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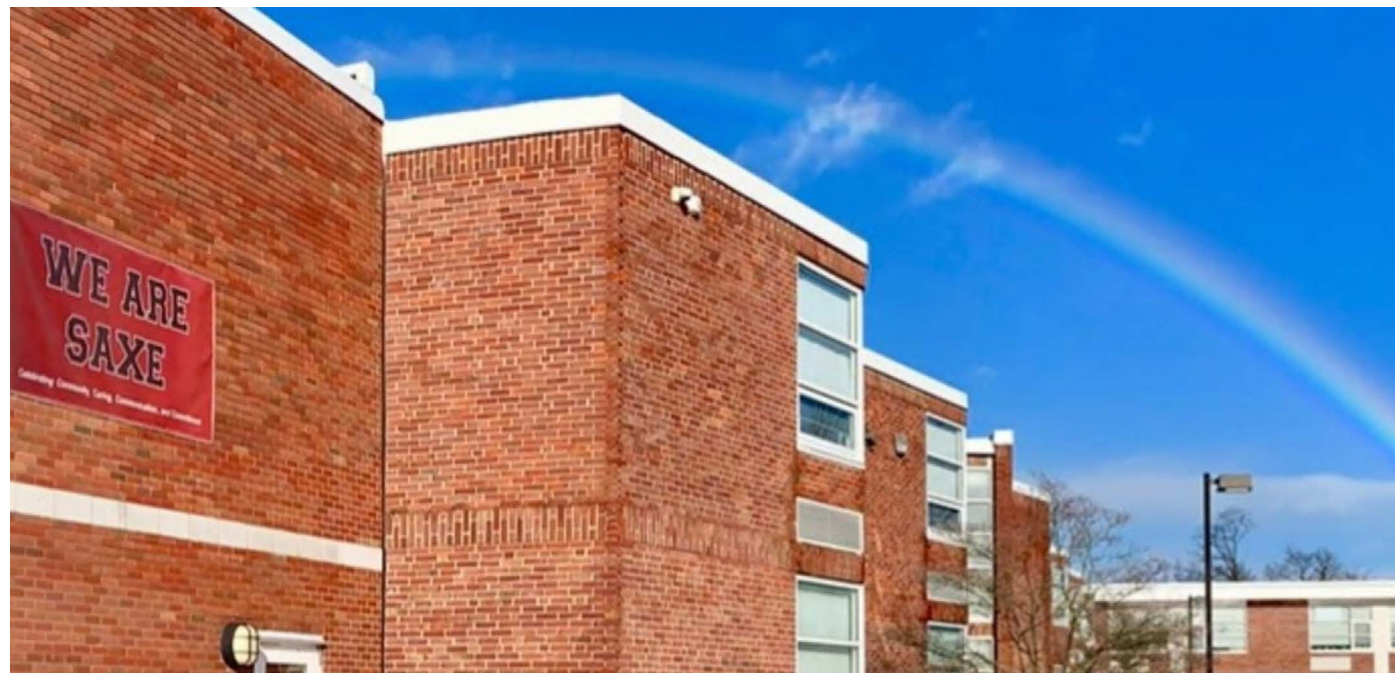
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Saxe Middle School

Creating Two Schools in One Building and Adding a Phones-Free Policy



By BETH BARHYDT

Saxe Middle School is undergoing some big changes for the 2024-2025 school year, transitioning into two distinct schools within the same building: Saxe Intermediate School, which will serve students in grades 5-6, and Saxe Middle School, which will serve students in grades 7-8. This restructuring is designed to address the different developmental needs of students across these age groups by creating more focused and supportive environments.

Superintendent Dr. Bryan Luizzi explained the rationale behind this restructuring. "The developmental needs of kids in fifth and sixth grade are very different than students in grades seven and eight," he said. "By creating two right-sized schools, we anticipate that we'll be able to focus more specifically on the developmental needs of the students at each of those grade levels. Communications will be more targeted and streamlined, specific to those families and the staff at each of the schools."

As part of this restructuring, Sarah Granite has been appointed as the principal of Saxe Intermediate School. Granite, who prior to coming to New Canaan, served as assistant principal at North Mianus School in Greenwich, brings extensive experience in education, particularly in special education and intervention. She holds a Bachelor of Arts in History, a Master of Arts in Teaching, and an Educational Leadership degree, all from Quinnipiac University, where she graduated summa cum laude.

Dr. Luizzi highlighted her qualifications, stating, "Sarah Granite was the clear choice to become our intermediate school principal. Her extensive experience and educational background make her uniquely qualified to guide our students and staff through this important transition."

Granite will be supported by Steve Bedard, who has been named

the assistant principal of Saxe Intermediate School. The leadership team at the intermediate school will maintain consistent start and end times, as well as the existing mini-team and team structures, to ensure continuity for students and staff during the transition. Dr. Luizzi expressed confidence in this approach, saying, "We really feel confident that the move to the intermediate school will provide those students in fifth and sixth the level of support and voice and environment that they need to thrive and then have them going into seventh and eighth grade afterwards."

Granite addressed the upcoming school year in a letter to parents, emphasizing the theme of "Moving Forward, Together." She wrote, "This year is particularly special as we embark on a new chapter together with the introduction of our Saxe Intermediate School. We are embracing the theme of 'Moving Forward, Together,' which captures our commitment to progress and the collective journey we will share as a school community. We aim to foster an environment where every student feels supported, encouraged, and inspired to take steps forward in their daily learning and personal growth."

In addition to the restructuring, Saxe is introducing a "Phone Free Schools" initiative, which will require students to lock away personal devices, such as cell phones and smartwatches, during the school day. The purpose of this policy is to reduce distractions and enhance focus in the classroom. Dr. Luizzi explained the motivation behind the initiative, saying, "Having phones in classrooms can provide distraction for kids. It makes learning more difficult, makes teaching more difficult, and causes some other problems. We also need to be intentional about access, and that's where the phone-free school approach and movement comes in."

To implement this initiative, the school will use Yondr pouches,

which are magnetic lockable pouches designed to store devices securely.

Julie Toal, a member of the school board, explained the process: "Saxe students are going to be using Yondr pouches for their smart phones, Apple Watches and earbuds during the school day. Every student at Saxe will receive their own pouch with a magnetic lock. They will be instructed to turn the notifications on silent, and lock their devices in the Yondr pouch. The pouches can be kept in their backpacks and lockers but they must be locked. At the end of the day, there will be carts with a magnet release and the students will be able to unlock their pouches and have access to their devices. We hope this will have a positive effect on the mental health of students. And limit classroom distractions so the focus can be on learning."

Students will retain possession of their devices throughout the day but will not have access to them until the end of the school day. Toal clarified, "They retain possession of their equipment, but they don't have access to it."

Granite also addressed the new initiative in her letter to parents, aligning with the district's goals. "Our new 'Phone Free Schools' initiative will be introduced at Saxe for the upcoming school year," she wrote. "This initiative will remove access to all personal devices (cell phones, smartwatches, Bluetooth earbuds, etc.) during the school day. To create our 'Phone Free School,' we will utilize a locking pouch system for all students. The goal of this program is to minimize distractions and enhance focus in the learning environment."

Dr. Luizzi provided a summary of the overall objectives of these changes, saying, "When we can take a school as large as Saxe and make it smaller to be more nimble and responsive to the needs of the kids and the families and the staff, then we're doing the right work."



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Internationally acclaimed artist Jan Dilenschneider has exhibited her work in Paris, Avignon and New York's Sheen Center for Thought & Culture. See a selection of her paintings at Waveny thru mid-October.



Be a Part of the Mighty Bristow Oak Story

Here in New Canaan the venerable white oak of the Bristow Bird Sanctuary stood as a stalwart guardian of the landscape, its presence a silent testament to the passage of centuries. With a trunk measuring 192 inches in circumference and a canopy extending 102 feet, this arboreal giant was a natural monument, intertwined with the town's history. Last summer, however, a storm felled this ancient oak, ending its reign but not its legacy.

In the hands of the Nutmeg Woodturners League, the wood of this 300-year-old titan was given new life. This is a continuation of the oak's legacy, now etched into objects of enduring utility and beauty.

The white oak, revered not only for its strength but for its unique properties, has long been the wood of choice for creating barrels and bowls, particularly those destined for the kitchen.

The dense, tight grain of the white oak is known for its waterproof qualities. The wood contains a unique structure called tyloses, which are outgrowths that effectively block the wood's vessels, making it highly resistant to water and other liquids. This property makes white oak particularly suitable for cooperage, where it is commonly used to craft barrels for aging wine and spirits. The wood's impermeability ensures that the contents are well-preserved without leakage, which is why it has been valued for centuries in the making of barrels, as well as in applications where water resistance is essential, such as in boat building and outdoor furniture.

According to John Kriz, the white oak is also the state tree of Connecticut and the reason why there were so many ship builders originally in Connecticut is because they had lots of old growth white oak with which to work, needed if you're laying a keel or making large ships. And so they used Connecticut white oak.

The Woodturners League, one of the oldest woodturning organizations in the United States, took on the task of transforming the Mighty Bristow Oak under the leadership of David Heim, its president, and in collaboration with Chris Schipper of the New Canaan Conservation Commission. Their efforts have produced a collection of items that are not merely functional but carry the gravitas of history. Each bowl, bench, and charcuterie board crafted from this oak is imbued with the narrative of a tree that stood sentinel for generations.

Among the pieces being auctioned are artisanal bowls, whose very form speaks to the oak's historical role in culinary traditions. The impermeability of white oak makes it the wood of choice for cooperage, where it has been used for centuries to craft barrels that age wine and spirits to perfection, and now, through the artistry of the Nutmeg Woodturners, it finds new purpose in the kitchen.

The auction, running through September 9, features not only these bowls but also benches, birdhouses, and life-



***The auction, running until
 September 9, featuring
 charcuterie boards, benches,
 and artisanal bowls crafted
 by local artisan John Hutchins
 from the historic Bristow White***



sized bird carvings, each a testament to the oak's enduring legacy. Notably, a life-sized carved Pileated Woodpecker by sculptor George Arthur is among the items, a piece that echoes the forest's call and starts bidding at \$250. Additionally, a Millennium Y2K Blockbuster Bordeaux Wine Package, its significance amplified by the oak's historical connection to wine-making, begins at \$1,000.

This auction serves as a blend of history, craft, and conservation. The proceeds will support the Bristow Bird Sanctuary's ongoing efforts to preserve its natural beauty and ecological significance. For those who value the continuity of tradition and the tangible connection to the past that such objects provide, the opportunity to participate in this auction is not to be missed. Bids can be placed online at <https://givebutter.com/c/BristowParkCentennial/auction>, where each item carries with it the weight of history and the promise of endurance, much like the white oak from which it was hewn.

<https://givebutter.com/c/BristowParkCentennial>

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COLUMN

The Silent Struggle of Thyroid Diseases

By TERESA ALASIO MD

Hashimoto's thyroiditis, a common yet often misunderstood autoimmune disorder, affects millions of people worldwide. Named after Dr. Hakaru Hashimoto, who first described the condition in 1912, this disease can silently wreak havoc on a person's quality of life. As public awareness grows, it's crucial to understand the symptoms, diagnosis, and treatment options available.

What is Hashimoto's Thyroiditis?

Hashimoto's thyroiditis, also known as chronic lymphocytic thyroiditis, occurs when the body's immune system mistakenly attacks the thyroid gland. The thyroid, a small butterfly-shaped gland located at the base of the neck, plays a vital role in regulating metabolism, energy levels, and overall hormonal balance. In Hashimoto's, the immune system's attack leads to inflammation and gradual destruction of thyroid tissue, ultimately resulting in hypothyroidism, or underactive thyroid.

Symptoms and Diagnosis

The symptoms of Hashimoto's thyroiditis can be subtle and often mimic other health conditions, making diagnosis challenging. Common signs include fatigue, weight gain, cold intolerance, dry skin, hair loss, constipation, and muscle weakness. Some individuals may also experience depression, memory problems, and a slowed heart rate. As the disease progresses, the thyroid may become enlarged, a condition known as a goiter.

Diagnosing Hashimoto's typically involves a combination of physical examinations, blood tests, and imaging studies. Blood tests are used to measure levels of thyroid hormones (T3 and T4) and thyroid-stimulating hormone (TSH), as well as to detect the presence of thyroid antibodies (anti-thyroid peroxidase and anti-thyroglobulin antibodies). Elevated TSH levels combined with low thyroid hormone levels and the presence of antibodies usually confirm the diagnosis.

Living with Hashimoto's: A Patient's Perspective

Living with Hashimoto's thyroiditis can be a daily struggle. Many patients report fluctuating energy levels and unpredictable mood swings, which can affect their personal and professional lives. The fatigue experienced by those with Hashimoto's is not just ordinary tiredness; it's a profound exhaustion that can make simple tasks feel insurmountable. Weight gain, despite maintaining a healthy diet and

exercise routine, can lead to frustration and a sense of helplessness.

Mental health is another critical aspect. Depression and anxiety are common companions of Hashimoto's, exacerbated by the physical symptoms and the chronic nature of the disease. Support from family, friends, and healthcare providers is essential in managing both the physical and emotional toll.

Treatment Options

While there is no cure for Hashimoto's thyroiditis, effective management can significantly improve quality of life. The cornerstone of treatment is thyroid hormone replacement therapy, typically with levothyroxine. This synthetic hormone helps to restore normal hormone levels, alleviating many symptoms of hypothyroidism. Regular monitoring and adjustment of medication are necessary to maintain optimal thyroid function.

In addition to medication, lifestyle changes can play a supportive role in managing Hashimoto's. A balanced diet rich in nutrients, regular physical activity, and stress reduction techniques such as yoga or meditation can help improve overall well-being. Some patients may benefit from dietary modifications, such as avoiding gluten or incorporating anti-inflammatory foods, although these should be discussed with a healthcare provider.

The Importance of Awareness and Support

Raising awareness about Hashimoto's thyroiditis is crucial. Misunderstanding and misinformation can lead to delayed diagnosis and treatment, exacerbating the condition. Public education can foster empathy and support for those living with the disease, encouraging a more inclusive and understanding community.

Support groups, both online and in-person, offer valuable resources and a sense of camaraderie for patients. Sharing experiences and coping strategies can provide much-needed emotional support and practical advice.

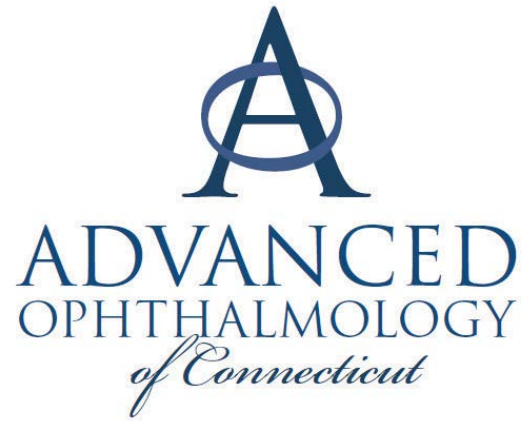
Hashimoto's thyroiditis is a complex and often silent condition that requires a comprehensive approach to diagnosis and management. Through awareness, support, and effective treatment, individuals with Hashimoto's can lead fulfilling and active lives, despite the challenges posed by this autoimmune disorder.

Note: The information in this article is for educational purposes only. If you have a specific medical concern, please consult your physician.

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- August 31
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- September 1
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- September 2
1:00 PM, 4:15 PM, 7:30 PM
- September 3-4
1:00 PM, 4:15 PM, 7:30 PM
- September 5
1:00 PM, 4:30 PM, 8:00 PM

For more details, visit the Playhouse website at <https://playhouse.cinemalab.com/movie/reagan>.

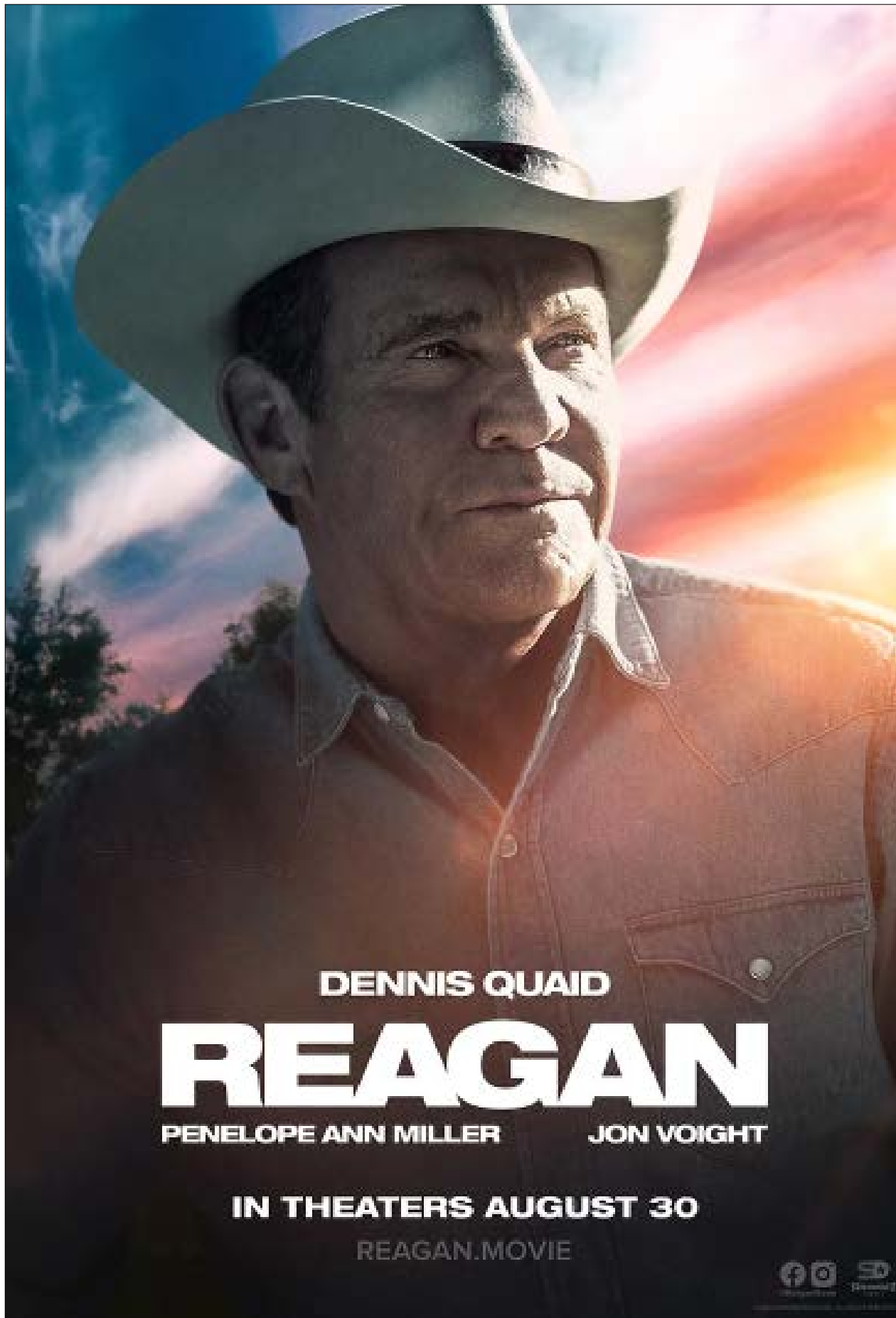
“From dusty small-town roots, to the glitter of Hollywood, and then on to commanding the world stage, REAGAN is a cinematic journey of overcoming the odds. Told through the voice of Viktor Petrovich, a former KGB agent whose life becomes inextricably linked with Ronald Reagan’s when Reagan first caught the Soviets’ attention as an actor in Hollywood, this film offers a perspective as unique as it is captivating.

Dennis Quaid brings to life a story that transcends the boundaries of a traditional biopic, offering a profound exploration of the enduring impact of the power of one man who overcame the odds, sustained by the love of a woman who supported him in his journey.

REAGAN releases in theaters nationwide on August 30, 2024.” Learn more at www.Reagan.Movie online.

The biopic is reportedly meant to be a cinematic homage to the 40th President of the United States, weaving together the public and private strands of a life that shaped an era. Drawing from Paul Kengor’s *The Crusader: Ronald Reagan and the Fall of Communism*, the film places Reagan’s unyielding opposition to communism at the heart of its narrative, framing his legacy within the high-stakes drama of the Cold War.

The story begins with the modest origins of a man who would become a giant on the world stage, eventually earning 99.8% of the electoral votes in the 1984 presidential election.



From his early days as a small-town boy with big dreams, to his rise as a Hollywood actor, Reagan’s journey is marked by compassion and a sense of destiny. The film works to capture his tenure at the Screen Actors Guild, where he battled against what he saw as the creeping influence of communism in the entertainment industry. Figures like Herb Sorrell and Dalton Trumbo emerge as ideological adversaries, with Reagan standing firm against what he perceived as threats to American values.

Critics have said that the depiction of Reagan’s personal life is touched with a certain brevity, that it is only in these glimpses that we see the man behind the myth. His first marriage to Jane Wyman is shown as strained, with Wyman portrayed as distant, perhaps disillusioned by Reagan’s growing political ambitions. The film will hint at the turmoil of this relationship, but does not linger, moving swiftly to his courtship with Nancy Davis. Nancy emerges as the steadfast partner, the one who grounds Reagan, with their relationship portrayed in scenes that convey a quiet, enduring bond.

Key moments, such as his challenge to Gorbachev to “tear down this wall,” are depicted with a sense of historical gravitas. The film works to capture the public Reagan, the resolute leader and kind person.

A unique narrative device is introduced through the character of a retired Russian KGB spy, played by Jon Voight, who reflects on Reagan’s role in the downfall of the Soviet Union. This framing is emblematic of the film’s overarching tone—a celebration of Reagan’s triumphs.

Reagan seeks to capture the essence of a man who believed deeply in the American experiment, a leader who, through wit, charm, and conviction, navigated the United States through one of its most perilous periods. In its reverence, the film offers a portrait that is as much icon as it is individual.

Directed by Sean McNamara and starring, Dennis Quaid, Jon Voight, Penelope Ann Miller, Mena Suvari, Lesley-Anne Down, David Henrie, Kevin Dillon, and Kevin Sorbo.



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

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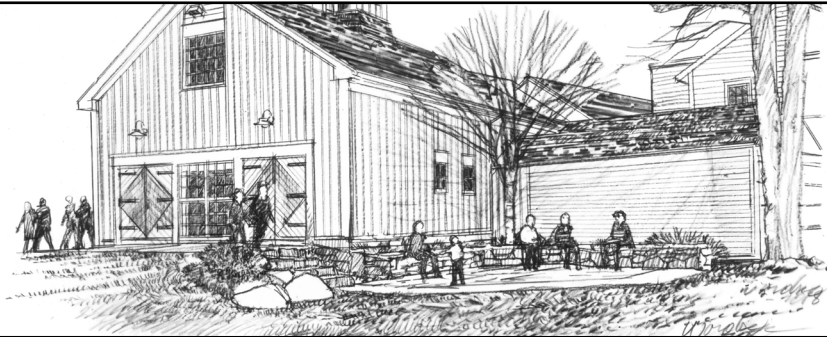
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COLUMN by New Canaan's Own Julie O'Brien Deasy

Four Awesome Day Trips

Continuing our series about good local excursions to take this summer, we are catching up after the break with four featured spots you can visit to get out of town and enjoy a brief day trip.

THE STAMFORD MUSEUM & NATURE CENTER

The Stamford Museum & Nature Center (SM&NC), located in North Stamford, is an art, history, nature, and agricultural sciences museum.

This 118-acre property has a number of exhibits and attractions for both children and adults. It's home to a 10-acre working farm, a Tudor-style museum and gallery which hosts exhibitions, an interactive nature center, 80 acres of outdoor trails, an otter pond, and a large natural playground.

In addition, the property's planetarium and 4-story observatory with research telescope are currently undergoing renovations and will reopen as an 11,000 square foot facility when construction is complete.

One of the most unique features of the SM&NC is the Heckscher Farm, a 10-acre working farm which reflects New England's rural heritage through recreational and educational activities. The farm features barns, a maple sugar house, organic vegetable garden, and dozens of farm animals. Museum staff carry out daily chores to keep the farm running smoothly.

Visitors can also explore the 80 acres of nature trails on the museum property. The trails are diverse and pass through vernal pools, glacial boulders, mature forests, and maintained woodland meadows. Woods Trail #7 was added in 2006, which is universally-accessible and allows stroller and handicap access.

The Bendel Mansion Museum functions as a gallery and museum space focusing on five main areas: the natural history of New England, American art, Native American art and culture, American history and culture, and farming implements. Notable items in the SM&NC permanent collections include totem poles from a World's fair, telescopes, outdoor sculptures, farm tools, Native American artifacts, Andy Warhol and Salvador Dalí prints, vintage local pedal cars, antique Yale & Towne keys and locks, and works by Stamford artists Gutzon Borglum and Reuben Nakian.

Until September 2, the Museum's exhibit, "Under Pressure - Painting with Air," is a survey of contemporary airbrush realism. About 40 works are on display, ranging in theme and style and all using airbrush, which is actually a 19th century invention.

Throughout the year, the SM&NC hosts a variety of educational programming for families and adults. This summer, these include a daily "Meet the Animals" at 3:30 pm, nighttime hikes through the nature trails, adult painting classes, and more. Check their website for a full schedule of events.

In addition, every Sunday there is a Farmers Market (with free admission) through November 3 from 10:00 am - 2:00 pm.

The SM&NC is free for members. Non-members pay an admission fee (ranging from \$10-16, depending on age). Under age 2 is free. New Canaan Library has passes to check out that will admit 4 people (2 adults and 2 children under age 18) at no charge.

Visit www.stamfordmuseum.org for a full calendar of events and more details on the museum.

KENT, CONNECTICUT

Another featured spot is Kent, Connecticut.

Kent is about an hour and fifteen minutes from New Canaan, making it an easy day trip. While many people know Kent for its famous waterfall, there are also plenty of attractions in the town itself.

One of the highlights of the Connecticut State Park system is Kent Falls. This state park is known for a series of waterfalls that dramatically drop 250 feet in under a quarter mile.

In warm weather, visitors can splash or wade in the natural pool at the bottom of the falls.

A .84-mile round-trip hiking trail climbs up the entire waterfall cascade. The trail is relatively steep with several sets of stairs. Along the way are several observation platforms, allowing for places to rest, admire the views of the falls, or take pictures.

The park also features a covered bridge, picnic areas, and restrooms. Leashed dogs are allowed.

Visiting Kent Falls State Park is free for all Connecticut in-state registered vehicles, and is open every day from 8:00 am - sunset.

After you are finished with your hike up the falls, head south along Route 7 to the town of Kent. Founded in 1739, 37 years before the U.S.

was officially established, Kent's main street has many restaurants and attractions to visit.

Shops in town include the Heron Store, a gift store featuring jewelry, toys, and home goods. Foreign Cargo offers collections of clothing and jewelry from Africa and Asia. The House of Books is a loved local bookstore that hosts special events and author visits each month. There are also several antique stores and art galleries to browse.

Kent also offers many restaurants to choose from for lunch or dinner.

The Fife and Drum recently celebrated its 50th anniversary. This cozy tavern-like restaurant is open every day except Tuesday, and also features live music Friday thru Sunday evenings.

Swift is a modern tavern serving wood-fired, farm-driven pizzas and seasonal entrees. They work closely with local farms to source ingredients, and also have a family-friendly weekend brunch.

Wilson's by High Watch is a bakery and cafe featuring fresh, home made, and locally sourced ingredients. They are open for breakfast and lunch, and are known for baking all their own bread onsite. Wilson's also employs men and women who are recovering from substance abuse, training them in many aspects of the food and restaurant business.

Finally, just outside of town is Kent Falls Brewing - a small-batch brewery that makes beer from hops grown on the farm where the brewery is located. Try some locally-made beer in their tasting room, or bring a few options home with you as a souvenir.

THE PEABODY MUSEUM

The Peabody Museum is a natural history museum on Yale's campus that originally opened in 1866. The Museum had been closed for the past 4 years while it underwent a major renovation and expansion. It reopened in March with more space, improved exhibits, and better circulation for visitors.

The first floor of the museum now features a chronological narrative of natural history.

In the Burke Hall of Dinosaurs, several skeletons are now placed in more active positions with their tails in the air and heads cocked with an alert gaze. Other fossilized plants and animals are grouped together to better illustrate the prehistoric ecosystem.

A gallery called "World of Change" covers the period between the extinction of the dinosaurs and the emergence of humans, a time when large mammals evolved. Skeletons include an early hoofed predator - a small relative of the modern horse - and a camel unearthed in Nebraska.

Finally, a third gallery on the first floor is called "The Human Footprint" explores the evolution of humans and the fate of animals that went extinct due in part to human activity including the mastodon, sabertooth tiger, and the moa.

The second floor hosts a collection of historic scientific instruments like microscopes, telescopes, timepieces, and more. Other galleries are focused on science at Yale, beginning with the college's first research telescope from 1813.

The second floor is also the new home for the museum's anthropological gallery of artifacts from Egypt, Mesopotamia, Mesoamerica and the Andes, including an early cookbook, ceremonial objects, and statues.

On the third floor are several detailed dioramas featuring Connecticut and North American animals and habitats, as well as the "Living Lab" where visitors can meet some live animals. It also includes the minerals, earth and space collection, which is now dramatically set off by dim lighting and backgrounds that make the specimens easy to admire.

The museum also includes temporary gallery space that will allow a variety of art and science exhibits to be changed out periodically. Currently on display is work from Mohamad Hafez, a Syrian-American artist and architect who lives in New Haven, and an exhibit focusing on perception and cognition from Yale's Wu Tsai Institute.

The renovation also made the entire museum brighter and more open - windows previously blacked out are now streaming sunlight into the galleries.

In a newly opened skylit central gallery, tables and chairs provide a place to rest and hang out. A giant Tylosaurus skeleton is hung from the ceiling, actively pursuing a prehistoric turtle called an Archelon. see <https://peabodyevolved.yale.edu/to-build-a-mosasauro/>

The Peabody is now free to visit for everyone. Timed tickets are recommended and can be reserved on the museum's website at Peabody.Yale.edu.

If you would like to extend your time in New Haven, drive up to the top of East Rock Park for a great view of the general New Haven area, and to visit the Soldiers & Sailors Monument, which honors men who gave their lives in the Revolutionary War, the War of 1812, the Mexican War, and the Civil War.

New Haven is also known for its pizza, and there are several good options for a lunch or dinner: Sally's, Pepe's, and Modern Pizza are all famous (and all operating at least 70 years each!)

WEIR FARM

Weir Farm is the only National Park Service site dedicated to American painting, drawing, and art in its entirety. Weir Farm is free and open to the public.

Set on more than 60 acres of woods, fields, and waterways, Weir Farm is the former home of American Impressionist, J. Alden Weir. Weir Farm is a legacy to painting, the creative spirit, and historic preservation.

Start at the Burlingham House Visitor Center to learn about American Impressionism and the three generations of artists that inhabited Weir Farm. You can also catch the park film, Ways of Seeing: Weir Farm National Historical Park.

The Visitor Center has a collection of art on display by the Weir, Young, and Andrews family artists, as well as additional contemporary art by monthly artists in residence.

A unique feature of Weir Farm is that guests have the opportunity to create their own art inspired by the surroundings. Visitors can bring their own art supplies, or pick up a set of free-to-use art supplies from the visitor center. Colored pencil kits are offered Wednesday, Thursday, and Friday, and watercolor kits provided on weekends May through October. Supply is limited and is first come, first served.

Weir Farm National Historic Site is home to the Weir Preserve, a 110-acre network of hiking trails adjacent to the property. Dogs are welcome on the trails, as long as they stay on leash.

Children are invited to become a Junior Ranger, where they can complete a park scavenger hunt, and earn badges and patches for completing activities around the park. Check in at the Visitor Center for more details and to pick up materials.

Self-guided and ranger-led tours of the painting sites and grounds are available. Information is available in the Visitor Center.

Weir has several special events planned for September. On Saturday, September 7 from 9:30 to 10:15 am is an "Art and Agriculture" guided tour which will explore the agricultural history of Weir Farm including tenant farmers, historic barns, and landscape, and the artwork inspired by them.

On Friday, September 13 from 10:00 to 10:45 am is an "An Artists' Garden" guided tour that will feature the historic gardens whose beauty and history inspired generations of artists.

On Saturday, September 21 from 9:30 to 10:15 am is an "Exploring Stone Walls" guided tour that will examine the three different types of stone walls on the property and learn about their history.

All tours will meet at the Park sign in front of the Visitor Center - no registration required and there is no charge to attend.

Until October, Weir Farm is open every day from sunrise to sunset. The Visitor Center is open Wednesday to Sunday from 10:00 am - 4:00 pm, and Studio Tours are held from Wednesday to Sunday from 11:00 am - 3:00 pm. The Visitor Center and Studio Tours are both closed on Monday and Tuesday.

Visit www.nps.gov/wefa/index.htm for more information and details on special events.

Have you visited any of the attractions or places mentioned this summer? Please let us know your feedback!

What do you want to know about living in New Canaan? Is there a resource you are looking for or something you need in our area? We want to hear from you! Send in your ideas or queries to Julie@NewCanaanSentinel.com and your question may be featured in a future column.

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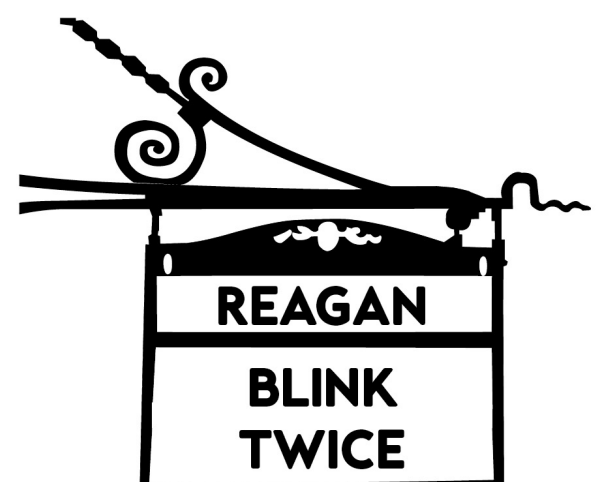
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Robert Williamson, Cordelia Webb**Earned Moratorium**

Our editorial this week: The recent announcement by First Selectman Dionna Carlson that New Canaan has successfully secured a second moratorium from the applicability of Connecticut's State Statute 8-30g is a significant, if belated, achievement. This moratorium is not just a temporary reprieve from the often intrusive mandates of 8-30g; it is a validation of New Canaan's strategic approach to affordable housing. However, the arduous process leading to this victory underscores the need for a more cooperative relationship between the state and its municipalities in addressing affordable housing needs.

Congratulations are in order for New Canaan. Securing this second moratorium reflects the town's commitment to controlling its development in a way that respects both its character and the need for affordable housing. But it's a hard-earned victory—one that came after a protracted and frustrating battle with state bureaucracy. The road to this moratorium was anything but smooth, highlighting systemic issues that other municipalities should note.

New Canaan initially applied for its second moratorium in July 2022, only to be denied in October of that year. The reason? An unexpected change in the state's criteria, which disallowed the town from using "holdover units"—affordable units that had been built but not counted towards the previous moratorium. This shift in policy was particularly galling given that Brookfield, another Connecticut town, had successfully used holdover units to secure its moratorium just a month earlier. The inconsistency is not only perplexing but also indicative of a lack of clear, stable guidelines from the state.

But it's a hard-earned victory—one that came after a protracted and frustrating battle with state bureaucracy.

The rejection of New Canaan's first attempt led to ongoing litigation, as the town rightly challenged the state's abrupt change in practice. Nevertheless, the town did not rest on its laurels. In February 2024, New Canaan reapplied for its second moratorium, this time excluding the contested holdover units. The town's revised application was thorough, even offering to add additional units if needed. Yet, despite the town's diligence, the state responded with a slew of questions and amendment requests, all while neglecting to inform New Canaan that the point values assigned to different housing units had changed. The result was another rejection in May 2024.

It wasn't until after Republican State Representative Tom O'Dea successfully sponsored an amendment in the May 2024 legislative session—clarifying that holdover units should indeed count toward future moratoriums—that New Canaan could reapply for the third time. This time, the town added additional affordable units created after the first moratorium. Finally, on August 19, 2024, more than two years after its initial attempt, New Canaan's second moratorium was approved.

This saga reveals much about the challenges municipalities face under 8-30g. Of the 12 towns that have sought a moratorium, six have had their applications rejected, only to secure approval after reapplying. This pattern of rejections and delays raises questions about whether the state's process is designed more to facilitate affordable housing or to enable developers to circumvent local control. The current system appears to be more developer-focused, often stalling municipalities that are genuinely trying to meet affordable housing needs.

The New Canaan model, which focuses on building 100% forever affordable projects, offers a more sustainable and locally controlled approach to affordable housing. Unlike 8-30g developments, which often feature high-density projects that can overwhelm local infrastructure and clash with the surrounding environment, New Canaan's strategy allows the town to maintain control over the location, density, and design of affordable housing. Moreover, the town-owned units remain affordable in perpetuity, rather than expiring after 40 years, as is typical under 8-30g.

Only 12 of Connecticut's 169 municipalities have ever secured a moratorium, and currently, just three towns—South Windsor, Brookfield, and now New Canaan—hold this status. The fact that more towns have not achieved moratoriums suggests a need for greater collaboration between the state and its municipalities. The state should serve as a partner, not an adversary, in these efforts, ensuring that its policies support rather than hinder the creation of affordable housing.

In the end, New Canaan's experience serves as a case study for other towns. The town's persistence in the face of bureaucratic obstacles and its innovative approach to affordable housing provide a model that other municipalities might follow. The state, for its part, should recognize the value of this approach and work to support rather than stymie such efforts. Connecticut's goal should be to increase affordable housing stock as efficiently as possible, and that requires a partnership between state and local governments that is built on trust, consistency, and shared objectives.

Editorial Page

“I haven't taken a day off since old media was new media.”

LETTER

September = Recovery + Wellness

Dear Editor:

It's National Recovery Month! While September has always ushered in my birthday along with the end of summer, this month also holds significance for me both as a person in long-term recovery, and as a professional recovery and wellness coach.

As we highlight recovery this month, we magnify the good news that substance use treatment and mental health services enable those with a mental and/or substance use disorder to live healthy and rewarding lives. Across the country, Americans celebrate and raise awareness about the positive impact recovery has not just on those who have struggled, but on their families and communities as well. In New Canaan, CT, where I live, we hold an addiction awareness vigil with dozens of community partners participating including schools, local store owners, and faith-based organizations. In fact, this movement has increased its global footprint resulting in International Recovery Day being observed on September 30th.

As a coach and recovery services support specialist, I help people and families who struggle with substance use disorder and eating disorders embrace recovery and grow wellness. And what's interesting

is that I am working with more and more people who are either 'sober curious' or interested in being 'alcohol free' not because they have a dependency or have experienced negative consequences, but because they are focused on wellness, their health, and overall well-being. Not surprising, but this past year, the WHO and other research studies have been pointing to the serious health risks of alcohol and making those more widely known to the public. Wellness is getting more airtight and grabbing people's attention.

Alcohol is a carcinogen. Compared to women who don't drink, women who have three alcoholic drinks per week have a 15% higher risk of breast cancer. One drink daily increases the risk of breast cancer by 5-9% and 1 in 31 Americans die from breast cancer each year. For men, drinking large amounts of alcohol causes erectile dysfunction and can reduce the production of testosterone. Research published in November 2022, revealed that between 2015 and 2019, excessive alcohol use resulted in roughly 140,000 deaths per year in the United States. The majority of those deaths were caused by chronic conditions attributed to alcohol, such as liver disease, cancer, and heart disease.

One drink daily increases the risk of breast cancer by 5-9% and 1 in 31 Americans die from breast cancer each year.

When experts talk about the dire health consequences linked to excessive alcohol use, people often assume that it's directed at individuals who have severe alcohol use disorder. But the health risks from drinking can come from moderate consumption as well. "Risk starts to go up well below levels where people would think, 'Oh, that person has an alcohol problem,'" said Dr. Tim Naimi, director of the University of Victoria's Canadian Institute for Substance Use Research. "Alcohol is harmful to the health starting at very low levels." Last year, Tim Stockwell, former director of the Canadian Institute for Substance Use Research, stated, "There's no absolute safe level of drinking. We usually underestimate the risks from alcohol because we're so familiar with it." And last fall, the W.H.O. and the I.A.R.C. declared in a joint statement: "No safe amount of alcohol consumption for cancers can be established."

Understanding the health risks of alcohol begs the

question, why then isn't there a warning label on the side every can of beer or every bottle of wine or spirits? As recently reported by the NY Times, the country of Ireland will in fact require labels starting in 2026, and there are nascent efforts elsewhere to add more explicit labeling about the health risks of drinking. While a warning label might be a small beginning, it's a start.

Raising awareness about recovery and wellness is a worthy cause. Of the 336 million people who live in America, over 200 million are impacted by substance use disorder. Every day I help people step up and into their healthy selves and know first-hand that lives and relationships can be restored and flourish as a result of recovery and turning the dial on wellness. This month let's celebrate Recovery + Wellness—they belong together and support everyone.

Stephanie Hazard, CPRS,
CCIEDC, RCP

www.pathtowardrecovery.com

LETTER

Town Players “What's Done Is Done”

Dear Editor:

We've just been to “What's Done Is Done” by the Town Players of New Canaan at the Powerhouse. We enjoyed it a great deal. It's a simple play, with two characters and a simple set. The writing and the acting held our interest for the full 70 minutes without intermission. Two people, formerly married

for 30 years, catch up, reminisce, argue, confess, and carry on. We laughed, we learned, and we may have shed a tear. “What's Done Is Done” will play again August 31 at the Powerhouse, and there are six other Broadway Bound Theater Festival 2024 new plays that will be performed at the Powerhouse between August

We laughed, we learned, and we may have shed a tear.

8 and September 1 as noted on the TPNC website calendar — perhaps one that we see will be on Broadway. They're in New Canaan, with lots of volunteer

energy and talent, inexpensive, lots of free parking, and you get home early.

Peter Hanson

SUBMITTED

Town Earns State 8-30g Moratorium

First Selectman Dionna Carlson announced today that the State of Connecticut Department of Housing approved the Town of New Canaan's application for a Moratorium of Applicability of State Statute 8-30g, so that housing developers may not bypass local zoning regulations for a four-year period.

Statute 8-30g applies to municipalities, including New Canaan, where the percentage of housing that is legally deemed affordable is less than 10%. In those

municipalities, the statute allows for construction of housing developments that circumvent local zoning restrictions on number of units and property density. With New Canaan's moratorium in place, developers will need to abide by local zoning regulations.

The Town of New Canaan has earned the moratorium in recognition of the number of affordable housing units built here in recent years, particularly the Millport and Canaan Parish apartments.

In the state's approval letter to First Selectman Dionna Carlson, Department of Housing Commissioner Selia Mosquera-Bruno said, “I would like to take this opportunity to thank you and the town of New Canaan for continuing to address the affordable housing needs in your community.”

In making the announcement, Carlson said, “New Canaan has worked tirelessly in partnership with the New Canaan Housing Authority to provide affordable

housing solutions for our community. We will continue to identify strategic opportunities to add to our affordable housing stock in an effort to earn future moratoriums and maintain control of local development.”

This is the second moratorium from 8-30g earned by the Town of New Canaan, and it comes in response to the Town's application delivered to the State in May 2024.

www.NewCanaanSentinel.com/letter-to-the-editor/



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COLUMN

Do No Harm



BY RUSSELL BARKSDALE, JR.

Concerns regarding vaccine safety and efficacy are not new; they predate the COVID pandemic, harking back to discredited claims that linked vaccines for measles, mumps, and rubella to autism.

The Hippocratic Oath, a time-honored pledge among physicians, extends beyond the commitment to “first do no harm.” Its essence, encapsulated in the Latin phrase “primum non nocere,” underscores the ethical foundation of medical practice, emphasizing the imperative to avoid harm and reject intentional wrongdoing.

However, this principle has recently been appropriated by some anti-vaccine advocates, including individuals who profess to be medical professionals or biomedical scientists. Concerns regarding vaccine safety and efficacy are not new; they predate the COVID pandemic, harking back to discredited claims that linked vaccines for measles, mumps, and rubella to autism. Alarming, a national survey has found that 12% of Americans now believe that mRNA COVID vaccines could cause cancer, a notable increase from 9% a year earlier.

This growing skepticism is exacerbated by reports of adverse vaccine reactions, particularly severe allergic responses associated with COVID vaccinations, which further fuel public hesitance. Such doubts could impede vaccination rates, potentially increasing the risk of serious illness and mortality and threatening public health, especially as disease outbreaks loom.

Recent public opinion surveys reveal a concerning trend regarding public confidence in vaccinations:

- Only 63% of respondents believe that the COVID vaccine is safer than the virus itself, down from 75% in April 2021.
- The percentage of individuals attributing rising autism cases to increased vaccine administration has climbed from 10% to 16%.
- While 67% of people report a return to pre-pandemic normalcy,

75% indicate that they rarely or never wear face masks.

- Over 10% of respondents suspect vaccines contain toxic ingredients, up from 8%.

- Nine percent erroneously think flu shots increase the risk of COVID, up from 6% in earlier surveys.

- Only half of respondents agree that the seasonal flu vaccine does not cause the flu.

Despite warnings from pro-vaccine advocates that unvaccinated adults accounted for an estimated 232,000 vaccine-preventable COVID-related deaths in the U.S. from May 2021 to September 2022, resistance to vaccination remains strong. Further complicating matters, cardiovascular complications associated with SARS-CoV-2 infection are common, leading to significant morbidity in chronic cases that affect quality of life and health outcomes. According to the National Institutes of Health (NIH), individuals recovering from COVID may face an increased risk of myocarditis, dysrhythmia, pericarditis, ischemic heart disease, heart failure, and thromboembolism.

Key points from NIH underscore the urgency:

- Cardiovascular complications are prevalent following acute and post-acute COVID infection.
- The underlying biological mechanisms remain poorly understood and complex.
- No singular treatment has been identified for post-COVID cardiovascular disease; thus, established guidelines for specific cardiovascular conditions should be followed.
- Cardiac rehabilitation is recommended for eligible individuals.

In this context, the digital realm—especially social media—has added layers of complexity, serving as both a platform for accurate information and a hotbed for misinformation about

vaccines.

The latest statistics from the Centers for Disease Control and Prevention (CDC) reveal an 18.1% COVID test positivity rate as of the week ending August 10, 2024, marking the highest level since January 2022. Concurrently, wastewater surveillance data indicates “very high” levels of viral activity nationwide, suggesting that real positivity rates may be even higher.

As respiratory virus season approaches, the Department of Health and Human Services has initiated a public education campaign focused on common respiratory illnesses and the vaccines available for flu, COVID, and respiratory syncytial virus (RSV). The CDC now recommends that everyone aged six months and older receive an updated COVID vaccine for the 2024-2025 season, with a particular emphasis on booster shots for seniors aged 65 and older due to emerging new variants.

While an impressive 93% of seniors have received at least two doses of the COVID vaccine, compliance among healthcare professionals is surprisingly low. Given the substantial medical literature underscoring the efficacy and safety of vaccines, these numbers should raise alarms. Healthcare workers, having seen firsthand the benefits of vaccination—like reduced symptom severity in vaccinated patients—must urgently advocate for these preventive measures.

To shift the culture of vaccination from hesitation to acceptance, healthcare providers must emerge as credible advocates. With the risk of rising infection rates during holiday and travel seasons, the stakes could not be higher—the health of our communities hangs in the balance.

Russell R. Barksdale, Jr., PhD., MPA/MHA, FACHE is President and CEO of Waveny LifeCare Network

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SPORTS

East Coast Open opener at the Greenwich Polo Club a thriller



Smithfield (white jerseys) battles against Escape Aviation to win Sunday's thrilling opening East Coast Open match at the Greenwich Polo Club that was held in front of a sold-out crowd of more than 4,000 people. (Photo courtesy of Claudia Suica)

By LIZ LEAMY

Last Sunday, more than 4,000 spectators convened at the Greenwich Polo Club to watch the thrilling kickoff match of the 2024 East Coast Open in which Smithfield, the formidable high-goal team who trains at the Mashomack Polo Club in Dutchess County, New York, edged out Escape Aviation, the fierce high-goal contingent based out of Manhattan, 12-11.

Much to the excitement of the crowd and virtually everyone else on hand at this storied site on this glorious Sunday August afternoon, this high-octane battle was all about these two mighty contingents, along their powerful army of ponies, flying up, down and around the massive Conyers Farm field at speeds of more than 40 miles an hour knocking in goals with the intention of clinching an all-important victory in the first round of this venerable annual polo tournament.

In the end, Smithfield, featuring one of the sport's highest-rated players, Facundo (Polito) Pieres, the illustrious Argentinian nine-goaler, along with Joaquin Panelo, the electric Argentinian six-goaler who was named Most Valuable Player of the match, Manuel Villamil and John Klopp, wound up at the top of the leaderboard.

"They [Escape Aviation] are a strong team and I think this was a very good start," said Panelo, a renowned marquee player at the Greenwich Polo Club. "The key was to stay focused and keep our heads cool."

His teammates concurred.

"We worked hard and it was amazing to be out there," said Pieres. "The focus was on working together and riding the horses to find our rhythm."

Meanwhile, Escape Aviation, whose team roster featured Max Gundlach, Peke Gonzales, Ezekiel Martinez (Wayne) Ferrario and Felipe Miguens, put up a fierce fight against Smithfield with a remarkable display of speed, fluidity and playing expertise.

Clearly, the gold standard of this match was very much appreciated by those there in attendance, as all of the athletes, both human and equine, on both teams maneuvered around the field with veritable tenacity, power and command.

"This has been one of the best games I've ever seen," said John Davis of New York City, a polo devotee who has been attending matches at the Greenwich Polo Club for numerous seasons. "The whole atmosphere is so high-charged and it's always wonderful to watch the East Coast Open here at the Greenwich Polo Club."

Others agreed.

"This has been an amazing match to watch. These teams are so powerful and fast," said Cindy Swabsin, a longtime Greenwich Polo Club supporter who lives in Verona, New Jersey and works for the National Football League based in New York City. "I love being here. The whole atmosphere is fantastic. There's such a big crowd and such energy in the air. It's like the U.S. Open of polo."

The high-octane feel of this event was palpable as so many

scores of spectators, dressed in a stunning range of colorful fashions, observed the match from either under one of the many white tents and cabanas set up along the sidelines, the wooden grandstand or one of the open spaces on the lawn. (The sidelines, meanwhile, featured rope barriers as well.)

"There is such a dynamic feel here," said Jason Yearwood, Business Development Manager of Barbados Tourism Marketing Inc. based in New York City, a longtime partner of the Greenwich Polo Club whose tent is always teeming with people. "This is a place where people are connected with the Barbados through polo. To see this sport at this level and be in this environment with its beautiful trees, field and cool breeze with all of these great people is wonderful. It reminds me so much of Barbados."

The spectators certainly added to the whole energy and excitement of this match, as they could also be seen visiting with one another at the busy Audi tent (with Audi being a sponsor of the East Coast Open), lining up at one of the more than half a dozen food trucks and perusing and shopping at the Greenwich Polo Club store based in the barn floor area underneath the grandstand that featured an array of unique Greenwich Polo Club gear including tee shirts, sweatshirts, hats, cups and other notable items.

"The Greenwich Polo Club is a place like no other. It is the best and is so unique to the town in so many incredible ways. Here, we provide people with gear and products from the club that you can't get anywhere else that they can enjoy

and have as a reminder of what this experience is all about," said Mark Steinberg, who co-owns the Port Chester, New York-based company, @trailnetworkusa.espsite.com, with his brother, Michael Steinberg, that provides this one-of-a-kind gear at the GPC store. "Seeing the players and horses in this natural environment with so many people in attendance is just fascinating and it's always great to be here." (Steinberg also said the store's bestselling item is the white GPC 'dad' hat featuring the club's signature horse, mallet and player insignia on its front.)

By all counts, this given Sunday was a golden one in every way.

"It's been an amazing game and it's been great to be here celebrating sport, life and being with my family and friends. It's really an experience like no other," said G. Bell of Danbury, a senior at Rensselaer Polytechnic Institute in Troy, New York who was there celebrating his father, Greg's, birthday, with their family and friends. "It means a lot to be here for my dad's birthday and see the polo players and horses playing at this level. We're definitely having a good time and enjoying the day."

The East Coast Open

tournament will run through September 8th, with public matches being held that day as well as on Sunday, September 1st.

The 2024 Greenwich Polo Club season will then conclude with the Greenwich Cup on Sunday, September 15th.

For more information, please email info@GreenwichPoloClub.com or visit the Greenwich Polo Club website at GreenwichPoloClub.com.



Facundo Pieres, one of the highest-ranked polo players in the world with a nine-goal handicap, wows the crowd as he helps lead Smithfield to victory at last Sunday's opening East Coast Open that was held at the Greenwich Polo Club. (Photo courtesy of Claudia Suica)



Bottom four photos courtesy of Bob Capazzo Photography.





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158 Forest Street #1	\$1,999,000	\$1,999,000	\$2,200,000	10	3	2	
705 Ponus Ridge	\$2,695,000	\$2,695,000	\$2,852,000	14	5	4	1.54
47 Shagbark Drive	\$3,299,000	\$3,299,000	\$3,810,000	9	5	5	1.09
424 South Avenue	\$4,299,000	\$3,995,000	\$3,815,000	55	6	6	0.66
198 W. Hills Road	\$5,995,000	\$5,995,000	\$6,289,000	8	5	5	2.17

REAL ESTATE DASHBOARD EDITOR
 John Engel | John.Engel@Elliman.com
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What Drives the Housing Market?



BY JOHN ENGEL

We are at the long-awaited inflection point where the Fed reverses course and lowers rates. The stock and bond markets rallied this week on the news. A survey of big banks predicts 30-year rates between 6.5% and 6.7% in the fourth quarter. 15-year adjustables, already in the high 5's, will drop to the low 5's this year. Historically, these are below-average rates.

SUPPLY

Just when you thought supply couldn't go lower, supply went lower. Supply of both houses and condos continues to decline both in New Canaan and in the larger Fairfield County market. We must be nearing the bottom because the rate of decline is decreasing. Interest rates won't solve this. As prices rise and rates fall expect a return to speculative building such as the pair on Down River Road, a dozen apartments over The Connecticut Muffin, another dozen units on Husted Lane, and the redevelopment of any existing two-family homes and ranches.

DEMAND

Judging from the increase from 100% of listed price to 103% of listed price, both in New Canaan and around Fairfield County we can say there is no drop off in demand. First, we see the rise of both average and median prices in New Canaan to record-setting levels above \$2.5 million. While there was a soft period last summer where New Canaan had 11 months of inventory available above \$2.45 million, that number has fallen back to the more typical range of 5.0 to 7.6 months both in New Canaan and across Fairfield County.

COMMISSIONS

All of the Multiple Listing Services in Fairfield County (SmartMLS, GreenwichMLS, DarienMLS, New Canaan MLS) stopped publishing the seller's offer of compensation, known as the "BAC" on August 17th. The removal caused some confusion in the marketplace, forcing agents to call and email each other individually asking for the information. To wit - one agent replied, "I don't think I am allowed to email it to you." William Pitt Sotheby's is the first to take a bold step toward transparency by alerting all of the agents in Fairfield County that they are publishing offers of compensation for their listings on their website. I have not

seen any other agency follow their lead, yet, but am hopeful this is a service the agencies will provide.

AVALON AND AFFORDABLE HOUSING

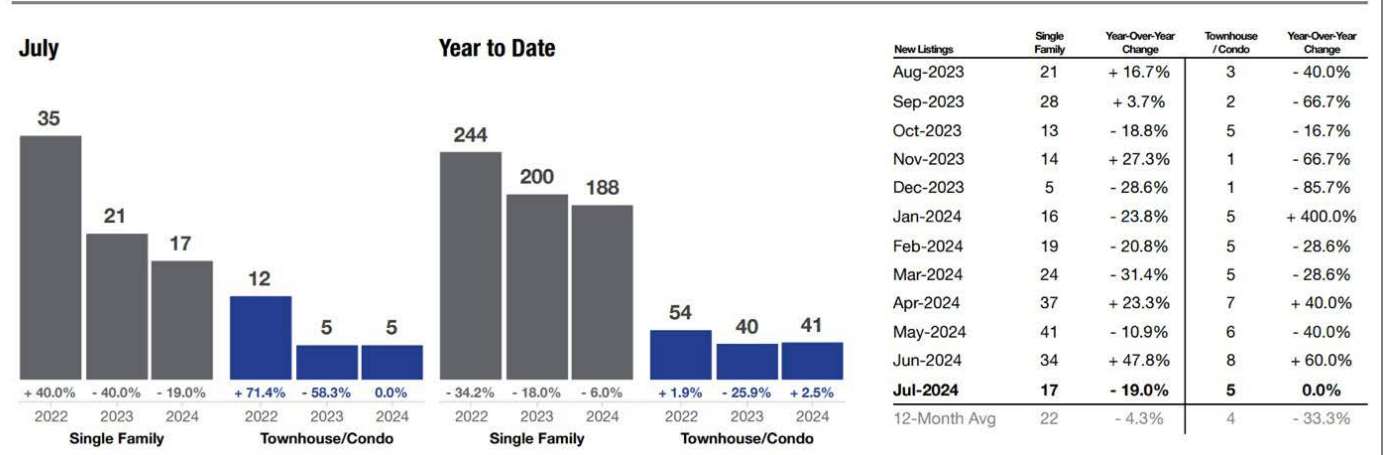
Who says nothing happens in August? Not only did the town finally get enough points approved for an 8-30g moratorium, but the New Canaan Housing Authority announced plans to acquire over 100 housing units from Avalon. In a hastily-organized public hearing, required by statute, few details emerged. This is partly because the deal is still in development, and partly because the Housing Authority of New Canaan is not the Town of New Canaan. It is a separate non-profit corporation answering to its board, able to issue debt to own and manage housing, both market-rate and affordable, for the benefit of the community. While it is tempting to think that this purchase could solve our long-term need for affordable housing Avalon will probably become only partially so, as the Housing Authority will need some number of market rate units to service the debt. Fears of residents being displaced, or of a sudden concentration of affordable units in that area, are probably premature. While the purchase makes economic and strategic sense, allowing New Canaan some short-term flexibility, our newly formed Affordable Housing Committee still has a lot of work to do identifying additional opportunities, and how to pay for them. I must point out that our neighbor Darien, faced with these same challenges, has chosen a different path. Darien is not pursuing a strategy of linked moratoriums, and when presented with the opportunity of purchasing an Avalon development in Darien, Darien declined. Each town decides its own approach and this self-determination is a core value and why we live in Connecticut.

CONFIDENCE IN THE HOUSING MARKET

Heading into the uncertainty of a Presidential election, with two wars raging, nagging inflation and record debt we have to ask what is driving this housing market? Rates? No. Jobs? No. There is an unprecedented transfer of wealth taking place in America, and that money is buying homes. It is the reason for so many cash purchases. \$84 trillion in assets is set to change hands over the next 20 years, according to estimates by the consulting firm Cerulli Associates. Generation X (those born between 1965 and 1980), Millennials (1981-1996) and Gen Z (1997-2012), are expected to inherit \$72 trillion of that amount, mainly from Baby

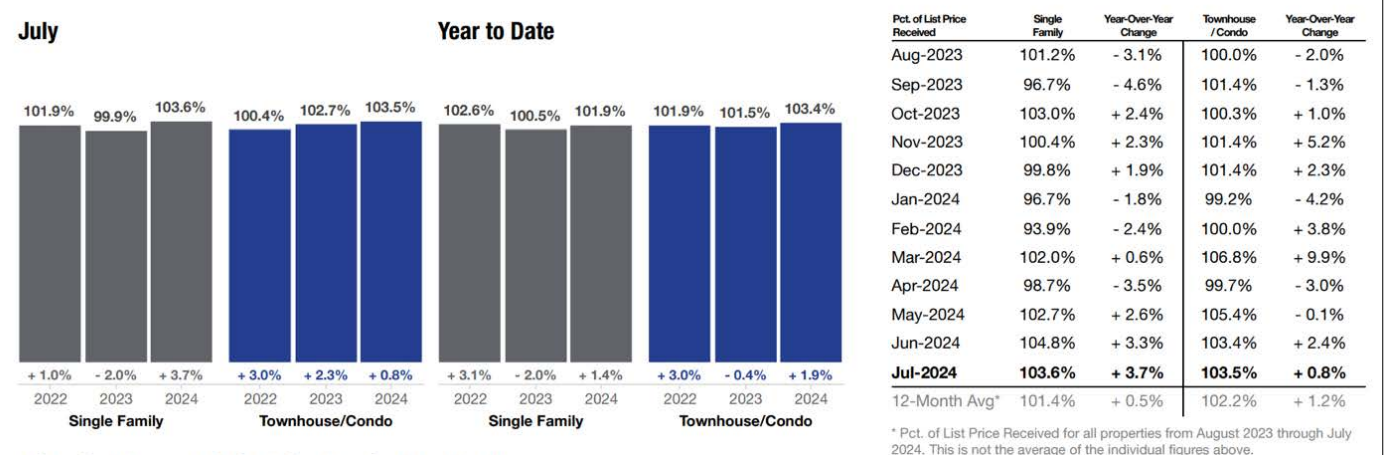
New Listings

A count of the properties that have been newly listed on the market in a given month.



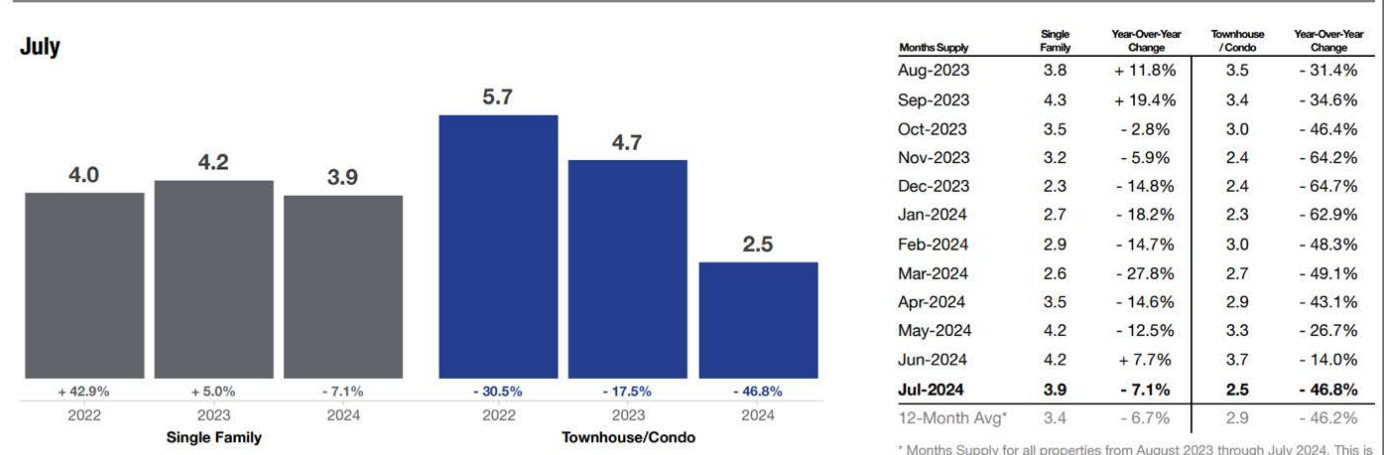
Percent of List Price Received

Percentage found when dividing a property's sales price by its most recent list price, then taking the average for all properties sold in a given month, not accounting for seller concessions.



Months Supply of Inventory

The inventory of homes for sale at the end of a given month, divided by the average monthly pending sales from the last 12 months.



Boomers, with the rest going to charity. For perspective, Trump and Biden each passed about \$6 trillion in stimulus packages during their respective terms. This is more than that. Is it any wonder then that real estate continues to appreciate at this rate?

FLORIDA

Florida luxury buyers (above \$3 million) of New York City real estate accounted for more than half of all sales. And, in 2024 Florida residents represented 12.04% of

all inbound out-of-state New York City buyers, the third highest state after California and New Jersey. Who are these luxury buyers and how do we get in front of them? Are these so-called Floridians really returning New Yorkers who left during covid for tax reasons and who are now returning to buy a second home or a third home? Probably so. They are Floridians with New York accents.

MEETING

Still recovering from last week's flood, this week our office meeting was held on Zoom while the carpets dried, reminding us all that we've had three 100-year storms in the last couple of years. We are definitely not going to have a problem for another 90 years. Electric bills are through the roof but this is a subject for another column...

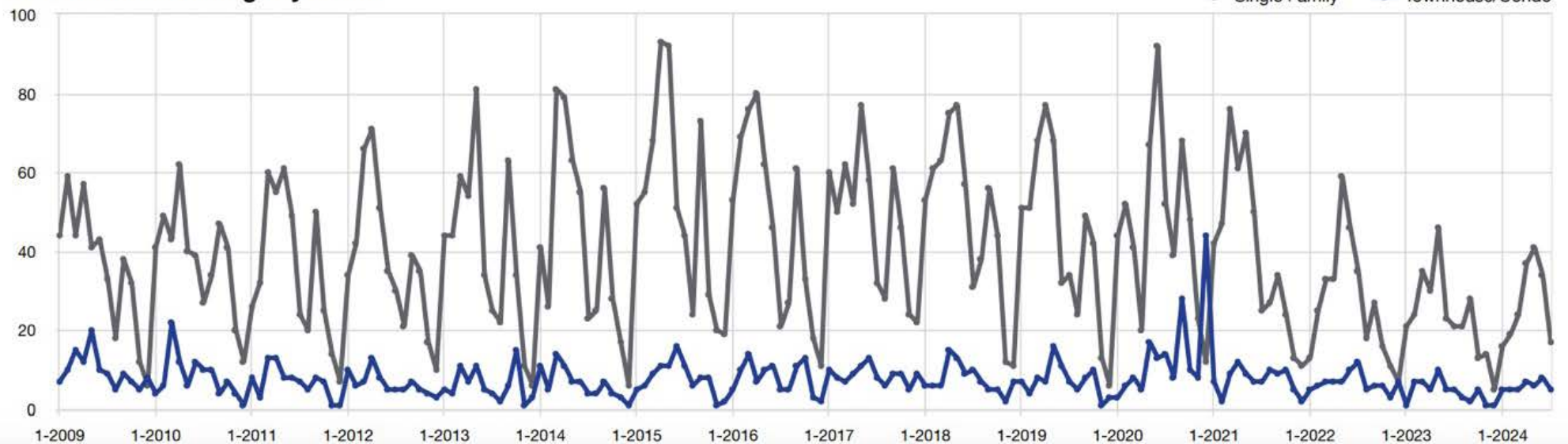
Elliman. His daughter Charlotte is getting married Saturday so he needs to stop writing this newspaper column and begin work on a tasteful, yet creative, Father of the Bride speech that won't embarrass. Wish me luck.

*Publisher's Note:
Good luck John! and congratulations.*

NOTES FROM THE MONDAY

John Engel is a Realtor with The Engel Team at Douglas

Historical New Listings by Month



Submit questions and comments to John.Engel@Elliman.com



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Diego R. Camacho, MD

Director, Minimally Invasive & Endoscopic Surgery; Site Director, Bariatric Surgery, Weiler Division, Montefiore Einstein and Associate Professor, Albert Einstein College of Medicine

Diego R. Camacho, MD, is an expert in advanced laparoscopic procedures for general surgery, bariatric surgery, hernia treatments and gastroesophageal reflux disease (GERD).

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

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



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Sentinel Celebrations

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

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

Please send the following details:

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

Email them to:

Cordelia@SentinelHometownNews.com.

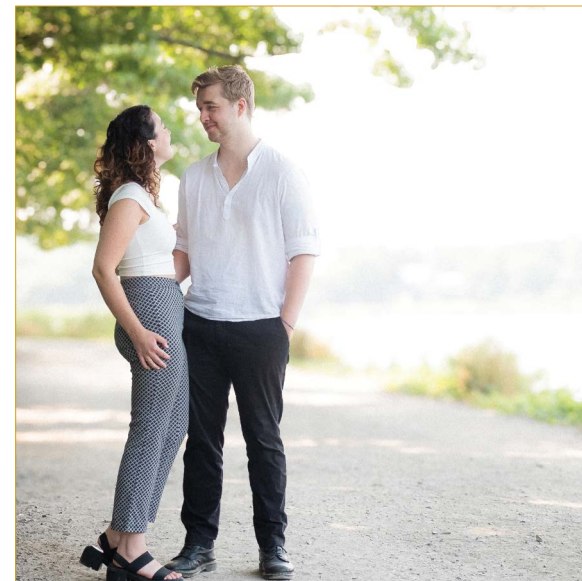
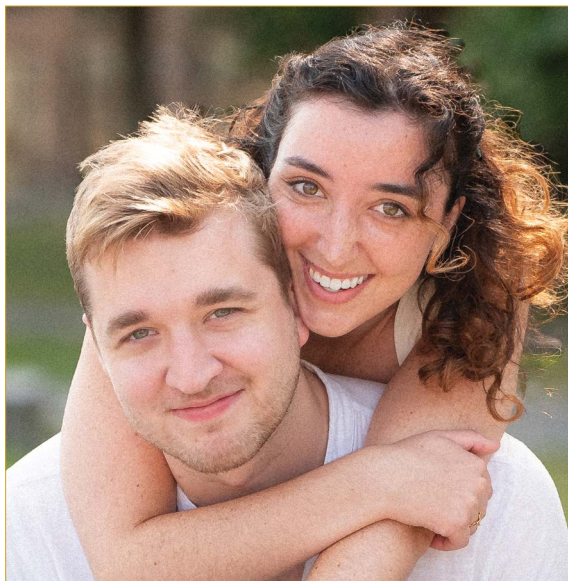
Submissions may be edited for brevity or clarity. The Sentinel may decline to publish announcements at its own discretion.

ENGAGED

GPD Chief Jim Heavey and Kia Heavey announce the engagement of their daughter, Anastasia Josephine Heavey, to Walker Christian Lambrecht.

Ana, a GHS graduate, met Walker while they were both students at Northeastern University. The pair graduated in 2021 and have been together ever since. Ana is an RN at Boston College. Walker is a cybersecurity specialist at Recorded Future.

The couple will wed on Dec. 28, 2024, at Annunciation Greek Orthodox Cathedral of New England in Boston, MA. They will reside in Boston.



A CONTEST IN THE SPIRIT OF THE NEW YORKER MAGAZINE

Sentinel Literary Competition

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

Here's what's new:

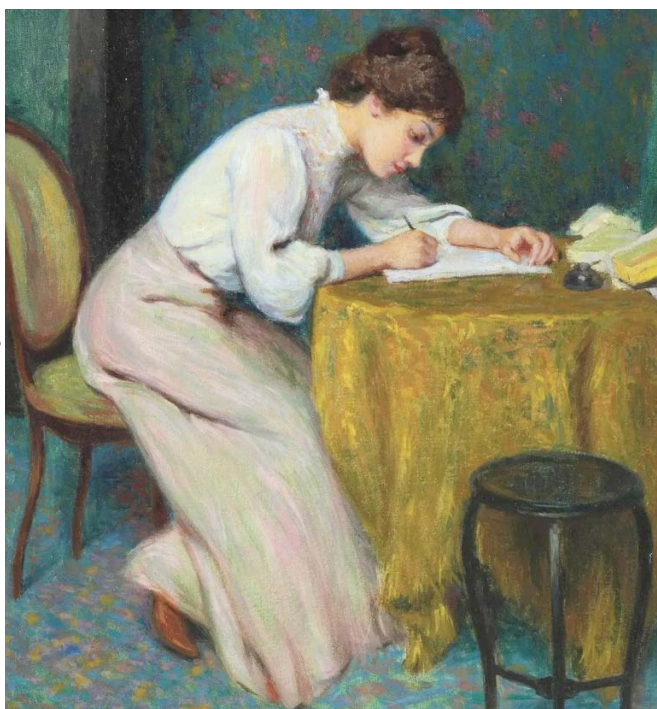
MORE TIME TO ENTER

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

MORE AND BIGGER PRIZES!

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

Email: Dawson@GreenwichSentinel.com



Young woman writing a letter (1874), by Federico Zandomenighi

The September Competition:

Give Us the Prompt.

Please Prompt Promptly

What should you write about? You tell us!

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

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

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

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

COLORING CHALLENGE





$6 \times 2 = 12$
$6 \times 3 = 18$
$6 \times 4 = 24$
$6 \times 5 = 30$
$6 \times 6 = 36$
$6 \times 7 = 42$
$6 \times 8 = 48$
$6 \times 9 = 54$
$6 \times 10 = 60$



Find **8** differences



SUDOKU

	6		1		2			
	3	2			5			
	4	5					3	
6			5	2				
		6					1	
4		1	3				5	

1		3	4					
	6		1	3				
	5				1			
6		1	5			4		
3	1		2				5	
	4				6			

		5	1			4		
2	4		3					
		3		4				
4	2		5			1		
	5	2	4				3	
1					5			

1	4				6			
	3		2				1	
2		3			5	6		
		5	3					
6	2					3	5	
			1	6				

Sudoku

Each row, column, nonet can contain each number only once. Answers below.

Easy

		7						5
	1			2				4
	8	9	6					
8	2				1	5		
9		5		3				8
	5	6			7		2	
			4	7	5			
6		1			4			
7				8				

Hard

		2	6		9			8
								6
5	9		3					
		8	5				7	
7		2		1				9
	4			3	1			
				6		1	4	
3								
	2	4		8	7			

Very Hard

					9	6	1	7
		2						8
7			6	4				
						9		
			1					
	7							
		9	7					3
4				5				
9	7	1	6					

Easy

	4	5						6
	9		6			2		
		2			9	1		
1	4	2						
	7				1			
			3	1		5		
	8	1		3				
	6		5				9	
9						8	6	

Hard

	6			7		3	9	
2		3						8
				3				
6		8		4			1	
5	9			7			4	2
4			9			6	7	
				6				
3						9		5
9	4		8				7	

Very Hard

					3	5	1	7
		3		9				
7		8			2			
	8					2		
				5				
		9					4	
			5				3	4
			7			8		
4	7	6	3					

Sudoku answers

Bottom row - Very Hard

9	4	2	6	8	3	5	1	7
---	---	---	---	---	---	---	---	---

Bottom row - Hard

8	6	4	1	2	7	3	9	5
---	---	---	---	---	---	---	---	---

Bottom row - Easy

2	4	5	9	1	8	7	3	6
---	---	---	---	---	---	---	---	---

Top row - Very Hard

5	4	2	3	8	9	6	1	7
---	---	---	---	---	---	---	---	---

Top row - Hard

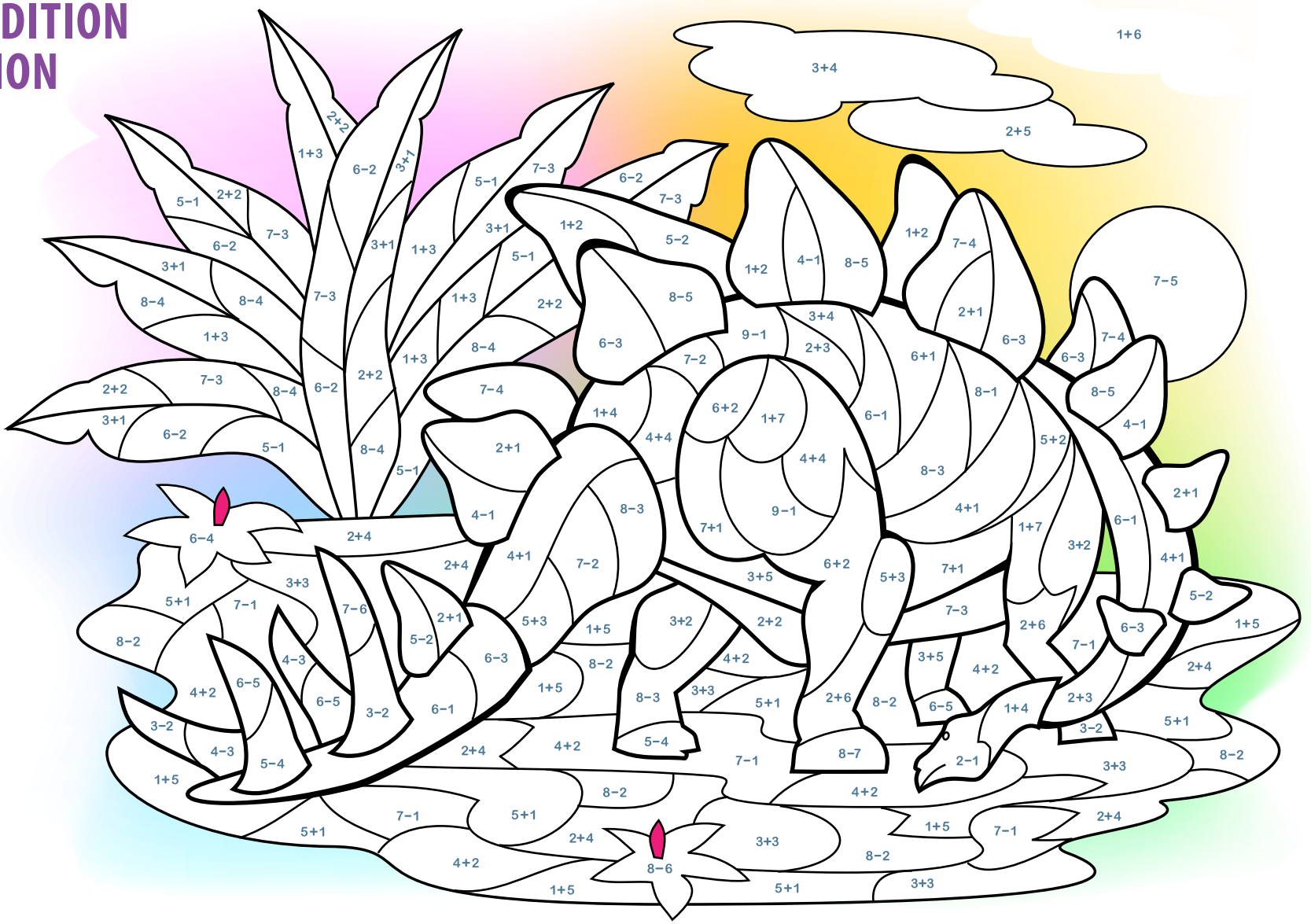
1	3	2	6	4	9	5	8	7
---	---	---	---	---	---	---	---	---

Top row - Easy

3	6	9	7	1	4	8	2	5
---	---	---	---	---	---	---	---	---

COLOR BY ADDITION & SUBTRACTION

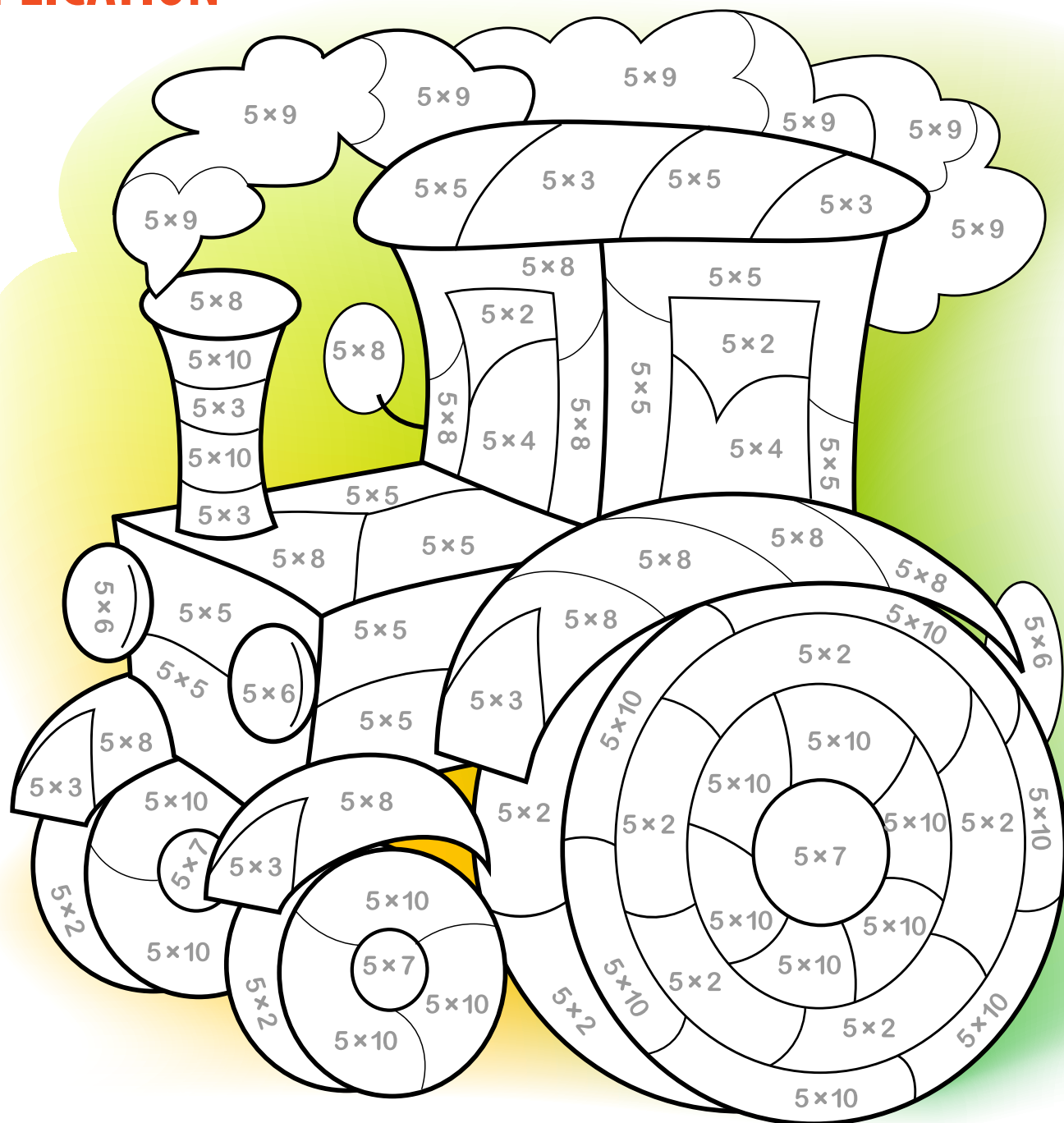
- 1 = RED
- 2 = YELLOW
- 3 = DARK BLUE
- 4 = LIGHT GREEN
- 5 = PURPLE
- 6 = ORANGE
- 7 = LIGHT BLUE
- 8 = DARK GREEN



COLOR BY MULTIPLICATION

x5

- PURPLE 10
- ORANGE 15
- LIGHT BLUE 20
- DARK GREEN 25
- YELLOW 30
- BROWN 35
- LIGHT GREEN 40
- LAVENDER 45
- MAROON 50

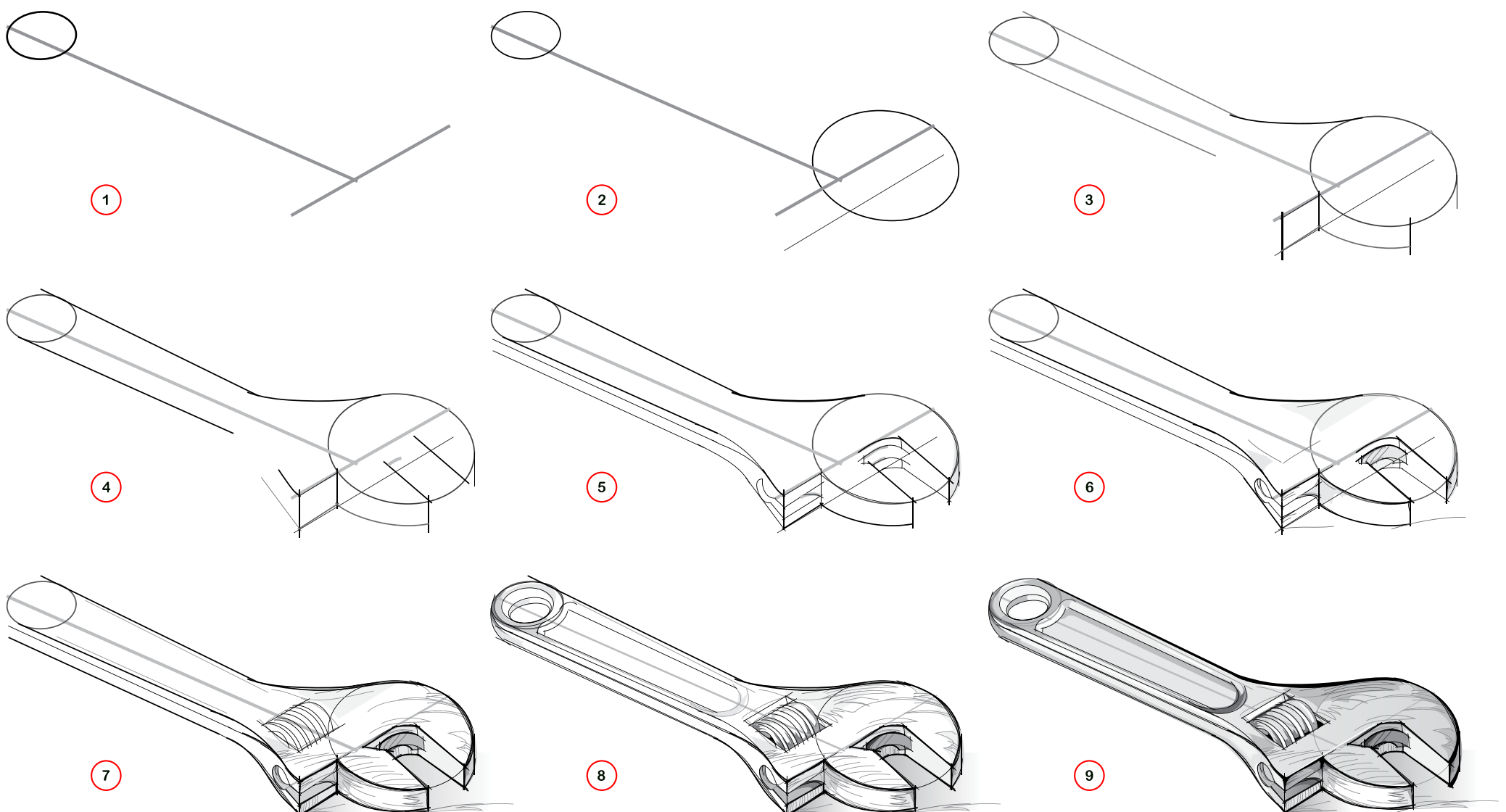


$5 \times 2 = 10$
$5 \times 3 = 15$
$5 \times 4 = 20$
$5 \times 5 = 25$
$5 \times 6 = 30$
$5 \times 7 = 35$
$5 \times 8 = 40$
$5 \times 9 = 45$
$5 \times 10 = 50$

?



Grab Your Sketchbook DRAW A WRENCH, STEP BY STEP



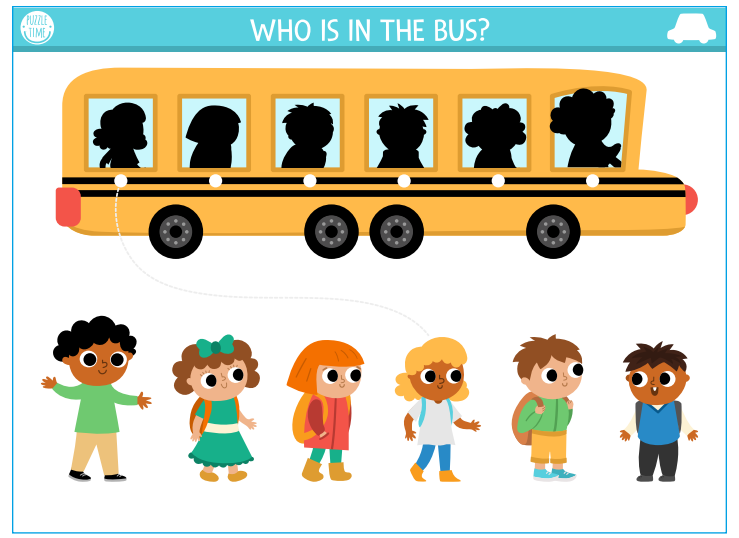
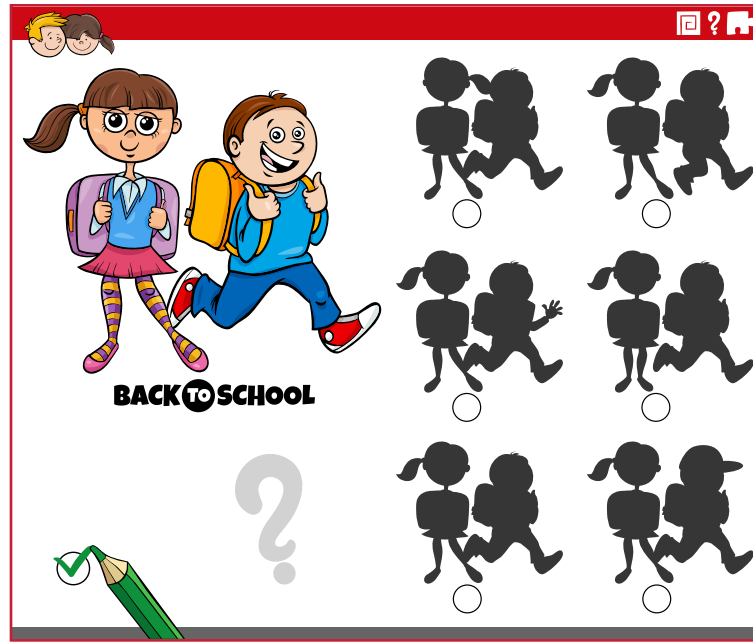
PUZZLES

We're Going Back To School

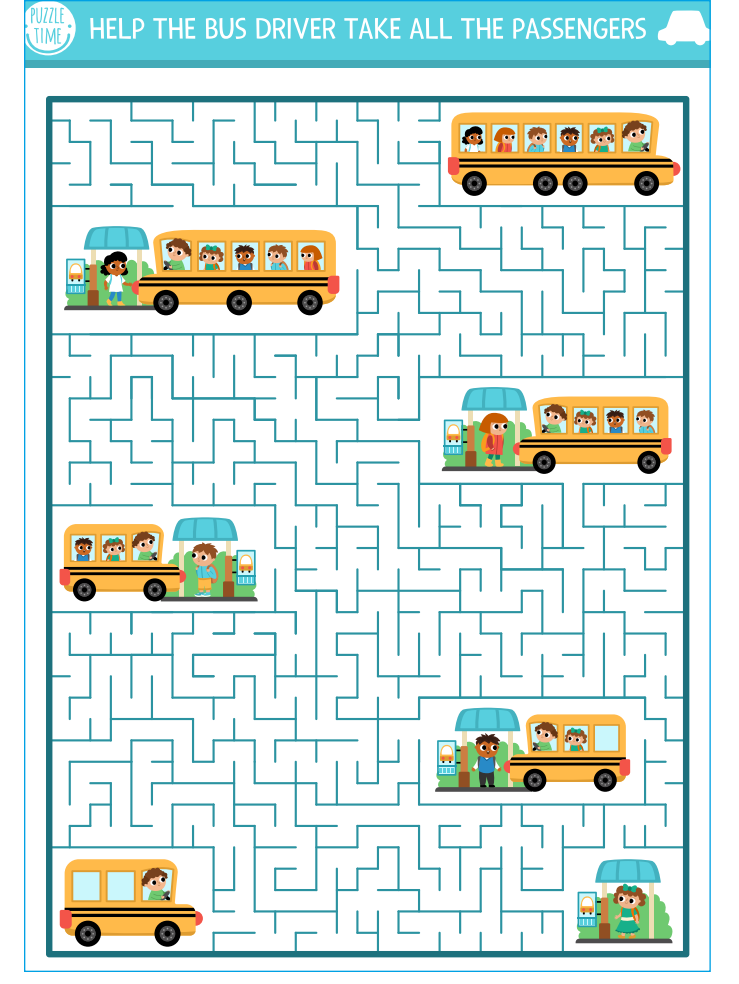
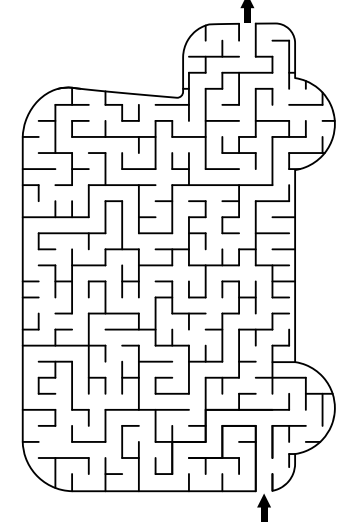
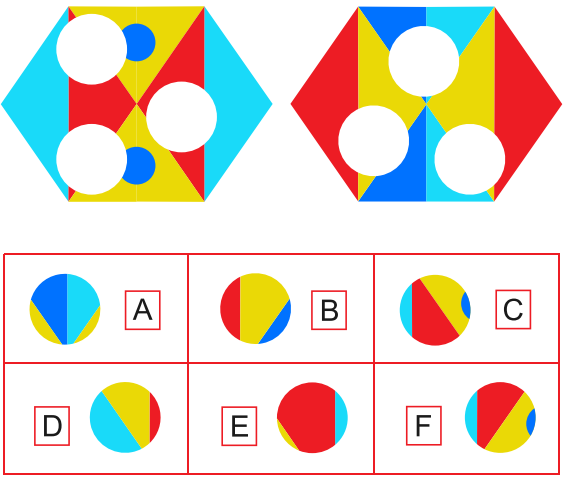


b	s	q	a	t	o	k	g	u	i	z	s
a	k	s	b	h	c	n	u	l	x	f	t
c	b	i	m	a	r	k	e	r	s	g	e
k	i	m	c	k	o	k	c	u	v	f	a
p	l	o	r	s	p	e	n	c	i	l	c
a	r	o	a	t	l	a	u	d	l	t	h
c	e	r	y	n	s	c	p	f	r	d	e
k	s	s	o	e	o	b	g	e	t	b	r
o	a	s	n	d	g	k	l	v	r	o	s
d	r	a	s	u	s	u	x	l	z	o	i
g	e	l	i	t	r	c	v	u	i	k	b
o	m	c	p	s	i	g	o	b	k	s	i

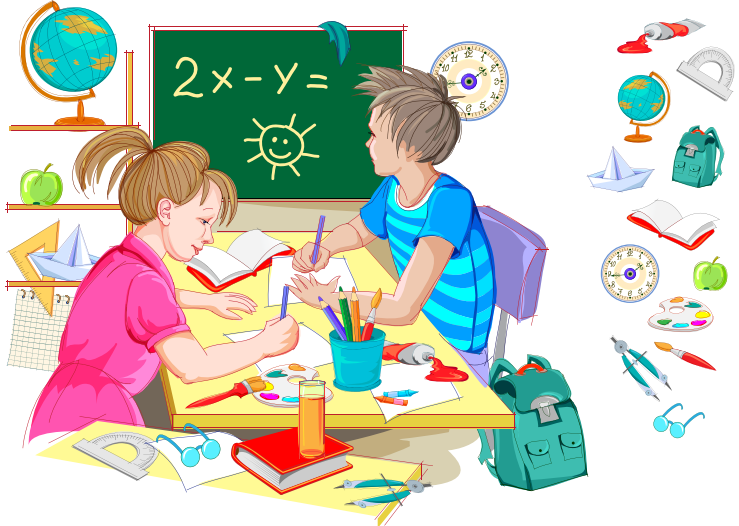
- pencil eraser books
- backpack markers crayons
- teacher students classroom
- paper ruler lunch



Find the missing parts



Can you find 12 objects hidden in the picture?



BACK TO SCHOOL WORD SEARCH PUZZLE

H	O	U	R	G	L	A	S	S	L	E	A	S	E	L
R	F	I	U	K	G	L	S	C	I	S	S	O	R	S
O	R	B	G	S	O	O	R	H	B	O	O	K	U	F
C	A	O	B	R	U	S	H	O	B	E	L	L		
K	K	Y	Y	P	N	U	P	O	S	A	P	B	E	A
E	O	F	B	M	L	N	G	L	O	B	E	U	R	G
T	A	L	A	R	M	C	L	O	C	K	N	O	A	R
P	B	A	L	L	O	O	N	S	L	O	C	U	L	M
A	O	S	L	C	P	P	Y	R	A	M	I	D	C	A
P	A	K	A	P	N	S	C	H	O	O	L	B	A	G
E	B	S	N	S	T	T	C	L	O	U	D	S	R	N
R	A	P	P	L	E	U	T	U	B	R	A	M	U	I
C	I	T	K	A	C	D	I	G	A	P	Y	U	E	F
L	F	B	U	T	T	E	R	F	L	Y	A	G	A	I
I	I	U	B	K	A	N	A	L	L	G	R	P	A	E
P	L	M	A	P	N	T	P	A	L	E	T	T	E	R

ANSWER:

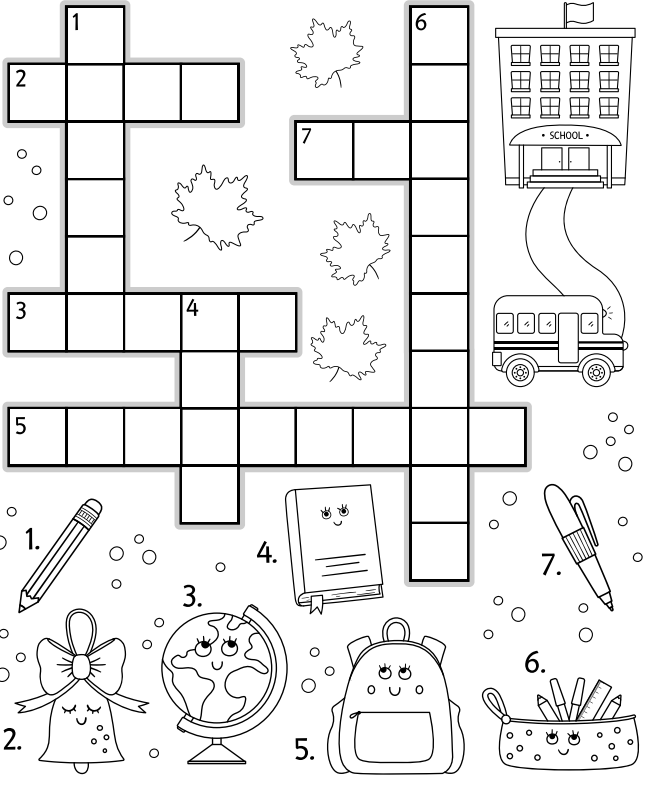
- Hourglass • Scissors • Globe • School bag
- Alarm clock • Bell • Book • Balloons
- Pyramid • Easel • Butterfly • Palette • Apple
- Clouds • Brush
- School • Ruler • Rugbyball • Pencil • Sun
- Magnifier • Student • Flask • Flag • Ball
- Paperclip • Car • Rocket • Mug



Help the children find their houses. Solve examples and draw the path.

BACK TO SCHOOL

— crossword puzzle —



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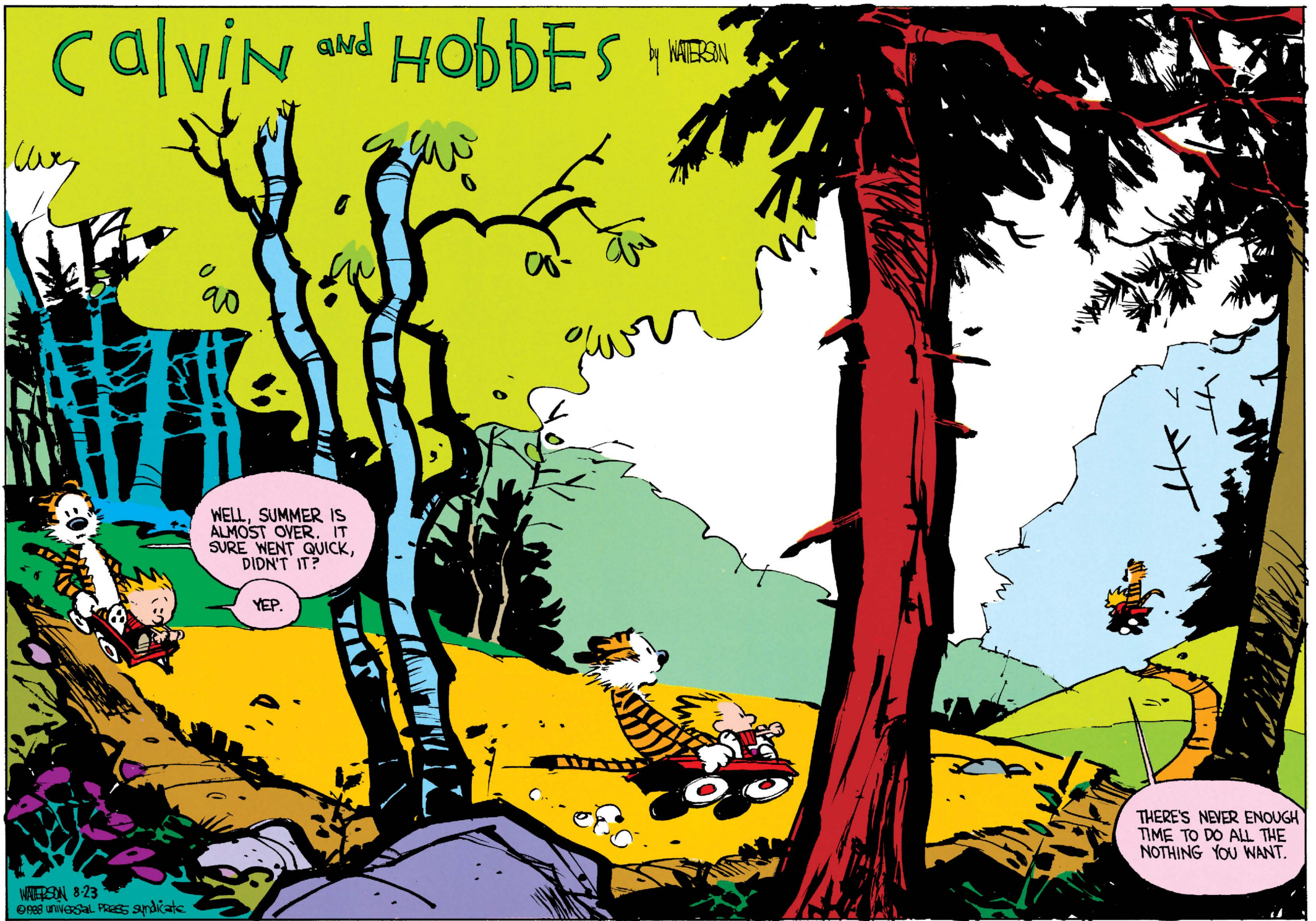
LEGO, Playmobil, Corolle Dolls, Brio Trains, Bruder Trucks, Calico Critters, Puzzles, Games, Science & Nature, Infant & Toddler Toys, and so much more!!!





EDUCATION

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



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COLUMN | WILDLY SUCCESSFUL: THE ATLANTIC COD

This Fish Changed Exploration, Survival & Even Colonization

BY JIM KNOX

Most historians agree that the first Thanksgiving was a feast celebrating a successful harvest by the Plymouth colonists in mid-October of 1621. For this feast, the colonists invited the native Wampanoag tribe members of the area, and it was the Wampanoag tribe members who informed that first Thanksgiving menu. In addition to the fruit, vegetables and breads, protein figured prominently, and the fare would surprise you. Beyond venison, waterfowl, and Heath Hens – tragically an extinct species – the menu also featured protein from the sea. While mussels, clams and lobster were introduced to the colonial palate, another North Atlantic denizen made its culinary debut on this side of “the pond” – Atlantic Cod.

The Atlantic Cod, *Gadus morhua*, is a species that figures so prominently across cultures and centuries that it has been attributed to shaping exploration, survival, nutrition, and even colonization of the New World! Ranging from Western Greenland to the shores of North America, from the Arctic Ocean to North Carolina, the Atlantic Cod has a vast range. A staple of European medieval diets, Cod was eaten by the Vikings on their explorations of North America recorded in the Icelandic sagas. It was also a key commodity driving exploration of the Western Atlantic by the European crowns.

Sporting a deep body, a large blunt head, olive green to reddish brown back and sides with speckling, a silvery belly and a sensory barbel projecting off the chin, Atlantic Cod are instantly recognizable. Reaching record lengths



The Atlantic Cod

As early as 1602, the Cape of St. James was renamed Cape Cod for the untold billions of Cod that swam off its shores.

of more than six and a half feet, and weights of more than 211 pounds (the world record caught off Massachusetts in 1895), these cold-water fish are top predators with a tendency to hug the bottom (down to 1,500 feet or more). Due to overfishing's impact on populations however, Cod over 50 pounds in weight are considered exceptional today.

Historically, the European Cod fishing season occurred only during the summer months, and with the Portuguese, Spanish, and English fishing fleets depleting them to collapse by the late 1500's,

the European demand for this dietary staple far exceeded the known supply. Enter the New World and its seemingly limitless natural resources. With Atlantic Cod stocks confirmed during the first voyages of discovery to North America, enterprising and hungry colonists alike soon took advantage of this exceedingly abundant—and tasty—resource.

As early as 1602, the Cape of St. James was renamed Cape Cod for the untold billions of Cod that swam off its shores. The Cod has been so integral to the history and prosperity of the Commonwealth

of Massachusetts, that a wooden carving, known as the Sacred Cod of Massachusetts, has hung in the chambers of the Massachusetts House of Representatives continuously since 1784.

Though the fish was eaten fresh, its versatility as a salted food proved tremendously valuable to the fishmongers and exporters of the day as “Salt Cod” and could be kept safe and palatable for years. In the days before refrigeration, this was no small point. “Salted Cod” was not only valuable and nutritious, but it also became a food source and

key trade item on both sides of the Atlantic. Young and old, rich, and poor, fishers, farmers, soldiers, and sailors all ate the mild white fish with the delicate flavor and clamored for more. This trade linked New World and Old World economies and consumption and trade spread from Northern Europe to the Mediterranean, West Africa, the Carribean, and Brazil!

What were the attributes that made Cod such a valuable commodity for the table? Cod's versatility is legendary. Salted, baked, broiled, breaded, fried, or poached, the fish loans itself to any style of preparation

at hand. With a delicate flavor and big white flakes, the flesh is ideal by itself, or with other dishes, and complements any seasoning.

While the Cod has undeniably served humanity, what can we humans learn from this creature? For one, abundance is often linked to overharvest. In the case of the Cod, its resilience has been tested by overfishing which has led to a recent population crash. Although the species does bounce back from such pressure, it takes decades to do so. By learning to better sustain resources, we can serve the wild world around us, and ourselves very well. Another notable quality of our aquatic neighbor is its versatility—the kind of versatility that enable it to populate a huge expanse of the Atlantic Ocean and thrive from shallow habitat to more than ¼ mile in depth. Perhaps most significantly, the Atlantic Cod teaches us that if a single wild neighbor can inspire us to explore, colonize, trade, and innovate, imagine what other lessons we can learn from the humblest of creatures.

As a species, we have proven ourselves to learn from experience, model resilience and explore. Over the millennia, we have proven something even more significant; we are at our best when we study the wild world around us and take in the one thing we can never overharvest from nature—knowledge.

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