Eeyore gruffly.

"I didn't really. I had a cough, and I happened to be behind Eeyore, and I said 'Grrrr—oppp—ptschschschz.'"

"Why?" said Rabbit, helping Piglet up, and dusting him. "It's all right, Piglet."

"It took me by surprise," said Piglet nervously.

"That's what I call bouncing," said Eeyore. "Taking people by surprise. Very unpleasant habit. I don't mind Tigger being in the Forest," he went on, "because it's a large Forest, and there's plenty of room to bounce in it. But I don't see why he should come into my little corner of it, and bounce there. It isn't as if there was anything very wonderful about my little corner. Of course for people who like cold, wet, ugly bits it is something rather special, but otherwise it's just a corner, and if anybody feels bouncy——"

"I didn't bounce, I coughed," said Tigger crossly.

"Bouncv or coffv. it's all the same at the



bottom of the river."

"Well," said Rabbit, "all I can say is—well, here's Christopher Robin, so he can say it."

Christopher Robin came down from the Forest to the bridge, feeling all sunny and careless, and just as if twice nineteen didn't matter a bit, as it didn't on such a happy afternoon, and he thought that if he stood on the bottom rail of the bridge, and leant over, and watched the river slipping slowly away beneath him, then he would suddenly know everything that there was to be known, and he would be able to tell Pooh, who wasn't quite sure about some of it. But when he got to the bridge and saw all the animals there, then he knew that it wasn't that kind of afternoon, but the other kind, when you wanted to do something.



"It's like this, Christopher Robin," began Rabbit. "Tigger——"

"No, I didn't," said Tigger.

"Well, anyhow, there I was," said Eeyore.

"But I don't think he meant to," said Pooh.

"He just is bouncy," said Piglet, "and he can't help it."

"Try bouncing me, Tigger," said Roo eagerly. "Eeyore, Tigger's going to try me. Piglet, do you think——"

"Yes, yes," said Rabbit, "we don't all want to speak at once. The point is, what does Christopher Robin think about it?"

"All I did was I coughed," said Tigger.

"He bounced," said Eeyore.

"Well, I sort of boffed," said Tigger.

"Hush!" said Rabbit, holding up his paw. "What does Christopher Robin think about it all? That's the point."

"Well," said Christopher Robin, not quite sure what it was all about, "I think——"

"Yes?" said everybody.

"I think we all ought to play Poohsticks."

So they did. And Eeyore, who had never played it before, won more times than anybody else; and Roo fell in twice, the first time by accident and the second time on purpose, because he suddenly saw Kanga coming from the Forest, and he knew he'd have to go to bed anyhow. So then Rabbit said he'd go with them; and Tigger and Eeyore went off together, because Eeyore wanted to tell Tigger How to Win at Poohsticks, which you do by letting your stick drop in a twitchy sort of way, if you understand what I mean, Tigger; and Christopher Robin and Pooh and Piglet were left on the bridge by themselves.

For a long time they looked at the river beneath them, saying nothing, and the river said nothing too, for it felt very quiet and peaceful on this summer afternoon.

"Tigger is all right really," said Piglet lazily.

"Of course he is," said Christopher Robin.

"Everybody is really," said Pooh. "That's what I think," said Pooh. "But I don't suppose I'm right," he said.

"Of course you are," said Christopher Robin.

THE BIBLE CHALLENGE WEEK 2 | *TEAR OUT SHEET*



MONDAY

Saint Matthew was one of the twelve Apostles. He wrote about six years after the Lord's Ascension.

MATTHEW CHAPTER 7

The third part of the sermon on the mount.

7:1. Judge not, that you may not be judged.

7:2. For with what judgment you judge, you shall be judged: and with what measure you mete, it shall be measured to you again.

7:3. And why seest thou the mote that is in thy brother's eye; and seest not the beam that is in thy own eye?

7:4. Or how sayest thou to thy brother: Let me cast the mote out of thy eye; and behold a beam is in thy own eye?

7:5. Thou hypocrite, cast out first the beam out of thy own eye, and then shalt thou see to cast out the mote out of thy brother's eye.

7:6. Give not that which is holy to dogs; neither cast ye your pearls before swine, lest perhaps they trample them under their feet, and turning upon you, they tear you.

7:7. Ask, and it shall be given you: seek, and you shall find: knock, and it shall be opened to you.

7:8. For every one that asketh, receiveth: and he that seeketh, findeth: and to him that knocketh, it shall be opened.

7:9. Or what man is there among you, of whom if his son shall ask bread, will he reach him a stone?

7:10. Or if he shall ask him a fish, will he reach him a serpent?

7:11. If you then being evil, know how to give good gifts to your children: how much more will your Father who is in heaven, give good things to them that ask him?

7:12. All things therefore whatsoever you would that men should do to you, do you also to them. For this is the law and the prophets.

7:13. Enter ye in at the narrow gate: for wide is the gate, and broad is the way that leadeth to destruction, and many there are who go in thereat.

7:14. How narrow is the gate, and strait is the way that leadeth to life: and few there are that find it!

7:15. Beware of false prophets, who come to you in the clothing of sheep, but inwardly they are ravening wolves.

7:16. By their fruits you shall know them. Do men gather grapes of thorns, or figs of thistles?

7:17. Even so every good tree bringeth forth good fruit, and the evil tree bringeth forth evil fruit.

7:18. A good tree cannot bring forth evil fruit, neither can an evil tree bring forth good fruit.

7:19. Every tree that bringeth not forth good fruit, shall be cut down, and shall be cast into the fire.

7:20. Wherefore by their fruits you shall know them.

7:21. Not every one that saith to me, Lord, Lord, shall enter into the kingdom of heaven: but he that doth the will of my Father who is in heaven, he shall enter into the kingdom of heaven.

7:22. Many will say to me in that day: Lord, Lord, have not we prophesied in thy name, and cast out devils in thy name, and done many miracles in thy name?

7:23. And then will I profess unto them, I never knew you: depart from me, you that work iniquity.

7:24. Every one therefore that heareth these my words, and doth them, shall be likened to a wise man that built his house upon a rock,

7:25. And the rain fell, and the floods came, and the winds blew, and they beat upon that house, and

it fell not, for it was founded on a rock.

7:26. And every one that heareth these my words and doth them not, shall be like a foolish man that built his house upon the sand,

7:27. And the rain fell, and the floods came, and the winds blew, and they beat upon that house, and it fell, and great was the fall thereof.

7:28. And it came to pass when Jesus had fully ended these words, the people were in admiration at his doctrine.

7:29. For he was teaching them as one having power, and not as the scribes and Pharisees.

PSALMS CHAPTER 7

Domine, Deus meus.
David, trusting in the justice of his cause, prayeth for God's help against his enemies.

7:1. The psalm of David, which he sung to the Lord, for the words of Chusi, the son of Jemini.

7:2. O Lord, my God, in thee have I put my trust; same me from all them that persecute me, and deliver me.

7:3. Lest at any time he seize upon my soul like a lion, while there is no one to redeem me, nor to save.

7:4. O Lord, my God, if I have done this thing, if there be iniquity in my hands:

7:5. If I have rendered to them that repaid me evils, let me deservedly fall empty before my enemies.

7:6. Let the enemy pursue my soul, and take it, and tread down my life, on the earth, and bring down my glory to the dust.

7:7. Rise up, O Lord, in thy anger: and be thou exalted in the borders of my enemies. And arise, O Lord, my God, in the precept which thou hast commanded:

7:8. And a congregation of people shall surround thee. And for their sakes return thou on high.

7:9. The Lord judgeth the people. Judge me, O Lord, according to my justice, and according to my innocence in me.

7:10. The wickedness of sinners shall be brought to nought; and thou shalt direct the just: the searcher of hearts and reins is God.

7:11. Just is my help from the Lord; who saveth the upright of heart.

7:12. God is a just judge, strong and patient: is he angry every day?

7:13. Except you will be converted, he will brandish his sword; he hath bent his bow, and made it ready.

7:14. And in it he hath prepared to instruments of death, he hath made ready his arrows for them that burn.

7:15. Behold he hath been in labour with injustice: he hath conceived sorrow, and brought forth iniquity.

7:16. He hath opened a pit and dug it: and he is fallen into the hole he made.

7:17. His sorrow shall be turned on his own head: and his iniquity shall come down upon his crown.

7:18. I will give glory to the Lord according to his justice: and will sing to the name of the Lord the most high.

TUESDAY

MATTHEW CHAPTER 8

Christ cleanses the leper, heals the centurion's servant, Peter's mother-in-law, and many others: he stills the storm at sea, drives the devils out of two men possessed, and suffers them to go into the swine.

8:1. And when he was come down from the mountain, great multitudes followed him:

8:2. And behold a leper came and adored him, saying: Lord, if thou wilt, thou canst make me clean.

8:3. And Jesus stretching forth his hand, touched him, saying: I will, be thou made clean. And forthwith his leprosy was cleansed.

8:4. And Jesus saith to him: See thou tell no man: but go, shew thyself to the priest, and offer the gift which Moses commanded, for a testimony unto them.

8:5. And when he had entered into Capharnaum, there came to him a centurion, beseeching him,

8:6. And saying, Lord, my servant lieth at home sick of the palsy, and is grievously tormented.

8:7. And Jesus saith to him: I will come and heal him.

8:8. And the centurion, making answer, said: Lord, I am not worthy that thou shouldst enter under my roof; but only say the word, and my servant shall be healed.

8:9. For I also am a man subject to authority, having under me soldiers; and I say to this, Go, and he goeth, and to another Come, and he cometh, and to my servant, Do this, and he doeth it.

8:10. And Jesus hearing this, marvelled; and said to them that followed him. Amen I say to you, I have not found so great faith in Israel.

8:11. And I say to you that many shall come from the east and the west, and shall sit down with Abraham, and Isaac and Jacob in the kingdom of heaven:

8:12. But the children of the kingdom shall be cast out into the exterior darkness: there shall be weeping and gnashing of teeth.

8:13. And Jesus said to the centurion: Go, and as thou hast believed, so be it done to thee. And the servant was healed at the same hour.

8:14. And when Jesus was come into Peter's house, he saw his wife's mother lying, and sick of a fever;

8:15. And he touched her hand, and the fever left her, and she arose and ministered to them.

8:16. And when evening was come, they brought to him many that were possessed with devils: and he cast out the spirits with his word: and all that were sick he healed:

8:17. That it might be fulfilled, which was spoken by the prophet Isaiahs, saying: He took our infirmities, and bore our diseases.

8:18. And Jesus seeing great multitudes about him, gave orders to pass over the water.

8:19. And a certain scribe came and said to him: Master, I will follow thee whithersoever thou shalt go.

8:20. And Jesus saith to him: The foxes have holes, and the birds of the air nests; but the Son of man hath not where to lay his head.

8:21. And another of his disciples said to him: Lord, suffer me first to go and bury my father.

8:22. But Jesus said to him: Follow me, and let the dead bury their dead.

8:23. And when he entered into the boat, his disciples followed him:

8:24. And behold a great tempest arose in the sea, so that the boat was covered with waves, but he was asleep.

8:25. And they came to him, and awaked him, saying: Lord, save us, we perish.

8:26. And Jesus saith to them: Why are you fearful, O ye of little faith? Then rising up, he commanded the winds, and the sea, and there came a great calm.

8:27. But the men wondered, saying: What manner of man is this, for the winds and the sea obey him?

8:28. And when he was come on the other side of the water, into the country of the Gerasens, there met him two that were possessed with devils, coming out of the sepulchres, exceeding fierce, so that none could pass by that way.

8:29. And behold they cried out, saying: What have we to do with thee, Jesus Son of God? art thou come hither to torment us before the time?

8:30. And there was, not far from them, a herd of many swine feeding.

8:31. And the devils besought him, saying: If thou cast us out hence, send us into the herd of swine.

8:32. And he said to them: Go. But they going out went into the swine, and behold the whole herd ran violently down a steep place into the sea: and they perished in the waters.

8:33. And they that kept them fled: and coming into the city, told every thing, and concerning them that had been possessed by the devils.

8:34. And behold the whole city went out to meet Jesus, and when they saw him, they besought him that he would depart from their

coast.

PSALMS CHAPTER 8

Domine, Dominus noster.
God is wonderful in his works; especially in mankind, singularly exalted by the incarnation of Christ.

8:1. Unto the end, for the presses: a psalm for David.

8:2. O Lord, our Lord, how admirable is thy name in the whole earth! For thy magnificence is elevated above the heavens.

8:3. Out of the mouth of infants and of sucklings thou hast perfected praise, because of thy enemies, that thou mayst destroy the enemy and the avenger.

8:4. For I will behold thy heavens, the works of thy fingers: the moon and the stars which thou hast founded.

8:5. What is man, that thou art mindful of him? or the son of man, that thou visitest him?

8:6. Thou hast made him a little less than the angels, thou hast crowned him with glory and honour:

8:7. And hast set him over the works of thy hands.

8:8. Thou hast subjected all things under his feet, all sheep and oxen: moreover, the beasts also of the fields.

8:9. The birds of the air, and the fishes of the sea, that pass through the paths of the sea.

8:10. O Lord, our Lord, how admirable is thy name in the whole earth!

WEDNESDAY

MATTHEW CHAPTER 9

Christ heals one sick of palsy: calls Matthew: cures the issue of blood: raises to life the daughter of Jairus: gives sight to two blind men: and heals a dumb man possessed by the devil.

9:1. And entering into a boat, he passed over the water and came into his own city.

9:2. And behold they brought to him one sick of the palsy lying in a bed. And Jesus, seeing their faith, said to the man sick of the palsy: Be of good heart, son, thy sins are forgiven thee.

9:3. And behold some of the scribes said within themselves: He blasphemeth.

9:4. And Jesus seeing their thoughts, said: Why do you think evil in your hearts?

9:5. Whether is easier, to say, Thy sins are forgiven thee: or to say, Arise, and walk?

9:6. But that you may know that the Son of man hath power on earth to forgive sins, (then said he to the man sick of the palsy,) Arise, take up thy bed, and go into thy house.

9:7. And he arose, and went into his house.

9:8. And the multitude seeing it, feared, and glorified God that gave such power to men.

9:9. And when Jesus passed on from thence, he saw a man sitting in the custom house, named Matthew; and he saith to him: Follow me. And he arose up and followed him.

9:10. And it came to pass as he was sitting at meat in the house, behold many publicans and sinners came, and sat down with Jesus and his disciples.

9:11. And the Pharisees seeing it, said to his disciples: Why doth your master eat with publicans and sinners?

9:12. But Jesus hearing it, said: They that are in health need not a physician, but they that are ill.

9:13. Go then and learn what this meaneth, I will have mercy and not sacrifice. For I am not come to call the just, but sinners.

9:14. Then came to him the disciples of John, saying: Why do we and the Pharisees, fast often, but thy disciples do not fast?

9:15. And Jesus said to them: Can the children of the bridegroom mourn, as long as the bridegroom is with them? But the days will come, when the bridegroom shall be taken away from them, and then they shall fast.

9:16. And nobody putteth a piece of raw cloth unto an old garment. For it taketh away the fulness thereof from the garment, and there is made a greater rent.

9:17. Neither do they put new wine into old bottles. Otherwise the bottles break, and the wine runneth out, and the bottles perish. But new wine they put into new bottles: and both are preserved.

9:18. As he was speaking these things unto them, behold a certain ruler came up, and adored him, saying: Lord, my daughter is even now dead; but come, lay thy hand upon her, and she shall live.

9:19. And Jesus rising up followed him, with his disciples.

9:20. And behold a woman who was troubled with an issue of blood twelve years, came behind him, and touched the hem of his garment.

9:21. For she said within herself: If I shall touch only his garment, I shall be healed.

9:22. But Jesus turning and seeing her, said: Be of good heart, daughter, thy faith hath made thee whole. And the woman was made whole from that hour.

9:23. And when Jesus was come into the house of the ruler, and saw the minstrels and the multitude making a rout,

9:24. He said: Give place, for the girl is not dead, but sleepeth. And they laughed him to scorn.

9:25. And when the multitude was put forth, he went in, and took her by the hand. And the maid arose.

9:26. And the fame hereof went abroad into all that country.

9:27. And as Jesus passed from thence, there followed him two blind men crying out and saying, Have mercy on us, O Son of David.

9:28. And when he was come to the house, the blind men came to him. And Jesus saith to them, Do you believe, that I can do this unto you? They say to him, Yea, Lord.

9:29. Then he touched their eyes, saying, According to your faith, be it done unto you.

9:30. And their eyes were opened, and Jesus strictly charged them, saying, See that no man know this.

9:31. But they going out, spread his fame abroad in all that country.

9:32. And when they were gone out, behold they brought him a dumb man, possessed with a devil.

9:33. And after the devil was cast out, the dumb man spoke, and the multitudes wondered, saying, Never was the like seen in Israel.

9:34. But the Pharisees said, By the prince of devils he casteth out devils.

9:35. And Jesus went about all the cities and towns, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every disease, and every infirmity.

9:36. And seeing the multitudes, he had compassion on them: because they were distressed, and lying like sheep that have no shepherd.

9:37. Then he saith to his disciples, The harvest indeed is great, but the labourers are few.

9:38. Pray ye therefore the Lord of the harvest, that he send forth labourers into his harvest.

PSALMS CHAPTER 9

Confitebor tibi, Domine.
The church praiseth God for his protection against her enemies.

9:1. Unto the end, for the hidden things of the Son. A psalm for David.

9:2. I will give Ipraise to thee, O Lord, with my whole heart: I will relate all thy wonders.

9:3. I will be glad, and rejoice inthee: I will sing to thy name, O thou most high.

9:4. When my enemy shall be turned back: they shall be weakened, and perish before thy face.

9:5. For thou hast maintained my judgment and my cause: thou hast sat on the throne, who judgest justice.

9:6. Thou hast rebuked the Gentiles, and the wicked one hath perished; thou hast blotted out their name for ever and ever.

9:7. The swords of the enemy have failed unto the end: and their cities thou hast destroyed. Their memory hath perished with a noise:

9:8. But the Lord remaineth for ever. He hath prepared his throne in judgment:

9:9. And he shall judge the world in equity, he shall judge the Ipeople in justice.

9:10. And the Lord is become a refuge for the poor: a helper in due time in tribulation.

9:11. And let them trust in thee who know thy name: for thou hast not forsaken them that seek thee, O Lord.

9:12. Sing ye to the Lord, who dwelleth in Sion: declare his ways among the Gentiles:

9:13. For requiring their blood, he hath remembered them: he hath not forgotten the cry of the poor.

9:14. Have mercy on me, O Lord: see my humiliation which I suffer from my enemies.

9:15. Thou that liftest me up from the gates of death, that I may declare all thy praises in the gates of the daughter of Sion.

9:16. I will rejoice in thy salvation: the Gentiles have stuck fast in the destruction which they prepared. Their foot hath been taken in the very snare which they hid.

9:17. The Lord shall be known when he executeth judgments: the sinner hath been caught in the works of his own hands.

9:18. The wicked shall be turned into hell, all the nations that forget God.

9:19. For the poor man shall not be forgotten to the end: the patience of the poor shall not perish for ever.

9:20. Arise, O Lord, let not man

be strengthened: let the Gentiles be judged in thy sight.

9:21. Appoint, O Lord, a lawgiver over them: that the Gentiles may know themselves to be but men.

THURSDAY

MATTHEW CHAPTER 10

Christ sends out his twelve apostles, with the power of miracles. The lessons he gives them.

10:1. And having called his twelve disciples together, he gave them power over unclean spirits, to cast them out, and to heal all manner of diseases, and all manner of infirmities.

10:2. And the names of the twelve Apostles are these: The first, Simon who is called Peter, and Andrew his brother,

10:3. James the son of Zebedee, and John his brother, Philip and Bartholomew, Thomas and Matthew the publican, and James the son of Alpheus, and Thaddeus,

10:4. Simon the Cananean, and Judas Iscariot, who also betrayed him.

10:5. These twelve Jesus sent: commanding them, saying: Go ye not into the way of the Gentiles, and into the city of the Samaritans enter ye not.

10:6. But go ye rather to the lost sheep of the house of Israel.

10:7. And going, preach, saying: The kingdom of heaven is at hand.

10:8. Heal the sick, raise the dead, cleanse the lepers, cast out devils: freely have you received, freely give.

10:9. Do not possess gold, nor silver, nor money in your purses:

10:10. Nor scrip for your journey, nor two coats, nor shoes, nor a staff; for the workman is worthy of his meat.

10:11. And into whatsoever city or town you shall enter, inquire who in it is worthy, and there abide till you go thence.

10:12. And when you come into the house, salute it, saying: Peace be to this house.

10:13. And if that house be worthy, your peace shall come upon it; but if it be not worthy, your peace shall return to you.

10:14. And whosoever shall not receive you, nor hear your words: going forth out of that house or city shake off the dust from your feet.

10:15. Amen I say to you, it shall be more tolerable for the land of Sodom and Gomorrha in the day of judgment, than for that city.

10:16. Behold I send you as sheep in the midst of wolves. Be ye therefore wise as serpents and simple as doves.

Simple... That is, harmless, plain, sincere, and without guile.

10:17. But beware of men. For they will deliver you up in councils, and they will scourge you in their synagogues.

10:18. And you shall be brought before governors, and before kings for my sake, for a testimony to them and to the Gentiles:

10:19. But when they shall deliver you up, take no thought how or what to speak: for it shall be given you in that hour what to speak:

10:20. For it is not you that speak, but the spirit of your Father that speaketh in you.

10:21. The brother also shall deliver up the brother to death, and the father the son; and the children shall rise up against their parents, and shall put them to death.

10:22. And you shall be hated by all men for my name's sake: but he that shall persevere unto the end, he shall be saved.

10:23. And when they shall persecute you in this city, flee into another. Amen I say to you, you shall not finish all the cities of Israel, till the Son of man come.

10:24. The disciple is not above the master, nor the servant above his lord.

10:25. It is enough for the disciple that he be as his

master, and the servant as his lord. If they have called the good man of the house Beelzebub, how much more them of his household?

10:26. Therefore fear them not. For nothing is covered that shall not be revealed: nor hid, that shall not be known.

10:27. That which I tell you in the dark, speak ye in the light: and that which you hear in the ear, preach ye upon the housetops.

10:28. And fear ye not them that kill the body, and are not able to kill the soul: but rather fear him that can destroy both soul and body in hell.

10:29. Are not two sparrows sold for a farthing? and not one of them shall fall on the ground without your Father.

10:30. But the very hairs of your head are all numbered.

10:31. Fear not therefore: better are you than many sparrows.

10:32. Every one therefore that shall confess me before men, I will also confess him before my Father who is in heaven.

10:33. But he that shall deny me before men, I will also deny him before my Father who is in heaven.

10:34. Do not think that I came to send peace upon earth: I came not to send peace, but the sword.

10:35. For I came to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law.

10:36. And a man's enemies shall be they of his own household.

10:37. He that loveth father or mother more than me, is not worthy of me; and he that loveth son or daughter more than me, is not worthy of me.

10:38. And he that taketh not up his cross, and followeth me, is not worthy of me.

10:39. He that findeth his life, shall lose it: and he that shall lose his life for me, shall find it.

10:40. He that receiveth you, receiveth me: and he that receiveth me, receiveth him that sent me.

10:41. He that receiveth a prophet in the name of a prophet, shall receive the reward of a prophet: and he that receiveth a just man in the name of a just man, shall receive the reward of a just man.

10:42. And whosoever shall give to drink to one of these little ones a cup of cold water only in the name of a disciple, amen I say to you he shall not lose his reward.

PSALMS CHAPTER 10

10:1. Why, O Lord, hast thou retired afar off? why dost thou slight us in our wants, in the time of trouble?

10:2. Whilst the wicked man is proud, the poor is set on fire: they are caught in the counsels which they devise.

10:3. For the sinner is praised in the desires of his soul: and the unjust man is blessed.

10:4. The sinner hath provoked the Lord, according to the multitude of his wrath, he will not seek him:

10:5. God is not before his eyes: his ways are filthy at all times. Thy judgments are removed form his sight: he shall rule over all his enemies.

10:6. For he hath said in his heart: I shall not be moved from generation to generation, and shall be without evil.

10:7. His mouth is full of cursing, and of bitterness, and of deciet: under his tongue are labour and sorrow.

10:8. He sitteth in ambush with the rich, in private places, that he may kill the innocent.

10:9. His eyes are upon the poor man: he lieth in wait, in secret, like a lion in his den. He lieth in ambush, that he may catch the poor man: so catch the poor, whilst he draweth him to him.

10:10. In his net he will bring him down, he will crouch and fall, when he

shall have power over the poor.

10:11. For he hath said in his heart: God hath forgotten, he hath turned away his face, not to see to the end.

10:12. Arise, O Lord God, let thy hand be exalted: forget not the poor.

10:13. Wherefore hath the wicked provoked God? for he hath said in his heart: He will not require it.

10:14. Thou seest it, for thou considerest labour and sorrow: that thou mayst deliver them into thy hands. To thee is the poor man left: thou wilt be a helper to the orphan.

10:15. Break thou the arm of the sinner and of the malignant: his sin shall be sought, and shall not be found.

10:16. The Lord shall reign to eternity, yea, for ever and ever: ye Gentiles shall perish from his land.

10:17. The Lord hath heard the desire of the poor: thy ear hath heard the preparatgion of their heart.

10:18. To judge for the fatherless and for the humble, that man may no more presume to magnify himself upon earth.

FRIDAY

MATTHEW CHAPTER 11

John sends his disciples to Christ, who upbraids the Jews for their incredulity, and calls to him such as are sensible of their burdens.

11:1. And it came to pass, when Jesus had made an end of commanding his twelve disciples, he passed from thence, to teach and to preach in their cities.

11:2. Now when John had heard in prison the works of Christ: sending two of his disciples he said to him:

11:3. Art thou he that art to come, or look we for another?

11:4. And Jesus making answer said to them: Go and relate to John what you have heard and seen.

11:5. The blind see, the lame walk, the lepers are cleansed, the deaf hear, the dead rise again, the poor have the gospel preached to them.

11:6. And blessed is he that shall not be scandalized in me.

11:7. And when they went their way, Jesus began to say to the multitudes concerning John: What went you out into the desert to see? a reed shaken with the wind?

11:8. But what went you out to see? a man clothed in soft garments? Behold they that are clothed in soft garments, are in the houses of kings.

11:9. But what went you out to see? A prophet? Yea I tell you, and more than a prophet.

11:10. For this is he of whom it is written: Behold I send my angel before my face, who shall prepare thy way before thee.

11:11. Amen I say to you, there hath not risen among them that are born of women a greater than John the Baptist: yet he that is the lesser in the kingdom of heaven is greater than he.

11:12. And from the days of John the Baptist until now, the kingdom of heaven suffereth violence, and the violent bear it away.

11:13. For all the prophets and the law prophesied until John:

11:14. And if you will receive it, he is Elias that is to come.

11:15. He that hath ears to hear, let him hear.

11:16. But whereunto shall I esteem this generation to be like? It is like to children sitting in the market place.

11:17. Who crying to their companions say: We have piped to you, and you have not danced: we have lamented, and you have not mourned.

11:18. For John came neither eating nor drinking; and they say: He hath a devil.

11:19. The Son of man came eating and drinking, and they say: Behold a man that is a glutton and a wine drinker, a friend of publicans and sinners. And wisdom is justified by her children.

11:20. Then began he to upbraid the cities wherein were done the most of his miracles, for that they had not done penance.

11:21. Woe thee, Corozain, woe to thee, Bethsaida: for if in Tyre and Sidon had been wrought the miracles that have been wrought in you, they had long ago done penance in sackcloth and ashes.

11:22. But I say unto you, it shall be more tolerable for Tyre and Sidon in the day of judgment, than for you.

11:23. And thou Capharnaum, shalt thou be exalted up to heaven? thou shalt go down even unto hell. For if in Sodom had been wrought the miracles that have been wrought in thee, perhaps it had remained unto this day.

11:24. But I say unto you, that it shall be more tolerable for the land of Sodom in the day of judgment than for thee.

11:25. At that time Jesus answered and said: I confess to thee, O Father, Lord of Heaven and earth, because thou hast hid these things from the wise and prudent, and hast revealed them to little ones.

11:26. Yea, Father: for so hath it seemed good in thy sight.

11:27. All things are delivered to me by my Father. And no one knoweth the Son but the Father: neither doth any one know the Father, but the Son, and he to whom it shall please the Son to reveal him.

11:28. Come to me all you that labor and are burdened, and I will refresh you.

11:29. Take up my yoke upon you, and learn of me, because I am meek, and humble of heart: And you shall find rest to your souls.

11:30. For my yoke is sweet and my burden light.

PSALMS CHAPTER 10 (2)

In Domino confido. The just man's confidence in God in the midst of persecutions.

10:1. Unto the end. A psalm to David.

10:2. In the Lord I put my trust: how then do you say to my soul: Get thee away from hence to the mountain, like a sparrow.

10:3. For, lo, the wicked have bent their bow: they have prepared their arrows in the quiver, to shoot in the dark the upright of heart.

10:4. For they have destroyed the things which thou hast made: but what has the just man done?

10:5. The Lord is in his holy temple, the Lord's throne is in heaven. His eyes look on the poor man: his eyelids examine the sons of men.

10:6. The Lord trieth the just and the wicked: but he that loveth iniquity, hateth his own soul.

10:7. He shall rain snares upon sinners: fire and brimstone, and storms of winds, shall be the portion of their cup.

10:8. For the Lord is just, and hath loved justice: his countenance hath beheld righteousness.

SATURDAY

MATTHEW CHAPTER 12

Christ reproves the blindness of the Pharisees, and confutes their attributing his miracles to Satan.

12:1. At that time Jesus went through the corn on the sabbath: and his disciples being hungry, began to pluck the ears, and to eat.

12:2. And the Pharisees seeing them, said to him: Behold thy disciples do that which is not lawful to do on the sabbath days.

12:3. But he said to them: Have you not read what David did when he was hungry, and they that were with him:

12:4. How he entered into the house of God, and did eat the loaves of proposition, which it was not lawful for him to eat, nor for them that were with him, but for the priests only?

12:5. Or have ye not read in the law, that on the sabbath days the priests in the temple break the sabbath, and are without

blame?

12:6. But I tell you that there is here a greater than the temple.

12:7. And if you knew what this meaneth: I will have mercy, and not sacrifice: you would never have condemned the innocent.

12:8. For the Son of man is Lord even of the sabbath.

12:9. And when he had passed from thence, he came into their synagogues.

12:10. And behold there was a man who had a withered hand, and they asked him, saying: Is it lawful to heal on the sabbath days? that they might accuse him.

12:11. But he said to them: What man shall there be among you, that hath one sheep: and if the same fall into a pit on the sabbath day, will he not take hold on it and lift it up?

12:12. How much better is a man than a sheep? Therefore it is lawful to do a good deed on the sabbath days.

12:13. Then he saith to the man: Stretch forth thy hand; and he stretched it forth, and it was restored to health even as the other.

12:14. And the Pharisees going out made a consultation against him, how they might destroy him.

12:15. But Jesus knowing it, retired from thence: and many followed him, and he healed them all.

12:16. And he charged them that they should not make him known.

12:17. That it might be fulfilled which was spoken by Isaias the prophet, saying:

12:18. Behold my servant whom I have chosen, my beloved in whom my soul hath been well pleased. I will put my spirit upon him, and he shall shew judgment to the Gentiles.

12:19. He shall not contend, nor cry out, neither shall any man hear his voice in the streets.

12:20. The bruised reed he shall not break: and smoking flax he shall not extinguish: till he send forth judgment unto victory.

12:21. And in his name the Gentiles shall hope.

12:22. Then was offered to him one possessed with a devil, blind and dumb: and he healed him, so that he spoke and saw.

12:23. And all the multitudes were amazed, and said: Is not this the son of David?

12:24. But the Pharisees hearing it, said: This man casteth not out devils but by Beelzebub the prince of the devils.

12:25. And Jesus knowing their thoughts, said to them: Every kingdom divided against itself shall be made desolate: and every city or house divided against itself shall not stand.

12:26. And if Satan cast out Satan, he is divided against himself: how then shall his kingdom stand?

12:27. And if I by Beelzebub cast out devils, by whom do your children cast them out? Therefore they shall be your judges.

12:28. But if I by the Spirit of God cast out devils, then is the kingdom of God come upon you.

12:29. Or how can any one enter into the house of the strong, and rifle his goods, unless he first bind the strong? and then he will rifle his house.

12:30. He that is not with me, is against me: and he that gathereth not with me, scattereth.

12:31. Therefore I say to you: Every sin and blasphemy shall be forgiven men, but the blasphemy of the Spirit shall not be forgiven.

12:32. And whosoever shall speak a word against the Son of man, it shall be forgiven him: but he that shall speak against the Holy Ghost, it shall not be forgiven him neither in this world, nor in the world to come.

12:33. Either make the tree good and its fruit good: or make the tree evil, and its fruit evil. For by the fruit the tree is known.

12:34. O generation of vipers, how can you speak

good things, whereas you are evil? for out of the abundance of the heart the mouth speaketh.

12:35. A good man out of a good treasure bringeth forth good things: and an evil man out of an evil treasure bringeth forth evil things.

12:36. But I say unto you, that every idle word that men shall speak, they shall render an account for it in the day of judgment.

12:37. For by thy words thou shalt be justified, and by thy words thou shalt be condemned.

12:38. Then some of the scribes and Pharisees answered him, saying: Master, we would see a sign from thee.

12:39. Who answering said to them: An evil and adulterous generation seeketh a sign: and a sign shall not be given it, but the sign of Jonas the prophet.

12:40. For as Jonas was in the whale's belly three days and three nights: so shall the Son of man be in the heart of the earth three days and three nights.

12:41. The men of Ninive shall rise in judgment with this generation, and shall condemn it: because they did penance at the preaching of Jonas. And behold a greater than Jonas here.

12:42. The queen of the south shall rise in judgment with this generation, and shall condemn it: because she came from the ends of the earth to hear the wisdom of Solomon, and behold a greater than Solomon here.

12:43. And when an unclean spirit is gone out of a man he walketh through dry places seeking rest, and findeth none.

12:44. Then he saith: I will return into my house from whence I came out. And coming he findeth it empty, swept, and garnished.

12:45. Then he goeth, and taketh with him seven other spirits more wicked than himself, and they enter in and dwell there: and the last state of that man is made worse than the first. So shall it be also to this wicked generation.

12:46. As he was yet speaking to the multitudes, behold his mother and his brethren stood without, seeking to speak to him.

12:47. And one said unto him: Behold thy mother and thy brethren stand without, seeking thee.

12:48. But he answering him that told him, said: Who is my mother, and who are my brethren?

12:49. And stretching forth his hand towards his disciples, he said: Behold my mother and my brethren.

12:50. For whosoever shall do the will of my Father, that is in heaven, he is my brother, and sister, and mother. :

PSALMS CHAPTER 11

Salvum me fac. The prophet calls for God's help against the wicked.

11:1. Unto the end: for the octave, a psalm for David.

11:2. Save me, O Lord, for there is now no saint: truths are decayed from among the children of men.

11:3. They have spoken vain things, every one to his neighbour: with deceitful lips, and with a double heart have they spoken.

11:4. May the Lord destroy all deceitful lips, and the tongue that speaketh proud things.

11:5. Who have said: We will magnify our tongue: our lips are our own: who is Lord over us?

11:6. By reason of the misery of the needy, and the groans of the poor, now will I arise, saith the Lord. I will set him in safety: I will deal confidently in his regard.

11:7. The words of the Lord are pure words: as silver tried by the fire, purged from the earth, refined seven times.

11:8. Thou, O Lord, wilt preserve us: and keep us from this generation for ever.

11:9. The wicked walk round about: according to thy highness, thou hast multiplied the children of men.

Universal Crossword

Edited by Jared Goudsmit

ACROSS

1

“The King” actress Lily-Rose

5

Harvest

9

Becomes less bright

13

Trifling

14

Jaipur’s country

16

Fine-tune, like text

17

Put a pin in it!

19

Opposite of wax

20

Hosp. scan

21

Flake (on)

23

Dress edge

24

Car add-ons that reduce wind noise and glare

28

Stool pigeon

29

Comic Jeong

30

List on

31

Decluttr, say

31

“Yeah, when pigs fly!”

33

Bread box?

35

Limber

39

Plan that’s sure to succeed

43

Make void

44

___-de-France

45

18-wheeler

46

Small salamander

49

Finnish duo?

51

Scripps National Spelling ___

52

Writer such as Julia Child

57

Warm greeting

58

Idris named People’s Sexiest Man Alive in 2018

59

“Yech!”

60

Comedian Rodriguez

62

Extra person on a double date ... who’s depicted by the last O in 17-, 24-, 39- and 52-Across?

67

Used a turn-table

68

Charlatan

69

Thomas of soul

70

Beach trip grains

71

___ serif

72

Story of Pandora, e.g.

DOWN

1

Driver’s license org.

2

Fair-hiring letters

3

Step up at work

4

Actor Pascal

5

Ipanema’s city, familiarly

6

“The ___ is near!”

7

Spicy Spanish marinade

8

Seasoned rice dishes

9

Lawn moisture

10

Shoshone Falls state

11

Underground worker

12

Parts of apples or goblets

15

“Stayin’ ___” (Bee Gees hit)

18

(I’m a pig!)

22

French city found back-ward in “Well, I’ll be!”

24

Stoneworker

25

Tail end

26

“Hold ___ your hat!”

27

Narrow openings

28

Tennis star Nadal’s nickname

32

Get an F on

34

“Who, me?”

36

New York City neigh-borhood near NoHo

37

“Odyssey” poet

38

Emmy-winning Falco

40

Military acad-emy newbie

41

Bug biting Rover

42

List with appetizers

47

See 48-Down

48

With 47-Down, award-winning writer of “This Boy’s Life”

50

Kare-kare or ragout

52

“Hanging” things in the 2000 election

53

Occult board

54

Nash who said, “You are only young once, but you can stay immature indefinitely”

55

“The Meta-morphosis” writer

56

Pronoun pair for Ryan Gosling

61

Sum up

63

V : five :: X :

64

Big baseball hits: Abbr.

65

CPR pro

66

___-di-dah (pretentious)

1	2	3	4		5	6	7	8		9	10	11	12
13					14				15		16		
17					18						19		
		20					21			22		23	
	24				25	26					27		
28				29				30					
31			32		33		34			35		36	37
39				40				41	42				
43							44				45		
			46		47	48		49		50		51	
52	53	54					55				56		
57				58						59			
60			61		62			63	64				65
67					68						69		
70							71				72		

Horoscopes

This week emphasizes reflection, self-care, and building connections. Jupiter’s direct motion and Neptune’s alignment with the North Node create opportunities for personal and relational growth. Many signs are encouraged to address past relationship patterns, set boundaries, and focus on emotional stability. The first quarter moon on February 5 highlights a chance to clarify intentions and make meaningful connections, but effort and mindfulness are key. Balancing self-awareness with openness to new or deepening relationships is essential. Use this time to prioritize your needs while remaining receptive to meaningful interactions.

interactions. Balance social participation with intentional choices.

Cancer

Stress may dominate this week, requiring intentional self-care. Dating apps or casual encounters during errands may lead to connections. The first quarter moon on February 5 highlights a chance for love, but effort is needed to create meaningful relationships.

Leo

Trust your instincts in relationships. A flirtation around the first quarter moon on the 5th may require clear boundaries. Focus on time with friends and enjoying the moment rather than actively seeking romance. Unexpected opportunities for love may arise but avoid impulsive decisions.

Virgo

Embrace spontaneity but avoid moving too quickly in romance. Neptune’s alignment with the North Node on the 6th encourages reflection and clarity in relationships. Use this time to set intentions and observe patterns. Mindfulness will guide you toward meaningful connections.

Libra

Venus in Aries on the 3rd enhances confidence and fosters quick romantic connections. This is an ideal period for casual relationships or meaningful dates, depending on your priorities. By the 5th, the first quarter moon in Taurus emphasizes focusing on personal needs and thoughtful engagement.

Scorpio

Mars retrograde may bring emotional challenges in friendships or work relationships. Unexpected signs of affection, such as a text or flowers, may arise around the first quarter moon on the 5th. Balance self-care with responsiveness to navigate these dynamics effectively.

Sagittarius

Jupiter’s direct motion on the 4th may resurface past relationship issues. Old partners could reappear, but attempts to reconcile may lead to conflict. Evaluate whether revisiting the past is worth the potential tension. Be mindful of repeating unhealthy dynamics.

Capricorn

Focus on addressing tasks and restoring energy. Reflect on personal boundaries in relationships, ensuring they support healthy connections. The first quarter moon on February 5 is an opportunity to assess emotional well-being and prioritize self-care. Use this time for healing and growth.

Aquarius

Focus on leisure and connection. This week brings opportunities to enjoy time at home or strengthen bonds. Romantic energy fosters intimacy, making it a good time to deepen a relationship or take a step toward closeness. Jupiter’s direct motion on February 4 supports physical and emotional connection.

The (K) Clues Are for Kids

Created by Timothy E. Parker

ACROSS

1

(K) Royal sport

5

Short-lived trends

9

(K) Dog’s foot

12

Figure skater’s jump

13

Bank loan security

14

Legendary name in the boxing world

15

(K) Something a library will do

16

(K) Bone in the arm

17

(K) Young Snoopy, for one

18

(K) Thomas the Tank ___

20

(K) Picture holder

22

(K) Summer attire

23

(K) Part of any good crossword

25

(K) “Stick out your tongue and say ‘___’ ...”

27

Plant with soothing medicinal qualities

29

(K) Meat brand with a blue-and-yellow can

33

Stage of advancement (2 words)

36

(K) Some farm birds

37

Fit together, as gears

38

(K) Type of pet

39

Neuter

41

Stop waffling

43

Do this to keep a turkey moist

46

(K) Donkey’s hello (2 words)

49

Pie-mode connection (2 words)

50

Showroom model

53

(K) Apple leftover

54

(K) Pig abode

55

(K) Numbers for everyone in your family

56

Draft choices in Britain

57

(K) Urgent call at sea

58

(K) ___ Star State (Texas)

59

(K) Not messy

DOWN

1

(K) Like periwinkle, compared to indigo

2

(K) Farm creatures that may be yoked

3

(K) Make longer

4

Hit tune from the past

5

Part of a chimney

6

Be in need of a doctor

7

(K) Lion shelter

8

Major whoopsie

9

(K) Mama Bear’s hubby

10

Reunion attendee, briefly

11

(K) Clean the windshield

19

High tide’s lowest level

21

(K) Stop playing so much?

23

___ Island, N.Y.

24

(K) There are three on a grand piano

25

(K) Volcanic output

26

(K) Had all the cookies

28

(K) Kind of bean

30

Cruise ship window

31

(K) Santa ___, California

32

Attained, as a goal

34

(K) “Wanna hear a secret?” sound

35

(K) Old Woman’s abode, in a nursery rhyme

40

Accelerator or brake

42

(K) Chocolate turtle ingredient

43

Low voice

44

Low voice

45

(K) Simon’s verb

46

It may be coiled in the yard

47

(K) ___ code (three-digit number)

48

(K) Major U.S. coast

51

It’s a matter of pride

52

(K) Former little boys

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

Take five or 10?

Look for the answer in next week’s paper.

PREVIOUS PUZZLE ANSWER

1	2	3	4	5	6	7	8	9	10	11
12					13				14	
15					16				17	
18				19			20	21		
		22			23	24				
25	26			27	28			29	30	31
33			34				35			32
36					37				38	
			39	40			41	42		
43	44	45			46				47	48
49				50	51	52		53		
54				55				56		
57				58				59		

Previous riddle answer:

Finish to a singles match? 51-A) I DO

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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

1

one of week’s five, usually (7)

2

sound on a sitcom track (5)

3

all’s diversified partner (6)

4

one poking around (8)

5

part of a ticker-tape parade (8)

6

best-selling author Flynn (7)

7

bent out of shape (9)

SOLUTIONS

WO

NF

SUN

DAY

RUM

UGH

GI

TED

ET

DIS

TO

AN

ER

DRY

LA

MAG

TOR

RK

LLI

CO

Previous Answers: 1. STRESSFUL 2. MOOSE 3. SWEATSUIT 4. HONEYBEES 5. ZIGZAGGING 6. RECESSES 7. LEVEL

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Naturopathic Medicine:

What It Is, What It Does

By JOHN KRIZ

Interest in so-called alternative, or integrative, medicine has been on the rise, especially post-COVID. This approach to healthcare includes a sharper focus on diet and nutrition, lifestyle, exercise, and employing a wider range of less common therapies and tests that are not only targeted at treating acute and chronic illness, but especially at avoiding chronic illness.

Naturopathic medicine, a decades (if not centuries) old medical discipline, is one of the more prominent, and many say effective, types of alternative medicine. In a nutshell, its philosophy of care is: Find the root cause and treat it – don't just treat the symptoms. And do this by always focusing on a comprehensive understanding of the patient's wellness -- mind, body, spirit.

So what is naturopathic medicine, what does it focus on, and what can it do for you? Read on.

LICENSING & SCOPE

Naturopathic doctors (NDs), or naturopaths, are licensed physicians in Connecticut, similar to medical doctors, or MDs. The scope of naturopaths' license is different, however. For example, they cannot prescribe the types of drugs you get from a pharmacist, or order imaging, such as an X-ray or MRI. NDs can meet and examine patients, prescribe supplements and order blood tests. (In some states, NDs have the same scope of license as MDs.)

To get licensed in Connecticut, an ND must attend a post-college four-year accredited naturopathic medical school, and pass two board exams. They are also required to take ongoing training. Dr. Sylvia Cimoch ND, L.Ac who practices in Stamford and Milford (www.drcimoch.com), notes that many NDs at her medical school were "eclectic people with really interesting backgrounds that allowed them to be actually great practitioners." Many NDs practice as primary care providers with a general focus on family medicine or internal medicine, while others specialize in such areas as in oncology, female fertility or Lyme disease.

POST-COVID CHANGES

Since the start of the COVID pandemic, many patients have searched for healthcare providers with outside-the-box thinking, and this has led to many NDs seeing an uptick in patient inflow. Dr. Minna Kim ND, who comes from a medical family and practices in Stamford with her husband, a classic osteopathic physician, (www.ifmct.com) says that, pre-COVID, "the majority of patients who would seek me already had their foot in the door into alternative medicine." Now, however, although new patients are more interested in naturopathy and alternative medicine, they often have "a lot of skepticism, a lot of questions, and they will almost always double check with Dr. Google and their own PCP [primary care physician]. They don't know. They never learned about it." Why is this? "The message about medicine and health always goes out to the people from the mainstream." This typically means conventional, or allopathic, physicians, and hospitals, insurance companies and federal health agencies.

Dr. Raquel Harrison MD of New Canaan (www.acute2root.com), who is Board certified in lifestyle medicine, a former Yale School of Medicine assistant professor and emergency room physician at Bridgeport Hospital, and now is a consultant and public health advocate, notes that, post-COVID, there's "an increasing frustration with the

way medicine is currently done." She cites "the 'sick care model' where we're only really seeking help when we're ill and that when we are ill, there's only one way to seek care. And I think people are questioning that with increasing frequency."

(Lifestyle Medicine is a relatively new medical specialty. According to the American College of Lifestyle Medicine, "Certification in lifestyle medicine indicates that the individual has mastered the science of preventing, treating, and reversing chronic disease in an evidence-based manner." It is based on six pillars: a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections. It bears some common basic healing philosophies with naturopathic medicine.)

Dr. Laura Futterman ND (www.stamfordnaturalhealth.com) notes that people are taking

someone who could help with just healthier lifestyle things and to prevent medications, hopefully, and surgeries and more invasive treatments." It boils down to working with patients to create and maintain healthier lifestyles, and supporting the body's innate healing abilities. Dr. Futterman goes on to say that the "majority of the patients that I see, usually I'm doctor number twenty in line," and that "usually people are like, 'you're my last resort.'"

From a patient's point of view, quality care means co-ordinated care. In addition, post-COVID, Dr. Cimoch notes that more patients are "forcing them (PCPs) to learn more about holistic medicine," which is "an uplifting thing to see." Dr. Kim says she is "always impressed when I reach out to an MD to coordinate care for a patient and they are open-minded and can actually take a time out to do that for a patient." NDs will refer patients to specialists if that's what's best for the patient, and

digestion, mood? What exercise are you getting? What's your energy level? Anything else going on? And if you are being treated for an ailment: Any side effects from the treatment? Do you feel progress is being made?

OFFICE ENVIRONMENT

One common patient comment these NDs get is that their offices seem so cozy. Dr. Kim says "we want you to feel like this is your second home." And that's not by accident: De-stressing, soothing the patient is core to the healing protocol. There's a toy box for kids. No receptionists behind glass walls. And patients often encounter white noise machines, aromatherapy and, yes, maybe a crystal or two. Dr. Futterman notes the lack of white coats, and that if a patient wants to take a book from her shelf and page through it, there's usually a reason that can lead to better understanding that patient's needs. She tries to make her office environment more serene,

immune system for up to 24 hours, which also feeds cancer."

But we are cautioned not to take nutrition and diets to an extreme. A balanced diet is best. And healthy animal fats and protein implies healthy animals, which means avoiding industrial meats raised in feedlots, and instead choosing wild fish from clean waters, grassfed, or pasture-fed, animals, and organic fruits and vegetables. Dr. Kim emphasizes that having those balanced meals in the company of friends and family is a big part of healthy eating and overall wellness.

Dr. Futterman, who describes herself as a "recovering vegan," agrees, stressing that genetically modified food and pesticides "are such endocrine disruptors" that "lead to cancer and other metabolic conditions. And we look at how many children are diagnosed now with Type 2 diabetes and asthma and allergies and all these inflammatory conditions which are totally preventable and reversible. So it's about educating patients on quality food."

Supplements. These can be vitamins, so-called nutraceuticals, or herbs, many of which are rarely prescribed by MDs. The goal here could be to address an ailment, or to ensure that the patient is receiving the proper level of nutrition, with too many people overfed and under nourished. Dr. Futterman notes that often people are dissatisfied with supplements because they are "using brands that are cutting corners and they have a bunch of fillers and things that shouldn't be in there." So, part of what she and other NDs do is counsel people on good supplement sources that deliver what is promised.

Supplements can also include homeopathic medicines, which come as either small pellets you dissolve under your tongue, or as a tincture, which is a liquid infused with homeopathic medicine you put under your tongue with an eyedropper. Homeopathy, developed in the 1800s by a German physician, aims to cure an acute or chronic condition by stimulating healing responses in the body using substances that mimic the illness, and help the immune system get back in balance.

Diagnostic Tests. Many of the tests NDs will recommend are ones that MDs are often unaware of, or rarely order. These often include functional tests, stool tests and saliva tests that take a "deeper dive into hormones and our metabolic health and our microbiome," says Dr. Futterman. "There are ones even to look at your vaginal microbiome, your skin microbiome," plus heavy metals or mycotoxin exposure, glyphosate levels, and how much plastic and parabens are in your system and affecting your health.

Treatments. Naturopaths commonly employ treatments that MDs do not often recommend. Some of these include:

- Acupuncture, which is the insertion of special needles into targeted body points. This treatment discipline can help with stress, pain, sleep, hormonal regulation, constipation and numerous other conditions.
- Cupping, which consists of shot glass-sized cups that are attached to specific areas on the body via suction to help pull in fresh blood, and thus healing, to the area, which helps the immune system kick in. Cupping is especially useful in treating painful injuries.
- Craniosacral therapy, which is a gentle massage technique designed to release tension in the body's connective tissue, such as fascia. It is often used to treat pain and the side

effects of cancer treatments.

Dr. Harrison notes that while MDs typically do not recommend such treatments, they do not discourage them either, the common MD response being that if no harm is anticipated from the treatment, it'd be OK to go ahead.

OTHER ALTERNATIVE MEDICAL DISCIPLINES

Some people associate naturopathic medicine with Traditional Chinese Medicine (TCM) or Ayurvedic medicine. While some NDs and MDs are cross trained in these disciplines, it is more common for a healthcare professional to be specifically trained, and specialized, in these sister disciplines.

INSURANCE

Some NDs in Connecticut do not take insurance, in part because many insurers do not cover naturopaths or their treatments. Or, if insurance does cover the visit, the ND gets "\$1.23 for my 45 minute consult," laments Dr. Kim. Thus, NDs are often private pay. Costs vary, but an initial intake visit can run \$400-\$600, and a 45 minute follow-up \$100-\$300. Some NDs have a sliding scale, depending on patients' circumstances. However, even if the ND is working pro bono, there's the cost of the supplements to consider, and such are uncommonly covered by insurance.

DOCERE

At its root, the word 'doctor' comes from the Latin 'Docere' – to teach. Notes Dr. Kim, "doctors are not pill dispensers and we are not surgeons. We are teachers. And we have strayed so far from that that we now live in a society where people are not being taught about their health. People are expected instead to hand over their health into the hands of a doctor and say, 'Help me. Fix me.' None of that is teaching. I spend the majority of my time teaching my patients what health is, why they are the way they are." Dr. Harrison is on the same page, saying we've gotten away from the teaching aspect of medicine, continuing to note that "doctors either don't have the time to do that [teach, discuss] anymore or aren't equipped, and there's too much focus on that sick care model, that acute care model."

In the end, naturopathic medicine mostly seems like old fashioned medicine: Eat well. Exercise. Get outside. Spend time with family and friends, especially over a meal. Manage stress. Dr. Futterman says "it's really going back to basics -- not reinventing the wheel," with Dr. Harrison stressing "that there's not a one size fits all for people." But above all, do this: Treat the whole patient – and get to know the patient, so you can treat him/her comprehensively. And listen. Really listen.

"Let thy food be thy medicine and medicine be thy food"
~Hippocrates

MORE INFORMATION:

www.naturopathic.org American Association of Naturopathic Physicians

www.cnpaonline.org Connecticut Naturopathic Physicians Association

www.aanmc.org Association of Accredited Naturopathic Medical Colleges

www.anma.org American Naturopathic Medical Association

www.lifestylemedicine.org American College of Lifestyle Medicine

John J Kriz is a 30+ year New Canaan resident. The opinions expressed are his own.

"Let thy food be thy medicine and medicine be thy food" ~Hippocrates

their health more seriously post-COVID, and are especially interested in strengthening their immune systems. Also, "the medical model has shifted so much so that patients do not feel heard or listened to because the medical model now does not allow to even talk about more than one particular topic. They have to keep scheduling appointments and it's very hard to get in to see conventional doctors and then they only get a very limited time with them."

WHY ADD A NATUROPATH?

Should a patient add an ND to her/his medical team? Dr. Kim says that MDs are terrific at treating acute ailments, most of it driven by pharmaceuticals. But the underlying idea is that you have an ailment, you get it treated, and come off the meds. But chronic disease?

Take cardiac health. A patient has high cholesterol or high blood pressure, but no cardiovascular disease or cardiac incidents. Such patients are usually put on beta blockers and/or statins, but never come off them. Dr. Kim cautions that, "there are side effects to these things," and patients can end up with a 'polypharmacy' to address such side effects. She stresses that patients have other options. "Try diet changes, lifestyle modification, nutraceuticals and supplements. I can have them on and off of supplements within six months when the diet, lifestyle changes having taken hold. I can release them in a much, much healthier way with no cardiovascular disease on the horizon for them."

Dr. Harrison concurs, noting that "typically there's not an encouragement to get people off medications. The other thing that contributes to that is the way a lot of primary care doctors are reimbursed because it's not value-based care. The way a lot of algorithms with insurances work is based on the number of medications people take, which determines their complexity, which then determines billing." Under a value-based care model, physicians would be reimbursed for better health markers in patients – keeping them healthy in the first place. But, as Dr. Harrison concludes, "right now, things aren't set up that way in the traditional western medicine perspective."

Dr. Futterman notes that naturopathic physicians receive "extensive training in nutrition, herbs," and are "also trained in more of the healing modalities. So it's always nice to have

receive referrals from PCPs and specialists.

Dr. Kim also notes that, "We're whole care rather than specialized care. We're root care rather than symptom care. We give personalized treatment plans." In addition, "test results are generally reviewed line by line with a patient, ensuring that the patient really understands what the tests are and what they mean for their health."

Dr. Cimoch agrees, noting that "being able to sit with a holistic practitioner who actually is going to go through comprehensively, head to toe, obviously any concerns, but also look at all the basic things like how's your digestion, how your sleep, how's your mood? It's a much, much more comprehensive view on health."

Dr. Futterman says she has "had a lot of MDs refer to me, and so we have a good relationship that way because they understand they have the limitations that they do, and they know that the patients that we have in common do get better. So it's nice to have a team-building sort of situation like that because at the end of the day it's about getting the patient better." Dr. Harrison notes that co-ordination "reflects differences among individuals and individual practitioner perspectives to different approaches."

INITIAL INTAKE AND FOLLOW UP

What's a first-time meeting with an ND like? After completing a comprehensive medical history questionnaire, and submitting recent test results, you sit with the naturopath and discuss your health history, status, goals and test results for 60 - 90 minutes. Yes, you read that right – an hour or more, one-on-one with an ND. Are patients surprised? "Shocked" is a more accurate term, according to Dr. Kim, who goes on to note that a patient with serious health issues who has been through the round with other physicians and "sits with me and is able to tell their full story, but not only that they're hearing back that they're understood and that the doctor, in fact, thinks they may know why this is happening, it's usually tears."

Follow-up visits last 30-45 minutes. During these visits, the ND will not only ask about any particular ailments being treated, but inevitably return to 'square one': How are you feeling? How's the family? How's work? Any trips or big events planned? How's your sleep,

so when patients walk in there's "a sense of calm and peace."

WHAT YOU'LL OFTEN HEAR FROM AN ND

Nutrition. That's #1. Many MDs "don't even get one nutrition class, and yet most of our chronic disease conditions can do a 180 with nutrition alone," stresses Dr. Kim. Doctors Futterman and Cimoch agree. Dr. Cimoch notes that digestive dysregulation, which can affect so many bodily functions, not to mention quality of life, might have any number of root causes. Is there a gluten sensitivity that's damaging the gastrointestinal (GI) tract, and impairing nutritional uptake? What about heavy metal toxicity?

It is only recently that medical schools have been required to provide more nutritional education, and Dr. Harrison notes that she received "very little nutrition education in my medical school" and had to learn on her own and through certification in Lifestyle Medicine.







Dr. Futterman notes that GI issues are major topics during every patient meeting. She stresses that GI issues relate closely to a patient's microbiome – that complex colony of bacteria in our GI tract (and elsewhere) that not only helps digest food, but drives much of our immune system, and is closely connected to cognition. Anxiety and depression – even skin ailments – can often be traced to GI problems. This demonstrates why nutrition is "foundational," according to Dr. Futterman.







Naturopathic doctors begin with flipping the food pyramid on its head: Carbs, such as grains, at the bottom, and healthy fats and animal proteins at the top, along with a rainbow of vegetables and some whole fruit. The low fat craze that started a few decades back has turned out to be bad health policy, they say. "We thought fat was the culprit for heart disease, obesity and diabetes," says Dr. Kim. It isn't. And when fat is stripped out of foods, the flavor comes with it. Solution? Add sugar. "Sugar's a culprit for everything from heart disease to obesity, diabetes, dementia, cancer. These are all what we call diseases of our metabolic system. And it's where the majority of what chronic disease is," notes Dr. Kim.

Dr. Futterman echoes this, calling the amount of processed food and extra sugar that is consumed in America "outrageous." She goes on to note that "sugar paralyzes the

Safari Animals

1. Rhinoceros 2. Hippopotamus
3. Elephant 4. Tiger 5. Lion 6. Monkey
7. Crocodile 8. Giraffe 9. Turtle 10. Zebra

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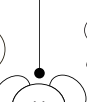




Euoplocephalus

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6 meters long
Herbivore


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HOW MANY?



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