

POLICE & FIRE

Detectives Halt Costly Fraud Scheme

In November 2024, a Greenwich resident lost approximately \$450,000 in a computer scam that escalated into a scheme involving cash-for-gold exchanges. During a planned meeting, a suspect was intercepted while attempting to collect cash, later found through a phone search to be fully involved in the fraud. Arrested by the NYPD in January 2025, the suspect was extradited to Greenwich and charged with multiple fraud-related offenses.

Man Rescued From Cos Cob Harbor

On February 22, at 2:31 pm, Greenwich Police responded to a call about an elderly man in the waters of Cos Cob Harbor near the navigation channel. Officers and Riverside Yacht Club staff helped pull the man from the 35-degree water and provided medical assistance. Details about his condition and how he ended up in the water have not been released.

Greenwich Police Issue Over \$11,000 Fines

The Greenwich Police Department and Connecticut DMV inspectors conducted a commercial motor vehicle enforcement operation on February 19. The operation resulted in several violations, including one for no insurance, one for an unendorsed driver operating a commercial vehicle, and one vehicle placed out of service. A total of \$11,182 in fines were issued.

FROM TOWN HALL

Gavin Grant Visits Town Hall



Eight-year-old Gavin Grant served as “First Selectman for a Day” at Greenwich Town Hall, an opportunity won through a charity auction benefiting Parkway School. During his visit, he learned about Greenwich history, past First Selectmen, and the responsibilities of local government. The program aims to support fundraisers while educating students about civic engagement. Photo Credit: Jenet Grant

Greenwich Honors Father McIntosh's Legacy

Greenwich First Selectman Fred Camillo has proclaimed February 23, 2025, as Father Carl D. McIntosh Day in recognition of his service as pastor of St. Roch Church and his roles as chaplain for the Glenville Fire Department and the Indian Harbor Yacht Club. Father McIntosh is retiring after years of serving the Greenwich community through religious leadership and support for first responders and mariners. The proclamation acknowledges his contributions and lasting impact on the town.

Continued on Page 6

Green Thoughts

BY ANNE W. SEMMES

“There is a pleasure in the pathless woods, / There is a rapture on the lonely shore, / There is a society where none intrudes, / By the deep Sea, and music in its roar; / I love not Man the less, but Nature more.”

George Gordon Byron – Lord Byron, from his 1812 poem “Childe Harold’s Pilgrimage.”

Fazio and Courpas Lead Legislative Forum, Address Key Issues in Hartford

By Staff Reporters

In a legislative forum at Greenwich Town Hall, State Senator Ryan Fazio and State Representative Tina Courpas addressed a room of engaged constituents, outlining their legislative priorities and offering a critique of proposals in Hartford. The discussion ranged from state budget challenges to energy costs and zoning regulations.

Notably absent from the bipartisan exchange were state representatives Hector Arzeno and Stephen Meskers, both of whom declined invitations to participate, reportedly responding that it was too early in the legislative process for a town hall meeting. Their absence was not lost on the crowd.

“Where’s the rest of the delegation?” one resident asked.

“They were invited,” Courpas responded, confirming that both had declined.

Fiscal Guardrails and Budget Priorities

The state budget emerged as the dominant topic, with Courpas explaining the ramifications of Governor Ned Lamont’s recent proposal, which raises the volatility cap by \$300 million—shifting funds from reserves into the operating budget. The change, she argued, represents a significant departure from the fiscal guardrails put in place under the 2017 bipartisan budget reforms.

“That volatility cap created our rainy-day fund,” Courpas said. “Now that the fund has grown, people are looking at it and saying, ‘Why not use it now?’ But that’s precisely the thinking that got us into budget trouble in the first place.”

The additional \$300 million,



Courpas noted, has been earmarked for a Universal Preschool Endowment, an initiative aimed at expanding affordable childcare and early education. However, she raised concerns about the sustainability of the program, pointing out that it is being labeled an “endowment” despite drawing down 10% annually—far above what most endowments can sustain through investment returns.

“If you’re drawing down at that rate, you’re going to have a funding hole in just a few years,” she said. “And then what? We raise taxes?”

Fazio, who serves as the ranking Republican on the Finance, Revenue, and Bonding Committee, criticized the Democratic majority’s approach to budget management, arguing that increasing long-term obligations without offsetting spending reductions will lead to tax increases.

“We have to be honest about the direction we’re headed,” Fazio said. “If we start eroding

the guardrails that have kept the budget stable, we’re going to be right back in the cycle of deficits and tax hikes.”

Housing and Zoning: The Battle Over Local Control

The issue that drew the most discussion—and the sharpest responses—was affordable housing and zoning mandates.

Fazio and Courpas reiterated their opposition to Senate Bill 6831, the transit-oriented development proposal known as “Work Live Ride.” The bill, which is supported by Democratic legislative leaders, would incentivize towns to adopt zoning that allows higher-density housing near transit hubs. Towns that refuse would be deprioritized for certain state funding.

“This is coercion,” Fazio said bluntly. “It’s a top-down approach that ignores what communities are already doing to address housing needs.”

A resident pressed Fazio on Greenwich’s progress in adding affordable housing, citing data that the town has remained at

roughly 5.2% compliance with the 8-30g affordable housing law for decades.

“That number doesn’t tell the whole story,” Fazio said. “In just the past five years, Greenwich has increased its affordable housing stock by about 8–10%. But the way the state calculates 8-30g units is extremely narrow. It doesn’t count naturally occurring affordable housing, which is where most of the opportunity exists.”

Both lawmakers support reforms that would allow workforce housing and accessory dwelling units (ADUs) to count toward 8-30g compliance, a change that could significantly alter how affordable housing progress is measured statewide.

“We’re not against affordable housing,” Courpas said. “We’re against Hartford dictating how we build it.”

Energy Costs and the Fight Over Public Benefits Charges

With Connecticut ranking

Continued on Page 8

Dr. Katie Takayasu's Highly Anticipated Workshop 3/29

Dr. Katie Takayasu is bringing her transformative approach to wellness to the Greenwich Women’s Forum with her highly anticipated workshop, “**Refinding Your Balance: How to Use Food as Medicine.**”

Known for her dynamic and inspiring presence, Dr. Katie will guide attendees in unlocking the power of nutrition to fuel their bodies, elevate their energy, and restore harmony in mind, body, and spirit.

An integrative medicine physician and the author of *Plants First: A Physician’s Guide to Wellness Through a Plant-Forward Diet*, Dr. Katie seamlessly blends traditional Western medicine with cutting-edge holistic health practices, including acupuncture, meditation, and botanical healing. Her workshop will help participants gain practical tools to reduce inflammation, improve digestion, and boost mental clarity. Attendees will leave with actionable strategies to make small, sustainable changes that lead to long-term vitality.

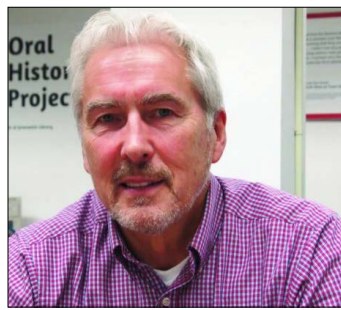
This year’s Women’s Forum at Christ Church Greenwich promises to be a celebration of growth, wellness, and connection, offering a full day of inspiration. Whether looking to reset their health, find greater balance, or simply feel more energized, participants will discover fresh perspectives and motivation.

Tickets are \$110, including lunch, and are available now at [ChristChurchGreenwich.org](https://www.ChristChurchGreenwich.org) or by email at womensforum@christchurchgreenwich.org.

Saturday, March 29, 2025 from 8:30 am - 3:30 pm. Opening Prayer and Remarks: **Rt. Rev. Laura Ahrens, Bishop Suffragan CT Episcopal Church; Keynote Speaker: Lt. Governor, Susan Bysiewicz**

ORAL HISTORY PROJECT A Polish American's Immigrant Experience

By Mary A. Jacobson



“I felt like I was born American. It was just in a ‘wrong’ place.”

“I came here to become American. I felt like I was born American; it was just in a ‘wrong’ place.”

Andrzej Mazurek was born in Oswego, Poland, in 1957. He charted the long road from this small town in Poland to Greenwich in his interview with Oral History Project volunteer Connie Gibb in 2017.

In Oswego, Andrzej’s family had a few acres of land. “So we were basically farming there in addition to what my parents were able to work in the state-run enterprises... As a child, I didn’t really care much that the Communists were running the country... but the longer we lived there, I saw how difficult it was for common people to live under that system.” Life in a small town of 3,000 residents did provide some sense of security. “You knew everybody and people were friendly in that common misery; they were helping each other because it was difficult for many people to make ends meet.” Because Andrzej had relatives living in the States, “we were a few

Continued on Page 9

COLUMN



By Patricia Chadwick

For more than a few decades, increases in college tuition have significantly outpaced the rate of inflation in this country. Today, approximately 70% of undergraduate students are entering the job market with some level of debt in the form of a student loan, often as much as \$40,000. A loan of “just” \$20,000 is considered to be a manageable amount of debt to carry with them into their new life as a working person. Whether it be the parents—remortgaging their homes to pay some or all of the cost of tuition/room/board as they are nearing the end of their earning years—or their children, who assume the financial burden, the result is a drag on the economy. Purchasing power is diminished by the amount of the monthly loan payment; discretionary spending—the opportunity to travel or just go on a little splurge—is curtailed; accumulating savings towards a down payment on a home will take longer because of the burden of debt.

It should come as no surprise that the lure for an education that leads to a real professional position without a boatload of debt has become increasingly appealing to high school students. There was a time when “the trades” were deemed a less desirable career than employment in “the service sector.” But over time, as fewer people entered the blue collar workforce, the

College? Or Trade School?

Over the last thirty years, I’ve built great friendships with many of the skilled professionals who have baled me out—turning fallen trees into firewood, replacing a damaged generator, repaving the driveway and of course dealing with the leaking ceiling, or the broken pipes in the basement. I love it when they trust me with their cell phone number—that’s when I know they’re on my side.

supply/demand characteristics changed the economics of this market. There is almost nothing more valuable than a plumber or an electrician who can say, “Yes, I can be there today.” Even if it is a “tomorrow” appointment, that’s good news. The prices can be steep, but knowledge is valuable and I always appreciate that they can do something I cannot. Over the last thirty years, I’ve built great friendships with many of the skilled workers who have baled me out—turning fallen trees into firewood, replacing a damaged generator, repaving the driveway and of course dealing with the leaking ceiling, or the broken pipes in the basement. I love it when they trust me with their cell phone number—that’s

when I know they’re on my side.

I was pondering how to write an upbeat story about the value of a career in the trades, when I suddenly thought of a school in Westerly, Rhode Island—Westerly Education Center. That school came into being by what one might call divine intervention. A couple, Rhode Island Senator Samuel Azzinaro and his wife, Carol, were celebrating their 50th wedding anniversary with a dinner at The Ocean House where they were greeted by Chuck Royce, the entrepreneur who built the hotel. It was at that chance meeting in 2014 that the beginning of a resoundingly successful public/private

Continued on Page 9

COLUMN

Nature “Right-Sizes” Us

By Jill S. Woolworth, LMFT

Indoor spaces can make us forget our true size. We can swell to larger-than-life with a recent accomplishment or shrink to insignificance with a disappointment. When we are indoors, our appearance and our performance are often evaluated, either by ourselves or by others. It is easy to feel too big or too small.

Walking in the woods, in the mountains, on a beach, or even around the block restores us to our true size. Nature does not evaluate us. There is no need to look a certain way or to do more than put one foot in front of the



Illustrated by Wajih Chaudhry

other. Being in nature causes blood to flow away from the parts of our brain that brood over things we cannot change. Solitude, silence, and slowing our pace can restore a

sense of well-being.

Brad shuts down his laptop when it needs to reboot. For the same reason, he takes 10 minutes to walk outside every day at lunchtime. Even in the cityscape where he works, fresh air and the occasional tree remind him that there is life beyond his deadlines, his financial concerns, and the challenges of raising children. Nature reboots his brain.

Excerpted from Jill Woolworth’s book, The Waterwheel, available at Diane’s Books, Dogwood Bookstore, Amazon, and barnesandnoble.com.



More than 250 children and adults came together to create care packages for those less fortunate in the community for Mitzvah Day—a beloved tradition at Temple Shalom which draws volunteers of all ages eager to give back to the community. “The phrase *tikkun olam* (repairing the world) refers to our human responsibility to pursue social justice and improve society,” said Rabbi Mitchell M. Hurvitz. “Our Mitzvah Day is an opportunity to support those less fortunate.” Photos by: Bob Capazzo



Nationally eminent surgeons caring for you, their neighbors

Oren M. Tepper, MD

Director, Aesthetic Surgery; Director, Craniofacial Surgery, Montefiore Einstein and Associate Professor, Plastic & Reconstructive Surgery, Albert Einstein College of Medicine

From cosmetic procedures to craniofacial reconstruction to pediatric craniofacial and plastic surgery, Oren M. Tepper, MD, provides care that balances traditional aesthetic concepts with modern technology and minimally invasive techniques. A pioneer in stem cell therapy and 3D surgical innovation, his advances have revolutionized patient care and earned international recognition.

After graduating among the top of his class at New York University School of Medicine,

Dr. Tepper trained at the renowned Institute of Reconstructive Plastic Surgery, NYU Langone Medical Center, completing his plastic surgery residency as well as fellowships in craniofacial reconstruction and pediatric plastic surgery.

Dr. Tepper lives in Greenwich, provides specialized care from Manhattan to Connecticut and consults worldwide. He is acclaimed for his role in the separation of conjoined twins Jadon and Anias McDonald, performing similar surgeries twice more in Brazil.



Oh Deer! The Threat of White-Tailed Deer on Our Future Forests

Greenwich gardeners have long felt besieged by deer. It seems these days that no plant is truly deer resistant. The devastation, however, isn't limited to gardens. More and more scientific research is highlighting a crisis in our forests resulting from surging deer populations. The extensive overfeeding by deer, particularly white-tailed deer (*Odocoileus virginianus*), reduces the forest's carbon storage capacity, destroys the understory, and hinders seedling growth. Overbrowsing is causing a "regeneration debt" that will impact forest ecology for centuries. Quite simply, deer overpopulation endangers the future of our forests.

In recognition of this dynamic, The Greenwich Conservation Commission is hosting a three-part series titled, “Oh Deer! Managing Greenwich’s White-Tailed Deer Population,” in partnership with Greenwich Tree Conservancy, Greenwich Land Trust and Greenwich Audubon Center. The first session of the series will be held Wednesday, March 12, 2025, 7-8 pm in the Greenwich Town Hall Meeting Room at 101 Field Point Road and will feature Dr. Jeffrey Ward, Chief Scientist Emeritus of the Department of Environmental Science and Forestry at the Connecticut Agricultural Experiment Station and Will Kies, Executive Director at the Greenwich Land Trust, discussing the environmental impacts of deer on our community.

In pre-colonial North America, forests supported a density of four white-tailed deer per square kilometer. Deer populations were kept in check through a combination of predation by grey wolves (*Canis lupus*) and mountain lions (*Puma concolor*), subsistence hunting by Native Americans, and resource availability. By the late 1800s, the white-tailed deer was nearly driven to extinction due to overhunting and deforestation. However, changes in hunting regulations and the creation of state wildlife agencies to support the species' recovery in the early 1900s led to a rapid rebound in deer populations. More recently, this recovery was further supported by changes in hunting regulations, the loss of top predators and habitat restoration through the regrowth of eastern forests. Currently the deer population density in Connecticut is estimated to be around

are in imminent danger of collapse," says Cornell University ecologist Bernd Blossey. "And there is little hope that business as usual or incremental

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effects of high white-tailed deer populations.

“The forests of the Mid-Atlantic and Northeast

changes will suffice to address the serious issues we face.” A Cornell University Department of Natural Resources’ deer population management study led by Blosser and others established that sterilization of deer and recreational hunting did not decrease the deer population as expected and determined that more aggressive initiatives were required. The unchecked growth of deer populations poses a substantial threat to the biodiversity and resilience of these forests. Important tree species like the white oak, favored by deer, struggle to mature as their seedlings are consumed before they can develop. 70 years

ago, Aldo Leopold, the father of wildlife ecology, predicted that because deer disproportionately over-browse nutritive plants, species of plants with little or no nutritive value would gain a competitive advantage. As a result of such intense browsing pressure, future forests will be less diverse, and the northward migration of many tree species in response to climate change will be hindered, ultimately causing significant economic repercussions for timber industries.

The dramatic reduction in plant life compromises habitat and negatively impacts other animal populations reliant on the forest ecosystem, specifically those reliant on midstory vegetation. One Pennsylvania study concluded that areas overpopulated with deer saw a 37% reduction in bird species and a 27% decline in the diversity of species. Deer density of at least 20 animals per square mile led to the outright extirpation of five species of birds.

Peter Smallidge the director of Cornell University's 4,200-acres Arnot Teaching and Research Forest outside of Ithaca, New York notices that important tree species such as the white oak were preferred by deer and thus these seedlings never had a chance to mature. Smallidge and his forest manager Bret Chedzov had an idea to use slash, the leftover commercially unviable trunks and treetops from logging, to create a barrier around 500 acres of forest, blocking out the deer. After six years, this section of the Arnot Forest has become the most diverse forest and healthiest ecosystem Smallidge has ever overseen. The results prove that without deer pressure, the forest can recover. Cornell ecologist Blossey believes, however, that fencing partial forests with slash isn't enough. Instead, Blossey advocates for an integrated approach to the deer overpopulation, including systematic culling spearheaded by federal authorities responsible for wildlife, human health, transportation, and agriculture. "It was us who messed up this system," Blossey says. "It's our job to fix it."

*Eunice J Burnett is an Advisory Board Member,
Greenwich Tree Conservancy*

To find out more about the Greenwich Tree Conservancy, visit us at: www.greenwichtreeconservancy.org.



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Greenwich Country Day School edges neighborhood basketball rival Brunswick School in overtime thriller, 69-65

DAVID FIERRO

The FAA Basketball Tournament began Feb. 24 with Brunswick moving into the semi-final round, but when Greenwich Country Day School hosted neighborhood opponent Brunswick School on Feb. 19, it indeed had the feel and look of a playoff game – a championship matchup for that matter.

The stands were completely full at Greenwich Country Day School's new Donovan Mitchell Family Athletic Center, with the numerous spectators cheering throughout this Fairchester Athletic Association duel between the rival Bruins and Tigers.

As is the case when Greenwich Country Day and Brunswick meet on the basketball court, the game came right down to the final seconds and in this particular contest, overtime was needed to settle the score.

Behind most of the game, Greenwich Country Day took the lead in overtime and held Brunswick to two points in the extra quarter to earn a 69-65 win in an FAA thriller. Junior guard Noah Williams scored 20 points and junior forward Rowan Introzzi added 19 points to propel the Tigers to victory.

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Greenwich Country Day School, Brunswick and King School each finished with a 7-1 record in the FAA. King, which defeated both Brunswick and GCDS, is seeded No. 1 in the FAA Tournament. The Tigers are seeded second and Brunswick is the No. 3 seed.

In the showdown between GCDS and



06878 Photography by Antonio Monteiro: Greenwich Country Day School forward Rowan Introzzi goes up for a shot in the lane against Brunswick School in FAA varsity basketball action. Defending for Brunswick on the play are Mason Jarvis (No. 5) and Brandon Jean (No. 3). The Tigers defeated the Bruins in overtime, 69-65.

Brunswick on Feb. 19, the Bruins held a 31-26 halftime lead and held an advantage between four and six points the majority of the second half. The Tigers forced overtime, courtesy of Introzzi, who drove hard to the basket and threw down a dunk with just over four seconds remaining in the second half, tying the score at 63-63.

Brunswick, which has an overall record of 12-10 overall after starting the season slowly, received a game-high 28 points from junior guard Rhaki Lum and 13 points from senior Mason Jarvis. The hosts outscored the Bruins, 6-2, in the four-minute overtime session.

“The fact that it took us to overtime to finally get the lead, that says a lot about the resolve of our team,” Greenwich Country Day coach Patrick Scanlon said. “We had not had a win of that caliber where I thought we were down and not playing well. I said to them, ‘that wasn’t a basketball win, that was a character win.”

A foul shot by guard Jaylen Johnson gave Brunswick a 65-64 lead with 2:12 left in overtime. Sophomore guard Nick Triolo converted a pair of

free throws, putting GCDS ahead for good at 66-65 with 1:08 to go in overtime.

“We had enough character and made enough plays,” said Scanlon, whose Tigers defeated the Bruins in the 2025 FAA Tournament’s championship game. “Credit to Brunswick, they’re so tough. That was a game that could have gone either way.”

A basket by Introzzi made it 3-2 in favor of GCDS, which was the only lead in had in regulation play, as Brunswick played from in front thereafter. Jarvis’ layup off a steal at the 12:32 mark of the first half gave the Bruins an 8-3 edge.

The 6-foot-5 Introzzi grabbed an offensive rebound and scored and also swished a 3-pointer from the top of the key, pulling the host Tigers to within 11-10 with 10:47 to go in the opening half. Later in the quarter, a dunk by Lum extended Brunswick’s lead to 18-12. Another basket by Lum, followed by a layup from sophomore 6-5 forward Gabe Dunleavy put ‘Wick on top, 28-19.

“You don’t play in a lot of these environments over the course of the year and with the type of

adversity we faced – I’m so proud of these guys, they fought and fought,” Brunswick first-season coach Nate Jean-Baptiste said.

Another layup by Lum, which followed a 3-pointer gave the Bruins a 39-39 advantage with 13:17 to play in the second half. The Tigers cut their deficit to 50-48 when junior guard Charles Branch spun to his left on his way to converting a layup at the 7:40 mark of the second stanza.

Triolo scored 13 points, 11 of which came in the second half, 6-7 sophomore forward Mekai Brown had seven points Branch added six in the winning effort.

“We’re really talented offensively, so I knew if we could just get enough stops defensively, which was tough,” Scanlon noted. “Credit to them, they were making so many good 1-on-1 plays and scoring, we just couldn’t get enough stops. We were changing defenses, we were trying this and that.”

With 5:05 left to play in the second half, the 6-2 Lum, Brunswick’s leading scorer, was assessed with two technical fouls and was ejected from the game. Sophomore guard Caden Tate’s basket gave the Bruins a 63-56 lead at the 3:12 mark of the second half.

Key baskets from Branch and Introzzi down the stretch forced overtime, much to the delight of the GCDS fans.

“We’re so lucky – the support for our team has been incredible,” Scanlon said. “Our crowd really comes out. The crowd was amazing and they hung with us, just like our team.”

Johnson contributed six points, while Brandon Jean totaled five points and 6-5 junior forward Connor Robinson had four points for Brunswick, which also saw several of its players foul out.

“We stayed the course, we could have fallen apart,” Jean-Baptiste noted. “We have 12 new players on this team, this is a whole new team. They play hard for each other and believe in each other.”

“It’s all learning lessons, they always say you learn more in losses than wins,” Jean-Baptiste said. “I hope this burns – we have a lot more basketball left. We are in a decent spot in the FAA Tournament and we just have to take a step back, gather ourselves, physically, mentally, emotionally and be ready to take the next step forward.”

[Third-seeded Brunswick bested sixth-seeded Hamden Hall Country Day School in the FAA Tournament quarterfinals Feb. 24 70 to 60 and went on to beat Masters on Feb. 26 bu just 2 points. GCDS, seeded second, lost to seventh-seeded Masters School in the FAA quarterfinals on Feb. 24.]





Women's Conference

2025
ON BALANCE & PERSPECTIVE



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Keynote Speaker: Lt. Governor Susan Bysiewicz

Rev. Dr. Julie Faith Parker, M.Div., S.T.M., Ph.D.

1. "Ruth and Naomi: Strength, Resilience, Balance and Perspective in Times of Struggle"
2. "Women, Wisdom, and the Book of Proverbs - Biblical Guidance for Balance and Perspective"

Amy Julia Becker

2. "Reimagining the Good Life"
3. "Reimagining Family Life"

Jody Noland

"Leave Nothing Unsaid"

Lexy Tomaino, Kaia Yoga

Vinyasa Flow Yoga

Diana Yun, LMFTA, Greenwich Center for Hope & Renewal

"The Intersection Between Therapy and Theology"

Nancy Sadock, LMFT, Greenwich Center for Hope & Renewal

"Empty Nest: Navigating Through and Thriving Beyond"

Dr. Katie Takayasu

"Re-finding Your Balance: How to Use Food as Medicine"

Rev. Shannon A White

"The Invisible Conversations Between Adult Children and Aging Parents"



Questions?

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Director of Children's Ministry:
smcniff@christchurchgreenwich.org



Beena Kamlani Coming to the Bruce

By ANNE W. SEMMES

Beena Kamlani is a distinguished former senior editor at Penguin Random House having worked with numerous literary luminaries. A former Greenwich resident, she now resides in New York City. On Saturday morning, March 1, from 9-10:30 a.m., Kamlani will address her just published first novel, “The English Problem,” at the Bruce Museum’s free “Meet for Coffee at the Bruce.” The book has been named a Top Ten book by Bloomberg for 2025. The discussion will include Kamlani addressing her lifelong journey through literature and publishing.

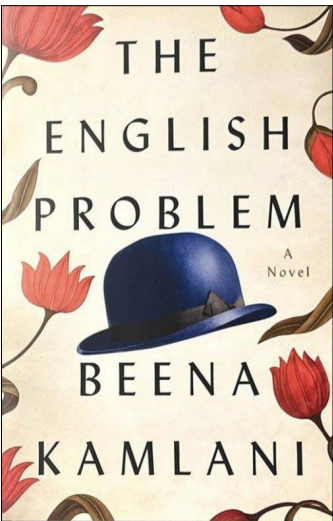
Kamlani’s novel is a work of historical fiction inspired by the life of her uncle, who was chosen by Mahatma Gandhi as a young Indian in the early 1930s to train as a barrister in London with the goal of using his legal skills to further India’s struggle for independence from British rule. The story line includes how in that training his path crosses “many literary and artistic luminaries of the modernist era, such as Virginia and Leonard Woolf and the Bloomsbury group, E. M. Forster - and Picasso.”

To learn more about Kamlani’s novel, what had inspired it, and what has been the literary path of her own life, the Sentinel asked her a few questions.

Q: Besides being a fulltime editor, and you’ve also taught book editing for years at New York University, when did the writing of “The English Problem” begin?

A: I had been thinking about it for a long time but began it in 2015 while I was still working at Penguin Random House and then devoted myself to it full-time after I left in 2019. ...I think every story sits like an ember within you, and it’s waiting for its birth on the page. For me, it was a haunting. I was haunted by my father’s much older brother who had gone to London from colonial India... He was a brilliant man who succeeded in his mission. But after his return from India, he simply faded away

“I worked with so many writers, too many to name individually here. But all of them taught me something important that would sharpen my own writing...” Beena Kamlani.



into the dusk...I felt compelled to tell his story... The spark for me began when I saw a 1931 news clip of Gandhi’s arrival in London. I saw him getting off the ship... the tensions, the enormity of the problem, as Gandhi embarks on his journey to negotiate Indian independence with the British government. The sheer weight of it...that was so moving.”

Q: How were you led in your educational years to become an editor? What were formative influences?

A: My educational background is in English and American literature, and modern European realist literature...That focus was the pivot. All the writers I began caring about deeply were extraordinary editors. They agonized over word choices, emotions. They went deep to find the latent tensions in scenes that hadn’t been fully explored. They knew what was missing, and they went deeper. They rewrote until the words expressed what they wanted to say. Flaubert, Virginia Woolf, E.M. Forster, Katherine Mansfield, Willa Cather, Eudora Welty, James Baldwin, Saul Bellow. All these writers I admired so much were also first-class

editors. That obsession with the exact shade of a word, sentence, paragraph so you finally get it to read as you want it, that quest for it became my driving force.

Q: In your years serving as senior editor at Penguin Random House, how many authors did you work with, and which ones were standouts - and most formative in your own writing?

A: I worked with so many writers, too many to name individually here. But all of them taught me something important that would sharpen my own writing, from the vitality of words to the intricacies of plot, to really going deep into a character to see what’s making them tick. From Robert Fagles’s translations of the Odyssey, the Iliad, and Virgil’s Aeneid, I learned about nuance, how each word, like a skein of shot silk, changes meaning with emphasis and with the company it’s in. From Saul Bellow, I learned about sound, the ring of words... He would hear the language as he was writing. He would read aloud to himself because then he could hear it, and that’s how he edited - something I learned to do as well.

Q: What triggered your podcast: “A Writer’s Life Readings,” where you read various author selections. Is it still active and accessible?

A: It is not active. When I turned to this novel completely, I didn’t want to be distracted in any way.... It will definitely become active again, because all these writers have so much to tell us about where we are and how we are thinking about life and everything around us. But what inspired it was the Covid period when I was here in New York watching U-Haul trucks leave the city, and I felt very alone.

And I turned to all my friends on my bookshelves and wondered whether they had something to say about this awful time where so many people were dying and weren’t prepared for death.

And why did this virus make us, the living, feel so cold and alone. I went to all the writers I loved because I could make connections between the way I was feeling and extrapolate from that to what others were probably feeling. And here were these writers who were going through similar things, maybe different circumstances, but very similar things. What is isolation? What is loneliness?

And then when I saw the first rooftop gardeners in Manhattan appear with their pails and their potting soils, and their seeds and continue doing what they’d always done every year in May, I wondered about gardening and the healing magic of soil. And so, I went to Penelope Lively and her account of gardening and why it brought her so much joy. Each thing happening around me had a correspondence in the work of a writer I loved, and I wanted to share that with the world.

But I do want to go back to it, because so many people have asked about it. Back then, I didn’t know how to do a podcast, so what I did was record it, then sent the recording to about 250 to 300 people every ten days or two weeks, and they listened to it and wrote back and told me what they had got out of it. But now, of course, it can be a standalone podcast. It’s on my website www.beenakamlani.com

To register for March 1 “Meet for Coffee at the Bruce with Beena Kamlani” visit <https://1072.blackbaudhosting.com/1072/Meet-for-Coffee-at-the-Bruce-Beena-Kamlani>

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COLUMN

Distrust of Artificial Intelligence in Healthcare



By RUSSELL R. BARKSDALE, JR

In 2024, over \$100 billion was reportedly invested in artificial intelligence (AI) companies, an over 60% increase from 2023. Many financial analysts regard AI as the leading sector for venture capital, reflecting investor confidence. However, when it comes to healthcare, enthusiasm is tempered by skepticism. While AI holds significant promise in medical applications, concerns about trust and safety remain paramount for patients and healthcare professionals alike.

A recent national study highlights this growing unease: more than 65% of adults surveyed expressed low confidence in their healthcare system’s ability to implement AI responsibly. Additionally, over 57% doubted that their health system could ensure AI-driven decisions would not cause harm. This hesitancy suggests that while AI adoption in healthcare is accelerating, efforts to reassure patients of its benefits are lagging. The skepticism may also stem from well-publicized cases of insurance-based precertification denials driven by AI algorithms.

The application of AI in radiology, pathology, and clinical decision support systems has the potential to revolutionize diagnostics,

While AI holds significant promise in medical applications, concerns about trust and safety remain paramount for patients and healthcare professionals alike.

mitigate risk factors, and optimize treatment plans. By analyzing vast amounts of medical research and outcome data, AI could assist physicians in making earlier and more accurate diagnoses. However, this potential must be balanced against the realities of the healthcare landscape, where providers must stay abreast of evolving medical knowledge while also navigating complex administrative burdens.

One of AI’s most controversial roles in healthcare is its use in managed care, particularly in the precertification process for clinical tests and medical procedures. AI-driven algorithms are increasingly employed by insurers to assess medical claims and determine “medical necessity,” too often leading to claim denials. Yet, a historical analysis of 2023 claims data reveals a stark contrast in prior authorization rates: Medicare Advantage enrollees faced nearly 2 prior authorization requests per person, while traditional Medicare beneficiaries encountered just one per 100 enrollees—a striking disparity.

Further scrutiny suggests potential shortcomings in AI-driven precertification determinations. A recent claims analysis found that approximately 1 in 10 precertification denials were successfully appealed, with an approval rate exceeding

80%. These findings score “the squeaky wheel” theory over precertification algorithms unless hands remain on the scale. For these reasons human oversight remains crucial to prevent inappropriate denials or bias.

Despite its theoretical potential in clinical medicine, AI is currently being deployed primarily in administrative functions, such as billing automation and patient scheduling. The financial burden of AI implementation also raises concerns about digital disparities—healthcare systems with greater resources are better positioned to evaluate and refine AI applications, while underfunded institutions may struggle to integrate these technologies effectively.

Just over a decade ago, IBM’s Watson was celebrated as a groundbreaking innovation poised to revolutionize healthcare. The Jeopardy-winning supercomputer was introduced as a powerful tool for physicians and clinical researchers, capable of processing vast amounts of medical data to enhance disease diagnosis, treatment development, and patient care. However, Watson ultimately fell short of its ambitious promise. Now, with the dramatic reduction in data storage costs and exponential advances in processing speeds, machine learning is entering a new era in healthcare—one that may

finally fulfill the potential once envisioned.

A national survey of U.S. hospitals found that approximately 65% have adopted AI-powered predictive models, with 79% relying on models developed by their electronic medical record (EMR) developers. Among hospitals using predictive analytics, 92% employed AI for inpatient health trajectory predictions, 79% for identifying high-risk outpatients, and 51% for scheduling optimization. However, independent evaluations of AI accuracy and reliability are essential to enhance patient trust and ensure safe outcomes.

AI is, by definition, “artificial,” and without continuous human oversight, its effectiveness and safety cannot be secured. To ensure AI fulfills its promise, rigorous testing, monitoring, and recalibration are necessary to eliminate bias and enhance reliability. Just as new pharmaceuticals undergo extensive clinical trials before widespread adoption, AI-driven medical tools must be subjected to stringent validation processes. Only through robust oversight and transparency can AI reach its full potential and earn the trust of patients and providers alike.

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

NEWS BRIEFS

New Briefs From Page 1

New Early Education Center Proposed

A proposal to establish a Primrose early education and childcare center at 16 Old Track Road in Greenwich has been submitted to the Planning & Zoning Commission. The plan includes using part of the 41,991-square-foot building and 8,374 square feet of outdoor space for the school, which would serve up to 144 students. A traffic impact study indicates potential delays but proposes mitigation through signalization.

Byram Dog Park Proposal Approved Unanimously

The Greenwich Board of Health approved a proposal for an off-leash dog park in Byram Park by a unanimous vote. The park will cover 11,000 square feet near the pool entrance and will be fenced in. The plan now moves to the Planning & Zoning Commission for further review.

AROUND TOWN

Resident Wins \$10,000 Prize

A Greenwich resident won \$10,000 from a scratch-off ticket purchased at South Greenwich Convenience Mart. The ticket was part of the 10X Cash 17th Edition game, which costs \$10. There are 225 grand prizes in the game, spread across 5.2 million tickets.

LOCAL BUSINESSES AND NON-PROFITS

Firefighter Inspires



A firefighter from the FDNY, who is also a Club parent, spoke to the Passport to Manhood program at Boys & Girls Club of Greenwich. He discussed his career path, explained the responsibilities of the job, and answered questions. The program provides young members with opportunities to learn from professionals and develop leadership skills. Photo Credit: Boys and Girls Club Greenwich

Wallace Center Expands Senior Transportation

The Wallace Center in Greenwich offers discounted transportation options for residents aged 62 and older, providing Uber gift cards and Greenwich Taxi vouchers at reduced rates. Seniors can purchase a \$50 Uber gift card for \$30 or a set of five \$10 taxi vouchers for \$30 at the center, Monday through Friday during designated hours. Registration, including proof of age and residency, is required, and payments must be made by credit card or check.

Greenwich Lions Host Pancake Breakfast



The Lions Club of Greenwich will hold its 62nd annual pancake breakfast on March 8 from 8 am to noon at the Greenwich High School Student Center. The event will feature unlimited pancakes, sausage, beverages, a bake sale, door prizes, face painting, and free eye screenings for young children. Tickets are \$8 in advance or \$10 at the door, with proceeds supporting the club's health and human services programs in Greenwich. Photo Credit: Lions Club of Greenwich

Sound Beach Community Band Expands

The Sound Beach Community Band is seeking musicians for its 2025 spring and summer season, welcoming middle school students through professionals. No auditions are required for high school musicians and above, but regular attendance at weekly rehearsals from June through August is expected. More information is available at <https://www.soundbeachband.net/contact> or by emailing alan@soundbeachband.org

Barbara's House Bake Sale Success



Barbara's House held its annual Valentine's Day bake sale at Town Hall, raising \$1,500—more than double last year's total. The proceeds will fund a group activity for the participating children, who have chosen a trip to Air Riddz Adventure Park in Port Chester this April. Volunteers from the Junior League of Greenwich assisted with the event. Photo Credit: Barbara's House

Thasunda Brown Duckett Honored At Benefit

Person to Person (P2P) will honor

Thasunda Brown Duckett, President and CEO of TIAA, at its Rising Together benefit on April 4 at Serafresca in Stamford. Duckett leads TIAA, a Fortune 100 financial services organization, and serves on the boards of NIKE, Inc., Robert F. Kennedy Human Rights, Sesame Workshop, and the National Medal of Honor Museum. The event will support P2P's programs, which provide food, clothing, housing assistance, and economic opportunity resources to families in Fairfield County.

365 Collective Expands Shopping Experience

365 Collective by Abigail Fox and Serendipity has launched an online and physical retail space offering curated gifts, editorial content, and event activations. The Greenwich Avenue store and online platform feature products from small businesses, minority- and women-owned brands, and corporate gifting services. Upcoming events include product showcases, jewelry design sessions, and brand activations, with details available at www.threesixtyfivecollective.com.

Cups N' Cones Adds Longford's

Cups N' Cones, a frozen yogurt and ice cream shop in downtown Old Greenwich, has been serving the community since March 2022. The shop will now feature Longford's Ice Cream, known for its hand-made ice cream made with quality ingredients. Cups N' Cones remains open year-round at 235 Sound Beach Ave, offering a variety of ice cream and sorbet flavors.

Library Receives Historic Endowment

Greenwich Library has received a \$5 million endowment from Lynne and Richard Pasculano to support its Signature Series programming. The endowment, the largest in over 30 years, ensures the continued operation of the series, which brings notable speakers to the community. This gift aligns with the library's ongoing renovation project and its efforts to expand programming and resources.

Berkley Corporation Unveils Revised Expansion Plans

W.R. Berkley Corporation has submitted a revised plan for an addition to its Steamboat Road office, addressing concerns from the Planning & Zoning Commission about zoning nonconformities. The new proposal features a smaller building, increased landscaping, and compliance with height and setback restrictions. The addition would replace five nearby structures and cover 39,164 square feet, standing 40 feet tall.

PEOPLE IN TOWN

Greenwich Student Earns Ceramic Honor

Greenwich High School senior William Schuhmacher's ceramic piece, Mind Under Siege, has been selected for the National K12 Ceramic Exhibition in March in Salt Lake City, Utah. The sculpture depicts a brain pierced by tools, nails, and a screw, symbolizing internal conflict. Schuhmacher's work was chosen from 1,032 entries, with only 150 selected for display.

Ashley Malkin Earns National Recognition

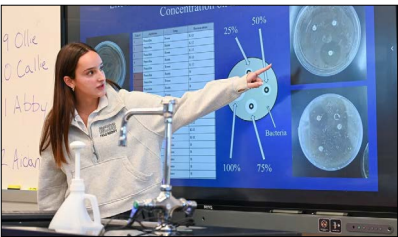
Greenwich High School senior Ashley Malkin has been named a 2025 NCWIT Aspirations in Computing (AIC) National Winner, one of 40 selected from over 3,700 applicants. She will be recognized at a National Award Ceremony in Charlotte, North Carolina, in March for her work applying machine learning to medical challenges, including drug delivery across the blood-brain barrier, concussion diagnostics, and neurological disorder treatments. The AIC High School Award honors students for their achievements in computing and technology.

Greenwich Hospital Names New President

Robert Blenderman, PA, MBA, has been appointed as the new president and executive director of Greenwich Hospital, effective March 3. He brings over 20 years of experience in clinical and administrative healthcare, having previously held senior roles at White Plains Hospital and New York Presbyterian. Blenderman will succeed Diane Kelly, who announced her retirement last June.

SCHOOLS

Teachers Explore STEM in Basketball Students Showcase Advanced Research Projects



Greenwich Country Day School Upper School students presented condensed versions of their Advanced Scientific Research projects. Topics included the effects of salinity on bird nest coral and AI's impact on students' analytical writing. The timed presentations followed the format of three-minute thesis competitions used in academic settings. Photo Credit: Greenwich Country Day School

Author Inspires Young Student Writer

Hamilton Avenue School second grader Elliott wrote to author JoAnn Dickinson, expressing admiration for her books as part of a school writing unit. Dickinson responded by participating in the school's World Read Aloud Day, where she read Amelia Ophelia The Beekeeper by the Sea to students. She also donated a copy of the book to the school library and signed another.

Kristin Peck to Address Graduates



Kristin Coveny Peck, CEO of Zoetis and a Greenwich Academy alumna from the Class of 1989, will deliver the commencement address for the Class of 2025. She has led Zoetis since 2020 and previously held executive roles at Pfizer, The Boston Consulting Group, The Prudential Realty Group, The O'Connor Group, and J.P. Morgan. Peck holds a bachelor's degree from Georgetown University and an MBA from Columbia Business School. Photo Credit: Greenwich Academy

Teachers Explore STEM in Basketball



Mrs. Bottari, Mrs. Glover, Mrs. Harkins, and Mr. Ragonesi attended the Science of Basketball teacher training at Madison Square Garden, sponsored by Pfizer and Science of Sport. They participated in STEM activities, developed new instructional methods, and met former NBA player Larry Johnson. They plan to incorporate what they learned into their teaching. Photo Credit: Eagle Hill School

GHS Students Win Writing Awards

Greenwich High School students earned 46 awards in the 2025 Hudson-to-Housatonic Scholastic Writing Awards. The competition, organized by Writopia Lab, recognizes student work across multiple writing categories through a blind judging process. GHS honorees included freshmen through seniors, with several students receiving multiple awards.

Author Valerie Bolling Visits School



The Lower School hosted children's author and former Greenwich educator Valerie Bolling. She read Together We Swim to Barat Center, Kindergarten, and 1st Grade students and led a poetry workshop for 2nd through 4th graders. Bolling, who published Let's Dance in 2018, has visited many schools to share her work and teach writing. Photo Credit: Sacred Heart Greenwich

Hamilton Avenue Geothermal System Revitalized

The town is considering a \$5.2 million investment to rehabilitate the geothermal heating and cooling system at Hamilton Avenue School, which has been non-functional for years. The Board of Education voted 6-1 to include the funding in its FY26 capital plan, though concerns remain about field use and community events. Officials also raised concerns over potentially fraudulent emails influencing the decision-making process.

GHS Music Department Visits California

The GHS music department traveled to Southern California for five days, performing at Disneyland and participating in music workshops. They visited Los Angeles, toured landmarks like the Hollywood Walk of Fame and Dolby Theatre, attended a Los Angeles Philharmonic concert, and had dinner on the Queen Mary. The trip included both performances and sightseeing.

SPORTS

Goals for Wishes Supports Make-A-Wish

Greenwich High School senior and varsity hockey player Brett Sylvester launched Goals for Wishes to raise funds for Make-A-Wish Connecticut as part of his National Honor Society service project. Supporters pledge a dollar amount per goal scored by the team, with donations calculated at the end of the season. More information and pledges can be made at https://docs.google.com/forms/d/e/1FAIpQLSdJUYddt6vDzDJZW_L7KTbqHx0YfiKR8i84utQ41AeKEEPoQ/viewform and questions can be sent to Goalsforwishes@gmail.com.

GA Wins Ninth Championship



Greenwich Academy's Varsity A Squash team won the 2025 Division I National Championship, marking its ninth consecutive title. The team competed over the weekend and secured the victory under head coach Luke Butterworth. The program acknowledged the support of families, officials, and competitors. Photo Credit: Greenwich Academy

Hart Reaches 100 Wins Milestone



Sacred Heart Greenwich head coach Ayo Hart earned her 100th career victory as the Tigers defeated Greenwich Academy 63-24 in the FAA Tournament quarterfinals. Hart, who has led Sacred Heart to winning seasons each year since taking over in 2017, credited her players for the milestone, emphasizing the program's growth. Led by Lucianna Parrotta's 19 points, the top-seeded Tigers dominated offensively and will face Hamden Hall in the semifinals. Photo Credit: David Fierro

GHS Swimming Dominates Senior Night

Greenwich High School's boys swimming and diving team capped an undefeated 11-0 regular season with a dominant 128-55 Senior Night victory over Norwalk/McMahon. The Cardinals, winners of 10 consecutive State Open and Class LL titles, now turn their focus to the postseason, aiming for another "Triple Crown" sweep of the FCIAC, Class LL, and State Open championships. Led by standout performances from seniors like Luke Mendelsohn and Jake Melley, the team showcased its depth and determination heading into the championship meets. Photo Credit: Kara Mendelsohn

Trumbull Upsets Greenwich in Quarterfinals



Greenwich High School girls basketball struggled offensively in the second quarter, scoring just one point, allowing seventh-seeded Trumbull to take control and secure a 52-38 win in the FCIAC quarterfinals. The Cardinals, who had only lost once all season, attempted a late comeback but couldn't overcome Trumbull's strong defense and outside shooting. Despite the loss, Greenwich holds a 19-2 record and will enter the CIAC Class LL state tournament as a high seed. Photo Credit: Dan Utzinger

Tigers Triumph in Overtime Thriller



Greenwich Country Day School edged Brunswick 69-65 in overtime on Feb. 19 in a closely contested FAA matchup, with Rowan Introzzi's dunk forcing OT and the Tigers outscoring the Bruins 6-2 in the extra period. Junior guard Noah Williams led GCDS with 20 points, while Brunswick's Rhaki Lum posted a game-high 28 before being ejected late in regulation. The Tigers, seeded second in the FAA Tournament, host Masters School on Feb. 24, while third-seeded Brunswick faces Hamden Hall. Photo Credit: Antonio Monteiro/06878 Photography

GHS Dominates on Senior Night

Greenwich High School's girls basketball team capped off its regular season with a 50-33 Senior Night victory over Brien McMahon on Feb. 19. Junior guard Madi Utzinger led the Cardinals with 18 points, while freshman center Zuri Faison added 13. The win secured a 19-1 record for Greenwich, which entered the FCIAC Tournament as the No. 2 seed.

SHG Clinches Dominant Victory at Home

Sacred Heart Greenwich capped its regular season with a 72-57 home victory over Storm King School, finishing with a 17-4 record. Junior guard Eva Wilkerson led the Tigers with 16 points and 20 rebounds, while three teammates also scored in double figures. As the top seed in the Fairchester Athletic Association Tournament, SHG prepares to defend its title, opening against Greenwich Academy on Feb. 24.

GHS Prepares for Playoff Battle



High School's boys hockey team followed an 11-1 win over Fairfield Warde/Ludlowe with an 8-2 loss to Fairfield Prep on Feb. 18. The Cardinals, now 8-10-1, will close the regular season before hosting St. Joseph in the FCIAC Tournament's opening round. Greenwich is 2-0 against St. Joseph this season, with their playoff matchup set for Feb. 25 at Dorothy Hamill Skating Rink. Photo Credit: Antonio Monteiro/06878 Photography

GHS Skiing Triumphs at Southington

Greenwich High School's boys alpine skiing team capped off their regular season with a first-place finish at the final Connecticut Interscholastic Ski League meet on Feb. 5 at Mount Southington. Led by Steven Hartofilis' fifth-place individual finish, the Cardinals posted a team time of 26991 seconds, edging out Staples, Fairfield, and Fairfield Prep. The victory secured their qualification for the CISL State Open Championships which were on Feb. 26.

GHS Girls Hockey Shows Growth



Greenwich High School's girls hockey team improved from last season's three-win record to finish 9-11, narrowly missing the state tournament. The Cardinals concluded their season with a 5-3 loss to Simsbury on Senior Day, honoring seniors Lexi Carino, Aubrey Roth, Taylor Carrescia, and Stella Buddy. Head coach Doug Jebb praised the team's progress and leadership, noting a strong returning group of underclassmen poised for future success. Photo Credit: Antonio Monteiro/06878 Photography

LOCAL POLITICS

RTM Considers Bringing Back Traffic Officers

The Representative Town Meeting (RTM) will discuss a proposal on March 10 to bring back traffic-directing police officers to Greenwich Avenue, five years after they were reassigned. The proposal, supported by a petition with 294 signatures, argues that the presence of officers would improve traffic safety and deter crime. This is the second time such a resolution has been presented; a similar measure was rejected in 2021.

FROM HARTFORD

Attorneys General Push Retail Protections

A bipartisan coalition of 38 state and territorial attorneys general, led by Connecticut Attorney General William Tong, is urging Congress to address the rise in organized retail crime. They are calling for the reintroduction of federal legislation to increase penalties for cargo theft and establish an Organized Retail Crime Coordination Center within the Department of Homeland Security. The coalition argues that federal action is necessary to support state-level efforts in combating these large-scale theft operations.

States Urge FDA to Act

A coalition of 38 states and territories has urged the FDA to take action against counterfeit versions of GLP-1 weight loss and diabetes drugs, including Ozempic and Wegovy. The coalition's letter highlights illegal online sales of active drug ingredients without prescriptions and calls for stricter enforcement against unregulated suppliers. It also recommends increased oversight of compounding pharmacies to ensure the safe production of these medications.

ACROSS CT

CT Honors World War II Veterans

Connecticut is seeking living World War II veterans for recognition at a state ceremony on May 19 at the Governor William A. O'Neill Suite Armory in Hartford. Veterans who served between December 7, 1941, and December 31, 1946, or their families, can submit their information through the designated form. A separate ceremony for Korean War veterans will be held at Town Hall on April 28, with invitations sent in early March; those not yet registered can contact Executive Assistant Ken Borsuk at ken.borsuk@greenwichct.gov.

House Passes GOP Budget Plan

The U.S. House passed a GOP budget plan 217-215, proposing \$4.5 trillion in tax cuts and \$2 trillion in spending reductions, including potential \$880 billion cuts to Medicaid. Connecticut's House delegation voted against the plan, citing concerns over its impact on essential programs. The proposal now proceeds to committee hearings for further review.

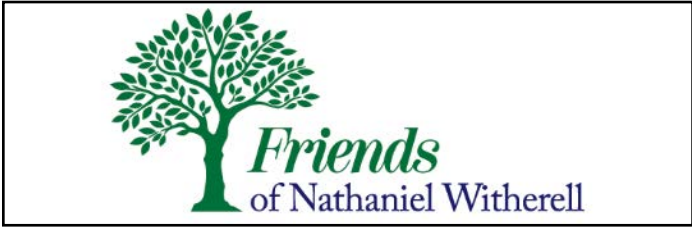
OUR NEIGHBORS

Perillo Wins 21st District Election

Jason Perillo won the special election for Connecticut's 21st Senatorial District, defeating Tony Afriyie with 53.39% of the vote. The seat was vacated by Kevin Kelly, who resigned to become a Connecticut Superior Court judge. Perillo carried Shelton, Monroe, and Seymour, while Afriyie won Stratford.

Dippin' Chicken Opening March 15

Dippin' Chicken will open on March 15th at 236 East Avenue, serving Korean fried chicken with all-natural, Halal-certified chicken and various global dipping sauces. The menu includes boneless chicken, wings, sandwiches, kimchi fries, fried rice, and dalgona candy. The restaurant will partner with Rescuing Leftover Cuisine to redistribute surplus food and operate daily with extended hours on weekends.



Honoring Our Elders

BY DEBRA McLAUGHLIN

The Nathaniel Witherell is the very embodiment of compassionate care and community spirit. This not-for-profit skilled nursing and rehabilitation center has long been a sanctuary for our cherished elders, many of whom dedicated their lives to serving our community—as firefighters, nurses, teachers, and veterans. Ensuring that these individuals receive not just care, but a life enriched with joy and dignity, is the mission of the Friends of Nathaniel Witherell.

As Friends of Nathaniel Witherell celebrates 20 years of service, it is experiencing a dynamic relaunch with a fresh new look, a new Board of Directors, and a renewed sense of purpose. The organization has undergone a significant transformation under the leadership of founder and former Board Chair David Ormsby. Along with current Vice President and Board member Beth Krumeich, David began a board recruitment process in 2023 that assured Friends would be well guided and moving ahead for years to come. During this transition, Mary Tate, Director of Resident & Volunteer Services, played a crucial role in sustaining the organization, fanning the embers of the organization until it could surge forward once again.

Established in 2004, Friends of Nathaniel Witherell is a 501(c)(3) nonprofit organization committed to enhancing the quality of life for residents at The Nathaniel Witherell. Their dedication goes beyond meeting basic needs; they strive to create an environment where every resident feels valued, connected, and celebrated. Through generous donations and volunteer efforts, the Friends fund a variety of programs that infuse daily life with art, music, and companionship. These initiatives ensure that residents continue to engage with their passions and remain integral members of the community.

One shining example of their impact is the monthly art lecture series led by art historian Darby Cartun. These lectures delve into the masterpieces of artists like Monet, Picasso, and

Michelangelo, sparking curiosity and conversation among residents. Such programs not only stimulate the mind but also nourish the soul, providing residents with meaningful experiences that brighten their days.

The Friends’ commitment is further exemplified by their successful fundraising efforts. Since their inception, they have raised over \$7.5 million from more than 3,500 donors, all directed towards enhancing resident care and facility improvements. This remarkable achievement underscores the community’s belief in honoring those who have contributed so much to our collective well-being.

Volunteers play a pivotal role in this mission. By sharing their time, skills, and compassion, they forge lasting connections with residents, transforming ordinary moments into extraordinary memories. Whether it’s through a shared story, a game of bingo, or a stroll in the garden, these interactions bring warmth and a sense of belonging to all involved.

Supporting the Friends of Nathaniel Witherell is an opportunity to give back to those who have given us so much. Donations directly fund essential programs and services that enrich the lives of residents, ensuring they continue to lead vibrant and fulfilling lives. To contribute or learn more about volunteer opportunities, visit their website at <https://friendsofnathanielwitherell.org/>.

Volunteers are always welcome at Friends of 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/>.

High School Students Can Make a Big Impact



Greenwich Academy students at Meals-on-Wheels

BY DEBRA McLAUGHLIN

High school students have something special - a mix of energy, kindness, and a real drive to make a difference. One awesome way to channel that is by delivering meals for organizations like Meals-on-Wheels, Inc. of Greenwich. It’s not just about dropping off food; it’s about making real connections, learning life skills, and experiencing the joy of giving back.

Bridging Generations

Imagine meeting someone who’s lived through decades of history! Volunteering with Meals-on-Wheels lets students encounter older adults and brighten someone’s day. For Meals-on-Wheels clients, these visits bring friendship and a sense of connection that fights loneliness.

Gaining Real-World Skills

Beyond the feel-good moments, delivering meals teaches valuable life skills like time management and responsibility. Greenwich Academy and Greenwich Country Day School students are slipping in deliveries between classes and clients count on them to arrive on time. This effort also teaches communication skills from announcing their arrival to showing empathy. These skills will come in handy for future jobs, college, and just navigating life.

Seeing the Bigger Picture

Volunteering opens your eyes

to what’s really happening in your community. Many Meals-on-Wheels clients struggle to prepare meals, and some rarely get visitors. Being part of the solution makes you feel empowered to create change, and who knows - it might even spark a lifelong passion!

Why It Matters

Nonprofits like Meals-on-Wheels rely on volunteers to reach those who need help the most. When students step up, they bring fresh energy and new ideas, making these programs stronger.

High school students from all high schools are welcome with a variety of opportunities and times.

Creative volunteering opportunities include making favors, goodie bags or thoughtful cards. Business experience volunteering includes design work, office updates, newsletters, and database opportunities.

Join the Movement!

Delivering meals is about kindness, connection, and making the world a little better, one visit at a time. So, if you’re looking for a way to give back, gain experience, and make meaningful friendships, why not start at Meals-on-Wheels? A small action can lead to a huge impact! If you would like to support Meals-on-Wheels by volunteering please contact us at 203-869-1312, via email mealsonwheelsgreenwich@outlook.com, or our website mealsonwheelsofgreenwich.org.

Olympic Icon & Trailblazing Sports Advocate Headlines Sold Out Girls With Impact Gala, Silent Auction Open Until Mar 2 at Midnight



Donna de Varona has never been one to wait for doors to open. At 13, she became the youngest member of the U.S. Olympic swimming team. By 17, she had won two Olympic gold medals and set 18 world records. Then, in an era when women were rarely seen behind the microphone, she became one of the first female sportscasters on national television. Beyond the pool and the broadcast booth, she fought to reshape the landscape of women’s sports, playing a critical role in advancing Title IX, helping pass the Amateur Sports Act, and co-founding the Women’s Sports Foundation with Billie Jean King.

On February 27, de Varona headlined the 5th Annual Girls With Impact Trailblazer Gala, an event dedicated to equipping the next generation of female leaders. Girls With Impact, the nonprofit behind the event, provides tuition-free business and leadership training to young women, helping them develop the skills and confidence needed to thrive in industries still dominated by men. The sold-out gala gathered business executives, entrepreneurs, and young women eager to follow in the footsteps of trailblazers like de Varona.

“Donna is a global force in advancing opportunities for women,” said Jennifer Openshaw, CEO & Chairman of Girls With Impact. “She shattered barriers in sports and media, and her story is exactly the kind of inspiration young women need as they step into leadership.”

De Varona’s influence extends far beyond athletics. She served five times on the President’s Council on Physical Fitness and Sports, played a key role in securing the 1999 FIFA Women’s World Cup, and was instrumental in bringing the 2028 Olympic Games to Los Angeles. Today,

she sits on the U.S. Olympic & Paralympic Committee Board and the International Olympic Committee, where she continues to shape global sports policy.

“Sports is big business,” de Varona said. “I won’t rest until women have the same opportunities to achieve their full potential—whether on the field, in the pool, or in the corner office. That’s why the work Girls With Impact is doing is so vital.”

The numbers underscore the challenge. The sports industry is projected to exceed \$52 billion in the U.S. by 2025 and \$507 billion globally, yet women hold just 26% of executive positions in major international sports federations, according to SIGA. A Deloitte study found that 69% of women earning over \$100,000 per year and holding leadership positions played competitive sports, reinforcing the connection between athletic experience and workplace success. Girls With Impact is working to close that gap—more than 90% of its graduates report increased leadership confidence and stronger communication skills.

“Donna’s achievements exemplify the power of investing in opportunities that drive change,” said Thomas Majewski, Founder and Managing Partner of Eagle Point Credit, the event’s presenting sponsor. “Her story proves what’s possible when talent is nurtured and barriers are broken.”

Although the gala is over, supporters still have a chance to be part of the movement.

Shop the GWI Silent Auction – Exclusive Experiences Await!

The silent auction remains open, offering bidders access to one-of-a-kind, hard-to-get experiences, with all proceeds supporting Girls With Impact’s tuition-free programs.

<https://live.classy.org/auction/2025-trailblazer-gala/a2bb5dae-ccf7-4c07-a3d7-01c2f9b09f4a>

NAMI Family-to-Family Class Offers Free Support for Families of Those with Mental Illness

Families of individuals living with mental health conditions often struggle to find resources, guidance, and a community that understands their challenges. The National Alliance on Mental Illness (NAMI) Southwest Connecticut is offering a free eight-week Family-to-Family course designed to provide education, support, and practical tools to help family members navigate the complexities of mental illness.

Starting March 15 and running through May 17, the program will be held on Saturday mornings from 9:15 a.m. to 12:00 p.m. at the First Congregational Church in Old Greenwich. The course is open to family members, significant others, and close friends of individuals facing mental health challenges.

NAMI Family-to-Family is an evidence-based program that has been shown to improve problem-solving skills, resilience, and the overall well-being of participants. Research indicates that the program helps caregivers better understand mental health conditions while equipping them

with strategies to handle crises, communicate effectively, and advocate for their loved ones.

What makes the program unique is its peer-led structure. Family members who have experienced the challenges firsthand lead the sessions, offering both expertise and personal insight. The course includes presentations, group discussions, and interactive exercises that help participants process their experiences and develop actionable skills.

“This course empowers families with knowledge, skills, and support from others who have been in their shoes,” NAMI Southwest Connecticut states on its website.



The program is free, but space is limited. Those interested in attending can find more information or register at www.namisouthwestct.org.

For families struggling to support a loved one with a mental illness, resources like NAMI Family-to-Family offer vital knowledge and community, reducing the sense of isolation that often accompanies caregiving.

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COLUMN

Neighbor to Neighbor 50th Anniversary Celebration

By DEVI BRIDGEMOHAN

Neighbor to Neighbor (NTN), the only food pantry in Greenwich, will be honoring its 50th anniversary at the Hyatt Regency in Old Greenwich on Thursday, April 24th, 2025.

The event will be open to the public and will be joined by staff, board members, and various supporters to mark the organization's 50 years of service to the Greenwich community.

Neighbor to Neighbor has been in operation since 1975, when a group of concerned neighbors began collecting and redistributing used clothes to those in need. After much success, the Greenwich Department of Health Services asked Neighbor to Neighbor to initiate weekly food programs for families in need of assistance. Currently, the food

pantry continues to serve the local community in Greenwich by providing access to nutritious food, clothing, and other essentials in an atmosphere of kindness and respect. Between 2023-2024, NTN had over 300,000 lbs of fresh fruits and vegetables distributed, which is equivalent to 640,800 meals.

“It’s truly a remarkable milestone, and we are thrilled to commemorate five decades of service to our community.

Reflecting on all that we’ve accomplished

“It’s truly a remarkable milestone, and we are thrilled to commemorate five decades of service to our community. Reflecting on all that we’ve accomplished together, we are incredibly proud of the positive impact we’ve made in Greenwich. As we look forward to this special event, we are grateful for the opportunity to continue serving and supporting our neighbors, and we hope to do so for many more years to come,” said Executive Director, Brent Hill.



for the opportunity to continue serving and supporting our neighbors, and we hope to do so for many more years to come,” said Executive Director, Brent Hill.

The 50th anniversary event will feature keynote speaker Marcus Samuelsson who will share his life story and its impact on his professional and philanthropic life, as it relates to Neighbor to Neighbor. Samuelsson will also highlight the importance of collaboration with the community to address the problem of food insecurity. Samuelsson is co-chair of Careers through Culinary Arts Program (C-CAP), which focuses on helping underserved youth. He participates in lectures globally, most recently with the Bill & Melinda Gates Foundation and The New York Times during Climate Week NYC 2024.

Neighbor to Neighbor is being sponsored by a number of local companies and organizations.

Compass and Team JGB is the lead sponsor, while Fairfield County Look serves as the media sponsor. Other sponsors include CBIZ, Compass Care, Granoff Architects, Rotary Club of Greenwich, and Stamford Health.

“We are incredibly grateful for our generous sponsors who are supporting Neighbor to Neighbor during this 50th anniversary celebration. Their commitment to our mission and community is truly inspiring as we mark this significant milestone,” said Fund Development Manager, Mary Louise Morgan.

Tickets went live on February 18th, and are available for purchase on the NTN at www.ntngreenwich.org. Prices range from \$300 for General Seating, \$450 for Priority Seating, and \$600 for Meet & Greet / Priority Seating, which allows an exclusive chance to meet Marcus Samuelsson.

ORAL HISTORY PROJECT From Page 1

of the privileged families that had somebody in the West.” This window on the West fueled Andrzej’s ambitions to reach America.

Andrzej attended a technical high school and was trained as an engineer. He recognized that his future would be best in America. “I kind of had that understanding early on because there was no hope of things changing. Things were getting actually worse year after year.” His first attempt at obtaining a passport was denied by the Communists.

In 1978, he decided to move to Gdansk to work in the ports, where the Solidarity movement was active, although still underground at the time. Solidarity was the first independent trade union in a Warsaw Pact country. It eventually grew from a local movement to a national force. Led by Lech Walesa, the Solidarity movement is widely recognized as having played a central role in the end of communist rule in Poland by 1989. As the shipyard workers were regarded as “troublemakers,” the Communists “were actually offering passports . . . and forcing some people to leave the country, to release some of the pressure.” Once Andrzej obtained a job in the port, “I was able to get a passport relatively easily.”

Still, the road to the U.S. was not easy for Andrzej.

Armed with an invitation to his cousin’s wedding in America, he went to the U.S. Embassy, only to be denied a visa. “They said a lot of people come in and then stay illegally. So, they requested a bond, a thirty-five hundred dollars bond that I will come back.” That amount of money was more than Andrzej could afford, “enough to buy five cars in Poland.” Fortunately for him, his aunt in America put up the bond.

As he left Poland, Andrzej’s grandmother, ninety-four at the time, said to him, “When you go there, you never come back.”

Ironically, Andrzej’s paternal grandmother knew firsthand what it meant to lose the opportunity to become an American. She and her husband were Polish immigrants to the U.S. in the early 1900s. However, after WWI ended in 1918, they returned to their homeland in Poland, which had re-emerged as an independent state after years of partitions. Unfortunately, Polish independence was short-lived when, in 1939, “Hitler put the claim that he wanted that part of Poland in the Third Reich.” In 1941, the SS came and “they started to pick people . . . and they took my grandfather too – and they mass-executed them.”

Andrzej’s maternal family suffered also as they were separated, sending his mother to “a makeshift camp in Torun,” where the children “were put into German farms as slave labor or in the munition

factory sewing uniforms for soldiers.” Andrzej’s ninety-year-old mother cared for two orphaned toddlers for two years at the camp. “I think that gave her the strength, the will . . . the power and hope to take care of them.” At war’s end, most of his mother’s family survived. “Everybody then started to go back, to walk back to where they lived . . . probably like two hundred miles away.” From 1939 until Andrzej left Poland for the U.S. in 1978, his family had lived under the harsh rule of Nazism followed by Communism.

Fortunately for her, Andrzej’s aunt was liberated from a German camp at the conclusion of WWII by the Americans and was offered the opportunity to go to the U.S., which she readily accepted. This event eventually enabled Andrzej to follow her path some thirty years later.

Living with his aunt in Mamaroneck: “I had great exposure to someone who kind of showed me the ropes, what America is all about and how can you move ahead.” Andrzej’s tourist visa changed to a student visa as he enrolled in community college once here. Then, he married here and obtained a “status to potential Green Card recipient and at that point you could start legally working.” Without many English skills, Andrzej took jobs in “construction, painting, basically manual labor.” Within five years, he became an American citizen.

Eventually, Andrzej was employed as an electrician for Conrail. Over the thirty years that

Andrzej worked for Conrail (and then Metro North), he obtained an associate degree in programming. “And by then, I love computers, I got to go to IT (Information Technology).” Promotions followed. “I was making very good progress within the career, the programmer, information consultant, systems analyst, manager,” eventually receiving a degree at Lehman College.

Andrzej retired and moved to Greenwich to help his mother, who had emigrated to the U.S. by then. Fully integrated into life in Greenwich, Andrzej described his involvement in the community, volunteering at Neighbor to Neighbor, Nathaniel Witherell, and Greenwich Hospital, among other activities.

In Andrzej’s words, “I came here to become American.... America was known by the pioneering spirit, by the individualism, and that’s what mainly drove me into this country.”

The interview “A Polish American’s Immigrant Experience” may be read in its entirety at the main library. It is also available for purchase by contacting the OHP office. The OHP is sponsored by the Friends of Greenwich Library. Visit the website at glohistory.org. Our narrator’s recollections are personal and have not been subjected to factual scrutiny. Mary Jacobson serves as blog editor.

CHADWICK From Page 1

partnership was formed. Chuck, who for years had sat on the board of Westchester Community College (WCC), was an ardent proponent of the two-year educational programs offered by community colleges. His vision of creating a similar school in Westerly had been a dream, but that chance meeting with Senator Sam Azzinaro led to a conversation that blossomed into what some might call a miracle. At the time, there was a small trade school program for high school graduates that was held after school hours in the high school itself. Chuck’s idea was to create a dedicated building that would be equipped to offer a broad array of courses to graduates of the local high school—a place that would replicate what he had witnessed at WCC.

In short order, Chuck was on

a mission, one that comprised federal, state and local government officials, including both Senators Reed and Whitehouse, Governor Gina Raimondo, Nicholas Mattiello, Former Speaker of the R.I. House of Representatives, and R.I. Senator Dennis Algieri, as well as numerous local businesspeople including lawyer Tom Liguori who acted as organizer and facilitator to maintain the momentum of the project. No obstacle was too great—not chemicals in the soil, nor a building that needed to be replaced, nor the need to garner government funding. Electric Boat, the General Dynamics subsidiary headquartered in Groton, Connecticut became an important part of the project. Sean Davis, a vice president at the company committed to hire graduates trained in a number of maritime trades, including pipefitting, radiography, electrical and high voltage.

The ribbon cutting ceremony took place in January of 2017 and

since that day, more than 42,000 men and women have attended Westerly Education Center, learning numerous skills that are turned into jobs as soon as they graduate. Lest you think this school educates only men, the Boat for Women is an Electric Boat trades exposure program that began in 2019. It introduces women to the sheet metal, pipefitting, and electrical trades training programs and its purpose is to eliminate stigmas associating trade work as being limited to men. That program remains very much alive and well six years later. Community College of Rhode Island (CCRI) is a strong educational partner with Westerly Education Center and offers workforce training in healthcare, bio-manufacturing and education. Both schools also offer traditional for-credit courses that appeal to students who are working toward an undergraduate degree.

Today, there are hundreds of vendors in the supply chain

that hire trainees from Westerly Educational Center, and the school’s educational offerings have broadened into a number of other fields including healthcare, finance and education to the benefit of other companies in Rhode Island and Connecticut—including Amgen, Toray, Thielsch Engineering as well as a number of long-term care facilities. Financial aid for students and trainees comes in a variety of ways. For those who are pursuing a college degree, there is the option to apply for federal funding aid that can be applied to for-credit courses. The workforce trainings have generally been free for participants, and the cost has been defrayed both through the generosity of the private sector as well as through some public funding. Over the last seven years, the school has successfully applied for grants that have exceeded \$15 million. While some students do enter the work force with modest debt, the burden is a far cry from what faces

the majority of four-year-college graduates across this country.

When I asked the question, “To what do you attribute the success of Westerly Education Center,” the response was reassuring for its future. [It] “is a place where higher education, business, industry and community partners come together and create training programs to meet employer workforce demands. We have a creative team who put students first and are willing to devise programming that helps individuals earn the credentials they need in order to qualify for well-paying work.” Chuck Royce’s vision, some ten years ago, has become a reality. Thousands of skilled tradesmen and tradeswomen have excellent jobs that contribute to the economic health of Rhode Island and eastern Connecticut.

A postscript: Westerly Education Center is a unit of the Rhode Island Office of the Postsecondary Commissioner,

whose mission is to ensure, promote, and expand postsecondary attainment by providing an effective system of postsecondary education and workforce training that is high quality equitable accessible, affordable, and aligned to pre-kindergarten-12 education and the economy.

Special thanks to Beth Bailey, chief communications officer for the Office of the Postsecondary Commissioner and its workforce, Rhode Island.

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 last May. It tells of her “growing up” and succeeding in what was then the all-male bastion called Wall Street. Breaking Glass is a sequel to her first Memoir, Little Sister, the story of her childhood in a religious community-turned-cult. www.patrichadadwick.com

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By Chuck Davis

I have a Facebook account. I check Facebook once per day. I like it as a means of catching up on news - especially milestones - of friends. I have especially liked it as a tool to reconnect with people from my past or who live on another side of the world.

I rarely like or emoji respond to the posts of my “friends” on Facebook because in the past some of my “friends” got upset at me for not liking a few of their posts. I do not want to offend people so I have just decided to not respond to 99.99% of the posts that come across my news feed.

With all the benefits of this social communication tool there is one aspect that has become rather boorish to me. It is social critique or opinion driving.

I guess my challenge with it is that it feels more like social whining than social activism. And I wonder what social whining really accomplishes! It only seems to add fuel to the fire of discontentment or social aggression. Seems a bit beneath the feet of people who are really concerned about our community

Facebook or Facetime?

What if the time taken to launch names at others for their opinions and ideas via Facebook was spent in Facetime with God about how broken our hearts are over the direction of our society in these days? I wonder if we could turn the language of curse in our land today to a language of blessing?

and the lives of the generations to follow.

So, I have decided to replace Facebook with Facetime. Now some of you are thinking of “Skype” for apple computers. I am going one step beyond. I am thinking about bringing my social discontent to God.

if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land (II Chronicles 7:14)

Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes. (Daniel 9:3)

You have said, “Seek my face.”

My heart says to you,

“Your face, LORD, do I seek.” (Psalm 27:8)

What would happen if I sought the face of God more and the “likes” and emojis of Facebook less?

I wanted to be sure that I am not just being a whiner myself - you know the old guy, the dinosaur, who doesn’t get the value of technology and social media - so I just opened my Facebook (that will mean 2 times today). And there it was - 17 of the 20 most recent items in my news feed are from people offering social critique. Most of them Christ-followers. And several of them are using an aggressive and arrogant tone that seems far from what Jesus would identify with. It just doesn’t feel like the social critique is helping us to fulfill our calling as Christ-followers to

be salt and light.

You may not be a Christ-follower, but I do not think that aggression or arrogance fulfill your great purpose in life either.

What if the time taken to launch names at others for their opinions and ideas via Facebook was spent in Facetime with God about how broken our hearts are over the direction of our society? I wonder if we could turn the language of curse in our land today to a language of blessing?

Maybe Aaron’s ancient blessing contextualized for our contemporary world would take over?

Thus you shall bless the people of your land: you shall say to them,

The LORD bless you and keep you;

the LORD make his face to shine upon you and be gracious to you;

the LORD lift up his countenance upon you and give you peace.

(Numbers 6:23-26)

Now that is some Facetime that we could all use - the Lord shining his face upon us.

Rev. Dr. Chuck Davis is serving as Transitional co-Lead Pastor at Stanwich Church. He serves leaders globally as the President of Global Leadership Inc.

Worship Directory and Services

Assemblies of God

Harvest Time Church

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

Worship Services: Sun, 9 & 10:45am. All services are streamed on the church’s website and YouTube channel. In addition to Sundays, there are also groups for children and teens on Wednesday evenings. *Your 180-Degree Health Turnaround: March 1, 9am. Adulting 101: Relationships: March 1, 9:30am. Adult Choir Auditions: March 6, 6pm.*

Baptist

First Baptist Church

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

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

Greenwich Baptist Church

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

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

Catholic

Sacred Heart Church

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

Mass: Mon-Fri, 7am (in the Chapel); Saturday Vigil, 4pm (in Church); Sunday: 7:30, 9:30 & 11:30am. Confessions: Sat, 3-3:30pm or by appointment. Divine Mercy Prayer Group: Wed, 7-9pm. Prayer Group: Thu, 4-5pm, in the Chapel, 38 Gold St. All are welcome. Ministry to the Homebound: if you, or someone you know, is homebound and would like a priest visit you, call the Rectory at 203-531-8730. Stations of the Cross: All Fridays during Lent, 6:30pm, in the Church, All are welcome. *Family Mass: Sunday, March 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. Ongoing: Food & Essentials Drive for Neighbor to Neighbor (there will be a car or SUV with an open trunk in the parking lot across from St. Catherine’s church on Tuesdays, 9-11am. Join Music Ministries for choir rehearsals – Traditional, Contemporary, Teen, Cherub, Family Mass Choir - contact Music Director, Dr. Liya Petrides at music.director@stc-sta.org with questions. Walking with Purpose: Thursdays, through March 28, 10-11:30am (off Feb. 15 & March 14), stc-sta.org/walking-with-purpose. New Day Bereavement: starts March 5 (There’s no cost and you need not be a member of the Parish of St. Catherine and St. Agnes or even Catholic, you just need to be registered. If interested, please contact Parish Partners at (203-637-3661, ext. 375). 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. Catherine’s Players’ “The Wizard of Oz”: March 1, 2, 7, 9 (Fri 8pm, Sat 7pm, Sun 2pm), scp.ludus.com.*

St. Mary Church

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

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

St. Michael the Archangel

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

Mass: Mon-Fri: 7:30 & 9am. Sat: 9am & 5pm. Sun: 7:30, 8:30, 9:45am, 12 & 5pm. Confession: Sat: 4:15-4:45pm; Wed: 9:30-11am & 6:30-8pm. Eucharistic Adoration: Wed, 9:30am-8pm. New Day Bereavement Program: through Nov. 17, Thu, 7-8:30pm & through Nov. 30 (skipping Nov. 23), Wed, 4-5:30pm, 203-869-5421. *Men’s Ministry: Saturday, March 1, 12pm. Walking with Purpose Lent Special Event: Tuesday, March 4, 9:30am. Wednesday, March 5: Ash Wednesday Mass, 9am & 6pm; Liturgy of the Word with Ashes, 12pm. Men’s IX Emmaus Retreat: March 7-9.*

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 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. *First Saturday Devotion: March 1, 9am. Jesse & Kevin – A Prelude to St. Patrick’s Day: Thursday, March 6, 6pm.*

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. *Ash Wednesday – March 5: Mass/Ashes, 7am; Stations of the Cross, 5pm; Mass/Ashes, 6pm. First Friday Adoration: March 7, 9am-5:30pm; there will be a Mass in Spanish at 6pm.*

Christian Science

First Church of Christ, Scientist

11 Park Pl; 203-869-1555
christiansciencect.org/greenwich

Sundays: 10:30am. Sunday School: for students up to 20yrs, 10:30am, Wed. 7:30, testimonies of healing - call in for all services 203-680-9095 code 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 roundhillcommunitychurch.org anytime. Children’s Worship (grades K-5) meets during

the 10 am service. Please call the Church Office or visit the website for the most up-to-date information, events, and schedules. Tools for Aging Well, 2nd Wednesday of the Month, 11am-12pm, Sanctuary. *Round Hill Art & Craft Studio: Mondays, 1-4pm. Ash Wednesday: March 5, 12pm.*

Congregational

The First Congregational Church

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

Worship: In-Person & Virtual: Sundays, 10am. Live-streaming on YouTube and Facebook, and broadcast on WGCH (1490 AM). Connect during the week: Friday: Friday Email Blast (sign up by calling the church office); Church school before worship most Sundays, 9am for preschoolers through grade 6. Online programming available via Zoom. A joyful community diverse in spiritual backgrounds and beliefs. *February Friendsgiving: through February 28. New Members Session: March 2, 11am-12pm.*

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, March 1, 8am. Shrove Sunday: March 2, 11:30am. Ash Wednesday Worship: March 5, 7pm.*

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. *Book Study: The Anxious Generation: Sundays, March 2, 23, 30 & April 6, 11:15am. Joyful Noise with Anna Leinbach: Sundays, March 9, April 6, May 11, June 1. Joyful noise with Rob Mathes: Sundays, March 30, April 27, May 25, June 29, 5pm. Book Talk: I Heard the Owl Call My Name by Margaret Craven: Tuesday, March 4, 12pm, Dogwood Mezzanine. Mardi Gras/Shrove Tuesday Celebration: March 4, 5:30pm. Unique Opportunity to Connect with NASA Astronaut Suni Williams: Thursday, March 6, 3:15pm.*

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 pro-*

grams 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.stpaulsiverside.org

Worship: Sundays, 10:15am (in person and streaming). Coffee hour immediately following worship service in Selleck Hall. Sunday School (including frolic Fatih class for toddlers 2+) in the Children’s Chapel downstairs – drop-off starts at 10am. Ongoing: Neighbor-to-Neighbor food drive box by office door. Pick-up is every Thursday morning. *Joint concert with the choirs of St. Paul’s and St. Catherine’s of Siena: Sunday, March 2, 2pm, A reception will follow in the parish hall. Shrove Tuesday Pancake Supper: March 4, 5:30pm. Lent begins with Ash Wednesday on March 5: Service, 7pm.*

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. *“The War in my Backyard”: TEENS Shabbat Dinner: Friday, Feb. 28, 7:30pm; Shabbat: March 1, 12:15pm.*

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, 7-9pm, First Presbyterian Church. Soul Spa - Torah Study: Saturdays, 10am, on Zoom.

Greenwich Reform Synagogue

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

Join Rabbi Gerson and Cantor Rubin every Friday, 6pm for Shabbat Services, and once a month for Tot Shabbat, 5:30pm. All in person services are also live streamed on Zoom. *GRS Movie Club: “A Real Pain”: Thursday, March 6, 7pm, RSVP.*

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. *Together Shabbat for Young Families: Friday, February 28, 5:30pm. Special Edition Lunch ‘n Learn with Rabbi Mitch: rescheduled to Tuesday, March 4, 12pm. Book Discussion: “Not in America”: Wednesday, March 5, 7pm. Purim Carnival: Sunday, March 9, 3pm.*

Lutheran

St. Paul Lutheran Church

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

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

Methodist

Diamond Hill United Methodist

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

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

First United Methodist Church

59 E. Putnam Ave.; 203-629-9584
www.fumcgreenwich.com

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

Bethel African Methodist Episcopal

42 Lake Ave.; 203-661-3099

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

Nondenominational

Dineletown Community Church

376 Stanwich Rd., at Barnstable Lane

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

Revive Church

90 Harding Rd., Old Greenwich (Old Greenwich Civic Center)

www.myrevive.org

Worship Service: Sun, 10am, Holiday Inn 980 Hope St, Stamford. Online Sermons available on Facebook (facebook.com/myrevivechurchgreenwich) 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 & above, are offered. Praise & Prayer Night: 6pm on the First Sunday of each month. 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 Lyceum (ages 5-14): 3rd Sunday of the month, 10-10:40am. Healing Service: 3rd Thursday of the month, 7-7:30pm. (Email Albertsonpcc@gmail.com for registration and Zoom Links). *Meta-physics, Spiritual Philosophy & Self Unfoldment Course: Sunday, March 2, 12:30-2pm, \$30/class (First Sunday of each Month).*

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. *TY High School Winter Retreat: February 28 – March 2, Trinity Ministry Center.*

Presbyterian

First Presbyterian Church

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

Worship: Sundays, 10am. *Susan De George: Sunday, March 2, 11:30am.*

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, 89 Maple Ave. Bible Studies and Sunday School meet in person. All are welcome.

Living Hope Community Church

38 West End Ave; 203-637-3669
www.LivingHopect.org

In-person & online (LivingHopect.org/livestream) worship Sundays: 10am. Prayer for the Nation: Thursdays, 7:30-8pm, Online. Register and more information: livinghopect.org/resources/alpha.

COLUMN

From Heartbreak to Hope: The Power of Righteous Anger



By Rabbi Mitchell Hurvitz

An exhibit entitled “Every Hostage Has a Story” was created by Israel’s National Library soon after the October 7 massacre and hostage-taking took place. The exhibit’s purpose was to help people understand that each hostage was a precious human being with a personal story.

Placed in the reading hall of the library was a chair for each hostage. On the chair was a personal picture.

Most chairs were black; but more petite, colorful chairs were placed for the smaller children. A “baby chair” was also placed for the youngest hostage, Kfir Bibas.

Each chair had a book on it that the library had chosen specifically for the hostage it represented. Each book contained a personal library card with a return date that read: “NOW.”

For baby Kfir, the book selected was *Where is Pluto?* by Leah Goldberg. Towards the end of the book, there is a line that many Israeli parents know by heart: “You’ve returned home, what joy!”

Kfir’s chair is now removed. The baby was returned home but with an absence of joy and an abundance of sadness and pain.

Kfir, along with his three-year-old older brother,

The sadness and grief can paralyze, but righteous anger can prompt change.

Ariel, had their little corpses returned to Israel as part of the hostages-for-prisoners Gaza ceasefire exchange. During the forensic examinations, it was confirmed that the young Bibas boys were brutally murdered in November 2023.

Many had hoped that the Bibas children had survived their abductions, and the light of this hope is now extinguished.

Hamas, before the most recent return of their hostages, dead and alive, created a spectacle by which they celebrated their murderous actions. Observing this, while thinking of the Bibas children and all of the innocent victims subjected to Hamas’ murders and kidnappings, has created feelings of sadness and pain but also righteous anger.

The Center for Jewish History in New York City currently hosts a limited-run exhibit on Anne Frank’s life and experiences. The exhibit will run until October 31, then travel to other nationwide areas.

At the exhibition, there is a full-scale re-creation of the annex where Anne and her family hid from the Nazis between 1942 and 1944. Additionally, there are dozens of Anne Frank’s artifacts.

All of us know Anne Frank. But, sometimes, we forget that she was just one of the millions of Jews murdered by the Nazis.

I recently reminded myself of this fact when I purchased a book by Phil Chernofsky entitled: “And Every Single One Was Someone.”

Phil is a math and Jewish studies teacher in a

Jewish day school, and he wanted a different and meaningful way for his students to relate to the Holocaust. He created a book with just one word printed six million times, “JEW.”

Each time, each Jew was Anne Frank. Each time, each Jew had their precious life cruelly ended.

Now, 80 years after the Holocaust, I am sad, in pain and very angry. How can we still live in a time where Jews, adults, children, and babies can’t be safe from murderous anti-Semites who have no interest in living in peace with the Jewish State of Israel?

They want “from the river to the sea” the elimination of Israel, and they do not care one iota that now half of the world’s Jewry lives in Israel.

Since October 7, I (like most Jews) have felt profound sadness and grief and a lot of righteous anger.

Will Kfir be just the next in the line “Anne Frank?”

The answer must be an enforced “Never Again!” It is not a prayerful slogan but a call to action that guarantees the horror of history targeting Jews will stop.

The sadness and grief can paralyze, but righteous anger can prompt change. Righteous anger will prompt pious people to combat the sociopaths and psychopaths who would exterminate Jews. Combat by which righteous anger prompts a righteous response.

A righteous anger that will prompt the calling

out of those who morally equivocate or stand in silence.

The Gaza War is a horror brought about because of the evil Hamas commits.

For those who justify rape, torture, beheading, kidnapping, and murder, you minimally are dipping your toes in the murky liquid of evil, if not jumping in.

Jewish tradition is very uncomfortable with an anger devoid of righteousness. However, righteous anger that prompts us to work even more diligently to improve the world is always a mitzvah.

Righteous anger will never allow someone to give in to the impulse to seek revenge. But, it will serve as an impetus to work tirelessly to correct the wrong.

Righteous anger will not permit hate. But it will facilitate the moral elimination of hate.

It is time for all of us to embrace our righteous anger.

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

RMA Presents The Truth of Laser Vision

JOHN REESE

At the February 19th meeting of the Retired Men’s Association Cynthia MacKay, a retired ophthalmologist with expertise in retina disease and laser surgery, delivered a presentation entitled “The Unsightly Truth of Laser Vision Correction: LASIK Surgery Makes Healthy Eyes Sick” which is also the title of the book she coauthored which was published in May 2024. The presentation aimed to shed light on the risks and complications associated with LASIK surgery, a procedure she characterized as a cosmetic and unnecessary operation performed solely to change the focus of the eye and eliminate the need for glasses or contact lenses.

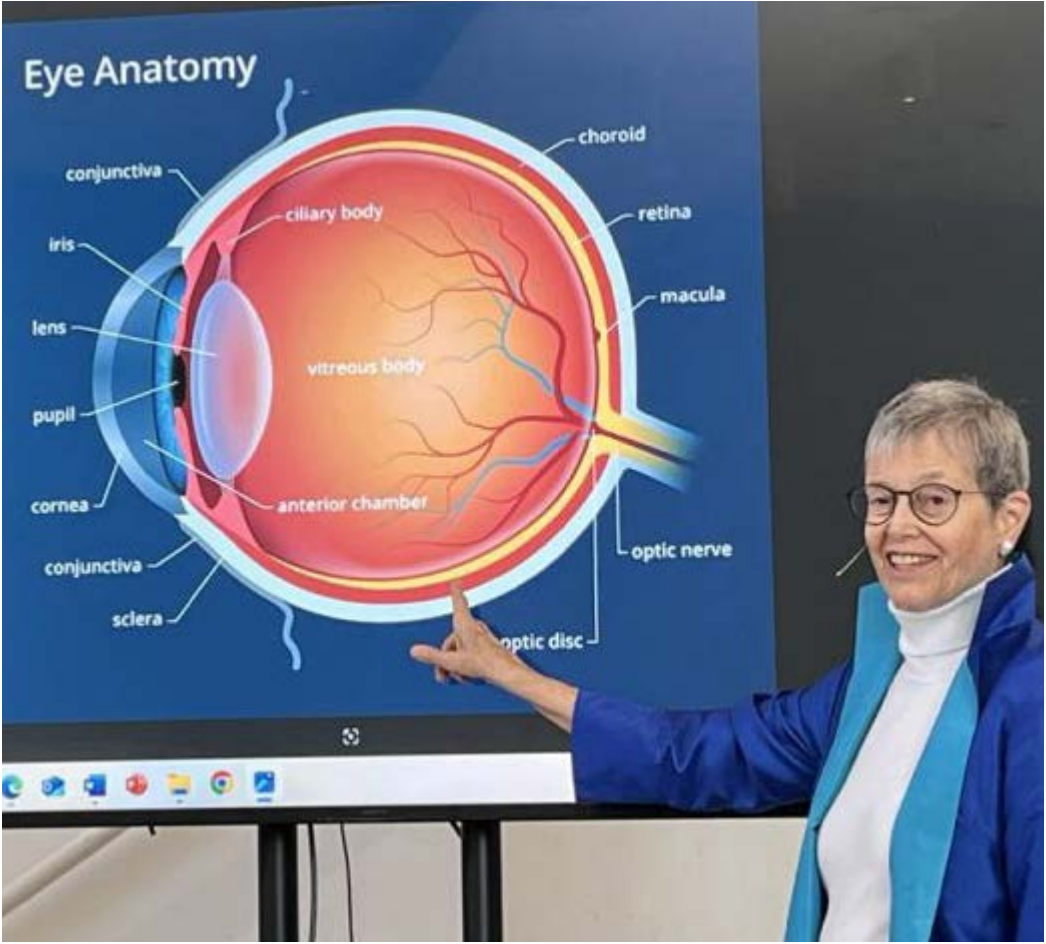
MacKay began by explaining that LASIK involves shaving off part of the cornea using an excimer laser, altering its natural dome shape into a flattened mesa shape. She recounted her experience at the Harkness Eye Institute of Columbia Presbyterian Medical Center when LASIK was first introduced. She remembered Steve Trokel’s enthusiastic announcement about the excimer laser’s potential to revolutionize ophthalmology by eliminating the need for glasses. However, MacKay’s reaction was skeptical, as she understood the cornea’s sensitivity due to its high concentration of nerve endings. She foresaw that cutting through these nerves would result in severe pain. She then explained that her concerns extended beyond immediate pain, as she predicted that LASIK would thin and weaken the cornea, leading to a condition called ectasia, where the cornea bulges out in the thinned area. She stated that corneal transplants would likely fail due to chronic inflammation caused by LASIK. Despite her initial skepticism and prediction of disaster, LASIK gained popularity, a fact she found perplexing.

MacKay then posed the question of why people were still undergoing LASIK despite the well-known potential complications. The answer is that the public and LASIK patients are not fully informed and the FDA will not act. She explained that cutting the cornea leads to scarring, pain, distorted vision, and night vision problems. The uneven focus caused by LASIK, with the periphery retaining its original focus and the center corrected by the laser, results in quadruple vision, glare, halos, and starbursts, especially in dim light when the pupil dilates.

She clarified common misconceptions about eye lasers, emphasizing that the excimer laser used in LASIK is just one of five types of lasers used in ophthalmology. She explained that the excimer laser’s precision in etching surfaces is why it’s also used in making microchips. She also mentioned the femtosecond laser, often used in cataract surgery. She highlighted the argon, selective, and YAG lasers, which have saved the sight of millions by treating retinal diseases, glaucoma, and cloudiness after cataract surgery, respectively. MacKay stressed the importance of understanding the specific laser type and its application rather than rejecting all laser procedures outright.

Unable to show the movie “Broken Eyes” about

The presentation aimed to shed light on the risks and complications associated with LASIK surgery, a procedure she characterized as a cosmetic.



Dr. Cynthia MacKay explained how vision is corrected by LASIK surgery and described the complications that can occur.

LASIK, MacKay referred to the 2024 book she coauthored with Morris Waxler, former head of the FDA committee that approved LASIK, Paula Cofer, a LASIK patient and advocate for other affected individuals, and Ed Boshnick, an optometrist specializing in contact lenses for LASIK patients. She emphasized that every statement she made was backed by scientific literature, with 11 pages of citations in the book.

Moving into the latter part of her presentation, MacKay expressed gratitude to those who helped assemble the slideshow. She then presented images of key figures involved in the fight against LASIK-related complications. She showed a photo of herself testifying before the Food and Drug Administration (FDA), followed by a picture of Paula Cofer, who suffers from debilitating pain and vision problems after LASIK. MacKay recounted a personal experience of assisting Cofer, who had effectively gone blind. She also included a photograph of Morris Waxler, the former FDA committee head.

MacKay shared the tragic story of Dr. Nancy

Burleson’s son, who committed suicide due to constant pain and disability following LASIK. She mentioned a recent case of a 29-year-old policeman who also took his own life after experiencing LASIK complications. Additionally, she recounted the story of Pat Tillman, the NFL player who was killed by friendly fire in Afghanistan. MacKay explained that the soldier who shot him had recently undergone LASIK and was suffering from impaired vision. She further cited celebrities like one of the Spice Girls and tennis star Jennifer Capriati who suffered disastrous outcomes.

She then showed a photograph of Dana Conroy, a PBS documentary producer who is severely disabled after LASIK and displayed images from the premiere of the film “Broken Eyes” and the Soho International Film Festival.

MacKay concluded her presentation by listing the complications of LASIK, as substantiated by various studies, including a 2024 study indicating a 75% chance of dry eye (most commonly a feeling of grittiness or something lodged in the eyes) after the

surgery.

The RMA’s upcoming presentation, “Update on the 2024 Greenwich real estate market” by David Michonski, is scheduled for 11 AM on Wednesday, March 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.

How has the Greenwich market fared in 2024 and what may lie ahead? To find out, David Michonski will provide us a fascinating insight into Greenwich home prices over 2024. Not only will he present easy-to-understand visuals of the market, but he will compare Greenwich prices with national average and median prices. David will also discuss the state of real estate brokerage today and important trends that will affect all homeowners going forward.

Michonski has been responsible for some of the largest and most celebrated real estate sales in America for some of America’s most notable families. Over the past 30 years he has lectured, marketed, taught, and consulted on real estate sales and marketing around the world. He has been a real estate consultant for the US Department of State and led the first team of U.S. advisors into Eastern Europe after the Berlin Wall fell. He has also managed the Greenwich office of Coldwell Banker. Michonski is the founder, chairman and CEO of Quigler, Inc., and the author of three award-winning real estate books, including “Get Your Highest Price,” a guide for consumers about what they should expect from their agent to get the highest price for their home, which book served as the inspiration for Quigler.

David graduated from Colgate University with high honors, and studied at Harvard, Boston College and the Wharton School.

To stream the presentation by David Michonski at 11 AM on Wednesday, March 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.

First Congregational Christmas Sale Largest Ever

JOHN REESE

The First Congregational Church of Greenwich hosted its annual Christmas Tree and Wreath Sale gift awards celebration on Sunday, February 16, and awarded its largest gift total in the 58-year history of the sale.

Nine local, non-profit organizations focused on Greenwich and Stamford children and families were given gifts totaling \$52,800 from the proceeds of the annual Christmas Tree and Wreath Sale. Gifts of \$6500 were given to Greenwich Alliance for Education, Kids in Crisis, Mothers for Others, Pacific House Young Adults Program, The Undies Project, The United Way Youth Mental Health Initiative, The YWCA Harmony Project. In addition, proceeds from the sale will fully fund a monthly hot meal at New Covenant Center for one year and will support Call-A-Ride. Pam Speer, co-chair of the Christmas Tree Sale Committee awarded the gifts.

The Christmas Tree and Wreath Sale has been

First Church is grateful and proud of the support and generosity of our shoppers and volunteers. We are honored to in turn support these wonderful agencies who are working hard in our community to help children and families most in need.



Ginny Chaney of The Undies Project; David Rabin, CEO of Greenwich United Way; Cathy de Graff, co-president of Mothers for Others; Kathy Seiden, Chief Advancement Officer, YWCA; Julie Faryniarz, Executive Director Greenwich Alliance for Education; Michelle Fanwick, Development Director, Pacific House.

held annually since 1966 and has grown into a community event staffed with volunteers of all ages, including church members, ambassadors from the benefiting charities and students from Greenwich public and independent schools. Lauren Ghaffari, co-chair of the tree sale, commended over 100 local volunteers for dedicating 282 volunteer hours to the sale.

“First Church is grateful and proud of the support and generosity of our shoppers and volunteers. We are honored to in turn support these wonderful agencies who are working hard in our community to help children and families most in need,” said Kate Collins, co-chair.

The Sentinel does not charge for obituaries because every life in our community deserves to be honored and remembered without financial barriers. By providing this service at no cost, we ensure that families can share their loved ones’ stories freely, preserving their legacies as part of Greenwich’s history. To submit an obituary email Caroll@GreenwichSentinel.com




JEAN DIXON
Jean Dixon, a longtime Greenwich resident, passed away February 23, at age 95. She was born on June 29, 1929, in Edinburgh, Scotland. She is predeceased by her husband, John (Jack) Dixon, who passed away in 1992. Together they immigrated to America in 1955 to build their beautiful life.
Jean is the cherished mother of Joyce Dannheim (Robert) and Malcolm Dixon (Elizabeth Ann), loving grandmother of Heather Beardsley (Seth), Courtney Letz (Ethan) and Mallory Dixon and great-grandmother of James, Jack, Cameron and Mackenzie. She is predeceased by her family in Scotland, her siblings Christine MacHardie and Jack Scott and her parents George and Isabella Scott. She nurtured and exuded her Scottish pride throughout her life, instilling it in her family with special treats, songs and sayings. Her memory lives on in her group of lifelong Scottish friends, the “YaYa’s,” who together are honored with a wooden bench overlooking the Byram Shore. All who knew her will remember her sweet presence, sense of humor and generosity.
A memorial gathering will be held on Saturday, March 1, 10 a.m.- 12 p.m., and a service will commence at noon at Coxé & Graziano Funeral Home, 134 Hamilton Avenue, Greenwich, CT, 203-869-5968.
In lieu of flowers, memorial donations can be sent to either the Boys & Girls Club of Greenwich <https://bgcg.org/get-involved/donate.html> or to Paws of Connecticut <https://www.pawscat.org/donate>




PATRICIA SCHMITT
Patricia Anderson Schmitt, lovingly known as “Pat,” passed away peacefully on February 20, in Stamford, CT, at the age of 96.
Born on July 12, 1928, in Middletown, CT, Pat spent her early years in Stamford and graduated from Stamford High School. She continued her education at Colby-Sawyer Junior College before earning a degree in dental hygiene from the University of Pennsylvania.
Pat was married to Dr. Daniel Schmitt for 52 years until his passing. She was predeceased by her sister, Susan Moore, and is survived by her five children: Peter King, Robert Dana, Jon Anderson, Mary Jane (Liu), and Michael Adam. She also leaves behind eight grandchildren and five great-grandchildren, who will cherish her memory for years to come.
A warm and social person with a gift for making people feel welcome, Pat enjoyed life in Old Greenwich, CT; Wolfeboro, NH; and Montgomery, New York. She had a deep love for dogs and found joy in volunteering for various causes. An avid sailor and sun enthusiast, she spent many happy days at Rocky Point Club.
A memorial service will be held on March 7, at 11:00 AM at First Congregational Church, located at 108 Sound Beach Ave., Old Greenwich, Connecticut. A memorial gathering will follow at the same location from 12:00

to 1:00 PM.
Patricia Schmitt lived a full and meaningful life surrounded by family and friends who adored her. Her kindness and warmth will be deeply missed but fondly remembered by all who had the privilege of knowing her.



JAMES GASPARINO
December 14, 1937 – February 19, 2025
James P. Gasparino, affectionately known as “Gas” or Jim, passed away peacefully on February 19, at Stamford Hospital, surrounded by his loving family. Born and raised in Greenwich, CT, Jim was a lifelong member of the community he cherished. He was 87 years old.
Jim was the devoted husband of Mary Donna Carlucci Gasparino, with whom he shared 61 years of marriage—a love story built on unwavering dedication, faith, and family. Together, they raised four children: Linda Gordon (John), James Gasparino (Patricia), Sandra DeFilippis (Matthew), and Richard Gasparino (Lauren). His legacy continues through his nine grandchildren—Ronnie (Caitlin), Brandon, Justin, Brian, Devin, Matthew, Ashley, Cole, and Sloane—and his great-grandson, RJ, all of whom brought him immeasurable joy. He is also survived by his beloved sister, Theresa Condito, as well as many nieces and nephews who loved and admired him. He was predeceased by his parents, James and Mildred Gasparino, and his sister, Marie Gasparino.
Jim dedicated nearly 40 years of his career to FAG, a ball bearing company, where he worked as a Customer Service Manager. He took great pride in his work, always showing up with dedication and a strong sense of responsibility. He valued the relationships he built over the years and approached his job with the same commitment he brought to everything in his life.
Beyond his professional career, Jim was an unbelievable athlete with a passion for competition that defined much of his early life. He excelled in basketball, baseball, and football at Greenwich High School, where he lettered in all three sports. He went on to play basketball at Fairmont College in West Virginia, continuing to showcase the same skill and dedication that had always set him apart. His love for the game never faded, and his passion for sports remained a defining part of who he was, shaping the way he mentored and supported his children and grandchildren.
A man of deep faith, Jim was a lifelong parishioner of St. Roch’s Church, where he remained steadfast in his devotion for all 87 years of his life. His presence at church and within the community will be deeply missed.
A wake was held on Monday, February 24 at Castiglione Funeral Home. A funeral mass took place on Tuesday, February 25 at St. Roch’s Church, followed by Jim’s burial at St. Mary’s Cemetery, where he reunited with those who went before him.
Jim’s life was defined by love, sacrifice, and an unwavering commitment to family. Though his absence leaves an unfillable void, his legacy will live on in the hearts of all who knew and loved him.




JOHN FREDERICK
John Augustus Frederick, 88, entered eternal rest on February 11. John, affectionately known as “Jack” and “the Bopper”, was born on June 24, 1936, in Greenwich, CT to Una (McDonough) Frederick and Augustus C. Frederick, Sr. Jack spent many

Obituaries

years growing up as a Boy Scout and attended the 1950 Jamboree. He graduated from Greenwich High School in 1954 and joined the United States Army, which he proudly served from 1955-1958. He also served in France during part of his time in the Army.
Jack was a USPS letter carrier for more than forty years for the Greenwich Post Office, was a longtime member of the Knights of Columbus, NALC (National Association of Letter Carriers) Branch 759, Byram Vets, Holly Hill Tones (singing group), and a lifetime parishioner of St. Mary’s Church. He loved watching his favorite teams play (NY Giants & NY Mets). The family would like to thank GEMS (Greenwich Emergency Medical Service), and the medical staff and doctors who took such great care of Jack during the past few weeks.
Jack was preceded in death by his loving wife Jean (Baker) Frederick, brother-in-law Duke Hartley, sister-in-law Sheila Clarke Frederick, niece Theresa Frederick, nephews Robert Frederick, Jr., and Thomas Frederick. Jack is survived by Robert (Janet) Frederick of Stuart, Oklahoma, Nancy (Robert) Hastie of Savannah, Georgia, Thomas Frederick of Cape Cod, Mass., Eunice Frederick of Greenwich, CT, and Augustus (Linda) Frederick Jr. of Cape Cod, Mass. He is also survived by numerous nieces, nephews, and cousins.
Funeral services will be held on Friday, February 28, at 10:00 a.m. at St. Mary’s Church located at 178 Greenwich Avenue, Greenwich CT. Interment to be held at Putnam/ St. Mary’s Cemetery located on Parsonage Road in Greenwich, CT. The family received friends on Thursday, February 27, at Leo P. Gallagher & Son Funeral Home, Greenwich, CT. In lieu of flowers, please send donations to Hill House, Inc. 10 Riverside Avenue Riverside, CT 06878.

PIETRO MONTEFUSCOLI
Pietro Montefuscoli, 84, of Greenwich, CT, passed away on Saturday, February 15.
Born in San Mango Sul Calore, Italy. His life was one of hard work, love, laughter and play! A dedicated mason and a devoted husband to his late wife, Diane. He is survived by his son, John, daughter-in-law, Lucia, and beloved granddaughter, Sofia. He also leaves behind his brother, Teodoro (Felicita), sister, Rosina, and extended family.
A Wake will be held on Sunday, February 23, 2025, from 3 to 7 PM at Castiglione Funeral Home, Greenwich. A funeral service will take place on Monday, February 24, 2025, at 10:30 AM at Sacred Heart Church, Stamford.



DONALD MARCHETTI
Donald J. Marchetti, 96, of Old Greenwich, CT, passed away peacefully at home on February 19.
Don was born in Bridgeport, CT, to John and Mary Marchetti. He attended school in Bridgeport and graduated from Harding High School. He later earned a degree from the University of Bridgeport, where he attended college on a football scholarship and even had a tryout with the New York Giants. Don began his career as a Sales Representative for Lipton and spent the majority of his professional life as a Sales Manager for Globe Equipment. A veteran of the Korean War, he served proudly in the Army.
Don and his beloved wife, Carole, spent the falls and winters in Brownsville, TX, where Don served on the board of their retirement community. In years past, he was also an active member of the Trumbull Town Council. An avid golfer and master domino player, Don cherished these hobbies and the friendships they brought him.
He was preceded in death by his first wife, Fran, his sister, Dorothy, and his brother, John.
Don is survived by his devoted wife, Carole; his children, Lisa Zyskowski (Robert), Lynne Stiverson (Kent), Laura Glazner (Thomas), and Jay Bone (Lisa); and his grandchildren, Jillian Stiverson, Douglas Stiverson, Bryan Stiverson, and Eric Bone. He leaves behind many


nieces and nephews who dearly loved their “Uncle Don,” along with numerous wonderful friends and family.
Calling hours were held on Tuesday, February 25 at Leo P. Gallagher & Son Funeral Home, Greenwich. Interment followed at Gate of Heaven Cemetery, Trumbull

LUDMILA OSTASIEWICZ
Ludmila T. Ostasiewicz, 69, of Old Greenwich, CT, died on February 17, at Greenwich Hospital surrounded by her beloved family. Born in Slough, England, she was the daughter of the late Nicholas and Irena Ostasiewicz.
Lily was a graduate of Rutgers University- Douglas College where she studied Biochemistry. She went on to earn her Doctor of Philosophy from the City University of New York. Throughout her career, she applied her passion for scientific research in ways that helped improve the health and well-being of others. She was most recently Deputy Manager, Outreach and Development for New Horizons in Chelsea, London.
As a resident of London, England for over 20 years, Lily made her adopted city into a beloved home. She also traversed the globe, often sharing her love of travel and world adventures with her friends and family.
She is survived by her brother George Ostasiewicz and his wife Dorothy Wilson, and her sister Anna Chila and her husband Christopher, as well as her loving nieces and nephews, Jennifer Chila, Alexandra Ostasiewicz, Heather Chila, Christopher Chila and his wife Cori, Sarah Ostasiewicz and her husband Manuel Anaya, and Peter Ostasiewicz and his wife Nina Wisner. Lily is also survived by her two great-nieces, Samantha and Sage Chila.
Her family would like to acknowledge her amazing care team, Carline and Stephanie, for providing the utmost care and support in her final years.
Her family received friends on Thursday, February 20 at Magner Funeral Home, Norwalk. A Mass of Christian Burial was held on Friday, February 21, at St. Matthew Church, Norwalk, with burial at St. John Cemetery, Norwalk.
In lieu of flowers, memorial donations may be made to The Michael J. Fox Foundation for Parkinson’s Research in memory of Ludmila Ostasiewicz.




ALEX LEWANDOSKI
June 24, 1988 – February 15, 2025
With great sorrow and heavy hearts, we announce the passing of Alex Christopher Lewandoski, who left us unexpectedly on February 15, at the age of 36. Born June 24, 1988, in Greenwich, CT. Alex was a beloved son, brother, uncle, and friend to many. He was a light in the lives of all who knew him, and his memory will forever be cherished.
Alex had a great love for adventure, including being a competitive motocross and trail rider, exploring and competing in the Taconic and Berkshire Mountain ranges and the dunes of Southern California. He was also a talented ice hockey player. He was a 4-year member of Greenwich High School’s varsity team and a member of the Junior Rangers, along with being an avid skier and boater. Recently, he picked up a love of pickleball. Alex embraced every moment with great enthusiasm and his zest for life is contagious.
As a graduate of Greenwich High School, Alex went on to build a successful career in plumbing and mechanical services. He branched out from Liberty Plumbing and created Liberty Plumbing North, in upstate CT and then Liberty Plumbing Laguna Beach, CA. His hard work, dedication, and craftsmanship were a testament to who he was. He would always help anyone in need.
Alex is survived by his loving parents, Donald and Leigh Lewandoski; his brothers, Keith and Brian Lewandoski; his sisters Joanne Schonberg and Lori Lewandoski Keen; and a large extended family, including eleven nieces and nephews, many cousins, and friends. He leaves behind a legacy of joy, kindness, and laughter.

Alex brought warmth and a positive energy to everyone around him, and his presence will be deeply missed.
Calling hours will be on Friday, February 28, 4 - 8 p.m. at Castiglione Funeral Home (544 Old Post Rd. 3, Greenwich CT). A celebration of Alex’s life will be held on Saturday, February 29, at The First United Methodist Church at 10:30 a.m. (59 E Putnam Ave., Greenwich CT).
Alex’s memory and spirit will live on in the hearts of those who loved him and continue to shine brightly in their lives. Rest In Peace, Alex. You will be missed beyond measure.



RICHARD FRENZ
Richard L. Frenz, 89, died on February 14, at Greenwich Hospital. He was born on November 9, 1935, in Port Chester, NY, at the United Hospital. The cause of death was tonsillar cancer. He was the son of William Frenz and Marcella Ryan Frenz.
Richard graduated from Byram School and Greenwich High School in 1954. He served in the US Army, for 2 years in Germany, and became a Service Technician for the Greenwich Gas Company for his entire career.
He married Lee Ann Martello on October 21, 1961, at the Holy Rosary Church in Port Chester, NY, on October 21, 1961, and remained happily married for 66 years, making their home in Greenwich, CT.
In addition to his parents, he was predeceased by his older brother, William D. Frenz, and his nephew, Gary R. Frenz. Surviving family members are his wife, Lee Ann Martello Frenz, his sister, Shirley R. Frenz, his nephew, William D. Frenz, Jr. and wife Natalie Francis Frenz and his great-niece, Allison Dorothea Frenz.
Visitation was on Tuesday, February 25, at Castiglione Funeral Home, Greenwich. A Funeral service was held on Wednesday, February 26, at the Funeral Home. Burial followed at Saint Mary’s Cemetery in Rye Brook.



LOIS CLARK
Lois Maxine Clark, née Cooksey, passed away on February 11, in Greenwich, CT. She was 99 years old. Lois was predeceased by her husband Theodore, her son Jeffery, her sister Doris, her brother Roger, and her nephews Phil and Wade.
She was born in Rockford, Illinois, the daughter of Gladys and Herman Cooksey. Lois attended the University of Dubuque, worked as a laboratory technician, and was an accomplished weaver, gardener, and baker. She was a voracious reader and lifelong music and art lover.
Lois is survived by her daughters Barbara and Pamela, her grandchildren Jessie and Samuel, her great-grandson Rowan Poe, and her nephew Kenneth.
A celebration of life service will be held at St. Stephen’s Episcopal Church in Ridgefield, CT on a future date.

The Sentinel does not charge for obituaries because every life in our community deserves to be honored and remembered without financial barriers. By providing this service at no cost, we ensure that families can share their loved ones’ stories freely, preserving their legacies as part of Greenwich’s history. To submit an obituary email Caroll@GreenwichSentinel.com

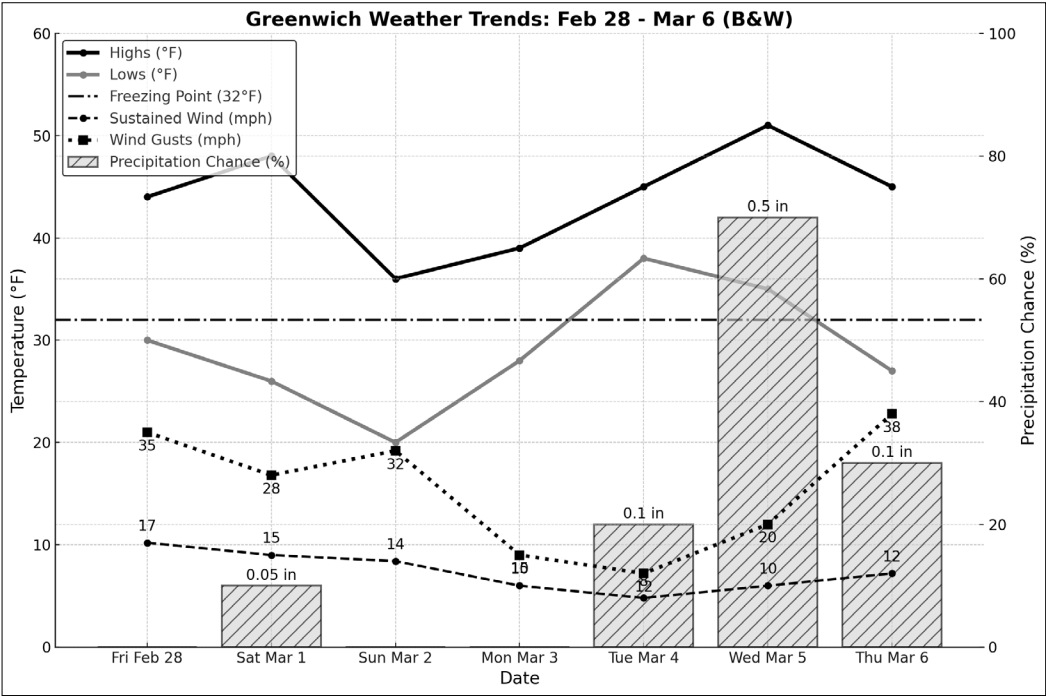
Greenwich Weather Forecast: Here's What to Expect

By Emma Barhydt

Greenwich can expect a week of fluctuating temperatures, breezy conditions, and occasional rain as March approaches. The week's forecast shows mostly dry conditions, with light rain midweek and temperatures ranging from the upper teens overnight to low 50s during the day.

Friday, February 28: A breezy end to the workweek will feature a mix of sun and clouds with temperatures peaking at 44°F. Strong west-northwest winds at 17 mph, gusting up to 35 mph, will make the air feel cooler, so layers are recommended for outdoor activities. As evening falls, temperatures will drop to 30°F with mostly cloudy skies and lighter southern winds at 9 mph. The chance of rain remains low, ensuring dry conditions heading into the weekend.

Saturday, March 1: Clouds will dominate the sky throughout Saturday, with temperatures warming



slightly to 48°F. Winds from the west-southwest will reach 15 mph, with gusts up to 28 mph, adding a brisk feel to the day. While there's a small chance of light showers, any rainfall will be minimal. The evening will clear up, with temperatures dipping to 26°F under mostly clear skies. Winds will shift to the west-northwest,

maintaining gusts near 28 mph, keeping the night crisp. Sunday, March 2: Sunday will deliver the coldest daytime temperatures of the week, with a high of just 36°F. Despite mostly sunny skies, strong morning breezes from the northwest at 14 mph—gusting up to 32 mph—will keep the air sharp. The evening brings

clear skies and a steep temperature drop to 20°F. Winds will ease slightly but remain noticeable at 12 mph, with gusts up to 25 mph. Monday, March 3: Sunshine returns on Monday, bringing calm and dry conditions. Temperatures will climb into the upper 30s, accompanied by light northwest winds,

making it a pleasant day for outdoor errands. The night will stay mostly clear, with temperatures falling to the upper 20s and light northeast winds. No precipitation is expected, providing a stable start to the week.

Tuesday, March 4: A shift in weather arrives Tuesday, with mostly cloudy skies and milder temperatures in the mid-40s. Winds will remain light, allowing for a comfortable day despite the cloud cover. Overnight, temperatures will fall to the upper 30s as overcast conditions persist. Light rain is expected but will be minimal, with no significant impact on travel or evening plans.

Wednesday, March 5: The mildest day of the week, Wednesday will see temperatures rise into the low 50s, though skies will remain mostly cloudy. Light rain is expected for a few hours during the day, accompanied by steady winds at 10 mph and

stronger gusts. Overnight, rain will become steadier, with temperatures dropping to the mid-30s. Winds will increase to 14 mph, and about half an inch of rainfall is expected, making it the wettest period of the week.

Thursday, March 6: The week concludes with a return to cooler, breezy conditions. Thursday will be mostly cloudy, with a high near 45°F and a chance of a light morning shower. Winds will pick up throughout the day, with gusts reaching up to 35 mph. By nightfall, skies will clear, and temperatures will drop to 27°F. Strong winds will persist into the evening, with gusts up to 38 mph, providing a brisk end to the week.

As Greenwich transitions into spring, the weather remains a familiar mix of brisk breezes, cool evenings, and the occasional light rain. It's the kind of week that calls for warm layers, friendly conversations over coffee, and maybe a good book by the fire.

Nationally: The Week Ahead

By Emma Barhydt

Northeast: The Northeast will experience fluctuating temperatures throughout the week, ranging from the upper 30s to the low 50s. Conditions will start mild under partly sunny skies before a cold front moves in over the weekend, bringing cooler air. The start of the following week will remain chilly, but temperatures will rebound toward midweek. Expect mostly dry conditions, though a late-week system may bring light rain or snow showers, especially in northern areas. Winds could be gusty during the weekend frontal passage, with breezy conditions lingering into the start of the week.

Southeast: The Southeast will enjoy mild conditions, with temperatures ranging

from the mid-60s to the low 70s. A cold front moving through midweek may bring a chance of showers and thunderstorms, some potentially strong. Gusty winds may follow the front late in the week, but drier conditions will return by the end of the period.

Midwest: The Midwest will see temperatures ranging from the upper 30s to the mid-40s, with a warming trend early in the week. A storm system will bring rain and snow chances, particularly across northern areas, with rain potentially heavy at times and the possibility of localized flooding. After the midweek system passes, temperatures will remain mild, and skies will gradually clear by the end of the week.

Southwest: The Southwest will experience

warm and dry conditions, with temperatures ranging from the upper 70s to the low 80s. A brief period of unsettled weather is expected over the weekend, with scattered showers and mountain snow possible. Gusty winds are likely, especially in desert areas. Dry and sunny weather will return by the start of the following week, with temperatures rebounding quickly.

Northwest: The Northwest will encounter a wet pattern, with temperatures ranging from the low 50s to the mid-60s. Cloudy skies and periods of rain are expected throughout the week, with cooler air lowering snow levels in mountainous regions. Occasional showers and clouds will persist through midweek, accompanied by breezy conditions

during frontal passages.

West Coast: The West Coast will see mild conditions, with temperatures ranging from the upper 60s to the low 70s under mostly sunny skies. A low-pressure system over the weekend could bring scattered showers and some mountain snow. Winds may become gusty during the weekend storm, especially in coastal and mountain areas, but calmer conditions are expected by the end of the week.

Please note that weather conditions can change rapidly. For the most accurate and up-to-date forecasts, check reliable sources such as the National Weather Service, NOAA, and AccuWeather.

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AGGREGATED NEWS FROM THE WSJ

First Measles Death Reported in Texas Outbreak

A child in Lubbock, Texas, has died from measles, marking the first fatality in a statewide outbreak affecting nearly 140 individuals, primarily children. Health officials attribute the surge in cases to declining vaccination rates and are urging increased immunization efforts.

U.S. and Ukraine Near Minerals Agreement Amid Unresolved Issues

The U.S. and Ukraine are close to finalizing a deal on Ukraine's mineral resources; however, critical details, including military support and financial arrangements, remain unsettled. President Volodymyr Zelensky emphasizes the necessity of security guarantees for Ukraine as part of the agreement.

Proposed Fees on Chinese Ships Could Impact U.S. Economy

The Trump administration is considering

imposing fees up to \$1.5 million on Chinese-built or Chinese-flagged ships docking at U.S. ports. This move aims to counter China's dominance in global shipbuilding but may lead to increased costs for U.S. retailers and manufacturers.

Trump Administration Orders Deeper Cuts to Federal Agencies

President Trump has signed an executive order directing federal agencies to implement significant staff reductions, review contracts, and freeze employee credit cards, excluding disaster relief efforts. The initiative aims to decrease government spending and streamline operations.

Disney Employee's Use of AI Tool Leads to Severe Cyberattack

Matthew Van Andel, a Disney employee, experienced a devastating cyberattack after downloading a free AI tool containing malware. The breach compromised both his personal and professional data, prompting Disney to reassess its cybersecurity protocols.

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NEW LISTINGS							
TIMOTHY AGRO, GREENWICH STREETS TEAM , 203.461.5964							
Address	List Price	Price/SqFt	SqFt	AC	BR	FB	Area
3 Putnam Hill 3F	\$395,000	\$395	1,000		1	1	South of Post
1 Putnam Hill 4K	\$560,000	\$569	985		1	1	South of Post
328 Hamilton Ave 2	\$799,000	\$498	1,604		3	1	South of Post
47 Lafayette Place 3H	\$799,000	\$986	810	0	1	1	South Parkway
47 Lafayette Place 4c	\$839,000	\$1,095	766		1	1	South Parkway
3 Relay Court	\$875,000	\$930	941		2	1	Cos Cob
44 Gerry Street	\$949,500	\$419	2,268	0.12	3	2	South of Post
16 Windy Knolls A	\$1,375,000	\$531	2,590	0.17	3	2	Pemberwick
11 Mill Pond Court	\$1,850,000	\$1,031	1,795	0.16	3	3	Cos Cob
25 Henry Street A	\$1,898,888	\$538	3,530		4	3	Byram
25 Henry Street B	\$2,095,888	\$594	3,530		4	3	Byram
35 Deep Gorge Road	\$2,300,000	\$644	3,570	1.25	5	3	Glenville
4 Avon Lane	\$3,495,000	\$762	4,584	1.1	5	3	South Parkway
28 Tomac Avenue	\$3,500,000	\$1,005	3,481	0.49	4	3	Old Greenwich
15 Highland Farm Road	\$3,995,000	\$604	6,612	4.09	5	5	North Parkway
70 Sherwood Avenue	\$4,295,000	\$556	7,727	2	5	6	North Parkway
2 Random Road	\$4,895,000	\$924	5,300	0.18	5	5	Old Greenwich
5 Cathlow Drive	\$6,495,000	\$909	7,142	1.94	5	5	Riverside
182 Taconic Road	\$6,850,000	\$865	7,921	4.15	6	6	North Parkway
375 Round Hill Road	\$6,995,000	\$727	9,616	2.02	7	6	North Parkway
31 Meadow Lane	\$13,900,000			2.29	6	7	South Parkway

NEW SALES								
TIMOTHY AGRO, GREENWICH STREETS TEAM , 203.461.5964								
Address	Original List	List Price	Sold Price	DOM	BR	FB	Acres	SqFt
50 Lafayette Place 1J	\$320,000	\$320,000	\$352,000	7	1	1		500
1465 E Putnam Ave 220	\$500,000	\$500,000	\$500,000	32	1	1		912
192 Putnam Park	\$589,000	\$589,000	\$575,000	89	1	1		920
24 Valley Road	\$1,050,000	\$1,050,000	\$1,025,000	14	3	2	0.13	1,429
20 Church Street A15	\$1,250,000	\$1,250,000	\$1,251,000	2	2	2	0	1,284
48 Spring Street 6	\$1,650,000	\$1,725,000	\$1,713,000	150	3	2		1,987
95 Valleywood Road	\$1,695,000	\$1,695,000	\$1,915,000	25	3	4	0.23	2,405
8 Glendale Street	\$2,300,000	\$2,300,000	\$2,350,000	12	4	2	0.17	3,400
11 Orchard Place A	\$2,650,000	\$2,650,000	\$2,550,000	68	5	3	0.26	3,800
2 Halsey Drive	\$2,850,000	\$2,850,000	\$2,850,000	3	5	5	0.19	3,259
69 Calhoun Drive	\$2,995,000	\$2,995,000	\$2,875,000	156	4	4	1.1	3,560
399 Riversville Road	\$3,800,000	\$3,800,000	\$3,800,000	0	5	6	4.93	6,186
81 Hendrie Avenue	\$4,100,000	\$4,100,000	\$4,250,000	23	5	5	0.35	4,035
29 Grossett Road	\$4,195,000	\$4,195,000	\$4,200,000	90	5	4	0.59	4,562

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
35 Deep Gorge Road	Greenwich	\$2,300,000	Sat 1-3 PM	Coldwell Banker
328 Hamilton Ave # 2	Greenwich	\$799,000	Sun 12-2 PM	Coldwell Banker
16 Windy Knolls #A	Greenwich	\$1,375,000	Sun 2-4 PM	Coldwell Banker
12 Glenville Street, 211	Greenwich	\$1,150,000	Sat &Sun 12-2 PM	Compass
70 Sherwood Avenue	Greenwich	\$4,295,000	Sat 1-3 PM	Sotheby's

What Not To Say When Selling A House

BY JAMES HOFFMAN

Selling a home is a significant financial transaction that requires careful communication. The wrong words can deter buyers or reduce your home's value. Knowing what not to say can help you avoid turning off potential buyers before they even step inside.

After 35 years as a Greenwich broker, I've seen how certain phrases can cost sellers a sale or lower their home's price. Here are key phrases to avoid when listing or discussing your home with buyers.

“We’re Flexible on the Price”

Telling buyers you're flexible on price can backfire. It signals desperation and encourages low offers. Buyers may assume there's significant room for negotiation, leading to prolonged discussions and less favorable terms.

What to say instead: “We are considering all reasonable offers.”

Set a fair price based on market conditions and recent comparable sales. Your broker should handle all pricing discussions strategically.

“The Neighborhood is Okay”

This implies the neighborhood is less than desirable. Buyers consider the community as much as the home itself,

and a lukewarm description can raise doubts.

What to highlight instead: Mention local amenities such as Tod's Point, Binney Park, Bruce Park, Cos Cob Park, top-rated schools, and community events like the Old Greenwich Memorial Day Parade. Emphasizing positives helps sell your home faster.

“We're in a Hurry to Sell”

Expressing urgency weakens your negotiation position. Buyers may assume you're desperate and make lower offers.

Frankly, in today's market, homes in Riverside and Greenwich are selling

quickly at strong prices due to low inventory. Interest rates could shift this dynamic, but for now, urgency isn't necessary to convey.

Best practice: Keep personal motivations—such as a job transfer or divorce—private. Buyers should focus on the home itself, not your circumstances.

Avoid Personal Stories

While sharing memories might seem like a way to connect, it can make buyers feel like intruders rather than future homeowners. They need to envision their own life in the space, not step into someone else's past.

A successful sale depends on creating a comfortable, professional relationship between buyer and seller. Both share the same goal—a smooth and successful transaction. By keeping discussions focused on the home's strengths and value, you'll attract serious buyers and maximize your sale price.

JB Hoffman is the Managing Broker for GREENWICH CONNECTICUT PROPERTIES and is Licensed in CT, NY, FL He may be reached at 203-273-1759 or jbhoffman48@gmail.com

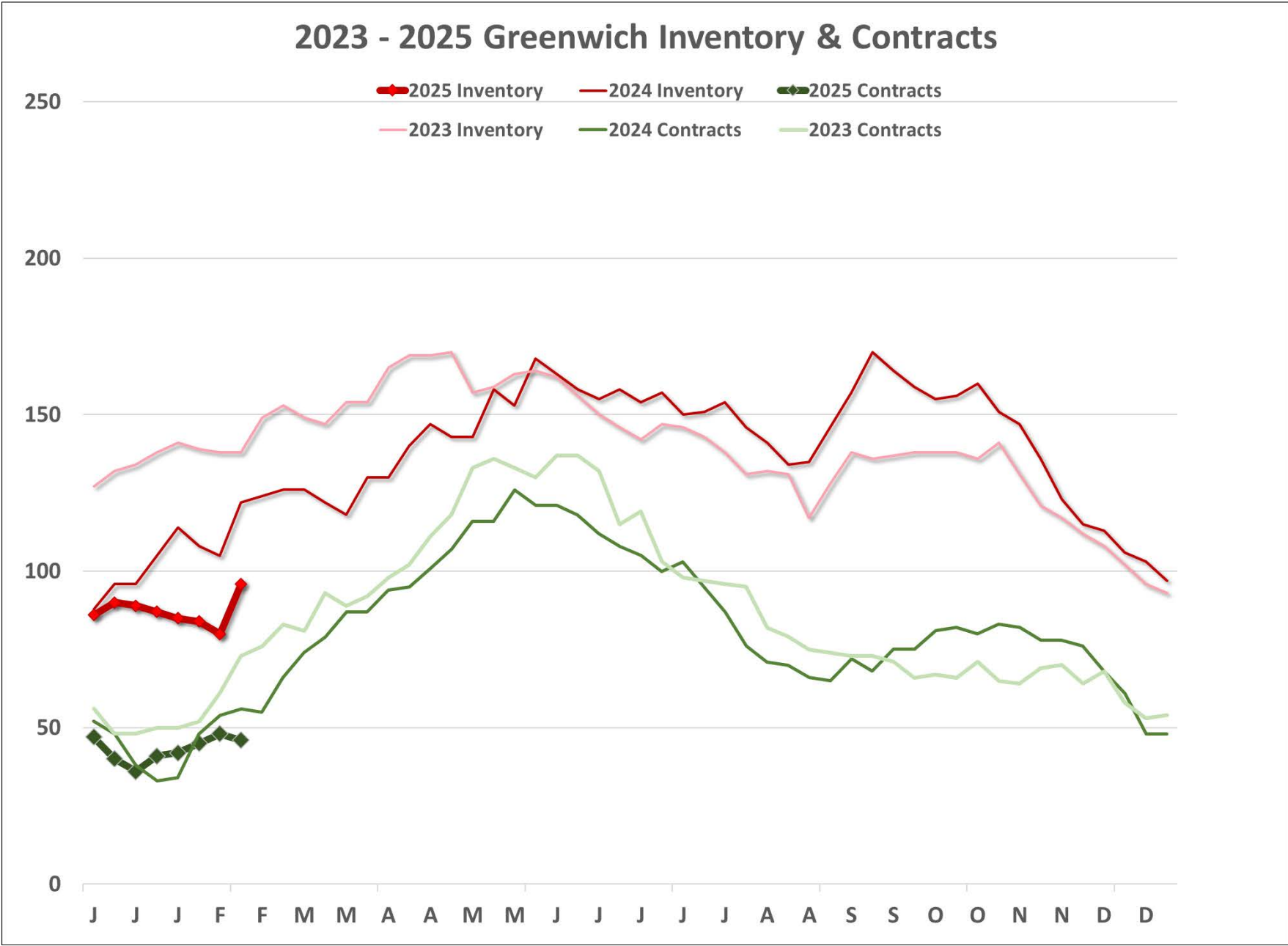
Quick Update on Market so Far in 2025



BY MARK PRUNER

Unlike any other year, inventory fell for the first 6 weeks of the year, reaching a new all time low of 80 single family home listings. We had started 2025 at what was then an all time low of 85 listings. We did see a dramatic jump in inventory last week as we added 16 more listings or a 20% jump in listings in one week. Our contracts have stayed low so far, but the new listings may turn that around soon. We have 46 sales YTD, with only 16 of those being in February. Last year in February we only had 17 sales compared to our pre-Covid average of 32 February sales.

Mark Pruner is a sales executive and part of the Greenwich Streets Team at Compass real estate. He can be reached at 203-817-2871 or mark.pruner@Compass.com or at his office at 200 Greenwich Ave.





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Five Tips for Birding in the Winter

By JOSEY GARDNER

If you're a passionate, outdoorsy person who's ever stepped out your front door during a bleak February day just to be attacked by a freezing wind that seems to stab your very brain and ice on the ground that brings you to your knees (or the seat of your pants in the middle of the driveway), and thought to yourself, "wow, maybe I actually hate being outside," then what follows is for you. First off, a little bit of validation for you: winter can indeed be awful. It seems like the only brand of outdoorsy person that thrives in winter is the one involved in winter sports—skiing, snowboarding, ice skating, and the like. But what about those of us who like the outdoors, but don't do a winter sport? What can we do during these long months—just suffer in cold silence? Hopefully not—the light at the end of the winter outdoor recreation tunnel has one ray that is our favorite, and that is birding. Birding is here for the outdoorsy folks during every season, and every hour of the day. For our birder experts and our birder beginners, here are the Greenwich Audubon Center's top 5 tips for birding in the winter.

1. Know the birds in your area

While it's true some birds migrate away during the winter, it's also true that some birds migrate to us during the winter. Birds that have spent the summer months in the forests of Canada and the northernmost regions move south as well, and some of those species end up here in New England. This includes species such as waterfowl, some raptors, finches, sparrows, and others. Some species of birds don't migrate at all, such as woodpeckers, owls, cardinals, corvids, and even a portion of our robin population. The birds that you can find in Southwestern Connecticut during the winter are plentiful. Knowing what birds live in your area is the first step to winter birding. Staff at the Greenwich Audubon Center, as well as the guidebooks in their gift shop,

can help beginners learn about the birds in their area, as well as Cornell University's Lab of Ornithology online website.

2. Thoughtfully Choose Your Location

You need to know what type of environment the birds you're looking for prefer—some birds prefer woodlands and forests, some birds are beginning to adapt to urban areas, and some birds prefer coasts, marshes, or open water. If you're hoping to spot a bald eagle and you go to your city center, then you've set yourself up for failure. Bald Eagles, ducks, and other waterfowl can best be spotted along the Long Island Sound and other open water access points, including Greenwich Harbor and Grass Island Park. Year round songbirds such as cardinals, sparrows, and robins can be found in woodlands and forests, including parks in city centers, and the Audubon Centers and sanctuaries across Connecticut, such as the Greenwich Audubon Center, the Sharon Audubon Center, and the Bent of the River Audubon Center. Upon arrival at the location you choose, keep an eye out for plants that serve as food and shelter. Shrubs such as Winterberry that provide food during the winter will attract birds, and conifers that don't lose their leaves and can provide more coverage and shelter will also attract birds.

3. Plan Around the Weather

One thing that birds and humans have in common is that neither of us wants to be out in a storm—so check the weather on the day of your birding outing. If there's going to be bad weather, not only could it be dangerous for you to go for a walk in the woods, you probably won't see any birds either. They will be hiding out in their homes, just as you should be. Knowing the forecast also tells you how to dress so that you are adequately prepared to go birding. Wear the appropriate clothing and gear, including ice traction cleats for shoes, and gloves if conditions call for it. Remember that you have less daylight hours available to you in the winter as

the sun sets earlier, and adjust by planning birding excursions earlier in the day. Except for a few species, most birds are up when the sun is up—the earlier you can get out there, the better.

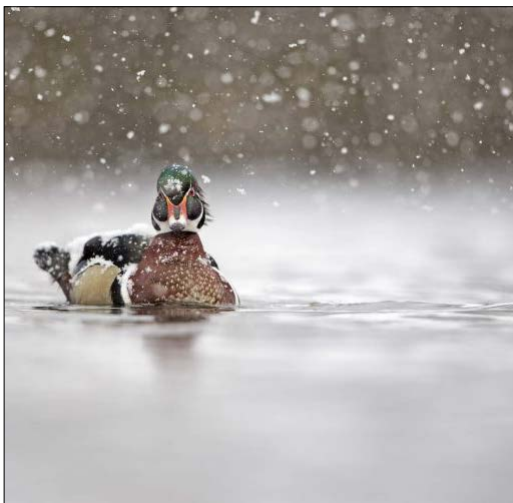
4. Make Your Home a Winter Haven

When you can't get out to see the birds (whether it's because a storm is raging, or because your house is comfy and you just don't want to leave), you can help the birds come to you instead. If you have a yard, or even a front porch or balcony, there are things you can do to make your home a winter haven for birds. In limited space, the best thing to do is put up a feeder. When you put up a feeder, remember to completely empty it and clean it about once every other week. This helps prevent the spread of diseases among birds, and prevents bird seed from going bad. Providing either a bird bath or a small bowl of water with the feeder is also recommended. You can also put up a birdhouse—shelter during the winter is extremely valuable to birds, and they will use what they can find. If you already have a birdhouse, make sure to clean it at the start of winter. Emptying any nests built during the summer is the best way to maintain your birdhouse so it can welcome more birds. Birdhouses aren't the only shelter that birds use—if you have a yard, then creating a brush pile, and also raking leaves into a pile under other bushes and shrubs, provides shelter for birds such as sparrows. If you have a larger space available to you, planting native shrubs is very beneficial to birds. Shrubs such as Winterberry, Bayberry, and American Holly that provide food during the winter are invaluable to birds. Lastly, if you're going to be attracting birds to your house or apartment, remember to make your windows bird-collision-proof. Birds often collide with windows after reflections and light bouncing off glass confuse them during flight. Studies estimate that up to 1 billion birds per year die from window strikes, and placing



Great Horned Owl. Photo: Ken Shults/Audubon Photography Awards

While it's true some birds migrate away during the winter, it's also true that some birds migrate to us during the winter.



Wood Duck. Photo: Scott Suriano/Audubon Photography Awards



Tufted Titmouse. Photo: Catherine McEntee/Audubon Photography Awards

specific collision-proof decals on windows greatly reduces the amount of fatalities from window strikes. Window decals can be purchased at various locations, including at the Greenwich Audubon Center.

5. Go Birding With Other People

Birding solo is very peaceful, but oftentimes we get to know different areas and become more knowledgeable about birds when we go with other people. So get your friends and family into birding! Find local Audubon chapters and centers that offer birding tours. The Greenwich Audubon Center hosts an indoor program every Friday to watch and learn about the birds at

our feeders, as well as outdoor birding opportunities such as Birding at the Bruce Museum, and guided birding tours to look for owls, Woodcocks, and more. Birding is a joy during every season, and your local Audubon Center is here to help you learn about and appreciate the birds in your state and in your neighborhood.

Winter can be a refreshing time for birding—you get to see birds that are normally further north, unique waterfowl are plentiful, crowds are often non-existent, no bugs are out, and it's often very quiet. If you remember to get to know the birds in your area, thoughtfully choose a location, plan around

the weather, make your home a winter haven, and find a community to bird with, then you'll find yourself thinking, "oh yes, this is why I love the outdoors," even in the middle of a very cold, suddenly not-so-bleak day in February. Don't let limited knowledge about birds hold you back—you'll learn as you go. Head to the Greenwich Audubon Center if you need more help getting started. Good luck on your winter birding!

Josey Gardner is the Sr. Center Assistant at the Greenwich Audubon Center and an outdoor enthusiast. She has worked in various outdoor fields, from nonprofit conservation to parks and recreation.

Library Receives Transformative \$5 Million Endowment: A Game-Changer for Our Community



By JENIFER HOWARD

As a longtime Greenwich resident and an avid fan of our exceptional Greenwich Library, the news about the Library receiving a landmark \$5 million endowment to permanently support the Greenwich Library's Signature Series programming was thrilling. This incredible gift from Greenwich residents Lynne and Richard Pasculano ensures that our beloved Library will continue to bring world-class speakers and thought leaders to our town, enriching our community for generations to come.

The Signature Series, of which I've had the honor of working with the Library on some of the programs, has already welcomed such luminaries as Doris Kearns Goodwin, Indra Nooyi, Fareed Zakaria, Tina Brown, Jon Meacham, Melissa Clark, and other notable authors. Kicking off this exciting new chapter at the first Signature Series event of 2025 was Pulitzer Prize-winning journalist Thomas Friedman. The series going forward will be newly renamed the Lynne and Richard Pasculano Signature Series and will feature four headline events annually, bringing in world-class speakers and thought leaders to the community to address topics of global significance. This endowment will support this important program bringing world-class authors and

speakers in perpetuity.

So why is this endowment so important? Beyond supporting the incredible authors and speakers who come to our town and share their thoughts, experiences and wisdom, this endowment is also a testament to the Library's role as a vital center for education, culture and civic engagement.

Greenwich Library is no longer just about books (although we all love the books and it has some of the largest collections in the state), but is a growing community center that offers robust programming, an innovation lab, story hours, world-class theater and music programming, business resources and support, and community gatherings. In fact, since the Library's Reimagine project, a major 18-month renovation completed in 2021 that modernized spaces to support expanded programming and serve evolving community needs, including the beautiful fully renovated Berkley Theater and The Café at Greenwich Library, the building has become more vital to the community than ever before.

This endowment, in support of the Library's Signature Series, guarantees that the Library, which is recognized as one of the nation's premiere libraries and the most visited library in the state of Connecticut, will continue to serve as a hub for lifelong learning and intellectual curiosity. By offering more than 2,200 events annually, including author talks, technology workshops and early literacy programs, Greenwich Library is more than just a place to borrow books – it's the heart of our town.

The Pasculanos, who have

a longstanding commitment to education and the arts, and are philanthropists with significant contributions to institutions such as the New York Public Library and the Lincoln Center, understand the impact a library can have on a community. Their generosity ensures that these thought-provoking discussions and enriching cultural experiences will remain a staple in Greenwich. This endowment builds on the Library's vision, strengthening its mission to foster conversation, discovery, and access to knowledge for all.

Lynne Pasculano eloquently shared, "We are deeply committed to the amazing programs that Greenwich Library and its staff bring to the community. Supporting the

Library's premier Signature Series with this endowment means that the Library will be able to continue to bring in incredible thought leaders who encourage important conversations on our world for many years to come. We are proud to support Greenwich Library and put these funds to use that will benefit the whole community."

"This endowment ensures that the Greenwich Library's Signature Series will continue to inspire and engage our community for generations to come," noted Joseph Williams, director of Greenwich Library. "We are deeply grateful to Lynne and Richard Pasculano for their generosity and vision. Their gift underscores the changing

role of libraries as cultural and educational cornerstones of society, and it allows us to expand our mission of fostering thoughtful discourse and discovery and continue it for generations."

In a time when libraries across the country are facing challenges, Greenwich Library stands as a beacon of what is possible when a community values knowledge and connection. This endowment is a powerful statement about the role of libraries in the 21st century—not just as repositories of books, but as dynamic spaces that inspire, educate and bring people together.

So, the next time you step into Greenwich Library, whether it's to check out a book,

attend a lecture or book group, explore a new technology in the Innovation Lab or grab a coffee or snack in The Café, take a moment to appreciate the incredible resource we have in our town. And let's celebrate this gift that will keep our Library's doors open to new ideas, groundbreaking discussions and the shared pursuit of knowledge—forever.

Jenifer Howard is a Greenwich resident and public relations professional, who works with tech, consumer product companies, sports, music and nonprofits through her agency J. Howard Public Relations (JHPR).

“Supporting the Library’s premier Signature Series with this endowment means that the Library will be able to continue to bring in incredible thought leaders who encourage important conversations on our world for many years to come.” -- Lynne Pasculano



The endowment and name change of the Library's Signature Series program to the Lynne and Richard Pasculano Signature Series, will support bringing in major authors and thought leaders to Greenwich Library, and will support the program in perpetuity.

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Speaking Whale: The Audacious Mission of Project CETI

By Emma Whitney

In the vast, uncharted depths of our oceans, a profound mystery resonates through the water: the intricate communication of sperm whales. These marine giants, with brains six times larger than ours, engage in dialogues so complex they make human small talk look like static. Enter Project CETI (Cetacean Translation Initiative), a mission so ambitious it sounds like the plot of a sci-fi novel: to decode the language of these enigmatic creatures and, in doing so, bridge the chasm between our species.

If this sounds like *Arrival*, where linguists race against time to decipher an alien language, you’re not far off. Except the extraterrestrials in this case aren’t hovering in monolithic ships over Montana—they’re swimming thousands of feet below the surface, clicking away in what researchers believe might be one of the most sophisticated animal languages on the planet.

THE QUEST TO CONVERSE WITH LEVIATHANS

Imagine walking into a crowded room where no one speaks your language. You hear bursts of conversation, laughter, murmurs. Patterns emerge—some phrases repeat, others change depending on who’s speaking. You start recognizing words. Sentences form. You begin to understand.

That’s essentially what Project CETI is doing with sperm whales. These creatures communicate using rapid sequences of clicks, known as codas, which vary among different groups, suggesting distinct cultures and dialects, according to Project CETI’s 2023 Annual Report. Scientists believe these codas are not just basic signals like “danger” or “food,” but possibly an elaborate system of social communication that may include names, individual identities, and even rudimentary syntax.

The challenge? Deciphering this cetacean Morse code. The researchers’ dream is not just to translate it, but to eventually speak it back.

FROM SCIENCE FICTION TO SCIENTIFIC FACT

If you’ve ever watched *Star Trek IV: The Voyage Home*, you know that sometimes, the fate of humanity depends on understanding whales. In the film, an alien probe nearly



"Deep in the waters lives a creature so large, so sophisticated, so mysterious that has fascinated humans for millennia. We have told their stories and marveled at their songs
What would happen if we could understand what they are saying?"

obliterates Earth because it’s desperately trying to reach humpback whales, the only creatures with the right vocal frequency to respond. The solution? Bring whales into the future so they can chat with the aliens.

RIDICULOUS? MAYBE. BUT ALSO PRESCIENT.

Scientists have long speculated that whales, particularly sperm whales, have highly developed modes of communication. Their massive neocortex—the part of the brain responsible for learning and memory—suggests they have long-term social bonds, cultural traditions, and even problem-solving skills. This makes them one of the best candidates for interspecies communication.

If we succeed in cracking their language, what do we ask them first?

Do we apologize for centuries of hunting? Do we ask what it’s like to live in a world of sound instead of sight? Do we just say, Hello?

DECODING THE DEEP: THE SCIENCE BEHIND CETI

At the heart of Project CETI’s mission is technology that seems lifted from a James Cameron script.

The team is using AI and machine learning to sift through thousands of hours of whale codas, hoping to find the patterns buried in the noise. Drones and underwater microphones track sperm



whales in real time, picking up their conversations across miles of open ocean. Scientists have even deployed non-invasive digital tags that record whale movements and vocalizations, allowing researchers to correlate behavior with specific vocal sequences.

One of their biggest breakthroughs? In 2023, CETI recorded the most detailed footage of a sperm whale birth

ever documented. This revealed how other whales responded—using specific clicks—to protect and welcome the newborn into the pod. According to CETI’s Annual Report, this is the clearest evidence yet that sperm whales have a structured language linked to social rituals.

THE CULTURAL RICHNESS OF SPERM WHALES

If sperm whales have a

language, do they also have culture? The answer appears to be yes.

Sperm whales live in multi-tiered social structures, like matriarchal societies where knowledge is passed from one generation to the next. According to research published by CETI, different whale clans have unique “dialects” of codas—just like humans have regional accents. They even have “click battles”, where two whales engage in rapid-fire sequences, possibly to establish dominance or settle disputes.

There’s even speculation—dare we say, hope—that sperm whales have names for one another. Some researchers believe that individual whales sign off their codas with an identifying “signature”, akin to humans saying, “Hey, I’m Sarah.”

ETHICAL CONSIDERATIONS: TO SPEAK OR NOT TO SPEAK?

Let’s say we figure out how to talk to whales. Then what?

That’s where things get tricky. If humans learn to communicate with another intelligent species, how does that change our moral obligations? According to New York University’s School of Law, which collaborates with CETI, this could have legal and ethical ramifications. Could whales be granted personhood? Could a government designate a whale ambassador? Would whale conversations be protected

under privacy laws?

The question isn’t just Can we talk to whales?—it’s Should we?

And what if, after centuries of slaughter and pollution, the first thing they say to us is “Really.”?

A SYMPHONY OF COLLABORATION

Unlike Captain Kirk, CETI isn’t sending one rogue crew on this mission. It’s a sprawling operation, with over 50 scientists from 15 institutions, including MIT, Harvard, UC Berkeley, and the Dominica Sperm Whale Project.

The Caribbean island of Dominica, where CETI operates, is one of the few places where sperm whales can be reliably studied year-round. According to the project’s Annual Report, Dominica has become an epicenter for marine conservation and youth education, ensuring that the next generation will carry this work forward.

THE ROAD AHEAD: UNCHARTED WATERS

We are still at the very beginning. Cracking sperm whale communication is one of the most difficult linguistic puzzles in history. It requires a massive dataset, advanced AI, and an unprecedented understanding of whale behavior.

BUT IF WE SUCCEED?

The implications are staggering. Learning to communicate with another species could redefine intelligence, reshape conservation, and challenge the long-held belief that humans are the sole stewards of language.

Imagine a future where we hold a conversation with an animal that has roamed Earth’s oceans for 50 million years. Imagine the stories they could tell. Imagine if, instead of just listening, we finally learn how to reply.

A CALL TO LISTEN

As Dr. David Gruber, founder of Project CETI, puts it: “We’re not trying to talk to whales. We’re trying to listen to what they’re already saying.”

And maybe, just maybe, by listening, we’ll not only understand whales—we’ll understand ourselves.

If nothing else, this beats yelling at Siri.

Online visit
<https://2023annualreport.projectceti.org/to learn more>.

Calling all sophisticates, literary enthusiasts, and our very clever Sentinel readers!

Enter to Win Cash Prizes in our Cross-Over Contest!

Sentinel Literary Competition

FEBRUARY Challenge #225: Literary Love or The Bard

February is the month of love—but not all love stories are the same. This month, we challenge you to put your literary wit to the test with two bite-sized contests inspired by classic literature. Join in our cross-over contest for both New Canaan & Greenwich.

For ages 15 & Under: "Love Letters from Storybook Characters"

The winner receives \$25 and publication in the Sentinel!

Prompt: Ever wonder what Cinderella’s glass slipper might write to her foot? Or what the Big Bad Wolf’s love note to Little Red Riding Hood would say? In 50 words or fewer, write a Valentine’s message from one famous storybook character to another—whether romantic, funny, or just plain weird!

EXAMPLES:

Dear Humpty Dumpty,
You may have had a great fall,
But to me, you’re the greatest of all!
Cracked or whole, you’re still my friend—
Little Miss Muffet

Dear Puss in Boots,

I like your hat. I like your boots. I like the way you trick people with big words. If I had nine lives, I’d spend them all going on adventures with you. Your fan, Jack (from the Beanstalk)

For ages 16 & Up: "Shakespeare in Six or Twelve Words"

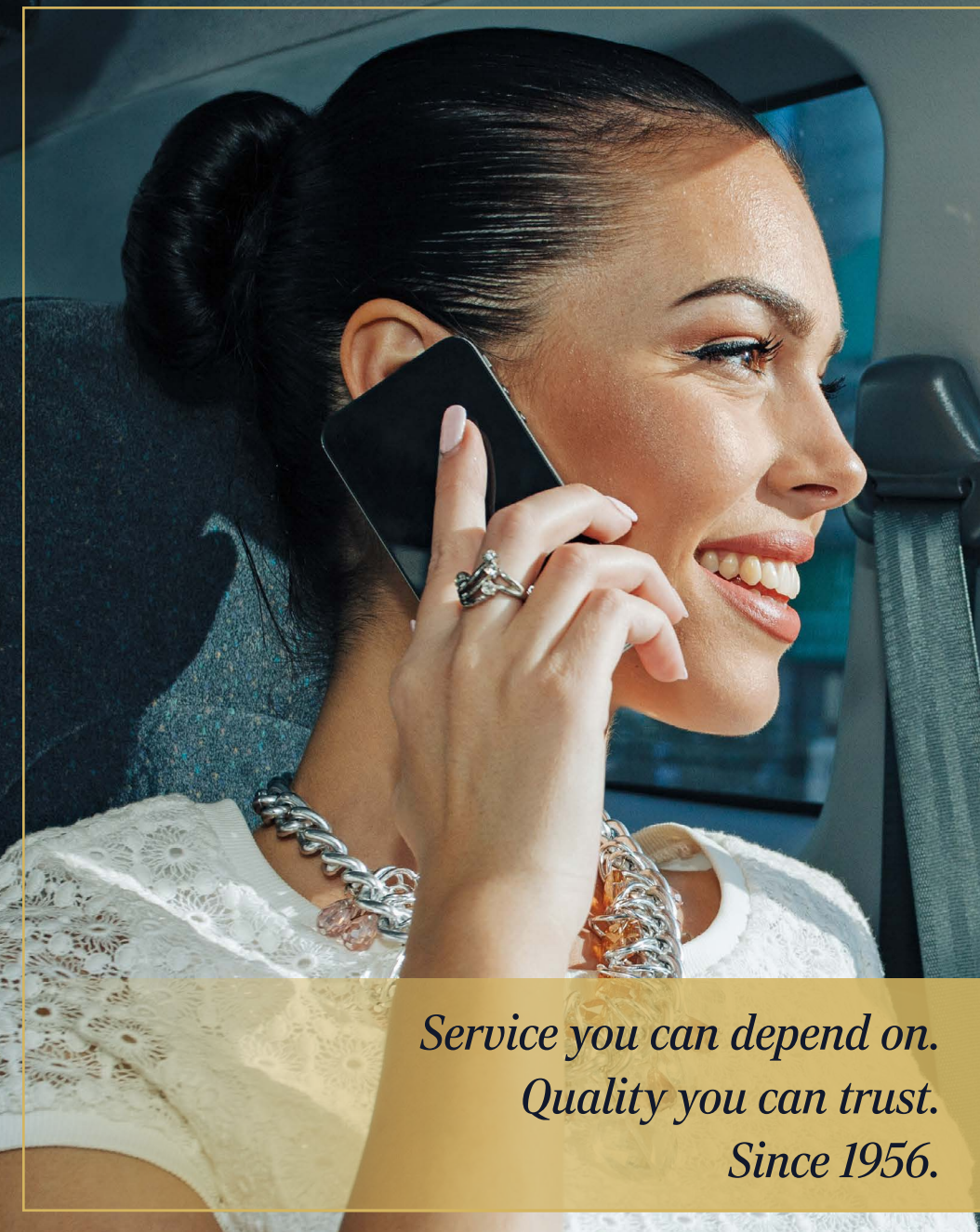
Winners receive \$100 and \$50 and publication!

Prompt: The Bard was a master of love, tragedy, and mischief—now it’s your turn. Summarize any Shakespearean love story in just six or twelve words - your choice. Whether it’s “Much Ado: Enemies, rumors, wedding, still single”; Hamlet: “Dad’s ghost returns. Bad idea, everyone”; or Macbeth: “Witches whisper fate, Daggers gleam, guilt stains his hands— All is lost.” Make it clever, poetic, or laugh-out-loud funny!

Deadline: Midnight, Friday, February 28, 2025. Winners announced in the March 6, 2025 issue.

How to Enter: Craft your clever response to this month’s prompt, then visit www.NewCanaanSentinel.com/sentinel-writing-competition to submit it. Multiple entries are welcome, and pseudonyms are accepted—giving you the freedom to be as inventive as you like.





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Calendar of Events for Your Fridge

FRIDAY, FEB. 28

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.
Escape Room: Escape Wonderland (Ages 8-13). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

6 p.m.
Teen Night Takeover. YMCA of Greenwich, 50 East Putnam Ave. Register. greenwichtymca.org/events

6:30 p.m.
Greenwich Alliance for Education's Trivia Challenge Benefit. Tamarack Country Club, 55 Locust Rd. greenwichalliance.org/trivia-challenge-2025

8 p.m.
St. Catherine's Players' "The Wizard of Oz". St. Catherine of Siena Church, 4 Riverside Ave. Performances: March 1, 2, 7, 8, 9 (Fri 8pm, Sat 7pm, Sun 2pm). scp.ludus.com.

SATURDAY, MARCH 1
8 a.m.
Teddy Bear Story with Jenny. Coffee for Good, 48 Maple Ave., Greenwich. 2cc.org

9 a.m.
Meet for Coffee at the Bruce: Beena Kamlani. Bruce Museum, 1 Museum Dr. Free with admission. No reservations required. brucemuseum.org

9 a.m.
Greenwich Tree Conservancy: Fit in the Forest. Mianus River Park, 450 Cognewaugh Rd., Greenwich. greenwichtreeconservancy.org

11 a.m.
Maple Sugar Day. Greenwich Land Trust 370 Round Hill Road. \$10. gltrust.org/upcoming-events

12 p.m.
Colonial Crafts: Make a "Scherenschnitte" Cards in the Time Travelers KidStudio. Greenwich Historical Society, 47 Strickland Rd. greenwichhistory.org/ghs-events

1 p.m.
Art Adventures: Collage (Ages 4 & up). Bruce Museum. Free with admission. No reservations required. Also held Sunday, March 2. brucemuseum.org.

2 p.m.
Flinn Reeves Lecture - Unveiling Creativity: The Artistic Journey of Christo and Jeanne-Claude. The Flinn Gallery, Greenwich Library, 101 West Putnam Ave. 203-622-7947. flinngallery.com

2 p.m.
ICC Greenwich: The Art of Henna -- A Class for Kids 8 to Adult. Crawford Mansion, 122 N. Ridge St., Rye Brook, NY. \$20. iccgreenwich.org

7 p.m.
St. Catherine's Players' "The Wizard of Oz". St. Catherine of Siena Church, 4 Riverside Ave. Performances: March 1, 2, 7, 8, 9 (Fri 8pm, Sat 7pm, Sun 2pm). scp.ludus.com.

SUNDAY, MARCH 2
10 a.m. - 4 p.m.
"My Story, Our Future" exhibit - through March 2. Greenwich Historical Society, 47 Strickland Rd. greenwichhistory.org/ghs-events

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: Climate Change in CT. Innis Arden Cottage, Tod's Point. Free. No park pass needed. brucemuseum.org.

2 p.m.
Ok to Delay x Ginko: Screen Freedom Family Night. Arch Street Teen Center, 100 Arch St. \$23.18. eventbrite.com/e/1120645453719

2 p.m.
A concert of choral music by Mozart, Handel, and Udel. St. Paul's Episcopal Church, 200 Riverside Ave, Riverside. Free. 203-637-2447. emilie.finn@stpauls-riverside.org

2 p.m.
St. Catherine's Players' "The Wizard of Oz". St. Catherine of Siena Church, 4 Riverside Ave. Performances: March 1, 2, 7, 8, 9 (Fri 8pm, Sat 7pm, Sun 2pm). scp.ludus.com.

3 p.m.
Chamber Players of the Greenwich Symphony concert. First Congregational Church of Old Greenwich, 108 Sound Beach Ave. \$35, adults; \$5, students. 203-637-4725. chamberplayersofthegso.org.

MONDAY, MARCH 3
9 a.m.
Friends of Mianus River Park: 'Pliking'/Hiking event. Meet at the bridge on Merribrooke Lane, Stamford. (Bring gloves and a small trash bag). 203-918-2548. friendsofmianusriverpark.org

10:30 a.m.
American Red Cross Flag Raising Ceremony and Proclamation. Front Steps of Greenwich Town Hall. greenwichct.gov

1 p.m.
Lecture: "Marjorie Merriweather Post's Hillwood and the Vision from a Private Collection to Public Museum." On Zoom. \$30. greenwichdecorativearts.org

7:30 p.m.
Chamber Players of the Greenwich Symphony concert. Greenwich Historical Society, 47 Strickland Rd. \$35, adults; \$5, students. 203-637-4725. chamberplayersofthegso.org.

TUESDAY, MARCH 4
9:30 a.m.
Perrot Memorial Library: Perrot Walks at Binney Park. Free. 203-637-1066 x15. perrotlibrary.org

10 & 11 a.m.
Bruce Beginnings: Spring Birds Return (Ages 2 1/2-5). Bruce Museum, 1 Museum Dr. Free with admission. No reservations required. Also held Wednesday, March 5. brucemuseum.org

12 p.m.
Women's Business Development Council (WBDC): Marketing Made Simple: Manage your marketing strategies with ease. Online. Free. 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

6:45 pm.
"Hidden in Plain Sight" Workshop for Parents. YWCA Greenwich, 259 East Putnam Ave. Free. Register. bit.ly/3CHBiRs

7 p.m.
Pollinator Pathway: Creating a Connected Future. Greenwich Library - Marx Family Black Box Theater. Free & open to all. Register. greenwichlibrary.libcal.com/event/13182230

WEDNESDAY, MARCH 5
10 a.m.
Bruce Beginnings Junior: Sculpture (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: David Michonski, RMA Member, CEO of Quigler, Inc., "Greenwich Real Estate Market Review." Christ Church, 254 E. Putnam Ave. & on Zoom. Free & open to all. greenwichrma.org

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

1 p.m.
Women's Business Development Council (WBDC): Marketing Made Simple: Create Smarter & Faster; ChatGPT Strategies for Content Mastery = PART 2. Online. Free. Register. ctwbdc.org/class-listings

7 - 9 p.m.
Astronomical Society of Greenwich: Bowman Observatory Public Nights. Bowman Observatory, on the grounds of the Julian Curtiss School. Free. GreenwichStars@gmail.com. astrogreenwich.org

THURSDAY, MARCH 6
10 a.m.
Open Knitting Drop-In Program. Perrot Memorial Library, 90 Sound Beach Ave. Free. perrotlibrary.org

Women's Business Development Council (WBDC): "So, You Want to Start a Food Business?". Online. Free. Register. ctwbdc.org/class-listings

5:30 p.m.
Greenwich Dahlia Society - Intro To Growing Dahlias. Greenwich Botanical Center, 130 Bible St. Free, GDS Members; \$25, GBC Members; \$40, Non-Members. Register. greenwichbotanical-center.org

6 p.m.
Bruce Presents: Everyday Hero(ine)s: Hidden Labor in Danish Art. Bruce Museum, 1 Museum Dr. \$20, non-members; \$16, members. brucemuseum.org

FRIDAY, MARCH 7
8 a.m.
Women's Health & Wellness Event. The J House Greenwich, 1114 E. Putnam Ave. \$29. eventbrite.com/e/1230601264509

10 a.m.
The Foodshed Forum: Sustaining Fairfield County's Foodshed. Sam Bridge Nursery & Greenhouses, 437 North St. Free. RSVP. 203-585-3431. ali@thefoodshednetwork.org

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

10:30 a.m.
Voices Center of Resilience: Mindful Moment Meditation. Online. Free. Register. voicescenter.org.

1:30 p.m.
First Friday Concert Series: Randall Atcheson. 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: DIY Water Filters (Ages 8-13). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

8 p.m.
St. Catherine's Players' "The Wizard of Oz". St. Catherine of Siena Church, 4 Riverside Ave. Performances: March 7, 8, 9 (Fri 8pm, Sat 7pm, Sun 2pm). scp.ludus.com.

SATURDAY, MARCH 8
8 a.m. - 12 p.m.
The Greenwich Lions Club's 62nd Annual Pancake Breakfast. Greenwich High School's Student Center, 10 Hillside Rd. \$8 in advance & for children 6-11 y/o; \$10 at the door; Free for children 5 y/o & under. greenwich-lions-club@googlegroups.com

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

1 p.m.
Birding at the Bruce Museum with Greenwich Audubon - a tour of the neighboring Oneida Sanctuary. Meet at the Bruce Museum Lobby. brucemuseum.org.

1 p.m.
Science Solvers: Ice Age (Ages 4 & up). Bruce Museum, 1 Museum Dr. Free with admission. No reservations required. Also held Sunday, March 9. brucemuseum.org

1 p.m.
ASL Tour Blanche Lazzell: Becoming an American Modernist. Bruce Museum, 1 Museum Dr. Free with Museum admission. brucemuseum.org

2 p.m.
Bruce Experiences: Ask Dr. Ruth. Bruce Museum, 1 Museum Dr. brucemuseum.org.

6 p.m.
Bruce After Hours: Celebrating Women. Bruce Museum, 1 Museum Dr. \$30, nonmembers; \$24, members. brucemuseum.org.

6 p.m.
Greenwich Hibernian Association's St. Patrick's Day Dinner Dance. Knights of Columbus Hall, 37 West Putnam Ave. greenwichhibernians.org/dinner-dance

7 p.m.
St. Catherine's Players' "The Wizard of Oz". St. Catherine of Siena Church, 4 Riverside Ave. Performances: March 7, 8, 9 (Fri 8pm, Sat 7pm, Sun 2pm). scp.ludus.com.

SUNDAY, MARCH 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

2 p.m.
St. Catherine's Players' "The Wizard of Oz". St. Catherine of Siena Church, 4 Riverside Ave. scp.ludus.com.

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

SUNDAYS, THROUGH APRIL 13
8 - 11 a.m.
Safe Roads Sunday program at Tod's Point. Traffic will be restricted on the road leading to the Point to allow walkers, joggers and cyclists to enjoy a traffic-free loop that starts and ends at the entrance to the main parking lots. friendsofgreenwichpoint.org

MONDAY - FRIDAY 3:30 - 6:30 p.m.
Arch Street Homework He-

roes - 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; nonmembers, \$35. New players welcome. (Register by Monday, 6pm). 203-524- 8032. greenwichtymca.org

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

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

11 a.m. - 1 p.m.
Relaxed Duplicate Bridge with The Perfectly Polite Bridge Group. YMCA of Greenwich, 50 East Putnam Ave. Members, \$10; nonmembers, \$12. New players welcome. (Register by Tue). 203-524-8032. greenwichtymca.org

12 - 2 p.m.
Waste Free Greenwich's Food Scrap Recycle Program: Drop off scraps at Round Hill Community Church, 395 Round Hill Rd. roundhillcommunitychurch.org/news/composting-at-rhcc

12:15 p.m.
Greenwich Rotary Club Weekly Lunch Meeting. Putnam Cottage, 243 East Putnam Ave. RSVP. 203-832-3654. sheila.goggin@cbmoves.com. greenwichrotary.org

6 - 7:30 p.m.
Arch Street Teen Center High School Support Group for boys: Stress, Success, and Teen-age Setbacks - moderated by Executive Director Kyle Silver. 100 Arch St. Register. Kyle@archstreet.org. archstreet.org

6:30 p.m.
NAMI-CAN (Child and Adolescent Network) Online Support Group - for parents and primary caregivers of children & adolescents, under age 21, with behavioral and emotional issues. Free. namisouthwestct.org/online-support

2nd WEDNESDAY OF THE MONTH:
11 a.m. - 12 p.m.

Aging Well - an informal conversation about different aspects of aging well. Round Hill Community Church, 395 Round Hill Road. Free & open to all. 203-869-1091. roundhillcommunitychurch.org

THURSDAYS:
8 a.m. & 4 p.m.
Tai Chi Basic Moves. First Congregational Church of Greenwich, 108 Sound Beach Ave. Registration required. Tuition

Calendar of Events for Your Fridge

is paid as a donation made directly by the participant to abilis, Neighbor to Neighbor, or the First Congregational Church. experiencetaichi.org

3 - 7 p.m.
Arch Street After School Programming (All Ages) – every Thursday starting Feb. 22. Arch Street Teen Center, 100 Arch St. archstreet.org

5 - 7 p.m.
Kids In Crisis Lighthouse LGBTQ Youth Group Meeting - open to all LGBTQ youth in middle & high school. Wilton Historical Society, 224 Danbury Rd, Wilton. Free. 203-661-1911. lighthouse@kidsincrisis.org. kidsincrisis.org/get-help/light-house

EVERY FRIDAY & SATURDAY:

8 a.m. - 12 p.m.
Book Exchange – choose from a huge selection of books. Holly Hill Recycling Center. Free, or, donate books. (Open every Fri & Sat. books4everyone.org

GREENWICH LIBRARIES: greenwichlibrary.org

Friday, Feb. 28

10 a.m.
Storytime. Cos Cob Library Turret. 203-622-6883..

3 p.m.
Innovator-in-Residence: Building the Ultimate Chess Set. Innovation Lab. 203-622-7979. innovationlab@greenwichlibrary.org

7 p.m.
Friends Friday Films: “The Dead Don’t Hurt.” Berkley Theater. cgibbs@greenwichlibrary.org.

Saturday, March 1

9:30 a.m. - 2:30 p.m.
AARP Tax Help. 2nd Floor Meeting Room. Appointments are NOT required. 203-622-7900.

10 a.m.
Satur-yay! Storytime. Children’s Constellation Room. 203-622-7940. children@greenwichlibrary.org.

10:30 a.m.
Hatha Yoga for Adults with Inger. Byram Shubert Library Community Room. 203-531-0426.

11 a.m.
Technology Help. Learning Lab. 203-625-6560. csherman@greenwichlibrary.org.

2 p.m.
Chess for All with Ian. Byram Shubert Library Community Room. 203-531-0426.

2 p.m.
Flinn Reeves Lecture - Unveiling Creativity: The Artistic Journey of Christo and Jeanne-Claude. Berkley Theater. 203-622-7947. flinngallery.com

2 p.m.
PrintLab: 3D Printing Studio. Innovation Lab. 203-622-7979. innovationlab@greenwichlibrary.org.

Monday, March 3

9:30 a.m.
Little Learners (Registration Required). Children’s Constellation Room.

11 a.m.
All Together Storytime. Marx Family Black Box Theater.

11:30 a.m.
Blood Pressure Screening. Community Room #5.

12 p.m.
Byram Lunch Bunch Book Club: “The Nightingale “ by Kristin Hannah. Shubert Library Conference Room.

3:15 p.m.
Nutmeg Book Club with Ms. Flynn “Anybody Here Seen Frenchie?” by Leslie Connor. Byram Shubert Library Conference Room.

6 p.m.
tendercare: Helping Families Navigate the Challenges of Caring for Aging Parents with an AI-Powered Platform. Marx Family Black Box Theater.

Tuesday, March 4

11 a.m.
Storytime with Patty (Birth – Pre-K). Byram Shubert Library Community Room.

1:15 p.m.
Baby Lapsit (Registration Re-

quired). Children’s Constellation Room.

3:45 p.m.
Pen to Paper. Cos Cob Library Community Room.

7 p.m.
Pollinator Pathway: Creating a Connected Future. Marx Family Black Box Theater.

Wednesday, March 5

9:30 a.m.
Movers & Shakers (Registration Required). Children’s Constellation Room.

10 a.m.
Baby Lapsit in the Stacks. Cos Cob Library Turret.

10 a.m.
La Leche League of Greenwich/Stamford/Rye. Byram Shubert Library Community Room.

11 a.m.
Early Walkers in the Stacks! Cos Cob Library Turret.

11 a.m.
The Nurse is in: Free Blood Pressure Screening. Byram Shubert Library Conference Room.

1 p.m.
LaserLab: Design & Create. Innovation Lab.

3 p.m.
40th Annual English-Speaking Union National Shakespeare Competition. Berkley Theater.

4 p.m.
Teen Advisory Board (Grades 7+). Teen Commons.

4:30 p.m.
ARTscape: Michaelangelo. Children’s Constellation Room.

6 p.m.
How to Excel at Excel: 4 Rules for Formulas. Learning Lab.

Thursday, March 6

9:30 a.m.
Great Books Discussion. Via Zoom.

10 a.m.
Japanese Storytime. Marx Family Black Box Theater.

11 a.m.
Sensory Storytime (Registration Required). Children’s Constellation Room.

11 a.m.
Technology Help. Learning Lab.

11:30 a.m.
Qi Gong. Online.

4 p.m.
Family Tai Chi with Ken Dolan. Byram Shubert Library Community Room.

7 p.m.
Lecture: “Women Who Made American History” presented by Dan Silkman. Byram Shubert Library Community Room.

7:30 p.m.
Cos Cob Thursday Evening book club. Main 2nd Floor Meeting Room.

7:30 p.m.
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)

Friday, March 7

9:30 a.m.
Senior Chinese Book Discussion Group. Online. ywang@greenwichlibrary.org.

10 a.m.
Storytime. Cos Cob Library Turret. 203-622-6883.

10 a.m.
Goldbas Musical Story Hour. Marx Family Black Box Theater. 203-622-7940. children@greenwichlibrary.org.

11:30 a.m.
Qi Gong. Online. 203-622-6883. lmattthews@greenwichlibrary.org.

3 p.m.
Innovator-in-Residence: Building the Ultimate Rube Goldberg Machine. Innovation Lab. 203-622-7979. innovationlab@greenwichlibrary.org

7 p.m.
Friends Friday Films: “Waitress the Musical.” Berkley Theater. cgibbs@greenwichlibrary.org.

Saturday, March 8

9:30 a.m. - 2:30 p.m.
AARP Tax Help. 2nd Floor Meeting Room. Appointments are NOT required. 203-622-7900.

11 a.m.

Friends Children’s Series Presents Science Heroes-Dry Ice! Berkley Theater. 203-622-7940. children@greenwichlibrary.org.

11 a.m.
Technology Help. Learning Lab. 203-625-6560. csherman@greenwichlibrary.org.

1 p.m.
Cloak and Dagger Book Club. Cos Cob Library Turret. 203-622-6883.

2 p.m.
PrintLab: 3D Printing Studio. Innovation Lab. 203-622-7979. innovationlab@greenwichlibrary.org.

GREENWICH HOSPITAL: greenwichhospital.org/events 888-305-9253

Saturday, March 1

9 a.m.
CPR Friends & Family (Infant/Child). 38 Volunteer Ln. \$65. For discount information call 888-305-9253.

Monday, March 3

6 p.m.
CPR Friends & Family (Infant/Child). 38 Volunteer Ln. \$65. For discount information call 888-305-9253.

Tuesday, March 4

6 p.m.
Advances in Orthopedic Surgical and Non-surgical Care of Athletes of All Ages. 260 Long Ridge Road, Stamford. Free. Register.

Wednesday, March 5

1:30 p.m.
Parkinson’s Disease Support Group - for people with Parkinson’s, their families and caregivers. 260 Long Ridge Road, Stamford. Free.

NEIGHBOR-TO-NEIGHBOR: ntngreenwich.org

Everyday, all day
• 24/7 Food Drive Collection site at North Greenwich Congregational Church, 606 Riversville Road. The weatherproof bin is located outside of the Parish Hall.

• Greenwich Reform Synagogue, 92 Orchard St., Cos Cob.

Tuesdays, 9 - 11 a.m.
Food Drive (drive-thru) at St. Catherine of Siena’s parking area across the street from the rectory entrance, 4 Riverside Ave. (Non-perishable foods, personal care products, large sized diapers (5 & 6) and pull-ups, and knit hats (hand knit or store bought).

Thursdays, 10 a.m. - 12 p.m.
Food Drive at St. Paul’s Episcopal Church parking lot, 200 Riverside Ave.

RED CROSS BLOOD DRIVE: RedCrossBlood.org

Friday, Feb. 28

11:30 a.m. - 3:30 p.m.
New Rochelle Public Library, 1 Library Plaza, Lawton Street, New Rochelle, NY.

Sunday, March 2

7 a.m. - 3 p.m.
Greenwich Blood Donation Center, 99 Indian Field Rd.

Monday, March 3

11 a.m. - 7 p.m.
Greenwich Blood Donation Center, 99 Indian Field Rd.

Tuesday, March 4

11 a.m. - 7 p.m.
Greenwich Blood Donation Center, 99 Indian Field Rd.

8 a.m. - 3 p.m.
Scarsdale High School, 1057 Post Rd., Scarsdale, NY.

1 - 6:30 p.m.
Saint Mark’s Church, 111 Oenoke Ridge Road, New Canaan.

Wednesday, March 5

8 a.m. - 1 p.m.
King School, 1450 Newfield Avenue, Stamford.

11:30 a.m. - 3:30 p.m.
West Harrison Senior Center, 251 Underhill Ave., West Harrison, NY.

Thursday, March 6

7 a.m. - 3 p.m.
Greenwich Blood Donation Center, 99 Indian Field Rd.

12 - 5 p.m.

American Legion Hall, 40 Bell Rd., Scarsdale, NY.

Friday, March 7

8 a.m. - 1:30 p.m.
Convent of Sacred Heart, 1177 King Street, Greenwich.

Saturday, March 8

8 a.m. - 1 p.m.
United Church of Rowayton, 210 Rowayton Ave., Norwalk.

10 a.m. - 2 p.m.
American Red Cross, 40 Saw Mill River Road, Upper Level 3, Hawthorne, NY.

Sunday, March 9

7 a.m. - 3 p.m.
Greenwich Blood Donation Center, 99 Indian Field Rd.

TOWN MEETINGS: greenwichct.gov/calendar

Monday, March 3

10 a.m.
Archi.

10:30 a.m.
American Red Cross Flag Raising Ceremony and Proclamation. Front Steps of Town Hall.

7 p.m.
Finance Committee Meeting. Hayton Room.

7:30 p.m.
Education Committee Meeting. Town Hall Meeting Room.

7:30 p.m.
Land Use Committee Meeting. Cone Room.

7:30 p.m.
Legislative & Rules Committee Meeting. Mazza Room.

7:30 p.m.
Public Works Committee Meeting. Evaristo Conference Room.

Tuesday, March 4

9 a.m.
Budget Committee Decision Day.

7 p.m.
First Selectman’s Youth Commission Board Meeting. Employee lounge.

7:30 p.m.
Appointments Committee Meeting. Town Hall Meeting Room.

7:30 p.m.
Health & Human Services Committee Meeting. Cone Room.

7:30 p.m.
Parks & Recreation Committee Meeting. Mazza Room.

7:30 p.m.
Town Services Committee Meeting. Hayton Room.

7:30 p.m.
Transportation Committee Meeting. Evaristo Conference Room.

Wednesday, March 5

8 a.m.
Greenwich High School Vestibule Committee Meeting In-Person @ Greenwich High School Ralph Mayo’s Office and Virtual via Zoom

9 a.m.
Budget Committee Decision Day 2 (if needed).

1 p.m.
Nathaniel Witherell Legal Affairs & Governance Committee Meeting.

7 p.m.
Architecture Review Committee (ARC) Regular Meeting.

7:30 p.m.
District 11 Meeting. Greenwich Country Day School.

7:30 p.m.
District 4 Meeting. Byram Firehouse.

7:30 p.m.
District 8 Meeting. Cos Cob School Media Center.

Thursday, March 6

11 a.m.
FS Sustainability Committee Meeting. Via Zoom.

1 p.m.
BET Budget Committee.

7 p.m.
Conservation Commission Regular Meeting. Zoom Webinar.

7 p.m.
District 10 Meeting. Round Hill Church.

7 p.m.
District 3 Meeting. Hamilton Avenue School.

7:15 p.m.

District 2 Meeting. Cone Room.

7:30 p.m.
District 12 Meeting. North Mianus School Library.

7:30 p.m.
District 5 Meeting. Riverside School Library.

7:30 p.m.
District 6 Meeting. Old Greenwich School Cafeteria.

7:30 p.m.
District 7 Meeting. Mazza Room.

7:30 p.m.
District 9 Meeting. Bendheim Western Greenwich Civic Center.

7:30 p.m.
District 1 Meeting. Town Hall Meeting Room.

SAVE THE DATE:

Friday, Feb. 28

6:30 p.m.
Greenwich Alliance for Education’s Trivia Challenge Benefit. Tamarack Country Club, 55 Locust Rd. greenwichalliance.org/trivia-challenge-2025

6:30 p.m.
Kids In Crisis’ An Après Ski Soirée The Loading Dock 375 Fairfield Ave, Stamford. kidsincrisis.org/sub/events

Wednesday, March 5

5:30 p.m.
YWCA Greenwich’s Women Who Inspire Awards. Greenwich Country Club. ywcagreenwich.org/events/2025-women-who-inspire-awards

Saturday, March 8

6 p.m.
Greenwich Hibernian Association’s St. Patrick’s Day Dinner Dance. Knights of Columbus Hall, 37 West Putnam Ave. greenwichhibernians.org/dinner-dance

Sunday, March 23

2 p.m.
Greenwich St. Patrick’s Day Parade. Beginning at the Greenwich Town Hall. greenwichhibernians.org

Friday, March 28

6:30 p.m.
GEMS (Greenwich Emergency Medical Service) 4th Annual Back to the 80’s: To Save A Life Gala. Greenwich Country Day School. greenwichems.org/events/back-to-the-80s

Sunday, March 30

2 p.m.
Special Education Legal Fund (S.E.L.F) and SEEK CT’s (Special Education Equity for Kids of CT) Resource Fair. Stamford JCC. eventbrite.com/e/1096645178249

Friday, April 4

6 p.m.
Person to Person’s Spring Benefit “Rising Together.” Serafresca at the Italian Center, Stamford. bit.ly/RisingTogetherBenefit

Thursday, April 10
Planned Parenthood of Southern New England’s Annual Spring Luncheon. Hyatt Regency Greenwich. plannedparenthood.org/planned-parenthood-southern-new-england

Thursday, April 24
Neighbor to Neighbor 50th Anniversary. Hyatt Regency, Greenwich. ntngreenwich.org/50th-anniversary-save-the-date

Saturday, April 26

9 a.m.
The Center for Family Justice’s 13th Annual Walk A Mile in Her Shoes. Downtown Fairfield Train Station. centerforfamilyjustice.org

6 p.m.
Habitat for Humanity 40th Anniversary Gala. Hyatt Regency Greenwich. habitatcfc.org

6 p.m.
American Red Cross Greater New York Region’s Red & White Ball: A Salute to Service and Valor. Riverside Yacht Club. e.givesmart.com/events/DoN/page/order-form2

Thursday, May 1

11 a.m.
YWCA Greenwich’s Old Bags Luncheon 20th Anniversary. Belle Haven Club. ywcagreenwich.org/events/old-bags-luncheon-20th-anniversary

• Greenwich Arts Council’s “Art to the Avenue.” greenwich-artsCouncil.org

Sunday, May 4
Breast Cancer Alliance 5K Run/Walk. breastcanceralliance.org

Friday, May 9

6 p.m.
YMCA of Greenwich’s An Evening in Las Vegas Annual Gala. Greenwich Country Club. greenwichymca.org/events

Friday, May 16

7:30 a.m.
BIC’s 12th Annual Spring Benefit Breakfast. Hyatt Regency Greenwich. secure.qgiv.com/for/blcbenefitbreakfast2025/event/12thannualspringbenefit-breakfast

Saturday, May 17

7 p.m.
Spring for Abilis Gala. Greenwich Country Club. e.givesmart.com/events/GGE/

Our Neighboring Towns

FRIDAY, FEB. 28

6 p.m.
Filmmaker and producer Jake Gorst presents the remastered 1959 classic “American Look”. New Canaan Museum and Historical Society, 13 Oenoke Ridge, New Canaan. lp.constantcontactpages.com/ev/reg/3fsp8hm

SATURDAY, MARCH 1

10 a.m. - 12 p.m.
Order of Malta food drive for the New Covenant Center Food Pantry in Stamford. St. Aloysius Catholic Church - parking lot, 21 Cherry Street, New Canaan. 203-966-0020. starcc.com

11 a.m.
Black History Month Reading Challenge Celebration: Black Girls Read, TOO. Ferguson Library - West Side Branch, Stamford. Free. Register. fergusonlibrary.org

SUNDAY, MARCH 2

5:30 p.m.
Oscar Preview Party with Special Guest Janet Maslin. Bedford Playhouse, 633 Old Post Rd., Bedford, NY. 914-234-6704. bedfordplayhouse.org

MONDAY, MARCH 3

6 p.m.
Gee’s Bend Quilts with Tangular Irby via Microsoft Teams, a Black History Month Program. Virtual. Free. Register. fergusonlibrary.org

WEDNESDAY, MARCH 5

6:30 p.m.
An Evening with Poet Reginald Dwayne Betts, Author of Doggerel, a Black History Month Program. Ferguson Main Library, Stamford. Free. Register. fergusonlibrary.org

7 p.m.
Connecticut’s Beardsley Zoo: FrogWatch Virtual Training. Online. Free, with suggested donation. Register. beardsleyzoo.org/frog-watch.html

THURSDAY, MARCH 6

6:30 p.m.
Stamford House Democratic Delegation Legislative Session Preview. Ferguson Main Library, Stamford. fergusonlibrary.org

6:30 p.m.
Navigating Post-Secondary Planning for Students with Learning Differences. New Canaan Library, 151 Main St., New Canaan. Free. <https://www.newcanaanlibrary.org/>

FRIDAY, MARCH 7

11:30 a.m.
Senior Community Service Employment Program Information Session. Ferguson Library - Harry Bennett Branch, Stamford. Free. Register. fergusonlibrary.org

7 p.m.
First Fridays: Parker’s Tangent. Bedford Playhouse, 633 Old Post Rd., Bedford, NY. 914-234-6704. bedfordplayhouse.org

7:30 p.m.
Curtain Call presents “A Few Good Men”. The Kveskin Theatre, 1349 Newfield Ave., Stamford. Performances: Fri & Sat, 7:30pm, & Sun, 2pm (March 7, 8, 9, 13, 14, 15, 16, 20, 21, 22 & 23). curtaincallinc.com

THE HOUSE AT POOH CORNER BY A.A. MILNE

CHAPTER X

IN WHICH Christopher Robin and Pooh Come to an Enchanted Place, and We Leave Them There



Christopher Robin was going away. Nobody knew why he was going; nobody knew where he was going; indeed, nobody even knew why he knew that Christopher Robin was going away. But somehow or other everybody in the Forest felt that it was happening at last. Even Smallest-of-all, a friend-and-relation of Rabbit's who thought he had once seen Christopher Robin's foot, but couldn't be quite sure because perhaps it was something else, even S. of A. told himself that Things were going to be Different; and Late and Early, two other friends-and-relations, said, "Well, Early?" and "Well, Late?" to each other in such a hopeless sort of way that it really didn't seem any good waiting for the answer.

One day when he felt that he couldn't wait any longer, Rabbit brained out a Notice, and this is what it said:

"Notice a meeting of everybody will meet at the House at Pooh Corner to pass a Rissolution By Order Keep to the Left Signed Rabbit."

He had to write this out two or three times before he could get the rissolution to look like what he thought it was going to when he began to spell it: but, when at last it was finished, he took it round to everybody and read it out to them. And they all said they would come.

"Well," said Eeyore that afternoon, when he saw them all walking up to his house, "this is a surprise. Am I asked too?"

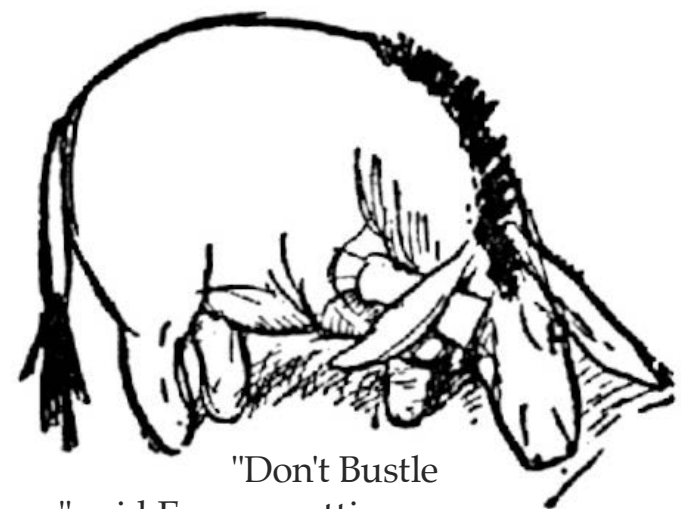
"Don't mind Eeyore," whispered Rabbit to Pooh. "I told him all about it this morning."

Everybody said "How-do-you-do" to Eeyore, and Eeyore said that he didn't, not to notice, and then they sat down; and as soon as they were all sitting down, Rabbit stood up again.

"We all know why we're here," he said, "but I have asked my friend Eeyore——"

"That's Me," said Eeyore. "Grand."

"I have asked him to Propose a Rissolution." And he sat down again. "Now then, Eeyore," he said.



"Don't Bustle me," said Eeyore, getting up slowly. "Don't now-then me." He took a piece of paper from behind his ear, and unfolded it. "Nobody knows anything about this," he went on. "This is a Surprise." He coughed in an important way, and began again: "What-nots and Etceteras, before I begin, or perhaps I should say, before I end, I have a piece of Poetry to read to you. Hitherto—

hitherto—a long word meaning—well, you'll see what it means directly—hitherto, as I was saying, all the Poetry in the Forest has been written by Pooh, a Bear with a Pleasing Manner but a Positively Startling Lack of Brain. The Poem which I am now about to read to you was written by Eeyore, or Myself, in a Quiet Moment. If somebody will take Roo's bull's-eye away from him, and wake up Owl, we shall all be able to enjoy it. I call it—POEM."

This was it.

Christopher Robin is going.

At least I think he is.

Where?

Nobody knows.

But he is going—

I mean he goes

(To rhyme with "knows")

Do we care?

(To rhyme with "where")

We do

Very much.

(I haven't got a rhyme for that "is" in the second line yet. Bother.)

(Now I haven't got a rhyme for bother. Bother.)

Those two bothers will have to rhyme with each other. Buther.

The fact is this is more difficult than I thought,

I ought—

(Very good indeed)

I ought

To begin again,

But it is easier

To stop.

Christopher Robin, good-bye,

I

(Good)

I

And all your friends

Sends—

I mean all your friend

Send—

(Very awkward this, it keeps going wrong)

Well, anyhow, we send

Our love

END.

"If anybody wants to clap," said Eeyore when he had read this, "now is the time to do it."

They all clapped.

"Thank you," said Eeyore. "Unexpected and gratifying, if a little lacking in Smack."

"It's much better than mine," said Pooh admiringly, and he really thought it was.

"Well," explained Eeyore modestly, "it was meant to be."

"The rissolution," said Rabbit, "is that we all sign it, and take it to Christopher Robin."

So it was signed POOH, PIGLET, WOL, EOR, RABBIT, KANGA, BLOT, SMUDGE, and they all went off to Christopher



Pooh

Robin's house with it.



"Hallo, everybody," said Christopher Robin—"Hallo, Pooh."



They all said "Hallo," and felt awkward and unhappy suddenly, because it was a sort of good-bye they were saying, and they didn't want to think about it. So they stood around, and waited for somebody else to speak, and they nudged each other, and said "Go on," and gradually Eeyore was nudged to the front, and the others crowded behind him.

"What is it, Eeyore?" asked Christopher Robin. Eeyore swished his tail from side to side, so as to encourage himself, and began.

"What is it, Eeyore?" asked Christopher Robin.

"Christopher Robin," he said, "we've come to say—to give you—it's called—written by—but we've all—because we've heard, I mean we all know—well, you see, it's—we—you—well, that, to put it as shortly as possible, is what it is." He turned round angrily on the others and said, "Everybody crowds round so in this Forest. There's no Space. I never saw a more Spreading lot of animals in my life, and all in the wrong places. Can't you see that Christopher Robin wants to be alone? I'm going." And he humped off.

Not quite knowing why, the others began edging away, and when Christopher Robin had finished reading POEM, and was looking up to say, "Thank you," only Pooh was left.

"It's a comforting sort of thing to have," said Christopher Robin, folding up the paper, and putting it in his pocket. "Come on, Pooh," and he walked off quickly.

"Where are we going?" said Pooh, hurrying after him, and wondering whether it was to be an Explore or a What-shall-I-do-about-you-know-what.

"Nowhere," said Christopher Robin.

So they began going there, and after they had walked a little way Christopher Robin said:

"What do you like doing best in the world, Pooh?"

"Well," said Pooh, "what I like best—" and then he had to stop and think. Because although Eating Honey was a very good thing to do, there was a moment just before you began to eat it which was better than when you were, but he didn't know what it was called. And then he thought that being with Christopher Robin was a very good thing to do, and having Piglet near was a very friendly thing to have; and so, when he had thought it all out, he said, "What I like best in the whole world is Me and Piglet going to see You, and You saying 'What about a little something?' and Me saying, 'Well, I shouldn't mind a little something, should you, Piglet,' and it being a hummy sort of day outside, and birds singing."

"I like that too," said Christopher Robin, "but what I like doing best is Nothing."

"How do you do Nothing?" asked Pooh, after he had wondered for a long time.

"Well, it's when people call out at you just as you're going off to do it, What are you going to do, Christopher Robin, and you say, Oh, nothing, and then you go and do it."

"Oh, I see," said Pooh.

"This is a nothing sort of thing that we're doing now."

"Oh, I see," said Pooh again.

"It means just going along, listening to all the things you can't hear, and not bothering."

"Oh!" said Pooh.

They walked on, thinking of This and That, and by-and-by they came to an enchanted place on the very top of the Forest called Galleons Lap, which is sixty-something trees in a circle; and Christopher Robin knew that it was enchanted because nobody had ever been able to count whether it was sixty-three or sixty-four, not even when he tied a piece of string round each tree after he

Galleons Lap.

Suddenly Christopher Robin began to tell Pooh about some of the things: People called Kings and Queens and something called Factors, and a place called Europe, and an island in the middle of the sea where no ships came, and how you make a Suction Pump (if you want to), and when Knights were Knighted, and what comes from Brazil. And Pooh, his back against one of the sixty-something trees, and his paws folded in front of him, said "Oh!" and "I didn't know," and thought how wonderful it would be to have a Real Brain which could tell you things. And by-and-by Christopher Robin came to an end of the things, and was silent, and he sat there looking out over the world, and wishing it wouldn't stop.

But Pooh was thinking too, and he said suddenly to Christopher Robin:

"Is it a very Grand thing to be an Afternoon, what you said?"

"A what?" said Christopher Robin lazily, as he listened to something else.

"On a horse," explained Pooh.



"A Knight?"

"Oh, was that it?" said Pooh. "I thought it was a—Is it as Grand as a King and Factors and all the other things you said?"

"Well, it's not as grand as a King," said Christopher Robin, and then, as Pooh seemed disappointed, he added quickly, "but it's grander than Factors."

"Could a Bear be one?"

"Of course he could!" said Christopher Robin. "I'll make you one." And he took a stick and touched Pooh on the shoulder, and said, "Rise, Sir Pooh de Bear, most faithful of all my Knights."

So Pooh rose and sat down and said "Thank you," which is the proper thing to say when you have been made a Knight, and he went into a dream again, in which he and Sir Pomp and Sir Brazil and Factors lived together with



a horse, and were faithful Knights (all except Factors, who looked after the horse) to Good King Christopher Robin ... and every now and then he shook his head, and said to himself "I'm not getting it right." Then he began to think of all the things Christopher Robin would want to tell him when he came back from wherever he was going to, and how muddling it would be for a Bear of Very

Little Brain to try and get them right in his mind. "So, perhaps," he said sadly to himself, "Christopher Robin won't tell me any more," and he wondered if being a Faithful Knight meant that you just went on being faithful without being told things.

Then, suddenly again, Christopher Robin, who was still looking at the world, with his chin in his hands, called out

"Pooh!"

"Yes?" said Pooh.

"When I'm—when——Pooh!"

"Yes, Christopher Robin?"



"I'm not going to do Nothing any more."

"Never again?"

"Well, not so much. They don't let you."

Pooh waited for him to go on, but he was silent again.

"Yes, Christopher Robin?" said Pooh helpfully.

"Pooh, when I'm—you know—when I'm not doing Nothing, will you come up here sometimes?"

"Just Me?"

"Yes, Pooh."

"Will you be here too?"

"Yes, Pooh, I will be, really. I promise I will be, Pooh."

"That's good," said Pooh.

"Pooh, promise you won't forget about me, ever. Not even when I'm a hundred."

Pooh thought for a little.

"How old shall I be then?"

"Ninety-nine."

Pooh nodded.

"I promise," he said.

Still with his eyes on the world Christopher Robin put out a hand and felt for Pooh's paw.

"Pooh," said Christopher Robin earnestly, "if I—if I'm not quite——" he stopped and tried again—"Pooh, whatever happens, you will understand, won't you?"

"Understand what?"

"Oh, nothing." He laughed and jumped to his feet. "Come on!"

"Where?" said Pooh.

"Anywhere," said Christopher Robin.

So they went off together. But wherever they go, and whatever happens to them on the way, in that enchanted place on the top of the Forest, a little boy and his Bear will always be playing.



had counted it. Being enchanted, its floor was not like the floor of the Forest, gorse and bracken and heather, but close-set grass, quiet and smooth and green. It was the only place in the Forest where you could sit down carelessly, without getting up again almost at once and looking for somewhere else. Sitting there they could see the whole world spread out until it reached the sky, and whatever there was all the world over was with them in

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WEEK SIX MONDAY

MARK CHAPTER 3

Christ heals the withered hand. He chooses the twelve. He confutes the blasphemy of the Pharisees.

3:1. And he entered again into the synagogue: and there was a man there who had a withered hand.

3:2. And they watched him whether he would heal on the sabbath days, that they might accuse him.

3:3. And he said to the man who had the withered hand: Stand up in the midst.

3:4. And he saith to them: Is it lawful to do good on the sabbath days, or to do evil? To save life, or to destroy? But they held their peace.

3:5. And looking round about on them with anger, being grieved for the blindness of their hearts, he saith to the man: Stretch forth thy hand. And he stretched it forth: and his hand was restored unto him.

3:6. And the Pharisees going out, immediately made a consultation with the Herodians against him, how they might destroy him.

3:7. But Jesus retired with his disciples to the sea; and a great multitude followed him from Galilee and Judea,

3:8. And from Jerusalem, and from Idumea and from beyond the Jordan. And they about Tyre and Sidon, a great multitude, hearing the things which he did, came to him.

3:9. And he spoke to his disciples that a small ship should wait on him, because of the multitude, lest they should throng him.

3:10. For he healed many, so that they pressed upon him for to touch him, as many as had evils.

3:11. And the unclean spirits, when they saw him, fell down before him: and they cried, saying:

3:12. Thou art the Son of God. And he strictly charged them that they should not make him known.

3:13. And going up into a mountain, he called unto him whom he would himself: and they came to him.

3:14. And he made that twelve should be with him, and that he might send them to preach.

3:15. And he gave them power to heal sicknesses, and to cast out devils.

3:16. And to Simon he gave the name Peter:

3:17. And James the son of Zebedee, and John the brother of James; and he named them Boanerges, which is, The sons of thunder.

3:18. And Andrew and Philip, and Bartholomew and Matthew, and Thomas and James of Alpheus, and Thaddeus and Simon the Cananean:

3:19. And Judas Iscariot, who also betrayed him.

3:20. And they come to a house, and the multitude cometh together again, so

that they could not so much as eat bread.

3:21. And when his friends had heard of it, they went out to lay hold on him. For they said: He is become mad.

3:22. And the scribes who were come down from Jerusalem, said: He hath Beelzebub, and by the prince of devils he casteth out devils.

3:23. And after he had called them together, he said to them in parables: How can Satan cast out Satan?

3:24. And if a kingdom be divided against itself, that kingdom cannot stand.

3:25. And if a house be divided against itself, that house cannot stand.

3:26. And if Satan be risen up against himself, he is divided, and cannot stand, but hath an end.

3:27. No man can enter into the house of a strong man and rob him of his goods, unless he first bind the strong man, and then shall he plunder his house.

3:28. Amen I say to you that all sins shall be forgiven unto the sons of men, and the blasphemies wherewith they shall blaspheme:

3:29. But he that shall blaspheme against the Holy Ghost, shall never have forgiveness, but shall be guilty of an everlasting sin.

3:30. Because they said: He hath an unclean spirit.

3:31. And his mother and his brethren came; and standing without, sent unto him, calling him.

3:32. And the multitude sat about him; and they say to him: Behold thy mother and thy brethren without seek for thee.

3:33. And answering them, he said: Who is my mother and my brethren?

3:34. And looking round about on them who sat about him, he saith: Behold my mother and my brethren.

3:35. For whosoever shall do the will of God, he is my brother, and my sister, and mother.

PSALMS CHAPTER 25

Judica me, Domine. David's prayer to God in his distress, to be delivered, that he may come to worship him in his tabernacle.

25:1. Unto the end, a psalm for David. Judge me, O Lord, for I have walked in my innocence: and I have put my trust in the Lord, and shall not be weakened.

25:2. Prove me, O Lord, and try me; burn my reins and my heart.

25:3. For thy mercy is before my eyes; and I am well pleased with thy truth.

25:4. I have not sat with the council of vanity: neither will I go in with the doers of unjust things.

25:5. I have hated the assembly of the malignant; and with the wicked I will not sit.

25:6. I will wash my hands among the innocent; and will compass thy altar, O Lord:

25:7. That I may hear the voice of thy praise: and tell of all thy wondrous works.

25:8. I have loved, O Lord, the beauty of thy house; and the place where thy glory dwelleth.

25:9. Take not away my soul, O God, with the wicked: nor my life with bloody men:

25:10. In whose hands are iniquities: their right hand is filled with gifts.

25:11. But as for me, I have walked in my innocence: redeem me, and have mercy on me.

25:12. My foot hath stood in the direct way: in the churches I will bless thee, O Lord.

TUESDAY

MARK CHAPTER 4

The parable of the sower. Christ stills the tempest at sea.

4:1. And again he began to teach by the sea side; and a great multitude was gathered together unto him, so that he went up into a ship and sat in the sea: and all the multitude was upon the land by the sea side.

4:2. And he taught them many things in parables, and said unto them in his doctrine:

4:3. Hear ye: Behold, the sower went out to sow.

4:4. And whilst he sowed, some fell by the way side, and the birds of the air came and ate it up.

4:5. And other some fell upon stony ground, where it had not much earth; and it shot up immediately, because it had no depth of earth.

4:6. And when the sun was risen, it was scorched; and because it had no root, it withered away.

4:7. And some fell among thorns; and the thorns grew up, and choked it, and it yielded no fruit.

4:8. And some fell upon good ground; and brought forth fruit that grew up, and increased and yielded, one thirty, another sixty, and another a hundred.

4:9. And he said: He that hath ears to hear, let him hear.

4:10. And when he was alone, the twelve that were with him asked him the parable.

4:11. And he said to them: To you it is given to know the mystery of the kingdom of God: but to them that are without, all things are done in parables:

4:12. That seeing they may see, and not perceive; and hearing they may hear, and not understand; lest at any time they should be converted, and their sins should be forgiven them.

4:13. And he saith to them: Are you ignorant of this, parable? and how shall you know all parables?

4:14. He that soweth, soweth the word.

4:15. And these are they by the way side, where the word is sown, and as soon as they have heard, immediately Satan cometh and taketh away the word that was sown in their hearts.

4:16. And these likewise are they that are sown on the stony ground: who when they have heard the word, immediately receive it with joy.

4:17. And they have no root in themselves, but are only for a time: and then when tribulation and persecution ariseth for the word they are presently scandalized.

4:18. And others there are who are sown among thorns: these are they that hear the word,

4:19. And the cares of the world, and the deceitfulness of riches, and the lusts after other things entering in choke the word, and it is made fruitless.

4:20. And these are they who are sown upon the good ground, who hear the word, and receive it, and yield fruit, the one thirty, another sixty, and another a hundred.

4:21. And he said to them: Doth a candle come in to be put under a bushel, or under a bed? and not to be set on a candlestick?

4:22. For there is nothing hid, which shall not be made manifest: neither was it made secret, but that it may come abroad.

4:23. If any man have ears to hear, let him hear.

4:24. And he said to them: Take heed what you hear. In what measure you shall mete, it shall be measured to you again, and more shall be given to you.

4:25. For he that hath, to him shall be given: and he that hath not, that also which he hath shall be taken away from him.

4:26. And he said: So is the kingdom of God, as if a man should cast seed into the earth,

4:27. And should sleep, and rise, night and day, and the seed should spring, and grow up whilst he knoweth not.

4:28. For the earth of itself bringeth forth fruit, first the blade, then the ear, afterwards the full corn in the ear.

4:29. And when the fruit is brought forth, immediately he

putteth in the sickle, because the harvest is come.

4:30. And he said: To what shall we liken the kingdom of God? or to what parable shall we compare it?

4:31. It is as a grain of mustard seed: which when it is sown in the earth, is less than all the seeds that are in the earth:

4:32. And when it is sown, it groweth up, and becometh greater than all herbs, and shooteth out great branches, so that the birds of the air may dwell under the shadow thereof.

4:33. And with many such parables, he spoke to them the word, according as they were able to hear.

4:34. And without parable he did not speak unto them; but apart, he explained all things to his disciples.

4:35. And he saith to them that day, when evening was come: Let us pass over to the other side.

4:36. And sending away the multitude, they take him even as he was in the ship: and there were other ships with him.

4:37. And there arose a great storm of wind, and the waves beat into the ship, so that the ship was filled.

4:38. And he was in the hinder part of the ship, sleeping upon a pillow; and they awake him, and say to him: Master, doth, it not concern thee that we perish?

4:39. And rising up, he rebuked the wind, and said to the sea: Peace, be still. And the wind ceased: and there was made a great calm.

4:40. And he said to them: Why are you fearful? have you not faith yet? And they feared exceedingly: and they said one to another: Who is this (thinkest thou) that both wind and sea obey him?

PSALMS CHAPTER 26

Dominus illuminatio. David's faith and hope in God.

26:1. The psalm of David before he was anointed. The Lord is my light and my salvation, whom shall I fear? The Lord is the protector of my life: of whom shall I be afraid?

26:2. Whilst the wicked draw near against me, to eat my flesh. My enemies that trouble me, have themselves been weakened, and have fallen.

26:3. If armies in camp should stand to gether against me, my heart shall not fear. If a battle should rise up against me, in this will I be confident.

26:4. One thing I have asked of the Lord, this will I seek after; that I may dwell in the house of the Lord all the days of my life. That I may see the delight of the Lord, and may visit his temple.

26:5. For he hath hidden me in his tabernacle; in the day of evils, he hath protected me in the secret place of his tabernacle.

26:6. He hath exalted me upon a rock: and now he hath lifted up my head above my enemies. I have gone round, and have offered up in his tabernacle a sacrifice of jubilation: I will sing, and recite a psalm to the Lord.

26:7. Hear, O Lord, my voice, with which I have cried to thee: have mercy on me and hear me.

26:8. My heart hath said to thee: My face hath sought thee: thy face, O Lord, will I still seek.

26:9. Turn not away thy face from me; decline not in thy wrath from thy servant. Be thou my helper, forsake me not; do not thou despise me, O God my Saviour.

26:10. For my father and my mother have left me: but the Lord hath taken me up.

26:11. Set me, O Lord, a law in thy way, and guide me in the right path, because of my enemies.

26:12. Deliver me not over to the will of them that trouble me; for unjust witnesses have risen up against me; and iniquity hath lied to itself.

26:13. I believe to see the good things of the Lord in the land of the living.

26:14. Expect the Lord, do manfully, and let thy heart take courage, and wait thou for the Lord.

WEDNESDAY

MARK CHAPTER 5

Christ casts out a legion of devils: he heals the issue of blood, and raises the daughter of Jairus to life.

5:1. And they came over the strait of the sea, into the

country of the Gerasens.

5:2. And as he went out of the ship, immediately there met him out of the monuments a man with an unclean spirit,

5:3. Who had his dwelling in the tombs, and no man now could bind him, not even with chains.

5:4. For having been often bound with fetters and chains, he had burst the chains, and broken the fetters in pieces, and no one could tame him.

5:5. And he was always day and night in the monuments and in the mountains, crying and cutting himself with stones.

5:6. And seeing Jesus afar off, he ran and adored him.

5:7. And crying with a loud voice, he said: What have I to do with thee, Jesus the Son of the most high God? I adjure thee by God that thou torment me not.

5:8. For he said unto him: Go out of the man, thou unclean spirit.

5:9. And he asked him: What is thy name? And he saith to him: My name is Legion, for we are many.

5:10. And he besought him much, that he would not drive him away out of the country.

5:11. And there was there near the mountain a great herd of swine, feeding.

5:12. And the spirits besought him, saying: Send us into the swine, that we may enter into them.

5:13. And Jesus immediately gave them leave. And the unclean spirits going out, entered into the swine: and the herd with great violence was carried headlong into the sea, being about two thousand, were stifled in the sea.

5:14. And they that fed them fled, and told it in the city and in the fields. And they went out to see what was done:

5:15. And they came to Jesus, and they see him that was troubled with the devil, sitting, clothed, and well in his wits, and they were afraid.

5:16. And they that had seen it, told them, in what manner he had been dealt with who had the devil; and concerning the swine.

5:17. And they began to pray him that he would depart from their coasts.

5:18. And when he went up into the ship, he that had been troubled with the devil, began to beseech him that he might be with him.

5:19. And he admitted him not, but saith him: Go into thy house to thy friends, and tell them how great things the Lord hath done for thee, and hath had mercy thee.

5:20. And he went his way, and began to publish in Decapolis how great things Jesus had done for him: and all men wondered.

5:21. And when Jesus had passed again in the ship over the strait, a great multitude assembled together unto him, and he was nigh unto the sea.

5:22. And there cometh one of the rulers of the synagogue named Jairus: and seeing him, falleth down at his feet.

5:23. And he besought him much, saying: My daughter is at the point of death, come, lay thy hand upon her, that she may be safe, and may live.

5:24. And he went with him, and a great multitude followed him, and they thronged him.

5:25. And a woman who was under an issue of blood twelve years,

5:26. And had suffered many things from many physicians; and had spent all that she had, and was nothing the better, but rather worse, 5:27. When she had heard of Jesus, came in the crowd behind him, and touched his garment.

5:28. For she said: If I shall touch but his garment, I shall be whole.

5:29. And forthwith the fountain of her blood was dried up, and she felt in her body that she was healed of the evil.

5:30. And immediately Jesus knowing in himself the virtue that had proceeded from him, turning to the multitude, said: Who hath touched my garments?

5:31. And his disciples said to him: Thou seest the multitude thronging thee, and sayest thou who hath touched me?

5:32. And he looked about to see her who had done this.

5:33. But the woman fearing and trembling, knowing what was done in her, came and fell down before him, and told him all the truth.

5:34. And he said to her: Daughter, thy faith hath made thee whole: go in peace, and be thou whole of thy disease.

5:35. While he was yet speaking, some come from the ruler of the synagogue's house, saying: Thy daughter is dead: why dost thou trouble the master any further?

5:36. But Jesus having heard the word that was spoken, saith to the ruler of the synagogue: Fear not, only believe.

5:37. And he admitted not any man to follow him, but Peter, and James, and John the brother of James.

5:38. And they come to the house of the ruler of the synagogue; and he seeth a tumult, and people weeping and wailing much.

5:39. And going in, he saith to them Why make you this ado, and weep? the damsel is not dead, but sleepeth.

5:40. And they laughed him to scorn. But he having put them all out, taketh the father and the mother of the damsel, and them that were with him, and entereth in where the damsel was lying.

5:41. And taking the damsel by the hand, he saith to her: Talitha cumi, which is, being interpreted: Damsel (I say to thee) arise.

5:42. And immediately the damsel rose up, and walked: and she was twelve years old: and they were astonished with a great astonishment.

5:43. And he charged them strictly that no man should know it: and commanded that something should be given her to eat.

PSALMS CHAPTER 27

Ad te, Domine, clamabo. David's prayer that his enemies may not prevail over him.

27:1. A psalm for David himself. Unto thee will I cry, O Lord: O my God, be not thou silent to me: lest if thou be silent to me, I become like them that go down into the pit.

27:2. Hear, O Lord, the voice of my supplication, when I pray to thee; when I lift up my hands to thy holy temple.

27:3. Draw me not away together with the wicked; and with the workers of iniquity destroy me not: Who speak peace with their neighbour, but evils are in their hearts.

27:4. Give them according to their works, and according to the wickedness of their inventions. According to the works of their hands give thou to them: render to them their reward.

27:5. Because they have not understood the works of the Lord, and the operations of his hands: thou shalt destroy them, and shalt not build them up.

27:6. Blessed be the Lord, for he hath heard the voice of my supplication.

27:7. The Lord is my helper andmy protector: in him hath my heart confided, and I have been helped. And my flesh hath flourished again, and with my will I will give praise to him.

27:8. The Lord is the strength of his people, and the protector of the salvation of his anointed.

27:9. Save, O Lord, thy people, and bless thy inheritance: and rule them and exalt them for ever.

THURSDAY

MARK CHAPTER 6

Christ teaches at Nazareth: he sends forth the twelve apostles: he feeds five thousand with five loaves; and walks upon the sea.

6:1. And going out from thence, he went into his own country; and his disciples followed him.

6:2. And when the Sabbath was come, he began to teach in the synagogue: and many hearing him were in admiration at his doctrine, saying: How came this man by all these things? and what wisdom is this that is given to him, and such mighty works as are wrought by his hands?

6:3. Is not this the carpenter, the son of Mary, the brother of James, and Joseph, and Jude, and Simon? And they were scandalized in regard of him.

6:4. And Jesus said to

them: A prophet is not without honour, but in his own country, and in his own house, and among his own kindred.

6:5. And he could not do any miracles there, only that he cured a few that were sick, laying his hands upon them.

6:6. And he wondered because of their unbelief, and he went through the villages round about teaching.

6:7. And he called the twelve; and began to send them two and two, and gave them power over unclean spirits.

6:8. And he commanded them that they should take nothing for the way, but a staff only; no scrip, no bread, nor money in their purse,

6:9. But to be shod with sandals, and that they should not put on two coats.

6:10. And he said to them: Wheresoever you shall enter into an house, there abide till you depart from that place.

6:11. And whosoever shall not receive you, nor hear you; going forth from thence, shake off the dust from your feet for a testimony to them.

6:12. And going forth they preached men should do penance:

6:13. And they cast out many devils, and anointed with oil many that were sick, and healed them.

6:14. And king Herod heard, (for his name was made manifest,) and he said: John the Baptist is risen again from dead, and therefore mighty works shew forth themselves in him.

6:15. And others said: It is Elias. But others said: It is a prophet, as one of the prophets.

6:16. Which Herod hearing, said: John whom I beheaded, he is risen again from the dead.

6:17. For Herod himself had sent and apprehended John, and bound him prison for the sake of Herodias the wife of Philip his brother, because he had married her.

6:18. For John said to Herod: It is not lawful for thee to have thy brother's wife.

6:19. Now Herodias laid snares for him: and was desirous to put him to death and could not.

6:20. For Herod feared John, knowing him to be a just and holy man: and kept him, and when he heard him, did many things: and he heard him willingly.

6:21. And when a convenient day was come, Herod made a supper for his birthday, for the princes, and tribunes, and chief men of Galilee.

6:22. And when the daughter of the same Herodias had come in, and had danced, and pleased Herod, and them that were at table with him, the king said to the damsel: Ask of me what thou wilt, and I will give it thee.

6:23. And he swore to her: Whatsoever thou shalt ask I will give thee, though it be the half of my kingdom.

6:24. Who when she was gone out, said to her mother, What shall I ask? But her mother said: The head of John the Baptist.

6:25. And when she was come in immediately with haste to the king, she asked, saying: I will that forthwith thou give me in a dish, the head of John the Baptist.

6:26. And the king was struck sad. Yet because of his oath, and because of them that were with him at table, he would not displease her:

6:27. But sending an executioner, he commanded that his head should be brought in a dish.

6:28. And he beheaded him in the prison, and brought his head in a dish: and gave to the damsel, and the damsel gave it her mother.

6:29. Which his disciples hearing came, and took his body, and laid it in a tomb.

6:30. And the apostles coming together unto Jesus, related to him all things that they had done and taught.

6:31. And he said to them: Come apart into a desert place, and rest a little. For there were many coming and going: and they had not so much as time to eat.

6:32. And going up into a ship, they went into a desert place apart.

6:33. And they saw them going away, and many knew: and they ran flocking thither foot from all the cities, and were there before them.

6:34. And Jesus going out

saw a great multitude: and he had compassion on them, because they were as sheep not having a shepherd, and he began to teach them many things.

6:35. And when the day was now far spent, his disciples came to him, saying: This is a desert place, and the hour is now past:

6:36. Send them away, that going into the next villages and towns, they may buy themselves meat to eat.

6:37. And he answering said to them: Give you them to eat. And they said to him: Let us go and buy bread for two hundred pence, and we will give them to eat.

6:38. And he saith to them: How many loaves have you? go and see. And when they knew, they say: Five, and two fishes.

6:39. And he commanded them that they should make them all sit down by companies upon the green grass.

6:40. And they sat down in ranks, by hundreds and by fifties.

6:41. And when he had taken the five loaves, and the two fishes: looking up to heaven, he blessed, and broke the loaves, and gave to his disciples to set before them: and the two fishes he divided among them all.

6:42. And they all did eat, and had their fill.

6:43. And they took up the leavings, twelve full baskets of fragments, and of the fishes.

6:44. And they that did eat, were five thousand men.

6:45. And immediately he obliged his disciples to go up into the ship, that they might go before him over the water to Bethsaida, whilst he dismissed the people.

6:46. And when he had dismissed them, he went up to the mountain to pray,

6:47. And when it was late, the ship was in the midst of the sea, and himself alone on the land.

6:48. And seeing them labouring in rowing, (for the wind was against them,) and about the fourth watch of the night, he cometh to them walking upon the sea, and he would have passed by them.

6:49. But they seeing him walking upon the sea, thought it was an apparition, and they cried out.

6:50. For they all saw him, and were troubled. And immediately he spoke with them, and said to them: Have a good heart, it is I, fear ye not.

6:51. And he went up to them into the ship, and the wind ceased: and they were far more astonished within themselves:

6:52. For they understood not concerning the loaves; for their heart was blinded.

6:53. And when they had passed over, they came into the land of Genezareth, and set to the shore.

6:54. And when they were gone out of the ship, immediately they knew him:

6:55. And running through that whole country, they began to carry about in beds those that were sick, where they heard he was.

6:56. And whithersoever he entered, into towns or into villages or cities, they laid the sick in the streets, and besought him that they might touch but the hem of his garment: and as many as touched him were made whole.

PSALMS CHAPTER 28

Afferte Domino.

An invitation to glorify God, with a commemoration of his mighty works.

28:1. A psalm for David, at the finishing of the tabernacle. Bring to the Lord, O ye children of God: bring to the Lord the offspring of rams.

28:2. Bring to the Lord glory and honour: bring to the Lord glory to his name: adore ye the Lord in his holy court.

28:3. The voice of the Lord is upon the waters; the God of majesty hath thundered, The Lord is upon many waters.

28:4. The voice of the Lord is in power; the voice of the Lord in magnificence.

28:5. The voice of the Lord breaketh the cedars: yea, the Lord shall break the cedars of Libanus.

28:6. And shall reduce them to pieces, as a calf of Libanus, and as the beloved son of unicorns.

28:7. The voice of the Lord divideth the flame of fire:

28:8. The voice of the Lord shaketh the desert: and the

Lord shall shake the desert of Cades.

28:9. The voice of the Lord prepareth the stags: and he will discover the thick woods: and in his temple all shall speak his glory.

28:10. The Lord maketh the flood to dwell: and the Lord shall sit king for ever. The Lord will give strength to his people: the Lord will bless his people with peace.

FRIDAY

MARK CHAPTER 7

Christ rebukes the Pharisees. He heals the daughter of the woman of Chanaan; and the man that was deaf and dumb.

7:1. And there assembled together unto him the Pharisees and some of the scribes, coming from Jerusalem.

7:2. And when they had seen some of his disciples eat bread with common, that is, with unwashed hands, they found fault.

7:3. For the Pharisees and all the Jews eat not without often washing their hands, holding the tradition of the ancients.

7:4. And when they come from the market, unless they be washed, they eat not: and many other things there are that have been delivered to them to observe, the washings of cups and of pots and of brazen vessels and of beds.

7:5. And the Pharisees and scribes asked him: Why do not thy disciples walk according to the tradition of the ancients, but they eat bread with common hands?

7:6. But he answering, said to them: Well did Isaias prophesy of you hypocrites, as it is written: This people honoureth me with their lips, but their heart is far from me.

7:7. And in vain do they worship me, teaching doctrines and precepts of men.

7:8. For leaving the commandment of God, you hold the tradition of men, the washing of pots and of cups: and many other things you do like to these.

7:9. And he said to them: Well do you make void the commandment of God, that you may keep your own tradition.

7:10. For Moses said: Honour thy father and thy mother. And He that shall curse father or mother, dying let him die.

7:11. But you say: If a man shall say to his father or mother, Corban (which is a gift) whatsoever is from me shall profit thee.

7:12. And further you suffer him not to do any thing for his father or mother,

7:13. Making void the word of God by your own tradition, which you have given forth. And many other such like things you do.

7:14. And calling again the multitude unto him, he said to them: Hear ye me all and understand.

7:15. There is nothing from without a man that entering into him can defile him. But the things which come from a man, those are they that defile a man.

7:16. If any man have ears to hear, let him hear.

7:17. And when he was come into the house from the multitude, his disciples asked him the parable.

7:18. And he saith to them: So are you also without knowledge? Understand you not that every thing from without entering into a man cannot defile him:

7:19. Because it entereth not into his heart but goeth into his belly and goeth out into the privy, purging all meats?

7:20. But he said that the things which come out from a man, they defile a man.

7:21. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders,

7:22. Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness.

7:23. All these evil things come from within and defile a man.

7:24. And rising from thence he went into the coasts of Tyre and Sidon: and entering into a house, he would that no man should know it. And he could not be hid.

7:25. For a woman as soon as she heard of him, whose daughter had an unclean spirit, came in and fell down at his feet.

7:26. For the woman was a Gentile, a Syrophenician born. And she besought him that he would cast forth the devil out of her daughter.

7:27. Who said to her: suffer first the children to be filled: for it is not good to take the bread of the children and cast it to the dogs.

7:28. But she answered and said to him: Yea, Lord; for the whelps also eat under the table of the crumbs of the children.

7:29. And he said to her: For this saying, go thy way. The devil is gone out of thy daughter.

7:30. And when she was come into her house, she found the girl lying upon the bed and that the devil was gone out.

7:31. And again going out of the coasts of Tyre, he came by Sidon to the sea of Galilee, through the midst of the coasts of Decapolis.

7:32. And they bring to him one deaf and dumb: and they besought him that he would lay his hand upon him.

7:33. And taking him from the multitude apart, he put his fingers into his ears: and spitting, he touched his tongue.

7:34. And looking up to heaven, he groaned and said to him: Ephpheta, which is, Be thou opened.

7:35. And immediately his ears were opened and the string of his tongue was loosed and he spoke right.

7:36. And he charged them that they should tell no man. But the more he charged them, so much the more a great deal did they publish it.

7:37. And so much the more did they wonder, saying: He hath done all things well. He hath made both the deaf to hear and the dumb to speak.

PSALMS CHAPTER 29

Exaltabo te, Domine.

David praiseth God for his deliverance, and his merciful dealings with him.

29:1. A psalm of a canticle, at the dedication of David's house.

29:2. I will extol thee, O Lord, for thou hast upheld me: and hast not made my enemies to rejoice over me.

29:3. O Lord my God, I have cried to thee, and thou hast healed me.

29:4. Thou hast brought forth, O Lord, my soul from hell: thou hast saved me from them that go down into the pit.

29:5. Sing to the Lord, O ye his saints: and give praise to the memory of his holiness.

29:6. For wrath is in his indignation; and life in his good will. In the evening weeping shall have place, and in the morning gladness.

29:7. And in my abundance I said: I shall never be moved.

29:8. O Lord, in thy favour, thou gavest strength to my beauty. Thou turnedst away thy face from me, and I became troubled.

29:9. To thee, O Lord, will I cry: and I will make supplication to my God.

29:10. What profit is there in my blood, whilst I go down to corruption? Shall dust confess to thee, or declare thy truth?

29:11. The Lord hath heard, and hath had mercy on me: the Lord became my helper.

29:12. Thou hast turned for me my mourning into joy: thou hast cut my sackcloth, and hast compassed me with gladness:

29:13. To the end that my glory may sing to thee, and I may not regret: O Lord my God, I will give praise to thee for ever.

SATURDAY

MARK CHAPTER 8

Christ feeds four thousand. He gives sight to a blind man. He foretells his passion.

8:1. In those days again, when there was great multitude and they had nothing to eat; calling his disciples together, he saith to them:

8:2. I have compassion on the multitude, for behold they have now been with me three days and have nothing to eat.

8:3. And if I shall send them away fasting to their home, they will faint in the way: for some of them came from afar off.

8:4. And his disciples answered him: From whence can any one fill them here with bread in the wilderness?

8:5. And he asked them: How many loaves have ye? Who said: Seven.

8:6. And he commanded the people to sit down on the ground. And taking the seven loaves, giving thanks, he broke and gave to his disciples for to set before them. And they set them before the people.

8:7. And they had a few little fishes: and he blessed them and commanded them to be set before them.

8:8. And they did eat and were filled: and they took up that which was left of the fragments, seven baskets.

8:9. And they that had eaten were about four thousand. And he sent them away.

8:10. And immediately going up into a ship with his disciples, he came into the parts of Dalmanutha.

8:11. And the Pharisees came forth and began to question with him, asking him a sign from heaven, tempting him.

8:12. And sighing deeply in spirit, he saith: Why doth this generation seek a sign? Amen, I say to you, a sign shall not be given to this generation.

8:13. And leaving them, he went up again into the ship and passed to the other side of the water.

8:14. And they forgot to take bread: and they had but one loaf with them in the ship.

8:15. And he charged them saying: Take heed and beware of the leaven of the Pharisees and of the leaven of Herod.

8:16. And they reasoned among themselves, saying: Because we have no bread.

8:17. Which Jesus knowing, saith to them: Why do you reason, because you have no bread? Do you not yet know nor understand? Have you still your heart blinded?

8:18. Having eyes, see you not? And having ears, hear you not? Neither do you remember?

8:19. When I broke the five loaves among five thousand, how many baskets full of fragments took you up? They say to him: Twelve.

8:20. When also the seven loaves among four thousand, how many baskets of fragments took you up? And they say to him: Seven.

8:21. And he said to them: How do you not yet understand?

8:22. And they came to Bethsaida: and they bring to him a blind man. And they besought him that he would touch him.

8:23. And taking the blind man by the hand, he led him out of the town. And spitting upon his eyes, laying his hands on him, he asked him if he saw any thing.

8:24. And looking up, he said: I see men, as it were trees, walking.

8:25. After that again he laid his hands upon his eyes: and he began to see and was restored, so that he saw all things clearly.

8:26. And he sent him into his house, saying: Go into thy house, and if thou enter into the town, tell nobody.

8:27. And Jesus went out, and his disciples into the towns of Caesarea Philippi.

And in the way, he asked his disciples, saying to them: Whom do men say that I am?

8:28. Who answered him, saying: John the Baptist; but some Elias, and others as one of the prophets.

8:29. Then he saith to them: But whom do you say that I am? Peter answering said to him: Thou art the Christ.

8:30. And he strictly charged them that they should not tell any man of him.

8:31. And he began to teach them that the Son of man must suffer many things and be rejected by the ancients and by the high priests and the scribes: and be killed and after three days rise again.

8:32. And he spoke the word openly. And Peter taking him began to rebuke him.

8:33. Who turning about and seeing his disciples, threatened Peter, saying: Go behind me, Satan, because thou savourest not the things that are of God but that are of men.

8:34. And calling the multitude together with his disciples, he said to them: If any man will follow me, let him deny himself and take up his cross and follow me.

8:35. For whosoever will save his life shall lose it: and whosoever shall lose his life for my sake and the gospel shall save it.

8:36. For what shall it profit a man, if he gain the whole world and suffer the loss of his soul?

8:37. Or what shall a man give in exchange for his soul:

8:38. For he that shall be ashamed of me and of my words, in this adulterous and sinful generation: the Son of man also will be ashamed of him, when he shall come in the glory of his Father with the holy angels.

8:39. And he said to them:

Amen f say to you that there are some of them that stand here who shall not taste death till they see the kingdom of God coming in power.

PSALMS CHAPTER 30

In te, Domine, speravi.

A prayer of a just man under affliction.

30:1. Unto the end, a psalm for David, in an ecstasy.

30:2. In thee, O Lord, have I hoped, let me never be confounded: deliver me in thy justice.

30:3. Bow down thy ear to me: make haste to deliver me. Be thou unto me a God, a protector, and a house of refuge, to save me.

30:4. For thou art my strength and my refuge; and for thy name's sake thou wilt lead me, and nourish me.

30:5. Thou wilt bring me out of this snare, which they have hidden for me: for thou art my protector.

30:6. Into thy hands I commend my spirit: thou hast redeemed me, O Lord, the God of truth.

30:7. Thou hast hated them that regard vanities, to no purpose. But I have hoped in the Lord:

30:8. I will be glad and rejoice in thy mercy. For thou hast regarded my humility, thou hast saved my soul out of distresses.

30:9. And thou hast not shut me up in the hands of the enemy: thou hast set my feet in a spacious place.

30:10. Have mercy on me, O Lord, for I am afflicted: my eye is troubled with wrath, my soul, and my belly:

30:11. For my life is wasted with grief: and my years in sighs. My strength is weakened through poverty and my bones are disturbed.

30:12. I am become a reproach among all my enemies, and very much to my neighbours; and a fear to my acquaintance. They that saw me without fled from me.

30:13. I am forgotten as one dead from the heart. I am become as a vessel that is destroyed.

30:14. For I have heard the blame of many that dwell round about. While they assembled together against me, they consulted to take away my life.

30:15. But I have put my trust in thee, O Lord: I said: Thou art my God.

30:16. My lots are in thy hands. Deliver me out of the hands of my enemies; and from them that persecute me.

30:17. Make thy face to shine upon thy servant; save me in thy mercy.

30:18. Let me not be confounded, O Lord, for I have called upon thee. Let the wicked be ashamed, and be brought down to hell.

30:19. Let deceitful lips be made dumb. Which speak iniquity against the just, with pride and abuse.

30:20. O how great is the multitude of thy sweetness, O Lord, which thou hast hidden for them that fear thee! Which thou hast wrought for them that hope inthee, in the sight of the sons of men.

30:21. Thou shalt hide them in the secret of thy face, from the disturbance of men. Thou shalt protect them in thy tabernacle from the contradiction of tongues.

30:22. Blessed be the Lord, for he hath shewn his wonderful mercy to me in a fortified city.

30:23. But I said in the excess of my mind: I am cast away from before thy eyes. Therefore thou hast heard the voice of my prayer, when I cried to thee.







30:24. O love the Lord, all ye his saints: for the Lord will require truth, and will repay them abundantly that act proudly.

30:25. Do ye manfully, and let your heart be strengthened, all ye that hope in the Lord.

Find and color.













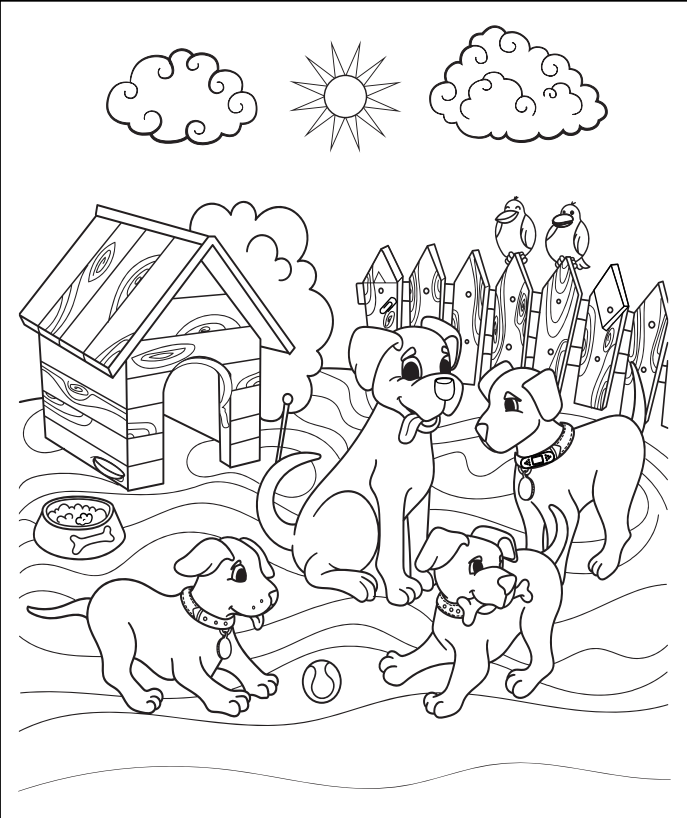
FIND ALL HIDDEN

- tortoise
- sea shell
- comb
- tooth paste
- brush
- umbrella
- baseball bat
- flag
- pestle
- skate












FIND ALL HIDDEN

- cauliflower
- pacifier
- anchor
- Popcorn
- binoculars
- pencil
- candle
- compasses
- tie
- moon



FIND ALL HIDDEN

- book
- plaster
- glass
- tent
- coffee bean
- plate
- paperclip
- sickle
- Popcorn
- horseshoe

Sudoku for Kids

1			
	2	1	4
4			3
2		4	

		2	1
1	2		
4			2
	1		3

			4
3	4	1	
		2	
2	3		1

1			2
	2	1	
	4		1
	1	2	

SUDOKU

Each row, column, nonet can contain each number only once. Answers below.

Easy

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

Hard

			6	5			8	1
3					1		6	
	6			4		7		
		7		3	9			
	4		7		8		1	
			2	1		8		
		1		8			3	
	8		1					5
4	7			9	6			

Very Hard

		4					5	
			9		5		8	
	8							4
7			8					
			6	2	9	7	4	1
6			5					
	6							9
			3		8		1	
		2					3	

Easy

7					6			8
			3		7			
	1	3						5
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Hard

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			1					3

Very Hard

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Sudoku answers

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Universal Crossword

Edited by David Steinberg

ACROSS

- 1 Cellist Casals
6 Baby car-
riage, to a
Brit
10 Actress Kate
or Rooney
14 Model of
perfection
15 Nelson's
laugh on
"The
Simpsons"
16 Metal with
the symbol
Fe
17 Kick off date
night, say
19 Pro ____ (pro-
portionately)
20 Not as
expensive
21 Musical
finale
22 Secretive
group
23 Doc hidden
in "patients"
24 Totally
awesome
26 Where
bubble tea
originated
28 Certain
flower girls
29 Aerodynamic
30 Whiskey
barrel
33 Co. with blue
lawn signs
34 Some birds'
peepers, and
a phonetic
hint to three
letters within
17-, 24-,
50- and
59-Across
38 PC's "brain"
41 Columbus
MLS team,
or a synonym
for "team"
- 42 In need of
vacuuming
46 Intricately
decorated
49 "Hooray!"
50 Pasta
lover's
nightmare?
54 "____ & Oh's"
(Elle King hit)
55 Boot out
56 Smallest of a
litter
57 Presidential
rejection
58 "Dibs!"
59 Organizer in
a binder
61 Tacks on
62 Emmy
winner Falco
63 Deck out
64 Loch ____
monster
65 Bobcat, e.g.
66 Catch with a
rope
- DOWN
- 1 Babies in
sties
2 Gland near a
kidney
3 ____ Boys
("Fight for
Your Right"
band)
4 Most popular
dogs, per the
AKC
5 Ancient
6 ____ Penh
7 Genre for
Aretha
Franklin
8 Yet to come
9 Scrape or
scuff
10 Desert
illusion
11 Flavorful kind
of coffee
bean
12 Spun

- 13 One may
look for
trends
18 Widely ad-
mired person
22 Movie FX
24 "The Great
British ____
Off"
25 Like a
lefty's hand
after using a
fountain pen,
often
27 It might
catch a fly
30 Rank below
capt.
31 Response to
a captain
32 Leave in
stitches?
35 Laptop
brand
36 Abridge,
maybe
37 "How's it
goin'?"
38 Camping
gear maker
39 Bring home
the bacon

- 40 Relaxes
43 Skimpy
swimsuits
44 Some
distracted
drivers
45 Like 20
Questions
questions
47 What a VIP
pass offers
48 Bit of bod art
49 Word from
the Tibetan
for "rocky"
and "bear"
51 Quarterback
with the
most Super
Bowl wins
52 Append, as a
vocal track
53 S&P 500, for
one
57 Spanish for
"life"
59 Bus. card
number
60 Former
WNBA
president
Ackerman

PREVIOUS PUZZLE ANSWER

C	L	E	A	N			T	C	M		I	P	A	D	
R	A	D	I	O			P	O	L	E		M	A	R	E
A	C	I	D	S			A	L	O	T		P	L	E	A
B	E	T		H	O	L	D	T	H	E	L	E	A	D	
				M	O	M			H	O	N	O	R		
H	E	L	P	W	A	N	T	E	D	A	D				
U	T	A	H		H	O	W			C	E	N	T	S	
M	A	V		W	A	R	I	E	S	T			O	I	L
S	L	A	S	H		C	O	O		P	O	K	E		
				H	E	A	V	E	N	F	O	R	B	I	D
				S	E	E	T	O		I	D	O			
S	W	E	L	L	E	D	H	E	A	D			A	C	E
T	A	L	L		A	K	I	N		J	O	L	L	Y	
A	C	M	E		S	A	N	D		O	U	T	I	E	
R	O	A	D		E	S	T			B	R	O	O	D	

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9/2

Inside Look by David Karp

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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20					21					22				
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55						56					57			
58					59					60				
61					62					63				
64					65					66				

Horoscopes

Weekly Horoscope: March 2-7, 2025

Aquarius: Venus retrograde may stir uncertainty in relationships and finances. Avoid impulsive decisions and allow emotions to settle before seeking clarity. Mercury in Aries sharpens your communication, but choose your words carefully to avoid misunderstandings. Lean into creative projects as a grounding force.

Pisces: With the Sun illuminating your sign, personal growth and self-reflection take center stage. Venus retrograde urges caution in financial matters and emotional investments. Prioritize self-care and establish boundaries in relationships to maintain balance. Trust your intuition—it will guide you toward what aligns with your values.

Aries: Mercury enters your sign on March 3, heightening mental clarity and decisiveness. However, Venus retrograde encourages patience in love and financial matters. Avoid rushed commitments and instead focus on refining long-term goals. Your natural charisma is strong—use it wisely.

Taurus: Venus, your ruling planet, remains in retrograde, prompting deep introspection. Reevaluate financial and personal commitments before making major changes. Mercury in Aries may bring hidden information to light—trust your instincts, but resist the urge to react immediately. Let clarity come naturally.

Gemini: Mercury's shift into Aries enhances your communication skills, making it easier to assert your ideas. Venus retrograde, however, may bring past friendships or unresolved issues back into focus. Avoid distractions that steer you away from your goals—discipline will be essential.

Cancer: Career matters take precedence as Mercury in Aries amplifies professional conversations. However, Venus retrograde cautions against impulsive financial decisions. Evaluate long-term stability before making moves. Emotional clarity comes with patience—trust the process rather than forcing immediate resolution.

Leo: The Sun in Pisces encourages introspection, while Mercury in Aries fuels your ambition. Opportunities in education or travel may arise, but Venus retrograde advises a second look at any major commitments. Relationships require honesty—seek depth and authenticity over fleeting connections.

Virgo: Shared resources and emotional bonds come under scrutiny. Mercury in Aries pushes you to address unresolved matters, but Venus retrograde suggests careful consideration before making lasting financial or romantic decisions. Let actions speak louder than words in relationships—consistency is key.

Libra: Partnerships require attention as Venus retrograde stirs unresolved emotions. Mercury in Aries may intensify discussions—approach conflicts with diplomacy rather than reactivity. Patience in romantic and professional matters will prevent missteps. Seek clarity before making definitive commitments.

Scorpio: Daily routines and work responsibilities demand structure. Mercury in Aries enhances productivity, but Venus retrograde urges you to reassess commitments before overextending yourself. Set boundaries to protect your well-being. Financially, avoid high-risk ventures—stability comes from careful planning.

Sagittarius: Creative expression and romantic energy heighten, but Venus retrograde encourages reassessment rather than impulsivity. Mercury in Aries brings fresh ideas—channel them into meaningful projects. Old patterns in relationships may resurface; address them with honesty rather than avoidance.

Capricorn: Home and family matters take precedence. Venus retrograde prompts reflection on personal relationships, while Mercury in Aries may bring unexpected conversations. Avoid clinging to outdated expectations—adaptability will bring the most stability. Focus on nurturing what truly matters.

Family Time Crossword
The (K) Clues Are for Kids

Created by Timothy E. Parker

ACROSS

1. (K) Like the person sprinting past you
5. (K) Show a door you mean business
9. (K) High thing to set for oneself
12. Slender musical instrument
13. In good health
14. Particular period of history
15. ____ vera
16. (K) Horribly un-good
17. Loud, continuous noise
18. Result of one type of intelligence test (2 words)
20. (K) Be lower in the middle, as a couch
21. (K) Baseball crushed off the wall
22. Like the house after spring cleaning
24. (K) That thing's
27. (K) Fresh morning dampness
29. (K) Cry softly
32. Inner mollusk shell layer (3 words)
36. (K) Skin hole
37. Anguish, to thee
38. (K) Like a mouth full of cotton
39. (K) Section of the foot
42. (K) Like a butcher's meat
44. (K) Period
46. (K) Indianapolis has a famous one
51. (K) Mother of Cain and Abel
52. Musical masterwork
53. App picture
54. (K) Supporter for a table or a person
55. Part of a church or cathedral

56. (K) Nursery rhyme residence
57. An encouraging word
58. (K) Create a text
59. Young kid running around
- DOWN
1. (K) Pillow filler, sometimes
2. Skilled
3. (K) Not that long from now
4. (K) Eater's helpers
5. (K) What a home provides
6. (K) Stuff from volcanoes
7. Straighten tire wheels
8. Wild fight among many
9. Mattress supporter
10. Solo during an opera
11. (K) Used a door buzzer
19. General assistant
23. Leave wide-mouthed

24. Little one constantly getting into trouble
25. (K) Word after "I'll have some"
26. Game plan
28. "I'm impressed!"
30. Have a lapse in judgment
31. (K) One tissue layer
33. (K) Not me or him, try again
34. Do clairvoyant stuff
35. Type of moss
40. Zagreb resident
41. (K) Smiling and giggly
43. (K) Arm joint
44. Shoulder muscle, informally
45. (K) Concluded
47. Crescent point
48. (K) Feeling a bit sore all over
49. (K) Make filet mignon, say
50. (K) Leg joint

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

Common thing to slip on?

Look for the answer in next week's paper.

PREVIOUS PUZZLE ANSWER

1	A	L	A	S		5	M	P	G		9	T	A	T	15	A			
12	C	O	M	A		15	O	U	R		17	W	R	A	P				
18	E	V	E	R		19	D	N	A		21	A	C	R	E				
23	S	E	N	A		25	E				26	A	S	S	E	S			
29						31	A	L			32	A	M	I					
35						37	T	O	N		39	W	A	R		43	R		
45						47	C	A	R		49	A	S	I	A				
51						53	D	E	C	A		55	T	U	R		57	I	
59						61	O	R			63	A	I	N				65	S
67						69	T	O	R		71	D	E	B					
73						75	H	I	O		77	V	E						
79						81	L	E	A		83	N	I	P					
85						87	A	M	M	O	89	T	N	T					

Previous riddle answer:

Where ain't is no good?
7-D) Grammar

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1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
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24	25	26		27		28			29		30	31
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36								37				
								39				
					40	41		42		43		
44	45				46		47			48	49	50
51					52					53		
54					55					56		
57					58					59		

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 poetry to be sung (6)
2 clothes worn to bed (7)
3 shed for canoes and kayaks (9)
4 calling to a specific place (9)
5 citizens of Greece's capital (9)
6 like Abraham Lincoln (7)
7 knotted treats (8)

SOLUTIONS

- _____

ARD	MAS	LYR	USE	PA
JA	ANS	BOA	MON	ENI
THO	ED	ING	ICS	TZE
PRE	LS	BE	ATH	SUM

Previous Answers: 1. POLKA 2. FONDUE 3. HYGIENIST
4. PRESIDENTS 5. EXPLORE 6. DISENGAGE 7. ROLLOUT

9/7

This Week in History & Fun Things to Celebrate

From March 1 to March 6, some exciting things happened in the past, and some wacky and wonderful special days are coming up!

This Week in History

March 1, 1872 – Yellowstone Becomes the First National Park

Yellowstone National Park in Wyoming, Montana, and Idaho became the very first national park in the world! It's home to geysers, hot springs, and amazing wildlife like bears, wolves, and bison. Today, there are more than 400 national parks in the U.S.!

March 2, 1836 – Texas Declares Independence from Mexico

On this day, Texas decided to become its own independent country before later joining the United States. The Texas Declaration of Independence was signed by 59 delegates who wanted freedom from Mexican rule.

March 3, 1931 – The Star-Spangled Banner Becomes the National Anthem

Francis Scott Key wrote this famous song in 1814, but it didn't officially become the national anthem until 1931! It was inspired by the American flag still flying after a

battle during the War of 1812.

March 4, 1789 – The U.S. Government Begins Under the Constitution

Before this date, the United States was run by the Articles of Confederation, but they weren't working very well. So, in 1789, the new U.S. government officially started under the Constitution, which is still the law of the land today!

March 6, 1836 – The Battle of the Alamo Ends

The famous battle at the Alamo, a mission in Texas, ended on this day. Even though the defenders lost, their bravery inspired many Texans to keep fighting for independence.



Fun and Wacky Holidays This Week!

March 2 – Dr. Seuss Day (Read

Across America Day)

This day honors the beloved children's author Dr. Seuss. Schools across the country celebrate by reading his books, like *The Cat in the Hat* and *Green Eggs and Ham*!

March 3 – National I Want You to Be Happy Day

A day all about spreading kindness and making others smile!

March 3 – World Wildlife Day

A great time to learn about animals and how we can help protect nature.

March 4 – National Grammar Day

A fun day to appreciate punctuation, spelling, and all the rules of writing!

March 4 – National Hug a G.I. Day

A day to show appreciation for the brave men and women who serve in the military.

March 5 – National Cheese Doodle Day

Celebrate by munching on crunchy, cheesy snacks!

March 6 – National Oreo Cookie Day

Oreo cookies have been around for more than 100 years! Dunk them in milk or twist them apart—how do you eat yours?

March 6 – National Dentist's Day

A reminder to thank dentists for helping keep our teeth clean and healthy!

Other Fun and Wacky Celebrations Coming This Week

March 1 – National Dadgum That's Good Day

A day to enjoy great food and say, "Dadgum, that's good!"

March 2 – Old Stuff Day

A day to appreciate antiques and vintage treasures.

March 3 – National Anthem Day

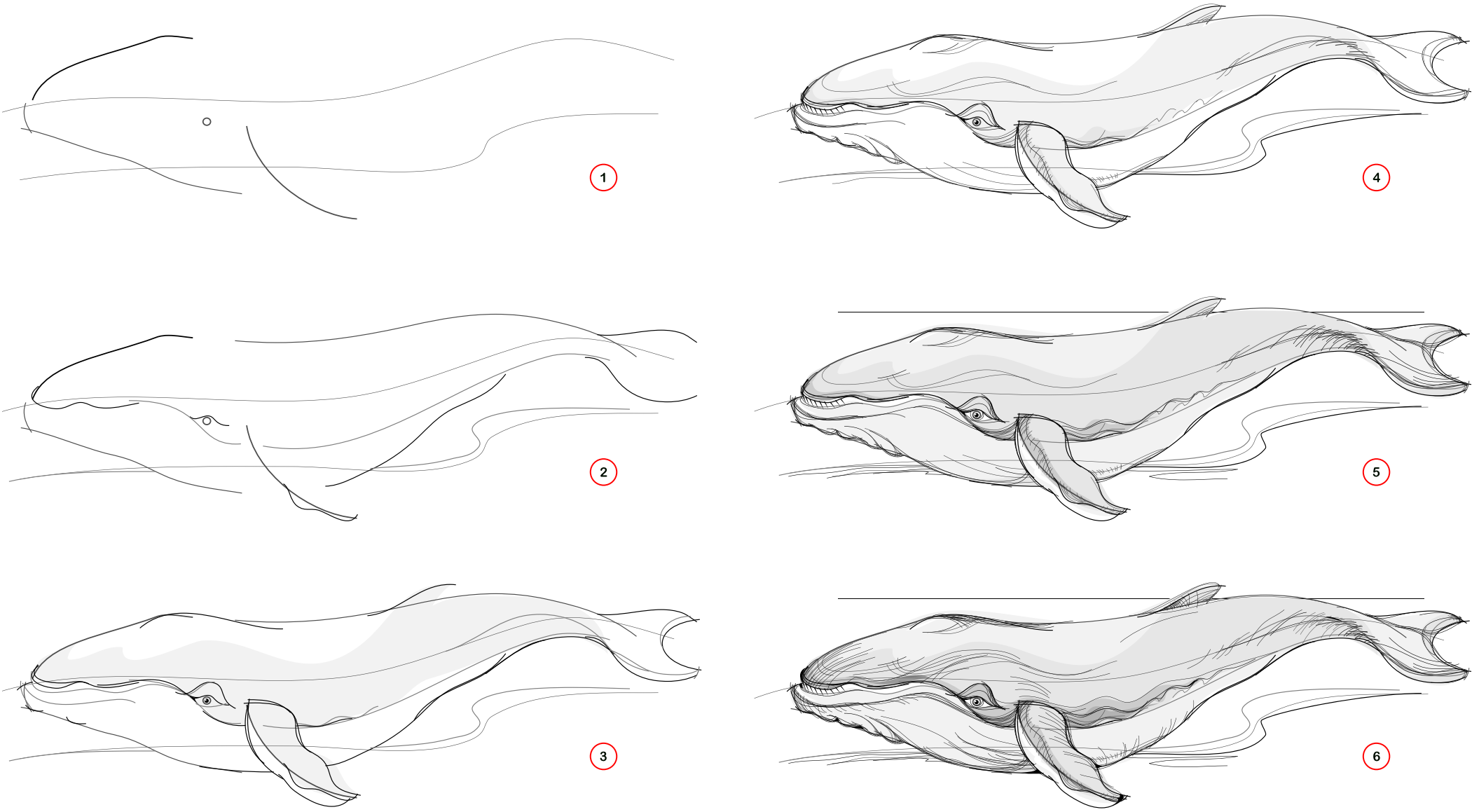
Honoring the day *The Star-Spangled Banner* became the official national anthem.

March 6 – National Frozen Food Day

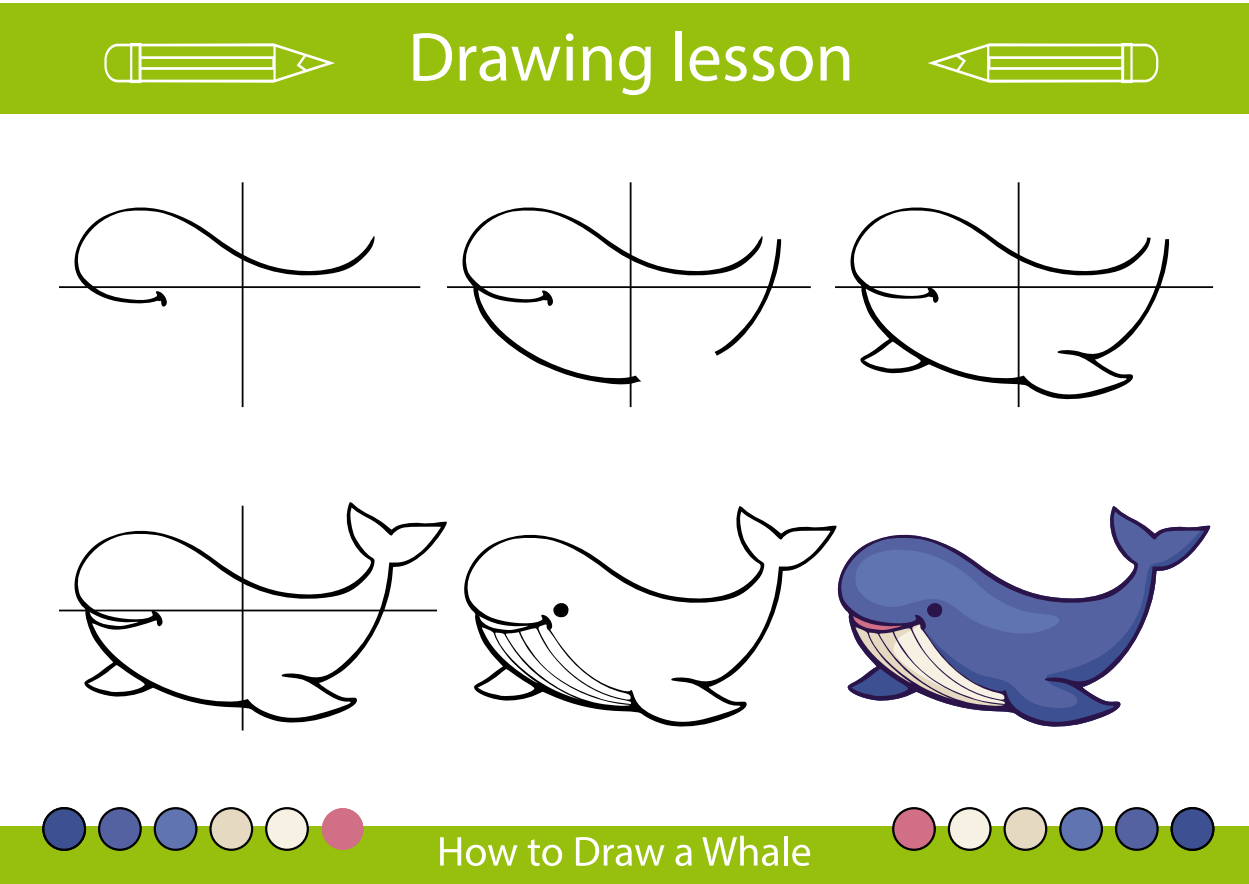
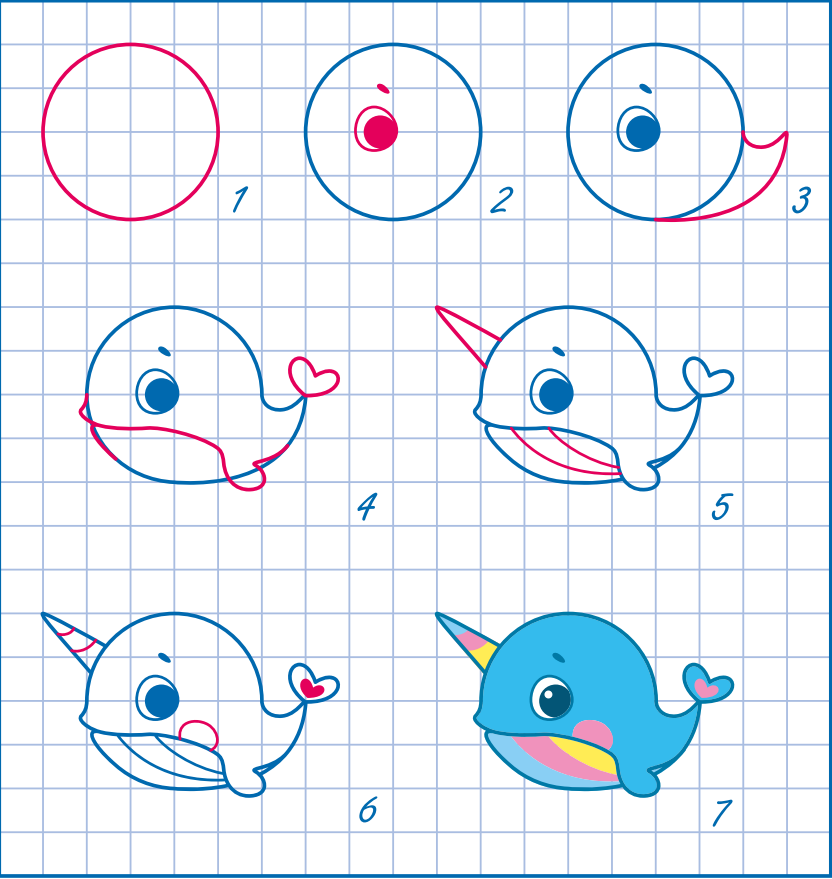
A day to appreciate the convenience of frozen foods!

How Will You Celebrate?



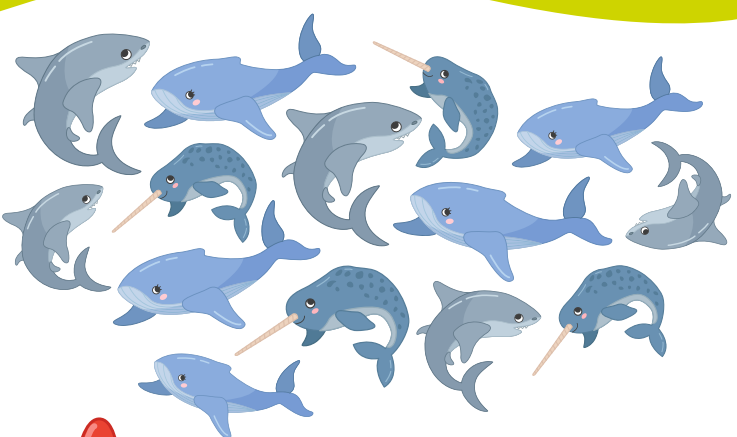
With so many cool things that happened this week in history and so many fun holidays to enjoy, there's something for everyone! Whether you're reading a Dr. Seuss book, eating an Oreo, or learning about the Alamo, have fun and enjoy this exciting week!



Learn to Sketch Like a Pro 3 Different Ways



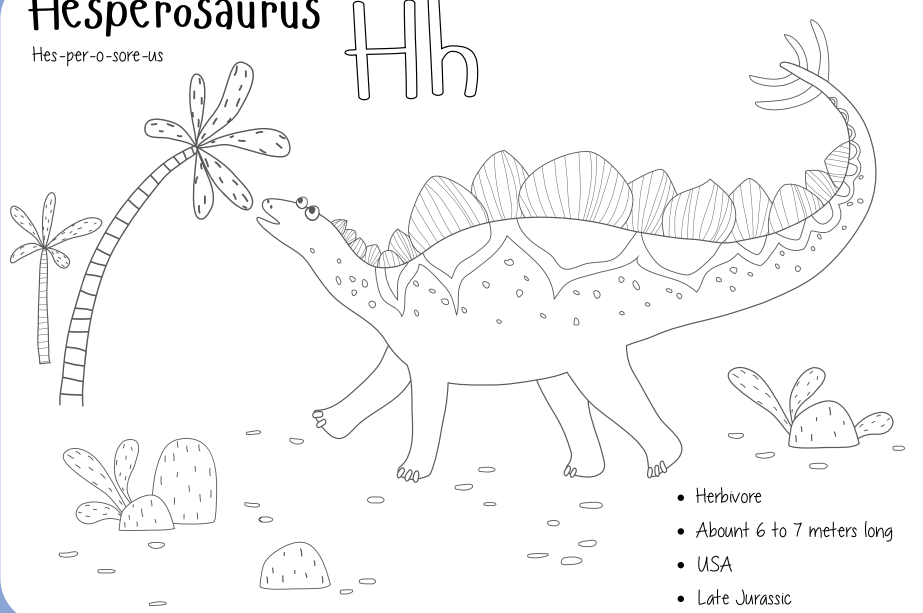
HOW MANY?



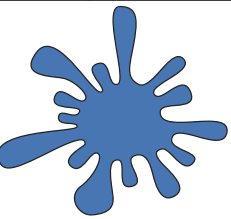
Hesperosaurus

Hes-per-o-sore-us

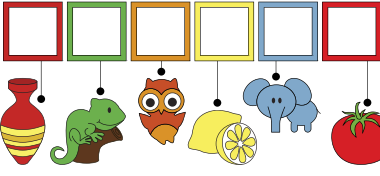
Hh




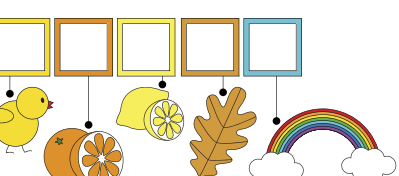
- Herbivore
- About 6 to 7 meters long
- USA
- Late Jurassic

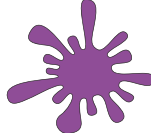


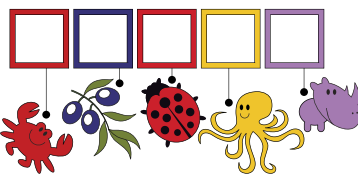
Write the first letter of each item to solve the puzzle.





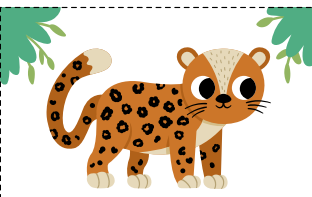




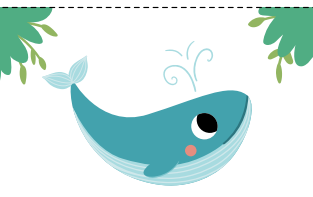


PUZZLE TIME

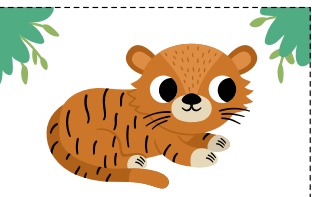
ENDANGERED ANIMALS WORD SCRAMBLE



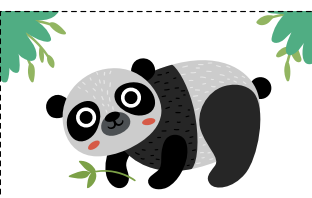
PARODEL



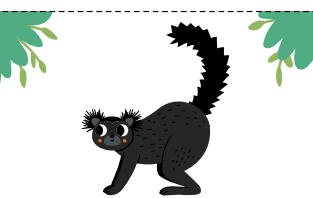
LEHAW



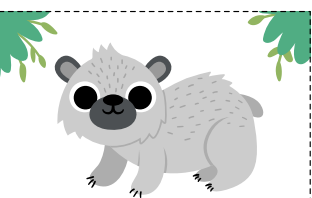
RETIG



DANAP



CLABK MURLE




RAPOL EARB

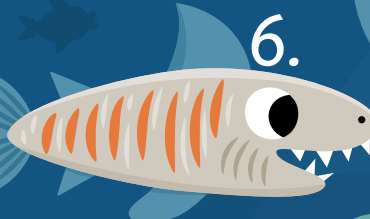
Color This Whale Mandala

Coloring engages both hemispheres of the brain, combining creativity with logic to enhance focus and reduce stress. The repetitive motion promotes mindfulness, helping to lower cortisol levels and improve mood. Studies show that coloring intricate patterns, such as mandalas or detailed images like a whale, can activate the brain's reward system, releasing dopamine and fostering relaxation. This


activity strengthens fine motor skills, improves hand-eye coordination, and encourages problem-solving by selecting colors and patterns. For all ages, coloring provides a simple yet effective way to boost mental clarity, enhance cognitive function, and promote a sense of calm.




9.




6.




2.




7.




3.




13.




5.




10.




15.




11.




16.



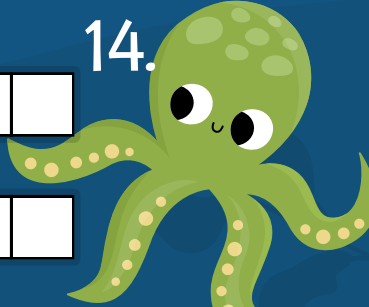
10.




7.




8.



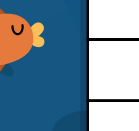
14.




12.




1.



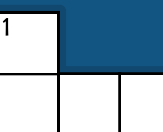
10.




5.



3.



2.



1.

The Largest Brain in History of the Planet

On World Wildlife Day, we celebrate the astonishing creatures that share our planet and the lessons they impart. Among them, few are as enigmatic and powerful as Connecticut's state animal—the sperm whale (Physeter macrocephalus).

Famed as the largest of the toothed whales, the sperm whale has inspired myths, literature, and scientific wonder for centuries. Herman Melville immortalized it in Moby-Dick, describing its massive head, formidable strength, and mysterious nature. But beyond legend, the sperm whale is a marvel of intelligence, social cohesion, and resilience—an animal whose adaptations offer valuable insights for human success.

The Science of the Deep Thinker

The sperm whale is an apex predator, yet its power is not found in speed or brute force. It is defined by something far more compelling—its mind. With the largest brain of any creature to have ever lived, the sperm whale demonstrates extraordinary problem-solving abilities, communication skills, and memory.

These deep-diving mammals rely on echolocation—an advanced sonar system—to navigate the vast, pitch-black depths of the ocean. By emitting clicks and analyzing the echoes that bounce back, sperm whales build mental maps of their surroundings, allowing them to track prey and communicate with pod members over vast distances. Scientists believe sperm whale clicks, known as codas, may even form a rudimentary language—a structured means of



The Sperm Whale is Connecticut's state animal.

The sperm whale is an apex predator, yet its power is not found in speed or brute force.

transmitting information across generations.

The lesson? Success is not just about moving forward—it's about knowing where you are and where you're going. In our fast-paced world, clarity of purpose and the ability to interpret our surroundings—whether in business,

relationships, or personal growth—can make all the difference.

Navigating the Depths: Adaptation and Resilience

Sperm whales are built for the extreme. They dive deeper than any other marine mammal—plunging more than 3,000 feet below the surface in search of squid. Down in the abyss, they

endure crushing pressures that would collapse a human lung, yet they have adapted in remarkable ways. By slowing their heart rate,

storing oxygen in their muscles, and collapsing their ribcage to prevent damage, they thrive where few creatures can.

How does this apply to us? Success often demands resilience—the ability to endure setbacks, adapt, and push forward in unfamiliar terrain. Like the sperm whale, those who succeed are the ones who embrace discomfort, master new environments, and trust their ability to rise back to the

surface.

The Strength of Community

Though often pictured alone in the vast ocean, sperm whales are deeply social animals. They live in tight-knit pods, consisting of mothers, calves, and extended family members. The bonds within these groups are vital—whales

In human terms, sperm whales remind us of the power of mentorship, teamwork, and trust. No great leader, entrepreneur, or innovator has ever succeeded in isolation. Building a strong support network, sharing wisdom, and helping others succeed is what elevates us all.

Legacy and the Long Game

Sperm whales can live for more than 70 years, making them one of the longest-lived marine mammals. Over their lifetimes, they pass down knowledge of migration routes, hunting grounds, and survival strategies. These lessons ensure the next generation is equipped to thrive.

Humans, too, succeed when we think beyond short-term gains. Whether through leadership, education, or innovation, those who leave a lasting impact are those

who invest in the future. Like the sperm whale, the wisest among us are not just thinking about today, but about what we leave behind.

A Call to Protect

Despite their intelligence and adaptability, sperm whales face mounting threats. Once hunted nearly to extinction for their oil, they now contend with pollution, ship strikes, and entanglement in fishing gear. Noise pollution from commercial vessels disrupts their ability to communicate and navigate, making survival even more challenging.

Protecting sperm whales means protecting the oceans they call home. Simple actions—reducing plastic waste, supporting sustainable seafood choices, and advocating for marine conservation—can make a tangible difference.

Lessons from the Ocean's Deep Thinker

On this World Wildlife Day, the sperm whale offers us a profound message:

Think deeply. Success is not just about speed—it's about clarity, vision, and making informed decisions.

Adapt and endure. The ability to navigate challenges, adjust strategies, and remain resilient determines who thrives.

Build strong relationships. Success is magnified when we invest in our communities and support those around us.

Leave a lasting impact. Greatness is measured not just in personal achievement, but in what we pass on to others.

Let the sperm whale remind us that wisdom, patience, and connection are not just qualities of the deep—they are principles for a life well lived.

