

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

Annual Budget Process Schedule

New Canaan has begun its annual budget process, starting with the Board of Selectmen's review and vote on January 30th. The Board of Finance will take over on February 6th, with a vote planned for March 6th. The final stage will move to the Town Council, which will deliberate starting March 13th and vote on April 3rd.

AROUND TOWN

82 Brookwood Lane

A plan to subdivide the former property of Richard Gere and Paul Simon at 82 Brookwood Lane into nine lots has been submitted to the town. Neighbors have expressed concerns about potential environmental impacts, including risks to wetlands and watercourses. The proposal will be reviewed by the Inland Wetlands Commission.

Warming Centers in Town

The Town of New Canaan has designated warming centers for residents during the forecasted extreme cold temperatures and wind chills. The New Canaan Library will be open Monday through Thursday from 9 am to 8 pm, Friday from 9 am to 5 pm, Saturday from 10 am to 5 pm, and Sunday from 12 pm to 5 pm. The Lapham Community Center will operate Monday through Thursday from 8:30 am to 4 pm and Friday from 8 am to 2 pm.

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Publisher@NewCanaanSentinel.com

Celebrating Rev. Dr. Martin Luther King Jr.

By JOHN KRIZ

On a chilly, yet bright, January 20, the community gathered in the United Methodist Church of New Canaan www.umcofnewcanaan.org to celebrate the life and legacy of Rev. Dr. Martin Luther King Jr., who died by an assassin's bullet on an early Spring day in Memphis, Tennessee nearly sixty years ago.

But it was not death, and the hate that drove it, but the redeeming power of love that was the watchword of the day.

The tone was set by the Men's Choir from Bridgeport-based Pivot Ministries, who opened with uplifting song. Pivot Ministries www.pivotministries.org is a faith-based charity focused on building hope and healing among men struggling with addiction. Its pastor and director, Rev. Richard Williams, was keynote speaker.

Rev. Gilbert Burgess, pastor of New Canaan's Community Baptist Church on Cherry Street www.cbnewcanaan.org welcomed the congregation, noting that Dr. King's life "expressed unity as opposed to division" and that the New Canaan community had "gathered here in unity." Said Rev. Burgess, "one of the most beautiful representations of God's love is to love each other."

Khanisha Moore followed by singing "Lift Every Voice and Sing," supported by Peterson Prime on piano and Justin Merveille on saxophone. Ms. Moore noted that the day before she had been at New Canaan's Congregational Church www.godsacre.org, where she was reminded that "God has brought us thus far on our way to stand together," noting Dr. King's "dream of people from different walks of life coming together, bound by faith and hope," and that "though the journey continues, moments like these remind us that we're on the right path."

Rev. Martha Epstein, senior pastor of the Methodist Church, in her invocation, said "Let us pray not just with our words but with our hands. Let us not pray just with what we say, but with what we do. Let us pray not just with what we intend, but with the witness of our lives. Let us pray not just with what we dream, but with our boots on the ground. Let us pray to remind ourselves, and to remind each other, of who we are, of whose we are, and especially of whom we are called to be as the beloved community."

Jennifer Zonis, president of the Interfaith Council of New Canaan www.ncinterfaithcouncil.com which sponsored this tribute to Dr. King and his legacy of love, offered the prayer "He who makes peace in high places, let him make peace for us and for all the world," and followed with a sung prayer in Hebrew.

New Canaan High School students John Baluyut and Daniel Ortiz, who are members of A Better Chance in New Canaan www.abchouseofnc.org spoke as well, with Mr. Baluyut, a senior, noting that "love is more than a feeling from family and friends. It is the transformative force capable of mending broken relationships, bridging the divides, and making enemies turn into friends." He went on to say that while in New Canaan he "met new people in wrestling, church and school. I also learned love isn't only about liking somebody, but it is offering kindness, patience, a willingness to



Khanisha Moore, Justin Merveille and Peterson Prime (on piano, not pictured) leading the congregation in song at the tribute to Dr. King.

Dr. King "understood love as a transformative power, a remedy to heal and build a society rooted in justice and equality."

break down barriers, taking initiative and reaching out to peers and friends. With a simple, friendly gesture, you can foster relationships and bonds that last a lifetime."

Mr. Ortiz, a sophomore, talked of stepping "outside of our comfort zones," with himself as an example, leaving his home in the Bronx for New Canaan. He noted that "these moments, while daunting and at times confusing, hold the power to transform us profoundly." Mr. Ortiz also spoke of realizing that "in order for me to thrive in my new environment, I had to learn to welcome diversity not only in others but within myself. I had to learn the biases and fears I had nurtured and replace them with understanding and love. Day by day, I began to see the value in connecting with people who were different from me. These interactions broadened my perspective and enriched my understanding of the world. The uneasiness that I once felt was gradually replaced with a sense of belonging and acceptance. The lessons I learned during this time have shaped my character and remain with me to this day."

In his keynote Rev. Williams of Pivot Ministries noted that Dr. King "understood love as a transformative power, a remedy to heal and build a society rooted in justice and equality." He went on to say that "Jesus taught his followers to love their enemies. He knew the transforming power of love. He knew that love was a power to transform an enemy into a friend. Loving your enemies with a tall order when Jesus proclaimed it. It's a tall order and friends, even today it remains a tall order." Rev. Williams even termed the call to love one's enemies a "pretty unfair demand." So why do it? Why replace the hate with love? One reason, says Rev. Williams, is that "harboring hatred doesn't hurt the person you despise, friends. It harms you." In addition, "love

has redemptive power." Plus, love "opens a door to something extraordinary: Reconciliation." Love is creative rather than destructive. It builds bridges, and "it reflects the character of God." Rev. Williams concluded by saying "we can love our enemies by seeing the good in them. Yeah, it's that simple. Seeing the good in people."

An offering was collected by the youth of the Church of Jesus Christ of Latter-Day Saints <https://local.churchofjesuschrist.org/en/us/ct/new-canaan/682-south-avenue>, with proceeds devoted to the New Canaan Food Pantry www.newcanaan.info/departments/human_services/new-canaan_food_pantry.php which served 2500 people and 700 households in need in 2024.

After enjoying a rendition of "The Greatest Love of All" from Ms. Moore, Mr. Prime and Mr. Merveille, Msgr. Robert Kinnally of St. Aloysius Roman Catholic Church www.starcc.com closed with a benediction, asking God to "free us from hatred, ignorance, fear, injustice or whatever else that prevents us from being a community of love, mercy and respect."

The event concluded with the Pivot Ministries' Men's Choir leading everyone in singing "We Shall Overcome."

First Selectman Dionna Carlson, who attended along with Selectmen Steve Karl and Amy Murphy Carroll, summed up the tribute to Dr. King this way: "The Interfaith Council's 23rd annual honoring of the life and legacy of Rev. Dr. Martin Luther King Jr. was an inspirational service highlighting a message of love as a means to remove barriers that divide."

I have decided to stick with love. Hate is too great a burden to bear. Rev. Dr. Martin Luther King Jr.

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

COLUMN



By ICY FRANTZ

What's on Your Horizon?

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

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

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

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

If you have read my pieces in the past, you probably know that I am a David Brooks fan. I read his weekly columns in the New York Times, and I have read most of his books. I wish I could write like him. I don't always agree with him, but he makes me think. And he has a way of integrating research with his personal stories that is effective and brilliant.

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

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

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

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

Towards the end of his talk, he looked up at the auditorium full of teenagers and said the words that have kept me company these past few months, the words that I could have glossed over, but I didn't, and the words that I have been considering as I go into the new year.

"You need to widen your horizon of risk."

What?

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

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

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

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

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

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COLUMN

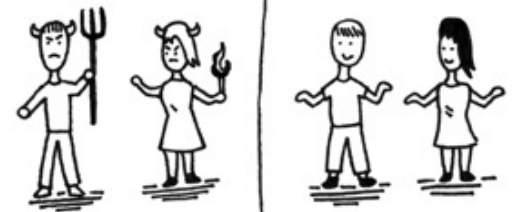
Ignorance, Not Malevolence

By JILL S. WOOLWORTH, LMFT

Spouses are more often ignorant than malevolent. Your partner's intentions are more likely benign than harmful. The challenge is that our brains are wired to scan for danger. Our default response is to assume malevolence. He or she doesn't care/isn't there/is selfish/intends to hurt me. This is a hard rut to pave over in the brain once it has been well worn. Reminding ourselves that our partner probably doesn't intend harm or neglect is worth its weight in relationship gold. It calms our thought processes and helps us choose our words more thoughtfully.

Spouses are rarely as relationally intuitive as we wish they were. It helps to ask specifically for what we want. If we're getting nowhere, we can ask our partner how to make a request that will elicit a "yes" answer. A change in tone, word choice, and timing can make the difference. This applies to everything from affection to household tasks. We each have a preferred style and time of day that is optimal for receiving requests.

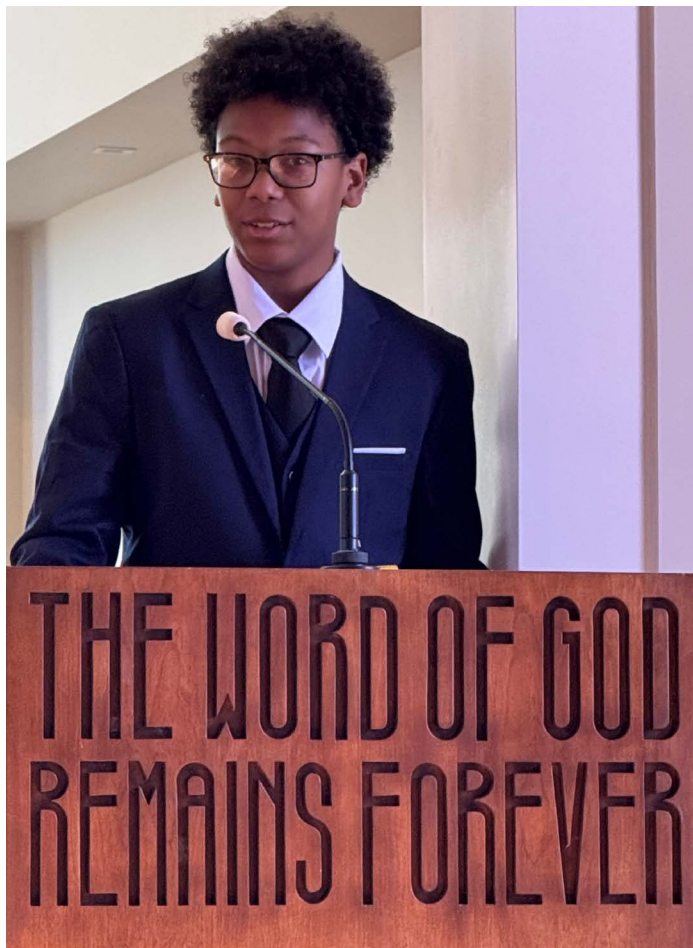
After years of hoping Rob would "get it," his



Illustrated by Wajih Chaudhry

wife, Alfa, learned to email him about specific tasks. Rob could put them on his calendar and feel like her hero instead of a villain. Susannah prefers that her partner, Mario, and her kids send her texts. She doesn't "do problems" after 10pm except for emergencies. Jon likes face-to-face requests from Crystal, preferably after his first cup of coffee. Learning their partners' preferred modes of communication and assuming ignorance rather than malevolence has made their households more harmonious.

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.



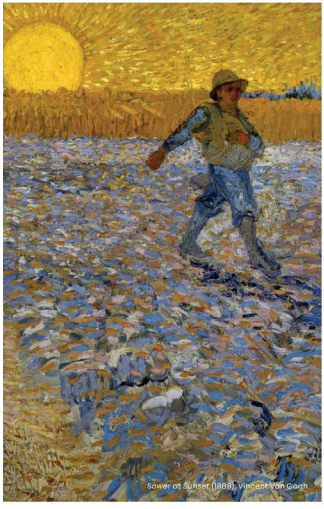
Daniel Ortiz, NCHS sophomore and ABC House scholar, speaks at the tribute to Dr. King



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Music of Benjamin Britten



St. Mark's
NEW CANAAN
Friends of Music
presents

Trevor Scott and friends
Music of Benjamin Britten

Canticle I - My beloved is mine
Canticle II - Abraham and Isaac
Serenade

FEBRUARY 8, SATURDAY, 5PM
General Tickets \$30 (\$35 day of event) / Students \$10
available by scanning the QR code or at the door.

Trevor Scott, tenor
Eliana Barwinski, mezzo-soprano
Susan LaFever, French horn
Tomoko Nakayama, piano
A light reception will follow.



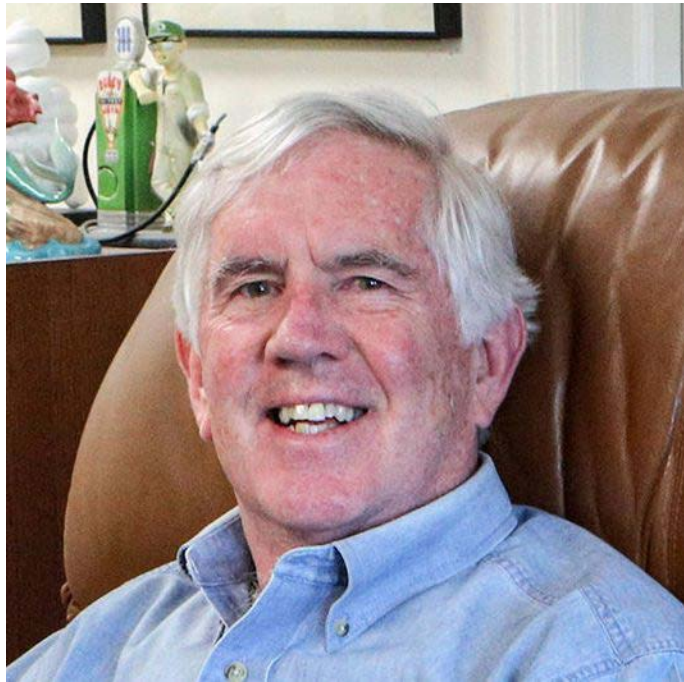
The Friends of the Music at St. Mark's New Canaan, CT Presents Music of Benjamin Britten. Saturday, February 8, 2025, 5pm, in the soaring mid-century modern St. Mark's Episcopal Church, 111 Oenoke Ridge, New Canaan, CT.

Performed by Trevor Scott, tenor; with Eliana Barwinski, mezzo-soprano; Susan LaFever, French horn; all accompanied by Tomoko Nakayama, pianist.

Trevor Scott and friends will perform works of one of the most distinguished composers of the 20th century, Benjamin Britten. Included will be Canticle I - My beloved is mine, and I am his (tenor & piano); Canticle II - Abraham and Isaac (tenor, mezzo-soprano, & piano), and the extraordinary Serenade (tenor, horn, & piano).

Lyric tenor Trevor Scott is currently in his second year of a Masters of Musical Arts degree in Early Music, Art Song, and Oratorio, studying through a degree program sponsored by both the Yale School of Music and Yale Institute of Sacred Music. This past summer, he was honored to make his professional international operatic debut, singing with the Danish National Opera in the chorus of Bohuslav Martin 's The Greek Passion. He was also thrilled to be the tenor soloist in Bach's Mass in B Minor (presented by Yale's Schola Cantorum and Juilliard's J415), which toured across England and Scotland.

Men's Club takes up laughing matters



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

The New Canaan Men's Club will hear about the history of cartoons, with a special emphasis on Beetle Bailey and Hi and Lois, print cartoons that first appeared in the 1950s and continue to this day, in a talk Friday by Brian Walker, called "A Life in Cartoons."

The founder and former director of the Museum of Cartoon Art, Walker's father, Mort, created Beetle Bailey and, with Dik Brown, was co-creator of Hi and Lois.

The Men's Club meeting in Morrill Hall at St. Mark's Episcopal Church, 111 Oenoke Ridge, will begin at 10 a.m. and Walker is expected to begin his remarks around 10:40 a.m.

The cartoon strip Beetle Bailey features an Army private fond of napping and avoiding any military duties on a base in the U.S. shared by inept characters. Hi and Lois features a family and its neighbors with a focus on the mundane and recognizable events in their lives.

Walker has written, edited or contributed to 45 books on cartoon art, including the definitive "The Comics - The Complete Collection." He taught a course on cartoon history at the School of Visual Arts in 1995-1996 and was the curator of 75 exhibitions on cartoon artistry, including one at the Barnum Museum in Bridgeport.

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

The Men's Club has openings for new members, men 55-years old and above. For information about joining, email ncmens@ncmens.info.

An American in Paris Arrives Feb. 6 & 7

New Canaan Chamber Music Audiences are in for an exciting February surprise! They can again "Anticipate the Unexpected" when, for the first time, the program will showcase classical guitar along with George Gershwin's "An American in Paris" and more favorite composers including Johann Sebastian Bach and Gabriel Fauré.

The concert will be held on Thursday, February 6 at 3 pm and Friday, February 7 at 7:30 pm at the First Presbyterian Church in New Canaan at 173 Oenoke Ridge. Tickets are available at www.newcanaanchambermusic.org

Andrew Armstrong, virtuoso pianist and Artistic Director of New Canaan Chamber Music, will be joined by Orion Weiss, acclaimed world-class pianist performing two electrifying "four hands" works. They will perform the Gershwin arrangement exploring the expressive and virtuosic possibilities offered by two fantastic pianists playing together on one piano. They will also perform Fauré's "Dolly Suite."

Orion Weiss will solo with The Transcendental Étude by Sergei Lyapunov -- a showcase of virtuosity that demands great technical skill, with rapid passages and

intricate fingerwork and performed by only the most advanced pianist.

One of the most famous and beloved pieces in the classical guitar repertoire, Joaquín Rodrigo's "Concierto de Aranjuez," will be performed by Mak Grgi , a gifted young guitarist and two-time Grammy nominee.

Armstrong, praised by critics for his passionate expression and dazzling technique, has delighted audiences worldwide, performing at Alice Tully Hall, Carnegie Hall, the Kennedy Center, London's Wigmore Hall, the Grand Hall of the Moscow Conservatory, and Warsaw's National Philharmonic. This season, he will perform Bach's Brandenburg Concerto No. 5 with the Manitoba Chamber Orchestra, and Rachmaninov's 2nd Piano Concerto with the Waterbury (CT) Symphony.

Weiss, one of the most sought- after soloists and chamber music collaborators, is widely regarded as a "brilliant pianist" (The New York Times) with "powerful technique and exceptional insight" (The Washington Post). He has performed with dozens of orchestras including the New York Philharmonic, Chamber Music Society of Lincoln Center, the Chicago Symphony, Boston Symphony, and at Carnegie Hall, and New York's 92nd Street Y. He

performed with New Canaan Chamber Music in 2022.

In constant demand, Grgi , averages eighty-five performances a year -- nearly two bookings per week. Highlights of the 24-25 season include appearances with the American Composers Orchestra at Carnegie Hall, the Pacific Symphony, Charleston Symphony, and others.

In just four years, New Canaan Chamber Music has become a thriving new addition to the concert scene. It also provides growing and inclusive programs of outreach with the Children's Concerts and programs during the year that bring great music to seniors, youth orchestras, and local schools in New Canaan, Stamford, and Norwalk. NCCM is a 501c3 non-profit organization.

The Program
"Americans in Paris"
February 6, 3:00 pm | February
7, at 7:30 pm
Orion Weiss, piano
Andrew Armstrong, piano
Mak Grgić, guitar

Orion Weiss, one of America's most sought-after virtuoso pianists, will return to New Canaan to dazzle with his passionate, lush sound on February 6 and 7.

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Located in the heart of downtown New Canaan, this pristine 2,210 square foot commercial space offers a prime location directly across the street from the New Canaan Metro-North train station and just 300 feet from the retail center. The space is bright, street-facing, and features six exterior offices with stunning floor-to-ceiling windows, two interior offices, an open workspace, and a kitchenette area. Previously used by a hedge fund and financial management firm, this turnkey office space is ready for immediate occupancy and offers the perfect setting for your business. Just a short walk to the village center, this is an ideal location for those seeking a prestigious, accessible downtown address.

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COLUMN

Best Bites: New Canaan



BY PAUL REITANO

I read recently that most people are either pear shaped or apple shaped. Basically, most of us look like produce. Fair enough. But this is not what my friend Marcus looks like. Marcus looks like a GI-Joe. I say this with adulation, and of course a sizeable dose of envy. Though I too sometimes work out in the basement; I do not have the discipline of my enormously smart, kind and fit friend, Marcus. Maybe you've seen Marcus around town. He's the gentleman getting his steps in on White Oak Shade after dark. Perhaps you've almost hit him by mistake as you speed unnecessarily around a tight corner, or you've waved hello thinking he was someone else. It doesn't matter, because while the rest of us are flipping through Instagram as our brains decay; Marcus is burning calories.

Q: Marcus, how often do you eat...actual food?

A: All the time. I try to eat whole foods, as little processed stuff as possible, and lean proteins. I have the 80/20 rule. Healthy, 80 percent of the time. 20 percent; I eat whatever I want.

Q: I have the 20/80 rule - and let me tell you, it is not working. Anyway, what's for breakfast?

A: I skip breakfast.

Q: That doesn't make you angry?

A: Not at all. I try to only eat when I'm hungry.

Q: What about when you're bored - does that count as hungry?

A: It doesn't.

Q: So you're eating real food, right - not the green dust the

crazies mix with water?

A: I usually have a salad for lunch - then for dinner, protein and a vegetable. And nuts. I've been eating a lot of nuts lately. Probably too many.

Q: Sounds like a party. What do you do for a living?

A: I work at Gridiron Capital, a private equity firm that buys middle market companies. My role is focused on financing those companies.

Q: How old are you?

A: 46.

Q: Damn.

A: Not good?

Q: We're the same age. I was counting on you being in your 30's - early 40's maybe - to account for the disparity.

A: Sorry to disappoint.

Q: How do you keep from being lazy, Marcus?

A: Self-Discipline. I've always had it.

Q: Not to turn you into a fortune cookie, but how does one maintain discipline?

A: Discipline breeds discipline. I have a schedule that I try to follow each day.

Q: Go on.

A: I wake up between 5:37 and 6:07. I go to the Y twice a week and lift at home. Also, there's this place F45 Training in Norwalk, I'll go there once a week. I do 45 minutes to an hour everyday, weights and cardio. Except for Sunday.

Q: You take Sunday off?

A: I only do half an hour Sunday.

Q: So, your off day...is an on day?

A: Yeah, I guess it is.

Q: Is your wife happy about your physical fitness or does it bother her tremendously?

A: A mixture.

Q: These short answers - they're going to make the article take up a lot of space on the page.

Q: Where's the hiding place, Marcus?

A: I'm not going to say. But I will tell you that sometimes... I forget about them.

BREAKFAST BURRITO:
three eggs scrambled, sausage, cheddar, scallions, salsa, cilantro (Marcus adds avocado)



A: Sorry.

Q: Do you find that you like to hang out with other fit people - or do you hang out with the Apples and Pears?

A: Both. I'm not discriminatory. There are a lot of dad jocks in town. But if you just hang out with dad jocks, you become one. You don't want to get caught in the New Canaan dad sports trap.

Q: What's the New Canaan

dad sports trap?

A: Naturally, you want your kids to excel and be great. It's fun to win. At the same time, I do realize my kids are probably not going to be professional athletes. Hopefully, they can learn some life skills in sports, in winning and losing, in being great and having an off day. Sports taught me hard work, discipline, and team work. Those life lessons are most important, not dominating 4th grade

Y-Ball.

Q: I will try and consider this - but I can't make any promises. Alright. Hit me with your favorite - and make sure it's from the 20%.

A: After church on Sunday, we go to Rosie's. I get the breakfast burrito. It's the optimal blend of quality, warm cheese, eggs, ham and avocado. I usually get it with one of their muffins.

Q: Pistachio?

A: Carrot or Apple. And then...

Q: There's more to this meal?

A: ...I'll get a few muffins to take with me.

Q: Bro, are you pounding three Rosie's muffins on the way home?

A: No. I have a hiding spot. In the kitchen.

Q: I knew there was a crack in the armor. YOU HIDE YOUR MUFFINS?

A: I want them just out of reach. It's part of the discipline. You can't be tempted.

Q: Where's the hiding place, Marcus?

A: I'm not going to say. But I will tell you that sometimes...I forget about them.


Q: You hide the muffins, to keep from eating them in a fit of weakness. But instead, you forget about the muffins - and you murder the muffins?

A: Occasionally, not all the time. But it happens.

Q: Marcus - I wish we could go on, but the Sentinel is going to run out of paper. Maybe some day, at 6:17, I'll surprise you and show up at the Y.

A: I'd like that.


Paul Reitano is a television producer who lives in New Canaan with his very patient and forgiving family. This winter you can find him yelling inappropriately at his children's Yball teams and hogging the bread slicer at the new Whole Foods on High Ridge.




Picture yourself at the pinnacle of senior living.

"The people at Meadow Ridge are just extraordinary. There is a camaraderie to make you feel truly welcomed."


— David D., Resident



Resident David D. savoring a gourmet meal in our dining room.



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Resident John S. enjoying our heated indoor pool.



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One-Year Anniversary with Special Event

Intentional Self Aesthetics, New Canaan's premier Medspa, is thrilled to announce its one-year anniversary! To celebrate this exciting milestone, the Medspa will host a celebratory event on Thursday, January 30, 2025, from 6:00 PM to 9:00 PM at its offices located in the heart of New Canaan at 23 Vitti Street.

This event is a way to thank our clients, neighbors, and community for their support over the past year and to showcase what makes Intentional Self Aesthetics a trusted destination for advanced aesthetic treatments and intentional self-care.

Since its opening in January 2024, Intentional Self Aesthetics has been dedicated to empowering women to feel confident and radiant in their own skin. Offering state-of-the-art treatments like Hydrafacials, injectables, body contouring, and advanced skincare solutions, the Medspa has established itself as an oasis for women prioritizing self-care and aesthetic wellness.

"Reflecting on our first year, I'm overwhelmed with gratitude for our clients and the incredible community that has embraced our mission of intentional self-aesthetics," said Teresa Alasio MD, founder of Intentional Self Aesthetics. "This anniversary is not just a celebration of our success but of the relationships we've built and the transformations we've witnessed in our clients."

Guests at the anniversary celebration can look forward to an evening filled with fun, connection, and exclusive experiences:

- Live Demonstrations: See firsthand some of the innovative treatments offered at Intentional Self Aesthetics.
- Exclusive Giveaways: Enter to win luxurious skincare products, treatment packages, and other surprises.
- Special Offers: Attendees will receive access to event-only promotions and discounts.
- Live music and Refreshments: Enjoy light bites and beverages while mingling with fellow attendees and the Intentional Self Aesthetics team.
- Educational Insights: Learn more about the science behind our most popular treatments and how they can help achieve your aesthetic goals.

The Intentional Self Aesthetics team invites all clients, neighbors, and community members to join us for this special occasion. Whether you've been a loyal client from the beginning or are curious to learn more about our services, this event is the perfect opportunity to connect and celebrate.

To ensure a personalized experience for all attendees, RSVP is encouraged. Please RSVP by January 28, 2025, by emailing info@intentionalselfaesthetics.com or calling 203-594-1890.

Founded by Teresa Alasio MD, a New Canaan resident, Intentional Self Aesthetics is a Medspa dedicated to helping women prioritize self-care through advanced aesthetic treatments. Located in New Canaan, CT, the Medspa offers a range of services, including skin rejuvenation, Hydrafacials, and anti-aging solutions, in a welcoming and luxurious environment.

For more information, visit www.intentionalselfaesthetics.com or follow us on social media @intentionalselfaesthetics.



COLUMN

The True Cost of Medications



By RUSSELL R. BARKSDALE, JR.

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

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

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

Critics argue that PBMs may prioritize financial gains over patient affordability and access. Their complex rebate structures and opaque contractual agreements

have come under increasing scrutiny, prompting calls for heightened oversight. With healthcare inflation projected to persist at double-digit rates into 2025, PBMs are likely to remain central in policy discussions on drug pricing reform.

Polypharmacy—the use of multiple medications by a single patient—presents another significant challenge. It can lead to side effects, drug interactions, and inappropriate medication regimens, complicating diagnoses and treatment outcomes. Many patients,

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

to the cumulative effects of polypharmacy as medical issues emerge over time. Addressing these challenges requires a coordinated effort across healthcare providers and patients.

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

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

particularly those managing chronic conditions, take five or more medications daily without a clear physician-driven plan for deprescribing or reducing unnecessary treatments.

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

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

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

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

The drivers of rising pharmacy costs are multifaceted, ranging from intricate PBM agreements

have refined the initiation of medications, a complementary science for discontinuing unnecessary drugs is critical.

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

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

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

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



Blossom Hill For the Love of a Child

Blossom Hill will hold its annual Valentine's event, For the Love of a Child, on January 13, 2025 from 12 - 2 pm at the New Canaan Playhouse. All proceeds will support its mission - education for peace - to transform the lives of displaced and at-risk children and youth globally.

Start your Valentine's week with purpose at our cherished annual fundraiser. Drop in with your galentines for an afternoon of connection and giving, featuring:

- Tea Bar
- Flower Bar
- Chocolate Bar
- Charm Bar
- Sparkling wine Bar
- Lite healthy lunch
- Everyone goes home with a prize

What: Blossom Hill's For the Love of a Child
Where: New Canaan Playhouse, 93 Elm Street, New Canaan, CT
When: Thursday, January 13, 2025, 12 - 2 pm
Tickets: <https://blossomhill-foundation.org/galentine/>

Blossom Hill is a 501(c)3 non-profit organization based in New Canaan, CT. Founded in 2009, it has been on the forefront of the refugee crisis, working tirelessly to create positive change and uplift communities. Its mission is to implement innovative programs that empower children affected by conflict in the Middle East. To date, Blossom Hill has reached over 130,000 children and youth in 25 countries, as well as right here in CT, with multiple initiatives through a Fellowship Program for Social Entrepreneurs. This model provides a multi-layered impact on both our fellows' growth and development and positive change in displaced communities.

GATHER YOUR GALENTINES FOR AN AFTERNOON OF FRIENDSHIP

Indulge in a lite lunch, custom tea blends, decadent chocolates, fresh flowers, signature cocktails, and purposeful shopping for a cause.

<p>FEBRUARY 13 12 - 2 PM</p> <p>\$100 per person</p> <p><i>Door prizes with each ticket</i></p>	<p>New Canaan Playhouse</p> <p>93 Elm Street</p> <p>New Canaan, CT</p>
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www.blossomhill-foundation.org/galentine

Adult Bullying

Bullying, in its modern guise, is no longer confined to the bruised egos of schoolyards. It has evolved into an insidious force infiltrating workplaces, homes, and civic spaces. This contemporary plague, as Bill Eddy identifies in *Our New World of Adult Bullies: How to Spot Them, How to Stop Them*, thrives in environments ill-equipped to counter manipulation and psychological coercion. Though new in its terminology, bullying's essence is as old as human frailty itself.

Thucydides, chronicling the Peloponnesian War, observed that "the strong do what they can, and the weak suffer what they must." This stark truth illuminates the fundamental dynamic of bullying: the relentless exploitation of power to dominate and humiliate. Adult bullies craft false narratives, manipulate emotions like shame and loyalty, and play the victim to disarm accountability. These tactics are subtler than physical aggression but no less destructive. Many do not even know they are doing it and would say that they are in fact the victims. This makes dealing with adult bullying even more difficult.

Bullying's effects extend beyond individual victims, seeping into the collective fabric of organizations and communities. Social media amplifies the issue but human nastiness did not begin with the advent of the internet. This is a topic we discuss often on this editorial page because its effect are so devastating.

One of the most unsettling truths about adult bullying is that it thrives because its actions are frequently misunderstood or minimized.

Research from the American Psychological Association connects prolonged exposure to bullying with chronic conditions such as anxiety, depression, and post-traumatic stress disorder. In workplaces, the damage is palpable. Bullying raises stress levels, fractures morale, and accelerates employee turnover, creating a culture reminiscent of the "fear and silence" described by psychologist Dr. Karyl McBride. It is not merely individuals who suffer but entire ecosystems of collaboration and trust.

One of the most unsettling truths about adult bullying is that it thrives because its actions are frequently misunderstood or minimized. The manipulation, like Iago's in *Othello*, can be subtle and devastating, eroding the confidence of its victims through psychological sleight of hand. Its methods range from leveraging nonverbal intimidation to persistently pursuing dominance, regardless of harm caused or resistance encountered.

Communities and organizations bear a collective responsibility to combat this pervasive problem. Workplace training programs and mental health initiatives must become staples of institutional life, not afterthoughts. Raising awareness about bullying's tactics and consequences is the first step toward inoculating organizations against its spread. Alliances—built on shared commitment to justice and dignity—are essential in confronting bullies. Indeed, as Edmund Burke famously warned, "The only thing necessary for the triumph of evil is for good men to do nothing."

Bullying, left unchecked, corrodes the human spirit. Its victims suffer not only immediate distress but also the long-term erosion of confidence and identity. For those grappling with its effects, resources such as the National Conflict Resolution Center and the High Conflict Institute offer tools for recovery. Addressing adult bullying is not simply a moral imperative; it is a practical necessity. A society that tolerates intimidation in its workplaces, homes, and communities undermines its own potential.

Editorial Page



"That concludes the halftime show."

LETTER

Planet New Canaan Tree*Cycle Thanks You

Planet New Canaan would like to thank everyone that supported and participated in our fifth annual Tree*Cycle initiative. Our collective efforts filled the Steve Benko Pool Parking lot and kept over 800 trees from ending up in landfills. It took over two weeks to collect the trees and only a few hours to chip them down and transport them to the New Canaan Nature Center to form what has been affectionately nicknamed Christmas Tree Hill.

Tree*Cycle would not be possible without our strong community partnerships that work to make this initiative a success each year. We would like to thank Tiger Mann with the New Canaan Department of Public Works and John Howe with the New Canaan Parks Department for their support navigating the logistics required to offer Tree*Cycle to our residents. Thank you

to the Exchange Club of New Canaan for providing the grant money necessary to pay for Tree*Cycle each year. Thank you to the NCHS SLOBs for assisting our community members with drop-offs and keeping the trees organized and free of debris. Thank you to the New Canaan Nature Center for offering a home for the tree chips until their ready to be spread on the trails. Lastly, we thank all of our community news

outlets and residents for sharing the Tree*Cycle dates and details with New Canaan.

For more information about Planet New Canaan and our other initiatives, please go to www.planetnewcanaan.org or check us out on Instagram.

Thank you,
Heather Boulanger
2024-25 PNC Tree*Cycle Chair

COLUMN

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

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

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

This dedicated group of volunteers from Rye High School Academy—a project-based learning initiative—joined the pantry as part of their

commitment to volunteer once a month in January, February, and March at pantries supported by the Bread of Life/Giving Tree Global organization, which partners with Trinity Church in Greenwich.

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

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

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

Excited to spend their time at the Bread of Life pantry, the students emphasized that their favorite part of the experience



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

was connecting with everyone they served.

"It's great to be here," said Will Weiman, another Rye High School junior. "Everyone is so dedicated, and it's nice to see the reactions and smiles on people's faces."

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

Bread of Life embodies that. For the kids to be involved with the organization in this capacity has been especially meaningful for all of them."

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

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

ICY'S COLUMN From Page 1

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

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

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

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

Picture this: a good book, my computer,

maybe a pen and a journal, a dog or two, the cat, a snack, a cozy blanket, sweatpants, a scrunchie, and a roaring fire.

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

And that is where I love to be.

Honestly, much in this world frightens me.

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

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

So where is the risk on my horizon?

Well, let's just say I won't be jumping out of a plane or bungee jumping off the side of a cliff (like a certain daughter of mine), but I do have risk on my mind.

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

risk rejection.

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

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

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

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

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

Returning for a moment to Brooks' talk, he asked this question before concluding:

"What would you do if you weren't afraid?"

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

Icy Frantz; *The Icing on the Cake*; icyfrantz.net.

Dr. King and Jesus: A Call to Love



By MEG NEWTOWN

This past Monday, Martin Luther King Jr. Day, I joined a number of New Canaan residents, clergy, local leaders, and special guests to celebrate the life and legacy of the Rev. Dr. King. I was deeply moved to be in attendance and to hear some honest words and reflections from members of the broader community. I want to express my thanks to the Interfaith Council of New Canaan for organizing the event, and to everyone who participated – and everyone who took time, on a day off or, for some, in the middle of a workday, to gather, remember, and celebrate.

The pervading theme of the event was the importance of love—and, in particular, love of our enemies. The Reverend Richard Williams, Pastor/Executive Director of Pivot Ministries, reminded us that Dr. King's admonition to love even those who seek to harm us is a reflection of Jesus' words in the Sermon on the Mount. Jesus proclaimed, "...I tell you, love your enemies and pray for those who persecute you" (Matthew 5:44). Don't just love those who love you back; don't just show kindness to those you deem worthy of kindness; don't just pray for those you care about. Love your enemies—and, as Pastor Richard reminded us, suddenly you've gotten rid of your enemy, because they've transformed into a friend.

I've been meditating on this as I read the news, and am so aware of the number of enemy relationships at play. Nation against nation,

political party against political party, religion against religion, even neighbor against neighbor. Some of those conflicts may be very personal to some of us, and others may seem far off and disconnected from our reality. And in all or most of them, we may feel powerless to affect any kind of change. But Pastor Richard—and Martin Luther King, and Jesus—remind us that we actually can make a difference. We can start by learning to show love to our own enemies—the coworker who badmouthed us, the soccer mom who gossiped about us, the financial advisor who cheated us, the parent or ex or child who's rejected us—and we can pray for our enemies as well as enemies on the global stage.

But I know—it's easy to say we should love our enemies; it's a lot harder to actually do it. How do we love the person who's

hurt us? How did Dr. King continue to love those who abused, defamed, arrested, imprisoned, and ultimately assassinated him? First, as Pastor Richard shared on Monday, we recognize that our hate harms us a lot more than it harms the one we hate. As you've likely heard it said, hate—and unforgiveness—are like taking poison and hoping it will kill the other person.

That may be a selfish starting point—choosing not to hate for your own good—but it's a starting point! And then, Jesus' instruction to pray is a good next step. The prayer may be less for the other person and more something along the lines of, "Lord, please help me not to hate them!"—but again, that's a starting point. Your prayers will (hopefully!) slowly transform into "Lord, please protect and bless them" (though along the way the prayer might be, "Lord,

please give them what they deserve!" and then maybe, "Lord, please change them into a person I can love"—maybe not what Jesus had in mind, but at least spoken with honesty).

And then—since love is rooted in action as much as emotion—what can you actually do to demonstrate love? What kindness can you show? Maybe even just not retaliating is enough of an action, at least for now. Again, that's a starting point. And then, look again to Dr. King—to both his actions and his words. Maybe spend some time reading Strength to Love, a collection of King's sermons admonishing us to follow Jesus' example. In one of those sermons, he reminded his congregation, "Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate

cannot drive out hate, only love can do that."

Jesus himself drove out hate by laying his life down for us, and demonstrating that he himself is Love. When we're struggling to love someone who's harmed us—or we're stirred to anger when reading the news, or we want to get back at a kid who's hurt our kid—remember Jesus' love, and his incredible love for you (as well as for your enemy); remember Dr. King's strength to love in the face of so much hostility; and ask God for that same strength, knowing that returning hate only deepens the darkness, but even a small gesture of love begins to let in the light.

Meg Newtown is a wife, mother of two teenagers, owner of two kittens, and the associate pastor of Trinity Church in New Canaan.

Worship Directory and Services

Church of Jesus Christ of Latter Day Saints

682 South Avenue 203.966.5849
www.ComeUntoChrist.org
Sunday Service: 12:00 PM

Congregational Church

23 Park Street 203.966.2651
office@godsacre.org
www.godsacre.org

Sunday Services: 8:00 AM and 10:00 AM. The 10:00 am service is also live streamed and recorded, the video replay will be available throughout the week. Church School is available on Sundays for children ages 3 through 7th grade each Sunday from September through mid-June.

Recurring Events:

Tuesdays at 9:30 AM: Women's Bible Study

Wednesdays at 9:30 AM: Bible Study

Fourth Thursday from 12-2:30 PM: Meet at the Open Door Shelter in Norwalk to serve a meal.

Upcoming Events:

January 31st from 7-10 PM: Annual Church Chili Paddle Party. A fun-filled social event that brings together church members and friends for an evening of friendly competition and delicious chili. Contact

lizmcclave@gmail.com with questions or to enter your chili in the cookoff.

First Church of Christ, Scientist

49 Park Street 203.966.0293
christiansciencet.org/newcanaa

Sunday 10:30 AM, in person only. Sunday School is available during Sunday Service and is open to children and young people up to the age of 20. There is also childcare available for children too young for Sunday School.

Wednesday Testimony Meeting: 1st Wednesday of each month, join by zoom or by phone 646 558 8656. Reading Room Hours: Open Mondays 11-2, Call to confirm hours 203-966-0293. All are welcome to the Sunday and Wednesday services, Sunday School, and the reading room.

First Presbyterian Church

178 Oenoke Ridge Road 203.966.0002
fpnc.org

Sunday Service: 10am in person or via LocalLive. All are welcome. Coffee Hour after the service is also available in person or via Zoom. Dedicated childcare is available for all children via Wee Care Nanny Agency from 8:45-11:30am in the Nursery School. Transcripts of previous sermons are also available via the First Presbyterian Church of New Canaan's website. Recurring Events: Every Saturday 9:15am (closed) and 10:30am (open): Alcoholics Anonymous. Every Tuesday 8pm: Men's A.A.

Third Wednesday from 6-7:30 PM: Wednesdays at the Well are intergenerational opportunities to learn and grow in faith together. Dinner will be served and all ages are invited.

Upcoming Events:

February 2nd at 3 PM: Orchestra Lumos Concert, Mysteries of Identity. For more information and to purchase tickets visit <https://orchestralumos.org>.

February 6th at 3 PM & 7th at 7:30 PM: New Canaan Chamber Music concert, Americans in Paris. For more information and to purchase tickets visit <https://newcanaanchambermusic.org>.

Saint Aloysius Roman Catholic Church

21 Cherry Street 203.966.0020
www.starcc.com

Service Schedule:

Saturday: Vigil for Sunday 5:00 p.m.

Sunday: 7:00 a.m., 8:30 a.m. 10:00 a.m., 11:30 a.m. and 5:00 p.m. The Sunday 8:30 a.m. mass is live-streamed and recorded. Monday-Friday: 7:00 am and 5:30 pm

Saturday: 7:00 am

Recurring Events:

Last Monday of every month 7pm: Women's Praise & Worship Holy Hour

Fridays 7:30am-6pm: Eucharistic Adoration (September-June)

Saturday 8:30am: St. As Healing Rosary Prayer Group

Upcoming Events:

February 14th at 9 AM: Week of Our Lady of Lourdes and St.

Valentine's Day. Guest speaker Rev. Charles Marie Rooney O.P. from Dominican Healthcare Ministry. Brunch will follow in Stapleton Hall.

St. Mark's Episcopal Church

111 Oenoke Ridge 203.966.4515
churchoffice@stmarksnewcanaan.org
www.stmarksnewcanaan.org

Sunday Services: 8:00am: Indoor Holy Eucharist Rite I; 9:00am: Outdoor Holy Eucharist Rite II; 10am: Indoor Holy Eucharist Rite II (Live Stream also available on the St. Mark's website). Coffee Hour follows the 10am service.

Church School during the 10am service: Godly Play for children in kindergarten through second grade; Holy Moly for third and fourth grades; Meet in the Middle for fifth, sixth and seventh grades. Professional childcare is offered for children ages four and under. Families with children who are not yet ready to separate for childcare are invited to use the rocking chairs at the rear of the chapel.

Weekday Services: Monday-Friday, 8:30am: Morning Prayer Rite II by Zoom.

Wednesday at 12:05pm: Noonday Eucharist in the chapel.

Recurring Events:

First Wednesday at 1pm: Laundry Love volunteering opportunity to come alongside people who are struggling financially by assisting them with their laundry.

First & Third Wednesdays from 6-7:30pm: Youth Group

Upcoming Events:

February 8th at 5-6:30PM: Trevor Scott will sing several of Benjamin Britten's Canticles, followed by the Britten Serenade, for tenor, horn, and strings; accompanied and conducted by Ned Tipton.

St. Michael's Lutheran Church

5 Oenoke Ridge 203.966.3913
office@stmichaelslutheran.org
www.stmichaelslutheran.org

Sunday Service at 10:00 am. Following the service there is coffee, cookies and conversation in the Fellowship Hall.

Recurring Events:

Thursday 12 PM: Alcoholics Anonymous

Trinity Church

New Canaan | Darien

468 South Avenue 203.618.0808
info@trinitychurch.life
www.trinitychurch.life

Join us Sundays at 11:00 a.m. at Saxe Middle School for lively worship, thoughtful and applicable teaching, weekly Communion, and an opportunity to make friends and grow in community. Trinity Kids (infants through fifth grade) and Trinity Youth (middle and high schoolers) take place during the service, and coffee and refreshments are served following worship. Trinity also holds services in-person in Greenwich and Larchmont, and on livestream via YouTube on Sundays at 9:45 a.m.; learn more at www.trinitychurch.life.

United Methodist Church

165 South Avenue 203.966.2666
office@umcofnewcanaan.org
www.umcofnewcanaan.org

Sunday Service is at 10:00 am followed by coffee and conversation during Fellowship Time. Sunday School is available during Sunday Service. All are welcome.

Upcoming Events:

Now through the end of January: Coffee/Tea Food Drive. Drop your donation of any type of coffee or tea in the donation box in the Narthex to benefit the New Canaan Food Bank.

Community Baptist Church

174 Cherry Street 203.966.0711
cbcnewcanaan@gmail.com
www.cbcnewcanaan.org

Youtube: https://www.youtube.com/channel/UCoZ2UNa8aHI30_Syp_X0KDg

Facebook: <https://www.facebook.com/CBCNewCanaan/>

Sunday School at 10:00am

Worship Service at 11:00am

Live Facebook Broadcast 11:30 am

Upcoming Events:

February 8th from 10 AM- 12 PM: Comprehensive retirement planning sessions. More information available on Facebook. To register, please call Rodney King at (203) 383-0835.

Grace Community Church

9:30am Service @ New Canaan High School,
11 Farm Road, New Canaan
203-966-7600

info@gracecommunity.info
www.gracecommunity.info

Welcome to Grace Church, where we strive to build a church of action, founded on Biblical truth, characterized by faith, grace, community, service, authenticity, clear thinking, and cultural relevance. Grace Community Church is an exercise in knowing God, knowing truth, and building community that extends to our full lives, not just to our Sunday mornings.

Join us Sunday mornings at 9:30am or via GCC's Facebook page or YouTube page. Nursery care and Sunday school/teen programming is available for babies through 12th grade. Coffee and bagels available in the lobby after the service, all are welcome.

Upcoming Events:

February 9th at 11 AM: Chili Cookoff & Bingo in the Wagner Room.

Talmadge Hill Community Church

870 Hollow Tree Ridge Road; Darien, CT
203.966.2314

talmadgehillchurch@gmail.com

www.talmadgehill.org

Ministers: Rev. Carter Via and Rev. Cheryl Bundy Sunday worship service at 10:00am in person. All are welcome! We encourage everyone to stay for coffee hour after the service. Sunday School is every Sunday during the service and uses the Godly Play curriculum. Please reach out with any questions utilizing information listed above!

Recurring Events:

Thursdays at 9:30am: Bible Study

First Saturday at 8am: Men's Group

Second Saturday at 10am: Women's Circle

Chabad New Canaan Jewish Center

137 Putnam Rd

info@chabadnewcanaan.org

www.newcanaanjewish.org

The Chabad New Canaan Jewish Center is dedicated to strengthening and building the New Canaan Jewish Community by offering local Jewish resources that bring more positivity, Jewish education, charitable activity, good deeds and blessing to our lovely town.

We are about Judaism, not affiliation. Regardless of your background, and however you choose to define your level of Jewish observance or identity, the Chabad New Canaan Jewish Center can add spirituality, joy, study, community and connection for you and your family. The programs of the Chabad New Canaan Jewish Center are held in various locations, all located in New Canaan.

Temple Sinai (Reform Synagogue)

458 Lakeside Drive; Stamford, CT 06903
203.322.1649

www.templestamford.org

Service Schedule:

1st, 3rd & 5th Friday – 6pm in person and via zoom

2nd & 4th – 7:30pm

Recurring Events:

Fridays at 12 PM: Torah Study

Second Saturday at 10:30 AM: Mussar

First and Third Fridays at 5:30 PM: Shabbat Service for Families with Young Children

First Saturday at 8 AM: Avodat Halev Discussion Group

Temple Shalom

300 E. Putnam Ave. Greenwich, CT 06830

203-869-7191

www.templesholom.com

Services: In-person and virtual Friday night Shabbat services, 6:30pm & Saturday morning Shabbat services, 10:30am.

Recurring Events:

Saturdays at 9 AM: Shabbat Study via zoom at <https://zoom.us/j/94358392426?pwd=bFJQem9HWFcXU0EzZUM2VENEZmgyUT09#success>

Bridging the Gap: a Path to Educational Excellence?



State Se. Ryan Fazio talks with Bishop Caggiano

At St. Ann Academy, two Connecticut legislators joined local educators and clergy to discuss the Catholic Academy of Bridgeport's role in a state where the quality of education can vary dramatically by geography. Senators Ryan Fazio (R-Greenwich) and Tony Hwang (R-Fairfield) led a session that explored strategies to expand resources for parochial

schools. The discussion ranged from tax incentives for scholarships to broader policy questions about the sustainability of school choice as a lever for addressing inequities in public education.

Senator Fazio framed the issue in terms of opportunity: "A student's zip code should not determine their destiny. Parochial schools like the Catholic Academy of Bridgeport provide hope and opportunity to kids and families who deserve it but might otherwise not have it." His comments echoed long-standing concerns about how Connecticut's achievement gap—among the widest in the nation—limits upward mobility for many students.

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

Still, the academy's ability to provide these resources depends heavily on private funding. "Non-public schools get very little money from the state,"

said John Kennedy, a board member, who advocated for SB 122, a bill that would create tax credits for scholarship donations. The proposal, while aimed at increasing financial support for schools like the Catholic Academy, underscores the reliance of such institutions on philanthropy rather than public investment.

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

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

while parochial schools remain dependent on unpredictable streams of private donations?

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

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

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

Game Wrap Ups

School	Team & Sport	Date	Opponent	Result
New Canaan	Boys Basketball	1/14	Fairfield Warde	Loss (58-66)
New Canaan	Boys Basketball	1/17	Greenwich	Win (58-48)
New Canaan	Boys Basketball	1/18	Career Magnet	Win (76-46)
New Canaan	Boys Basketball	1/21	Wilton	Win (58-47)
New Canaan	Boys Hockey	1/14	Fairfield Prep	Win (3-1)
New Canaan	Boys Hockey	1/18	Greenwich	Win (4-2)
New Canaan	Girls Basketball	1/14	Fairfield Warde	Win (51-47)
New Canaan	Girls Basketball	1/17	Greenwich	Loss (27-47)
New Canaan	Girls Basketball	1/18	Weston	Win (62-39)
New Canaan	Girls Basketball	1/21	Wilton	Win (40-22)
New Canaan	Girls Hockey	1/16	West Haven	Win (5-0)
New Canaan	Girls Hockey	1/18	Mercy	Win (5-0)
New Canaan	Girls Hockey	1/21	Greenwich	Win (9-2)
St. Lukes	Boys Basketball	1/14	Greenwich Country Day	Loss (55-76)
St. Lukes	Boys Basketball	1/18	Millbrook	Loss (66-70)
St. Lukes	Boys Squash	1/14	Masters School	Win (4-3)
St. Lukes	Boys Squash	1/16	Rye Country Day	Loss (1-6)
St. Lukes	Boys Hockey	1/14	Greenwich Country Day	Win (5-3)
St. Lukes	Girls Squash	1/16	Rye Country Day	Loss (1-6)
St. Lukes	Girls Basketball	1/18	Rivers School	Win (44-41)

Girls Hockey

The girls hockey team continues its winning streak as of January 22, with a season record of 12-1-0.



Upcoming Rams Sports Schedule

24	JAN, FRI	● 3 - 4:45pm	Boys Varsity Swimming @ Darien High School 2420 Post Rd, Darien Connecticut 06820-3399
		● 4 - 5:30pm	Boys Freshman Basketball vs Stamford High School 11 Farm Rd, New Canaan Connecticut 06840
		● 4 - 5:30pm	Girls Freshman Basketball @ Stamford High School 55 Strawberry Hill Ave, Stamford CT 06902
		● 5:30 - 7pm	Boys JV Basketball vs Stamford High School 11 Farm Rd, New Canaan Connecticut 06840
		● 5:30 - 7pm	Girls JV Basketball @ Stamford High School 55 Strawberry Hill Ave, Stamford CT 06902
		● 6 - 7:15pm	Boys JV Hockey vs Fairfield Prep 55 Old Kings Highway North, Darien Connecticut 06820
		● 7 - 8:30pm	Boys Varsity Basketball vs Stamford High School 11 Farm Rd, New Canaan Connecticut 06840
		● 7 - 8:30pm	Girls Varsity Basketball @ Stamford High School 55 Strawberry Hill Ave, Stamford CT 06902
		● 7:30 - 9:15pm	Girls Varsity Hockey vs Wilton High School 55 Old Kings Highway North, Darien Connecticut 06820
25	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
		● 9:30am - 5:30pm	Boys JV Wrestling @ Danbury High School 43 Clapboard Ridge Rd, Danbury CT 06811
		● 10am - 12pm	Boys Varsity Wrestling @ Portland 95 High St., Portland CT 06480
		● 6:30 - 8:30pm	Boys Varsity Hockey vs Westhill 55 Old Kings Highway North, Darien Connecticut 06820
27	JAN, MON	● 4:15 - 5:30pm	Girls JV Basketball @ Sheehan High School 142 Hope Hill Rd, Wallingford CT 06492
		● 6 - 7:30pm	Girls Varsity Basketball @ Sheehan High School 142 Hope Hill Rd, Wallingford CT 06492
28	JAN, TUE	● 4 - 5:30pm	Boys Freshman Basketball @ Brien McMahon 300 Highland Ave, Norwalk CT 06854-4099
		● 5 - 5:30pm	Boys JV Hockey @ Brunswick School 1252 King Street, Greenwich Connecticut 06831
		● 5:30 - 7pm	Boys JV Basketball @ Brien McMahon 300 Highland Ave, Norwalk CT 06854-4099
		● 5:30 - 7pm	Girls JV Basketball vs Brien McMahon 11 Farm Rd, New Canaan Connecticut 06840
		● 7 - 8:30pm	Boys Varsity Basketball @ Brien McMahon 300 Highland Ave, Norwalk CT 06854-4099
		● 7 - 8:30pm	Girls Varsity Basketball vs Brien McMahon 11 Farm Rd, New Canaan Connecticut 06840
29	JAN, WED	● 6 - 7:45pm	Boys Varsity Swimming @ Norwalk 23 Calvin Murphy Drive, Norwalk CT 06851
		● 7 - 9pm	Boys Varsity Wrestling vs Fairfield Ludlowe 11 Farm Rd, New Canaan Connecticut 06840
		● 7:10 - 7:40pm	Boys Varsity Hockey @ Simsbury High School 1375 Hopmeadow Street, Simsbury CT 06070
31	JAN, FRI	● 3:30 - 5:30pm	Boys Varsity Swimming vs Greenwich High School 564 South Avenue, New Canaan CT 06840
		● 4 - 5:30pm	Girls Freshman Basketball vs Darien High School 11 Farm Rd, New Canaan Connecticut 06840
		● 4 - 5:30pm	Girls JV Basketball @ Darien High School 80 High School Lane, Darien CT 06820
		● 5:30 - 7pm	Girls Varsity Basketball @ Darien High School 80 High School Lane, Darien CT 06820
		● 7 - 8:30pm	Boys Varsity Basketball @ Darien High School 80 High School Lane, Darien CT 06820
		● 7:30 - 9pm	Boys JV Hockey @ Ridgefield High School 700 N Salem Rd, Ridgefield Connecticut 06877-1799
		● 9am - 3pm	Boys Varsity Wrestling @ Brookfield High School 45 Longmeadow Hill Road, Brookfield CT 06804
1	FEB, SAT	● 9am - 2pm	Boys JV Wrestling @ Norwalk 23 Calvin Murphy Drive, Norwalk CT 06851

Boys Basketball

New Canaan boys basketball defeated Wilton 58-47 at home, marking their third consecutive win. The victory brought the Rams to a 6-3 overall record and 3-3 in conference play. A 16-0 third-quarter run proved decisive, turning a close game into a comfortable margin.

Andrew Esposito and Henry Chandra led the Rams with 14 and 16 points, respectively. Sai Akavaramu contributed 10 points and delivered a standout defensive performance, holding Wilton's leading scorer, Henry Luchetta, to 15 points. Luchetta managed only five points in the final minute as New Canaan's defense consistently disrupted Wilton's offense.

New Canaan started strong, taking a 12-8 lead in the first quarter. Wilton responded with a 12-0 run in the second quarter, but New Canaan countered with a 13-0 run, regaining the lead just before halftime at 25-24. After a back-and-forth start to the third quarter, the Rams took control with their game-changing 16-point streak, fueled by defensive stops and quick offensive execution.

Despite turnovers early in the game, New Canaan forced seven turnovers in the fourth quarter to maintain their lead. Head coach Danny Melzer highlighted his team's resilience, noting their ability to answer Wilton's scoring runs with bigger ones of their own. "The grit our guys showed tonight says a lot about their heart and our senior leadership," Melzer said.

Wilton, now 5-6 overall and 3-3 in the conference, struggled to find consistency. Missing injured point guard Matt Weiss, the Warriors relied on Luchetta and Liam McKiernan, who scored nine points, but fell short against New Canaan's defensive pressure. Wilton coach Joel Geriak praised New Canaan's defense and acknowledged his team's struggles in adapting without Weiss.

The win solidifies New Canaan's improvement as they develop offensive cohesion and build momentum in a competitive FCIAC season.

Obituaries



PAULETTE LIVESAY

Paulette Francis Livesay passed away on January 16 in New Canaan, CT. Born in the Bronx on May 2, 1938, New York. Predeceased by her husband of 40 years Darden Rawles Livesay of Stamford, CT. Daughter of Frank and Rosalie Dimenna she was a devoted mother of three sons and a grandmother of 7 grandchildren. She will be deeply missed by her boys. Darden Livesay Jr. of New Canaan CT, Andrew Livesay of New Canaan CT, and Gregory Livesay of Stamford CT. She is also survived by her brother Frank DiMenna Junior of Sarasota Florida and her sister Carol Masee of Basking Ridge New Jersey.

A Mass of Christian Burial took place on Wednesday, January 22 at St. Aloysius Church, New Canaan. The family received friends at Hoyt Funeral Home, New Canaan, CT on January 21. The burial was held on January 22 at Greenwood Union Cemetery, Rye, NY.

The family requests that, in lieu of flowers, a donation can be made in her name to the Bennett Cancer Center one hospital plaza Stamford, CT 06902.

He graduated from New Canaan High School in 1956 where he played baseball and football. He served in the U.S. Army Reserve. He received a Bachelor of Arts from Holy Cross College, a Master of Arts and a Certificate of Advanced Studies from Fairfield University, and a Doctor of Education from the University of Indiana.

Jack was a devoted history and government teacher for 36 years in the Wilton public school system, the majority of which was at Wilton High School. He then became an adjunct professor at Sacred Heart University and the University of Bridgeport where he taught students how to become effective teachers.

He was a member of the New Canaan Men's Club, the New Canaan Old Timers Association, the New Canaan Beautification League, and the Silvermine Golf Club where he got a hole-in-one at the age of 76.

His family would have said so much more about his well-lived and well-loved life, but, in true Jack fashion, he requested that they not "blather on and on." And that's OK because his family would never have been able to find nearly enough words to adequately celebrate him anyway.

Calling hours are being held on January 24, 2025 from 4-8 p.m. at Hoyt's Funeral Home 199 main Street, New Canaan CT 06840. A celebration of Jack's life will be held in the spring of 2025.

Bob had an unshakable belief that life's greatest purpose is found in family and connection. Time with his loved ones was sacred-whether lobster dinners on Martha's Vineyard or cheering grandchildren on from the sidelines. His generosity knew no limits: he gave not just his time and resources but also his steadfast presence. Bob's love wasn't defined by grand gestures alone-it was felt in his unwavering commitment to always showing up.

Bob is survived by his beloved wife of 43 years, Harriet Bles Dewey, a constant and deeply valued partner throughout these adventures and achievements. Together, they grew the large, loving family that Bob leaves behind, including his children Robert, Grant, and Brad Dewey; Parke, Ashley, and Andy Logan; their spouses; fifteen grandchildren; three great-grandchildren; and his elder sister, Jeanne Dewey Hart. Bob leaves a legacy of love, resilience, and belonging that shapes the lives of everyone fortunate enough to have known him.

A celebration of Bob's life will be held on Thursday, February 13, at 11:00 a.m. at St. Stephen's Episcopal Church in Ridgefield, CT. In lieu of flowers, please make a donation to an organization of your choosing that supports education or families.



ROBERT DEWEY, JR.

We celebrate the life of Robert M. Dewey, Jr., who passed away on January 7, 2025, at the age of 93, surrounded by his loving family. Bob cherished time with family, and the growth and education of his children and grandchildren were his top priorities. He was a constant presence on the sidelines as their number one fan.

Bob graduated from Deerfield Academy in 1949. The culture of the Academy shaped his sense of community and laid the foundation for his life. He went on to serve on, and eventually chair, the board (1990-2000). One of his proudest achievements was being a part of Eric Widmer's tenure as Headmaster, the beginning of their lifelong friendship.

Bob graduated from Yale in 1953 with a BA in History. He excelled at squash, playing #1 in his senior year, and earning national rankings after college. He began his career in 1954 at Citicorp, and joined Donaldson, Lufkin & Jenrette in 1974. He oversaw the firm's rise from a research boutique to a leading equities powerhouse. He became a leading institutional salesman and was appointed Head of Equities and Derivatives in 1982. During his tenure, industry rankings for sales, research, and trading steadily increased and profitability soared.

Bob was regarded as a true gentleman in a business that was not known for grace. His colleagues admired him for constancy, hard work, and integrity. One of the best mentors on Wall Street, Bob took great pride in following his mentees' successes. He saw people as individuals, worthy of love, attention, and respect on their merits alone.

A king of sharp wit, Bob's colleagues considered him one of the best speechmakers on the planet, often referring to his fondness of second marriages, second homes, and family time. His pencils were also always sharp - and short - reflecting his practical nature.



ANNE STEIN

Anne Marie Stein September 25, 1940 - December 20, 2024. Anne Marie Stein passed peacefully at her home on December 20.

Born to the late Conrad and Angela Stein of New Canaan, CT, Anne travelled extensively. She lived shortly in San Francisco before settling in Chester, VT. Following in her father's footsteps, she opened and ran Anne Stein Antiques in Chester. Later in life, she moved back to New Canaan, CT. She often sat at her dining room table, the warm glow of the afternoon sun streaming through the window. Her eyes sparkling with joy, she laughed heartily as she attempted to recount a mischievous adventure. Her living room was her home, adorned with flowers that brightened every corner, while a charming collection of clocks set a rhythm for the day, allowing time to drift slowly yet steadily forward.

Anne embraced the beauty of life, one laugh at a time, cherishing every moment spent with loved ones. A gentle soul, Anne had a huge soft spot for all animals. She took a special interest in antiques and especially her clocks. Most of all, Anne loved her family.

Anne was predeceased by her parents, Conrad and Angela Stein. She is survived by her sister, Angela Stein Matt, her brother-in-law, Kemper Matt, her brother, Conrad Stein Jr, her niece, Julie Matt Shea (Tim), her nephews, Kemper Matt Jr. (Anne) and Alec Matt (Kelley) and her grandnephews, Kemper Matt III, Porter Matt, Barrett Matt and Palmer Matt.

The family would like to extend their heartfelt thanks to the team at Visiting Angels and Hospice for their loving care of Anne over the final months of her life. A celebration of life will be scheduled in the Spring of 2025.



LOUIS LAPOLLA, JR.

Louis L. Lapolla, Jr. "Jack," a lifelong resident of New Canaan, passed away peacefully at the age of 86 on January 15, 2025. He was born on June 15, 1938, in Norwalk, CT, to Louis L. Lapolla, Sr. and Anita Ventrella Lapolla.

Jack was predeceased by his parents and son Shannon "Shaun" Lapolla. He is survived by his loving wife Kathleen B. Lapolla, son Jon C. Lapolla, daughter Patricia A. Lapolla, daughters-in-law Danielle Roth Lapolla and Tina Anselm Lapolla, and grandchildren Amy L. Lapolla and Jon L. Lapolla.

New Canaan Chamber Music
Andrew Armstrong, Artistic Director
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Mak Grgić, guitar
Orion Weiss, piano
Andrew Armstrong, piano

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YOUR NEWS BRIEFING CONTINUED From Page 1

LOCAL BUSINESSES AND NONPROFITS

NCNC Winter Hikes



Recently, the New Canaan Nature Center hiking group began its winter season with a walk through local trails and streets. Four more hikes are planned for this winter and participants can register on the Nature Center's website to receive weekly meeting locations. Photo credit: New Canaan Nature Center Instagram.

Waveny Adult Day Program

Waveny LifeCare Network opened the Navigator Adult Day Program (ADP), providing activities and supervision for individuals with Alzheimer's or dementia and respite for caregivers. The program, part of the Navigator Alzheimer's and Dementia at Home initiative, includes cognitive activities, meals, and light personal care. New Canaan residents and caregivers can register for free, with additional enrollment details available through Waveny.

Genova Spoke About New Book



Recently, at the New Canaan Library, Lisa Genova discussed her novel *More or Less Maddy* with Ann Leary. Silver Hill Hospital, the New Canaan Community Foundation, and Elm Street Books contributed to the event. Photo credit: New Canaan Library Facebook.

YMCA Employer of the Year

STAR Inc. named the New Canaan YMCA its 2024 Employer of the Year for promoting workplace inclusivity. Since 2021, the YMCA has employed seven individuals with special needs through its initiative, supported by the Cioffi Family Special Needs Employment Fund. The YMCA also serves over 130 individuals annually through its support

services programs.

Rotary Club of New Canaan



Last week's Rotary Club of New Canaan featured Jaime Ruskowski, MD, the Town of New Canaan Medical Director, as our speaker. She was introduced by Rotarian Dr. Spencer Meyers, a dentist in town. Jim Green President and CEO of Axiom Energy, in East Troy, MI was also a guest as he prepared to speak that evening at the New Canaan Library about residential cogeneration.

Lobsterfest is coming! It's never too early to talk about the Rotary Club's major annual fundraiser, Lobsterfest! Long time chair Leo Karl is now Chairman Emeritus as Kathleen Corbet and Amy Murphy Carroll are co-chairs of the 2025 Lobsterfest, the 40th (!) which will be held on Thursday and Friday, September 25th & 26th.

Dr. Jaime Ruskowski was our speaker and is also the Town of New Canaan Medical Director as of January 1 this year. Dr. Ruskowski started her presentation with the observation that the only thing Americans feared more in 1960 than nuclear annihilation was Polio. In 1918, New York City suffered an epidemic that killed 2000, in 1952 the US suffered 3,000 deaths from Polio and across the USA about 15,000 cases per year were identified up to 1955. With the introduction of vaccines beginning in the early 1950's the US and South America were able to be declared free of Polio in 1994. Polio became the second virus after smallpox in 1979 to be fully contained at the time.

Rotary was the first service organization in 1979 to push for worldwide eradication of Polio. Rotary remains one of the leaders in this effort and has raised a cumulative \$2.7 billion towards this goal. Recent cases of "wild Polio" were limited to 13 cases in 2023 and these were confined to Afghanistan and Pakistan. The group was surprised to hear that current vaccination rate against Polio in the USA is 93%, as most expected it to be much higher.

The USA has not used the oral vaccines with live virus since 2000. The oral version continues to be used for mass vaccinations and where there are outbreaks of the disease due to the ease of administering oral dosages.

For information on the Rotary Club of New Canaan, go to www.newcanaanrotary.org. Photo: Dr. Jaime Ruskowski, New Canaan Medical Director with dentist Dr. Spencer Meyers and Rotary Club President Amy Gildea.

Gels Presents Vision Care Insights



Tim Gels recently spoke at The Inn, addressing macular degeneration, vision loss, and glaucoma. He shared strategies for residents to better manage these conditions. Photo credit: Waveny LifeCare Network Instagram.

SCHOOLS

St. Luke's Alumni Hockey Game



The St. Luke's Alumni hockey team recently won against the Varsity team with a 6-4 victory at the Ice House. The event drew St. Luke's families, friends, and alumni. Photo credit: St. Luke's Instagram.

Veterans Share War Experiences



Recently, St. Luke's Literature of War classes hosted six New Canaan Veterans of Foreign Wars members who shared their experiences from Vietnam, Iraq, and Afghanistan. The speakers included Scott Barnard, Aaron Hall, Brian Van der Heyden, John Kowalski, Rich Mercado, and Mike McGlenn. Photo credit: St. Luke's Instagram.

ACROSS CT

Vornado Amazon Recall

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

Red Cross Volunteers Needed

The American Red Cross in Connecticut is recruiting volunteers for its Disaster Action Team to provide immediate assistance following home fires. Since December 1st, the organization has responded to 88 fires, helping nearly 500 people. Volunteers offer shelter, support, and recovery resources to those affected. More information will be available at their open house on Thursday, January 30th, at 39 Leroy Avenue in Darien from 4 pm to 8 pm.

BOARD OF SELECTMEN BRIEFS JANUARY 21ST

Board of Finance Appointment

The New Canaan Board of Selectmen approved the appointment of Alan Badanes as an Alternate Member of the Board of Finance for a two-year term ending December 1st, 2025.

Utilities Commission Appointment

The Board of Selectmen approved the appointment of Danika Landers to the Utilities Commission for a three-year term ending July 1st, 2025.

Fire Department Personnel

The board approved two hires for the Fire Department: Hamilton Mike Stewart as a full-time Firefighter and William Perritt as Assistant Fire Chief. Stewart, was sworn in and will begin his new role on February 3rd, with training at the Fire Academy commencing February 10th. Perritt, with years of experience in the Hartsdale, NY, Fire Department, was selected after a rigorous evaluation process. The board approved both appointments unanimously.

Parking Department Contract

The Parking Department received approval to transition its contract with Passport Labs Inc. to a month-to-month renewal. With the current annual contract expiring on January 30, the department aims to avoid long-term commitments while evaluating alternative parking management software systems. The department has reviewed potential vendors and plans to make a final decision soon. The board unanimously approved the request.

PLAYING THIS WEEK AT

THE PLAYHOUSE

THE BRUTALIST
SEPTEMBER 5
ANORA

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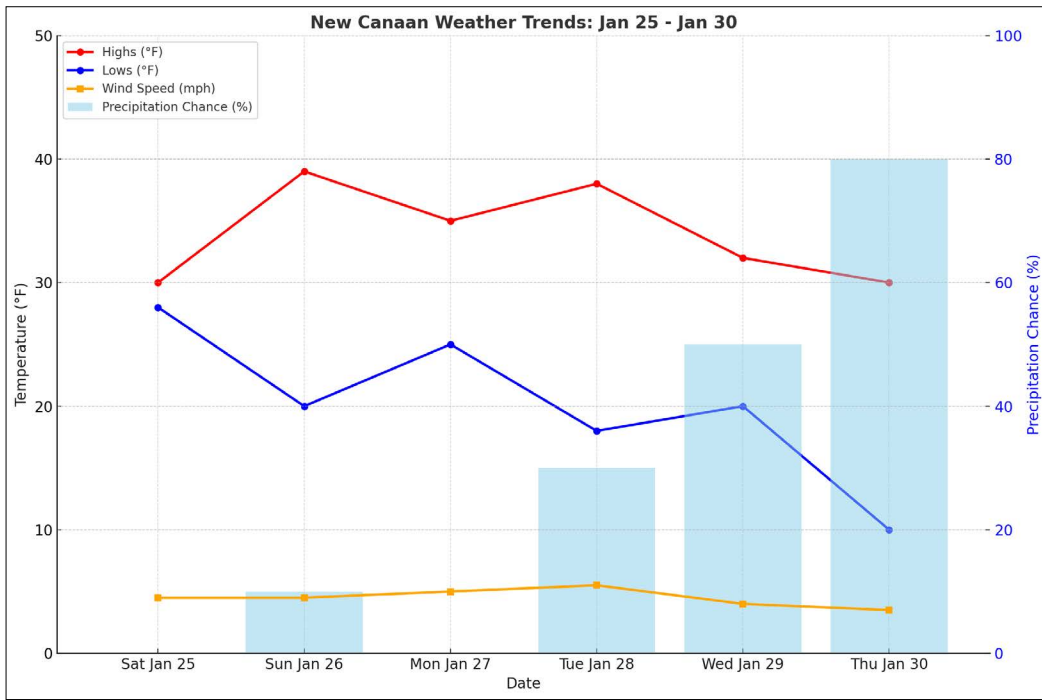
Local Weather: Prep for Frigid Temps in The Week Ahead

By Emma Barhydt

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

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

Sunday, January 26, will be a bit warmer with highs in the high



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

30's. The day will be a little gloomier than Saturday with 80% cloud cover. You can expect average winds of just under 10 mph and gusts of up to 30 mph. The lows this evening will be in the mid to high 10's with much of the cloud cover clearing.

By **Monday, January 27**, the weather will cool slightly, with highs in the low 30s. Expect a mix of sun and clouds, with slightly below 50% cloud cover throughout the day. Winds will pick up marginally, averaging just over 10 mph with gusts reaching 25 mph. Overnight temperatures

will settle in the mid-20s.

Tuesday, January 28 will deliver some of those more balmy temps with the high today in the high 30's, possibly even getting into the low 40's. Today will be mostly cloudy with a strong chance for some flurries. Any

precipitation will be only just enough to add some winter magic to your day and result in no accumulation. Tonight we dip back into those colder temps with lows in the high 10's.

Wednesday, January 29 sees slightly cooler daytime temps, with a high in the high 20's, possibly breaking into the low 30's. Today will be partly cloudy with a cloud cover of 42% and a chance for a snow shower. Wind speeds and gusts will be on par with what we've been seeing for the week. The evening will see a low in the low 20's with a high probability of an ice shower late, exercise caution while driving.

Thursday, January 30, will bring the week's most challenging weather. Sleet and freezing rain will arrive this morning and persist until the afternoon where we

will see some light rain which will end before temps get too cold. Daytime temperatures will be in the low 30's and may fall below freezing. By nightfall, the storm will depart New Canaan, leaving behind it lows in the mid to low 10's and mostly cloudy skies. There is a possibility of a small flurry late in the evening

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

For non-emergencies, New Canaan residents can contact the police department at (203) 594-3500. In case of emergency, dial 911.

Nationally: The Week Ahead

By Emma Barhydt

Northeast:

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

Southeast:

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

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

Midwest:

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

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

Southwest:

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

Northwest:

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

West Coast:

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

Summary:

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

According to the Wall Street Journal

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AGGREGATED NEWS FROM WSJ.COM

China's Latest Bid to Boost Stocks Barely Moves the Needle

Chinese authorities have directed state-owned insurance companies and mutual funds to increase their investments in the stock market to bolster confidence amid economic uncertainties and potential U.S. tariff hikes. Despite these measures, the market response was subdued, with the CSI 300 index closing up only 0.2%, indicating limited impact from government interventions.

Trump Gives Gun, Drug Agents Deportation Power

The Trump administration is expanding its

deportation force by granting immigration enforcement authority to agents from federal agencies, including the DEA, ATF, and U.S. Marshals Service. This move aims to fulfill immigration campaign promises, though no major operations have commenced yet.

How Oracle Plays Cheaply in AI

Oracle is strategically positioning itself in the AI sector through a significant investment in the "Stargate Project," pledging \$500 billion over four years to develop AI infrastructure for OpenAI. Despite concerns about funding, Oracle's share price surged by 14%, reflecting Wall Street's confidence in its cloud unit's role in AI developments.

Spotify Founder's Body-Scan Startup Valued at \$1.8 Billion

Neko Health, a preventive healthcare technology company founded by Spotify's Daniel Ek, has raised \$260 million in Series B funding, valuing the company at \$1.8 billion. The company specializes in non-invasive body scans that detect various health conditions, with plans to expand in Europe and the U.S.

Biotech Venture Investors Optimistic, But Uncertainties Persist

The biotechnology venture capital industry is showing signs of recovery, with funding increasing from \$21.2 billion in 2023 to \$28.1

billion in 2024. However, the recovery remains uneven, with many biotech stocks trading down post-IPO and potential new tariffs causing concern.

Some Walmart Managers Get a Raise, Lifting Their Max Pay Above \$600,000

Walmart is increasing remuneration for regional store managers, boosting their maximum pay to over \$600,000, reflecting the importance of their role in the company's success. Conversely, the company is cutting perks for office staff, ending remote work, reducing some pay, and aligning healthcare benefits with standard plans offered to store employees.



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NEW LISTINGS

Address	List Price	SqFt	Price/SqFt	AC	BR	FB
125 East Avenue	\$1,075,000	1,875	\$573.33	0.13	4	2
205 Main Street #19	\$1,125,000	1,722	\$653.31		2	2
294 South Avenue	\$1,495,000	2,652	\$563.73	0.34	3	2
321 Frogtown Road	\$2,795,000	4,962	\$563.28	2.10	5	4
794 Oenoke Ridge	\$5,495,000	8,642	\$635.85	2.69	5	7
81 Canoe Hill Road	\$7,400,000	9,452	\$782.90	5.53	6	7

NEW SALES

Address	Original List	List Price	Sold Price	DOM	BR	FB	Acres
36 Field Crest Road	\$1,549,000	\$1,549,000	\$1,561,000	21	4	3	0.35
289 Park Street C	\$2,055,000	\$2,055,000	\$2,155,000	20	4	4	
97 Carter Street	\$3,150,000	\$3,150,000	\$3,400,000	12	5	5	3.35

FEATURED OPEN HOUSES

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

Address	Price	Day	Time	Broker
205 Main Street #19	\$1,125,000	SUN	1:00PM-3:00PM	Houlihan Lawrence
107 Weed Street	\$3,849,000	SUN	4:00PM-6:00PM	Higgins Group

Inauguration Day Reflections



BY JOHN ENGEL

Inauguration Day is a moment for looking forward, and for reflecting on the past. This is a look-back over the bigger ideas in this column, reexamining some, correcting others, knowing some points were better made the first time around. What did we learn?

65. 2024 Review. Despite national downturns, Fairfield County's real estate market remained robust in 2024, with most towns experiencing rising average prices and declining inventory levels. Expect price appreciation in the low single digits in 2025.

64. Winter Light. Snow-covered landscapes and the quality of natural light during winter can create stunning first impressions for potential buyers, making it an ideal time to list homes by highlighting light-filled spaces, removing distractions, and investing in brighter lighting for an inviting presentation.

63. The Value of Good Schools highlights that homebuyers are often willing to pay a premium – approximately 3-4% more – for properties located in areas with higher-rated schools. I think in New Canaan, with the highest-rated schools, that figure is understated.

62. Decision Making, Fast and Slow was directed at slower, overly cautious buyers who miss out on the houses they love. In the column, I compared Warren Buffett's analytical discipline with Ted Williams's, but house-buying is neither a split-second decision to swing, nor does it fit neatly into a portfolio. When making a decision on purchasing a new home, it's crucial to balance quick, emotional reactions (e.g., falling in love with a home's aesthetics) with deliberate, logical analysis. Buying a home should not be at all like buying a stock.

61. This Boiling Frog explores the impact of the SALT deduction limits on our local real estate market, affecting New Canaan values over \$800,000, which in this market is almost all of them.

60. November Market Report highlighted the extreme lack of inventory in Darien – 34 houses – and the 24% increase in average price in Stamford.

59. Now What, Trump? considered five current influences of the Trump administration on our real estate market. It is often overlooked what impact the finance industry has on our local economy and by extension its real estate market.

58. What People Fear Most was a poor headline, but it was a look at datamining and how our behaviors are being studied. 2025 is the year Moneyball meets real estate, where the search for your next home makes greater use than ever of AI and computer modelling.

57. Election Effects told us that home sales typically increase in the year following a Presidential election. In this area, sales are constrained by inventory, not demand, so this may not be a typical year.

56. Climate Risk Threat Scores are entering the public consciousness. We found tools like that on Zillow to be lacking. In the wake of wildfires, hurricanes, and an insurance industry in crisis, with AI improving, expect these tools to get better in 2025.

55. A New Approach explored ways we might move forward with public-private partnerships on town-owned buildings in New Canaan and Wilton. We only collect expensive cost estimates from town's own public works departments, an approach lacking imagination.

54. The Purchase of Avalon talked about the purchase of 104 homes by the New Canaan Housing Authority, dispelled some rumors, and discussed rents.

53. October Market Report outlined price appreciation in Darien (4.5%) and New Canaan (6.1%), simultaneous with a 4.7% decline in Westport.

52. An Existential Threat lamented the shuttering of the New Canaan Multiple Listing Service by the New Canaan Board of Realtors. It posed the questions of what the role of the Board is and whether we are losing a part of our distinct New Canaan identity.

51. Real Estate is Like and Not Like Poker talked about how we as real estate agents interact with each other, how we think, bluff and bluster, and how those relationships do affect the deals being made.

50. Like a Starter's Pistol described the urgency being felt at the beginning of the Fall Market, the natural result of imbalance in the market, and a feeling that re-emerged as we begin the Spring market: arrive early, educated, and prepared to transact.

49. Labor Day Market Report explored four case studies as a way of illustrating what's happening: not every property behaves like the average property.

48. What Drives the Housing Market? discussed low supply, high demand, and changes in how commissions are paid. I think the single biggest factor supporting real estate prices is the \$84 trillion in wealth being transferred from the Baby Boomer generation to their kids and grandkids. So much wealth, and the different needs of each generation, is a major driver of real estate sales.

47. Round House was a celebration of a restored midcentury modern house in Wilton.

46. How to Show a House was a column about being purposeful, a particularly important message as we begin 2025. Arrive prepared and make your own luck.

45. Summer Thoughts was a column on swimming pool trends, down since peaking during the pandemic.

44. Mid-Market Report looked at eight towns, compared those that were similar, and picked out anomalies, such as Wilton's January surge and Stamford's surge in December, both uncharacteristic.

43. Rental Market Roundup was a look at the rental market not only across Fairfield County but in New York City and beyond, trying to tease out a trend.

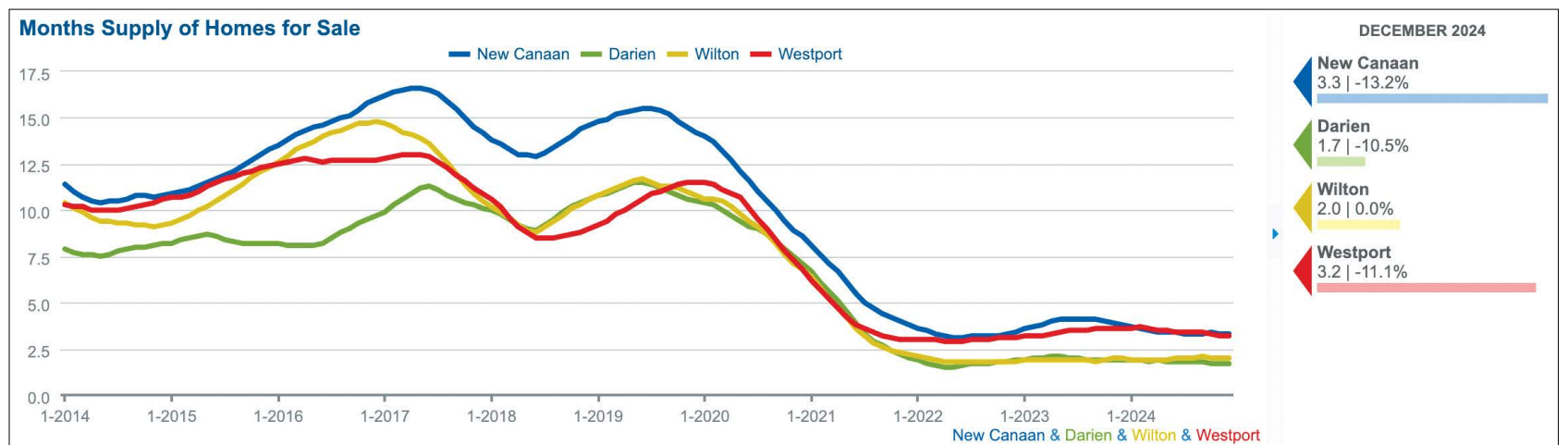
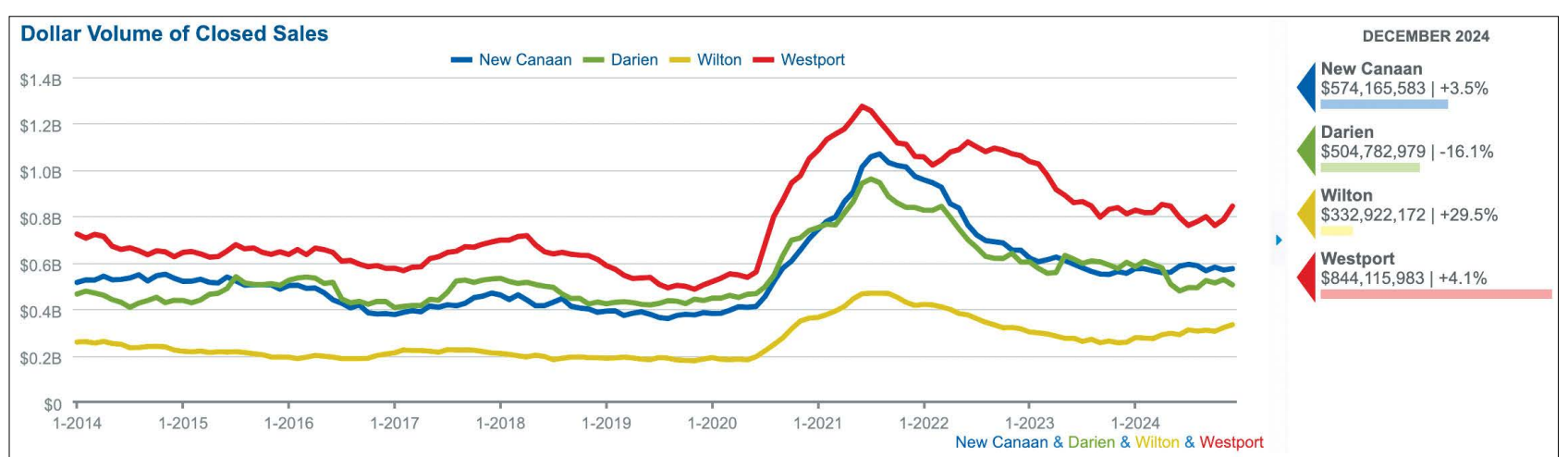
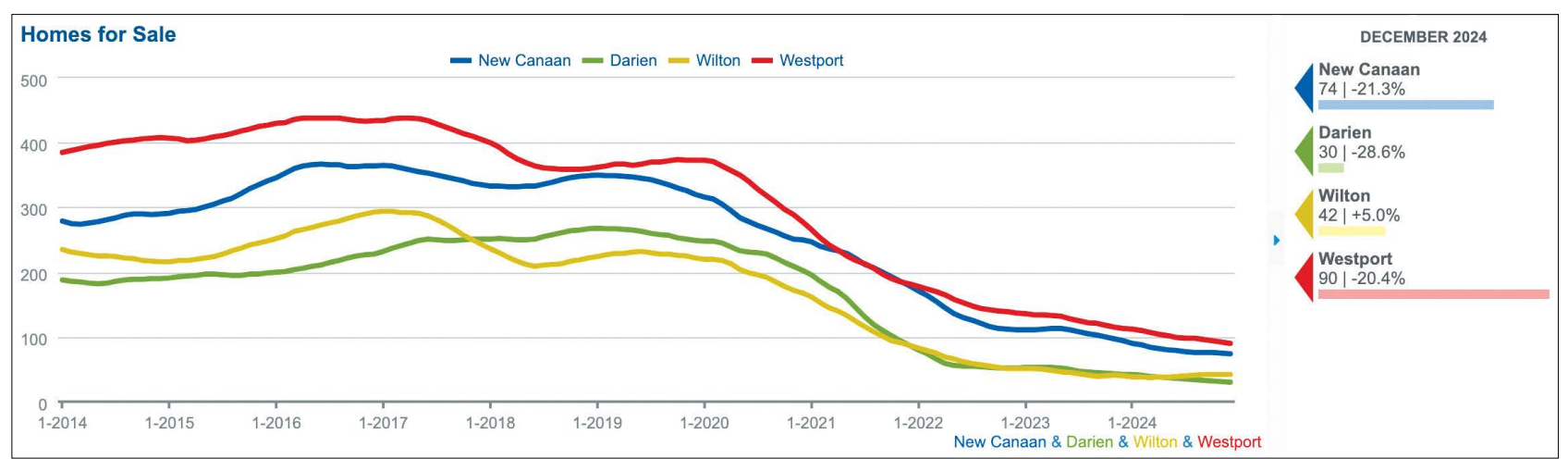
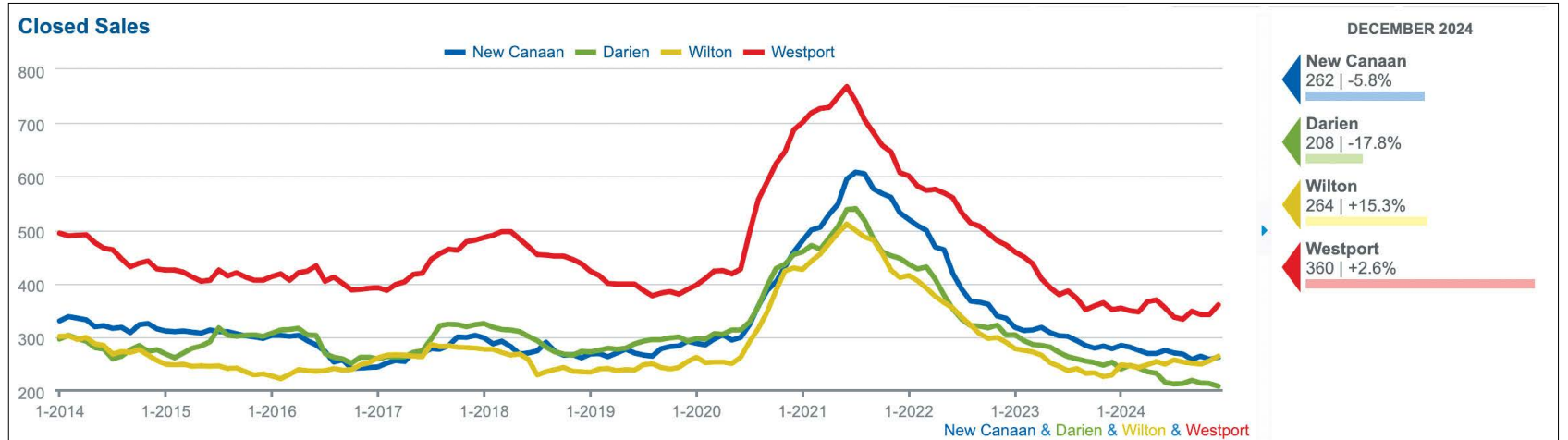
What can we conclude about the state of the market as we head into



2025? Interest rates in the mid-6's are historically middle-of-the-road but feel elevated when so many of us are holding onto rates around 3. Sales volume of 262 in New Canaan is also typical for most of the last decade but feels insufficient after a high of 608 sales during Covid. Supply has never been more constrained than right now, particularly affordable options, and that dynamic is not poised to change, perhaps not ever, as we have neither the infrastructure nor political will to support upzoning. Two factors pushing prices higher will eventually wane. They are the \$84 trillion generational wealth transfer taking place across our society and record-setting Wall Street profits. These won't last forever and the market will eventually rebalance. I'll conclude with a forward-looking

perspective, suggesting modest price appreciation across Fairfield County markets in 2025 and a need for strategic preparation in approaching the spring market, be that as seller or buyer for whom a mistake or an opportunity is often worth tens of thousands of dollars.

John Engel is a broker with the Engel Team at Douglas Elliman and he lives in a valley, that lowest point on the Ponus Ridge where the Greenley Road streams dip below the road to feed the Rippowam River. With streams come wildlife. Today in the snow, deer prints are apparent, maybe red fox. Red-tailed hawks are patrolling the meadow. There are mallard ducks in the pond, and we listen for great horned owls and barred owls at dusk.





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Dr. Puente has been lauded for his skills, with honors including the “Peer to Peer” Excellence

in Medicine award and recognition as Outstanding Laparoscopic Resident by the Society of Laparoscopic and Robotic Surgeons. He is a fellow of the American College of Surgeons, past president of Bronx County Medical Society, and a member of several professional societies including the Society of Laparoscopic and Robotic Surgeons and the Society of American Gastrointestinal Endoscopic Surgeons. Dr. Puente is fluent in Spanish and Italian, and has been a resident of Greenwich for more than two decades.



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Spoil Yourself this Valentine's

A review of three luxuries in one location.

By Emma Barhydt

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

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

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

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



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



Tony's also boasts an impressive cocktail menu

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

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

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

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

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

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

About 29 minutes from New Canaan: Tony's menu is available at www.tonysatthehouse.com.

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

With piping hot and pre-sliced, the steak was flavorful, juicy, and masterfully cooked. The bone is served with the steak, but apart from it so you don't have to fight

with the bone to get your steak up your steak they should include whatever is left of the sauces on the side.

Quick side note, if you did take the steak home, they send

Pure Zen at The J House Spa

By Emma Barhydt

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

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

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

me for the rest of my day. With warm hands and a rhythm that seemed in sync with my body's needs, Angela melted away every bit of tension I'd been carrying.

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

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

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

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

About 29 minutes from New Canaan: The J House Spa is located at 1114 East Putnam Avenue in Greenwich. Call (203) 698-6980 or email jhouse@jhousegreenwich.com.

Indulging in Luxury at The J House

By Emma Barhydt

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

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

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

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

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

For those looking to enhance their stay even further, The J House offers options like a couples massage at The J Spa or a reservation for two at Tony's, their acclaimed on-site restaurant. For me, dinner at Tony's was a treat, but you've already heard all



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



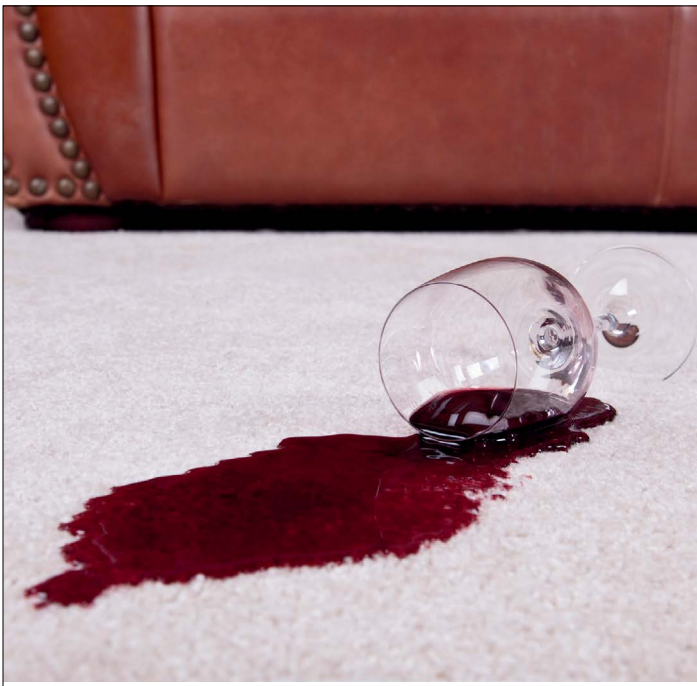
I arrived to find my room beautifully set with scattered rose petals that created an atmosphere of pure luxury.

about that.

For a stay that combines romance, luxury, and a touch of indulgence, The J House Greenwich's Romance Package is the perfect way to treat yourself or your loved one to a night (or weekend) of pure bliss. Whether you're enjoying champagne,

chocolates, or just the quiet of your beautiful room, this package offers everything you need to make unforgettable memories.

About 29 minutes from New Canaan: The J House Hotel is located at 1114 East Putnam Avenue in Greenwich. Call (203) 698-6980 or email jhouse@jhousegreenwich.com.



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Sudoku for Kids

	2	1	
4			3
		3	
1	3	4	

	2	1	
4			3
		3	
1	3	4	

	2	1	
4			3
		3	
1	3	4	

	2	1	
4			3
		3	
1	3	4	

SUDOKU

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

Easy

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

Hard

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

Very Hard

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

Easy

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

Hard

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

Very Hard

1	8				9	7	4	3	
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Sudoku answers

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

Calendar of Events for Your Fridge

Submit your events at:

[newcanaansentinel.com/submit-an-event/](https://www.newcanaansentinel.com/submit-an-event/)

TOWN MEETINGS

Monday, January 27

[Inland Wetlands Commission](#)
7-9 p.m.,

Tuesday, January 28

[Board of Selectmen](#)
8:30-10 a.m., Town Hall Meeting Room & via Zoom

Planning & Zoning Commission

7-9 p.m.,

Thursday, January 30

[Board of Selectmen](#)
8:30-10 a.m., Town Hall Meeting Room & via Zoom

January 24

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.

Humanity in Architecture Film Festival-Opening Night

6:30 PM at Grace Farms

Join for a weekend of films exploring the built environment's power to enrich our human experience and to remind us of our capacity to create positive change in the world. There will be an opening night premiere of "Strange & Familiar: Architecture on Fogo Island" will be followed by a dialogue. Tickets are \$15 for the film and available at <https://tickets.gracefarms.org/events/af8d3c2d-ed78-1876-b118-0859a3bfe0ee>.

January 25

Humanity in Architecture Film Festival-Opening Night

10 AM- 7:45 PM at Grace Farms

Join for a day of films, conversations, and more celebrating architecture's impact on people and communities. The day will begin with the film "Biocentrics" and end with "Tokyo Ride". Tickets are \$10-15 per film. The full schedule and tickets are available at <https://gracefarms.org/event/humanity-in-architecture-film-festival/2025-01-25>.

Last Saturday on the Trail : Pollinators in My Backyard

1 PM at the New Canaan Library, Tate Conference Room

Explore the captivating world of pollinators, with a special focus on butterflies and their biology. This program delves into pollinator populations' challenges, from habitat loss to the dangers of modern pesticides. Learn how citizen scientists contribute to critical research and conservation efforts to protect these essential creatures. Please register at https://secure.lglforms.com/form_engine/s/NeTbdDKYKH2d3ABOaI08UeA.

Adaptive Circus Program

3-4 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium

Join Circus Moves for a special adaptive program for children with special needs and their families. Balancing, bouncing, tossing, trying, spinning, smiling, jumping, juggling, and lots of clowning around. Circus Moves activities are adapted to meet each participant at their developmental level. Circus is for everyBODY! Best for families with children in grades K-6th. Register at <https://www.newcanaanlibrary.org/event/copy-adaptive-circus-program-95077>.

January 26

Library Orientation with Inclusive Together

11 AM at the New Canaan Library, Kontulis Family Storytime Room

New Canaan Library is partnering with Inclusive Together to offer an exclusive Library Orientation for parents/caregivers and their children. This event is designed for those who appreciate a quieter, less crowded environment. For more information and to register, visit <https://www.newcanaanlibrary.org/event/library-orientation-inclusive-together-105550>.

Open-ended Art Exploration with Barbara Rucci

12 -2 PM at the New Canaan Library, Arlene H. Grushkin Children's Program Room

Families can drop in to come make art with Barbara Rucci. There will be three different art stations where you can explore your creativity. No registration needed, this is a drop-in program.

January 27

VITA Free Tax Preparation

11 AM- 6 PM at the New Canaan Library, Craig B. Tate Conference Room

Get your 2024 taxes filed for free at New Canaan Library through SimplifyCT. SimplifyCT uses VITA, a secure, Internal Revenue Service (IRS) certified program that's been developed to connect individuals to volunteer IRS certified tax preparers who can give you advice and file your taxes. Drop-ins are welcome. Register at <https://shorturl.at/KDebZ>.

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-117447>.

Public Forum on Community Health & Well-Being Survey Results

6:30-8 PM at the New Canaan Library, Bartlett Auditorium

New Canaan Behavioral Health Alliance invites all residents to a special public forum to unveil the results of the Community Health & Well-Being Survey. The survey received responses from over 1,490 residents sharing their insights on key issues impacting health, mental health, and well-being in New Canaan. Please register at <https://newcanaanbha.org/community-health-well-being-survey/>.

January 28

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 29

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.

January 30

The Red Mustang: the Incredible Ride of Jeanne and Tom Gnuse

12 PM at the Lapham Center

Lunch and Learn with Staying Put. A memoir chronicling Jeanne's life and partnership with Tom, detailing their challenges, and triumphs in journey with Tourette's syndrome.

Cooks & Books -Veganuary -Let's Try

6 PM at the New Canaan Library, Kend Kitchen

Learn how to cook flavorful, healthful vegan meals. A selection of vegan cookbooks will be available to those who are registered. Register at <https://www.newcanaanlibrary.org/event/cooks-books-118765>.

Seasonal Stories with Architectural Photographer James Florio

7 -8 PM at Grace Farms

Architectural photographer James Florio is Grace Farms' Artist-in-Residence, visiting throughout the seasons to build a body of work composed on large format film. Encounter Florio's creative process during this mid-residency presentation in the Grace Farms Library, which will temporarily transform to display his work, along with curated elements representing his Montana studio. Tickets are \$12 and available at <https://gracefarms.org/event/seasonal-stories-with-architectural-photographer-james-florio>.

SAVE THE DATE

January 31

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.

February 1

Encaustic Exploration Workshop with Carolyn Childs

10:30 AM- 12:30 PM at the Carriage Barn Arts Center

Go discover and create using the encaustic art medium. This 2-hour workshop with Carolyn Childs introduces this versatile to art medium and teaches various techniques using a hot iron and wax. Participants of all artistic skill levels will have the opportunity to create paintings on multiple surfaces. All supplies are included. Tickets are \$80/members, \$95/non-members, and available at <https://carriagebarn.org/event/encaustic-exploration/>.

45th Annual Photography Exhibition Opening Reception

4-6 PM at the Carriage Barn Arts Center

Attend the opening reception for the 45th Annual Juried photography show. This exhibition is juried by Brett Abbott, Executive Director of the New Britain Museum of American Art. For more information, call the Carriage Barn at (203) 594-3638.

February 2

Mad Hatter Valentines Tea Party

2-3:30 PM at the New Canaan Museum & Historical Society

This tea party will have delicious tea sandwiches, sweets galore and fun crafts. This is a parent/grandparent/caregiver and child event. Tickets are priced for two people. Additional tickets are available for extra children or adults. Tickets are \$50 for Museum members/\$80 for non-museum members and then each extra child/adult ticket are \$25/\$40 each. This event is appropriate for children ages 3-10. Tickets are available at <https://lp.constantcontactpages.com/ev/reg/qjbahee>.

Lecture & Reception with Katharine

Earnhardt

6-7:30 PM at the Carriage Barn Arts Center

Join for a special reception and lecture with Katharine Earnhardt, Founder of Mason Lane Art Advisory. Katharine will lead an engaging conversation around art appreciation as a way to fuel personal and professional growth.

February 3

Beginning Mahjongg - Session 2

9:30-11 AM at the Lapham Center

Mahjongg is an ancient Chinese game that is enjoying renewed popularity. Join Aggie to learn how to play this fun social game. The session is \$60/person. For more information and to register, call the Lapham Center at 203-594-3620.

VITA Free Tax Preparation

11 AM- 6 PM at the New Canaan Library, Craig B. Tate Conference Room

Get your 2024 taxes filed for free at New Canaan Library through SimplifyCT. SimplifyCT uses VITA, a secure, Internal Revenue Service (IRS) certified program that's been developed to connect individuals to volunteer IRS certified tax preparers who can give you advice and file your taxes. Drop-ins are welcome. Register at <https://shorturl.at/KDebZ>.

February 4

Beginning Mahjongg - Session 2

9:30-11 AM at the Lapham Center

Mahjongg is an ancient Chinese game that is enjoying renewed popularity. Join Aggie to learn how to play this fun social game. The session is \$60/person. For more information and to register, call the Lapham Center at 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.

Candlelit Sound Bath

6:30-7:30 PM at the Carriage Barn Arts Center

The ultimate in self care! Step into a realm of tranquility and profound relaxation at this candlelit sound bath experience with Diane & Catherine of Grounded Meditation. Please bring a mat and any other props you would like for comfort. Tickets are \$40/person and available at <https://carriagebarn.org/event/candlelit-sound-bath-3/>.

February 5

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.

AARP Foundation Tax-Aide

10 AM - 3 PM at the Lapham Center

IRS trained and certified AARP Tax Counselors will provide free, income tax preparation on Wednesdays, February 5th through April 9th. There will be a focus on adults aged 50+ with a low to moderate income. AARP membership is NOT required. You can choose to have an IRS-certified volunteer prepare your taxes for you or provide guidance, so you can prepare them yourself. This program is by appointment only. Information about scheduling appointments will be available in mid-January. For more information, please call (203) 674-9336.

Winter Bingo with a Valentine's Theme

1 PM at the Lapham Center

Bingo and prizes with a Valentine's Day theme. Reserve your spot early by calling (203) 674-9336.

ART BAR: Valentine's Prosecco & Bottle Painting

6:30-8 PM at the Carriage Barn Arts Center

Join for a fun and creative evening with friends and take home a unique keepsake for Valentine's Day! Start the night with a Prosecco tasting hosted by Red Grape, where you'll sample a variety of delightful sparkling wines. Then, unleash your creativity with artist Ashley McNeal, who will guide you through designing and painting a bottle of your choice. Tickets are \$35/members, \$40/non-members, and available at <https://carriagebarn.org/event/art-bar-valentines-prosecco-bottle-painting/>.

February 6

Americans in Paris- Night One

3 PM at the First Presbyterian Church of New Canaan

Orion Weiss, one of America's most sought-after virtuoso pianists, will return to New Canaan to dazzle with his passionate, lush sound. Weiss will join two other nationally recognized musicians, Andrew Armstrong, virtuoso pianist and Artistic Director of New Canaan Chamber Music, and gifted young guitarist Mak Grgi. Tickets are available at <https://newcanaanchambermusic.org/tickets/>.

February 7

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.

Guided Tour & Lunch at New Britain Museum of American Art

11 AM-1:30 PM hosted by Carriage Barn Arts Center

Spend a day visiting CT's New Britain Museum of American Art and meet Director and CEO Brett Abbott who juried the 2025 Photography Show at the Carriage Barn. After the tour, the group will enjoy lunch at the museum café before returning home. Tickets are \$65/members, \$80/non-members, and available at <https://carriagebarn.org/event/guided-tour-lunch-nbmaa/>. For more information about where to meet, call the Carriage Barn at (203) 594-3638.

Global Voices Writing Project Wine & Cheese Reception

5:15- 6:30 PM at the New Canaan Library, Lightburn Gallery

Join the library as they celebrate the exciting intersection of the visual and literary arts. A wine and cheese reception featuring short explanations by the writers and commentary from the Creative Connections will round out the evening. Register at <https://www.newcanaanlibrary.org/event/ephrastic-writing-wine-cheese-reception-124383>.

Americans in Paris- Night Two

7:30 PM at the First Presbyterian Church of New Canaan

Orion Weiss, one of America's most sought-after virtuoso pianists, will return to New Canaan to dazzle with his passionate, lush sound. Weiss will join two other nationally recognized musicians, Andrew Armstrong, virtuoso pianist and Artistic Director of New Canaan Chamber Music, and gifted young guitarist Mak Grgi. Tickets are available at <https://newcanaanchambermusic.org/tickets/>.

February 8

Pruning 101

11 AM at Grace Farms

Understanding when and how to prune is critical to the health of small trees and shrubs. Learn the basics of pruning, including proper tool use and care, in order to champion sustainable and eco-conscious values in gardening. Tickets are \$20/person and available at <https://tickets.gracefarms.org/events/019234f3-dfa6-adde-8781-abe432067c22>.

Trevor Scott and Friends: Music of Benjamin Britten

5 PM at St. Mark's Episcopal Church

The Friends of the Music at St. Mark's New Canaan, CT Presents Music of Benjamin Britten. A light reception will follow. More information is available at <https://www.stmarksnewcanaan.org/friends-of-music/>.

February 9

Author Talk: Amy Sohn

2- 3 PM at the New Canaan Museum & Historical Society

Amy Sohn will speak about her book *The Man Who Hated Women*. Anthony Comstock, special agent to the U.S. Post Office, was one of the most important men in the lives of nineteenth-century women. His eponymous law, passed in 1873, penalized the mailing of contraception and obscenity with long sentences and steep fines. Tickets are \$10/non-members and available at <https://lp.constantcontactpages.com/ev/reg/8bw5w7y>.

February 10

VITA Free Tax Preparation

11 AM- 6 PM at the New Canaan Library, Craig B. Tate Conference Room

Get your 2024 taxes filed for free at New Canaan Library through SimplifyCT. SimplifyCT uses VITA, a secure, Internal Revenue Service (IRS) certified program that's been developed to connect individuals to volunteer IRS certified tax preparers who can give you advice and file your taxes. Drop-ins are welcome. Register at <https://shorturl.at/KDebZ>.

Legislative Priorities in CT: Session Kickoff with our Legislators

6- 7 PM at the New Canaan Library, Kend Kitchen & Community Room

Local legislators--Senators Fazio and Maher and Representatives Dathan, O'Dea, and Savet--will share their priorities for the current legislative session in Hartford, hear your concerns, and answer questions regarding the issues facing our state. Register at <https://www.newcanaanlibrary.org/event/hold-legislative-priorities-ct-124602>.

February 12

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.

AARP Foundation Tax-Aide

10 AM - 3 PM at the Lapham Center

IRS trained and certified AARP Tax Counselors will provide free, income tax preparation on Wednesdays, February 5th through April 9th. There will be a focus on adults aged 50+ with a low to moderate income. AARP membership is NOT required. You can choose to have an IRS-certified volunteer prepare your taxes for you or provide guidance, so you can prepare them yourself. This program is by appointment only. Information about scheduling appointments will be available in mid-January. For more

Calendar of Events for Your Fridge

information, please call (203) 674-9336.

Cooking & Crafting for Kids: Valentines Edition
4- 5:15 PM at the Carriage Barn Arts Center
Join for an afternoon of chocolate-making fun, just in time for Valentine's Day. Kids ages 7 & up will get hands-on experience creating their very own chocolate bark and truffles from scratch. Tickets are \$55/members, \$60/non-members, and available at <https://carriagebarn.org/event/cooking-crafting-for-kids-valentines-edition/>.

Renowned Author Elinor Lipman presents, "Every Tom, Dick & Harry"
6-8 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Elinor Lipman - one of the most beloved comedic writers of our time - will present her new book, Every Tom, Dick and Harry. It's a charming, laugh-out-loud tale of love and criminality, a pitch-perfect romantic comedy. Register at <https://www.newcanaanlibrary.org/event/hold-elinor-lipman-115629>.

Photography Talk with Jane Beiles
6-8 PM at the Carriage Barn Arts Center
Join in the gallery for a discussion covering creative inspirations and expressions and the photographic process with some of this year's exhibiting photographers. Tickets are free for members, \$15/non-members, and available at <https://carriagebarn.org/event/2025-jane-beiles/>.

February 13
Blossom Hill's Annual Fundraiser - For the Love of a Child
12 - 2 PM at the New Canaan Playhouse
Start your Valentine's week at Blossom Hill's cherished annual fundraiser. Drop in with friends for an afternoon of connection and giving, featuring: lunch, signature cocktails & specialty teas, curated shopping experiences, and exclusive door prizes for every ticket holder. Tickets are \$100 each and available at <https://blossomhill-foundation.org/galentine/>.

February 14
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.

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>.

February 19
Transitioning from Hospital to Subacute Care: Key Questions and Essential Information
12 PM at the Lapham Center
Join this lunch and learn. Know what to expect, what questions to ask and what information to gather to ensure a smooth transition when being discharged from a hospital to a skilled nursing facility for rehab. Presented by Kathy Collins, LMSW.

February 21
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.

Move with Grace Farms x lululemon | Yoga with Jane Krantz
10:30 AM at Grace Farms
Join instructor Jane Krantz for a fluid yoga class centered on

moving through transitions with grace and finding stability in order to move with freedom, awareness, and expression. Starting with grounding breathwork, Jane will guide you through movement that will ignite a little bit of heat and a lot of joy, ending in a restful savasana. Tickets are \$20/non-members, \$16/members, and available at <https://gracefarms.org/event/move-with-grace-farms-x-lululemon-yoga-with-jane-krantz-2>.

Opening Night- Terra Nova
7:30 PM at the Town Players of New Canaan
In the winter of 1911-12, five Englishmen and five Norwegians raced each other to the bottom of the Earth. Only the Norwegians returned. Terra Nova is the story of Captain Scott's expedition to the South Pole. Tickets are \$35/adults, \$30/seniors, and available at <https://www.onthestage.tickets/show/town-players-of-new-canaan/6683833d63f94a0e4061a23a/> tickets#/productions-view.

February 23
Deep Sleep Meditation / Yoga Nidra
11 AM at the Carriage Barn Arts Center
Listen to the tranquil visual and guided imagery as you gently relax and restore. One hour equals 3-4 hours of deep sleep and you will feel genuinely refreshed and reinvigorated after the session. There will be no yoga poses. Registration is \$40/person and available at <https://carriagebarn.org/event/deep-sleep-meditation-yoga-nidra/>.

March 15
Syrup Saturday
8:30- 11:30 AM at the New Canaan Nature Center
Bring the whole family and join the NCNC for their annual syrup season celebration. There will be pancakes & PJ's party, complete with tons of fun syrup-related activities. Tickets are \$15/person and registration will be open soon at <https://newcanaanature.org/syrup-saturday/>.

March 22
NC Color Drop
10 AM at Waveny Park
A helicopter will release 2,000 golf balls over a target at Waveny

Park. Each ball will be numbered individually and the participants whose golf ball(s) land closest to the target will win one of the grand prizes below! 100% of proceeds will be donated to need-based college scholarships for NCHS graduates. Spectators are welcome. Golf balls are \$100/each and available to purchase at <https://www.nchs-sf.org/colordrop>.

BLOOD DRIVES

Friday, January 24
Wilton Library
137 Old Ridgefield Rd.
Wilton, CT 06897
11:00 AM - 4:00 PM

Tuesday, January 28
Christ and Holy Trinity Episcopal Church of Westport
75 Church Lane
Westport, CT 06880
1:00 PM - 6:00 PM

Greenwich Blood Donation Center
99 Indian Field Road
Greenwich, CT 06830
11:00 AM - 7:00 PM

Wednesday, January 29
Green's Farms Church
71 Hillandale Road
Westport, CT 06880
12:00 PM - 5:00 PM

Thursday, January 30
UCONN
One University Place
Stamford, CT 06901
11:00 AM - 4:45 PM

Greenwich Blood Donation Center
99 Indian Field Road
Greenwich, CT 06830
7:00 AM - 3:00 PM

Support Services & Meetings

January 29
Family Wellness Made Simple
11 AM at New Canaan Country School, Carver Dining Hall
Dr. Raquel Harrison, a double-board-certified ER physician, Lifestyle Medicine expert, and New Canaan mom, will share actionable tips for achieving balance through better sleep, nutrition, exercise, and more. You will walk away with actionable

insights to support your tween or teen's well-being. This event is free of charge. Register at www.newcanaancares.org.

February 19
Transitioning from Hospital to Subacute Care: Key Questions and Essential Information
12 PM at the Lapham Center
Know what to expect, what questions to ask and what information to gather to ensure a smooth transition when being discharged from a hospital to a skilled nursing facility for rehab. This free lunch and learn will be presented by Kathy Collins, LMSW.

Every Friday
AA Speaker Meeting Wheelchair Access
Fridays at 7:30 AM
Congregational Church of New Canaan
23 Park St, New Canaan

Every Saturday
AA Meeting-Sober Citizens Group
Saturdays at 9:15 AM
First Presbyterian Church
178 Oenoke Ridge Rd., New Canaan

AA Meeting-Laundry and Dry Cleaning Group
Saturdays at 10:30 AM
First Presbyterian Group
178 Oenoke Ridge, New Canaan

Lost Then Found NA Meeting
Wheelchair Accessible
Saturdays at 7 PM
United Methodist Church (back entrance) 165 South Avenue, New Canaan

Every Monday
AA Meeting
Wheelchair Access
Mondays at 7:30 AM
Congregational Church of New Canaan
23 Park St, New Canaan

Adult Child Al-Anon Meeting
Mondays at 12 PM
St. Mark's Church, Youth Room
111 Oenoke Ridge Rd., New Canaan

Every Tuesday
Adult Child Alanon Meeting
Tuesdays at 12 PM
St. Mark's Parish House, Conf.

Room
111 Oenoke Ridge Rd., New Canaan

Every Wednesday
AA Step Meeting
Wheelchair Access
Wednesdays at 7:30 AM
Congregational Church of New Canaan
23 Park St, New Canaan

Al-Anon Parent's & Newcomer's Mtg.
Wednesdays at 7:30 PM
Silver Hill, Jorgenson House
208 Valley Rd., New Canaan

Every Thursday
AA Big Book Meeting.
Wheelchair Access
Thursdays at 7:30 AM
Congregational Church of New Canaan
23 Park St, New Canaan

New Canaan Parent Support Group
7- 8:30 PM
St. Mark's Episcopal Church
New Canaan

Our Neighbors

February 4
New York Philharmonic String Quartet
7:30 PM at the Ridgefield Playhouse
Attend the New York Philharmonic String Quartet in Ridgefield which is comprised of four Principal musicians from the Orchestra. Tickets are \$65 per person and available at <https://shorturl.at/UjTuS>.

February 23
Greenwich Town Ice Skating Competition
9 AM at the the Dorothy Hamill Rink, Greenwich
This year's competition promises to be bigger and better, with events tailored for skaters of all levels. Categories include Snowplow Sam, Aspire, Well-Balanced, Excel, and many more, providing opportunities for participants to shine and compete for medals and special honors. Register at <https://comp.entryeeze.com/Home.aspx?cid=535>.



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THE HOUSE AT POOH CORNER BY A.A. MILNE

CHAPTER V

IN WHICH Rabbit Has a Busy Day, and We Learn What Christopher Robin Does in the Mornings

It was going to be one of Rabbit's busy days. As soon as he woke up he felt important, as if everything depended upon him. It was just the day for Organizing Something, or for Writing a Notice Signed Rabbit, or for Seeing What Everybody Else Thought About It. It was a perfect morning for hurrying round to Pooh, and saying, "Very well, then, I'll tell Piglet," and then going to Piglet, and saying, "Pooh thinks—but perhaps I'd better see Owl first." It was a Captainish sort of day, when everybody said, "Yes, Rabbit" and "No, Rabbit," and waited until he had told them.

He came out of his house and sniffed the warm spring morning as he wondered what he would do. Kanga's house was nearest, and at Kanga's house was Roo, who said "Yes, Rabbit" and "No, Rabbit" almost better than anybody else in the Forest; but there was another animal there nowadays, the strange and Bouncy Tigger; and he was the sort of Tigger who was always in front when you were showing him the way anywhere, and was generally out of sight when at last you came to the place and said proudly "Here we are!"

"No, not Kanga's," said Rabbit thoughtfully to himself, as he curled his whiskers in the sun; and, to make quite sure that he wasn't going there, he turned to the left and trotted off in the other direction, which was the way to Christopher Robin's house.



"After all," said Rabbit to himself, "Christopher Robin depends on Me. He's fond of Pooh and Piglet and Eeyore, and so am I, but they haven't any Brain. Not to notice. And he respects Owl, because you can't help respecting anybody who can spell TUESDAY, even if he doesn't spell it right; but spelling isn't everything. There are days when spelling Tuesday simply doesn't count. And Kanga is too busy looking after Roo, and Roo is too young and Tigger is too bouncy to be any help, so there's really nobody but Me, when you come to look at it. I'll go and see if there's anything he wants doing, and then I'll do it for him. It's just the day for doing things."

He trotted along happily, and by-and-by he crossed the stream and came to the place where his friends-and-relations lived. There seemed to be even more of them about than usual this morning, and having nodded to a hedgehog or two, with whom he was too busy to shake hands, and having said, "Good morning, good morning," importantly to some of the others, and "Ah, there you are," kindly, to the smaller ones, he waved a paw at them over his shoulder, and was gone; leaving such an air of excitement and I-don't-know-what behind him, that several members of the Beetle family, including Henry Rush, made their way at once to the Hundred Acre Wood and began climbing trees, in the hope of getting to the top before it happened, whatever it was, so that they might see it properly.

Rabbit hurried on by the edge of the Hundred Acre Wood, feeling more important every minute, and soon he came to the tree where Christopher Robin lived. He knocked at the door, and he called out once or twice, and then he walked back a little way and put his paw up to keep the sun out, and called to the top of the tree, and then he turned all round and shouted "Hallo!" and "I say!" "It's Rabbit!"—but nothing happened. Then he stopped and listened, and everything stopped and

listened with him, and the Forest was very lone and still and peaceful in the sunshine, until suddenly a hundred miles above him a lark began to sing.

"Bother!" said Rabbit. "He's gone out."

He went back to the green front door, just to make sure, and he was turning away, feeling that his morning had got all spoilt, when he saw a piece of paper on the ground. And there was a pin in it, as if it had fallen off the door.

"Ha!" said Rabbit, feeling quite happy again. "Another notice!"



This is what it said:

GON OUT
BACKSON
BISY
BACKSON.
C. R.

"Ha!" said Rabbit again. "I must tell the others." And he hurried off importantly.

The nearest house was Owl's, and to Owl's House in the Hundred Acre Wood he made his way. He came to Owl's door, and he knocked and he rang, and he rang and he knocked, and at last Owl's head came out and said "Go away, I'm thinking—oh it's you?" which was how he always began.

"Owl," said Rabbit shortly, "you and I have brains. The others have fluff. If there is any thinking to be done in this Forest—and when I say thinking I mean thinking—you and I must do it."

"Yes," said Owl. "I was."

"Read that."

Owl took Christopher Robin's notice from Rabbit and looked at it nervously. He could spell his own name WOL, and he could spell Tuesday so that you knew it wasn't Wednesday, and he could read quite comfortably when you weren't looking over his shoulder and saying "Well?" all the time, and he could—



"Well?" said Rabbit.

"Yes," said Owl, looking Wise and Thoughtful. "I see what you mean. Undoubtedly."

"Well?"

"Exactly," said Owl. "Precisely." And he added, after a little thought, "If you had not come to me, I should have come to you."

"Why?" asked Rabbit.

"For that very reason," said Owl, hoping that something helpful would happen soon.

"Yesterday morning," said Rabbit solemnly, "I went to see Christopher Robin. He was out. Pinned on his door was a notice."

"The same notice?"

"A different one. But the meaning was the same. It's very odd."

"Amazing," said Owl, looking at the notice again, and getting, just for a moment, a curious sort of feeling that something had happened to Christopher Robin's back. "What did you do?"

"Nothing."

"The best thing," said Owl wisely.

"Well?" said Rabbit again, as Owl knew he was going to.

"Exactly," said Owl.

For a little while he couldn't think of anything more; and then, all of a sudden, he had an idea.

"Tell me, Rabbit," he said, "the exact words of the first notice. This is very important. Everything depends on this. The exact words of the first notice."

"It was just the same as that one really."

Owl looked at him, and wondered whether to push him off the tree; but, feeling that he could always do it afterwards, he tried once more to find out what they were talking about.

"The exact words, please," he said, as if Rabbit hadn't spoken.

"It just said, 'Gon out. Backson.' Same as this, only this says 'Bisy Backson' too."

Owl gave a great sigh of relief.

"Ah!" said Owl. "Now we know where we are."

"Yes, but where's Christopher Robin?" said Rabbit. "That's the point."

Owl looked at the notice again. To one of his education the reading of it was easy. "Gone out, Backson. Bisy, Backson"—just the sort of thing you'd expect to see on a notice.

"It is quite clear what has happened, my dear Rabbit," he said. "Christopher Robin has gone out somewhere with Backson. He and Backson are busy together. Have you seen a Backson anywhere about in the Forest lately?"

"I don't know," said Rabbit. "That's what I came to ask you. What are they like?"

"Well," said Owl, "the Spotted or Herbaceous Backson is just a—"

"At least," he said, "it's really more of a—"

"Of course," he said, "it depends on the—"

"Well," said Owl, "the fact is," he said, "I don't know what they're like," said Owl frankly.

"Thank you," said Rabbit. And he hurried off to see Pooh.

Before he had gone very far he heard a noise. So he stopped and listened. This was the noise.

NOISE, BY POOH

Oh, the butterflies are flying,
Now the winter days are dying,
And the primroses are trying
To be seen.

And the turtle-doves are cooing,
And the woods are up and doing,
For the violets are blue-ing
In the green.

Oh, the honey-bees are gumming
On their little wings, and humming
That the summer, which is coming,
Will be fun.

And the cows are almost cooing,
And the turtle-doves are mooing,
Which is why a Pooh is pooing
In the sun.

For the spring is really springing;
You can see a skylark singing,
And the blue-bells, which are ringing,
Can be heard.

And the cuckoo isn't cooing,
But he's cucking and he's oeing,
And a Pooh is simply pooing
Like a bird.



"Hallo, Pooh," said Rabbit.

"Hallo, Rabbit," said Pooh dreamily.

"Did you make that song up?"

"Well, I sort of made it up," said Pooh. "It isn't Brain," he went on humbly, "because You Know Why, Rabbit; but it comes to me sometimes."

"Ah!" said Rabbit, who never let things come to him, but always went and fetched them. "Well, the point is, have you seen a Spotted or Herbaceous Backson in the Forest, at all?"

"No," said Pooh. "Not a—no," said Pooh. "I saw Tigger just now."

"That's no good."

"No," said Pooh. "I thought it wasn't."

"Have you seen Piglet?"

"Yes," said Pooh. "I suppose that isn't any good either?" he asked meekly.

"Well, it depends if he saw anything."

"He saw me," said Pooh.

Rabbit sat down on the ground next to Pooh and, feeling much less important like that, stood up again.

"What it all comes to is this," he said.

"What does Christopher Robin do in the morning nowadays?"

"What sort of thing?"

"Well, can you tell me anything you've seen him do in the morning? These last few days."



And then, perhaps, "See you again, Pooh," and off he'd go.

"That's just it," said Rabbit, "Where?"

"Perhaps he's looking for something."

"What?" asked Rabbit.

"That's just what I was going to say," said Pooh. And then he added, "Perhaps he's looking for a—for a——"

"A Spotted or Herbaceous Backson?"

"Yes," said Pooh. "One of those. In case it isn't."

Rabbit looked at him severely.

"I don't think you're helping," he said.

"No," said Pooh. "I do try," he added humbly.

Rabbit thanked him for trying, and said that he would now go and see Eeyore, and Pooh could walk with him if he liked. But Pooh, who felt another verse of his song coming on him, said he would wait for Piglet, good-bye, Rabbit; so Rabbit went off.



But, as it happened, it was Rabbit who saw Piglet first. Piglet had got up early that morning to pick himself a bunch of violets; and when he had picked them and put them in a pot in the middle of his house, it suddenly came over him that nobody had ever picked Eeyore a bunch of violets, and the more he thought of this, the more he thought how sad it was to be an Animal who had never had a bunch of violets picked for him. So he hurried out again, saying to himself, "Eeyore, Violets," and then "Violets, Eeyore," in case he forgot, because it was that sort of day, and he picked a large bunch and trotted along, smelling them, and feeling very happy, until he came to the place where Eeyore was.

"Oh, Eeyore," began Piglet a little nervously, because Eeyore was busy.

Eeyore put out a paw and waved him away.

"Tomorrow," said Eeyore. "Or the next day."

Piglet came a little closer to see what it was. Eeyore had three sticks on the ground, and was looking at them. Two of the sticks were touching at one end, but not at the other, and the third stick was laid across them. Piglet thought that perhaps it was a Trap of some kind.



"Oh, Eeyore," he began again, "just—"

"Is that little Piglet?" said Eeyore, still looking hard at his sticks.

"Yes, Eeyore, and I—"

"Do you know what this is?"

"No," said Piglet.

"It's an A."

"Oh," said Piglet.

"Not O, A," said Eeyore severely. "Can't you hear, or do you think you have more education than Christopher Robin?"

"Yes," said Piglet. "No," said Piglet very quickly. And he came closer still.

"Christopher Robin said it was an A, and an A it is—until somebody treads on me," Eeyore added sternly.

Piglet jumped backwards hurriedly, and smelt at his violets.

"Do you know what A means, little Piglet?"

"No, Eeyore, I don't."

"It means Learning, it means Education, it means all the things that you and Pooh haven't got. That's what A means."

"Oh," said Piglet again. "I mean, does it?" he explained quickly.

"I'm telling you. People come and go in this Forest, and they say, 'It's only Eeyore, so it doesn't count.' They walk to and fro saying 'Ha ha!' But do they know anything about A? They don't. It's just three sticks to them. But to the Educated—mark this, little Piglet—to the Educated, not meaning Poohs and Piglets, it's a great and glorious A. Not," he added, "just something that anybody can come and breathe on."

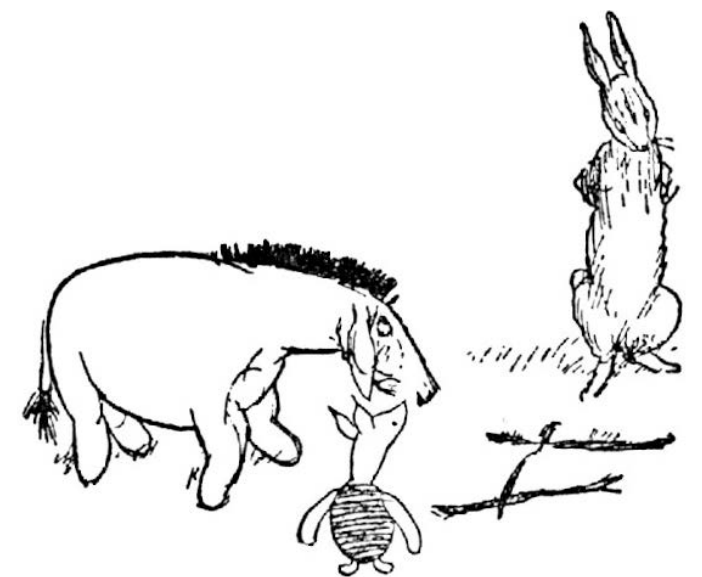
Piglet stepped back nervously, and looked round for help.

"Here's Rabbit," he said gladly. "Hallo, Rabbit."

Rabbit came up importantly, nodded to Piglet, and said, "Ah, Eeyore," in the voice of one who would be saying "Good-bye" in about two more minutes.

"There's just one thing I wanted to ask you, Eeyore. What happens to Christopher Robin in the mornings nowadays?"

"What's this that I'm looking at?" said Eeyore, still looking at it.



"Three sticks," said Rabbit promptly.

"You see?" said Eeyore to Piglet. He turned to Rabbit. "I will now answer your question," he said solemnly.

"Thank you," said Rabbit.

"What does Christopher Robin do in the mornings? He learns. He becomes Educated. He instigates—I think that is the word he mentioned, but I may be referring to something else—he instigates Knowledge. In my small way I also, if I have the word right, am—am doing what he does. That, for instance, is—"

"An A," said Rabbit, "but not a very good one. Well, I must get back and tell the others."

Eeyore looked at his sticks and then he looked at Piglet.

"What did Rabbit say it was?" he asked.

"An A," said Piglet.

"Did you tell him?"

"No, Eeyore, I didn't. I expect he just knew."

"He knew? You mean this A thing is a thing Rabbit knew?"

"Yes, Eeyore. He's clever, Rabbit is."

"Clever!" said Eeyore scornfully, putting a foot heavily on his three sticks. "Education!" said Eeyore bitterly, jumping on his six sticks. "What is Learning?" asked Eeyore as he kicked his twelve sticks into the air. "A thing Rabbit knows! Ha!"

"I think—" began Piglet nervously.

"Don't," said Eeyore.

"I think Violets are rather nice," said Piglet. And he laid his bunch in front of Eeyore and scampered off.

Next morning the notice on Christopher Robin's door said:

GONE OUT
BACK SOON
C. R.

Which is why all the animals in the Forest—except, of course, the Spotted and Herbaceous Backson—now know what Christopher Robin does in the mornings.



"Yes," said Pooh. "We had breakfast together yesterday. By the Pine Trees. I'd made up a little basket, just a little, fair-sized basket, an ordinary biggish sort of basket, full of—"

"Yes, yes," said Rabbit, "but I

mean later than that. Have you seen him between eleven and twelve?"

"Well," said Pooh, "at eleven o'clock—at eleven o'clock—well, at eleven o'clock, you see, I generally get home about then. Because I have One or Two Things to Do."



"Quarter past eleven, then?"

"Well—" said Pooh.



"Half past."

"Yes," said Pooh. "At half past—or perhaps later—I might see him."

And now that he did think of it, he began to remember that he hadn't seen Christopher Robin about so much lately. Not in the mornings. Afternoons, yes; evenings, yes; before breakfast, yes; just after breakfast, yes.

Universal Crossword

Edited by David Steinberg

ACROSS

- 1 In unison
- 6 Indonesian tourist destination
- 10 Salon sound
- 14 E-cigarette user
- 15 "Die Hard" actor Rickman
- 16 Lounge around
- 17 Geographic area around the South Pole
- 20 "Really?!"
- 21 Crash investigators?
- 22 Dream Team jersey letters
- 23 Polo shirt brand
- 25 Fitting
- 27 Outfielder's highlight reel play
- 33 Palindromic Indian flour
- 36 Chimpanzee, e.g.
- 37 In ___ of (replacing)
- 38 Blameless person's feeling
- 42 Feathery fashion statements
- 43 Pop star Rita
- 44 Concert hall section
- 45 Its door always opens at 9 a.m.
- 49 ___ Kosh B'gosh
- 50 Reliably profitable product
- 55 "Oh really?! ___ who?"
- 57 Gretel's brother
- 61 Dog food brand
- 62 100% rating on Rotten Tomatoes, say
- 65 Prayer's last word
- 66 Idyllic garden
- 67 Animal life
- 68 Ship's pole
- 69 Woodcutting tools
- 70 "WandaVision" actress Elizabeth

DOWN

- 1 Be of use
- 2 Stark who was crowned queen in "Game of Thrones"
- 3 Vision-related
- 4 "Super cool!"
- 5 Slip up
- 6 Cake maker's mixture
- 7 Landed
- 8 Doily fabric
- 9 Machu Picchu builder
- 10 Type of 35mm camera
- 11 "Go to the back of the line!"
- 12 Societal woes
- 13 Earnest request
- 18 ___ Field (Mets' ballpark)
- 19 Apple on a desktop?
- 24 Mark from an old injury
- 26 "Ancient" diet

- 28 Waterway through Panama
- 29 Shipping company
- 30 Instant, briefly
- 31 Gospel's Winans
- 32 Color
- 33 Baseball's Moises or Felipe
- 34 Pot covers for afternoon socials
- 35 To-do list items
- 38 Network with national "Hockey Night" broadcasts
- 39 Sound from a baby or dove
- 40 "The Lord of the Rings" menace
- 41 Varieties

- 46 "Crazy to run into you here!"
- 47 Atlantic and Pacific, for two
- 48 Math class after trig
- 51 Kosher : Judaism :: ___ : Islam
- 52 Santa ___ (man with a prominent list)
- 53 Offer a take
- 54 "I'm Every ___" (Chaka Khan hit)
- 55 Ponzi scheme, say
- 56 Name hidden in "Her Majesty"
- 58 Tennis server's stat
- 59 Zilch
- 60 Whole lot
- 63 Explosive letters
- 64 Exec focused on money

PREVIOUS PUZZLE ANSWER

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

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Fore-sees by Drew Schmenner

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Horoscopes

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FAMILY TIME Crossword

The (K) Clues Are for Kids

Created by Timothy E. Parker

ACROSS

- 1. Grooves to pop music
- 5. (K) ___, Crackle and Pop (Rice Krispies mascots)
- 9. (K) Receive ownership of
- 12. (K) Region
- 13. (K) Throw a baseball with force
- 14. (K) Produce an egg
- 15. Any lived-in home
- 17. (K) Biblical flood vessel
- 18. Funky dance
- 19. (K) Part of a suitcase
- 21. (K) Sound enhancer for an electric guitar
- 22. Envy or pride, for example
- 23. Talk
- 26. Cancel a choice
- 31. It can cause one's head to swell
- 32. (K) Ford foursome
- 33. Prosecute
- 34. (K) Something near your keyboard (2 words)
- 36. (K) Take in visually
- 37. (K) Suffix with "invent" or "act"
- 38. (K) "___ be my pleasure to help!"
- 41. Brownie add-in, sometimes
- 44. (K) Type of U.S. military member
- 48. (K) Have a sickness
- 49. One worth imitating (2 words)
- 51. (K) Words that turn a miss into a Mrs. (2 words)
- 52. "___ go brag!"
- 53. (K) Dalmatian doctors
- 54. (K) Number that makes division simple
- 55. Reason for an IOU note

- 56. "With the greatest of ___"

DOWN

- 1. Sharp hook of a wire fence
- 2. (K) Chocolate cookie name
- 3. (K) Mexican money unit
- 4. Antelope with a fat, stubby nose
- 5. Type of bath for ewe? (2 words)
- 6. Sister in a convent
- 7. (K) Curved part of a foot
- 8. Greatly satisfies
- 9. (K) Happiness
- 10. (K) ___ Grey tea
- 11. (K) Youngster
- 16. (K) Barely lit, as a dark room
- 20. Zero, at the World Cup
- 23. (K) Diamond or emerald, for example
- 24. (K) "Many moons ___"
- 25. A clear, seasoned broth
- 27. (K) "1989" or "Midnights," for a Swiftie
- 28. Riverbed deposit
- 29. (K) Hint for an actor
- 30. (K) Football holder
- 32. Like a number of professors
- 35. (K) Simba, to Mufasa
- 39. Bagpiper's cap
- 40. (K) Controlled the SUV
- 41. (K) "You're walking too fast!"
- 42. Trusted helper
- 43. (K) Ripped apart
- 45. (K) Creative thought
- 46. (K) Brooklyn NBA team
- 47. (K) "Who ___ could it be?"
- 50. Ad-___ (improvise)

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

Finish to a singles match?

Look for the answer in next week's paper.

PREVIOUS PUZZLE ANSWER

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

Previous riddle answer:

It can be well-placed? 29-A) PAIL

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1	2	3	4	5	6	7	8	9	10	11		
12				13					14			
15				16					17			
18						19	20					
				21				22				
23	24	25			26	27	28		29	30		
31				32					33			
34				35					36			
				37				38	39	40		
41	42				43				44	45	46	47
48					49				50			
51					52					53		
54					55						56	

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

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7 LITTLE WORDS

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

CLUES

- 1 intense (9)
- 2 largest deer family member (5)
- 3 casual outfit (9)
- 4 hive workers (9)
- 5 following a crooked path (10)
- 6 takes a break (8)
- 7 tool for "plumbing" (5)

SOLUTIONS

- _____
- _____
- _____
- _____
- _____
- _____
- _____

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

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

Robert Burns *The National Poet of Scotland*

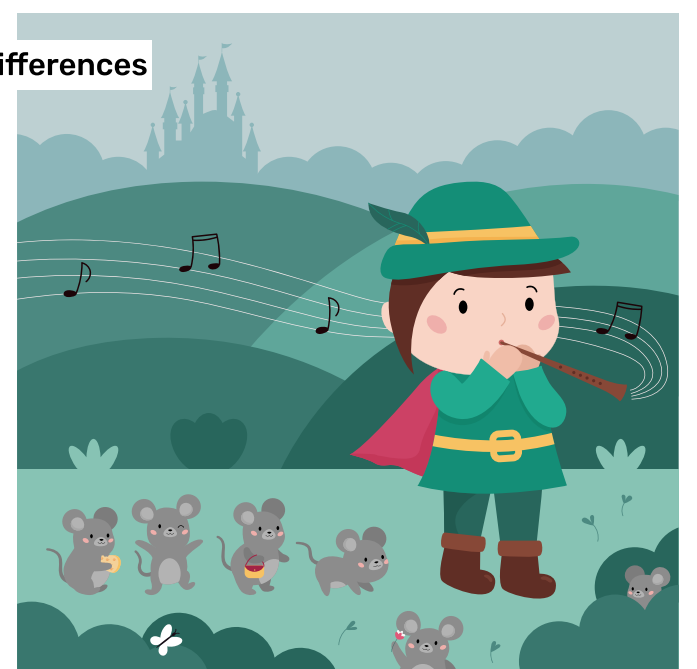
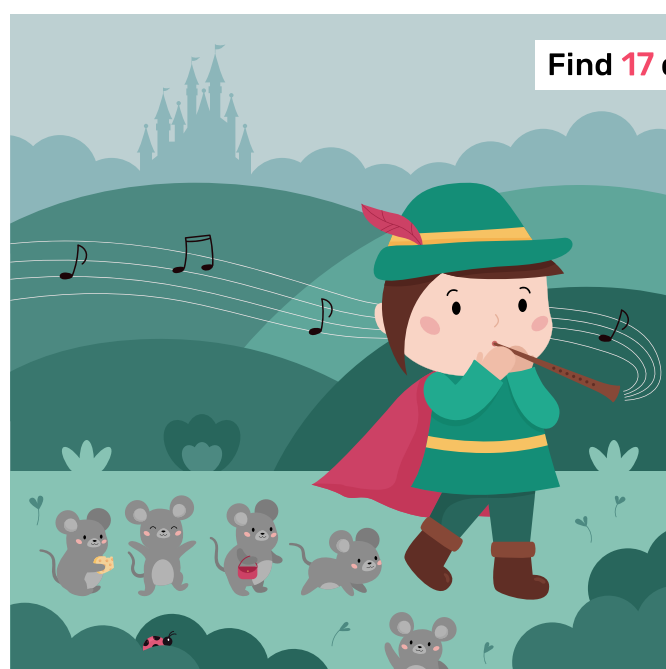
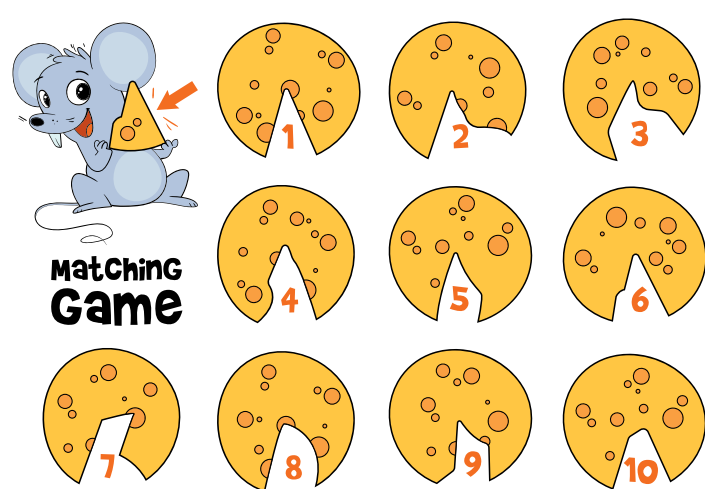
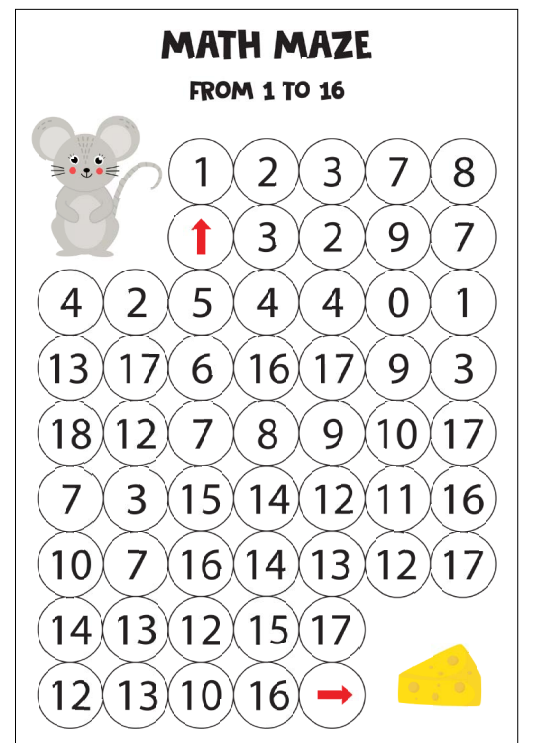
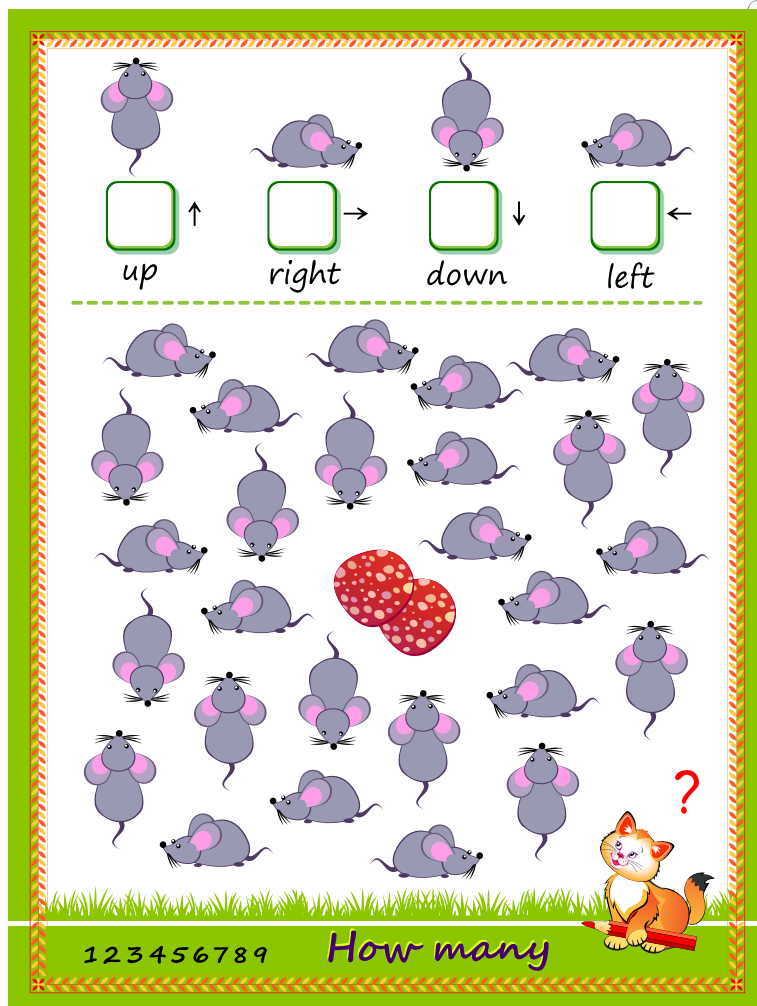
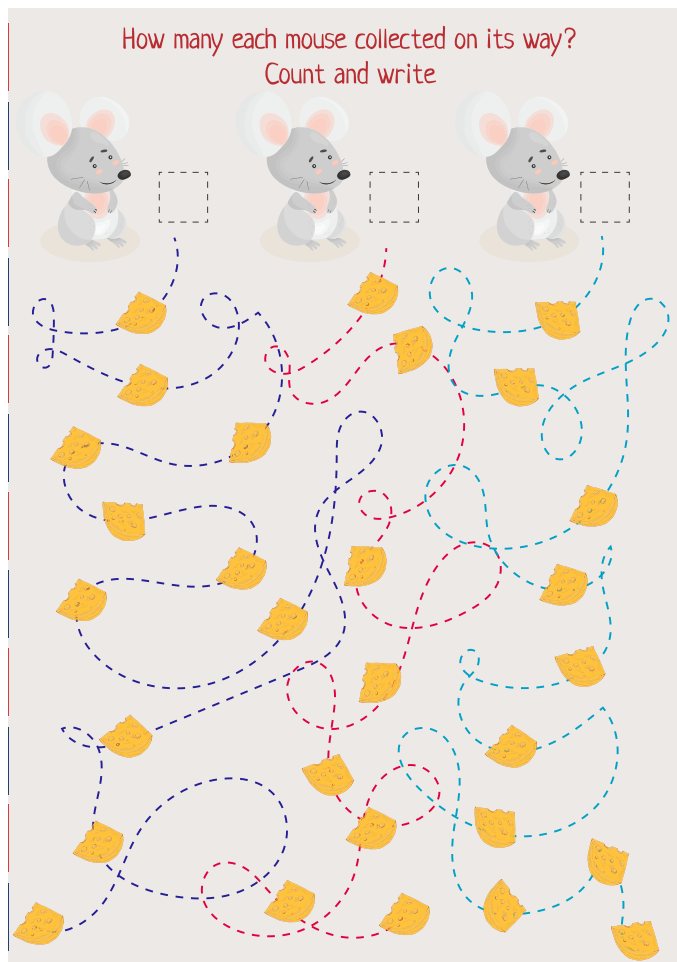
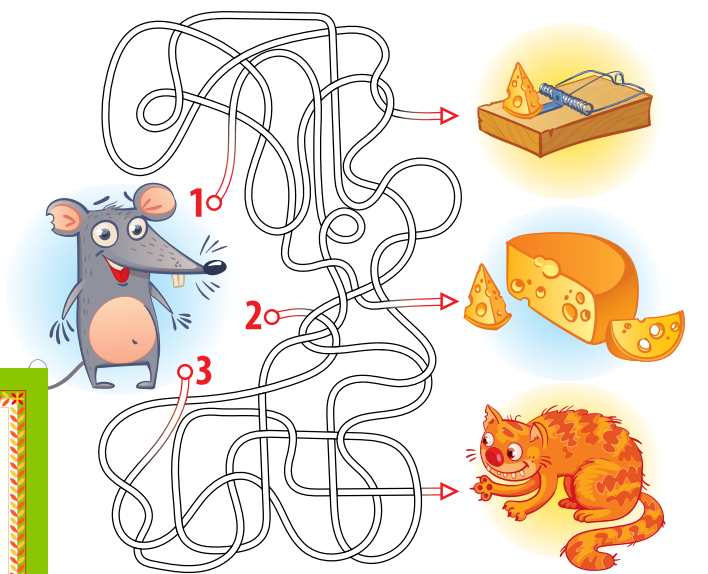
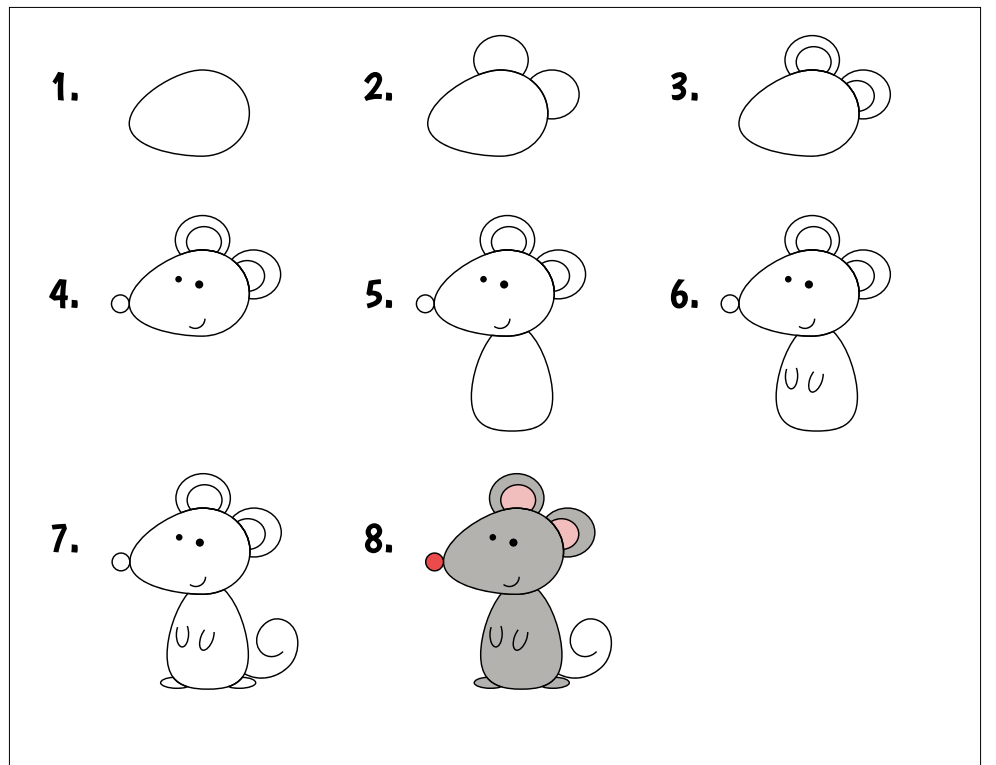
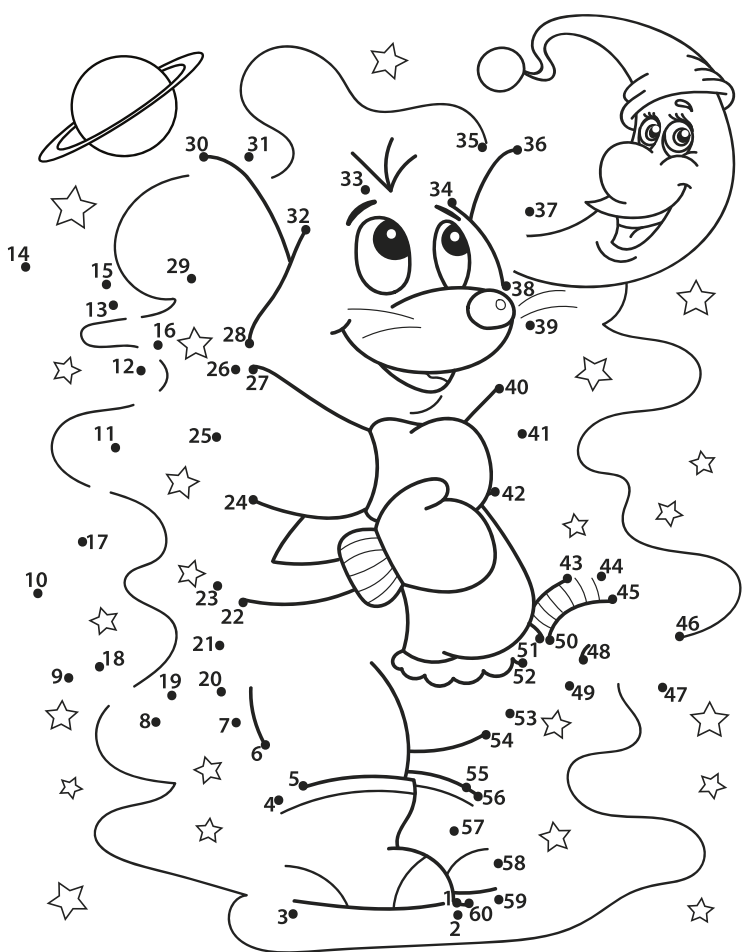
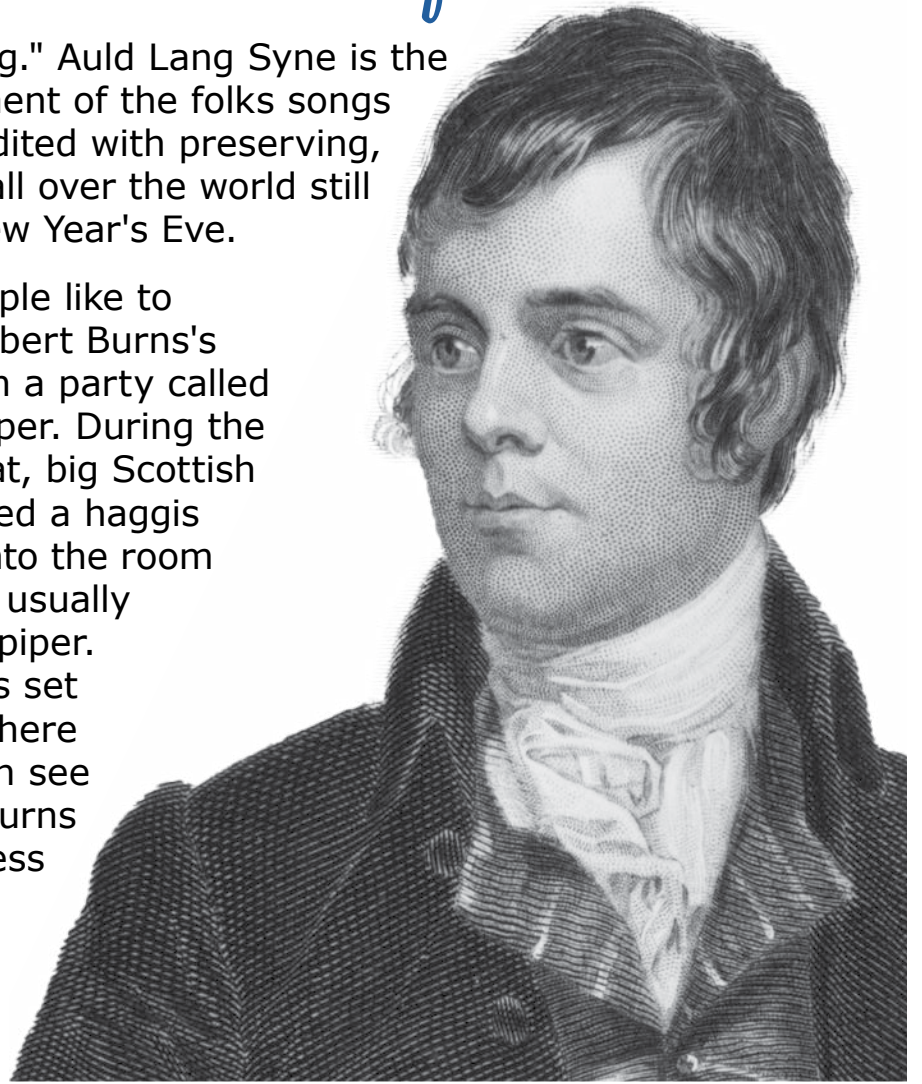
Robert Burns was born on January 25, 1759, in Scotland. He grew up on a farm and worked hard, but he also loved to write. His writing often celebrated Scottish culture and the lives of ordinary folks. Rabbie, as he was called, wrote in the old Scots language as well as in English. He liked to write songs, and he also collected, preserved, and even adapted many old folk songs of Scotland. Burns was only 37 when he died, on July 21, 1796, but his work lives on today, earning him the unofficial title of the National Poet of Scotland.

One of Burn's most famous poems is called "To a Mouse." He was inspired to write it "On Turning Her Up in Her Nest with the Plough" in November 1785. With the winter coming on, Burns felt terrible about accidentally ploughing up a mouse's nest, leaving her with nowhere to survive the cold weather and no time to build a new home and stock it with food. The incident caused Burns to reflect that "the best-laid schemes o' Mice an' Men" are often laid in vain because a twist of fate can tear it all down in a moment.

Another famous work of Burns's is the song "Auld Lang Syne." He described it as "an old song, of the olden times, and which has never been in print, nor even in manuscript until I took it down from an old

man's singing." Auld Lang Syne is the most prominent of the folks songs Burns is credited with preserving, and people all over the world still sing it on New Year's Eve.

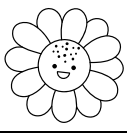
Scottish people like to celebrate Robert Burns's birthday with a party called a Burns Supper. During the party, a great, big Scottish sausage called a haggis is paraded into the room on a platter, usually led by a bagpiper. The haggis is set on a table where everyone can see it, and the Burns poem "Address to a Haggis" is read to it before it is cut up and served for dinner.



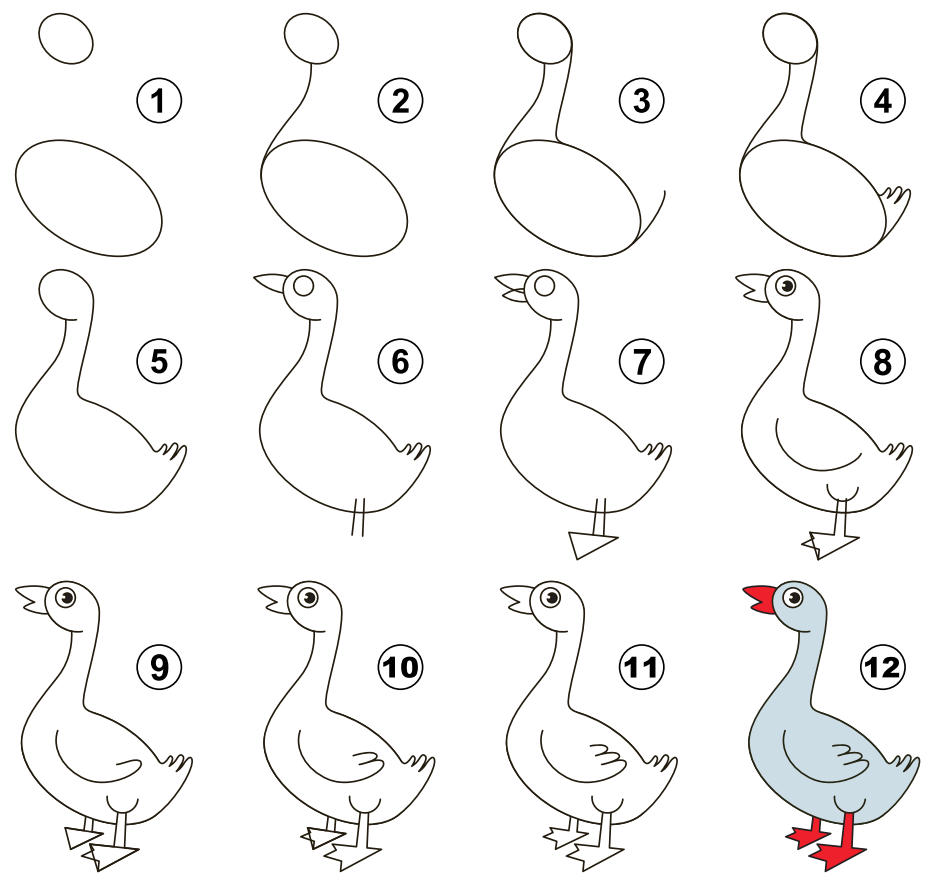


FARM ANIMALS AND BIRDS

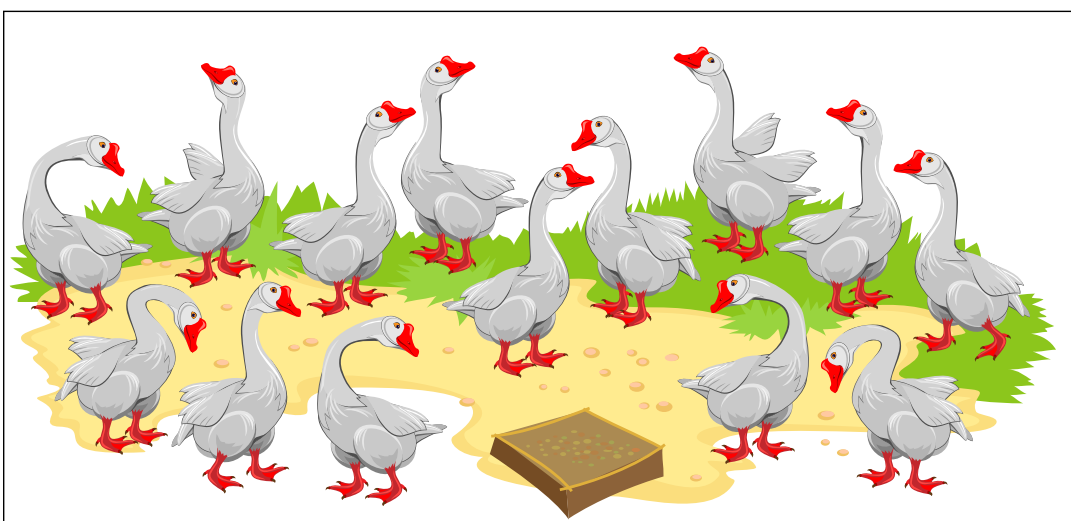
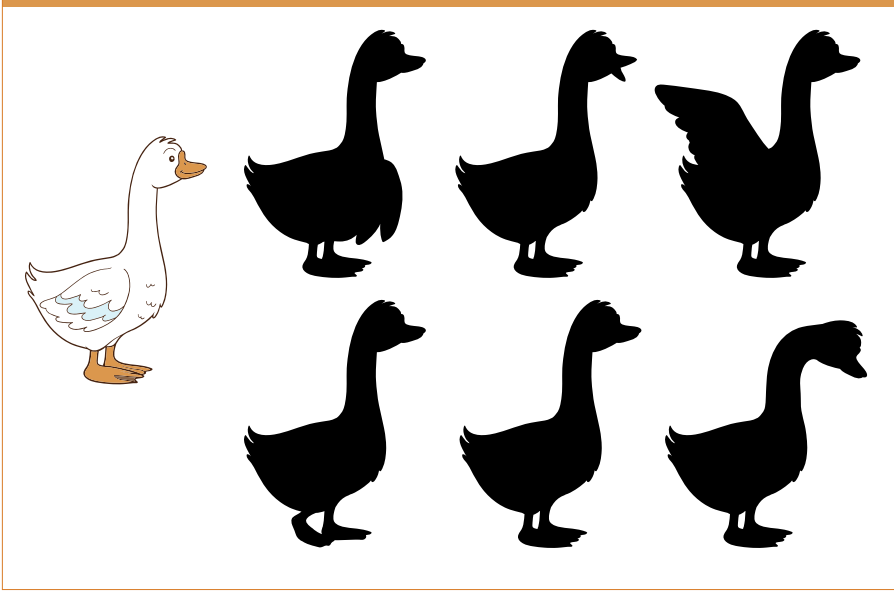
— crossword puzzle —



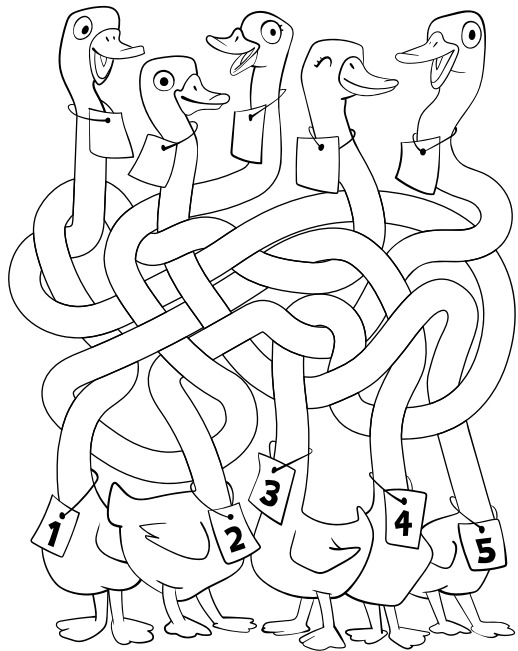
1. Turkey 2. Duck 3. Rooster 4. Pig 5. Donkey 6. Goose 7. Goat 8. Sheep 9. Cow 10. Horse 11. Rabbit 12. Hen



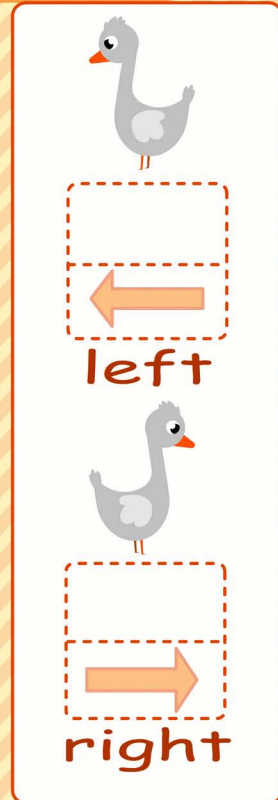
Find the correct shadow



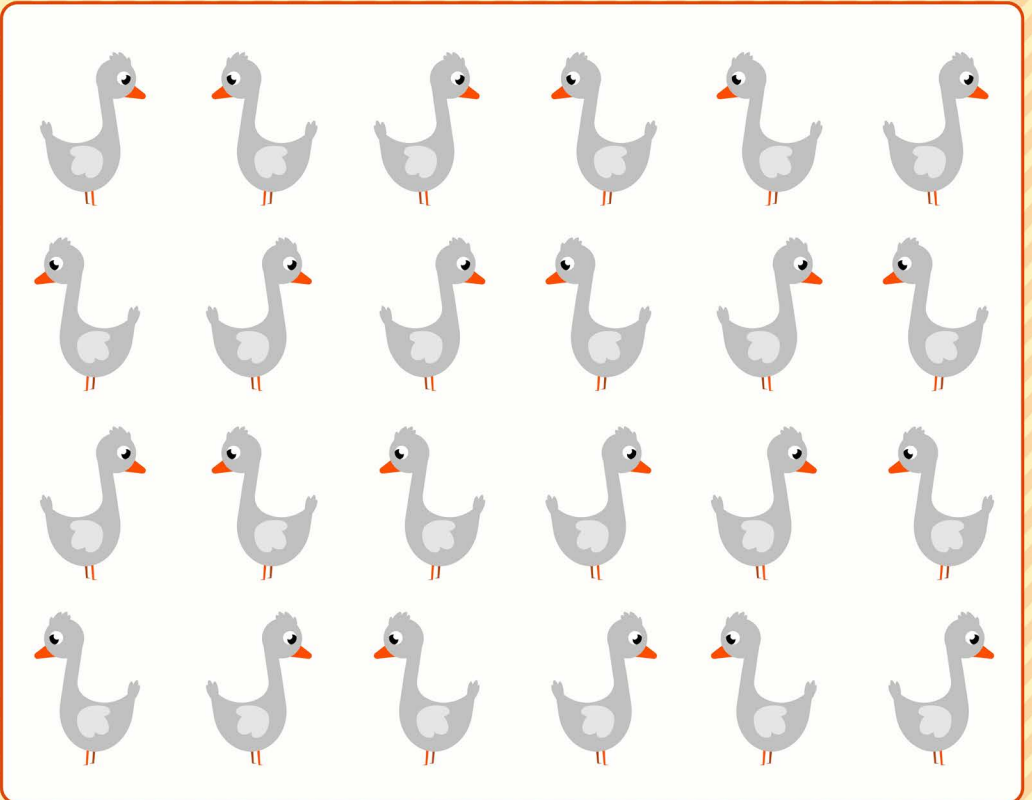
FIND TWO IDENTICAL GEESE



time to play



How many?



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

15		
8	7	
...	3	...



...		
8	7	
6	...	5



...		
7	...	
1	6	2



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The Sentinel Educational Pages

COLUMN | WILDLY SUCCESSFUL: THE SNOW GOOSE

An Arctic Goose That Visits Connecticut

BY JIM KNOX

When the mercury drops and the first flakes fly, they wing in from the far north. A quick glance persuaded me it was a pair of swans. A closer look revealed creatures far more unusual, at least in Fairfield County. The animals in question grazed on the late fall grass along the edge of the pond.

Due to their unpredictable visits to the Nutmeg State, Snow Geese, *Chen caerulescens*, are always a memorable sight. With its compact build, snow-white plumage, black wing tips, and pink bill and legs, the Snow Goose stands out among its familiar Canada Goose kin, which it frequently accompanies. Breeding in the Arctic tundra, these birds migrate south in late fall and early winter, foraging for tubers, roots and dried grasses along wetlands, agricultural fields, and marshes across Canada and much of the United States.

Hunted to near extinction to just a few thousand birds by the early 1900's, Snow Geese were given full federal protection. Like many species, that protection led to a rebound in numbers. Aided by the adaptability of the birds, which widened their food choices from wetland grasses and tubers to include agricultural crops and their roots, the population exploded. As a result, this North American species is thriving among the west coast, east coast, and mid-continental populations and today approaches 20 million birds!

With two main recognized subspecies, as well as a less common "blue" phase which exhibits beautiful silvery-gray plumage occurring in both, the Snow Goose exhibits variations on a theme of remarkable success. Specifically, that success is of a superbly adapted Arctic species with the adaptability to range far south of its northern breeding grounds above the treeline in the vast tundra.



The Snow Goose

When the mercury drops and the first flakes fly, they wing in from the far north.

Designed by nature to exploit the extremely limited Arctic spring and withstand the ravages of deadly weather, Snow Goose goslings hatch with bodies completely covered with down and their eyes wide open, unlike their more southerly kin. These tiny subpolar hatchlings can venture out from their nests to walk, feed, swim, and dive within just hours of hatching. Their voracious feeding is essential in enabling them to gain more than a quarter pound of vital weight each day. To fuel their rapidly growing bodies, Snow Goose goslings can accompany their parents more than 50 miles from their nest site within just three weeks of hatching!

Another attribute of Snow Goose parental behavior fosters

protection for the little ones. While each pair aggressively guards their nest territory, expecting mothers will roll the eggs of trespassing pairs into their nests and raise the young as their own, thereby ensuring protection for greater numbers of young and aiding the survival of the entire flock.

The form of the Snow Goose is perfectly designed for life on the forbidding tundra. With a length of 27-33 inches and a weight of 4.5-9 pounds, these Arctic waterfowl are compact to conserve vital body heat in an unforgiving environment. With its legs positioned centrally beneath its body, the Snow Goose can navigate the barren ground and shallow waters of the Arctic

in summer with great balance and agility. The serrations lining the edge of its bill enable it to readily dig up and cut up roots and tubers, accessible in the Arctic soil. The primary feathers forming its trademark black wingtips are reinforced and can withstand tremendous stresses—a key attribute for birds making migrations of up to 5,000 miles (about twice the width of the United States) between their nesting grounds

and their winter range.

While smaller family groups typically disperse throughout Connecticut, Snow Geese of all subspecies tend to form massive flocks of up to several hundred thousand birds along main stopovers of their three continental migration routes. Putting the term, "safety in numbers" to the test, these huge congregations of birds may attract predators but,

through their sheer size, can simultaneously withstand such predation.

As is often the case with nature's creatures, their adaptability to a human-influenced landscape can create challenges. With the birds' booming populations shifting gears to feed off agricultural lands, the Snow Goose's feeding habit of uprooting can destroy valuable crops. Our challenge lies in balancing the welfare of a population of superbly adapted creatures with the needs of human populations.

Late fall and early spring in New England are times of spectacular natural change. In the weeks ahead, as you stroll, hike, or kayak the land and waters of coastal Connecticut, keep a sharp eye out for the brilliant white birds amid flocks of Canada Geese. A rare sight decades ago, the presence of the Snow Goose is both a welcome visit of our neighbors from the far north and sure sign that, with a little help, nature will endure.

Jim Knox is Curator of Education at Connecticut's Beardsley Zoo where he directs education and conservation initiatives to advance the protection of wildlife in Connecticut and beyond.

