

LOCAL NEWS BRIEFING

POLICE AND FIRE

FIRE SAFETY TIPS FOR WINTER

The New Canaan Fire Department warns that heating systems increase fire risks, advising a three-foot clearance around heat sources and proper use of certified portable heaters. Older adults are at higher risk, requiring regular heater inspections and emergency plans tailored to their needs. Safety measures include turning off space heaters when unattended and ensuring mobility aids are accessible in emergencies. More information is available at https://www.newcanaan.info/public_safety/education_center/index.php.

PREVENTATIVE MEASURES DURING WINTER

To prevent frozen pipes, residents are advised to keep garage doors closed, open kitchen and bathroom cabinets, let cold water drip from faucets, maintain a consistent thermostat setting day and night, set thermostats no lower than 55°F when away. In addition, adding insulation to pipes, attics, basements, and crawl spaces can help to reduce the risk of pipe damage during extreme cold weather.

TOWN HALL

NEWLY APPOINTED MEDICAL DIRECTOR

Dr. Jaime Ruzzkowski was appointed as New Canaan's Medical Director, effective January 1, 2025. She replaces Dr. David Reed, who retired after over 20 years of service. Dr. Ruzzkowski is a local internist with experience collaborating with the Health Department.

ENERGY OPTION FOR HOMES

The Utilities Commission is providing an opportunity for New Canaan residents to learn about residential electric cogeneration. Axion Energy Group will present its micro combined heat and power (mCHP) product at the New Canaan Library on January 16th, from 6:30 to 8:00 PM. The product can lower energy costs, reduce emissions, and provide backup power, but it is designed for larger homes with a pool.

LOCAL BUSINESSES AND NONPROFITS TREE RECYCLING



Tree recycling is available at the Steve Benko parking lot every day from 9am to 3pm. The last day for drop-offs is January 12th. All decorations must be removed before recycling. Photo credit: Planet New Canaan.

CONTINUED ON PAGE 4

COLUMN



Group of NCCF Grant Recipients from last year.

New Canaan Community Foundation: The Power of Giving

By LAUREN PATTERSON

How much does New Canaan mean to you? Are you just settling in after a move from the city or has it been home for generations? Do you count your friends here as family? Is it where you hope to see your children grow and thrive? Are you thankful to be in a place where community comes first? We are. We are the New Canaan Community Foundation; we support local nonprofits, foster engagement in our community, and encourage philanthropy. In 2024, we saw progress and uplifting examples of these goals across our community.

Partnerships are key to our success, and examples range from service delivery to collaborative donor giving. This year, The Newcomers Club of New Canaan was a great example of the latter, as they established a charitable fund at NCCF, contributing dollars raised from their Biennial Holiday House Tour, and partnered to jointly award grants with NCCF to the more than 100 local organizations seeking funding through our annual grants process. This was a great example of how donors and others count on the Foundation's leadership and expertise on how and where to invest. As a result of the Newcomers' partnership, 21 grants were awarded

Whether you've just arrived or your roots run deep, New Canaan thrives on community and connection. At NCCF, we see this every day—through impactful grants, lasting partnerships, and a shared spirit of giving that uplifts us all.

that were boosted by their co-investment, including leading local organizations like New Canaan Mounted Troop, New Canaan Cares, Waveny LifeCare and New Canaan Nature Center.

The Foundation is committed not just to helping periodically, but also to projects that require multiple year follow-through to ensure success. For example, we've prioritized several multi-year grant investments to support enduring cultural and educational projects in New Canaan. These investments include the New Canaan Library, Town Players of New Canaan, and New Canaan Museum & Historical Society, organizations that likely reach all corners of our community.

The Foundation also works deeply on critical issues as they arise. Behavioral health has been our longest running focus, dating back about seven years now. Following early groundwork by a special committee, moving additional grant resources into mental health services and a variety of programs both in New Canaan and in neighboring communities, our community was better positioned to respond to increasing demand during and through the pandemic. Efforts also include championing the launch of the Urgent Assessment Program at Silver Hill Hospital, which provides mental health assessments and referrals to New Canaan residents, and remains free of charge in part due to Foundation funding. Our mission continued alongside Silver Hill Hospital and the Town of New Canaan to organize the New Canaan Behavioral Health Alliance (NCBHA). In October of last year, the NCBHA administered the town's first "Community Health & Well-being Survey" to gather data that can better inform our community's collective work on this issue, tell us over time if we are moving the needle, and can potentially unlock state and federal funding for New Canaan. We are eager to release survey results through the NCBHA early this year and continue a community conversation on this important work.

Every day, we call on you to support your friends, family, and community. While NCCF's 2024 Annual Appeal ended - there are still so many ways to take part. Whether it's that first step in learning more about NCCF, signing up for a volunteer opportunity or making a donation in any amount. If you've already been giving through NCCF, thank you. Now, take that next step in learning more about a Donor Advised Fund (a tax-smart and efficient way to partner in your philanthropy) or check with your company to see if they participate in corporate matching. We invite you to take the time this year to be a part of NCCF. Philanthropy isn't just about giving - it's about being a part of a community and accomplishing something greater than any of us could achieve on our own.

To learn more, I invite you to check out our annual report at newcanaan.org.

Affordability and Opportunity Are "North Stars" for Lamont

By EMMA BARHYDT

The Connecticut legislative session opened on January 8, marking the beginning of an intensive six-month period during which lawmakers will address critical issues, including the state budget, housing, energy costs, and education. Governor Ned Lamont and State Senator Ryan Fazio provided detailed insights into the challenges and priorities for this long session, which runs until June 4.

"Today is the opening day of our 2025 legislative session," Governor Lamont said in his opening remarks to legislators. "Over the next month or two, we should have more insights into how the changing relationship with the new administration will affect our budget and our people, but for today, let's focus on what we can do to build on the progress we've made over the last six years."

The session, held during an odd-numbered year, is considered a "long session," during which a biennial state budget will be crafted. "This year's session is very important because it's the one in which we create a biennial, two-year budget amounting to 55 or so billion dollars of taxes and spending," said Senator Fazio in an interview with the New Canaan Sentinel. "This is the most important six months in the two years of the state legislative term."

KEY ISSUES ON THE AGENDA

Both leaders emphasized the importance of affordability and fiscal responsibility. "Affordability and opportunity are our north stars," Governor Lamont said. "We have significantly increased the minimum wage, implemented the biggest middle-class tax cut in our history, and kept our budget in balance for the sixth straight year."

Senator Fazio highlighted the importance of maintaining the state's fiscal guardrails, which limit spending and borrowing. "These controls have prevented our state from raising taxes significantly over the past seven years," he said. "However, they are now up for debate because some senior progressive leaders in the legislature want to break these limitations, whereas the governor, moderate Democrats, and Republicans understand that today's limits on excess spending are tomorrow's tax cuts for the middle class."

Energy policy emerged as a top priority for both leaders. "The governor mentioned energy policy as the first issue in his State of the State address," Fazio noted. "Residents across our district and state recognize that their energy bills are just far too high. I and others have been campaigning across the state for reforms that will cut electric bills for everybody."

Governor Lamont emphasized the need for innovative solutions. "These high prices impact everyone—working families, seniors on a fixed income, small businesses, and large manufacturers," he said. "We need to increase supply, especially low-carbon supply, starting with investments in wind, solar, and nuclear power."

HOUSING AND ZONING DEBATES

Housing and zoning laws also promise to dominate discussions. "The senior leadership of the House and Senate want to take away more local zoning rights to build a lot more housing in the state," Fazio explained. "By contrast, I and some of my colleagues are introducing legislation that will roll back 830G and give localities more discretion over housing in a way that will help us actually create more workforce housing with local buy-in."

SENATOR FAZIO'S COMMITTEE ASSIGNMENTS

Senator Fazio outlined his significant committee roles for this session. "I am the ranking member on two committees: Energy and Technology, and Finance, Revenue, and Bonding," he said. "Energy and Technology focuses on creating more energy affordability, while Finance, Revenue, and Bonding is responsible for all policies related to taxes and revenue. These are two of the most powerful committees in the legislature."

In addition, Fazio serves on the Planning and Development, Transportation, and Education committees. "Planning and Development handles zoning regulations, while Transportation is crucial for our district because of our dependence on I-95 and Metro North," he said. "On Education, I'll focus on providing great opportunities for all Connecticut residents."

LEGISLATIVE GOALS

Governor Lamont underscored his administration's achievements and future objectives. "We have significantly increased the earned income tax credit, making it easier for working families to pay little to no income tax," he said. "We're also focused on expanding affordable childcare, healthcare, and education opportunities."

The governor also addressed healthcare costs. "Healthcare affordability remains a significant challenge," he said. "We're working to help small businesses negotiate better pricing for their workers and to tie pharmaceutical price increases to the rate of inflation."

In education, Lamont pointed to measures aimed at reducing absenteeism and supporting teachers. "We're encouraging primary and preventative care, adding more counselors in schools, and expanding apprenticeships to make it easier and more affordable to become a teacher," he said.

CLOSING REMARKS

Both leaders expressed gratitude for the opportunity to serve. "I feel extraordinarily lucky and honored to represent our home community in the State Senate," Fazio said. "I'm more eager than ever to get back to work."

Governor Lamont concluded his remarks by emphasizing Connecticut's commitment to innovation and opportunity. "We're here to help you get started," he said. "Let's make it here."

COLUMN

The Rejection Coin

By JILL S. WOOLWORTH, LMFT

We are hard-wired to dislike rejection. We experience rejection in one of two ways: abandonment or criticism, two sides of the same coin. This rejection coin is what virtually every argument is about. We typically partner with someone triggered by the opposite side of the coin. Which side of the rejection coin triggers you more? Ask your spouse (or teen) the same question.

We sometimes experience abandonment as being "not heard, unimportant, not seen, not cared about, or invisible" and criticism as being "judged, belittled, and never good enough." People look at each other differently when they understand that no one likes the rejection coin. This is not pathology. It is our basic human desire to avoid abandonment and criticism.

Nicole chased Caleb into his home office when he avoided their difficult conversations. Nicole thought that Caleb was uncaring and insensitive. Caleb perceived Nicole as aggressive and demanding. When they realized that Caleb



Illustrated by Wajih Chaudhry

hated criticism and Nicole feared abandonment, Nicole learned to say things more gently and Caleb learned to stay present in the room. Seeing each other's sensitivities as opposite sides of the same coin enabled them to understand each other better in moments of stress.

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

Savet Constantine Sworn In

Democratic State Representative Savet Constantine (D - Wilton, New Canaan, Ridgefield) was sworn in on Wednesday in the House Chamber at the State Capitol for her first term representing the 42nd District, which covers Wilton and parts of New Canaan and Ridgefield.

"I am honored to serve and help the people of Wilton, New Canaan, and Ridgefield who entrusted me to act as their voice in Hartford," Rep. Savet Constantine said. "I will work diligently with my colleagues to increase education funding, foster economic growth, and pursue cutting taxes."

Drawing on her extensive leadership as a volunteer at Wilton Public Schools, Constantine championed crucial budget initiatives, promoted artistic and literary achievement, and strengthened communication between parents and school administration.

Rep. Savet Constantine serves as Vice Chair of the Finance, Revenue, and Bonding Committee and as a member of the Energy & Technology and Education Committees for the 2025 legislative session. She and her husband, Craig, have called Wilton home since 2004 with their two children.



Now May Be the Best Time to Sell!
Are you Ready? The Engel Team is!



Best Bites: New Canaan



By PAUL REITANO

Dede Bartlett wrote this article for me. Well, maybe not the entire article - but she made the week much easier. I'm not embarrassed about it. After all - if someone was going to write YOUR article, wouldn't you want it to be Dede Bartlett? As Vice President of Phillip Morris, President of Mobil Foundation, and Corporate Secretary of both companies - Dede rose to great heights through long hours, hard work, and apparently - some very good writing. As President of the Mobil Foundation - Dede brought attention, and millions of dollars - to the issue of Domestic Violence; something she continues to do to this day with New Canaan's Abuse Prevention Partnership. From the New Canaan Museum and Historical Society - to the New Canaan Community Foundation - to the New Canaan Library - to Waveny Lifecare Network - Dede and her husband Jim's philanthropy and love for our town is unprecedented. Dede's work brought her all over the world, from Europe to the Middle East, to Southeast Asia and Central America, and she's eaten some of the finest, freshest and most exotic meals one could imagine. It came as a bit of a surprise to me then, a shock even, when she divulged one of her favorite foods in New Canaan to be...a plain cheese quesadilla.

Q: Dede, given the quesadilla situation, let's dial in. What are your earliest memories of cheese?

A: The cafeteria in my first grade school served the most appalling macaroni and cheese. The smell was nauseous.

Q: Did that ruin you for a while on cheese?

A: It did - but then I studied in Paris and as Julia Child and Alice Waters have written so eloquently - it was a whole different world.

Q: Where did life take you after college?

A: I worked for a trade association -

then landed with the second largest PR firm in the country, Ruder Finn. I got recruited by Mobil Oil and was with them for fifteen years before I went on to Phillip Morris.

Q: You must've expensed some outrageously good lunches.

A: Not really. For many years, most very large companies had executive dining rooms, and the food was excellent. The executive dining room at Mobil Oil was reserved for senior managers who were encouraged to dine there and mingle with their colleagues. A lot of business was done in that dining room. Philip Morris went several steps further. There was even a hairdresser/barber on the premises as well as a bank. The goal was for people to work long hours and not leave for mundane errands. If you needed, they would even serve you at your desk - lay out the tablecloth and silverware. The seafood bisque was quite good.

Q: This sounds optimal.

A: In some ways - but I commuted into the city for 26 years. I hated the tyranny of that train schedule, especially with Jim and I raising two little kids.

Q: There must not have been many women commuting in those days.

A: There were about four of us, and what seemed like 700 guys. It was a little strange, but I made it work. While the guys played bridge or slept or worked, I used the commute to sew name tags into my kids' clothes for their sleep away camps and help with their homework.

Q: The best meal you ever ate?

A: I wouldn't be able to tell you. But I would say my first transformative meal was back in Paris, at a little cafe near the opera house having the perfect omelette. In fact, I make a pretty darn good omelette to this day.

Q: Can I have the recipe?

A: Just add water to two beaten eggs. No milk. Whatever filling you like. I prefer grated sharp cheddar and fresh ground pepper.

Q: Water? How much?

A: Not much, about a thumb.

Q: Are you sure you don't recall a

I was managing a project in Indonesia and tasted Nasi Goreng; the fried rice of Java. I brought back the recipe and it became one of my children's favorite meals.



great meal or three?

A: I was in Egypt in 1971 visiting a renowned jeweler in the Grand Bazaar. It was lunchtime, and his assistant covered the jewelry counters with black velvet cloth and brought in a variety of appetizers, which I had never tasted; warm pita bread, hummus, and baba ghanoush. It was delicious and I was entranced! Don't forget, I'd come from 1971 America, the land of Velveeta Cheese and Wonder Bread.

Q: This sounds like a scene out of Indiana Jones. But with more pita.

A: Another dish that comes to mind...I was managing a project in Indonesia and tasted Nasi Goreng; the fried rice of Java. I brought back the recipe and it became one of my

children's favorite meals. I also fell in love with the shrimp crackers the Indonesians call Krupuks. My kids used to love to see me pop them into hot oil and watch the crackers expand. We still have it as a special treat for Christmas.

Q: For some reason, I feel like you probably don't go to Trader Joe's.

A: You are incorrect.

Q: I can run into Dede at TJ's?

A: Of course. They carry a fabulous crumbled blue cheese. And I'll let you in on a little secret; their Half-Baked Ficelle Baguettes are sublime.

Q: Dede, you've taken me all over the world - from Paris to Djakarta to the frozen aisle at Trader Joe's. Let's say you've spent all day making

omelettes for your family - but you neglected to make one for yourself. Where do you go, what do you eat?

A: My most satisfying meal at the moment is at Chef Luis. Jim and I have the plain cheese quesadilla and the lollipop lamb chops.

Q: If I had to guess - I wouldn't have taken you for a plain cheese quesadilla.

A: I love to dip it into the delicious cilantro sauce that comes with the lollipop lamb chops! I don't know if the flour tortillas are handmade; they taste as though they could be. I've had wonderful fresh flour tortillas in Honduras and Guatemala and a warm tortilla is extraordinary. Bravo Chef Luis.



humanity in
architecture
film festival

january
24-25

© Dean Kaufman

A weekend of films celebrating architecture's impact on people and communities.

Strange and Familiar:
Architecture on Fogo Island
Tokyo Ride
Biocentrics
Beyond Zero
Charlotte Perriand,
Pioneer in the Art of Living

Five Seasons:
The Gardens of Piet Oudolf
Frank Gehry: Building Justice
Moriyama-San
Perception
Sitting Still with Laurie Olin
Unfinished Spaces

presented by:
grace farms adff

Grace Farms | 365 Lukes Wood Road New Canaan, CT



The Inn: A Soft Landing, and A New Beginning

- Dynamic, intimate, active retirement community
- Extensive social, cultural, lifelong learning and wellness activities
- Spacious, well-appointed apartments
- Restaurant-style dining
- Priority access to Waveny's award-winning healthcare services continuum

Join us for lunch and a tour!
Call 203-594-5450 today to RSVP

Waveny
LIFECARE NETWORK



THE INN 73 OENOKE RIDGE, NEW CANAAN, CONNECTICUT | 203.594.5450 | WWW.WAVENY.ORG/THE-INN

COLUMN What Are You Doing with a Third of Your Life?



By RUSSELL R. BARKSDALE, JR.

While this might be a provocative question—or just an excuse for an existential crisis, depending on your age—most Americans spend about one-third of their lives sleeping.

Sleep is a cornerstone of overall well-being, yet many struggle to achieve the recommended amount of rest. For a growing number of individuals, maintaining a consistent sleep schedule has become a significant challenge. The reliance on over-the-counter or prescription sleep aids has risen sharply, underscoring the impact of internal and external stressors on sleep health. Left unaddressed, insufficient sleep can contribute to a host of medical conditions, compromising both physical and mental health.

One external factor that

disrupts sleep patterns for millions is Daylight Saving Time (DST). The origins of DST are debated, with some historians attributing it to efforts by 19th-century scientists and businessmen to standardize railroad schedules, while others credit entomologist George Hudson, who proposed the concept in 1895 to allow more daylight for insect collection. DST was formally adopted during World War I as a fuel and energy conservation measure. While its founders aimed to optimize resources, they could not have anticipated its modern-day consequences on human health.

Modern research has highlighted the adverse effects of clock changes on the body's circadian rhythm—a natural internal clock that regulates sleep-wake cycles in response to light and dark. When we “spring forward” and lose an hour of sleep, the disruption may lead to several days of sleep deprivation, manifesting as daytime fatigue, irritability, reduced productivity, impaired focus, and even increased risks of accidents and health complications. The alteration in

Sleep is a cornerstone of overall well-being, yet many struggle to achieve the recommended amount of rest.

light exposure can also suppress the production of melatonin, a hormone vital for initiating and maintaining sleep.

Proponents of DST often argue that increased daylight hours during spring and summer enhance mental well-being and reduce traffic accidents by improving visibility during peak travel times. However, the energy-saving benefits historically associated with DST are less significant today. Modern lifestyles and technologies—such as air conditioning, televisions, and computers—may offset any potential energy savings by increasing overall consumption during extended daylight hours.

Sleep is far from a passive state. While the body rests, the brain remains active, cycling through distinct stages of non-rapid eye movement (NREM) and rapid eye movement (REM) sleep. A full sleep cycle lasts approximately 90 to 120 minutes

and includes:

NREM Stage 1: The transition from wakefulness to sleep.

NREM Stage 2: Light sleep, characterized by slowing brain activity and heart rate.

NREM Stage 3: Deep sleep, essential for physical recovery and immune function.

REM Sleep: The dreaming stage, critical for memory consolidation and emotional processing.

Disruptions to these cycles, whether due to DST, environmental factors, or underlying health conditions, can impair cognitive function, emotional regulation, and overall well-being.

Sleep disorders encompass a range of conditions that interfere with sleep quality, onset, or duration, significantly affecting daytime functioning. Common indicators include difficulty falling or staying asleep, excessive daytime fatigue,

circadian rhythm disturbances, or unusual behaviors during sleep. Insomnia, affecting up to two-thirds of adults periodically, and obstructive sleep apnea, which impacts an estimated 30 million Americans, are among the most prevalent conditions. Alarmingly, many cases go undiagnosed, underscoring the importance of professional evaluation.

Somnologists—physicians specializing in sleep medicine—play a crucial role in diagnosing and treating these disorders. With advances in medical research, over 100 specific sleep disorders have been identified, along with evidence-based treatments ranging from cognitive-behavioral therapy for insomnia (CBT-I) to continuous positive airway pressure (CPAP) therapy for sleep apnea.

While time changes like DST are beyond individual control, there are steps you can take to mitigate their effects and

improve overall sleep health:

- Establish a consistent sleep schedule: Aim to go to bed and wake up at the same time each day, even on weekends.

- Create a sleep-friendly environment: Minimize light, noise, and distractions in your bedroom.

- Practice good sleep hygiene: Avoid stimulants like caffeine or electronics before bedtime.

- Seek professional help if needed: Persistent sleep issues may require evaluation by a healthcare provider or sleep specialist.

As our understanding of sleep continues to grow, so does our ability to address its challenges. By prioritizing sleep health and recognizing its critical role in overall wellness, we can better navigate the demands of modern life.

Thankfully, there are proven treatments for sleep disorders that go beyond turning back the clock.

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

Make safety your priority on the roads this holiday season.



If you or someone you know is struggling with drugs or alcohol, support is available.

- Contact Al-Anon or Alateen at 1-888-825-2666.
- For help with drug abuse, reach out to Substance Abuse and Mental Health Services Administration National Helpline at 1-800-662-4357.
- For additional resources and support, contact New Canaan Human Services at 203-594-3076.

The New Canaan Health and Human Services Commission wishes you a warm, safe, and joyful holiday season.

ESTABLISHED 1986

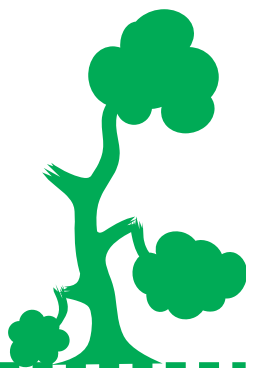


HH & P
Hickory Homes
& Properties Inc

Your full-service
Tree Service
in Fairfield, Westchester & Putnam Counties

**24-Hour Storm
Damage Services**

Tree Removal • Pruning & Trimming
Tree Cabling & Bracing
Lot Clearance • Stump Grinding
Leaf Removal



MENTION
THIS AD
FOR

**5%
OFF**

YOUR
FIRST
JOB!

Valid on any job contracted with Hickory Homes & Properties, Inc. EXPIRES 3-21-25.

Call Today for Your Free Estimate

914-666-6300

YOUR NEWS BRIEFING CONTINUED From Page 1

SCHOOLS

NCHS ALUMNI ROUND TABLE



New Canaan High School hosted its annual Alumni Round Table on December 19, where alumni shared insights with seniors about life after high school. Topics included college applications, time management, and social transitions. The event aimed to provide practical advice from former students. Photo credit: New Canaan Public Schools.

TICKOO SPOKE AT TEDx



Zane Tickoo, a junior at New Canaan High School, spoke at TEDx Hartford about the farm-to-table process. He highlighted the importance of supporting local farmers and community gardens to promote sustainability. His talk addressed how agricultural choices affect the environment and quality of life. Photo credit: New Canaan Public Schools.

ST. LUKE'S CELL-EBRATION EVENT



At the 12th Annual CELL-ebration at St. Luke's School, Upper School science students created models of organelles to

demonstrate their roles in protein synthesis. Photo credit: St. Luke's School.

SPORTS

NCHS FOOTBALL NAMED TEAM OF THE YEAR

New Canaan High School Football, the Class L state champion, was named the 2024 Joseph W. Kelly Team of the Year by the Walter Camp Football Foundation. The team will be honored at the Walter Camp Breakfast of Champions on January 18th. In addition, four New Canaan players were selected for the All-Connecticut First Team: Andrew Esposito, Michael Smith, Simon Tchakarov, and Tucker Stevens.

ACROSS CT

BIRD FLU DRIVES EGG PRICES UP

The CDC reports a rise in bird flu cases, leading to culling of infected flocks and reduced egg production. Egg prices have nearly doubled compared to last year, with 129 million birds affected nationwide. Prices are expected to remain high until the outbreak is contained and production stabilizes.

FLAGS LOWERED FOR PRESIDENT CARTER

Flags in Connecticut have been lowered to half-staff to honor former President Jimmy Carter, who died on December 29 at age 100. Following federal law, flags will remain at half-staff for 30 days. Half-staff observances honor prominent figures and are also observed on national memorial days.

RECALLED COSTCO COLD & FLU MEDS

Costco has recalled Kirkland Signature Severe Cold & Flu Plus Congestion medication sold in October and November. Affected products have the lot code P140082 and item number 1729556. Customers should stop using the product and return it to any Costco location for a refund. For questions, contact 1-800-426-9391 or complaints-inquiries@lnkintl.com.

OUR NEIGHBORS

BEARDSLEY ZOO RECEIVES NAA FUNDING



The Connecticut Beardsley Zoo has been selected as a recipient of the 2024 Connecticut Neighborhood Assistance Act (NAA) Tax credit Program. With support from United Illuminating, the funding will be used for energy efficiency upgrades to reduce energy costs and carbon emissions. These improvements align with the Zoo's sustainability efforts. Photo credit: CT Beardsley Zoo.

BOARD OF SELECTMEN BRIEFS JANUARY 7TH

FIRST PRESBYTERIAN NURSERY SCHOOL

The First Presbyterian Nursery School received approval to host a live and silent auction at Waveny House on March 21st, 2025. Proceeds from the event will benefit the teachers' retirement fund.

REGISTRAR OF VOTERS' COMPENSATION

The Board approved an annual compensation of \$41,200 for newly elected Registrars of Voters, Elizabeth Orteig and Joan McLaughlin.

WAVENY HOUSE ASBESTOS ABATEMENT PROJECT

The Board approved a contract with HazPros for \$27,300 to remove asbestos piping in the basement of Waveny House. This includes \$22,750 for the project and a \$4,550 contingency to address unforeseen issues. The project aims to ensure the safety and maintenance of the historic building.

FIRE DEPARTMENT VEHICLE PURCHASE

The Board authorized the purchase of a 2024 Chevy Traverse for the Fire Department. The vehicle will be acquired from Mount Kisco Chevrolet for an amount not exceeding \$47,000.

DELOITTE GLOBAL TAX SERVICES

The Board approved a \$35,000 contract with Deloitte Global to prepare supporting documentation and submit for credits and incentives on behalf of the Town of New Canaan related to electric vehicles as well as combined heat and power initiatives.

INFORMATION TECHNOLOGY SUPPORT

The Board approved a \$54,621.15 contract with LEAF for annual Cisco Smartnet support of the town's WAN Voice Systems. This contract ensures the maintenance and reliability of the town's communication infrastructure.

ACTING DIRECTOR OF HEALTH SERVICES AGREEMENT

The Board approved an agreement with the Town of Darien to share acting health directors during temporary absences. This arrangement ensures continuous health services in either town when the designated director is unavailable due to illness, injury, or leave.

POLICE DEPARTMENT STORAGE SYSTEMS

The Board approved a \$136,257.76 contract with Aurora Storage Products for storage systems in the new Police Department building. This total includes \$131,257.76 for the systems and a \$5,000 contingency for unexpected expenses.

PURCHASE ORDER INCREASES

The Board approved increases to existing purchase orders to address additional costs. Adjustments included \$7,500 each for CT Temperature Controls, Lincoln Door Systems, MACK Fire Protection, and SNE Building Systems, and \$8,000 for Polsinello Lubricants.

PARK STREET SIDEWALK REPAIRS (2024)

The Board approved a \$15,507 contract with Peter Lanni, Inc. to replace damaged bluestone sidewalk panels on Park Street. This total includes \$13,507 for the work and a \$2,000 contingency to handle unforeseen issues.

SOUTH AVENUE PEDESTRIAN RAMPS SURVEY AND DESIGN (2025)

The Board approved a contract with Chris DeAngelis PE LLC in the amount of \$20,000, and a contract with Shevlin Land Surveying LLC, in the amount of \$18,000. These contracts will include survey and design work on pedestrian ramps along South Avenue from Cherry Street to Surrey Road.

TRANSFER STATION LOADER PURCHASE

The Board approved a \$271,584.98 contract with WI Clark for the purchase of a John Deere 624P loader to support Transfer Station operations. The total cost includes a trade-in value, reducing the overall expense.

TREE MAINTENANCE SERVICES

The Board approved a \$20,604 contract with Almstead Tree and Shrub Company for tree removal, pruning, and stump grinding in various town locations. This work is part of ongoing efforts to ensure public safety and maintain the town's green spaces.

STAFF PROMOTIONS

The Board approved the promotion of Sebastian Caldarella to Director of Assessments and Taxation and Charles Louis Boice to Highway Superintendent.

REMOVAL OF PROBATIONARY STATUS

The Board approved the removal of probationary status for Alison Keena, confirming her position as Tax Assessment Technician in the Tax Assessor's Office. This approval follows her successful completion of the probationary period.

BOARD APPOINTMENTS

The Board confirmed the appointment of Alexander Saffi to the Ethics Board for a three-year term ending December 1, 2027. Additionally, Nick Mitrakis was appointed to the Board of Finance as a Regular Member for a four-year term ending November 15, 2026.

**Bigger. Bolder.
More Refined.**

Starting at just \$23,490 for the 1RS model.

"A generously sized interior, impressive feature content, and good looks." - Car and Driver

The Chevy Trax is one of the BEST new-car values on the market today. In stock, available for test drive and immediate delivery.

Together let's drive.

KARL CHEVROLET

www.karldirect.com
261 Elm Street
New Canaan, CT 06840
203.966.9508

Honesty. Integrity. Service. Trust. Since 1927

**WHEN HOLIDAY GUESTS LEAVE...
HC BY FABRICARE WILL CLEAN YOUR LINENS.**

HC by FABRICARE

UPHOLSTERY • LINEN & BEDDING
WINDOW TREATMENTS • FLOORING &
CARPETS • PATIO CUSHIONS

203-957-3838 | HomeCarebyFabricare.net

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

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

Our team is here to provide comprehensive care and support for all your eye health needs.

ADVANCED OPHTHALMOLOGY of Connecticut

Robert J. Fucigna, M.D.
1445 East Putnam Ave., Old Greenwich
(203) 348-7575 | OPHTHALMOLOGY-CT.COM

COLUMN

The Heart of the Matter: How Sleep Impacts Cardiac Health



By TERESA ALASIO MD

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

SLEEP: CRUCIAL ACROSS THE LIFESPAN

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

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

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

THE SLEEP-HEART CONNECTION

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

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

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

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

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

CONSEQUENCES OF POOR SLEEP ON HEART HEALTH

Chronic sleep deprivation negatively impacts heart health through several mechanisms:

1. Hypertension: Persistent lack of sleep triggers stress responses that constrict blood vessels, resulting in elevated blood pressure. Over time, this increases the risk of arterial damage and cardiovascular diseases.

2. Inflammation: Sleep regulates the production of inflammatory markers. Insufficient sleep leads to elevated levels of these markers, promoting atherosclerosis and other heart conditions. Chronic inflammation weakens the walls of blood vessels, making them more prone to plaque buildup.

3. Impaired Glucose Metabolism: Poor sleep disrupts insulin sensitivity, raising the risk of Type 2 diabetes—a major contributor to heart disease. This disruption leads to higher levels of blood sugar and damages the inner lining of blood vessels.

4. Weight Gain and Obesity: Sleep deprivation interferes with appetite-regulating hormones such as leptin and ghrelin. This imbalance increases hunger

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

5. Cardiac Arrhythmias: Irregular heart rhythms, such as atrial fibrillation, are more common in individuals with sleep deficits. These arrhythmias increase the risk of strokes and other complications by contributing to the formation of blood clots.

6. Lipid Imbalances: Short sleep durations are linked to elevated LDL (“bad”) cholesterol and reduced HDL (“good”) cholesterol, factors that accelerate coronary artery disease. These imbalances strain the body’s ability to maintain healthy blood flow.

IMPROVING SLEEP TO PROTECT YOUR HEART

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

1. Maintain a Consistent Schedule: Stick to regular bedtimes and wake-up times, even on weekends, to reinforce your body’s internal clock. Consistency helps regulate circadian rhythms, which influence sleep quality.

2. Optimize Your Sleep Environment: Ensure your bedroom is dark, quiet, and cool to promote deeper sleep. Use blackout curtains and white

noise machines if necessary to eliminate disturbances.

3. Limit Stimulants: Avoid caffeine, alcohol, and heavy meals close to bedtime to minimize sleep disruptions. Instead, opt for calming teas or light snacks if you’re hungry before bed.

4. Adopt Relaxation Techniques: Practices like mindfulness, meditation, or progressive muscle relaxation can ease pre-sleep stress. Establishing a bedtime routine that includes reading, journaling, or gentle stretching can also signal your body to wind down.

5. Seek Medical Attention When Necessary: Chronic snoring, excessive daytime sleepiness, or symptoms of sleep apnea should be evaluated by a healthcare professional. Effective treatments such as CPAP machines can significantly reduce health risks.

Signs Your Sleep Habits May Be Hurting Your Heart

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

Prioritize your heart by

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

SLEEP AS A PILLAR OF CARDIOVASCULAR HEALTH

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

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

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

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

COLUMN

The Educational Value of Music



By CLAY KAUFMAN

I was fortunate to be raised in a very arts-supportive family, where music was part of daily life. Music helped us pass the time on long car rides, with singing and even with recorder “concerts” on long stretches of highway. Research about the brain now shows us the value of associating language with music, color, visuals and kinesthetics (movement) for memory. As someone who has worked with a wide variety of students, including students with dyslexia, I have seen the power of multisensory teaching and the value and importance of the arts in learning for all students.

Imagine being asked to

memorize a two-page poem. It’s a daunting task. But now imagine learning two pages of song lyrics, a task that feels so much easier. When you think of the number of songs you have memorized in your life, and the lyrics you have memorized to songs you didn’t even want to memorize but just can’t get out of your head, you can recognize the innate power of music in helping with memory. In schools I have led, teachers have used songs to make learning easier for all students—not just students with learning differences. The alphabet song, of course, is universally taught for good reason. And you probably recall songs your children’s teachers used to help them remember the days of the week: m children’s public school teachers used the theme song from the old “Addams Family” television show, replete with finger snaps. Research shows that music supports all kinds of learning. When teaching Algebra, I had my students sing

the Quadratic Formula to the tune of “Pop Goes the Weasel. One student was reluctant to sing it with the class each day we practiced it, standing up silently when the group sang it. The morning of the chapter test, his mother called me and told me, “Last night, we were in the kitchen, and Jacob was in the living room on the floor behind the couch—he was singing “Pop Goes the Weasel” and we don’t know why. Should we be worried?” I explained to her why everything was ok, and I was happy to hear that he understood the value of the song, even if he didn’t want to admit it to me or to his parents!

Some months later I was preparing to speak at a national conference on the topic of multisensory learning, and I wanted to record some students singing the quadratic formula. I found three 8th graders who were willing—but who had never heard of the quadratic formula. I wrote the formula on a piece of paper and taught

them the song. After they sang it through three times, I told them I would record them, and would hold up the formula so they could see it while they sang. They said, “We don’t need the formula, Mr. Kaufman. We’ve got it memorized.” After singing it only 3 times!

My own children remember almost every song they learned when they were little, and I am grateful that music is still a part of their lives. Even outside of academics, music is a powerful tool for all kinds of social emotional learning. Singing in a group, small or large, promotes a unique camaraderie and shared experience for students. Group singing gives students more confidence to perform in front of an audience, a skill that can be very important for later in life. Learning to do your best so that a group can be successful will also become a valuable skill. A wonderful K-8 school in New York City, Speyer Legacy School, holds an “American Idol”-type event each, in which each

section of each grade from 5th to 8th gathers all of its students to learn and perform a song. The 7th and 8th grade students usually take the lead within their grade in choosing the song and arranging how it will be performed. They rehearse for several months, and the process creates a powerful community bond within each grade. At the performance, the students learn the importance of supporting each others’ performances, as they each will have a turn presenting their song. The lessons learned from singing together and supporting each other offer a unique experience, and for many students, music becomes a lifelong avocation.

When I was in college, I sang with a group that traveled internationally after my junior year, performing in Austria, Switzerland, France and Italy over the course of 4 weeks. At one small town in southern France, we were eating dinner at a church where we were to perform that evening. As we ate,

we heard a group of children singing outside. They were standing in a circle playing a game that involved singing the same song in French each round of the game (it was a type of “elimination” game like musical chairs). A group of us ventured outside to listen, and the young children immediately invited us to join the circle, and eagerly taught us the song and the game. Even though they spoke no English, I’ll never forget that moment of community and bonding, and how great it felt to be invited into their circle. And I still remember the song, word for word!

Clay Kaufman, a longtime educator and school leader, is former Head of School at The Cedar School, a high school for students with language-based learning differences, such as dyslexia and is currently at Ethical Culture Fieldston School in Riverdale.

Bread of Life gifts more than 150 people with Christmas gift boxes

By LIZ LEAMY

Several weeks ago, the ever-dedicated Bread of Life/Giving Tree Global organization of Rye gifted dozens of individuals with Christmas boxes filled with food, blankets, toys and other gifts to further bolster the goodwill and spirit of this past holiday season.

This popular annual event was held during the Bread of Life’s busy bi-weekly Monday pantry held on Orchard Avenue in Rye regularly throughout the year and was made possible through the joint effort of the Bread of Life team and Rye Boy Scout Troop Two’s ‘Reverse Advent Calendar’ endeavor.

In preparation for this event, local area families sign up to create the holiday



Loretta Calandrucchio, one of the dedicated Bread of Life volunteers, helps distribute the Christmas gift boxes at the Bread of Life pantry last December. (Photo courtesy of the Bread of Life)

boxes, placing a different item or present in it each day in December leading up to Christmas, a tradition in which all of those experience the opportunity of giving back and helping others while

also expressing gratitude for those gifts in their lives.

Giving Tree Global|Bread of Life is a 501c3 that provides food, clothing, and other help. Donations may be made

directly on their website at www.givingtreeglobal.org or checks may be mailed directly to Giving Tree Global, 65 Orchard Ave, Rye, NY 10580.

LEGAL NOTICE

FINANCIAL AUDIT REPORT

In accordance with Section 7-394 of the Connecticut General Statutes, the Comprehensive Annual Financial Report and the Federal Single Audit and State Single Audit of the Town of New Canaan, Connecticut, for the Fiscal Year ending June 30, 2024, is on file in my office and is available for public inspection.

Dated at New Canaan, Connecticut, this 8th day of January, 2025.

CLAUDIA A. WEBER, CMC

TOWN CLERK

Obituaries



BARBARA WELLS

Barbara Dyckman Wells, 96, passed away on January 1, 2025, with family around her. She was the daughter of Heroy Dyckman and Barbara Boston Dyckman.

Born in Summit, NJ in 1928, Barbara was educated at Miss Beard's School and Vassar College.

In 1947, on a trip to Chatham, Barbara – known to many as Bobbie – met and fell in love with Douglas Bateman Wells. They were married on September 9, 1950. Doug's work at Nestle brought the young family around the world. After welcoming their first three children, Frances, Douglas Jr. and Christopher, Barbara and Doug sailed across the Atlantic for Doug to attend business school in Switzerland. After returning from Switzerland their youngest, Matthew was born. The family lived in New Canaan, Connecticut for about 12 years before moving to New Zealand, South Africa, and then Chicago.

When Doug retired from Nestle in 1980, Barbara and Doug moved to Chatham full-time. Chatham has been Barbara's home for the last 45 years. In Chatham, she worked with the Rocking Unicorn Nursery School and at Yellow Umbrella Books, surrounding herself with two of her life's loves – children and books.

Barbara had a magical ability to gather people around her. Many were family or second family. All were friends. And all were showered with her love and kindness.

Barbara had a beautiful voice and loved to sing her whole life. During her days at Vassar College, she was a member of the Glee Club. In Chatham, Barbara was a member of the Chatham Chorale for over 40 years, where she sang in over 100 concerts. Barbara sang with Holy Redeemer Church's Choir from its very founding in 1988 until she finally stepped down in 2022. Barbara was also a longtime supporter of the Monomoy Theater, both serving as a Friends Board Member and singing in productions of "The Music Man" and "The Sound of Music." Barbara shared music and song through all of her life.

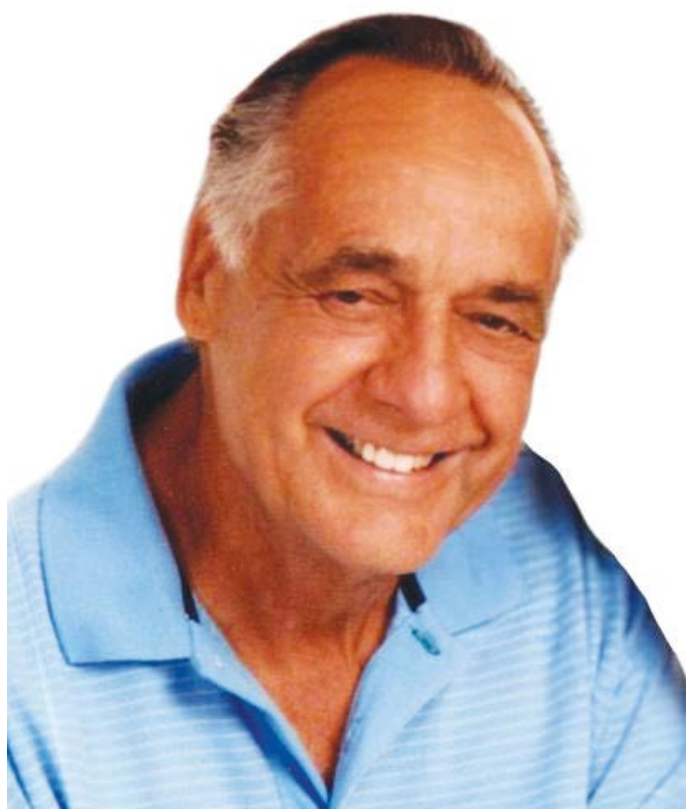
Barbara was a voracious reader and loved to share and talk about books and the worlds they contained. She was an originating member of the Chatham book group in 1984, a group which lives on today. Even in her last days, Barbara continued to talk with family about books and stories she had loved.

Barbara had a great love for the natural world. She loved learning about and observing the world around her. She enjoyed watching the deer, coyotes, and birds in her own backyard, the turtles in the marshes in Wellfleet, and creatures great and small throughout all of her travels. She also had a life-long love of sailing, bringing her into the natural world. She raced with friends, crewed for Doug, and was a 50-year member of the Stage Harbor Yacht Club.

Barbara is survived by her beloved four children and six grandchildren, Fran of Chatham, MA, Doug Jr. of Seattle, WA, his children Amelia and Caroline, and their mother Trina Wellman, Chris and his wife Julie Nix of New York, NY, their children Malcolm and Roxanne, and Matthew and his wife Marianne Wells of Seattle, and their children Emma and Eliza. She is predeceased by her sister and brother, Frances Nation and Heroy Maxwell Dyckman Jr., and by her beloved husband of 58 years, Doug.

Her memorial visitation will be held on Friday, January 17, 2025 from 9:30 a.m. to 10:30 a.m. in the Nickerson Funeral Home, 87 Crowell Road, Chatham, MA followed by her Funeral Mass at 11 a.m. at Holy Redeemer Church, 57 Highland Ave, Chatham.

In lieu of flowers, please make donations to the Chatham Chorale, <https://chathamchorale.org> or PO Box 1111, West Dennis, MA 02670.



JOSEPH HAAS

Joseph Henry Haas, 88, of New Canaan, CT passed away peacefully on December 31, 2024, after a lengthy illness. Joseph was born on July 23rd, 1936, in Bronx, New York to Henry Haas and Mary (Fragale) Haas. Joe is predeceased by his wife of 59 years, Dolores Haas.

Joe served in the US Navy on the Battleship New Jersey BB-62 as a damage controlman during peacetime in the 1950s.

He started his metal fabricating business, New Canaan Forge, in 1965 and remained an active part of the business until his retirement at 83 years old. His son, Joseph, continues to operate the business.

In his youth Joe enjoyed boating, fishing, and a variety of sports including baseball, basketball, and hockey. In adulthood, he remained active as a part of New Canaan softball playing for Walter Stewarts Market and won the YMCA bowling championship playing for Buzzio Landscaping. Later in life he joined the British Dart League and traveled the country participating in tournaments.

Joe is survived by daughter Carol Kopec (Bill) of Snellville, GA, son Joseph Haas Jr. (Pam) of Wilton, CT, sister Mary Ann Urda (Sam) of Stamford, CT and grandchildren Billy (Gabrielle) and Matt Kopec, Victoria, Clarissa and Brooke Haas. As well as great-granddaughter Marley Jo and great-grandson Luka Joseph.

Services will be private. In lieu of flowers contributions in Joseph's memory may be made to the New Canaan Fire Department.



ANN COHEN

Ann Robertson Cohen of New Canaan died peacefully at home surrounded by loved ones on December 24, 2024. She was 89.

Born in 1935 in Cincinnati, Ohio, Ann attended Hillsdale School in Cincinnati and Connecticut College. Ann is predeceased by her parents, Charles and Alice Robertson, her sister Mary Alice Jennings, and her beloved husband of 39 years, Richard Cohen.

After Connecticut College, Ann moved to New York City to become a decorator for B. Altman Co. Ann co-founded Roth Robertson Interiors, which continued for 15 years. Ann continued her entrepreneurial endeavors in 1981 when she co-founded The French Canal Boat Company.

Ann was known for her love of family and her lifelong commitment to education and serving her community. Upon moving to Connecticut, Ann served on the boards of the Stamford Museum and Nature Center, Staying Put in New Canaan and New Neighborhoods in Stamford. Ann was most well known for her 45-year commitment to Horizons Student Enrichment Program. During those years, Ann served in a number of roles, including as the Chair of the Board and as a co-founding member of Horizons at Norwalk Community College. Her dedication, guidance and passion were instrumental in helping to grow Horizons from a single location to a national organization.

She is survived by her son, Mark Thompson, and daughter-in-law, Marcia Buckley, three grandchildren, Mark (Amanda), Brigid, Cameron and two great-grandchildren. She is also survived by her two beloved nieces and their families.

In lieu of flowers, memorial donations can be made to: Horizons Student Enrichment Program, 635 Frogtown Road, New Canaan, CT 06840 or Norwalk Community College Foundation, 188 Richards, Ave., Norwalk, CT 06854.



ANTHONY GRASSO, SR.

Anthony Grasso Sr., 95 a resident of New Canaan, CT died peacefully at his home with his family by his side on Wednesday, December 18, 2024.

He was a beloved husband, father, grandfather, great grandfather and friend who will be deeply missed by all who knew him.

Anthony was born August 8, 1929 in New Canaan where he spent his lifelong years. He and his brother Richard were owner/operators of Grasso Brothers Paving Company of Fairfield County, established in 1972, passed on to his son Joseph Grasso, Sr. and recently to his grandson, Joseph Grasso, Jr.

He was known for his hard work, dedication and passion for others and a witty sense of humor.

But more than anything he was a devoted husband, father and family man. He loved spending time with his

family, sharing stories of his life. He was always there to offer guidance, support and encouragement no matter what challenges one faced.

Anthony was an avid gardener and many would stop by to admire his lovely rose gardens. He enjoyed fishing with his children, worshiping the Lord, reading, and studying and perfecting the Italian language.

He was a member of St. Aloysius Parish choir for many years. Anthony served his Country in the Korean War.

He is survived by his children, Anthony Grasso, Jr., Joseph Grasso, Sr. and wife Nancy, Elizabeth Buzzeo and husband Ralph, his grandchildren Joseph Grasso, Jr. and wife Shannon, and Samantha Grasso, and fiancé Kyle, great grandchildren, Dylan and Brandon Grasso.

He is predeceased by his beautiful wife Anita Grasso, and siblings, Grace Grasso, Cecilia Grasso, Richard Grasso, Leonard Pagliano, Connie De Long, and John Pagliano.

Visiting hours were held at St. Aloysius Parish, New Canaan, on Friday, Dec. 27 and immediately followed by a mass of Christian Burial and burial following at Lakeview Cemetery, New Canaan.

RODNEY HAWES, JR.

January 6, 1938 - December 14, 2024

Brilliant, generous Rodney Allen Hawes, Jr., was born to Leona and Rodney Allen Hawes, Sr., in Boise, Idaho, on January 6, 1938. Leona and Rodney Sr. raised Rodney and his two brothers, Robert and Stanton, in the tiny town of Marsing, Idaho, along the Snake River. Leona, a schoolteacher, and Rodney Sr., publisher and owner of the Owyhee Nugget newspaper, encouraged Rodney to work hard, help others, and pursue as much education as possible. Rodney took this advice to heart, attending Stanford University (class of 1958) and Harvard Business School (class of 1969).

During the summer break of 1958, Rodney heard about "the most beautiful girl you'll ever see" working at a bank in Boise: her name was Beverly Eddy. Barreling past a line of would-be suitors, including all those Sigma Chi fellows who chose her as their fraternity's Sweetheart, Rodney won Beverly's heart, and they were married November 27, 1959.

After a short stint in Walla Walla, WA, so that Beverly could finish her education at Whitman College and then six months in Fort Lee, Virginia, where he served in the US Army Reserves, Rodney and Beverly moved back to Boise, where they had four children: Kimberly Ruth, Kelly Christine, William Rodney, and Steven Taylor. During this time in Boise, he worked at Mutual of New York, meeting longtime friends and mentors, Aldin Porter and J. Richard Clarke, who introduced him to the Church of Jesus Christ of Latter-Day Saints. Rodney and Beverly were baptized into the church and Rodney served therein as a bishop, stake president, Regional Representative (now known as an "Area Authority Seventy"), and in the first presidency of the Manhattan, New York Temple.

After their time in Boise, Rodney and his young family journeyed to Massachusetts, where he attended Harvard Business School, a place that would become dear to his heart. At HBS, he was named a Baker Scholar, an honor bestowed on the top 5% of the class.

After graduation, they moved to New Canaan, Connecticut, where they had two more children, Tamara Lee and Thomas Courtney.

In Connecticut, Rodney became a leader in the insurance industry, founding the Mergers and Acquisitions firm Insurance Investment Associates. Upon purchasing LifeRe Corporation, he became chairman and CEO, eventually taking the company public on the New York Stock Exchange and ultimately selling it to SwissRe. This enabled Beverly and Rodney to endow initiatives at BYU's Marriott School of Business and fund Hawes Hall, a state-of-the-art classroom building at Harvard Business School. He told the students of these institutions that he wanted them to learn as much as possible so they could use their education to "go out and make a difference in the world."

Rodney and Beverly were extraordinary philanthropists who transformed countless lives through their keen awareness of others' needs and their generosity. Their approach was uniquely thoughtful - they often provided discreet assistance before it was requested, preserving the dignity of those they helped. Deeply rooted in his faith and committed to following the example of Jesus Christ, Rodney's humanitarian efforts reflected his fundamental belief that every person, regardless of their station in life, is a valuable child of God with unique gifts to offer. His legacy was built on this principle - whether extending a second chance to someone in need, investing in education through scholarships, acting as an angel investor, or conducting business with a handshake. His quick and gifted mind constantly sought creative solutions to others' challenges, and his integrity, compassion, and kindness made him a beloved figure to many.

Despite his professional successes, he was most proud of his family. He always put them first, encouraging them to pursue their goals and then helping them to achieve them. He was a keen listener and trusted adviser. He had a great love for all his children, their spouses, his 28 grandchildren and his 21 great grandchildren.

He never said goodbye without saying, "I love you 6,000,000 times worth."

Rodney returned home to be with his Heavenly Parents and beloved Beverly early on the morning of 14 December 2024, having accomplished his life's mission to leave the world better than he found it.

We love you 6 million times worth, Dad.

Dedication of the Grave was Friday, Dec. 20 at Pioneer Cemetery, Boise, ID.

Funeral Service was Saturday, Dec. 21 at The Church of Jesus Christ of Latter-day Saints, Meridian, ID.

In lieu of flowers, you may wish to look for opportunities to lift others, to forgive a debt, to donate to a cause that you believe makes a difference.

You may consider contributing to Cocomadre, the Hawes' newest vehicle for continuing education, run by Rodney's daughter, Tamara Hawes Woods.

.....continued

Free Money? Yes!

Technically, it's not free money—it's already yours.

By JOHN KRIZ

Technically, it's not free money—it's already yours.

The money in question is unclaimed property. For various reasons, funds owed to individuals often fail to reach them or are simply forgotten. How does this happen? Common examples include forgotten savings accounts, refund checks that were never received or cashed, or other financial oversights.

This unclaimed property becomes categorized as "abandoned" after a specific dormancy period, typically a few years, during which no activity occurs. Despite required attempts by the bank or company to contact the owner, the property is ultimately turned over to the state for safekeeping.

What Counts as Unclaimed Property?

Examples of unclaimed property include bank deposits, contents of safety deposit boxes, uncashed checks, security deposits, traveler's checks, customer overpayments, unredeemed gift certificates, insurance claims, and mineral royalty payments.

Each year, states return billions of dollars in unclaimed property to rightful owners. Individual claims can range from a few dollars to tens of thousands. It pays to check!

How to Find Your Unclaimed Property

States act as custodians for unclaimed property but do not assume ownership. In Connecticut, the state treasurer's office handles this process. Their website, www.ctbiglist.gov, allows residents to search for unclaimed property at no cost.

The www.unclaimed.org website, operated by the National Association of Unclaimed Property Administrators, offers a broader search, covering all U.S. states and territories, as well as some Canadian provinces. These sites provide detailed claim instructions and other useful information.

On the Connecticut site, property valued

at \$100 or less is listed with its specific amount. For amounts over \$100, the listing states "Over \$100." A quick search using "New Canaan" as the last name or business name and "06840" as the zip code yielded 34 pages of results, including local businesses, town entities, clubs, schools, associations, and charities.

Tips for a Successful Search

Be creative when conducting your searches. Errors in spelling or formatting often cause funds to go unclaimed. For example, "Scenic View Drive" might appear as "Scenicview Drive," or "School" could be abbreviated as "Sch." Variations in personal names are common too: Jane Smith could be listed as "Smith Jane," "Jane M. Smith," or even "J. Smith."

If your name is Gwendolyn, try variations

like "Gwen" or "G." Similarly, William might appear as "Will," "Willy," "Bill," or "Billy." Check maiden names, nicknames, and all addresses, towns, and states you've lived in, as some unclaimed property records date back decades.

For businesses, search multiple variations of the name. For example, if the business is "Acme Tools LLC," try "Acme Tools," "Tools Acme," or simply "Acme."

Deceased individuals often have unclaimed property, so search under "Estate of Jane Smith" or similar phrases. Property might also be associated with trusts, such as "Jane Smith Trust" or "Jane Smith Revocable Trust."

Finally, don't assume all results are listed alphabetically. Review every page of search results to ensure nothing is missed.

Good Luck!

John J. Kriz is a 30+ year resident of New Canaan. The views expressed are his own.

OBITUARIES CONTINUED



LINDA ANDROS

Linda Andros died on December 12, 2024, at home surrounded by love with her family. She died following a short illness after a brave struggle.

The daughter of Plato and Florene Andros, she was born January 23, 1948 in Norman, Oklahoma. Her father was a professional football player in the early years of the National Football League and later worked in the oil industry, and her mother was a homemaker.

As a child Linda won prizes in piano competitions and was a skilled piano player and singer her entire life. She attended Principia College, The University of Oklahoma, and Indiana University before graduating from Hunter College in New York City. She lived in Munich, Germany for three years and four years in England. She sang in the New York City Opera chorus and was a cast member with travelling opera companies. With her musical background, she entered the business world, representing singers as an agent, and then joined Home Box Office in the early years of pay television. There she met her future husband, Bill Avery, and they shared 42 years of bliss. Her 20-year career at Home Box Office and Time Inc., culminated as vice-president in the Time-Warner magazine division. Upon retirement she took on leadership roles in her hometown of New Canaan, CT as board chair of the New Canaan Nature Center, at St. Mark's Episcopal Church and on civic committees. She was a certified yoga instructor and for many years played the piano and sang for the residents of local retirement homes and at Waveny in New Canaan. She was also a champion hands-on gardener whose work was highlighted in garden books. She leaves 25 years of rose and horticultural splendor at her home. Her faith was central to her understanding of life and even in her younger years had a profound sense of the Divine. Mostly, she cultivated love and joy wherever she went. She is survived by her husband, Bill; her sons Jonathan and Byron; her daughter-in-law Katie; her grandsons, Blake and Will; her brother, Vincent; her sisters-in-law Barbara Andros, Karen Avery, and Carol Avery; brother-in-law David Avery; and nieces Amber Andros, Ashley Jensen, Kate Avery, Michelle Avery King, Sara Avery Webb, Katie Avery; nephew David Avery; and step-sisters Beth Bagley and Sue Marcheschi.

Funeral services will be held at St. Mark's church in New Canaan at 11 a.m. on January 18, 2025, with a reception to follow at Morrill Hall. In lieu of flowers please support the New Canaan Nature Center and St. Mark's Episcopal Church of New Canaan, CT.

GEORGE POST

George Browne Post passed away peacefully on December 5, 2024, at the age of 102, shortly after a joyful Thanksgiving with family.

Mr. Post was born in New York City to George B. Post III and Irene Emery (née Gibson) on October 7, 1922, and educated at the Buckley School '37, St. Marks School '41, and Harvard College '45. His maternal grandparents were suffragist Irene Langhorne and Charles Dana Gibson, the illustrator who created the iconic Gibson Girl, a symbol of the independent, modern woman of the early 20th century. His great-grandfather was George B. Post, Beaux-Art architect of the New York Stock Exchange and Wisconsin State Capitol. He temporarily left his studies to enlist in the Army Air Forces, serving as a lieutenant in the Pacific Theater during World War II. After the war, he was a writer for Time Magazine and Reader's Digest and left behind volumes of illustrated journals about his

fascinating life. He was also a talented singer whose career was bookended by performances at Carnegie Hall: first as a boy soloist singing D'ye ken John Peel? and later with a performance of The World Beloved: A Bluegrass Mass at the age of 95. An avid traveler, he delighted in showing his children and grandchildren the world. He brought back remarkable tales. As a child, he visited Germany with his family, where they accidentally found themselves trapped in an early Nazi rally. As the story goes, Hitler himself touched young George's head, which George maintained was the reason for his later hair loss. In 1965, he traveled to Alabama to march with civil rights leaders at Selma, where he witnessed Dr. Martin Luther King, Jr. address the protesters, an encounter that reaffirmed his commitment to equality and opportunity for all.

Mr. Post loved to entertain and was a generous host. Poppasquash, his home in Norwalk, CT, was a gathering place for four generations of family and an abundance of friends. He was active in the First Presbyterian Church of New Canaan and sang with their choir, as well as with the Greenwich Choral Society. As a trustee of the New Canaan Country School, Mr. Post helped start the City and Country Vacation Group. This program grew into Horizons, which brings academic and enrichment programs to underserved children and youth. He also served as Trustee and then Chairman of the American Farm School in Thessaloniki, Greece and was a member of the Century Association and the Tarratine Club of Dark Harbor.

Mr. Post was predeceased by his wife of 60 years, Linda Moore Post, and their son, George (Sally Skeele). He leaves behind children Diana (Lily Milroy), Juliana (Roy Pfeil), Christopher (Jennifer Fortenbaugh), and Joel (Valerie Brazill); seven grandchildren, who lovingly called him Mamoo: Samar, Alexandra, Charles, Olivia, Ben, James and Luke; and four great-grandchildren: Noor, Devens, Eulalie, and Seymour.

Mr. Post's life was abundant in music and laughter, and most of all love. Before passing, he said, "I'm just going to walk into a greater, brighter light, knowing I've left behind the most wonderful people on the whole earth."

In lieu of flowers, please donate to Horizons Student Enrichment Program, 635 Frogtown Road, New Canaan, CT 06840.

RAYMOND KELLEY

Raymond J. Kelley, a beloved husband, father, grandfather, brother, and friend, passed away peacefully at 92 in Sherman, CT. Born on January 19, 1932, in Norwalk, CT, Ray grew up in New Canaan, where he graduated from New Canaan High School.

Ray pursued higher education at the University of Maine, earning a degree in Civil Engineering, and later at the University of Pennsylvania Graduate School of Fine Arts, where he met the love of his life, Polly Anderson. They married and built a beautiful life together, raising two children and sharing a remarkable 60 years of love and companionship. He began his career as an associate of Joseph Salerno Architect in Westport, CT. In 1966, he opened his own office in New Canaan, CT.

During Ray's professional career, he mentored several young architects and was responsible for the design of numerous institutional, commercial, industrial, corporate, and residential projects. He designed Wamogo Regional High School, Queen of the Clergy Residence in Stamford, CT, and the Sherman IGA, to name a few. He volunteered and served on several building committees for the Town of Sherman.

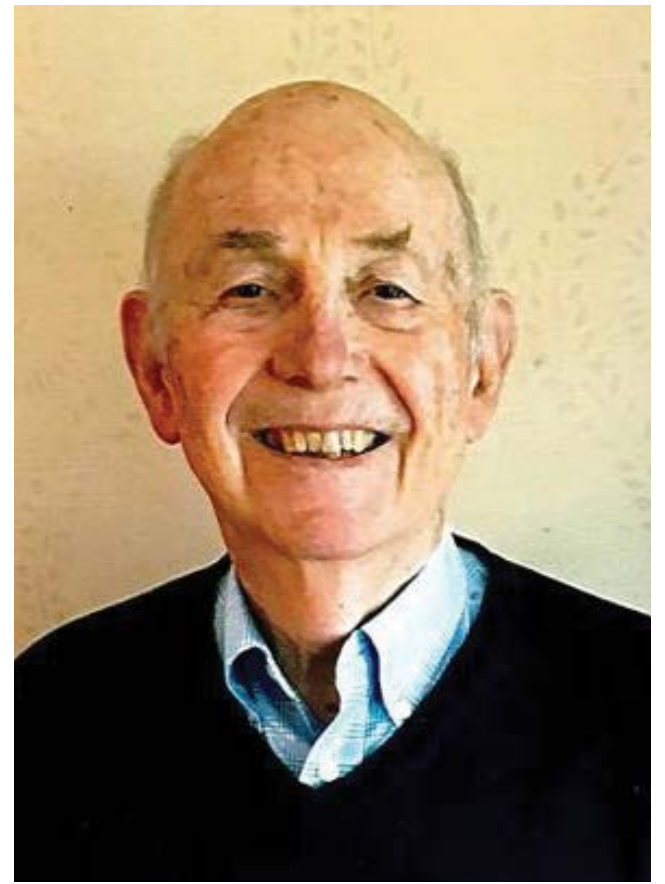
A man of diverse passions, Ray found joy in sports, Japanese gardening, traveling, architecture and design, and exploring religion and history with his family and friends. He loved building stone walls and creating Japanese gardens on his lakefront property. Ray planted almost every tree, shrub, and rhododendron on his property and looked forward to watching them bloom every May. He approached life with a deep curiosity and love for the world around him, creating lasting memories for those fortunate enough to know him. Our family will remember him for being thoughtful, kind, and generous.

Raymond is survived by his daughter, Kate Frey, of Sherman, Connecticut, and his cherished grandchildren, Spencer Kelley, Hunter Kelley, and Julia Frey. He is also survived by his dear sister, Patricia Page, of Burlington, Vermont. He is predeceased by his wife, Polly, and son, Joe, whose memory he holds close to his heart.

Ray's legacy of love, wisdom, and dedication will continue to inspire all who knew him.

Instead of flowers, the family kindly requests donations to Sherman Cares in Ray's honor.

May he rest in peace, reunited with his beloved Polly and son Joe, and never remembered by those who love him.



CHARLES WRIGHT

Charles David Wright of New Canaan, CT died peacefully at Bridges by EPOCH in Norwalk on Thursday morning, December 12, 2024. He was 86 years old.

Born on April 1, 1938, to Percy Charles Wright and Lylah Fisch Wright in Pittsburg, CA, he was predeceased by his brother and his sister, Richard and Janet Wright. He is survived by his wife of 63 years, Deborah McCormick Wright, his son David and his wife Catherine Wang of Walnut Creek, CA, his daughter Eleanor of Brighton, MA, his granddaughters Keilah and Sophie Wright, and many loving family members and friends.

After graduating from Pittsburg High School, he attended UC Davis and UC Berkeley and served briefly in the US Marine Corps. His career path took him from Sacramento to Philadelphia where he worked for National Drug Company, a subsidiary of Richardson-Vicks, Chuck crisscrossed the globe, building relationships, collecting coins, dolls, flags and beer cans for his kids, and overseeing the company's Human Resources function throughout Latin American the Far East. In the early '90s, Richardson-Vicks was absorbed by Procter & Gamble and Chuck stayed on to facilitate the transition before retiring from P&G in 1998. Too young to fully retire, he transitioned to the "search" side of the industry, joining Stanton Chase International, a boutique Global Retained Executive Search firm as its Managing Director of the New York Regional Operating Center. In December of 2021, Chuck retired and settled comfortably in his cherished role as Pop Pop.

A devoted husband and loving father, Pop Pop was always there to crack a joke or lend sage advice. A true believer in community, Chuck was eager to serve and did so via his involvement with local causes and institutions including the New Canaan Library, the New Canaan Inn (President), New Canaan Nature Center, the New Canaan Men's Club, and Waveny Care Center. Chuck was also a long-time member and served as President of the Country Club of New Canaan. His eternal optimism and "can-do" spirit surely helped shepherd these causes to new heights during his tenure.

Charlie cherished his many summers on Marthas Vinyard with his family where, if not on the golf course or grilling swordfish for dinner, he was likely to be leading clamming trips, waterskiing expeditions, or excursions to nearby islands on his beloved boat, the Bugdozer.

No account of Chuck's life would be complete without mentioning his gift for, and love of, music. Whether playing trombone in the New Canaan Town Band and marching down Main Street on Memorial Day, jamming with friends, dancing or just listening, if music was involved, he was in his element. Always the life of the party, he had a unique ability to warm up a room. From that first note at the piano, his fingers would effortlessly glide over the ivories, playing show tunes, Christmas carols, Beatles hits or jazz riffs. Nowhere was he more at home than on his piano bench.

Whether you called him Charles, Chuck, Charlie, Dad, or Pop Pop, if you know him at all your life was better for it.

A Celebration of Life will be held at a date to be determined, in summer 2025. In lieu of flowers please consider a donation to the Alzheimer's Association or to one of the New Canaan non-profits mentioned above.

COLUMN: ON MY WATCH

Page Knox Introduces Great Artist Takes on the Annunciation

By ANNE W. SEMMES

With her PhD in Art history, her ability to address an audience without notes with accompanying images, and with her passion for art, Greenwich's Page Knox is spellbinding. On a Sunday early in December at the Christ Church Greenwich Forum, Knox's subject was "The Annunciation. "I absolutely love this topic," she began.

But the annunciation story Page has found, from her 25 plus years of lecturing at Columbia University, is now puzzling her students who are "less and less familiar with the Bible." When, "This is the moment in which the whole story begins of the Christian faith, the moment in which the word becomes flesh." In her explaining the concept of the incarnation, "The moment in which the angel, the representative of God comes to the Virgin Mary and tells her that she's going to bear the son of God and that this is an immaculate conception," one student had questioned, "So it's the first in vitro?"

"No, no, no," responded Page, "It's really a miraculous event in which God brings his son via the virgin who is a vessel who carries the Christ child and gives birth to him, making God a human on earth. And that human is then brought to redeem our sins. And it's really the beginning of the Christmas story, but it takes place as you can imagine, nine months earlier."

So, with 160 churchgoers in attendance, Page would open our eyes in particular to how a 15th century "famous Franciscan friar" named Fra Roberto Caracciolo of Lecce would winningly tell the annunciation story in his sermons while "wandering through Italy." And what he preached is now told through a scholarly book by Michael Baxandall, "Painting and Experience in Fifteenth Century Italy: A Primer in the Social History of Pictorial Style."

Fra Roberto would engage his listeners, directing them to take in those annunciation images on church walls, of how "basically, there was a conversation that takes place between the virgin and the angel" as described in Luke 1: 26-38. That conversation he called a "colloquy, a series of five successive spiritual and mental conditions or states attributable to Mary." Those five states were disquiet, reflection, inquiry, submission, and merit. Page then showed us favorite annunciation paintings that illustrate those five different states.

First off was that "fabulous altar piece" by Simone Martini Lippo Memmi from the 14th century, "made with the extraordinary use of gold leaf... And you can see on either side two important saints, the saint of Siena on the left, St. Margaret on the right with the prophets up above... The prophets are essentially telling that this event was going to happen." And "the reaction when Mary hears the salutation - she was troubled, as it says in Luke. Fra Roberto suggested her disquiet came from wonder. "In her humility, she was astonished and amazed."

And if we come to the Met's current show, "Siena: The Rise of Painting, 1300-1350" [on view to January 26], Page noted, "You will see one of the standouts of the show is Pietro Lorenzetti's 'Annunciation.' You can see that the hand of God is actually represented coming out of the cloud that sends the Holy Spirit down into Mary...But this would be the second scenario which we would call reflection...This shows the prudence of the Virgin thinking maybe I need to think about this a little bit before I say yes to this."

Another "fabulous artist" she named was Piero Della Francesca. "His phenomenal example of the Annunciation is part of a larger pictorial series called 'The Legend of the True Cross.' And this is also a moment of interrogation.

The Virgin wants to ask the angel some questions. How is this going to happen? I'm a virgin - how am I going to have a child?" Surely an inquiring Mary.

Page next named the "Annunciation" of Ambrosio Lorenzetti, the brother of artist Pietro, as "one of the most beautiful pieces in the Met's Siena show, and actually coming out of Siena...This is a piece where you can see the words coming out of the angel's mouth, and the virgin looks upward and says, 'I accept.' And note that the Virgin's crossed hands are the form of the cross. "So, this is the moment of what we would call submission, where she agrees."

Perhaps that fifth state of merit is best exemplified by Leonardo da Vinci. "And Leonardo is someone who is not terribly religious," noted Page, "but he's aware of all the things that are being said about the annunciation." And in his Annunciation, "The focus is in a much more equal relationship between the two [angel and Mary]. The focus really is on plants, on the garden, the backdrop, which creates this kind of smoky landscape...In Mary's expression you see all of those emotions, the idea of disquiet, the idea of inquiry, the idea of submission. It's all there in a very equal relationship."

"And she places her hand very importantly on the book. Leonardo really wants to give you the sense that the Virgin is intelligent, that she's engaging, she's also thoughtful...thinking about all of the things that are going to change in the world because of this very important announcement."

Leonardo, she told, "also leads us into the high Renaissance... He's making us aware of the complexities, the psychological complexities that are going on, which is something that he was fascinated with, which artists will then really look to not only in the Renaissance, but in the Baroque era, in the neo-classical era, all the way up to the works of our time."



"Annunciation" by Simone Martini Lippo Memmi from the 14th century. Contributed photo.



Sienese painter Pietro Lorenzetti's "Annunciation." Contributed photo.



"Annunciation" of Ambrosio Lorenzetti, brother of artist Pietro Lorenzetti. Contributed photo.



Piero Della Francesca's Annunciation, part of a larger pictorial series, "The Legend of the True Cross," Contributed photo.



Leonardo da Vinci's "Annunciation." Contributed photo.

New Fencing Club at New Canaan High School Led by Junior Tyler Bliel

By Christopher DeMuth

A new fencing club has taken form at New Canaan High School, led by junior Tyler Bliel. An experienced fencer with six years of serious training, Bliel hopes to bring his passion for the sport to fellow students and grow the school's fencing community.

The club has already attracted seven members, forming both foil and sabre squads. The group includes students ranging from freshmen to juniors. "The response has been great so far," Bliel said. "We've surpassed my initial expectations, and it's exciting to see students of different ages coming together."

While the team is not yet competing, Bliel has plans for the future. "We'd like to sign up for competitions down the line," he explained. "For now, we're focused on establishing ourselves and building a strong foundation within the community."

The club practices at the Tim Morehouse Fencing Club in Port Chester, a space well-suited to honing their skills. Bliel's favorite aspects of fencing—its fast pace, showmanship, and high-pressure situations—make the sport a thrilling experience. "I especially enjoy infighting and executing flashy moves like the jump flick," he shared.

Bliel's passion for fencing started years before he took up the sport seriously. Over time, his dedication and training have honed his skills and fueled his enthusiasm to share fencing with others. By founding the club, he hopes to provide students with a chance to experience the unique blend of strategy, athleticism, and artistry that fencing offers.

One of the challenges of starting a new



Fencing. Shutterstock image.

club is gaining traction and building a strong membership base. Bliel approached the task with determination and a clear vision. By reaching out to peers and presenting fencing as both an engaging sport and a unique opportunity, he successfully attracted a committed group of students. "It's been rewarding to see the interest grow," he said. "We're still a small team, but there's a lot of enthusiasm and potential."

The club's practice sessions at the Tim Morehouse Fencing Club are critical for skill development. Members are learning the fundamentals of foil and sabre while

improving their technique and coordination.

Looking ahead, Bliel envisions the club becoming a competitive force. He is laying the groundwork for future success by fostering camaraderie, instilling discipline, and encouraging a love for the sport. "Fencing is not just about individual performance; it's also about teamwork and mutual support," he explained. "I'm confident that with time and effort, we'll be ready to compete and represent our school."

The unique aspects of fencing have captivated the club's members. Unlike more common sports, fencing combines mental and

physical challenges, requiring quick thinking, precision, and adaptability. For Bliel, these elements make the sport especially rewarding. "It's not just about physical ability," he noted. "You have to outthink your opponent and stay composed under pressure."

As the club grows, Bliel plans to continue spreading awareness about fencing at New Canaan High School. For now, the club's focus remains on building skills, strengthening bonds among members, and preparing for the future. With a strong foundation and a clear vision, the New Canaan High School fencing club is off to a promising start.

Game Wrap Ups

Boys Sports

Sport	Date	Opponent	Result
Basketball	1/3	Staples	Loss: New Canaan 37 – Staples 47
Basketball	1/7	Norwalk	Win: New Canaan 40 – Norwalk 30
Hockey	1/4	The Prout School	Win: New Canaan 4 – The Prout School 3

Girls Sports

Sport	Date	Opponent	Result
Hockey	1/4	Stamford	Win: New Canaan 3 – Stamford 1
Hockey	12/31	Suffield	Win: New Canaan 4 – Suffield 0
Basketball	1/3	Staples	Loss: New Canaan 39 – Staples 43
Basketball	1/7	Norwalk	Win: New Canaan 62 – Norwalk 12

Boys Basketball

Staples secured a 47-37 season-opening win over New Canaan emphasizing both teams' defensive prowess. Despite shooting struggles—Staples hitting 40 percent and New Canaan 33 percent—the game highlighted the defensive intensity that defines both teams' potential in the FCIAC.

New Canaan, integrating players from their state champion football team, displayed strong defensive aptitude but struggled offensively, with no player scoring more than eight points. Coach Danny Melzer acknowledged their need for offensive improvement but expressed confidence in their development over the coming weeks. The Rams' defense, led by players like Michel Smith and Simon Tchakarov, drew praise as a well-coached and athletic team.

Staples, averaging 74 points in their previous games, relied on their defensive consistency. Staples' ability to stifle opponents, as seen in a six-game stretch last season where no team scored over 49 points, will be pivotal in their quest for their first conference title since 1963.

As Staples targets the conference title and New Canaan eyes a playoff berth, defense will remain central to their success. New Canaan faces winnable matchups against Norwalk and Bassick, with hopes of sharpening their offensive game for tougher contests ahead.

Upcoming Rams Sports Schedule

10	JAN, FRI	● 4 – 5:30pm	Boys Freshman Basketball vs Fairfield Ludlowe 11 Farm Rd, New Canaan Connecticut 06840
		● 4 – 5:30pm	Girls Freshman Basketball @ Fairfield Ludlowe 785 Unquowa Rd, Fairfield CT 06824
		● 4:30 – 6:30pm	Girls Varsity Hockey @ Avon 300 Alumni Road, Newington Connecticut 06111
		● 5:30 – 7pm	Boys JV Basketball vs Fairfield Ludlowe 11 Farm Rd, New Canaan Connecticut 06840
		● 5:30 – 6pm	Girls JV Basketball @ Fairfield Ludlowe 785 Unquowa Rd, Fairfield CT 06824
		● 7 – 8:30pm	Boys Varsity Basketball vs Fairfield Ludlowe 11 Farm Rd, New Canaan Connecticut 06840
		● 7 – 8:30pm	Girls Varsity Basketball @ Fairfield Ludlowe 785 Unquowa Rd, Fairfield CT 06824
		11	JAN, SAT
● 9 – 9:30am	Boys Varsity Track - Indoor @ Wilton High School 395 Danbury Rd, Wilton CT 06897		
● 9 – 9:30am	Girls Varsity Track - Indoor @ Wilton High School 395 Danbury Rd, Wilton CT 06897		
● 2 – 3:45pm	Boys Varsity Swimming @ Fairfield Ludlowe 1073 North Benson Road, Fairfield CT 06824		
● 4:30 – 5:45pm	Boys Varsity Hockey @ Darien High School 55 Old Kings Highway North, Darien Connecticut 06820		
● 6:30 – 8:15pm	Girls Varsity Hockey vs Kingston High School 55 Old Kings Highway North, Darien Connecticut 06820		
12	JAN, SUN	● 6:45 – 8:30pm	Boys JV Hockey vs Ridgefield High School 55 Old Kings Highway North, Darien Connecticut 06820
13	JAN, MON	● 5:15 – 7:15pm	Girls Varsity Hockey @ Fairfield Ludlowe 5151 Park Avenue, Fairfield Connecticut 06825
14	JAN, TUE	● 4 – 6:30pm	Boys Varsity Hockey vs Fairfield Prep 55 Old Kings Highway North, Darien Connecticut 06820
		● 4 – 5:30pm	Boys Freshman Basketball @ Fairfield Warde 755 Melville Ave, Fairfield Connecticut 06825-2000
		● 4 – 5:30pm	Girls Freshman Basketball vs Fairfield Warde 11 Farm Rd, New Canaan Connecticut 06840
		● 5:30 – 7pm	Girls JV Basketball vs Fairfield Warde 11 Farm Rd, New Canaan Connecticut 06840
		● 5:30 – 6pm	Boys JV Basketball @ Fairfield Warde 755 Melville Ave, Fairfield Connecticut 06825-2000
		● 7 – 8:30pm	Boys Varsity Basketball @ Fairfield Warde 755 Melville Ave, Fairfield Connecticut 06825-2000
		● 7 – 8:30pm	Girls Varsity Basketball vs Fairfield Warde 11 Farm Rd, New Canaan Connecticut 06840
		15	JAN, WED
● 7 – 9pm	Boys Varsity Wrestling vs Darien High School 11 Farm Rd, New Canaan Connecticut 06840		
16	JAN, THU	● 4:15 – 6pm	Girls Varsity Hockey vs West Haven High School 55 Old Kings Highway North, Darien Connecticut 06820

REAL ESTATE DASHBOARD

REAL ESTATE DASHBOARD EDITOR

John Engel | John.Engel@Elliman.com

REAL ESTATE DASHBOARD CONTRIBUTORS

Christa Kenin | Christa.Kenin@Elliman.com

Robyn Bonder | Robyn.Bonder@Elliman.com

FEATURED OPEN HOUSES

Get Your Open Houses Into the MLS by Wednesday at Noon for a Listing Here

Address	Price	Day	Time	Broker
11 Strawberry Hill Road	\$780,000	SAT	1:00PM-3:00PM	Brown Harris Stevens
173 Heritage Hill Road #173	\$995,000	SAT & SUN	1:00PM-3:00PM	William Pitt Sothebys
223 Michigan Road	\$2,950,000	SAT & SUN	1:00PM-3:00PM	William Raveis
160 Park Street 103	\$1,375,000	SUN	1:00PM-3:00PM	Brown Harris Stevens
160 Park Street 303	\$1,425,000	SUN	1:00PM-3:00PM	Brown Harris Stevens
160 Park Street 202	\$2,975,000	SUN	1:00PM-3:00PM	Brown Harris Stevens
107 Weed Street	\$3,997,000	SUN	1:00PM-3:00PM	Higgins Group

NEW LISTINGS

Address	List Price	SqFt	Price/SqFt	AC	BR	FB
173 Heritage Hill Road #173	\$995,000	2,468	\$403.16		2	3
223 Michigan Road	\$2,950,000	7,668	\$348.72	4.10	5	5
116 Juniper Road	\$3,100,000	7,037	\$440.53	2.00	6	6
340 Turtle Back Road	\$4,900,000	7,361	\$665.67	2.20	6	5
478 West Road	\$5,899,000	9,078	\$649.81	2.09	6	7
58 Greenley Road	\$6,895,000	9,096	\$758.03	4.00	6	8

NEW SALES

Address	Original List	List Price	Sold Price	DOM	BR	FB	Acres
94 East Avenue B	\$899,000	\$899,000	\$900,000	10	3	2	
312 Elm Street 41	\$1,325,000	\$1,325,000	\$1,450,000	3	3	2	
100 Kimberly Place	\$1,600,000	\$1,600,000	\$1,500,000	33	4	3	0.27
191 Main Street C	\$2,270,000	\$2,195,000	\$2,100,000	139	3	4	
97 Kimberly Place	\$2,195,000	\$2,195,000	\$2,350,000	9	5	4	0.29
213 Park Street #213	\$2,395,000	\$2,395,000	\$2,395,000	65	3	3	

Winter Light



BY JOHN ENGEL

It snowed here this week, so I want to talk about the impact of snow (and reflected light) on real estate sales. Traditional wisdom is, wait for the snow to melt then launch the listing with beautiful spring photos. Let's rethink that. The problem with this approach is that when the trees leaf out and the lawns green up, Connecticut gets darker. By the time the world turns green around here, 70% of buyers are committed. The good news for you late Spring listers is the remaining 30% of potential buyers still playing musical chairs will feel new urgency, but I digress.

In a cold, crisp January, the quality and intensity of the light pouring through clean, curtainless windows can be stunning. We covet the light. And, it has a measurable effect on successful showings, increasing perceived space. Which way is the house facing? Morning light differs from evening light and influences where we linger at different times of the day. We know quality of light influences our physiology, behavior, and mood, so work with it. Observe how buyers are drawn to the windows to look out. We're starving for light at this time of the year, and when we're confronted with brilliant natural light, we embrace it. Often, our natural first response is to cross the room, look outside, admire the view, and imagine the changing seasons. It's the first step toward imagining the house as your home.

Back in the 1990s, during audits of retail behavior at Walmart, we studied the effects of light on consumer (shopping) behavior. It takes several hours for human eyes to fully adjust to darkness, and a full 20-30 minutes to fully adjust to seeing inside after coming from a bright outdoor environment. The biggest change is in the first few minutes as the cone cells in our eyes adapt, followed by a slower adaptation process by the rod cells, which are more sensitive to low-light conditions. Older eyes take longer.

Close your eyes and imagine your Walmart experience: crossing the vast parking lot quickly at 5 mph. Doors fly open. We stop just inside the entrance because our eyes adjust and we need to get oriented. The first few seconds inside new space, be it Walmart or your home, is that critical first impression during which we've moved from bright natural light to darker, interior spaces.

Walmart responded by placing greeters in the entrance to slow us down at a critical moment,



Photo: JD.Pooley/Getty Images

in front of the most valuable retail real estate. The front foyer serves the same purpose during showings.

The takeaways: List earlier. Remove the drapes and wash your windows. Notice what the buyer sees (from the windows) and remove non-quality signals. Consider where increasing the wattage helps, replacing 60w bulbs with 100w: use warm white bulbs in most rooms, a slightly brighter light than the soft white that we see in the dining and living rooms. Consider daylight bulbs in the kitchen, home office gym, and garage. You might be surprised how a modest investment in better light can transform the presentation.

Most importantly, now that you know what's happening, give the house a chance! Show the house deliberately, pulling back curtains and turning on every light, starting with a beginning, ending with an end, and taking time in between to look out the windows.

And Now, for Something Completely Different

That line is taken from the 1971 Monty Python film of the same name. It's the time in the year when we consider the lessons of 2024 and predictions of 2025. (Coming soon: a column on the evolution of the prediction engine, but we'll talk about the future in the future.)

Stock Market

You don't have to be "in the market" to feel the effects of back-to-back years of 25%+ gains on real estate prices. We are seeing the effects of a long bull run in the market on both housing prices and the level of demand. In this area, lower Fairfield County, where a statistically significant percentage of jobs are Wall Street dependent or at least related, the effect is exaggerated. To predict the 2025 housing market, we'll be looking at Wall Street bonus levels (expected to be up 15%-35%, the 2nd best in the last five years) and for any signs of a crack in the armor, be it unemployment levels (4.2%), changes in the bond market, or

corporate earnings (S&P is currently 9.4%, up from 1.4% a year ago), surprises which might be the harbinger of changing attitudes among our wealthier buyers and sellers.

Home Equity

Currently, over 70% of Americans either own their homes outright (34%) or have more than 50% equity in their home (31%), leaving a minority (29%) owing more than 50%. This is what happens after several years of price gains in the housing market, and it is having a profound impact on housing markets nationwide, generating a significant number of all-cash purchases and the ability to borrow less on the next house. New York City and the most-competitive Florida destinations saw cash deals hit record levels last year, exceeding 2/3 of all sales. To predict 2025, we're looking at what's driving those cash purchases and what could cause them to stop. Consider that any disruption in the \$72 to \$84 trillion transfer of wealth from the boomer generation to younger generations, including changes in tax policy, rising health care costs, and inflation fears, could have a profound effect.

Chinese Bonds

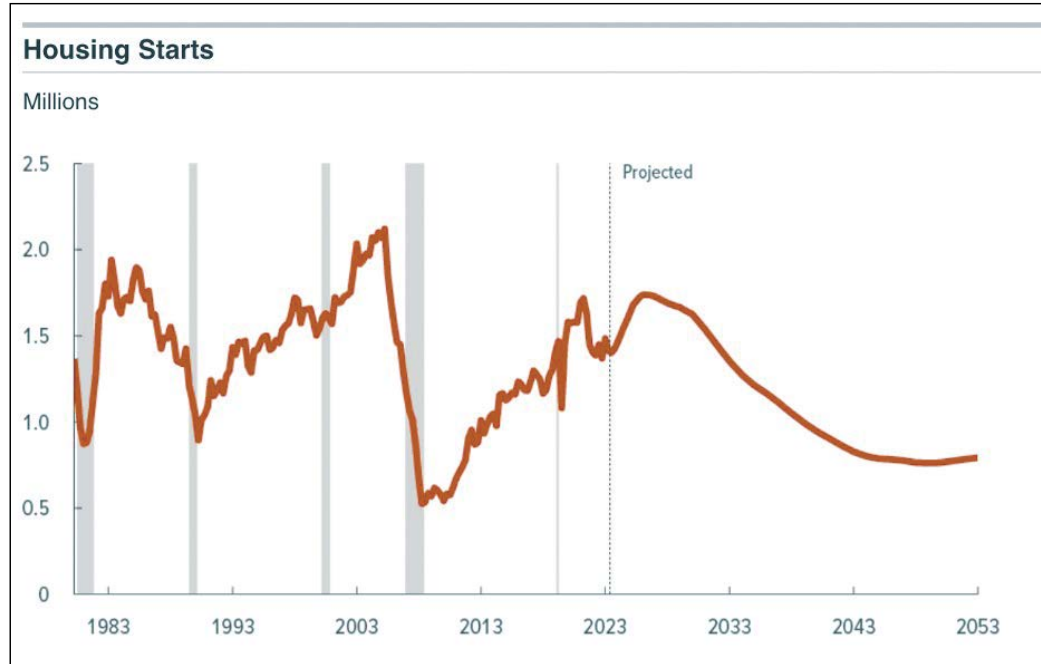
You don't hear that one every day. While U.S. 10-year treasuries are paying 4.25%, Chinese treasuries have dropped nearly a point this week, currently paying 1.60%. Thirty-year yields in Japan are at 2.2% Why should we care? It signals

a banking system overflowing with cash and a market expecting slow growth and no inflation. Foreign investors, attracted by the higher rates, will increase capital outflows, driving up the dollar and putting pressure on our Fed to lower rates. We all know high interest rates hurts the American real-estate market, but in 2024 these negative effects were offset by a soaring stock market. Now, in 2025, the current drumbeat of "higher for longer" interest rate predictions by the Fed could be met by pressure from a weakening global economy.

Housing Starts

Housing starts fell in Q4 below consensus estimates due to increased hurricane activity, higher interest rates, new inventory coming on the market, and the anticipation of lower rates in 2025 and decreased immigration in the future. Does a decrease in the number of housing starts in a period of sustained low inventory signal a lack of confidence among builders or is it simply a brief pause as the interest rate picture becomes clearer? Consensus expectations are housing starts will increase 14% in 2025.

John Engel is a broker on The Engel Team at Douglas Elliman and he is taking his vitamin D, credited with a 40% lower risk of developing dementia and 5 more years of life. Thirty years from now, will he still be listing houses and describing those adventures in The New Canaan Sentinel? Count on it.



NEW RESIDENTIAL CONSTRUCTION

NOVEMBER 2024

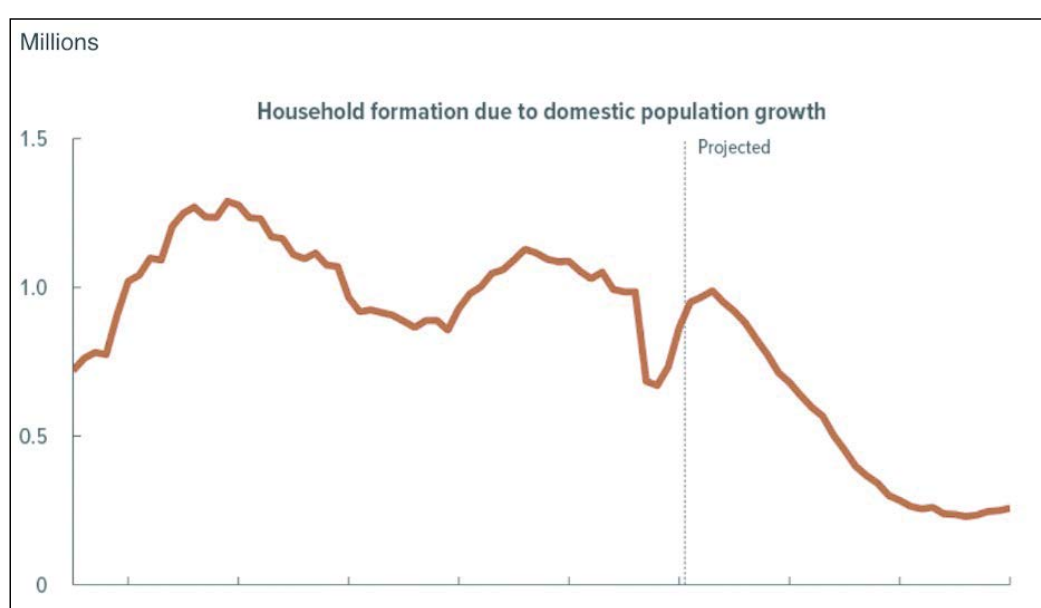
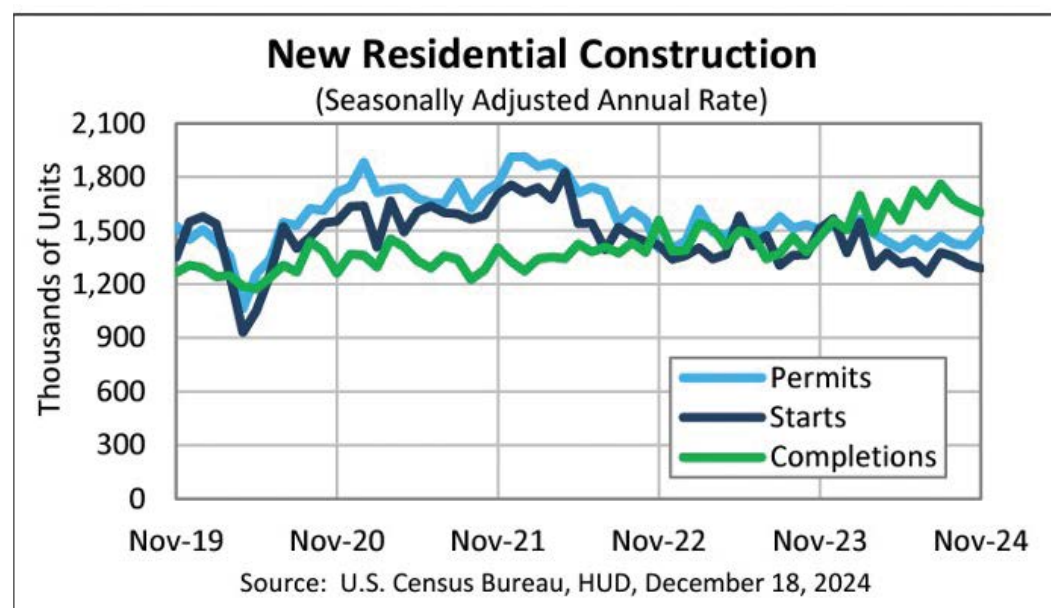
Building Permits: 1,505,000

Housing Starts: 1,289,000

Housing Completions: 1,601,000

Next Release: January 17, 2025

Seasonally Adjusted Annual Rate (SAAR)
Source: U.S. Census Bureau, HUD, December 18, 2024



Local Weather: The Week Ahead

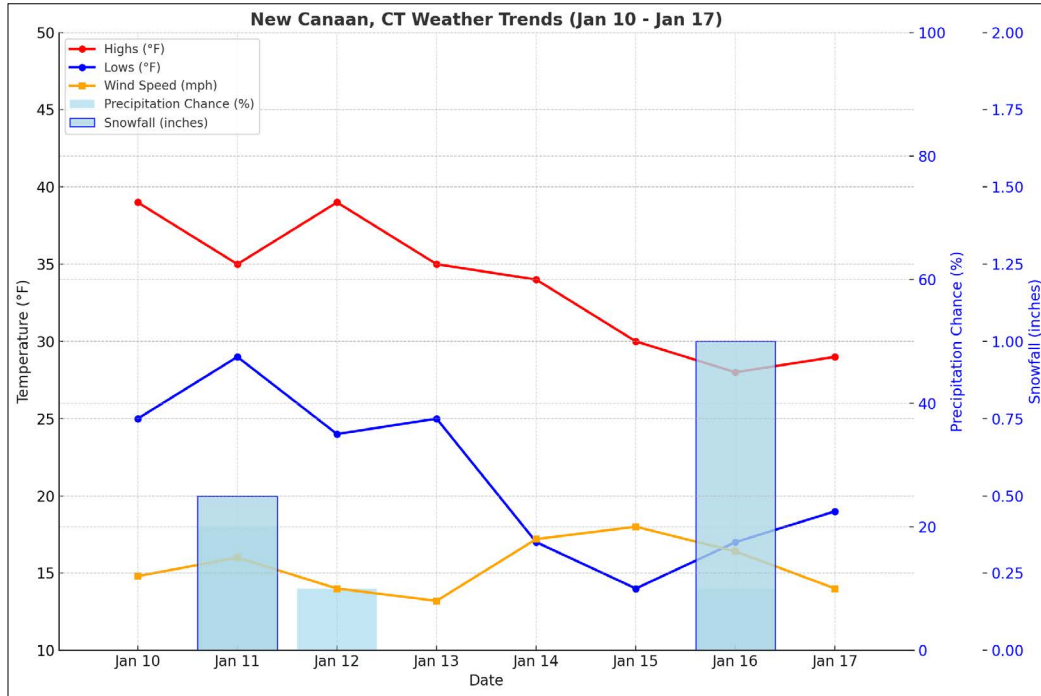
By SENTINEL RESEARCH STAFF

New Canaan is preparing for a varied week of winter weather from January 10 to January 17, with temperatures ranging from the mid-20s to upper 30s Fahrenheit. A mix of snow showers, brisk winds, and sunny skies will characterize the period, according to meteorologists tracking the area.

The week begins with relatively mild conditions. On Friday, January 10, New Canaan will experience highs near 39°F with sunny skies transitioning to partial cloud cover by evening. Saturday brings light snow showers in the morning, with forecasters predicting minimal accumulation. Daytime temperatures will reach the mid-30s, dropping into the upper 20s overnight.

“We’re tracking a cold front descending from the Midwest, which is expected to bring colder air and gusty winds early in the week,” the National Weather Service explained.

	Friday	38° 26°	Sunny to partly cloudy and breezy
	Saturday	35° 28°	Snow showers in the morning with little or no additional accumulation; otherwise, mostly cloudy
	Sunday	39° 24°	Partly sunny
	Monday	37° 24°	Intervals of clouds and sunshine
	Tuesday	35° 20°	Windy with intervals of clouds and sunshine
	Wednesday	31° 13°	Turning cloudy in the morning followed by afternoon low clouds
	Thu, Jan 16	29° 16°	Some sun, then increasing clouds



Residents should be prepared for bitterly cold conditions and the possibility of snow accumulation later in the week.

Sunday and Monday will offer a brief respite, featuring partial sunshine and highs in the upper 30s. However, the northwest winds will maintain a chill in the air.

On Tuesday, January 14, Arctic air takes hold, pushing daytime temperatures into the low 30s with nighttime lows falling to the teens. Wednesday and Thursday will continue the frigid trend, with highs struggling to reach 30°F and lows plummeting to 14°F. Increasing cloud cover on Thursday may signal a potential storm system approaching the region.

Residents should be prepared for bitterly cold conditions and the possibility of snow accumulation later in the week. The week wraps up on Friday, January 17, with

partly sunny skies and highs near 29°F.

New Canaan residents, accustomed to fluctuating winter conditions, may find the sharp temperature shifts this week especially challenging. Officials recommend dressing in layers to combat wind chills, which could dip below zero on the coldest days. Travelers should exercise caution, as icy conditions may develop during the night.

This forecast aligns with typical January weather for New Canaan, where average highs hover in the mid-30s and lows in the mid-20s, accompanied by a mix of rain and snow. As the colder air persists, forecasters advise staying updated on local weather reports for any advisories or warnings.

Weather Nationwide: The Week Ahead

By EMMA BARHYDT

NORTHEAST

Beginning January 10, the Northeast will experience significantly below-average temperatures. The day will start with overcast skies and a high of 29°F (-2°C), dropping to 22°F (-6°C) overnight. Light snow is possible on January 11, with minor accumulations expected. Highs will remain between 24°F (-4°C) and 34°F (1°C) through January 15, with lows plunging to 8°F (-13°C). The region remains under a seasonal Arctic influence, but no significant weather disruptions are forecast. The storm affecting the Central Atlantic region is not expected to develop into a

Nor'easter. Another plume of Arctic air will settle in starting January 13, keeping temperatures cold through at least January 17.

SOUTHEAST

Beginning January 10, the Southeast will see a mix of freezing rain and snow across northern Texas, Tennessee, northern Arkansas, northern Mississippi, and northern Alabama, with temperatures significantly below average. South of the snow shield, expect a wintry mix, transitioning to rain in the southernmost areas. Over January 10, freezing rain and snow will move northeast, impacting northern Mississippi, northern Alabama, northern Georgia, the Carolinas, Tennessee, West Virginia, Virginia, and the

Ohio River Valley. The DC Metro area is also expected to see significant snowfall.

MIDWEST

The Midwest will endure typical January cold with intermittent light snow. January 10 may bring accumulations under an inch, with highs near 27°F (-3°C) and lows around 25°F (-4°C). The Great Lakes region will experience significantly below-average temperatures and lake-effect snow starting January 10 in Illinois, moving into Upstate New York by the early morning of January 11.

SOUTHWEST

The Southwest is forecasted to experience cool, dry conditions.

Highs will range from 36°F (2°C) to 40°F (4°C), with lows between 20°F (-7°C) and 24°F (-4°C). Persistent high pressure will limit precipitation and keep the skies clear. However, these conditions may worsen drought concerns, particularly in regions like Arizona and southern Nevada, which continue to face long-term water resource challenges.

NORTHWEST

The Northwest will see average temperatures for this time of year, with an alternating mix of rain, light flurries, and sun beginning January 10.

WEST COAST

California continues to face challenges from forest fires,

exacerbated by severe wind storms. Consistent winds of 50 mph, with gusts reaching up to 75 mph, have been reported, further complicating firefighting efforts and recovery.

YELLOWSTONE REGION AND GEOLOGICAL OBSERVATIONS

The Yellowstone region, known for its geothermal activity, has exhibited minor seismic activity in recent weeks. According to the U.S. Geological Survey, a swarm of small earthquakes was detected near the Yellowstone Caldera on January 8. These seismic events are consistent with Yellowstone's regular geothermal processes. Temperatures in Yellowstone are expected to range from highs near

24°F (-4°C) to lows around 10°F (-12°C) during the forecast period. Snowfall is likely on January 11 and 12, with accumulations of up to 6 inches, which could affect access to the park's northern and western entrances. Travelers should note that heavy snow combined with geothermal activity can create unique hazards, such as localized flooding from thermal springs.

The USGS emphasizes there is no immediate cause for alarm regarding volcanic activity, as the observed seismicity is within the historical norms for the region. Scientists continue to monitor ground deformation and hydrothermal activity, given Yellowstone's status as a supervolcano.

WSJ Aggregate News

By SENTINEL RESEARCH STAFF

META ENDS FACT-CHECKING ON FACEBOOK, INSTAGRAM

Meta CEO Mark Zuckerberg announced the end of fact-checking on Facebook and Instagram, framing it as an effort to promote free expression. This policy shift aligns with the company's outreach to the incoming Trump administration.

TRUMP RATCHETS UP CAMPAIGN TO GAIN CONTROL OF GREENLAND, PANAMA CANAL
Former President Trump has intensified efforts to gain U.S. control over Greenland and the Panama Canal. The moves are part of broader strategies to bolster national security and resource access.

CAN BOEING BE FIXED? AEROSPACE LEADERS OFFER A REPAIR MANUAL

Industry experts are offering detailed strategies to resolve Boeing's operational and reputational challenges. The company continues to face scrutiny over safety and production delays.

U.S. IN TALKS TO SWAP DETAINED AMERICANS IN AFGHANISTAN FOR GUANTANAMO PRISONER

The U.S. government is negotiating a prisoner swap involving Americans detained in Afghanistan and a high-profile Guantanamo Bay inmate. The discussions aim to secure the Americans' release amid heightened diplomatic tensions.

IF YOU THINK OWNING A SPORTS TEAM IS HARD, TRY NAMING ONE

Naming new sports teams has become a high-stakes challenge as owners navigate legal, branding, and cultural concerns. The process often involves fan input and extensive market research.

EVEN WITH AN OFFICE GLUT, FIRMS CAN'T FIND THE KIND OF SPACE THEY WANT

Despite a surplus of commercial real estate, companies struggle to secure office spaces that meet modern demands. Tenants are prioritizing flexible layouts and upgraded amenities.

U.S. PACIFIC PALISADES WILDFIRE PROMPTS EVACUATIONS AS HIGH WINDS FAN FLAMES
A 1,200-acre wildfire in Pacific Palisades is forcing evacuations as winds exacerbate the spread. Emergency crews are working to protect residential areas in Los Angeles.

GOP-LED HOUSE PASSES LAKEN RILEY ACT WITH DEMOCRATS' HELP

The House passed the Laken Riley Act, a bipartisan bill addressing infrastructure and public safety improvements. The legislation highlights rare cooperation between Republicans and Democrats.

JUDGE TEMPORARILY BLOCKS RELEASE OF SPECIAL COUNSEL REPORT ON TRUMP

A federal judge has delayed the release of a special

counsel report on Donald Trump, citing legal challenges from his legal team. The report is tied to investigations into his post-presidency activities.

WORLD ISRAEL, HEZBOLLAH FIGHTING STRETCHES A CEASE-FIRE DEAL TO THE LIMIT

Renewed clashes between Israel and Hezbollah are testing the durability of a cease-fire agreement. Both sides accuse the other of violations as Israeli forces prepare to withdraw from Lebanon.

JEAN-MARIE LE PEN, FAR-RIGHT FRENCH FIREBRAND POLITICIAN, DIES AT 96

Jean-Marie Le Pen, founder of France's National Front and a polarizing figure in European politics, has died. His legacy continues to influence far-right movements across the continent.

EARTHQUAKE NEAR TIBET HOLY CITY KILLS SCORES

A powerful earthquake near a sacred Tibetan city has left dozens dead and displaced thousands. Relief efforts are underway as regional governments assess the damage.

LIFE & ARTS TIGER WOODS'S FUTURISTIC NEW GOLF LEAGUE HAS ARRIVED. IS ANYONE GOING TO WATCH?

Tiger Woods' latest venture, a tech-driven golf

league, is drawing both curiosity and skepticism. The initiative blends sports and entertainment in an unprecedented format.

OPINION THE GLOBAL EV CALAMITY

A new editorial critiques regulatory frameworks from the Obama era for creating unsustainable electric vehicle markets. The authors argue for rethinking industrial policy.

MACRON GETS REAL ON IRAN'S NUCLEAR PROGRAM

French President Emmanuel Macron has signaled a tougher stance on Iran's nuclear ambitions. This shift reflects growing international concerns about Tehran's intentions.

BUSINESS & FINANCE AI STARTUP ANTHROPIC RAISING FUNDS VALUING IT AT \$60 BILLION

Anthropic, an OpenAI competitor backed by Amazon, is raising new funding at a valuation of \$60 billion. The company's rapid growth underscores the intensifying competition in AI development.

CINTAS MAKES \$5.1 BILLION TAKEOVER OFFER FOR UNIFORM SUPPLIER UNIFIRST
Cintas has bid \$5.1 billion to acquire UniFirst, aiming to consolidate its position in the uniform supply market. The proposed merger reflects ongoing consolidation in the industry.

Calendar of Events for Your Fridge

Submit your events at:
newcanaansentinel.com/submit-an-event/

TOWN MEETINGS

Monday, January 13

Affordable Housing Committee
 7-8 p.m., Town Hall Meeting Room

Tuesday, January 14

Fire Commission
 7-8 p.m., Fire Headquarters

Board of Finance

7-9 p.m., Town Hall Meeting Room & via Zoom

Ethics Board

7-9 p.m., Town Hall Conference Room B

Wednesday, January 15

Housing Authority

5:30-6:30 p.m., Town Hall Board Room

Police Commission

6-7 p.m., Location not posted at time of publication.

Town Council

7-9 p.m., Town Hall Meeting Room & via Zoom

January 10

COFFEE AND CONVERSATION

8:30 - 9:30 AM at the Lapham Center
 Sponsored by the New Canaan Sentinel for a weekly community coffee and conversation.

Health Talks with Shannon and Ellen

11 AM at the Lapham Center
 Meet up with Shannon and Ellen from the Health Department for coffee, conversation and snacks. Free event. For more information and to register, call the Lapham Center at 203-594-3620.

Winter Movie Classics

12 PM at the Lapham Center
 Attend a winter movie classic, Roman Holiday. A bored and sheltered princess escapes her guardians and falls in love with an American newsman in Rome. 1h 58m.

Afternoon Tea

3 PM at Grace Farms
 Join a traditional English Afternoon Tea service. Enjoy a pot of ethically- and sustainably-sourced tea, and a seasonal assortment of tasty English and Japanese-inspired bites created by Grace Farms Pastry Chef Leah Jones. Registration closes the Sunday before the event. Tickets are \$30/person and available at <https://tickets.gracefarms.org/events/9109c140-da5c-72cd-3bb9-bf157745ef46>.

New Canaan Sports Trivia Night

6-8 PM at the New Canaan Museum & Historical Society
 Get some friends, or just bring yourself, for

New Canaan Sports Trivia Night, hosted by the Voice of the New Canaan Rams, Terry Dinan. Chili, cornbread and drinks will be provided. There are some autographed sports memorabilia from New Canaan star athletes and public figures as prizes for participants. Tickets are \$25/members, \$30/non-members, and available at <https://lp.constantcontactpages.com/ev/reg/wznsqgbz>.

January 11

Writing Tips: Start Writing

10:30 AM - 12 PM at the New Canaan Library, McLaughlin Meeting Room

Join for a writing workshop to spark your creativity and help you discover your unique voice. Go prepared with a favorite pen and notepaper; no laptops. All genres are welcome. The author of Knowing There is More, Carol Hibbert, will lead the instruction. Registration is available at <https://www.newcanaanlibrary.org/event/writing-tips-98276>.

Introduction to Seed Starting

11 AM at Grace Farms

Explore sustainable methods of starting plants from seeds. Learn the importance of saving, using, and exchanging your own seeds, as well as tips for optimal seed selection, equipment, and more. Tickets are \$20/person and available at <https://tickets.gracefarms.org/events/019234f3-dfa6-adde-8781-abe432067c22>.

Connections & Reflections: Reception & Gallery Talk with Alice Laurenson

4-6 PM at the Carriage Barn Arts Center

Join in the gallery for a reception and talk with photographer Alice Laurenson whose exhibition "Connections & Reflections" is on view at the Carriage Barn Arts Center January 8-18, 2025. Laurenson's images of children and adults in daily life in Asia, Africa, and South America offers a stunning display of the universal bonds that connect us all. For more information visit <https://carriagebarn.org/event/connections-reflections-reception-gallery-talk-with-alice-laurenson/>.

January 12

Reflect & Renew - A Half Day Mini Retreat with Grounded Meditation

9 AM - 1 PM at the Carriage Barn Arts Center
 This half-day experience is designed to help you start your year off relaxed, recharged and refreshed. You will move, meditate, spend time in Nature, journal, and engage in ceremony to release old burdens and open you up to new possibilities. Snacks and tea will be provided throughout and everybody will leave with a "swag" bag chock full of goodies to help you continue the momentum of the day. Tickets are \$175/person and available at <https://carriagebarn.org/event/reflect-renew-mini-retreat/>.

PLAYING THIS WEEK AT

THE PLAYHOUSE

THE LAST SHOWGIRL
 A COMPLETE UNKNOWN

93 Elm Street
 New Canaan

And Join Us in the Pub!

CINEMALAB.COM
 for showtimes and tickets

Family Drop in with Navy Farm

2-3 PM at the Carriage Barn Arts Center
 Stop by the Carriage Barn with the family and meet some mini ponies from Navy Farm in nearby Ridgefield. Registration is available at <https://carriagebarn.org/event/family-drop-in-navy-farm/>.

January 13

Chair Yoga

11:30 AM at the New Canaan Library, Jim & Dede Bartlett Auditorium

With the support of a chair, this gentle Chair Yoga class will help you improve postural alignment, maintain pelvic mobility, reduce muscle tension and gain strength through flowing movements and focused breathing. Registration is available at <https://www.newcanaanlibrary.org/event/hold-chair-yoga-117445>.

January 14

Art Gottlieb's History Discussions: Neville Chamberlain and Appeasement

10-11 AM at the Lapham Center
 As Prime Minister of Great Britain during the 1930's, Neville Chamberlain desperately hoped to avoid conflict with Nazi Germany. Remembered for his pre-war negotiations with Hitler, Chamberlain's tragic legacy is one of naïve appeasement. To register please call 203-594-3620.

Open Tech

2-4 PM at the New Canaan Library, McLaughlin Meeting Room

If you need help with email, smartphones/tablets, social media, or accessing our digital library, stop by for one-on-one support from a tech librarian. All technology-related

questions are welcome. Tech assistance is limited to 20 minutes per session and is provided on a first-come, first-served basis.

January 15

Meditation Class

9 - 9:45 AM at the Lapham Center
 Sign up for this free meditation class that recharges, settles and soothes, while enhancing the feeling of deep peace that occurs when the mind is silent. For more information and to register, call the Lapham Center at 203-594-3620.

Take Action to Protect Your Online and Financial Security with Allison Donaldson

12:30 PM at the Lapham Center
 Incidents of fraud and identity theft are on the rise. A helpful list of action items was created so you can implement now, in order to safeguard your personal and financial information. This is a free lunch and learn event. For more information and to register, call the Lapham Center at 203-594-3620.

Blood Sugar & Blood Pressure Clinics

12:30 PM at the Lapham Center
 Ellen Samai from New Canaan's Department of Health provides free in-person blood sugar and blood pressure testing. Walk-ins welcome. If you plan to have your blood sugar level tested, it is recommend you fast for four hours prior to testing. For more information please call the Lapham Center at 203-594-3620.

French Films: Homage à Leslie Caron

1 PM at the Lapham Center
 Go and watch the french film, An American in Paris. This film is an ode to love and the enchanting city of Paris. Directed by Vicente Minnelli, Leslie Caron and Gene Kelly perform magnificent dance sequences.

Billiards for Everyone with Mike Bacon

2-4 PM at the Lapham Center
 If you're looking to have some free fun, learn to play pool, or just play a game, join Mike on Wednesdays. For more information please call the Lapham Center at 203-594-3620.

Boozy Candle Making Workshop

6:30-8:30 PM at the Carriage Barn Arts Center
 Join for a night of "Boozy" & creative fun. Meet friends at the Carriage Barn and learn how to make handcrafted, scented soy wax candles repurposed from "boozy" bottles. Choose your favorite hand cut bottles to use as the vessel and customize each candle using various colors and fragrances. Tickets are \$60/person and available at <https://carriagebarn.org/event/boozy-candle-making-workshop/>.

January 16

Life Reimagined

1 PM at the Lapham Center
 Purposeful living promotes happiness, better sleep, longevity, a healthier heart and reduces the risk of Alzheimer's and other diseases. Hosts Marcy Rand, LMSW, Director, New Canaan's Human Services Department, and Robin Rockafellow, LCSW, will lead an informal and friendly group discussion of who we were, who we are, and the creative ways to explore our interests, abilities, knowledge, and activities in connection with the community around us. For more information and to register, call the Lapham Center at 203-594-3620.

Create Winter Mocktails

6:30 PM at Grace Farms
 Create and sip your own tea-based mocktail with good-for-you ingredients inspired by Grace Farms Tea & Coffee. Tickets are \$22/person and available at <https://tickets.gracefarms.org/events/01930cad-f9a1-5d5d-0bb8-f9a9eae0b63e>.

January 17

COFFEE AND CONVERSATION
 8:30 - 9:30 AM at the Lapham Center
 Sponsored by the New Canaan Sentinel for a weekly community coffee and conversation.

Winter Movie Classics

12 PM at the Lapham Center
 Attend a winter movie classic, Arsenic and Old Lace. Mortimer Brewster, a Brooklyn writer of books on the futility of marriage, risks his reputation after he decides to tie the knot. Things grow complicated when he learns that his beloved maiden aunts Abby and Martha are serial murderers. 1h 58m.

January 18

Yoga & Soundbath Winter Series

9-10 AM at the Carriage Barn Arts Center
 Attend Saturday mornings for a continuing wellness collaboration between the Carriage Barn and Grounded Meditation. This Gentle

HOYT'S HERE®

Hoyt Livery

(203) 966-LIMO (5466)

Book our world class limosines, car services, and airport transportation.

Reserve online at **HoytLivery.com**

Or call our client management team 24/7
(800) 342-0343



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WHERE THE COMMUNITY COMES TOGETHER

Through programs for all ages and abilities, beautiful facilities, 100+ group exercise classes offered each week, and an incredible community that supports one another, the Y brings us together to become healthier, happier, and connected!

There are so many reasons to belong to the New Canaan YMCA!

- State-of-the-art facilities and programs for all ages and interests
- 100+ drop-in group exercise classes each week open to ages 14+ (10+ with adult*)
- On-site babysitting
- Adult pickleball, basketball, volleyball, Pilates reformer, and swim programs
- Recreational, sports, and wellness programs for all ages
- ForeverWell programs designed specifically for older adults
- Chronic disease support and prevention programs
- Specialized and inclusive programs for those with special needs
- Special free events and programs for those with a family membership
- Financial assistance available

*Excluding Group Power. Cycling classes require a minimum height.

YOU'RE INVITED!
GROUP EXERCISE PARTY: JANUARY 25-26
 Drop by and enjoy free group exercise classes all weekend long!
 Open to the entire community, no registration needed!
 View class schedule: www.newcanaanymca.org/schedules

JOIN TODAY!

Join by January 31
\$0 Joiner Fee | Earn a Free Month!

Join by January 31 and receive:

- A complimentary private "Custom Fit" session with a Personal Trainer.
- Complete 10 workouts in your first month and **earn a free month.**
- Complete another 10 workouts in your second month and earn **special Y gear, plus be entered in a raffle to win another free month!**

Open to ages 14+. Limit (1) free month per membership and (1) free gear item per member. New and upgraded Adult/Senior/Family memberships eligible to earn a free month.

www.newcanaanymca.org

SUDOKU

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

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

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

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

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

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

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

Sudoku answers

Bottom row - Very Hard	3 5 4 8 7 2 9 6 1	Bottom row - Hard	7 3 4 1 8 5 9 6 2	Bottom row - Easy	1 5 8 4 3 7 6 2 9	Top row - Very Hard	2 6 3 4 8 9 1 5 7	Top row - Hard	5 8 1 2 9 4 3 6 7	Top row - Easy	8 6 9 3 5 7 2 1 4
Bottom row - Very Hard	8 2 6 9 4 1 7 2 9 8	Bottom row - Hard	2 1 8 5 9 6 7 3 4	Bottom row - Easy	7 9 6 5 1 8 7 4	Top row - Very Hard	9 1 7 8 5 2 4 6 3	Top row - Hard	6 9 8 7 3 4 5 1 2	Top row - Easy	2 5 1 9 3 8 6 7 4
Bottom row - Very Hard	7 1 9 3 5 4 1 5 3 7	Bottom row - Hard	4 5 1 2 3 9 8 7 6	Bottom row - Easy	2 7 3 1 6 9 8 4 5	Top row - Very Hard	4 7 6 5 9 3 8 2 1	Top row - Hard	3 5 9 8 2 7 1 4 6	Top row - Easy	1 7 8 5 1 4 6 2 9 3
Bottom row - Very Hard	6 9 8 7 1 6 3 2 4 7	Bottom row - Hard	8 9 7 6 5 4 1 2 3	Bottom row - Easy	8 4 1 7 5 3 2 9 6	Top row - Very Hard	7 5 9 6 8 4 3 1 2	Top row - Hard	1 7 8 5 2 7 6 9 3	Top row - Easy	3 5 9 8 2 7 1 4 6
Bottom row - Very Hard	5 8 7 1 6 3 2 4 7	Bottom row - Hard	6 2 3 8 7 1 9 4 5	Bottom row - Easy	7 9 6 5 1 8 7 4	Top row - Very Hard	4 7 6 5 9 3 8 2 1	Top row - Hard	6 9 8 7 3 4 5 1 2	Top row - Easy	2 5 1 9 3 8 6 7 4
Bottom row - Very Hard	4 9 8 8 8 7 3 5 4 1 2	Bottom row - Hard	3 6 5 9 8 2 4 1 7	Bottom row - Easy	6 1 9 6 8 4 7 5 2	Top row - Very Hard	3 9 5 1 2 8 7 4 6	Top row - Hard	8 1 3 4 6 9 1 8 4 6	Top row - Easy	6 9 1 5 7 3 4 8 2
Bottom row - Very Hard	6 9 8 7 1 6 3 2 4 7	Bottom row - Hard	7 4 2 2 1 6 5 3 8 9	Bottom row - Easy	5 8 2 2 9 7 6 4 1 3	Top row - Very Hard	2 6 3 4 8 9 1 5 7	Top row - Hard	5 8 1 2 9 4 3 6 7	Top row - Easy	8 6 9 3 5 7 2 1 4

THE HOUSE AT POOH CORNER BY A.A. MILNE

CHAPTER III

IN WHICH A Search Is Organized, and Piglet Nearly Meets the Heffalump Again

Pooh was sitting in his house one day, counting his pots of honey, when there came a knock on the door.

"Fourteen," said Pooh. "Come in. Fourteen. Or was it fifteen? Bother. That's muddled me."



"Hallo, Pooh," said Rabbit.

"Hallo, Rabbit. Fourteen, wasn't it?"

"What was?"

"My pots of honey what I was counting."

"Fourteen, that's right."

"Are you sure?"

"No," said Rabbit. "Does it matter?"

"I just like to know," said Pooh humbly. "So as I can say to myself: 'I've got fourteen pots of honey left.' Or fifteen, as the case may be. It's sort of comforting."

"Well, let's call it sixteen," said Rabbit. "What I came to say was: Have you seen Small anywhere about?"

"I don't think so," said Pooh. And then, after thinking a little more, he said: "Who is Small?"

"One of my friends-and-relations," said Rabbit carelessly.

This didn't help Pooh much, because Rabbit had so many friends-and-relations, and of such different sorts and sizes, that he didn't know whether he ought to be looking for Small at the top of an oak-tree or in the petal of a buttercup.

"I haven't seen anybody today," said Pooh, "not so as to say 'Hallo, Small,' to. Did you want him for anything?"

"I don't want him," said Rabbit. "But it's always useful to know where a friend-and-relation is, whether you want him or whether you don't."

"Oh, I see," said Pooh. "Is he lost?"

"Well," said Rabbit, "nobody has seen him for a long time, so I suppose he is. Anyhow," he went on importantly, "I promised Christopher Robin I'd Organize a Search for him, so come on."

Pooh said good-bye affectionately to his fourteen pots of honey, and hoped they were fifteen; and he and Rabbit went out into the Forest.

"Now," said Rabbit, "this is a Search, and I've Organized it——"

"Done what to it?" said Pooh.

"Organized it. Which means—well, it's what you do to a Search, when you don't all look in the same place at once. So I want you, Pooh, to search by the Six Pine Trees first, and then work your way towards Owl's House, and look out for me there. Do you see?"



"No," said Pooh. "What——"

"Then I'll see you at Owl's House in about an hour's time."

"Is Piglet organized too?"

"We all are," said Rabbit, and off he went.

As soon as Rabbit was out of sight, Pooh remembered that he had forgotten to ask who Small was, and whether he was the sort of friend-and-relation who settled on one's nose, or the sort who got trodden on by mistake, and as it was Too Late Now, he thought he would begin the Hunt by looking for Piglet, and asking him what they were looking for before he looked for it.

"And it's no good looking at the Six Pine Trees for Piglet," said Pooh to himself, "because he's been organized in a special place of his own. So I shall have to look for the Special Place first. I wonder where it is." And he wrote it down in his head like this:

ORDER OF LOOKING FOR THINGS

1. Special Place. (To find Piglet.)
2. Piglet. (To find who Small is.)
3. Small. (To find Small.)
4. Rabbit. (To tell him I've found Small.)
5. Small Again. (To tell him I've found Rabbit.)

"Which makes it look like a bothering sort of day," thought Pooh, as he stumped along.

The next moment the day became very bothering indeed, because Pooh was so busy not looking where he was going that he stepped on a piece of the Forest which had been left out by mistake; and he only just had time to think to himself: "I'm flying. What Owl does. I wonder how you stop——" when he stopped.



Bump!

"Ow!" squeaked something.

"That's funny," thought Pooh. "I said 'Ow!' without really oo'ing."

"Help!" said a small, high voice.

"That's me again," thought Pooh. "I've had an Accident, and fallen down a well, and my voice has gone all squeaky and works before I'm ready for it, because I've done something to myself inside. Bother!"

"Help—help!"

"There you are! I say things when I'm not trying. So it must be a very bad Accident." And then he thought that perhaps when he did try to say things he wouldn't be able to; so, to make sure, he said loudly: "A Very Bad Accident to Pooh Bear."

"Pooh!" squeaked the voice.

"It's Piglet!" cried Pooh eagerly. "Where are you?"

"Underneath," said Piglet in an underneath sort of way.

"Underneath what?"

"You," squeaked Piglet. "Get up!"



"Oh!" said Pooh, and scrambled up as quickly as he could. "Did I fall on you, Piglet?"

"You fell on me," said Piglet, feeling himself all over.

"I didn't mean to," said Pooh sorrowfully.

"I didn't mean to be underneath," said Piglet sadly. "But I'm all right now, Pooh, and I am so glad it was you."

"What's happened?" said Pooh. "Where are we?"

"I think we're in a sort of Pit. I was walking along, looking for somebody, and then suddenly I wasn't any more, and just when I got up to see where I was, something fell on me. And it was you."

"So it was," said Pooh.

"Yes," said Piglet. "Pooh," he went on nervously, and came a little closer, "do you think we're in a Trap?"

Pooh hadn't thought about it at all, but now he nodded. For suddenly he remembered how he and Piglet had once made a Pooh Trap for Heffalumps, and he guessed what had happened. He and Piglet had fallen into a Heffalump Trap for Poohs! That was what it was.

"What happens when the Heffalump comes?" asked Piglet tremblingly, when he had heard the news.

"Perhaps he won't notice you, Piglet," said Pooh encouragingly, "because you're a Very Small Animal."

"But he'll notice you, Pooh."

"He'll notice me, and I shall notice him," said Pooh, thinking it out. "We'll notice each other for a long time, and then he'll say: 'Ho-ho!'"

Piglet shivered a little at the thought of that "Ho-ho!" and his ears began to twitch.



"W-what will you say?" he asked.

Pooh tried to think of something he would say, but the more he thought, the more he felt that there is no real answer to "Ho-ho!" said by a Heffalump in the sort of voice this Heffalump was going to say it in.

"I shan't say anything," said Pooh at last. "I shall just hum to myself, as if I was waiting for something."

"Then perhaps he'll say, 'Ho-ho!' again?" suggested Piglet anxiously.

"He will," said Pooh.

Piglet's ears twitched so quickly that he had to lean them against the side of the Trap to keep them quiet.

"He will say it again," said Pooh, "and I shall go on humming. And that will Upset him. Because when you say 'Ho-ho' twice, in a gloating sort of way, and the other person only hums, you suddenly find, just as you begin to say it the third time—that—well, you find——"

"What?"

"That it isn't," said Pooh.

"Isn't what?"

Pooh knew what he meant, but, being a Bear of Very Little Brain, couldn't think of the words.

"Well, it just isn't," he said again.

"You mean it isn't ho-ho-ish any more?" said Piglet hopefully.

Pooh looked at him admiringly and said that that was what he meant—if you went on humming all the time, because you couldn't go on saying "Ho-ho!" for ever.

"But he'll say something else," said Piglet.

"That's just it. He'll say: 'What's all this?' And then I shall say—and this is a very good idea, Piglet, which I've just thought of—I shall say: 'It's a trap for a Heffalump which I've made, and I'm waiting for the Heffalump to fall in.' And I shall go on humming. That will Unsettle him."

"Pooh!" cried Piglet, and now it was his turn to be the admiring one. "You've saved us!"

"Have I?" said Pooh, not feeling quite sure.

But Piglet was quite sure; and his mind ran on, and he saw Pooh and the Heffalump talking to each other, and he thought suddenly, and a little sadly, that it would have been rather nice if it had been Piglet and the Heffalump talking so grandly to each other, and not Pooh, much as he loved Pooh; because he really had more brain than Pooh, and the conversation would go better if he and not Pooh were doing one side of it, and it would be comforting afterwards in the evenings to look back on the day when he answered a Heffalump back as bravely as if the Heffalump wasn't there. It seemed so easy now. He knew just what he would say:

Heffalump (gloatingly): "Ho-ho!"

Piglet (carelessly): "Tra-la-la, tra-la-la."

Heffalump (surprised, and not quite so sure of himself): "Ho-ho!"

Piglet (more carelessly still): "Tiddle-um-tum, tiddle-um-tum."

Heffalump (beginning to say Ho-ho and turning it awkwardly into a cough): "H'r'm! What's all this?"

Piglet (surprised): "Hullo! This is a trap I've made, and I'm waiting for a Heffalump to fall into it."

Heffalump (greatly disappointed): "Oh!" (After a long silence): "Are you sure?"

Piglet: "Yes."

Heffalump: "Oh!" (nervously): "I—I thought it was a trap I'd made to catch Piglets."

Piglet (surprised): "Oh, no!"

Heffalump: "Oh!" (Apologetically): "I—I must have got it wrong, then."

Piglet: "I'm afraid so." (Politely): "I'm sorry." (He goes on humming.)

Heffalump: "Well—well—I—well. I suppose I'd better be getting back?"

Piglet (looking up carelessly): "Must you? Well, if you see Christopher Robin anywhere, you might tell him I want him."

Heffalump (eager to please): "Certainly! Certainly!" (He hurries off.)

Pooh (who wasn't going to be there, but we find we can't do without him): "Oh, Piglet, how brave and clever you are!"

Piglet (modestly): "Not at all, Pooh." (And then, when Christopher Robin comes, Pooh can tell him all about it.)

While Piglet was dreaming this happy dream, and Pooh was wondering again whether it was fourteen or fifteen, the

Search for Small was still going on all over the Forest. Small's real name was Very Small Beetle, but he was called Small for short, when he was spoken to at all, which hardly ever happened except when somebody said: "Really, Small!" He had been staying with Christopher Robin for a few seconds, and he started round a gorse-bush for exercise, but instead of coming back the other way, as expected, he hadn't, so nobody knew where he was.



"I expect he's just gone home," said Christopher Robin to Rabbit.

"Did he say Good-bye-and-thank-you-for-a-nice-time?" said Rabbit.

"He'd only just said how-do-you-do," said Christopher Robin.

"Ha!" said Rabbit. After thinking a little, he went on: "Has he written a letter saying how much he enjoyed himself, and how sorry he was he had to go so suddenly?"

Christopher Robin didn't think he had.

"Ha!" said Rabbit again, and looked very important. "This is Serious. He is Lost. We must begin the Search at once."

Christopher Robin, who was thinking of something else, said: "Where's Pooh?"—but Rabbit had gone. So he went into his house and drew a picture of Pooh going on a long walk at about seven o'clock in the morning, and then he climbed to the top of his tree and climbed down again, and then he wondered what Pooh was doing, and went across the Forest to see.



It was not long before he came to the Gravel Pit, and he looked down, and there were Pooh and Piglet, with their backs to him, dreaming happily.



"Ho-ho!" said Christopher Robin loudly and suddenly.

Piglet jumped six inches in the air with Surprise and Anxiety, but Pooh went on dreaming.

"It's the Heffalump!" thought Piglet nervously. "Now, then!" He hummed in his throat a little, so that none of the words should stick, and then, in the most delightfully easy way, he said: "Tra-la-la,

tra-la-la," as if he had just thought of it. But he didn't look round, because if you look round and see a Very Fierce Heffalump looking down at you, sometimes you forget what you were going to say. "Rum-tum-tum-tiddle-um," said Christopher Robin in a voice like Pooh's. Because Pooh had once invented a song which went:

Tra-la-la, tra-la-la,
Tra-la-la, tra-la-la,
Rum-tum-tum-tiddle-um.

So whenever Christopher Robin sings it, he always sings it in a Pooh-voice, which seems to suit it better.

"He's said the wrong thing," thought Piglet anxiously. "He ought to have said, 'Ho-ho!' again. Perhaps I had better say it for him." And, as fiercely as he could, Piglet said: "Ho-ho!"

"How did you get there, Piglet?" said Christopher Robin in his ordinary voice.

"This is Terrible," thought Piglet. "First he talks in Pooh's voice, and then he talks in Christopher Robin's voice, and he's doing it so as to Unsettle me." And being now Completely Unsettled, he said very quickly and squeakily: "This is a trap for Poohs, and I'm waiting to fall in it, ho-ho, what's all this, and then I say ho-ho again."

"What?" said Christopher Robin.

"A trap for ho-ho's," said Piglet huskily. "I've just made it, and I'm waiting for the ho-ho to come-come."

How long Piglet would have gone on like this I don't know, but at that moment Pooh woke up suddenly and decided that it was sixteen. So he got up; and as he turned his head so as to soothe himself in that awkward place in the middle of the back where something was tickling him, he saw Christopher Robin.

"Hallo!" he shouted joyfully.

"Hallo, Pooh."

Piglet looked up, and looked away again. And he felt so Foolish and Uncomfortable that he had almost decided to run away to Sea and be a Sailor, when suddenly he saw something.

"Pooh!" he cried. "There's something climbing up your back."



"I thought there was," said Pooh.

"It's Small!" cried Piglet.

"Oh, that's who it is, is it?" said Pooh.

"Christopher Robin, I've found Small!" cried Piglet.

"Well done, Piglet," said Christopher Robin.

And at these encouraging words Piglet felt quite happy again, and decided not to be a Sailor after all. So when Christopher Robin had helped them out of the Gravel Pit, they all went off together hand-in-hand.

And two days later Rabbit happened to meet Eeyore in the Forest.

"Hallo, Eeyore," he said, "what are you looking for?"

"Small, of course," said Eeyore. "Haven't you any brain?"

"Oh, but didn't I tell you?" said Rabbit. "Small was found two days ago."

There was a moment's silence.

"Ha-ha," said Eeyore bitterly. "Merriment and what-not. Don't apologize. It's just what would happen."

What is a snowflake?

Snowflakes start high in the sky where it's very cold. There, water in the clouds turns into tiny ice crystals. This happens when the temperature drops below freezing, which is 32 degrees Fahrenheit (0 degrees Celsius).

Each ice crystal begins with a speck of dust or pollen in the cloud. Water vapor in the air sticks to this speck and freezes, making a tiny

bit of ice. As this crystal falls, it keeps bumping into more water vapor, and each time, more ice forms on it, making it grow.

The shape of a snowflake depends on how cold it is and how much water is around. If it's really cold, the snowflake might be simple and spikey. If it's a bit warmer, it can grow into more complex, intricate patterns with

branches or plates.

Because the temperature and humidity change as the snowflake falls, each snowflake takes a unique path, leading to no two snowflakes being exactly alike. They all have six sides because of the way water molecules like to bond when they freeze. When enough snowflakes fall, they pile up and we see snow on the ground.



FIND TWO IDENTICAL SNOWFLAKES

CRACK THE CODE

..... Winter

Crack the code to reveal more words.

1	2	3	2	4	5	2	6		7	8	9	7	10	11	3	2			
5	12	6	2	10	6	2	2	7											
13	8	9	11	1	12	14	7		15	2	16		14	2	12	6			
17	6	8	7	10					7	15	8	16							
19	12	15	20	12	6	14			7	15	8	16	17	9	12	21	2		
7	21	11	11	15	18				13	8	3	21	2	14					
7	3	12	6	17					11	3	2		7	21	12	10	11	15	18
13	8	10		3	8	3	8	12											
7	9	2	1	1	11	15	18												
7	15	8	16	4	12	15													

S N O W F L A K E

How many?

ADDITION FOR KIDS

☺ = 1 ☹ = 2 😊 = 3 😞 = 4

☺ + ☹ =

☺ + ☹ =

☹ + ☺ =

☺ + ☹ =

ADDITION FOR KIDS

☺ = 1 ☹ = 2 😊 = 3 😞 = 4

☺ + ☹ =

☺ + ☹ =

☹ + ☺ =

☺ + ☹ =

MATH GAME

🐧 + 🐧 = 4

🐧 + 🐿 = 7

🐿 + 🐧 - 🐱 = 2

🐿 = 🐱 = 🐧 =

0 1 2 3 4 5 6 7 8 9

time to play **How many?**

KIDS GAMES **HOW MANY LEFT & RIGHT?**

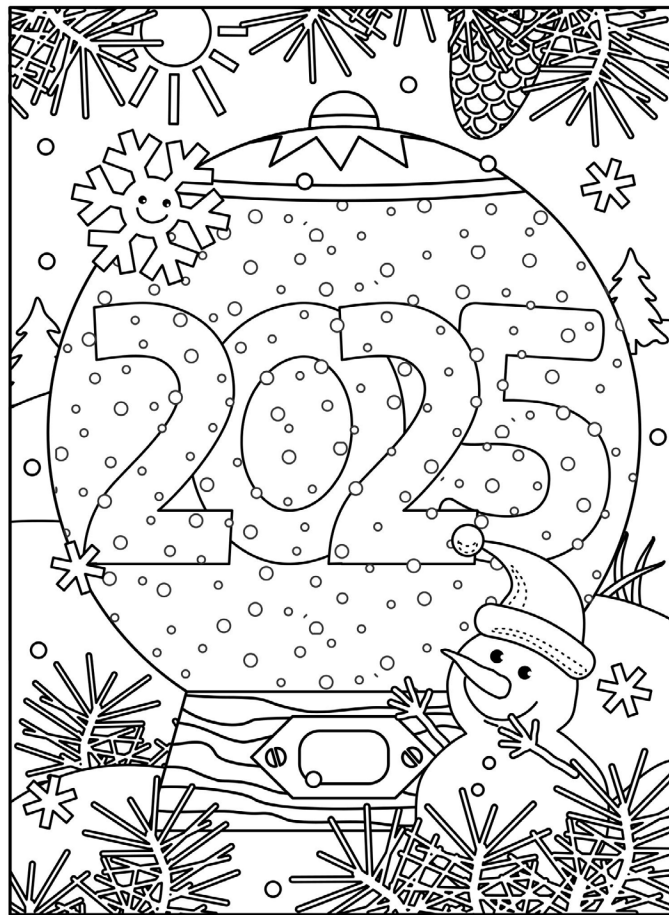
time to play **How many?**

Winter wordsearch

W	N	Q	S	E	T	A	K	S	C	I	S	N	E	S
P	Y	M	R	O	T	S	R	S	S	F	D	U	J	K
V	S	N	O	W	M	A	N	T	I	K	J	B	L	I
K	X	O	U	S	M	E	T	W	C	U	W	I	J	S
S	L	S	C	J	Z	T	V	D	I	F	M	P	A	G
F	D	E	D	U	F	R	N	K	C	R	N	W	I	H
Q	H	V	J	P	A	E	L	V	L	O	K	I	T	B
D	L	O	P	J	J	E	H	P	E	S	H	T	X	L
L	L	L	M	H	J	S	T	K	S	T	J	K	H	I
S	I	G	U	A	S	N	C	A	H	R	E	C	I	Z
V	H	Q	C	T	L	O	M	Y	W	K	V	Q	V	Z
A	H	L	J	W	E	W	S	C	X	F	X	G	F	A
H	R	W	L	O	D	B	V	C	M	X	O	A	V	R
D	Q	Y	Z	M	E	K	A	L	F	W	O	N	S	D
G	K	R	D	S	Z	F	Q	C	V	P	B	H	J	C

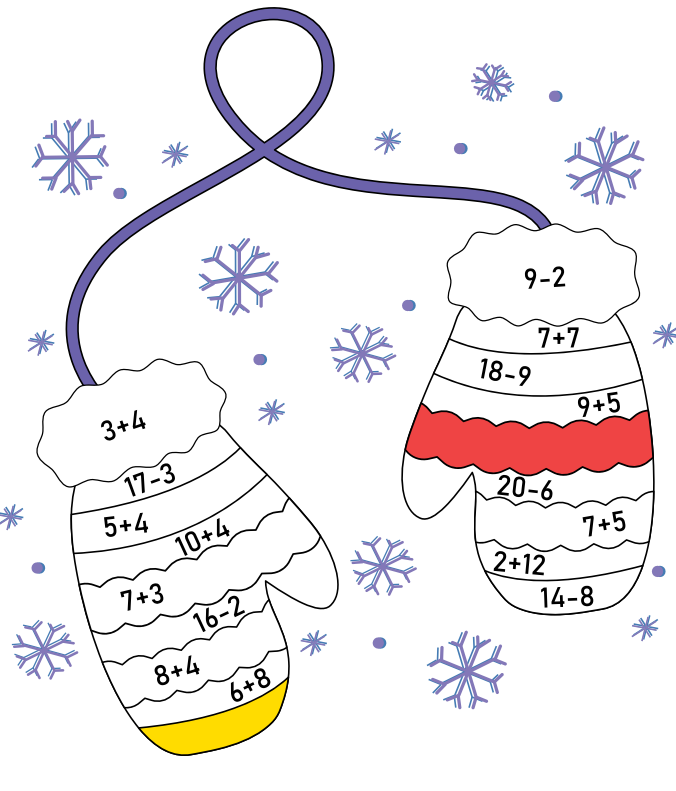
Snow Frost Skates Ice Tree Blizzard Sled
 Icicles Hill Gloves Snowman Hat Snowflake
 Skis Storm

Find 10 differences. Color the picture.



Write the name of a color next to each number.
 Then solve and color each part of the picture.

- 6 = _____
- 7 = _____
- 9 = _____
- 10 = _____
- 12 = _____
- 14 = _____



Sudoku for Kids

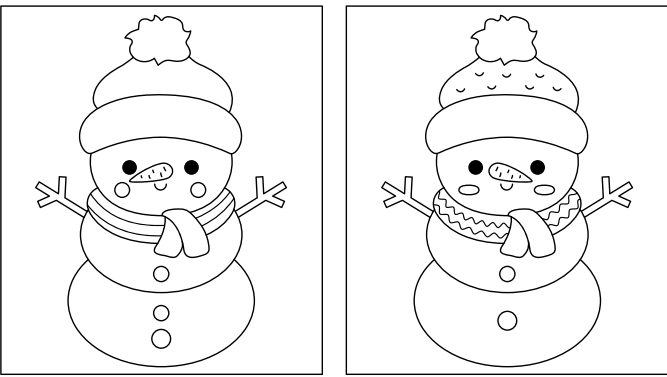
	4		2
	2	3	
4		2	1
	1		

1	4		3
		1	
	1		2
2			1

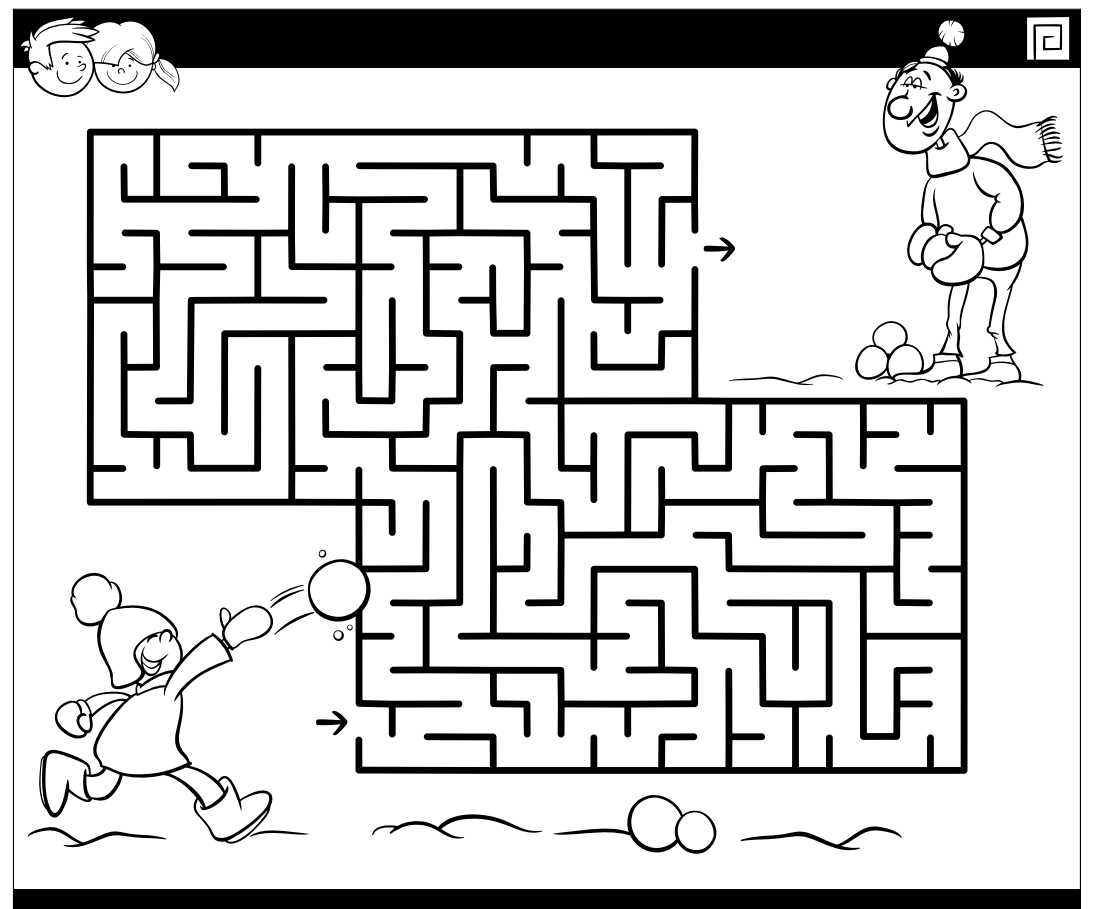
3			4
	4		2
4		2	1
	1		

		3	
3	2		1
1		2	
2			4

FIND 5 DIFFERENCES



Find the animals in the picture and color them in.



Bigger. Bolder. More Refined.



Come in and Test Drive a Chevy Trax
See what the buzz is all about.

Starting at just \$23,490 for the 1RS model.

“A generously sized interior, impressive feature content,
and good looks.” - Car and Driver

The Chevy Trax is one of the BEST new-car values on the
market today. In stock, available for test drive and
immediate delivery.

Together let's drive.

KARL
CHEVROLET

www.karldirect.com
261 Elm Street
New Canaan, CT 06840
203.966.9508

Honesty. Integrity. Service. Trust. Since 1927

The Sentinel Educational Pages

COLUMN | WILDLY SUCCESSFUL: THE MERLIN

An Uncommon Hunter; A Master in the Air

BY JIM KNOX

A flash of motion caught my eye. The swift beating of sharply pointed wings zipped the creature past me like a dart. There, somewhere just south of the Merritt Parkway, it vanished into a sheltering grove of hardwoods. In that brief moment, I had just observed an uncommon Connecticut resident whose unpredictable occurrences make it a memorable wildlife sighting throughout its vast range.

The Merlin, *Falco columbarius*, is a powerful little falcon that employs surprise and speed to ambush its fleet avian prey. In fact, its scientific name, columbarius means pigeon, referring to both its robust pigeon-like build and its fondness for fast flying pigeon and dove prey. Tucking their wings close to their bodies in swept position, and zig zagging close to the ground like swallows, Merlins fluidly “bank and flank” in pursuit of prey. Possessing agility on the wing that enables it to catch songbirds and shorebirds—and even darting dragonflies and flitting bats that elude other hunters—a hunting Merlin is a remarkable sight. Ranging from 10 to 14 inches long with a 20-29-inch-long wingspan, these falcons are small, yet their compact frames tip the scales at 6 to 11 ounces, imbuing them with muscle power to overtake and capture their swift prey. Though typically Slate blue, males can range from silver to black on the cap, wings, and back with a cream buff-streaked breast. Females and juvenile birds are brownish gray above with similar cream and buff streaking below.

With a global range encompassing open habitat, shrubland, forests, meadows, marshes, rural and urban parks, prairies and steppe throughout the Americas, Europe, Asia, and Africa, the Merlin is a highly adaptable and successful creature. With populations stable and increasing throughout the



The Merlin

The swift beating of sharply pointed wings zipped the creature past me like a dart. It vanished into a sheltering grove of hardwoods.

world, Merlins have many factors contributing to their success. They are consummate opportunists, forgoing nest building, utilizing the nest of other species such as crows and magpies, conferring an advantage in prime nest locations and energy-saving preparation. These falcons can thrive in wilderness or in close proximity to people, hunting ubiquitous, introduced House Sparrows in cities and towns. They are also expert pair-hunters which coordinate to more effectively flush and capture flocking birds such as starlings and waxwings. One bird will fly low and fast, diving into a flock, chasing the birds into their mate’s line of attack or drive the flock high in

the sky to exhaust them out where their mate will single out their spent prey to make the kill.

In our region, Merlins typically breed and nest in northern New York, Vermont, New Hampshire, and Maine. They pass through the Nutmeg State on their way to their migration destinations further south yet some overwinter in Connecticut, mainly along our coast. Though they tend to appear unpredictably, a flock of birds—especially shorebirds—exploding into flight is often a strong indicator that a Merlin is on the hunt. If you are lucky enough to witness this, scan quickly as these falcons can rocket by at more than 50

So how can a falcon slightly larger than a Robin aid us in our daily lives? Simply, we can adopt lessons from these little powerhouses. Combining offensive strategy with innate ability, the Merlin is hard to beat. When identifying objectives, we should take ample time to observe and assess our options, selecting a target before locking onto it with single-minded pursuit. Once a goal is achieved, we can take a vantage point that enables us to assess our next major goal, rest up for the relentless pursuit of that goal, and then launch our explosive effort to achieve victory.

With hunting success rates hovering between 4.9-17.2%, even the swiftest Merlins miss more than succeed—their frequent failures stoking their redoubled effort—driving their inevitable success. When we possess the good fortune of a skilled partner, we should avail ourselves to teamwork which confers energy conservation and synergy alike. With the Merlin as our guide, our personal victories will not be assured by our swiftness or strength alone, but by our ability to gather ourselves after falling short, to spread our wings, and to launch anew.

Jim Knox is Curator of Education at Connecticut’s

miles per hour!

Beautiful, powerful, and swift, the Merlin inspires admiration, but it also evokes emulation. A bird of nobility down through the centuries, the Merlin was an esteemed hunting falcon to royals the world over. Mary Queen of Scots and Catherine the Great hunted Skylarks with Merlins, earning the bird the

title Lady’s Hawk. The reasons for the Lady’s Hawk’s success are pronounced. These gifted hunters exhibit hallmark patience, observing their surroundings—scanning for opportunity from prominent perches. Resting, when necessary, they conserve their energy to tackle equally agile prey as well as far larger prey such as ptarmigans or grouse.

