

LOCAL **NEWS** BRIEFING

Officers Join Share-a-Story

Story event, which began in

1985 and invites community

members to serve as guest

readers. The event focuses

expressed appreciation for

the opportunity to take part.

Photo credit: New Canaan

promoting

among students.

Police Department.

police

in

officers

Share-a-

reading

Officers

South

Local

participated

on

School's annual

Aquarion Sale Sparks Political and Financial Concerns

By Elizabeth Barhydt

On January 27, Eversource Energy announced the sale of Aquarion Water Company to a newly formed guasipublic entity, the Aquarion Water Authority (AWA), operating alongside the South Central Connecticut Regional Water Authority (RWA). The \$2.4 billion transaction, which includes \$1.6 billion in cash and \$800 million in debt, was described by Eversource CEO Joe Nolan as a strategic decision to refocus the company's core operations. "This transaction reinforces our commitment to our core electric and natural gas operations," Nolan stated in the release. Yet for many in Connecticut, the announcement was not a cause for celebration but rather confirmation of fears that had been mounting since July: a high-stakes deal was set in motion with little public scrutiny, leaving customers and municipal officials questioning its long-term impact.

The sale's approval processsteeped in legislative maneuvering and last-minute amendments-has been a point of contention. State Senator Ryan Fazio, one of the sale's most vocal critics, minced no words in his January 29 op-ed (see page 5), calling the deal "a fix" from the

New Firefighters Sworn In

The New Canaan Fire Department held a swearingin ceremony on January 14, 2025, for Firefighters Lauren Freeland, Peter Black, and Mike Stewart. The event marked their official entry into the department after completing required training. Photo credit: Town of New Canaan.

Winter Heating Safety Tips

The New Canaan Fire Department advises keeping flammable items and people at least three feet away from heat sources and using certified, properly maintained heaters. Older adults face higher risks from heatingrelated fires, requiring regular heater checks and fire escape plans tailored to mobility or hearing needs. Emergency preparedness should include accessible essential items and designated assistance for evacuation.

appeared out of nowhere," Fazio had Carlson, speaking last fall when warned in September. Now, with the sale was first being discussed, the sale finalized pending regulatory approval, his concerns have only intensified. "The legal change allowing an RWA acquisition of Aquarion was the acquisition is difficult to believe only publicly known when news was broken by a reporter two days before the special session of the legislature," he wrote. He pointed out that the 50page legislation enabling RWA to bid was released only hours before it was brought to a vote, leaving no opportunity for substantive debate.

The sale's implications stretch far beyond process. A key concern among layer of financial uncertainty: the shift local officials is the likely increase in from a private company to a quasi-Unlike Aquarion, which has been like New Canaan could see a loss in tax Regulatory Authority (PURA) and Aquarion pays more than \$300,000

start. "This was a major change that period. First Selectman Dionna expressed skepticism about RWA's financial management. "RWA's claim that it would hold rates steady after given their track record," she said at the time. The deal effectively removes Aquarion's 625,000 customers from PURA's oversight, leaving future rate increases to be determined by RWA's Policy Review Board-an entity Fazio argues lacks both independence and enforcement authority.

The sale also introduces another water rates for Aquarion customers. governmental entity means that towns regulated by the Public Utilities revenue. Under its current structure, imposed only an 8.5% rate increase annually in property taxes to the town.

State Senator Ryan Fazio, one of the sale's most vocal critics, minced no words calling the deal "a fix"

over the past decade, RWA has raised RWA, by contrast, is exempt from rates by more than 40% in that same **Continued on Page 8**

Survey Highlights Behavioral Health Opportunities

By John Kriz

The Community Health & Well-Being Survey results - an initial effort to better understand the current state of behavioral health in New Canaan, and residents' understanding of and access to supportive resources -- were shared with the New Canaan community on Monday, January 27, in New Canaan Library's Bartlett Auditorium, with numerous community leaders speaking.

The key takeaways are that while most people in town are doing well, many are not - especially parents and other caregivers, those worried about their own mental health, or who have low life satisfaction or low financial security. In a word: Stress. When you have the phrase "Parenting may be hazardous to your health" on a presentation slide, you know it just got very real. While numerous supportive resources are available in New Canaan, including the Urgent Assessment Program <u>www.newcanaan.info/ T8</u> <u>R433.php</u> run by the town in partnership with Silver Hill Hospital, many survey respondents were unaware that such resources were available at all. Beyond that challenge, assuming the person in need is aware of available resources, trying to sort out just where to begin, let alone manage cost and insurance, was a steep mountain for many to climb. This survey, funded by the Town of New Canaan and completed by nearly 1500 residents, was the brainchild of the New Canaan Behavioral Health Alliance (www.newcanaanbha.org), which was



Fiddler on the Roof Opening on Feb. 8 in Ridgefield

By Tom Nissley

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

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

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

Tom Nissley for the Ridgelea Reports on Theatre

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

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

BOARD OF SELECTMEN NEWS BRIEFS FROM JAN. 28 MEETING

New Canaan Farmers' Market

The Board approved the request to hold the Farmers Market at the Lumber Yard parking lot from April 26th to December 20th, 2025, on Saturdays from 10 am to 2 pm.

TOWN HALL

BOE Approves School Budget

The New Canaan Board of Education approved a \$114.2 million budget, а 4.6% increase, including funds for a high school math interventionist and an additional elementary classroom coach. Most of the increase stems from salaries and benefits tied to a new teachers' contract, with \$5 million allocated for capital projects like a PA system, scoreboard, and kiln replacement. The budget now advances to the Board of Selectmen, Board of Finance, and Town Council for review.

LOCAL BUSINESSES AND **NONPROFITS**

Silver Hill Expands to NYC

Silver Hill Hospital has acquired Freedom Institute, now operating as Silver Hill New York, to expand its mental health and substance treatment services use in New York City. The Intensive Outpatient Program addresses complex mental health and substance use needs through personalized treatment plans developed after a two-week assessment.

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Publisher@NewCanaanSentinel.com



Susannah Lewis with Silver Hill Hospital speaks to a full house about New Canaan's Health & Well- Being Survey.

Dr. Luizzi noted training programs at NCPS involving a wide range of staff to strengthen their emotional intelligence. "We did that because we wanted to make sure that our schools were welcoming places everywhere kids went."

and resources in our area. Through

formed several years ago by concerned community partnering, the alliance's local charities and community leaders mission is to improve access to with a goal of encouraging, developing behavioral health care for New Canaan and supporting "a greater community residents seeking help." Nearly forty awareness of behavioral health issues regional and local groups are part of the **Continued on Page 9**

Animal Control Vehicle

The Board approved the purchase of a 2021 Chevrolet Equinox for \$24,179, which includes a \$450 trade-in credit for the current vehicle. This ensures reliable transportation for the busy Animal Control Officer and enhances operational efficiency.

CIRMA Purchase Order Increases

The Board approved a \$5,500 increase in previously approved purchase orders with CIRMA for the insurance on additional vehicles.

Police Facility Renovations, Materials

The Board approved a \$19,000 contract from the Department of Public Works to increase a contract with Special Testing Lab **Continued on Page 8**

Gannet Rain



Northern gannets in various flying and diving

By Frank Gallo

Northern Gannets are raining into the sea. One after another these birds pound the waves like hail on pavement, thundering into the surf to spear fish. Gannets move on the wind in every direction, suffusing the sky with flecks of white, as if a massive feather pillow leaked its stuffing across the clouds. Set aglow by the late afternoon sun, they appear as beams of light tipped in jet, arching across the heavens, skimming the surface of the waves, speeding on angled wings toward the horizon. Where they converge, thunderheads form from swirling avian bodies, broiling

Continued on Page 5

COLUMN **Connection & Safety**

BY JILL S. WOOLWORTH, LMFT

During moments of marital stress, each of us favors either connection or safety. Both are essential to relationships. We typically choose a partner with the opposite priority because we are attracted to his or her complementary personality. Which is your priority? Connectors tend to be effervescent and outgoing. Partners who prioritize safety are usually reliable and steady.

The challenge arises during inevitable disagreements when the one who favors connection pursues an argument the way a dog pursues a bone and the one who favors safety withdraws behind a stone wall. One yells and the other won't talk. The more connectors won't let go, the more partners who prioritize safety retreat. This often escalates into an infinity loop of unhappiness.

we remember that the "attacker" really wants is a therapist at the Center for Hope & Renewal.



connection, and the "stone wall" longs for safety, we can shorten our arguments and become allies.

Jordan and Caitlin were at each other's throats until they understood that Jordan was desperate for connection and Caitlin wanted safety. Prior to that, the more Jordan "came after" Caitlin, the more Caitlin "ran away." Seeing each other's need as 100 percent normal changed their perception of each other from hostile to compassionate.

Excerpted from Jill Woolworth's book, The Waterwheel, available at Diane's Books, Dogwood Though it is difficult in the moment, when Bookstore, Amazon, and barnesandnoble.com. Jill





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



Wellness, Turf, and the New Economy of Self-Care

of HALO Fitness at 45 Grove while yoga classes cater to those HALO, a health and wellness round out the package. In this upgrade. A 1,200-square-foot Turf Room now anchors the facility, joining a 5,800-squarelocker rooms, and an array of wellness services. The relaunch will be celebrated with a Wellness Weekend on February 8 and 9, a showcase of activities ranging from yoga and massage to kids' soccer drills.

to embody the small-town gym ideal: a community hub where fitness enthusiasts can mingle and families can explore ageappropriate activities. But HALO's new trajectory-a integration seamless of boutique fitness, sports training, and wellness services like chiropractic care and facialsreflects something larger: the combining of health and selfcare.

just a gym: fluorescent-lit, unremarkable, and heavy on ellipticals. HALO's evolution, however, aligns with an industry-wide transformation. Fitness spaces are no longer just about exercise; they are lifestyle centers catering to an increasingly segmented and specialized audience. The Turf Room, for example, offers agility while improving overall athletic

In New Canaan the relaunch and sports-specific training, performance. Street offers a window into seeking mindfulness. A massage under one roof is another a curious cultural moment. studio and Pilates partner hallmark of HALO's approach. complex which also houses the sense, HALO mirrors the rise just HALO Fitness but also New Canaan Racquet Club, of the wellness economy, a \$4.5 Restore Massage recently unveiled an ambitious trillion industry that merges Nearwater Pilates, fitness, leisure, and personal Canaan Chiropractic, optimization.

foot renovated gym, revamped Fitness, sees the relaunch as of wellness providers reflects a way to meet these evolving an emerging trend: the demands. "Our mission is to consolidation of health services create a space where people of into boutique spaces that all ages and abilities can pursue emphasize convenience, luxury, their health and wellness goals," he said. To that end, HALO's Wellness Weekend will offer At first glance, HALO seems free activities, such as yoga by Sama Yoga, facials from Catalina Skin & Body, and introductory turf training sessions. "We're excited to show the community everything HALO has to offer," Fromm added.

The centerpiece of HALO's relaunch is the Turf Room, a functional training space that caters to athletes and general fitness enthusiasts alike. It is also a rarity in New Canaan, a town more associated with In the past, a gym was manicured lawns than artificial grass. For tennis players at the New Canaan Racquet Club, the Turf Room offers off-court conditioning. For others, it is a chance to push the limits of their workouts in a space specifically designed for performance training. Fromm describes it as a place where members can build strength, speed, and agility, all

The integration of services The building houses not Studio, New and Matrix Personalized Medicine, Eric Fromm, CEO of HALO among others. This ecosystem and personalization.

For members like Abby Lane, this all-encompassing approach makes HALO more than just a gym-it's a community and a hub for holistic wellness. "It's always been a convenient and welcoming place with excellent personal trainer options and a friendly staff," says Abby, who has long valued the accessibility and supportive atmosphere that set HALO apart.

Membership at HALO comes with perks, including discounted services from wellness partners and a complimentary personal training session. A promotional offer through February 28 waives initiation fees for select memberships and reduces dues



by up to 20%.

What is striking about HALO is how it captures the ethos of New Canaan itself. This is a town where tradition meets reinvention, where pastoral settings coexist with luxury amenities, and where wellness is both a communal aspiration

and a personal responsibility. a model for other small-town where families are increasingly in real estate or education. Whether HALO becomes

The relaunch of HALO Fitness wellness hubs remains to be is not just about fitness; it seen. For now, it is a microcosm is about adapting to a world of a larger cultural trend, one in which fitness and wellness are investing in their health and no longer just pursuits-they bodies the way they might invest are carefully curated to fit the contours of modern life.

What is striking about HALO is how it captures the ethos of New Canaan itself.

Men's Club Welcomes Author Francis Doherty



99 ELM STREET





The New Canaan Men's Club will welcome U.S. Army veteran and former commercial airline pilot Francis Doherty as its featured speaker on Friday, where he will share his firsthand experiences flying covert reconnaissance missions during the Vietnam War. The meeting will take place at 10 a.m. in Morrill Hall at St. Mark's Episcopal Church, with Doherty's presentation beginning at approximately 10:40 a.m.

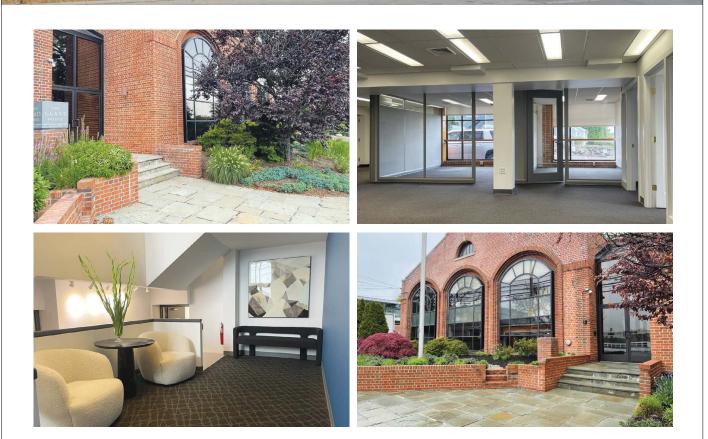
Doherty, a New Canaan resident and 1967 graduate of the University of San Francisco, served as a pilot for the U.S. Army, flying classified missions over Laos and Cambodia. Piloting a Cessna O-1 Bird Dog, a single-engine, unarmed reconnaissance aircraft, he was responsible for locating enemy troop movements and directing strikes by F-4 Phantom jets. The missions, part of the clandestine Studies and Observations Group (S.O.G.) operations, were often conducted under extreme danger, with pilots encountering relentless enemy fire from AK-47s and 51-caliber anti-aircraft guns.

His experiences are detailed in his memoir, Only the Light Moves: Flying Covert Reconnaissance Missions in the Vietnam War, published in 2023 by Pen and Sword. The book provides an unvarnished account of the war, describing not only the high-risk missions but also the psychological challenges he and his fellow pilots faced. The Journal of the Air Force Historical Foundation called his accounts "hair-raising," praising his ability to capture both the tactical and emotional dimensions of his service.

Doherty's memoir, however, is more than a war story-it is also a deeply personal reflection on aviation and its connection to family. His father, a TWA captain during the golden age of commercial flight, inspired his early interest in flying. Following his service in Vietnam, Doherty continued his aviation career, becoming a commercial airline pilot for 32 years. In Only the Light Moves, he explores the transition from military to civilian aviation and the lasting impact of war on those who serve.

His presentation at the Men's Club will cover both the technical aspects of his missions and the broader themes of duty, sacrifice, and the struggles of reintegration into civilian life. Doherty will also discuss the personal toll of combat and the loss of fellow soldiers, as well as the resilience required to move forward.

The New Canaan Men's Club provides weekly programs featuring distinguished speakers from a variety of fields. Membership is open to local men aged 55 and older. Those interested in joining can email ncmens@ncmens.club for more information.



PRIME OFFICE SPACE IN A PREMIUM LOCATION

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, streetfacing, and features six exterior offices with stunning floor-toceiling 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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Best Bites: New Canaan



Marie Pinchbeck was your teacher. You may not remember it. It was a long time ago; Preschool, Kindergarten, 1st grade - it's all a blur. You've had so much to drink through the years, you don't remember much as it is. But Mrs. Pinchbeck remembers. With 31 years in the New Canaan Public School System and 21 years as a teacher at First Presbyterian Nursery School -Marie Pinchbeck has taught thousands of New Canaan's children for over half a century. She's teaching the children A: These days I'm the Science Lady of parents she taught. She teaches with teachers who she taught in Kindergarten. Mind bending. But also a testament to character. There is no one in New Canaan who cares about *Q: When do you think you'll stop* children more than Mrs. Pinchbeck. She also loves hot and sour soup. Could she possibly be the most wonderful person on the planet? Read on to find out.

Q: When did you start teaching in New Canaan?

A: Oh gosh, Paul. I'm not sure, 1966 mavbe?

Q: And what was New Canaan like back then?

A: Oh, my - not as bustling - not as high end - very much just a family town. I remember going to Fat Tuesday's where Sole is now. The teachers and I would all go out once a month to dinner. It was very fun. That was memorable.

Q: *Where did you teach before First* Presbyterian Nursery School?

A: For many years I taught at Center School. It's where the parking lot to the library is now. It closed in 1983. I remember we had a big party when it closed. It was a wonderful school, I miss it. I went on to West for many years.

Q: With the kids - can you tell who's going to be a CEO and who's going to end up in jail?

A: Oh, gosh, Paul. I wouldn't say. another.

The truth is, sometimes you can tell, sometimes they change. Around 3rd or 4th grade, there can be a big leap in maturity.

Q: It's Flu Season. How do you convince your kid not to be a nose picker?

A: Oh, goodness. We do a lot on germs. I make a big deal out of washing hands. I get out a big basin of water and sing happy bday to myself so they wash long enough. I'll also take a tissue out of my pocket and pretend to be confused. I'll say "what's this? What do I do with this?" The children have so much fun with that.

Q: What is your favorite subject to teach?

and I go from class to class. I wear a body suit full of body parts that detach. I can take out the heart and show them how everything works.

teaching?

A: When I can't get up. I just love going to work and seeing the kids. You need purpose in life. I like being busy.

Q: Mrs. Pinchbeck, I feel like people want to know...which student, in your entire career, was, you know, your favorite?

A: Oh gosh - how can you ask that? The thing that is so amazing - there are children that I had in my Kindergarten class that are my colleagues now. Part of that is how long I've been teaching and part of that is that people love being in New Canaan - they come back.

Q: You've lived through a lot. Best TV show of your lifetime?

A: I love Lucy. It was very funny.

Q: Best movie?

A: Gone With The Wind.

Q: Not Die Hard?

A: Didn't The Wizard of Oz come out the same year? That got all the awards - but Gone With The Wind is just so lovely

Q: Best holiday to have in the classroom?

A: Valentine's Day is so much fun to do with the kids. They have fun cutting out the hearts and showing love to one

Marie Pinchbeck has taught thousands of New Canaan's children for over half a century. She's teaching the children of parents she taught. She teaches with teachers who she taught in Kindergarten. Mind bending.



Q: Expressing love to everyone you know - that never happens again, does it?

A: It doesn't. That's why it's so special.

Q: What do you enjoy eating in New Canaan right now?

A: I love Chinese. And Ching's Table is very nice. Their hot and sour soup is wonderful.

Q: Hot and Sour soup - too orange?

A: Not for me, especially in the winter

Lemongrass Shrimp - they grill it there. It's wonderful.

Q: You're wonderful. Thank you for taking the time to talk to me. - it's so satisfying. And I love their A: Thank you, Paul. This was lovely!

LIMITED-TIME

GYM MEMBERSHIP DEALS -

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SAVINGS BY

FEB 28!



HALC

Wellness Weekend SATURDAY, FEB 8 - SUNDAY, FEB 9

HALO FITNESS 45 GROVE ST. NEW CANAAN

SATURDAY, FEB 8

TENNIS & PICKLEBALL

7:00 AM	DYNAMIC STRETCHING FOR PICKLEBALL/TENNIS (30 MINS)
9:00 AM	DYNAMIC STRETCHING TENNIS (30 MINS)

WELLNESS PARTNERS

8:30 AM	SUNRISE YOGA FLOW WITH SAMA YOGA (60 MINS)
9:30 AM	SCULPT & CARDIO WITH THE FITNESS COLLECTIVE (60 MINS)
9:30 AM- 11:30AM	CHAIR & TABLE MASSAGES WITH RESTORE (10 MINS)
10.00 AM-	OXYGEN FACIALS WITH

10:00 Alvi-CATALINA SKIN & BODY (15 MINS) 2:00 PM

SUNDAY, FEB 9

6:00 AM-	COMPLIMENTARY
4:00 PM	2-HOUR GYM PASSES

HALOFITNESSNC.COM





ADULT FITNESS

9:30 AM	TURF FIT 101: ADULT (30 MINS)
10:00 AM	TURF FIT 101: HIGH SCHOOL (30 MINS)
10:30 AM	PERSONAL TRAINING SESSION (30 MINS)
11:00 AM	PERSONAL TRAINING SESSION (30 MINS)
11:30 AM	PERSONAL TRAINING SESSION (30 MINS)
12:00 PM	PERSONAL TRAINING SESSION (30 MINS)

HALO KIDS

6	1	
	11:00 AM	RED BALL FITNESS - AGES 4-8 (30 MINS)
	12:30 PM	RED BALL TENNIS AGES 5-8 (45 MINS)
	12:30 PM	FIELD DAY GR. K-2 (45 MINS)
	1:15 PM	RED BALL TENNIS AGES 5-8 (45 MINS)
	1:15 PM	FIELD DAY GR. 3-4 (45 MINS)
	2:00 PM	SOCCER DRILLS BY NCFC (60 MINS)
	2:30 PM	KIDS YOGA WITH SAMA YOGA (30 MINS)
	3:00 PM	HALFTIME DANCE & CHEER WITH NC DANCE CLINICS - GR 1-4 (45 MINS)



CATALINA

SKIN+BODY

Restore

SCAN TO SIGN-UP FREE EVENTS FOR

ALL AGES!





New Canaan Sentinel PUBLISHER Publisher@NewCanaanSentinel.com

Elizabeth Barhydt

EDITORS & COPY EDITORS Emma Barhydt, Peter Barhydt [editor-in-chief], Liz Leamy, Caroll Melgar, Anne W. Semmes, Robert Williamson, Cordelia Webb

Reflect, **Renew**, and Move Forward

As we step into 2025, we do so with the wisdom gained from the Year of the Dragon, a time of bold ambitions and great transformations. Now, we move forward into the Year of the Snake, bringing with us the lessons learned and the challenges faced, ready to embrace a new phase of resilience, strategy, and renewal. On January 29, the Lunar New Year marked not just a change in the zodiac, but an opportunity-a moment to pause, reflect, and refocus.

The Lunar New Year, a tradition that has carried across generations and continents, is a reminder that no matter how fast the world moves, there is always time to reconnect– with family, with community, with our own aspirations. Across Asia and beyond, families will gather for reunion dinners, share meals rich with symbolism, and honor customs that have stood the test of time. In these moments, we find the essence of what binds us together: shared history, shared hope, and shared purpose.

The transition from one year to the next is never just about turning a page—it's about understanding what the last chapter taught us. The Year of the Dragon, with all its fire and energy, called for action, for courage, for taking big leaps. And now, the Year of the Snake invites us to move with wisdom, patience, and adaptability. In ancient Chinese culture, the snake represents

Progress is not only measured by what we achieve, but also by the thoughtfulness, the wisdom, and the kindness with which we move forward.

Edit<u>orial Pa</u>



COLUMN **A New Year, A New Administration** So, What's in Store for the Markets and the Economy?



BY PATRICK CHADWICK

The stock market is one, among a number, of leading indicators of the U.S. economy. Other such indicators include: new orders for both nondefense capital goods and also for consumer goods; consumer confidence; building permits for new homes; retail sales; and initial claims for unemployment insurance. The strength or weakness of those pillars of the economy are harbingers of future growth or decline in the GDP. Other measures-for example, employment, production and sales-are identified as co-incident indicators of economic activity because they simply explain what is currently happening within the economy. And then there are lagging indicators. Most notable among them are the unemployment rate and corporate profits-both of them are evidence that the economy has already slowed down or gone than 65 years, there has been the mass market in the early 20th male bastion called Wall Street. Her into recession. So, you might slight outperformance under a century did to the manufacture second book is a sequel to her first ask, how is the stock market an indicator of the future direction of the economy? The answer is, very simply: stock prices reflect the anticipated future earnings of publicly held corporations. If the outlook for the economy is looking bright, so too will the prospects for corporate earnings, and as a company's earnings grow, it logically follows that the valuation of its stock will do so as well. Twelve months ago, there were many naysayers among economists and stock market watchers. With the Fed Funds (short term interest) rate at 5.3%--a level not seen since before The Great Recession in 2008, mortgage rates were sitting close to 9%, a 24-year high. People with long-held, low-rate mortgages were reluctant to sell their homes and take on new. more expensive financing, which put a serious As a leading indicator of economic growth, the sluggish housing

there was offsetting good news- including threats of tariffs of the high Federal Funds rate had the intended impact of reducing inflation. From its high in 2022, inflation had its most precipitous by pragmatism. The U.S. economy, decline in half a century-a trend that continued to make progress through the end of 2024. Employment was the shining star of the economic landscape last year, despite there being some purchasing power. Food prices pockets of the U. S. economy that remain sticky, particularly when faced a slowdown. Contrary to "old school" theories of economics that falling unemployment will lead to inflationary wage increases, the beneficial impact of rising labor productivity allowed workers to on the other hand, is harmfulreap the benefits of growing real wages.

In November, the change in leadership in Washington begged the age-old question: What does history tell us about the U.S. stock market performance under Democrat administrations versus Republican administrations? Logic fruit in this new world of analytics, might assume that the during and it's hard to imagine any sector periods when the president was of the U.S. economy that won't a Republican, the benefits of find opportunities to reduce costs low-tax policies and incentives and enhance profitability. AI to invest capital might provide will certainly lead to economic a record of outperformance. disruptions-think what the However, over the span of more introduction of the automobile to succeeding in what was then the all-Democrat presidency. There is of horse drawn carriages and all

monumental proportion, the economic impact of those threats is almost guaranteed to be tempered relative to its industrialized country competitors, particularly in Europe, is strong. Inflation has moderated to a level that is no longer threatening consumers' it comes to eggs. Blame the avian flu which has now wreaked havoc with egg production for over two years and there's little end in sight. Low inflation is good; deflation, it decreases any incentive to spend, creating a "why buy today when the price might come down tomorrow?" syndrome. Productivity will continue to improve, aided and abetted by the benefits of artificial intelligence (AI). There is plenty of low hanging

an impending recession. However, promises made since November, outstripped the industry that was annihilated. That is but one example among countless other industries that died at the hands of new technology. The future holds the same.

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

Patricia Chadwick is a businesswoman and an author. Her second memoir, Breaking Glass, with the subtitle: Tales from the Witch of Wall Street, came out on May 14, 2024. It tells of her "growing up" and Memoir, Little Sister, the story of her

intelligence and intuition, a reminder that progress is not always about force but about foresight. It is a call to be deliberate in our choices, to listen as much as we speak, to act with precision rather than impulse.

In the coming days, the world will celebrate in ways both grand and intimate. Fireworks will light up the sky, dragon and lion dances will fill city streets, and red envelopes will be exchanged as a sign of prosperity and goodwill. The Lantern Festival, which brings this season of renewal to a close, reminds us of the light we carry forward, the dreams we continue to chase, and the damper on the housing industry. connections that sustain us.

Here in New Canaan, we can take this starts data caused many to fear moment to reflect on what lies ahead. Maybe it's recommitting to the resolutions that January 1st already tested. Maybe it's setting new goals with greater clarity. Or maybe it's simply recognizing that every day offers a fresh start if we have the discipline to seize it.

Those born under the Year of the Snake are known for their keen minds, their persistence, their ability to navigate complexity with grace. In a time that calls for resilience and understanding, these are qualities we can all strive to embody.

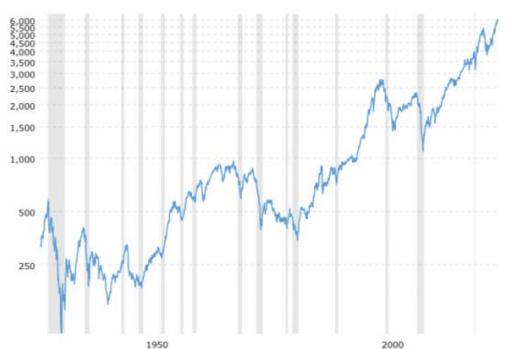
So as we welcome this new Lunar Year, let's do so with intention. Let's learn from what came before and step forward with purpose. The challenges ahead are real, but so is our capacity to meet them. The opportunities are great, but so is our responsibility to make the most of them. And no matter what, let's remember that progress is not only just measured by what we achieve, but also by the thoughtfulness, the wisdom, and the kindness with which we move forward.

Happy Lunar New Year.

SUBMITTED

difference is not remarkable. of that mode of transportation. turned-cult. www.patriciachadwick. Despite a tsunami of political But automotive factory jobs far

no moral to that statistic and the the paraphernalia that were part childhood in a religious communitycom



Help Bring "The Harvard 5" Film to Life - Your Support Doubles Until Jan. 31!

Nina Bremer who was an artist and a true New Canaan "modernist". I began this documentary almost 20 years ago to carry on this legacy," says Director Devon Chivvis. "This film is a work of passion, and an homage to my family as well as the artists and intellectuals, risk takers and friends who made New Canaan modern.'

DEVON CHIVVIS

Close to twenty years in the making, local Director Devon Chivvis's film "The Harvard 5: a story of love, architecture and a design revolution" about midcentury modern architecture in New Canaan will premiere next

"Inspired by my grandmother, month and needs your support to bring it over the finish line!

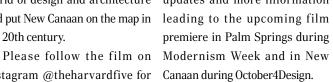
> The clock is ticking - the film has received a matching grant opportunity that expires on January 31st... CT-based Jeniam Foundation will generously match donations dollar for dollar up to \$10,000. Tax-deductible donations can be made by clicking here or by pasting this link into your browser: https://theharvardfive. allyrafundraising.com/

> Any amount will help, especially when doubled by Jeniam!

This first-ever film about the impact of the Harvard 5 on New Canaan's Modern history details a



world of design and architecture updates and more information and put New Canaan on the map in the 20th century.



moment that influenced the entire Instagram @theharvardfive for Canaan during October4Design. NewCanaanSentinel.com

The Proposed Aquarion Sale Will Increase Water Rates and Public Distrust



BY SEN. RYAN FAZIO

This stinks.

COLUMN

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

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

Let's review and revisit the sins committed:

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

efficient operations.

Second, Aquarion's rates are currently regulated and approved by PURA, which provides protection to consumers against regulated monopolies. The RWA's rates, to the contrary, are regulated and set by their own Policy Review Board which does not have either the independence nor capability to probe and check rate increases that PURA does.

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

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

Fifth, as a guasi-governmental utility, the RWA will not be legally required to pay full property taxes to their resident towns and cities and will instead make a "Payment In Lieu Of Taxes." While I appreciate that RWA has said they will negotiate in good faith with towns, there is no legal requirement to make the same payments as Aquarion and therefore a strong possibility

a higher cost structure than Aquarion's more of revenue loss for our municipalities which will before the special session of the legislature. The require a property tax increase on the rest of us.

> Sixth, there were at least two other competitive bids for Aquarion from two other viable companies who likely would have maintained more cost effective operations and who would have rates regulated by PURA. The higher bid was rumored only \$200 million below the RWA bid of \$2.4 billion. For just an 8 percent difference, Aquarion customers will be deprived of all the protections mentioned. The cake was baked, however. RWA would always likely bid higher because it can charge customers more. Its the entire purchase price back to customers.

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

Instead, all legislative norms about openness and deliberation were thrown out the window. The legal change allowing an RWA acquisition of was broken by a CT Mirror reporter two days Senate.

50-page legislation it entailed was only released hours before we voted on it. Even the Democratic chairmen of the Energy Committee expressed skepticism of the change. This change was imposed on Connecticut by the highest levels of leadership in the legislature and the governor's office. Because there is a one-party supermajority in the state, there was no natural check in the process to force openness, bipartisanship, or deliberation.

Connecticut residents deserve lower cost rates are not regulated by PURA and it can charge of living, affordable utilities, and trustworthy government. Unfortunately, the Aquarion sale to Regional Water Authority, which their elected officials foisted upon them will deliver higher utility bills and diminished trust. The only remaining check on the sale is now PURA. I strongly urge them to investigate this matter before them and use do whatever within their legal right to stop this transaction if the evidence aligns with what I have said above.

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

Ryan Fazio represents Greenwich, Aquarion was only publicly known when news Stamford, and New Canaan in the state

Never Again: Reflections on International Holocaust Remembrance Day



By Rabbi Mitchell Hurvitz

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

In 2005, the United Nations designated "International Holocaust Remembrance Day" to commemorate the January 27th anniversary of the liberation of Auschwitz-Birkenau in 1945. On this day, the world is to remember the six million Jews murdered in the Holocaust and the Jewish resistance that accompanied and followed these events. In the shadow of such horror, we sit in the mournful darkness of our pain, suffering, and multigenerational trauma that the six million Jewish victims and their families sustained. International Holocaust Remembrance Day is an opportunity to look both backward and forward and link the memory of the past with a call to conscience in the present. We remember the loss of children and adults, each individual who had a unique life and story cut short by their extermination. The scale of our collective loss is too much. And, yet, we must remember because of the reality of ongoing antisemitic hatred, threats, and violence.

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

the stories of the victims, they also serve as Israel's murdered. "Martyrs' and Heroes' Memorial Authority."

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

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

Holocaust Memorial Museum. In addition to recalling parents were taken away, most of whom were

from a myriad of diverse backgrounds: Christians from all denominations, Muslims, Atheists, etc.

Yad Vashem retains an exhaustive list of Among the Nations." And a shining example is Raoul Wallenberg.

Wallenberg was a wealthy Swedish businessman who chose to serve as a special Swedish envoy to Hungary during the war's later stages. His purpose Jewish citizens while it was under Nazi occupation.

By 1944, as many as 12,000 Jews were deported m Hungary to concentration camps each day By the time of Wallenberg's arrival in Hungary in 1944, over two-thirds of the Jewish population had been deported to Auschwitz in the space of just a few months, and only 230,000 Hungarian Jews remained. Wallenberg issued protective passes "supposedly" 2. Individual must have risked their own life or authorized by the Swedish government to as many of the remaining Jewish citizens as he could. The passes were illegal, and Wallenberg had produced them on a mimeograph in yellow and blue, with the Swedish three-crown symbol in the corner. While fake, they looked official enough to trick the Nazi and Hungarian authorities. Additionally, he rented 32 buildings in Budapest, which he established as Swedish extraterritorial safe houses. He hung large Swedish flags from the buildings and placed signs over the doors calling the houses "The Swedish Library" and "Swedish Research Institute." Hungarian Jews lived in these buildings in relative safety.

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

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

By the end of 1944, the Soviet army had circled individuals and groups awarded the title "Righteous Budapest, although the Germans would not surrender. On January 17, 1945, during the height of the German-Russian fighting, Wallenberg was summoned by a Russian general on suspicion of being an American spy. No confirmed reports exist of Wallenberg after that date, although Russian in service was to try to find a way to save Hungary's authorities stated that he died in a Soviet Prison in 1947.

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

OPED

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

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

In 1953, Israel created Yad Vashem, their major

There are four primary qualifications:

1. Individual Holocaust rescuers must have been actively involved in saving Jews from the threat of death or deportation to concentration camps or killing centers.

liberty in their attempt to save Jews.

3. The original motive for rescue must have been to protect and save Jews from the Holocaust. Motivations not considered included potential financial gain, protecting Jews to convert them to Christianity, taking a Jewish child with the intention of adoption, or rescuing individuals during resistance activities that were not explicitly geared towards rescuing Jews.

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

Four distinct ways often manifested amongst the "righteous rescuers."

1. Some hid Jews in the rescuer's home or on their property and provided food and other necessities to the Jews while in hiding.

2. Some of the Righteous obtained false papers and false identities that helped to save Jews.

3. Some helped Jews escape from Nazi-occupied territory to a less dangerous area.

4. Some rescuers saved children after their

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

began handing in protective passes through the doors that were not yet sealed. He ignored orders from the Germans for him to get down, then the Arrow Cross men [the Hungarian fascists working with the Nazis] ignored them and calmly continued handing out them. I believe the Arrow Cross men deliberately

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

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

Shabbat Shalom.

Temple Sholom's Senior Rabbi Mitchell M. Hurvitz "Wallenberg climbed up on the train's roof and is a scholar, teacher, community activist and preacher, and is recognized as one of the prominent religious leaders in the New Canaan and Greenwich areas and beyond. A frequent guest speaker at synagogues and churches, study groups, community institutions began shooting and shouting at him to go away. He and universities, he is a charismatic personality who engages individuals and stimulates hearts and minds. passports to the hands that were reaching out for His teachings can be found in the New Canaan Sentinel and in other local and national publications.

GANNET RAIN CONTINUED From Page 1

masses that are transformed by the sunset's rays into glistening crystals of purest white. Once they reach the apex of these living clouds, they freeze in motion. Then without warning, like water droplets from saturated clouds, they rain, wings folded, pouring into streams, rushing into torrents, cascading into the sea in a frenzy of feeding birds.

How many passed by me in that hour? Ten thousand? Twenty? In less than four minutes, I counted 1,800, and watched countless squadrons of Gannets form on the horizon to follow one another like kamikazes into the waves. But where had they come from? Northern Gannets are gregarious creatures, nesting in large colonies on cliff-faces in the North Atlantic. Normally, they spend the winter far out at sea, from our area to Florida and the Gulf of Mexico. Rarely do wind and tide combine to bring such numbers within view of shore. I felt privileged to have witnessed such an unusual and inspiring spectacle.

Never would I have expected to see two such awesome events in succession. Yet, the previous evening, I watched Long-tailed Ducks fill up the sky, moving in mass to their evening roost in a protected harbor. It was as if the edge of a weather front was approaching. An estimated 200,000 strong, they advanced in a thick line from horizon to horizon for more than an hour! In my mind, nothing rivals, not in sheer numbers or beauty, the aerial display of these cackling creatures passing before the setting sun, its rays glinting off the patchwork plaid colors of their bodies.

Seeing such splendors reminded me of accounts I had read of passenger pigeons darkening the skies for days with their numbers and of the vast unimaginable buffalo herds roaming across prairies of virgin grass. What must it have been like to witness such celebrations of life!? I have, perhaps, an inkling of an idea now. I am glad to know that some such wonders still exist. But it saddens me to realize what is now missing. Incomprehensible as it seems, the passenger pigeons are all gone. The buffalo, like the virgin prairies on which they thrived, are reduced to remnants (remnant

populations). How little our predecessors have left to us of the splendors they were given. Our present world is very different from that of our ancestors, yet we accept what remains to us as the norm. My concern is that what is left to be accepted as normal will diminish with each passing generation. If this trend is to be halted, we can no longer afford to foster our environmental ills onto the next generation to cure. Immediate attention is required for the security of our descendants' future environment. It is far too easy for them to accept whatever future they are handed.

This article was originally to be about Morus Bassanus, the Northern Gannet. I intended to write about their crowded cliffside nests and of a life spent predominantly at sea, visiting land only to repopulate. I wished to express a natural beauty and grace on the wing and contrast their incredible capacity for long distance flight with their comical inability to ambulate well on land. I meant also to discuss Long-tailed Ducks. I wished to relate the story of how settlers used their incessant winter cackling as an unflattering basis for their former name, Oldsquaw, and to draw attention to their extraordinary ability

to dive to depths of up to 200 feet in search of crustaceans. Instead, I got to wondering. What would it have been like to see the buffalo roam? Sadly, we'll never know.

I had the good fortune to gain spiritually from seeing Long-tailed Duck-filled skies and gannet rain. It is my hope that our descendants will not have to accept any less from us than we were given.



COLUMN

Struggling With Questions That Remain Unanswered

By Rev. Gilbert Burgess

1 Then Job spoke again: 2 "My complaint today is still a bitter one, and I try hard not to groan aloud. 3 If only I knew where to find God, I would go to his court. 4 I would lay out my case and present my arguments. 5 Then I would listen to his reply and understand what he says to me. 6 Would he use his great power to argue with me? No, he would give me a fair hearing. 7 Honest people can reason with him, so I would be forever acquitted by my judge.

experimental spacecraft broke apart during a test flight and crashed into the

Mojave desert near Cantil, California. The copilot died while the pilot severely injured, miraculously survived. Investigators soon determined what happened, but not why the title of a newspaper article about the crash began with the words "Questions remain."

Life is filled with many questions, there are times with why? God extends His way that I take when He has personal and direct touch will worked things out. we experience sorrow, and for some there are no adequate explanation some and his wealth all in one steadfast, trusting that the oppression and distress, leave nor forsake us. And we catastrophic events with far day, he sunk into depression Lord would work things out. reaching effects while others and resisted any attempted are personal private tragedies explanation by his friends. after the accusations, after a complete and ample and that alter our individual Job trusted that someday Job lost everything, God overwhelming explanation." On October 31, 2014, an lives. We want to know why, there would be an answer restored his fortunes, giving but we seem to find more from God. Yet even in the him twice as much wealth we face every today, why are questions than answers. darkness of his struggles Job as he had before, including we as a nation who profess the pastor at the Community

"There will come one day a personal and direct touch from God when every tear and perplexity, every oppression and distress, every suffering and pain, and wrong and injustice will have a complete and ample and overwhelming explanation."

tested me. I will come forth

unfailing, love to us.

great suffering, Job trusted, liberty and Justice for all? and remained faithful to his instead Job prayed for his unanswered." friends, and God restored had lost.

from God when every Always trust in the Lord When Job lost his children as pure gold. Job remained tear and perplexity, every who has promised never to every suffering and pain, and After the heartbreak, wrong and injustice will have

Unanswered questions, purpose. Romans 8:28. And while we're struggle could say, God knows the new children and a long to put our trust in God, so Baptist Church.

life, demonstrating God's divided as a people? Why are faithfulness even through so distanced the shores of

"Struggling with God and did not blame Him, guestions that may remain

But this we know, one double to Job everything he day those who put their trust in God will be rewarded, Oswald Chambers said. remember lob trusted and "There will come one day a did not doubt and the Lord know that all things work together for good to them that love God, to them who are the called according to His

Rev. Gilbert Burgess is

Worship Directory and Services

UPDATE SERVICES AND ADD SPECIAL EVENTS TO THIS CALENDAR AT www.NewCanaanSentinel.com/worship-calendar-updates

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.

First Church of Christ, Scientist

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 PrayerRite 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:

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

49 Park Street 203.966.0293 christiansciencect.org/newcanaan

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 fpcnc.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. A's 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

February 8th at 5-6:30PM: The Friends of the Music presents music of Benjamin Britten. Tickets are available at https://www.stmarksnewcanaan.org/friends-of-music/.

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: January 31st: Last day of the 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/ UCoZ2UNa8aHI3O_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)

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.templesinaistamford.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 Sholom

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=bFJQem9HWFcxU0EzZUM2VENEZmg yUT09#success

Rams Over Cardinals 58-48



Photo by Ben Harper/Chaos Crew Media

game with plenty of optimism and fourth quarter. momentum.

the fourth quarter strong however, progress that we're making." eventually earning a 10-point win.

scored a game-high 20 points for the for Greenwich. Sophomore guard 3-pointers in the game for Greenwich, which trailed New Canaan, 15-11 after the first quarter and 28-20 at halftime. Andrew Esposito, also a junior scored

Junior guard/forward Sandro Scott 12 points apiece for the Rams.

Game Wrap Ups

Team	Date	Opponent	Result
Boys Basketball	1/21	Wilton	Win (58-47)
Boys Basketball	1/24	Stamford	Win (53-49)
Boys Basketball	1/28	Brien McMahon	Loss (49-57)
Boys Hockey	1/25	Westhill Stamford	Win (6-0)
Girls Hockey	1/21	Greenwich	Win (9-2)
Girls Hockey	1/24	Wilton	Win (7-5)
Girls Basketball	1/21	Wilton	Win (40-22)
Girls Basketball	1/24	Stamford	Loss (30-53)
Girls Basketball	1/27	Sheehan	Win (44-38)
St. Lukes Ice Hockey	1/22	Kingswood-Oxford School	Loss (3-7)
St. Lukes Ice Hockey	1/25	Wilbraham & Monson Academy	Win (6-5)
St. Lukes Squash	1/22	New Canaan	Win (6-1)
St. Lukes Basketball	1/23	King	Win (84-78)
St. Lukes Basketball	1/25	Kent	Win (75-71)
St. Lukes Basketball	1/28	Brunswick	Loss (<mark>54-56</mark>)
St. Lukes Girls Basketball	1/22	Wilbraham & Monson Academy	Win (66-56)
St. Lukes Girls Basketball	1/23	Putnam Science Academy	Loss (41-44)

Upcoming Rams Sports Schedule

Greenwich High School's boys added 10 points for Greenwich, which basketball team dropped a tough 58- faced a 39-30 deficit heading into the coached, they got a lead and it's hard 48 decision to New Canaan on Jan. fourth quarter, before cutting New to come back against a good team," 17 at home, but the Cardinals left the Canaan's lead to three points in the coach Maloney said. "There was

"We've had a number of games team effort." The Cardinals trailed the Rams by recently where we've closed well," double digits at certain points of this Greenwich assistant coach James FCIAC matchup yet pulled to within Maloney said. "We had opportunities 43-40 with 4:29 remaining in the to at the end to be tied or take the

Guy Germain, a senior guard, Senior guard Matthew Maloney scored nine points with a 3-pointer Cardinals, 18 of which came during Matthew Vertin had 14 points, the second half. Maloney made two including two 3-pointers to pace New Canaan.

"New Canaan is a great team, wellplenty of fight in us and it was a real

Junior Michael Golden and senior Ryan Brennan each had three points for Greenwich.

"It was a physical and a drag out fourth quarter. New Canaan finished lead. I'm proud of these guys and the sort of game," coach Maloney said. "It's good to be in these games and I think we're going to have a chance to close games out soon."

> Those words rang true, as Greenwich handed Staples its first loss of the season on Jan. 21 before a big crowd at GHS. As you'll see in the Henry Chandra, a junior and next post here on Greenwich Sports Beat, it was indeed, a memorable win for the Cardinals.

Girls Ice Hockey Stays Perfect in January, Extends Winning Streak

New Canaan girls ice hockey continued its dominant run in January, securing five victories to maintain its undefeated record. The Rams showcased both offensive firepower and defensive resilience, outscoring opponents 19-7 across their games.

The team's most recent win came on January 24 with a 7-5 victory over Wilton/Norwalk/McMahon. Maddie Tully led the scoring effort with three goals and an assist, while Serena O'Connor, Izzy Hanna, Jenna Vigano, and Marissa DelCarmine each found the net. Ashton Pinkernell contributed three assists, and goaltenders Larkin Celiberti, Charlotte Heyn, and Macyn Callahan combined for 16 saves.

On January 18, New Canaan shut out Mercy 5-0 behind a balanced attack. Tully and O'Connor each recorded two goals and two assists, while Fiona Curri added a goal. Callahan anchored the defense with 24 saves.

A week earlier, the Rams earned a 3-1 victory over South Kingstown (RI) on January 12. O'Connor scored twice and assisted on Tully's goal, while Curri and Pinkernell provided assists. Callahan made 12 saves in goal.

In a tightly contested matchup on January 10, New Canaan edged Avon/Southington 1-0. Tully provided the lone goal off an assist from Claire Hickey, and Callahan stopped 15 shots to secure the shutout.

The Rams opened January with a 3-1 win over Stamford/ Westhill/Staples on January 5. Tully scored twice, Hanna added a goal, and O'Connor, Pinkernell, and Izzy Janiga recorded assists. Callahan made 12 saves in net.

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
		o 5:30 – 7pm	Girls Varsity Basketball @ Darien High School 80 High School Lane, Darien CT 06820
		o 7 – 8:30pm	Boys Varsity Basketball @ Darien High School 80 High School Lane, Darien CT 06820
		o 7:30 – 9pm	Boys JV Hockey @ Ridgefield High School 700 N Salem Rd, Ridgefield Connecticut 06877-1799
1	FEB, SAT	🥚 9am – 3pm	Boys Varsity Wrestling @ Brookfield High School 45 Longmeadow Hill Road, Brookfield CT 06804
		🔵 9am – 2pm	Boys JV Wrestling @ Norwalk 23 Calvin Murphy Drive, Norwalk CT 06851
		9:30am – 2:30pm	Girls Varsity Competitive Cheer @ Trumbull 72 Strobel Rd, Trumbull Connecticut 06611-5597
		🔵 9:30 – 10am	Boys Varsity Track - Indoor @ Wilton High School 395 Danbury Rd, Wilton CT 06897
		9:30 – 10am	Girls Varsity Track - Indoor @ Wilton High School 395 Danbury Rd, Wilton CT 06897
		10:30am – 12pm	Boys Freshman Basketball vs Darien High School 11 Farm Rd, New Canaan Connecticut 06840
		12 – 1:30pm	Boys JV Basketball vs Darien High School 11 Farm Rd, New Canaan Connecticut 06840
		● 6 – 7:45pm	Girls Varsity Hockey vs De La Salle Middle School 55 Old Kings Highway North, Darien Connecticut 06820
		• 7:20 – 7:50pm	Boys Varsity Hockey @ St. Joseph 784 River Road, Shelton Connecticut 06484
2	FEB, SUN	9 – 11am	Boys Varsity Wrestling @ Brookfield High School 45 Longmeadow Hill Road, Brookfield CT 06804
2	FEB, SON	• / Hall	boys variancy wreating @ brookneid righ school 45 Longhieadow hin Koad, brookneid o'r oboo4
3	FEB, MON	8 – 9:45pm	Girls Varsity Hockey vs Stamford High School 55 Old Kings Highway North, Darien Connecticut 06820
4	FEB, TUE	🔵 4 – 5pm	Boys Freshman Basketball @ Westhill 125 Roxbury Rd, Stamford CT 06902
		🔵 5:30 – 7pm	Girls Freshman Basketball vs Westhill 11 Farm Rd, New Canaan Connecticut 06840
		5 :30 – 6:30pm	Boys JV Basketball @ Westhill 125 Roxbury Rd, Stamford CT 06902
		7 – 8:30pm	Girls Varsity Basketball vs Westhill 11 Farm Rd, New Canaan Connecticut 06840
		● 7 – 8pm	Boys Varsity Basketball @ Westhill 125 Roxbury Rd, Stamford CT 06902
5	FEB, WED	🔵 6 – 8pm	Boys Varsity Wrestling @ Staples High School 70 North Ave, Westport CT 06880
		🔵 6 – 7:30pm	Boys JV Hockey @ Fairfield Prep 123 Glenwood Avenue, Bridgeport Connecticut 06610
		😑 6 – 7:15pm	Boys Varsity Hockey @ Notre Dame-West Haven 1 McDonough Plaza, West Haven CT 06516
6	FEB, THU	● 4 – 8pm	Boys Varsity Track - Indoor 480 Sherman Parkway, New Haven Connecticut 06511
7	FEB, FRI	4 – 5:30pm	Boys Freshman Basketball vs Bridgeport Central High School 11 Farm Rd, New Canaan Connecticut 06840
		• 4 – 5:30pm	Girls Freshman Basketball @ Bridgeport Central High School 1 Lincoln Boulevard, Bridgeport CT 06606
		● 5 – 6:45pm	Boys Varsity Swimming @ Danbury High School 56 Gillotti Road, New Fairfield CT 06812
		5 – 6:15pm	Girls Varsity Hockey @ Darien High School 55 Old Kings Highway North, Darien Connecticut 06820
		5:30 – 7pm	Boys JV Basketball vs Bridgeport Central High School 11 Farm Rd, New Canaan Connecticut 06840
		 5:30 – 7pm 	Girls JV Basketball @ Bridgeport Central High School 1 Lincoln Boulevard, Bridgeport Connecticut 06606
		 7 – 8:30pm 	Boys Varsity Basketball vs Bridgeport Central High School 11 Farm Rd, New Canaan Connecticut 06840
		 7 – 8:30pm 	Girls Varsity Basketball @ Bridgeport Central High School 1 Lincoln Boulevard, Bridgeport Connecticut 06606
		 8 – 9:45pm 	Boys JV Hockey vs Xavier 55 Old Kings Highway North, Darien Connecticut 06820
8	FEB, SAT	🔵 10am - 3pm	Boys Varsity Track - Indoor @ Staples High School 70 North Ave, Westport CT 06880
		 10am – 3pm 	Girls Varsity Track - Indoor @ Staples High School 70 North Ave, Westport CT 06880
		 4:15 – 6:15pm 	Boys Varsity Hockey vs Ridgefield High School 55 Old Kings Highway North, Darien Connecticut 06820
		- 4-15 - 6-15pm	boys variaty noticey vs kiugeneiu nign school 35 old kings nignway North, Danen Connecticut 06620

New Canaan's consistency in both ends of the ice has solidified its place atop the FCIAC standings. The Rams will look to continue their strong play as they prepare for key matchups in February.

Boys Ice Hockey Improves to 12-0

The New Canaan varsity boys ice hockey team secured a 6-0 victory over Westhill (Stamford, CT) in a home non-conference game on Saturday. The team improved to 12-0 on the season.

New Canaan took control early, scoring three goals in the first period, followed by two in the second and one in the third. Senior goaltender Brendon Harmon stopped all 15 shots faced, recording a shutout.

Junior Bauer Gammill and senior Bryce Lyden each scored twice. Junior George Ives and sophomore Jack Thompson added one goal each. Senior Brayden Robie and junior Tony DelCarmine led the team in assists with two each.

New Canaan allowed just 15 shots on goal while generating sustained offensive pressure.

Boys Basketball Secures Fourth Straight Win Against

New Canaan boys basketball earned its fourth consecutive victory with a 53-49 win over Stamford. The Rams improved their record and strengthened their position in the FCIAC standings.

New Canaan maintained control for most of the game, holding a lead in the final minutes. Inbounding from under their own basket, the Rams executed a short pass that led to a foul, securing the final points needed for the win.

Andrew Esposito led the Rams with 11 points, while Simon Tchakarov contributed seven and played a key role defensively. Several key players transitioned from the football season, which ended in mid-December, requiring adjustments to basketball conditioning and chemistry.

The Rams had a slow start to league play but have gained momentum. In the past ten days, they secured wins over Greenwich, Wilton, and Stamford, teams that could be potential tiebreak opponents. Their next five matchups are against teams with losing records, though several remain close in the standings.

With recent success, New Canaan is positioning itself for a strong finish in the FCIAC tournament race.

AQUARION CONTINUED From Page 1

property taxes and instead makes payments in lieu of taxes (PILOT). Carlson, in her previous remarks, expressed doubts about the reliability of PILOT payments, particularly since RWA has indicated it would not increase them, even if it invests in infrastructure improvements. "PILOT payments are not a reliable replacement. They're static, which means they won't keep pace with inflation or improvements," she warned last fall.

Adding to the concerns is the governance structure of the new authority. The proposed board of directors would grant disproportionate representation to the New Haven-based RWA region, despite the fact that Aquarion serves a larger population. "There will not be fair

representation on the board that runs the company," Fazio stated, pointing out that RWA customers in Greater New Haven-about 430,000 people-would be given six board seats, while the 625,000 Aquarion customers would receive only five. "New Canaan's representation would be minimal compared to these larger cities, and we would have little say in how decisions affecting our water service are made," Carlson had warned previously.

The deal's financing structure also raises questions. While competitive bids were submitted by other private companies, Fazio suggested that RWA was always positioned to outbid them-because, unlike private bidders, it could recoup the full purchase price by passing costs directly onto customers. "The higher bid was rumored only \$200 million below the RWA bid of \$2.4 billion," he stated. "The cake was baked, however, because RWA would always likely bid higher because it can charge its customers more." Unlike a private buyer, which would be required to charge only a bookvalue rate, RWA has the ability to pass its full acquisition cost onto its new customers.

For those opposed to the sale, the last hope of intervention now lies with PURA, which must approve the transaction before it is finalized. "The only remaining check on the sale is now PURA," Fazio wrote, urging the agency to scrutinize the deal's structure and potential impact on consumers. The transaction must also pass regulatory hurdles in Massachusetts and New Hampshire, as well as undergo review under the Hart-Scott-Rodino Antitrust Improvements Act. While approval is expected by late 2025, opponents are hoping that regulatory agencies will demand stricter oversight before signing off.

Fazio's conclusion was blunt: "Connecticut residents deserve lower cost of living and

trustworthy government. Unfortunately, the Aquarion sale to Regional Water Authority, which their elected officials foisted upon them through special legislation, will deliver higher utility bills and diminished trust." Carlson, meanwhile, had previously called for local residents to stay informed and engaged. "This sale could have long-lasting effects on our town's finances and water service," she had stated. "We need to make sure that residents are fully informed about what's at stake and that we, as a community, are involved in the process."

As the regulatory review unfolds, the question remains whether those most affected-Connecticut's water customers-will have any real influence over a deal that has, from the outset, been driven by forces beyond their control.

YOUR NEWS BRIEFING **CONTINUED** From Page 1

Hobson Speaks at Rotary Club

Tom Hobson, DPT, Physical Therapy Manager at ONS, presented to the New Canaan Rotary Club on the importance of movement for health and quality of life. He holds degrees from Georgetown University and New York University and is certified in multiple techniques, including Graston Therapy and Functional Movement. His presentation highlighted movement as essential for maintaining overall well-being.

Talk at Nature Center



Wendy Dewey led a program at the New Canaan Nature Center on healthier living, covering food additives, beneficial and harmful foods, and the importance of diverse plant-based diets. She also demonstrated exercises for digestive health and bone density. The next session, on February 4th, will feature Elisa Bulgrin discussing cutting garden planning. Photo credit: New Canaan Nature Center.

PEOPLE IN TOWN

Reverend Burgess Elected

Rev. Gilbert Burgess of New Canaan's Community Baptist Church has been elected president of the Interdenominational Ministers Fellowship of Norwalk and vicinity. This group's mission is to provide spiritual leadership that speaks truth to power, and addresses issues that affect all people's well-being. Rev. Burgess's goals as president are to "foster an atmosphere that allows people from all walks of life the opportunity to advance for the greater good of themselves and the community, and to strengthen the bonds between our elected officials and community, sharing God's love."

Tickoo Helps Build Sustainable Gardens

Zane Tickoo, a New Canaan High School student, partnered with Groundwork Bridgeport and Green Village Initiative to create



On January 15th, First Selectman Dionna Carlson visited South School to read a story to the kindergarten class. Photo credit: Town of New Canaan Facebook.

SLS Students Attend Spanish Theater



St. Luke's AP Spanish and Spanish V students recently attended "La Casa de Bernarda Alba" at Repertorio Español in New York City. The visit provided exposure to the Spanish language and Hispanic theatrical traditions. Photo credit: St. Luke's School.

Saxe Students Design Pencil Cases





St. Luke's sixth-grade students created ceramic teacups in art class and used them to study Chinese tea traditions. They sampled teas and snacks as part of a lesson on cultural customs. Photo credit: St. Luke's School.

Student Wins Essay Contest



Isabel Bui, an eighth grader at St. Luke's, won the 4th Congressional District award in Senator Chris Murphy's Martin Luther King, Jr. Day Essay Contest. Her essay reflected on Dr. King's question, "What are you doing for others?" and its impact on her perspective on service. Photo credit: St. Luke's School Instagram.

Recall for First Aid Beauty Crean

gardens at three Bridgeport preschools. The initiative addresses food insecurity by teaching children about gardening and sustainability, with support from the Newman's Own Foundation. Future plans include expanding to additional preschools and integrating water conservation systems.

Lee Leads Connecticut Bar

Lina Lee of New Canaan is the new Executive Director of the Connecticut Bar Association (CBA) as of January 2nd. Lee previously led Communities Resist, managing a \$6 million budget and serving over 4,000 clients. The CBA, founded in 1875, supports Connecticut legal professionals through programs and initiatives focused on the legal profession and justice.

SCHOOLS

SLS Fifth Graders Explore Native Culture



Recently, fifth-grade students from St. Luke's School visited the Institute for American Indian Studies Museum & Research Center. They explored hands-on exhibits to supplement their classroom studies on Native American culture. Photo credit: St. Luke's School.

BOARD OF SELECTMAN MTG. NEWS CONTINUED From Page 1

to perform materials testing as required.

Police Facility Renovations, Equipment

The Board approved a \$65,117.43 contract with IT Savvy LLC to provide new computers and networking equipment for the police department.

Neglected Cemetery Grant

The Board approved a resolution authorizing the first selectman to apply for a \$5,000 grant to maintain nine neglected cemeteries. Funds will be used for mowing, clearing brush, and minor repairs, with the assistance of volunteers.



Recently, fifth-grade science students at Saxe designed custom pencil cases as part of an engineering project. They move through steps like brainstorming, prototyping, testing, and refining to complete their designs. The project highlights problem-solving through an iterative process. Photo credit: New Canaan Public Schools.

SLS Mock Legislative Session



Recently, St. Luke's Class of 2029 history students simulated a legislative session by drafting, presenting, and debating bills. Faculty, staff, and classmates acted as members of the House of Representatives. The activity concluded with a vote on the

Fence Repairs

The Board approved an \$805.11 increase to the existing purchase order for fence repairs at the Water Pollution Control Facility. These repairs address aging infrastructure and ensure safety.

Sidewalks 2025

The Board approved a \$19,943.75 contract with William Stone for granite curbing as part of sidewalk improvements.

Waveny House Upgrades

The Board approved for Eastern Mechanical Services to replace outdated plumbing at the historic Waveny House. This project includes removing and installing new domestic water piping and waste line piping to the current Grooms Room located on the second floor.

Tree Warden

The Board approved a \$17,404 contract with Mill

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

Egg Prices Rise

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

Kia Recalls 80K Vehicles

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

OUR NEIGHBORS

Truwit Visits Swim School

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

River Tree Service for tree removal, pruning, and stump removal at various town locations.

Full-Time Employee

The Board approved the hiring of Jackson Sainville as a Mechanic II for the Public Works Department. He brings experience, having previously worked with the City of Bridgeport.

Information Technology

The Board approved a request from the Information

Technology Department to enter into a contract with Presidio for \$16,276.20 to renew Exchange Online, Microsoft Teams, and SharePoint.

Standard Mileage Rate

The Board approved an increase in the mileage reimbursement rate from 67 cents to 70 cents per mile, aligning with recent IRS guidelines. This adjustment applies to town business travel effective January 1st.

NewCanaanSentinel.com

\$11,475

SURVEY CONTINUED From Page 1

NCBHA, including the New Canaan Public Schools, New Canaan Library, St. Luke's School, Silver Hill Hospital, New Canaan Country School, the town's Police, Fire, Parks & Recreation and Human Services departments, New Canaan EMS, New Canaan YMCA, New Canaan Parent Support Group, New Canaan Cares, New Canaan Community Foundation, Staying Put and Waveny Life Care.

A slide deck of the results, and full report, will be posted on the NCBHA's website soon.

This survey, which was focused on adults, provides a baseline of data - a launching pad for follow-up surveys to generate longitudinal data, and test which solutions are working and which are not, as well as for more targeted surveys, such as one focused on the youth population.

Susannah Lewis, Director of Community Relations at Silver Hill Hospital, led off, noting the youth mental health crisis, and the stresses of parenting and loneliness - all exacerbated by COVID. Recent suicides in New Canaan have further focused the community's attention on behavioral health. Said Ms. Lewis, "it was a good time to pause and say 'How are we doing?' 'How do the residents of New Canaan feel like they're doing?' And 'Do they have what they need to lead healthy, thriving lives?" The survey became the starting point.

Lauren Patterson, president of New Canaan Community Foundation, and co-chair with Ms. Lewis and Marcella Rand of the town's Human Services Department of the NCBHA, noted that, first, the town is "program and resource rich" but that "it's a very hard system to navigate. Two, we have to do everything we can to reduce stigma and make it easier to talk about a whole variety of issues that fall under this [behavioral health] umbrella. And three, we really need local data."

Key Findings

Groups of particular concern are people who are worried about their own mental health, have low life satisfaction, low financial security and are multiple caregivers (such as to both a child and an aging parent). These vulnerable groups report "much higher rates of not getting needed physical and mental health care," per the presentation led by Nina Chanana of Chanana Consulting. While at least two-thirds of respondents did not report facing barriers to accessing physical and mental health services, the other third did. These barriers include getting an appointment, cost and insurance issues, and were higher for women than men, and for people from age 30 to 59. Also, people between 30 and 59 reported lower rates of wellbeing compared with older residents, and people between 40 and 59 reported the lowest rates of life satisfaction. "The Sandwich Generation is stressed out, low on money and short on time."

The survey also found that many people in town are unaware of the resources that do exist. For example, 38%, 35% and 34% of respondents were not aware of available substance misuse, adult mental health and domestic violence community supports, respectively.

The survey results strongly indicated that it was easy for youths to access dangerous substances. For example, 95% of respondents said it was easy or very easy for children to access alcohol at home, with scores of 87% for tobacco, 79% for marijuana and 64% for prescription drugs.

Regarding family norms, most parents - with all scores being at least 90% - report strong family norms around monitoring, communication and modeling.

As to children's mental health, 16% of parents reported that they believe their child has struggled with persistent anxiety during the past year, and 10% of parents reported that they believe their child has struggled with persistent depression during the past year. For both results, percentages rose with the age of the child. As well, 33% of parents did not know, or were unsure, where to get help if their child is struggling with mental health issues. Sixty percent of respondents to the survey had at least one child living at home.

On the brighter side, community support for prevention is strong, with 93% of respondents viewing prevention programs as a good community investment, and 84% believing they help reduce substance use problems.

Leaders Speak

Dr. Andrew Gerber, president of Silver Hill Hospital, noted that "the founders of the hospital believed in the notion of community mental health. That was a founding principle," and that "we have to talk about it [behavioral health]. We have to have it part of our daily conversation." However, even if you have the finest therapists and facilities, it's all for naught "if you can't reach the people who are struggling, if the individuals who have the problems and their families are either afraid or don't know how to step up, raise their hands and access that care." Dr. Gerber cited the one-third of people who had trouble accessing services, saying "we need to figure out what it is that's keeping them from accessing those services."

A key challenge seems to be about how best to get the word out. "We have great marketers in this town. We have great people who can teach us how to do that," says Dr. Gerber. "And I think there's more to be done there and it doesn't have to cost a lot to do that. But I also think we have to learn in more detail what is it that's keeping people from coming."

New Canaan Public Schools superintendent Dr. Bryan Luizzi said that "mental health really has taken that top tier of concern," and that socialization isn't what it was a few years ago. "Kids aren't going out as often as they used to. School dances aren't as attended as they used to be."

Much of this speaks to the value of emotional intelligence. Dr. Luizzi noted training programs at NCPS involving a wide range of staff to strengthen their emotional intelligence. "We did that because we wanted to make sure that our schools were welcoming places everywhere kids went."

Furthermore, technology and social media use are important concerns of parents, and NCPS is "looking at systems to help empower students to become in charge of their relationships with their personal technology, instead of vice versa." At Saxe Middle School there is a phone-free policy during the school day. "And we've seen a difference."

"It's about empowerment. Empowering them [students] to make the right choices, empowering them to know they're the ones in charge of the decisions that they make."

Colleen Prostor, executive director of New Canaan Cares, noted that many private and government grants require data, such as that created by this survey, as a prerequisite to a funding application. She noted that neighboring towns, such as Darien and Greenwich, have received large grants based in part on needs surveys they've done.

Leo Karl, who is on the Behavioral Health Committee of the New Canaan Community Foundation, concluded by noting that he knows of "really good New Canaan families, great parents that have not always had the smoothest road and the most fortune bringing up kids. And these issues pop up and you read about or hear about their story and you say, 'Why didn't I know about that?' Or 'Why couldn't the community have done something?" It is hoped that this survey, and the actions that will follow, will help address those questions.

Need Help Now?

bituaries

During a post-presentation interview with the New Canaan Sentinel, Lauren Patterson of the New Canaan Community Foundation said "We want people to talk directly to a human being. We don't want them to Google search or rely on maybe getting good information." For those in need of truly immediate assistance, call 911 for a medical, fire, police or other emergency, or 988 for those who are suicidal or in emotional distress.

In addition, she strongly recommends accessing the Urgent Assessment Program run by the town and Silver Hill Hospital as a starting point. And one does not need to be in urgent distress to do so. In fact, early intervention is strongly recommended. "You'll be seen within 24 to 48 hours for an assessment on campus and then they make a referral to a provider that's already vetted to match your particular needs, the insurance that you might have. They have availability. So we're not sending

someone into a potential bottleneck or waitlist. We know this provider is available and waiting for that person call."

Similar to the Urgent Assessment Program is Resources to Recover (www.rtor.org), which is an email and telephone line that's run out of Laurel House, a nonprofit in Stamford that's a referral service. "But again, you're getting a human being on the phone or via email. There's a direct person you're talking with."

All of these resources can be found on the Behavioral Health Alliance's website www. newcanaanbha.org

What's Next?

According to Ms. Patterson, immediate next steps include reviewing the exit surveys from the Monday presentation, and further outreach to the community on the survey's findings to better understand the responses, and hear directly what would be most useful to address the needs. "We really want to hear from the community as to where the resources would be best placed. I think there are some lower hanging fruits, if you will, around outreach." As well, she wishes "we could relieve that access issue. It's not going to fix everything, but it is going to help more people."

As to other 'To Do' items, a youth survey "is at the top of the list." The Behavioral Health Alliance is "in active conversation with the public and private schools in town about what that could look like." A follow-up adult survey is also likely, to "see if we're making progress where we've made investments, where we've made adjustments to programs and outreach."

Developing a better understanding of the barriers to both mental and physical health care is also in the cards. "The good news was most people were accessing care, but I think in a town like New Canaan we'd want to say there could be a gold standard that our town is as healthy as they want to be."

Another item is to help regional service providers "tailor some of their regional work to what would really work for this particular town. And maybe it's things that they know, but now we have the data to really help them make some change internally or we can help them."

Ms. Patterson emphasizes that "it would be ideal to have a punch list. We're going to do things one to three, but I think we want to be careful about not overreaching and over-assuming what would be the right next step." She also stresses that "we want this to be actionable. We don't want this to be a survey just for the sake of a survey and that it's a great report and it sits on a shelf." She concludes that "we want to build in enough of a pause to allow people to plan and react."

Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth. Jeremiah 33:6

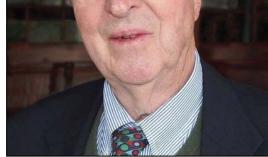
by his faith and values. He was that old breed of Developmental Services. While many of Patti's gentlemen who would never think of imposing interests kept her close to home, she was also an his faith and his values on others. Setting the avid fan of Bruce Springsteen, reminiscing with right example was enough. Although he took his responsibilities seriously, he didn't take himself very seriously. He had a wonderful sense of humor and a youthfulness that he retained until the very end.

He is survived by his beloved wife of 18 years,

her lifelong friends, vacations to Chatham, MA, antiquing trips to Stormville, NY and enjoying the sunshine by the pool.

Patti received much love, strength and support from her two closest friends Karin Bochicchio and Amy Reilly as well as from all





JOHN LOWRY, JR.

John Lowry, Jr. died peacefully at home on January 27, 2025 at the age of 98. Born in New York City, John grew up in Mount Vernon, NY. As a child he spent his summers on Cape Cod where he developed a love of the sea. After graduating from The Hotchkiss School in 1944 he joined the Navy and served aboard the USS Belleau Wood. He returned to civilian life in 1946 and attended Princeton University.

After college, John joined the family construction business which built many of New York City's landmarks including Radio City Music Hall, the Museum of Modern Art and the International Building at Rockefeller Center. He spent 36 years at John Lowry Inc. before the company became a casualty of the early-1980s economic recession. He spent the balance of his career with Walsh Construction and Beth Israel Hospital where he served as an in-house construction consultant. He was a life member of the University Club and served as the Chair of their House Committee. He also served on the board of New York's Sloane House YMCA and was once their Man of the Year.

As a newlywed in the early 1950s, John and his wife Mary moved to New Canaan, CT to raise a family. For seven decades John was an engaged member of the community. He served on many local boards including The Nature Center and the New Canaan Library, lending his expertise on construction projects and other affairs. He served as the Vice President of the New Canaan Country Club and was an accomplished golfer. He was also a founding member of the 1st Presbyterian Church and the New Canaan Volunteer Ambulance Corps (now called New Canaan EMS). The Ambulance Corps had special significance to him as his eldest daughter, Meg, died at the age of 5 while suffering an asthma attack. This was before there was an ambulance service in New Canaan.

treated others with respect and lived a life driven Manager for the State of CT's Department of

Virginia Celaya and was predeceased by Mary, to whom he had been married for 55 years and had three children. John is also survived by his daughter, Jane, son John III (Meleda), grandsons Sumner Miller (Abby) and Preston Miller as well as by Virginia's children Laura, Michael and Francisca.

A Memorial service will be held on Saturday, February 1, at 11:30 a.m. at the First Presbyterian Church of New Canaan, 178 Oenoke Ridge Road, New Canaan, CT.

In lieu of flowers, please make a donation to New Canaan EMS.



PATRICIA HUSSEY-WHITE

Patricia Marie Hussey-White, 63, of New Canaan, passed away peacefully on January 26, at Mt. Sinai Hospital after battling a long illness surrounded by family. Patricia is survived by husband David White, daughter Katherine White; sister Laurie (John) Novak; aunts Janet DaSilva, Christine Hussey, Julie Hussey, Vera Oliver as well as a large extended family. She was preceded in death by her parents Martin and Winifred (Cromwell) Hussey. Patricia (Patti) was born in Norwalk and had a deep affection for her hometown, as a native New Canaanite. Above all, spending time with family and friends was most important to Patti. Her love of gardening, cooking, crafting and decorating were just a few of her passions and she generously shared the results of her talents with many. Patti John was a friendly but often private man. He retired after many years of service as a Case

her cousins, nieces and nephew. Patti cherished her daughter Katie, and in her final thoughts, she shared her pride in her daughter and sincere gratitude, love and thanks to family and friends. While we mourn her loss, we take comfort in knowing she is at peace.

Calling hours were held on January 30 at Hoyt's Funeral Home, New Canaan, CT. A Mass will be celebrated at St. Aloysius on January 31, at 12:30.

CAROL SCOTT

Lord on Thursday, January 16, in Cedar Grove, NJ. She was 93 years old.

Born and raised in Chicago, IL, Carol traveled extensively with her family, living on Long Island, in Paris, Cincinnati, New Canaan, CT, Greenville, SC and Dorset, VT. She graduated from Park Ridge South High School in Illinois and Taylor University in Upland, IN.

Carol was an active member of Hope Evangelical Free Church in Wilton, CT. She also served on the board of The Bowery Mission in NYC for 25 years. At The Bowery, she was instrumental in the establishment of a women's for the Mount Lawn Camp and the Kids With apartment complex. a Promise afterschool program. Additionally, New Canaan.

grandchildren, attending numerous sports and music programs as well as sleepover adventures. Scott; her grandchildren, Robert Scott Meyer (Lindsey), John Gordon Meyer (Jiane) and Tess Elizabeth Loomis (Kenan); and her great- Jones and her ex-husband, Joseph Kisken. grandchildren, Henry, Catherine and Maxine.

Home, Verona, NJ on Friday, January 24 with a service at Noon. Burial followed in the Rosedale Cemetery, Montclair, NJ.

In lieu of flowers, a donation in her name org/). to The Bowery Mission, Murray Hill Station, P.O. Box 2000, New York, NY 10156-2000 (www.bowery.org/donate) would be greatly appreciated.

DIANE KISKEN

Diane Martha (Jones) Kisken , 84, of New Mrs. Carol G. Scott went home to be with the Canaan, CT and more recently of Meriden, CT, passed away peacefully at home on January 23, 2025.

Diane was born in New Canaan, CT to the late Elmer and Martha (Davis) Jones. She was raised in Pound Ridge, NY and attended John Jay High School in Cross River, NY. Upon graduation, she began her career at Home Oil. A dedicated and diligent employee, Diane remained with them through various acquisitions and mergers, eventually retiring from Petro Oil. When not at work, Diane loved being outdoors and tending her garden. Her beautiful flowers were a source of great pride! She also enjoyed spending time center as well as helping to generate growth with her dear friends, especially those in her

Diane is survived by her children, Brenda Carol volunteered with the New Canaan Sewing Ward-Kelley of Meriden, Michael Kisken and Group, raising money for local charities. Carol his wife Amy of Bethel, and David Kisken also worked with the Waveny Care Center in and his partner Wendy Doling of Bethel; her grandchildren, Christianna (Cliff) Connery, Carol encouraged her children and Devon (Catherine) Ward, Bryanna Ward, Zachary Kelley, Rachel Kisken, Mitchell Kisken, and Matthew Kisken; her great-grandchildren, She was predeceased by her husband, John Lilyanna Connery and Maddox Ward; her sister Stewart Scott and is survived by two daughters, Lynn Jessup and her husband John of York, PA; Lauren C. Meyer (Robert) and Christyn A. as well as several nieces, nephews, and greatnieces and great-nephews.

She was predeceased by her brother Donald

Diane is grateful to all of those who provided Visiting was held in the Prout Funeral care and support during her journey, especially Dr. Gerald Fumo. Donations can be made in her honor to the Lung Cancer Research Foundation (https://www.lungcancerresearchfoundation.

> A celebration of Diane's life will be held during the summer. Further details will be shared as plans are finalized. Plantsville Funeral Home has been entrusted with handling the arrangements.

Sentinel

January 24, 2025

National WSJ News Aggregate | Weather

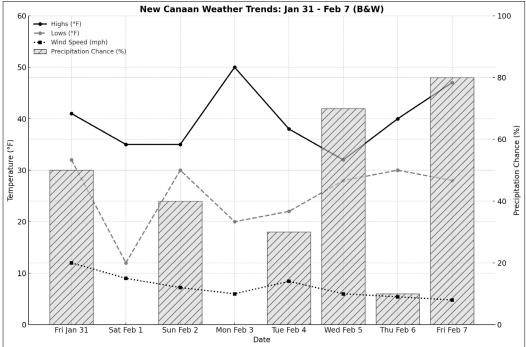
Local Weather: Prep for Frigid Temps in The Week Ahead

ΒΥ ΕΜΜΑ BARHYDT

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

Friday, January 31, will bring partly sunny skies with a high of 41°F and a low of 32°F. We'll receive about a half inch of rain today which will continue into the evening. In the evening wind gusts will be as high as 35 mph.

Saturday, February cloudy skies.



1, kicks off the new Sunday, February 2, month with a bright but welcomes seasonal brisk morning. Highs flurries, with highs will reach the mid-30s, in the mid 30s. Snow and the day will be showers will continue partly sunny with some into the evening, with early breezes. Evening lows settling in the lows will drop into the low 30s. Expect a light low teens under partly dusting of less than an

inch by morning.

Monday, February 3, sees a warming trend, with highs soaring to the low 50s before dipping back into the low 20s overnight. Skies will be partly cloudy throughout the day and evening.

Tuesday, February The evening will see 4, stays mild, with increasing cloud cover, highs in the upper 30s with lows in the lowand a mix of sun and 30s and calming winds. clouds. By evening, temperatures will fall into the low 20s, bringing a mix of snow and ice, though accumulation will stay to a mix of rain and under half an inch.

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

Thursday, February 6, brings a welcome break in the winter weather, with sunny skies, highs in the low 40s, and only a few passing clouds.

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

> dynamic start, but winter isn't done yetso keep the layers handy and stay ready for whatever the season has in store.

Nationally: The Week Ahead

By Emma Barhydt

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

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

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

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

pleasant weather. Friday, January 31, is expected to week concludes with considerable cloudiness and information.

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

Northwest: The Northwest will experience a mix of rain and snow showers during this period. Friday, January 31, brings breezy conditions with periods of rain. The weekend remains chilly with temps slightly below average and sun and clouds accompanied by passing showers, and the possibility of wet snowflakes mixed in. Early with occasional rain or snow showers. Midweek

weekend. The warmth continues into the week, be mostly sunny and less humid, setting the tone for periods of ice changing to rain on Friday, February 7. While the chill remains, there will be moments of brightness to look forward to.

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

Please note that weather conditions can change, in the week, expect intervals of clouds and sun and it's advisable to check the latest forecasts from reliable sources such as the National Weather Southwest: The Southwest will enjoy a stretch of brings partial sunshine, but the chill persists. The Service and AccuWeather for the most up-to-date

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DeepSeek Chief's Journey From Math Geek to **Global Disruptor**

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

The Day DeepSeek Turned Tech and Wall Street **Upside Down**

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

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

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

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

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

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The Americans Pledging to Buy Less–or Even concerns among investors. Nothing

An exploration of a growing movement among Americans committed to reducing consumption or embracing minimalism. The article highlights personal stories and the broader societal impact.

Meta, Microsoft, Tesla Report Earnings Amid **Market Volatility**

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

Federal Reserve Pauses Interest-Rate Cuts

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

President Trump Proposes Universal Tariffs

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

General Motors Reports \$2.9 Billion Quarterly Loss

General Motors reported a quarterly loss of \$2.9 billion, prompting an 8.9% decline in its stock price. The automaker's financial performance raised settling at 4.548% the previous day. Investors shifted to influence market sentiment.

ASML Reports Strong Chip Equipment Orders

announced that orders surpassed expectations in the final quarter of 2024. This development provided optimism for the semiconductor industry.

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

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

Nvidia Stock Recovers After Significant Decline

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

Oracle Shares Gain Amid Tech Sector Recovery

Oracle's stock gained 3.6% as part of a broader recovery in technology stocks. The company's resilience contributed to renewed investor confidence. President Trump's Social-Media Company **Expands into Financial Services**

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

Benchmark Treasury Yields Decline

focus toward riskier assets, influencing bond market dynamics.

Dutch chip-making equipment supplier ASML DeepSeek's Emergence Raises Questions for U.S. Tech Giants

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

Trump Administration

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

Meta Platforms and Microsoft Set to Release Earnings

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

Investors Anticipate Federal Reserve's Policy Statement

Investors are awaiting the Federal Reserve's policy statement, seeking clarity on future monetary policy Benchmark Treasury yields decreased after directions. The central bank's decisions are expected

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REAL ESTATE DASHBOARD

REAL ESTATE DASHBOARD EDITOR

John Engel | John.Engel@Elliman.com

REAL ESTATE DASHBOARD CONTRIBUTORS

Christa Kenin | Christa.Kenin@Elliman.com

Robyn Bonder | Robyn.Bonder@Elliman.com

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\$3,849,000	SUN	1:00PM-3:00PM	Higgins Group
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24 Oak Grove Place	\$1,599,000	1,938	\$825.08	0.45	4	2
1658 Ponus Ridge	\$2,395,000	6,619	\$361.84	2.21	5	3
22 Father Peters Lane	\$3,995,000	7,154	\$558.43	6.93	4	5
87 N Wilton Road	\$4,995,000	8,500	\$587.65	6.63	6	5
485 Laurel Road	\$7,250,000	7,000	\$1,035.71	17.50	8	8
928 West Road	\$8,995,000	11,494	\$782.58	6.49	7	7

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183 West Road	\$6,495,000	\$6,495,000	\$6,370,000	25	6	7	3.68

It's Brutal Out There



By John Engel

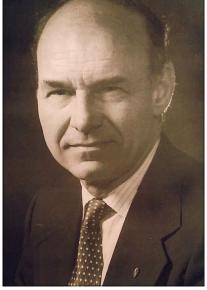
"The Brutalist" is the hottest movie in the nation, with 10 Oscar nominations. It's currently playing in New Canaan and has deep New Canaan roots. Why should New Canaan care and what does it mean that Brutalism is part of the conversation in 2025 (named by Zillow and *Better Homes and Gardens* to be the most searched term)?

Brutalism is a post-war architectural style. It's powerful and honest, not pretty, emphasizing mass, weight, and scale. Brutalism, from the French word for raw and unrefined, expresses the structure instead of decorating or covering it, and some of the best examples show off exteriors of windowless rough concrete to hammer home this point.

The movie is a fiction that its creator Brady Corbet says is loosely based on architects Paul Rudolph, Louis Kahn, and Marcel Breuer, saying "their work was all wrestling with what the entire world had been through in the first half of the century." But it was New Canaan's Marcel Breuer with whom I believe the movie's protagonist is most closely aligned. A Hungarian immigrant just like protagonist Laszlo Tóth, Breuer both studied and taught at the Bauhaus in Germany and he was one of modern architecture's earliest and most heavily influential proponents, a teacher of Paul Rudolph, Philip Johnson, and I.M. Pei during his tenure at Harvard.

The movie makes only passing reference to Connecticut. Fictional creations in the movie include an

and held many leadership positions in our town over four decades. Like the fictional Laszlo Toth in the movie, his journey started with connections to the Hungarian community in Pennsylvania before he settled here.



Laszlo Papp, one of New Canaan's own Brutalists

PAPP LÁSZLÓ



Philip Johnson's brutalist wing of the Boston Public Library

Ulrich Franzen was a Germanborn American architect known for his "fortress-like" buildings in the Brutalist style. His Alley Theater in Houston looks like a concrete castle, but his Dana House of 1963 in New Canaan, also called Brutalist with its massive, windowless brick walls, is actually light-filled and airy.

No discussion of Brutalism would be complete with mentioning LeCorbusier. His U.N. building featured briefly in the movie. Lincoln Center, also Brutalist, did not make the cut.

This brings us to the question of why Brutalism is making a comeback of sorts, both in Zillow searches and at this year's Academy Awards. If in the mind of the film's creator, Brutalism is not easy to love, maybe it has more in common with how the world is feeling in 2025 than we realize. "Brutalist architecture is representative of something that people do not understand and that they want torn down and ripped away," Corbet told the Hollywood Reporter. The words and phrases we use to describe Brutalism are the same being used to describe the politics of 2025: "harsh," "on a massive scale," "authoritarian," and "strength." Why Brutalism now? I looked to the bestselling book The Fourth Turning by William Strauss and Neil Howe, an exploration of recurring generational cycles in history, called turnings. We are currently in the Fourth Turning, the crisis phase. Decision-making becomes more centralized and authoritative during the crisis phase as leaders are granted more power to manage the crisis. There's a focus on order, security, and efficiency over personal freedoms. Sound familiar? Brutalism was born out of the previous Fourth Turning (the Depression and World War II) and so it makes sense that then, as now, the raw, unpolished honesty of that movement resonates. It reflects a "what you see is what you get" philosophy, often perceived as stark and unyielding but also transparent and authentic. This time around? We see evidence of Brutalism in the

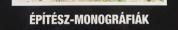


episcopal church in Greenwich and a reform synagogue in Wilton. In reality, New Canaan was home to Breuer and several other architects who shaped the Brutalist movement. Elliot Noyes designed the Wilton Public Library, and Philip Johnson designed the Kneses Tifereth synagogue in Port Chester, both brutalist.

Breuer's first house in New Canaan, Breuer House I on New Canaan's Sunset Hill, was built in 1947 and has more in common with the "light and tensile work of his early career," making use of cantilevers and featuring glass and stone.

Breuer House II on New Canaan's West Road, built in 1951, may have been the turning point of his career, the beginning of Brutalism. It was called "a blocky house made of fieldstone" by the New York Times. After building this home, Breuer's subsequent work became heavier and more sculptural; their "feeling switched to one of massiveness," wrote the Times.

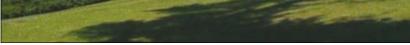
What about New Canaan architect Laszlo Papp? (Has no one else made the connection?) He also grew up in the war-torn Hungary of WWII, was a prisoner of war, and fought the Hungarian communists in 1956 before emigrating to New Canaan where he practiced architecture, raised a family,



Our Laszlo Papp was once quoted as saying "this town is a beautiful oasis in a very turbulent world." It makes perfect sense to me that, coming out of the World War era, our midcentury architects would want to make sense of chaos, impose rules on that turbulence, and pursue something solid, truthful, and enduring, not decorative. While their extensive use of glass and flat roofs might be what is most remembered, it's their use of local fieldstone, recalling the colonial walls all around us, that made their Brutalism of New England.

New Canaan's Philip Johnson went through a Brutalist phase, designing a no-nonsense Brutalist addition to the Boston Public Library in 1972. In New Canaan, his (almost) windowless Brick House, designed between 1945-1948, is an early example of Brutalism, clean and pure and devoid of decoration.

Elliot Noyes, another great Harvard Five architect living and working in New Canaan, had his brutalist moments. Noyes House (1955) on Country Club road presents a massive, windowless masonry façade to the street. But it was his Brutalist Southside Middle School of 1966 that looks like the Brutalism of the current movie.



Philip Johnson's brutalist synagog in Port Chester, N.Y.

massive stone walls of our new New Canaan Library. These are not times for decoration. Just as New Canaan can lay claim to the birth of the movement in America, Brutalism is in the air today.

John Engel is a member of the Engel Team, now Douglas Elliman's #1 team in Connecticut, with 150% growth year over

year, and #2 among all teams in New Canaan. This is the time of year when every Realtor brags on social media that they're #1 and Platinum and winner of an award in one category or another. Just as "The Brutalist" gains credibility if it wins the big award, so too do your local Realtors.



The sunken living room in the Dana House offers expansive views outside. *Photo courtesy of housedesigning.com.*



Sotheby's purchased the brutalist masterpiece The Breuer Building in 2004.



Ulrich Franzen, The Dana House, New Canaan, 1963.

Grace Farms Explores the Ethics of Architecture at First-Ever Humanity in Architecture Film Festival

The built environment has always been a reflection of human ambition, ingenuity, and, in some cases, hubris. But what if architecture could do more than shape skylines-what if it could actively foster a more humane world? Last weekend, Grace Farms, in collaboration with the Architecture and Design Film Festival (ADFF), sought to answer that question with the first-ever Humanity in Architecture Film Festival. Over two days, January 24-25, the event showcased eleven films that examined how design can enrich the human experience and serve as a force for positive change.

Sharon Prince, CEO and Founder of Grace Farms, framed the festival as a challenge to conventional perspectives on architecture. "Architecture can be a driver of humanitarian outcomes," she said. "It was incredible to welcome hundreds of people to Grace Farms to experience these awardwinning films throughout the River building. The Humanity in Architecture Film Festival recognizes the unique power that design can have to create positive change in the world."

The festival's opening night featured the premiere of Strange & Familiar: Architecture on Fogo Island, a documentary chronicling the efforts of social entrepreneur Zita Cobb to transform a remote Newfoundland community through design. The Fogo Island Inn, conceived by architect Todd Saunders, is both an homage to the island's rugged terrain and a model for economic resilience.

A discussion followed, featuring Cobb, Prince, ADFF Founder Kyle Bergman, and Grace Farms Architecture Advisor Toshihiro Oki. The panel explored architecture's

BY ELIZABETH BARHYDT music from Grace Farms' Music Director Marcus G. Miller and offerings from Grace Farms Tea & Coffee, a Certified B Corp. The combination transformed the experience from passive viewing to a fully embodied engagement with the festival's themes.

> One of the standout screenings was Tokvo Ride. an intimate, black-and-white road film that follows architects Ryue Nishizawa and Kazuyo Sejima, founders of the celebrated firm SANAA, as they navigate Tokyo's urban landscape. The film served as a fitting conclusion to the festival, encapsulating the dialogue between physical space and imagination. Nishizawa and Sejima's work-including Grace Farms' River buildingexemplifies how architecture can be an open-ended, dynamic conversation rather than a fixed monument.

> Beyond the films, the festival highlighted the urgency of ethical considerations in architecture. Grace Farms has positioned itself at the forefront of the Design for Freedom movement, an initiative to eradicate forced labor from global building material supply chains. In an industry often criticized for its opacity, the movement seeks to instill transparency and accountability, ensuring that the human cost of construction is not an afterthought but a central concern.

Grace Farms itself is a case study in architecture's potential to transcend its material constraints. Designed by SANAA, the River building appears to dissolve into the surrounding 80-acre landscape, a structure that is less an imposition on nature than an extension of it. The festival, unfolding across this space, served as a reminder that buildings are never inert; they shape our behaviors, our interactions, and even our ethics. For two days, the Humanity every step, and if possible, in Architecture Film Festival made the case that architecture emphasizing the importance is not just an art form, nor merely a technical disciplineit is a moral undertaking. Each film, in its own way, posed the question of what it means to build with intention, whether in the remote terrain of Newfoundland, the dense fabric of Tokyo, or the rolling meadows Saturday's programming of New Canaan. If the festival's attendees left with a single insight, it was perhaps this: the spaces we inhabit, and the choices behind their creation, reveal not only our values but our aspirations for the future.



Sharon Prince, CEO and Founder, Grace Farms Foundation and Zita Cobb standing outside at Grace Farms.

"Architecture can be a driver of humanitarian outcomes."

Sharon Prince, CEO and Founder of Grace Farms

New Canaan Chamber Music Andrew Armstrong, Artistic Director - ANTICIPATE THE UNEXPECTED -

capacity to create not just buildings, but also opportunities for belonging, identity, and sustainability.

"Be thoughtful about make it here," Cobb said, of local craftsmanship in the construction and furnishing of the Fogo Island Inn. Her words underscored a recurring theme throughout the weekend: that architecture is most meaningful when it is deeply rooted in place, history, and community.

immersed attendees in a series of ten films, each engaging with the question of how the built world shapes-and is shaped by-human experience. The festival extended beyond the screen, incorporating live

Americans in Paris



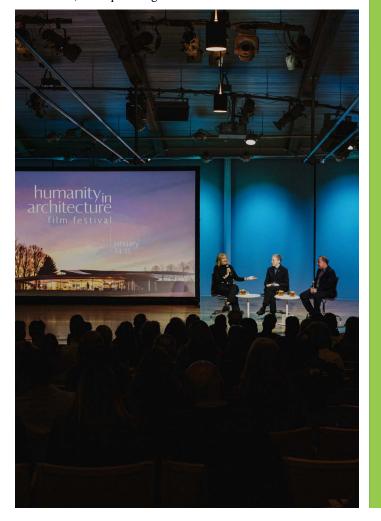


Mak Grgić, guitar Orion Weiss, piano Andrew Armstrong, piano





Tickets at newcanaanchambermusic.org





Reviews | Community Calendar | Puzzles & Children's Puzzles | Comics | Wildly Successful | Horoscopes Education |

Naturopathic Medicine: What It Is, What It Does

By John Kriz

Interest in so-called alternative. or integrative, medicine has been on the rise, especially post-COVID. This approach to healthcare includes a sharper focus on diet and nutrition, lifestyle, exercise, and employing a wider range of less common therapies and tests that are not only targeted at treating acute and chronic illness, but especially at avoiding chronic illness.

Naturopathic medicine, a decades (if not centuries) old medical discipline, is one of the more prominent, and many say effective, types of alternative medicine. In a nutshell, its philosophy of care is: Find the root cause and treat it - don't just treat the symptoms. And do this by always focusing on a comprehensive understanding of the patient's wellness -- mind, body, spirit.

So what is naturopathic medicine, what does it focus on, and what can it do for you? Read on.

LICENSING & SCOPE

Naturopathic doctors (NDs), or naturopaths, are licensed physicians in Connecticut, similar to medical doctors, or MDs. The scope of naturopaths' license is different, however. For example, they cannot prescribe the types of drugs you get from a pharmacist, or order imaging, such as an X-ray or MRI. NDs can meet and examine patients, prescribe supplements and order blood tests. (In some states, NDs have the same scope of license as MDs.)

To get licensed in Connecticut, an ND must attend a post-college four-year accredited naturopathic medical school, and pass two board exams. They are also required to take ongoing training. Dr. Sylvia Cimoch ND, L.Ac who practices in Stamford and Milford (www.drcimoch.com), notes that many NDs at her medical school were "eclectic people with really interesting backgrounds that allowed them to be actually great as in oncology, female fertility or on the horizon for them." Lyme disease.

physical activity, restorative sleep, common basic healing philosophies with naturopathic medicine.)

Dr. Laura Futterman ND (www.stamfordnaturalhealth.com) notes that people are taking their health more seriously post-COVID, and are especially interested in strengthening their immune systems. Also, "the medical model has shifted so much so that patients do not feel heard or listened to because the medical model now does not allow to even talk about more than one particular topic. They have to keep scheduling so we have a good relationship appointments and it's very hard to get in to see conventional doctors and then they only get a very limited time with them."

WHY ADD A NATUROPATH?

Should a patient add an ND to her/his medical team? Dr. Kim says that MDs are terrific at treating acute ailments, most of it driven by pharmaceuticals. But the underlying idea is that you have an ailment, you get it

based on six pillars: a whole-food, specialized care. We're root care provide more nutritional education, plant-predominant eating pattern, rather than symptom care. We give personalized treatment plans." In stress management, avoidance addition, "test results are generally of risky substances and positive reviewed line by line with a patient, social connections. It bears some ensuring that the patient really understands what the tests are and what they mean for their health."

Dr. Cimoch agrees, noting that "being able to sit with a holistic practitioner who actually is going to go through comprehensively, head to toe, obviously any concerns, but also look at all the basic things like how's your digestion, how your sleep, how's your mood? It's a much, much more comprehensive view on health."

Dr. Futterman says she has "had a lot of MDs refer to me, and that way because they understand they have the limitations that they do, and they know that the patients that we have in common do get better. So it's nice to have a team-building sort of situation like that because at the end of the day it's about getting the patient better." Dr. Harrison notes that coordination "reflects differences among individuals and individual practitioner perspectives to

and Dr. Harrison notes that she received "very little nutrition education in my medical school" and had to learn on her own and through certification in Lifestyle Medicine.

issues are major topics during every patient meeting. She stresses that GI issues relate closely to a patient's microbiome - that complex colony of bacteria in our much of our immune system, and is closely connected to cognition. Anxiety and depression – even skin ailments - can often be traced to GI problems. This demonstrates why nutrition is "foundational," according to Dr. Futterman.

Naturopathic doctors begin with flipping the food pyramid on its head: Carbs, such as grains, at the bottom, and healthy fats and animal proteins at the top, along with a rainbow of vegetables and some whole fruit. The low fat craze that started a few decades back has turned out to be bad health policy, they say. "We thought fat was the culprit for heart disease,

Supplements. These can be vitamins, so-called nutraceuticals, or herbs, many of which are rarely prescribed by MDs. The goal here could be to address an ailment, or to ensure that the patient is receiving the proper level of

Dr. Futterman notes that GI nutrition, with too many people overfed and under nourished. Dr. Futterman notes that often people are dissatisfied with supplements because they are "using brands that are cutting corners and they GI tract (and elsewhere) that not have a bunch of fillers and things only helps digest food, but drives that shouldn't be in there." So, part of what she and other NDs do is counsel people on good supplement sources that deliver what is promised.

> Supplements can also include homeopathic medicines, which come as either small pellets you dissolve under your tongue, or as a tincture, which is a liquid infused with homeopathic medicine you put under your tongue with an eyedropper. Homeopathy, developed in the 1800s by a German physician, aims to cure an acute or chronic condition by stimulating healing responses in the body using substances that mimic the illness. and help the immune system get back in balance.

> Diagnostic Tests. Many of the tests NDs will recommend are ones that MDs are often unaware of, or rarely order. These often include functional tests, stool tests and saliva tests that take a "deeper dive into hormones and our metabolic health and our microbiome," says Dr. Futterman. "There are ones even to look at your vaginal microbiome, your skin microbiome," plus heavy metals or mycotoxin exposure, glyphosate levels, and how much plastic and parabens are in your system and affecting your health.

> **Treatments**. Naturopaths commonly employ treatments that MDs do not often recommend. Some of these include:

• Acupuncture, which is the insertion of special needles She goes on to note that "sugar into targeted body points. This paralyzes the immune system treatment discipline can help regulation, constipation and But we are cautioned not to take numerous other conditions.

(TCM) or Ayurvedic medicine. While some NDs and MDs are cross trained in these disciplines, it is more common for a healthcare professional to be specifically trained, and specialized, in these sister disciplines.

INSURANCE

Some NDs in Connecticut do not take insurance, in part because many insurers do not cover naturopaths or their treatments. Or, if insurance does cover the visit, the ND gets "\$1.23 for my 45 minute consult," laments Dr. Kim. Thus, NDs are often private pay. Costs vary, but an initial intake visit can run \$400-\$600, and a 45 minute follow-up \$100-\$300. Some NDs have a sliding scale, depending on patients' circumstances. However, even if the ND is working pro bono, there's the cost of the supplements to consider, and such are uncommonly covered by insurance.

DOCERE

At its root, the word 'doctor' comes from the Latin 'Docere' - to teach. Notes Dr. Kim, "doctors are not pill dispensers and we are not surgeons. We are teachers. And we have strayed so far from that that we now live in a society where people are not being taught about their health. People are expected instead to hand over their health into the hands of a doctor and say, 'Help me. Fix me.' None of that is teaching. I spend the majority of my time teaching my patients what health is, why they are the way they are." Dr. Harrison is on the same page, saying we've gotten away from the teaching aspect of medicine, continuing to note that "doctors either don't have the time to do that [teach, discuss] anymore or aren't equipped, and there's too much focus on that sick care model, that acute care model."

In the end, naturopathic medicine mostly seems like old fashioned medicine: Eat well. Exercise. Get outside. Spend time with family and friends, especially over a meal. Manage stress. Dr. Futterman says "it's really going back to basics -- not reinventing the wheel," with Dr. Harrison stressing "that there's not a one size fits all • Cupping, which consists of shot for people." But above all, do this: Treat the whole patient – and get to know the patient, so you can treat him/her comprehensively. And listen. Really listen.

"Let thy food be thy medicine and *medicine be thy food" ~Hippocrates*

treated, and come off the meds. But chronic disease?

Take cardiac health. A patient has high cholesterol or high blood pressure, but no cardiovascular disease or cardiac incidents. Such patients are usually put on beta blockers and/or statins, but never come off them. Dr. Kim cautions that, "there are side effects to these things," and patients can end up with a 'polypharmacy' to address such side effects. She stresses that patients have other options. "Try diet changes, lifestyle modification, nutraceuticals and supplements. I can have them on and off of practitioners." Many NDs practice supplements within six months as primary care providers with a when the diet, lifestyle changes general focus on family medicine having taken hold. I can release or internal medicine, while them in a much, much healthier others specialize in such areas way with no cardiovascular disease Dr. Harrison concurs, noting that "typically there's not an encouragement to get people off medications. The other thing that contributes to that is the way a lot of primary care doctors are reimbursed because it's not value-based care. The way a lot of algorithms with insurances work is based on the number of medications people take, which determines their complexity, which then determines billing." Under a value-based care model, physicians would be reimbursed for better health markers in patients - keeping them healthy in the first place. But, as Dr. Harrison concludes, "right now, things aren't set up that way in the traditional western medicine perspective." Dr. Futterman notes that naturopathic physicians receive "extensive training in nutrition, herbs," and are "also trained in more of the healing modalities. So it's always nice to have someone who could help with just And patients often encounter white healthier lifestyle things and to noise machines, aromatherapy prevent medications, hopefully, and surgeries and more invasive treatments." It boils down to working with patients to create and maintain healthier lifestyles, and supporting the body's innate healing abilities. Dr. Futterman goes on to say that the "majority of the patients that I see, usually I'm doctor number twenty in line," and that "usually people are like, 'you're my last resort." From a patient's point of view, quality care means co-ordinated care. In addition, post-COVID, Dr. MDs "don't even get one nutrition Cimoch notes that more patients are "forcing them (PCPs) to learn more about holistic medicine," which is "an uplifting thing to see." Dr. Kim says she is "always impressed when I reach out to an MD to coordinate care for a patient and they are open-minded and can actually take a time out to do that for a patient." NDs will refer patients to specialists if that's what's best for the patient, and receive referrals from PCPs and specialists.

different approaches." INITIAL INTAKE AND FOLLOW UP

What's a first-time meeting with an ND like? After completing a comprehensive medical history questionnaire, and submitting recent test results, you sit with the naturopath and discuss your health history, status, goals and test results for 60 - 90 minutes. Yes, you read that right - an hour or more, one-on-one with an ND. Are patients surprised? "Shocked" is a more accurate term, according to Dr. Kim, who goes on to note that a patient with serious health issues who has been through the round with other physicians and "sits with me and is able to tell their full story, but not only that they're hearing back that they're understood and that the doctor, in fact, thinks they may know why this is happening, it's usually tears." Follow-up visits last 30-45 minutes. During these visits, the ND will not only ask about any particular ailments being treated, but inevitably return to 'square one': How are you feeling? How's the family? How's work? Any trips or big events planned? How's your sleep, digestion, mood? What exercise are you getting? What's your energy level? Anything else going on? And if you are being treated for an ailment: Any side effects from the treatment? Do you feel progress is being made?

obesity and diabetes," says Dr. Kim. It isn't. And when fat is stripped out of foods, the flavor comes with it. Solution? Add sugar. "Sugar's a culprit for everything from heart disease to obesity, diabetes, dementia, cancer. These are all what we call diseases of our metabolic system. And it's where the majority of what chronic disease is," notes Dr. Kim.

Dr. Futterman echoes this. calling the amount of processed food and extra sugar that is consumed in America "outrageous." for up to 24 hours, which also with stress, pain, sleep, hormonal feeds cancer."

nutrition and diets to an extreme. A balanced diet is best. And healthy animal fats and protein implies healthy animals, which means avoiding industrial meats raised in feedlots, and instead choosing wild fish from clean waters, grassfed, or pasture-fed, animals, and organic fruits and vegetables. Dr. Kim emphasizes that having those balanced meals in the company of friends and family is a big part of healthy eating and overall wellness. Dr. Futterman, who describes herself as a "recovering vegan," agrees, stressing that genetically modified food and pesticides "are such endocrine disruptors" that "lead to cancer and other metabolic conditions. And we look at how many children are diagnosed now with Type 2 diabetes and asthma and allergies and all these inflammatory conditions which are totally preventable and reversible. So it's about educating patients on quality food."

POST-COVID CHANGES

Since the start of the COVID pandemic, many patients have searched for healthcare providers with outside-the-box thinking, and this has led to many NDs seeing an uptick in patient inflow. Dr. Minna Kim ND, who comes from a medical family and practices in Stamford with her husband, a classic osteopathic physician, (www. ifmct.com) says that, pre-COVID, "the majority of patients who would seek me already had their foot in the door into alternative medicine." Now, however, although new patients are more interested in naturopathy and alternative medicine, they often have "a lot of skepticism, a lot of questions, and they will almost always double check with Dr. Google and their own PCP [primary care physician]. They don't know. They never learned about it." Why is this? "The message about medicine and health always goes out to the people from the mainstream." This typically means conventional, or allopathic, physicians, and hospitals, insurance companies and federal health agencies.

Dr. Raquel Harrison MD of New Canaan (www.acute2root. com), who is Board certified in lifestyle medicine, a former Yale School of Medicine assistant professor and emergency room physician at Bridgeport Hospital. and now is a consultant and public health advocate, notes that, post-COVID, there's "an increasing frustration with the way medicine is currently done." She cites "the 'sick care model' where we're only really seeking help when we're ill and that when we are ill, there's only one way to seek care. And I think people are questioning that with increasing frequency."

(Lifestyle Medicine is a relatively new medical specialty. According to the American College of Lifestyle Medicine, "Certification in lifestyle medicine indicates that the individual has mastered the science of preventing, treating, and reversing chronic disease in

Dr. Kim also notes that,

OFFICE ENVIRONMENT

One common patient comment these NDs get is that their offices seem so cozy. Dr. Kim says "we want you to feel like this is your second home." And that's not by accident: De-stressing, soothing the patient is core to the healing protocol. There's a toy box for kids. No receptionists behind glass walls. and, yes, maybe a crystal or two. Dr. Futterman notes the lack of white coats, and that if a patient wants to take a book from her shelf and page through it, there's usually a reason that can lead to better understanding that patient's needs. She tries to make her office environment more serene, so when patients walk in there's "a sense of calm and peace."

WHAT YOU'LL OFTEN HEAR FROM AN ND

Nutrition. That's #1. Many class, and yet most of our chronic disease conditions can do a 180 with nutrition alone," stresses Dr. Kim. Doctors Futterman and Cimoch agree. Dr. Cimoch notes that digestive disregulation, which can affect so many bodily functions, not to mention quality of life, might have any number of root causes. Is there a gluten sensitivity that's damaging the gastrointestinal (GI) tract, and impairing nutritional uptake? What about heavy metal toxicity?

It is only recently that medical an evidence-based manner." It is "We're whole care rather than schools have been required to

glass-sized cups that are attached to specific areas on the body via suction to help pull in fresh blood, and thus healing, to the area, which helps the immune system kick in. Cupping is especially useful in treating painful injuries.

· Craniosacral therapy, which is a gentle massage technique designed to release tension in the body's connective tissue, such as fascia. It is often used to treat pain and the side effects of cancer treatments.

Dr. Harrison notes that while MDs typically do not recommend such treatments, they do not discourage them either, the common MD response being that if no harm is anticipated from the treatment, it'd be OK to go ahead.

OTHER ALTERNATIVE MEDICAL DISCIPLINES

Some people associate naturopathic medicine with Canaan resident. The opinions Traditional Chinese Medicine expressed are his own.

MORE INFORMATION:

www.naturopathic.org American Association of Naturopathic Physicians

www.cnpaonline.org Connecticut Naturopathic Physicians Association

www.aanmc.org Association of Accredited Naturopathic Medical Colleges

www.anma.org American Naturopathic Medical Association

www.lifestylemedicine.org American College of Lifestyle Medicine

John J Kriz is a 30+ year New



Submit your events at:

newcanaansentinel.com/submit-anevent/

TOWN MEETINGS

Monday, February 3

<u>Zoning Board of Appeals</u> 7-8 p.m., Town Hall Board Room & via Zoom

<u>Wednesday, February 5</u>

Parking Commission 7-8 p.m., Location not posted at time of publication.

Thursday, February 6

<u>Health & Human Services Commission</u> 8:45-10 a.m., Town Hall Board Room & via Zoom

<u>Board of Finance</u> 7-9 p.m., Town Hall Meeting Room & via Zoom

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/encausticexploration/.

Norwalk Symphony- Triple Threat: Be a Broadway Star!

1-2 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium

Join the Norwalk Symphony Orchestra to explore being on Broadway. Members of our cast for Oklahoma! – In Concert, will share their tips with you as they present this singing, acting and dancing workshop. Learn some choreography, sing a tune and act out your part as we show you how to bring the show to life through the use of all

Calendar of Events for Your Fridge

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. Dropins are welcome. Register at https://shorturl. at/KDebZ.

Chair Yoga

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

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.

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/.

The Survival Budget: Understanding Poverty for Local Working Families

6:30-7:30 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium

A growing percentage of neighbors are living above the Federal Poverty Line yet struggle to afford basic expenses such as housing, childcare, food, healthcare, and more. A panel discussion with related experts in their fields will help us gain a clearer picture of what's at stake in our communities, and what we might do about it. Register at https://www.newcanaanlibrary.org/event/ hold-survival-budget-w-nccf-127396. is by appointment only. Information about scheduling appointments will be available in mid-January. For more information, please visit https://taxaidegreaterstamford.org.

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-valentinesprosecco-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 soughtafter 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/.

SAVE THE DATE

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-lunchnbmaa/. For more information about where to meet, call the Carriage Barn at (203) 594-3638. 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

at/KDebZ.

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. Dropins are welcome. Register at https://shorturl.

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 11

Pathway Session: Drug Testing Options with Steve Paymer

7 PM at the Library Room of St. Mark's Church

Join for an in-person session on the options available for drug testing. Steve Paymer is the President of Paymer Associates, LLC, a fullservice drug and alcohol testing company. Participants will learn about different types of testing, including urine, sweat, saliva and hair testing, SL3 remote breath testing (aka Soberlink), and SCRAM CAM transdermal alcohol testing. To access the Library Room, enter the doorway closest to the flagpole.

these elements simultaneously. Register at https://www.newcanaanlibrary.org/ event/copy-hold-not-just-kids-norwalksymphony-82329.

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

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

Gentle Yoga

203-594-3620.

10 AM at the New Canaan Library, Jim & Dede Bartlett Auditorium

Join a tranquil, foundation-building class designed to introduce new students to yoga, as well as offer regular practitioners a gentle class to complement their yoga practice. Participants must bring their own yoga mat. Yoga blocks are optional. Register at https:// www.newcanaanlibrary.org/event/gentleyoga-59039.

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.

Nature-Based, Toxic-Free Land Care Perfect Earth Project with Edwina von Gal

9:30-11 AM via Zoom

A leading voice in sustainable gardening and landscape design, Edwina von Gal founded the Perfect Earth Project in 2013 to promote nature-based toxic-free land care for the health of people, their pets, and the planet. Her work has been published widely, including in the New York Times, Vogue, and Architectural Digest. Her book, Fresh Cuts, won the Quill and Trowel Award for garden writing. In 2024, she was named one of the top 50 Creatives in America by Wallpaper magazine. Don't miss this inspiring talk about harmonizing stunning landscapes with practices that promote the health of families, pets, and vital ecosystems. Register at https:// us02web.zoom.us/webinar/register/WN_ cK3uh5ksSKuozN41v9rQFQ.

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

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/ephrasticwriting-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 soughtafter 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-8781abe432067c22.

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 More information and registration is available at https://ncparentsupportgroup.org.

February 12

Meet The Member Breakfast

8-9:30 AM at Gates Restaurant

The New Canaan Chamber of Commerce is holding a networking breakfast. Whether you are an existing, new, or prospective Chamber Member, you can join. Tickets are \$45/person and available at https:// newcanaanchamber.com/2025/01/10/meetour-members-breakfast/.

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.

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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-forkids-valentines-edition/.

Calendar of Events for Your Fridge

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-elinorlipman-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/nonmembers, 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

February 19

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 visit https:// taxaidegreaterstamford.org.

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 Sponsored by the New transitions with grace and Canaan Sentinel for a finding stability in order

composer, and educator committed to using her art for positive change. Tickets are \$20/adult and available at https://tickets.gracefarms. org/events/522eb05f-2846-8ffe-671b-75ffb004ece7.

Terra Nova- Day Two 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://tpnc.org.

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-meditationyoga-nidra/.

Last Saturdays on the **Trail Winter Hiking** Challenge

11 AM at Grupes House, 1124 Valley Road

Join the New Canaan Land Trust's Winter Hiking Challenge. During the month of February, visit all eight of their preserves open to the public that are almost 6 miles of trails. Then, celebrate your local hiking achievement on February 23rd. For more information and to register visit https:// newcanaanlandtrust.org/ events/last-saturdays-onthe-trail-winter-hikingchallenge/.

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 visit https:// taxaidegreaterstamford.org.

February 28

Platon and The Defenders | Conversation and Book Signing

5 PM at Grace Farms Join world-renowned portrait photographer Platon for an exploration of his newest book, The Defenders: Heroes of the Global Fight for Human Rights (2024). Tickets are \$12/adults and available at https://tickets.gracefarms. org/events/01930c58-151b-5318-2eb2-50b75132ac6f.

March 5

Building for Nature in Your Backyard with Diego Alcantara

and Claudio Altesor 9:30-11 AM at the New Canaan Nature Center Cofounders of the

landscaping group Back to Nature have combined their lifetime interests in organic gardening and environmental preservation with their skills in construction and design to bring wonderful solutions to backyard projects. They will discuss the importance of permaculture design and how their projects integrate natural gardening practices to create beautiful and bountiful landscapes for their clients. Registration not

March 15

required.

Syrup Saturday 8:30-11:30 AM at the New Canaan Nature Center Bring the whole family United Church of Rowayton 210 Rowayton Ave Norwalk, CT 06853 11:00 AM - 4:00 PM

Support Services & Meetings

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

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 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.

February 27

Pollinator Potluck: Green Energy - A Win For Birds! 6 PM at the Greenwich Audubon Center 613 Riversville Rd, Greenwich Join for a special evening as we host Mike Richter, President, Brightcore Energy and Michael Levin of Columbia University, as they discuss the science and application of geothermal systems and solar facilities - their pros, cons and how thoughtful siting can produce positive effects for our planet. Register at https://shorturl.at/ vd9yn.

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 Japaneseinspired 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 18

Winter Week | Animal Embassy

12 PM at Grace Farms Animal Embassy returns to Grace Farms with plenty of animals in tow. Learn about the amazing way animals can adapt to their environment, and why it's important to protect them. Tickets are \$8/person and available at https://tickets.gracefarms. org/events/84b4a9de-1eb8-91ac-fa82-872f85a3f54b.

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-xlululemon-yoga-with-janekrantz-2.

Polar Bear Picnic

5:30 PM at Grace Farms Families are invited to VITA Free Tax gather for a cozy meal in the Commons prepared by our culinary team. After enjoying your meal, take part in winter-inspired crafts and games. Tickets are \$22/adults, \$16/children, and available at https:// tickets.gracefarms.org/ events/355ada42-0801-c8d1eb23-6ece3c65b555.

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://tpnc.org.

February 22

Music at Grace Farms | Andromeda Turre

4 PM at Grace Farms Join for a performance from Andromeda Turre, an awardwinning jazz performer,

Terra Nova- Day Three 2 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://tpnc.org.

February 24

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 26

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

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://newcanaannature. org/syrup-saturday/.

and join the NCNC for

their annual syrup season

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

Monday, February 3

Greenwich Reform Synagogue 92 Orchard St Cos Cob, CT 06807 1:30 PM - 6:30 PM

Thursday, February 6

Norwalk Inn 99 East Ave Norwalk, CT 06851 8:00 AM - 1:00 PM

Friday, February 7

Stamford Church of Christ 1264 High Ridge Road Stamford, CT 06903 8:00 AM - 1:30 PM

Canaan

Every Tuesday

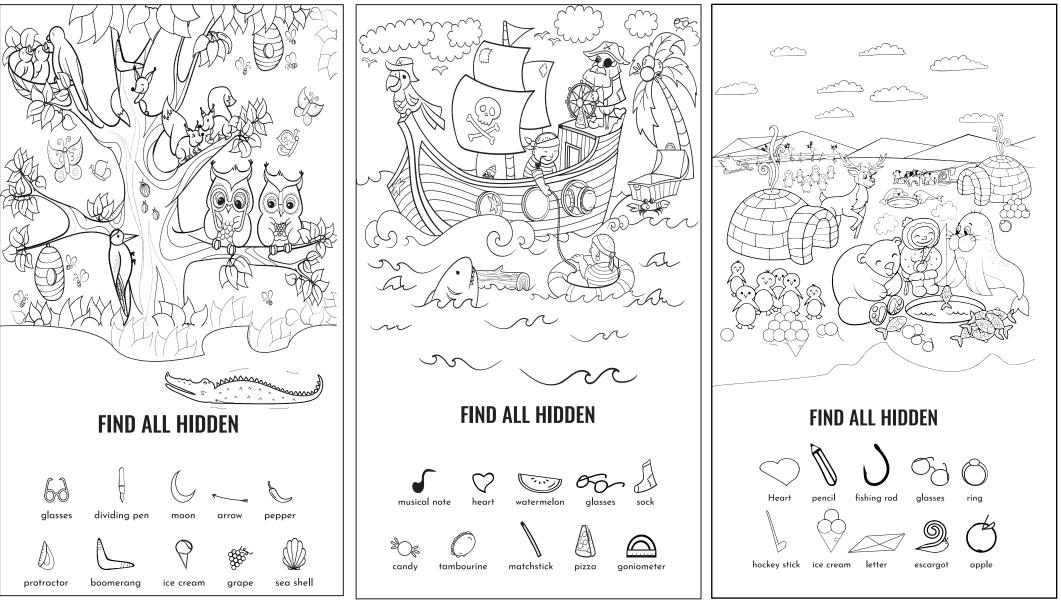
Adult Child Alanon Meeting Tuesdays at 12 PM St. Mark's Parish House, Conf. Room 111 Oenoke Ridge Rd., New Canaan

Every Wednesday

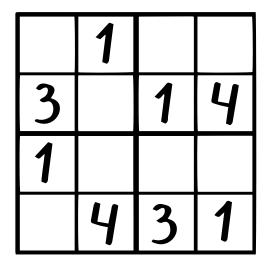
AA Step Meeting Wheelchair Access

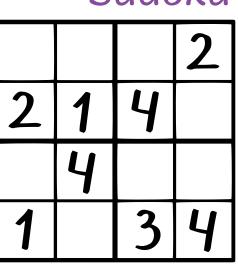


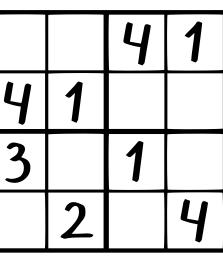
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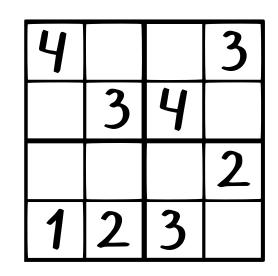


Sudoku for Kids









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GROUNDHOG DAY PREDICTING THE WEATHER WITH SHADOWS

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

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

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

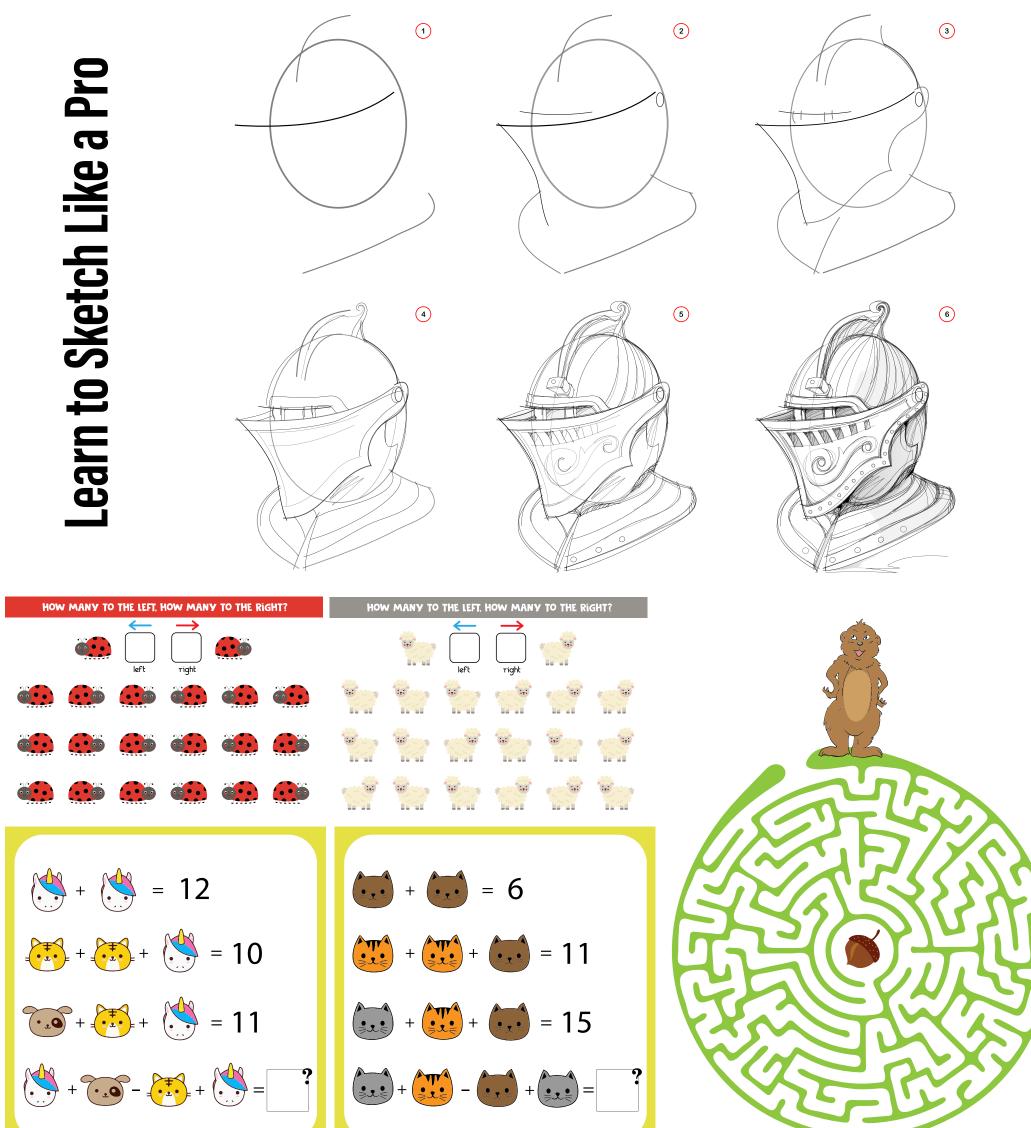
In the Middle Ages, the belief grew that animals might wake up briefly from hibernation on this day. Germans believed that if a badger saw its shadow, winter would stay longer. When German immigrants came to Pennsylvania, they brought the tradition with them but replaced the badger with the local groundhog.

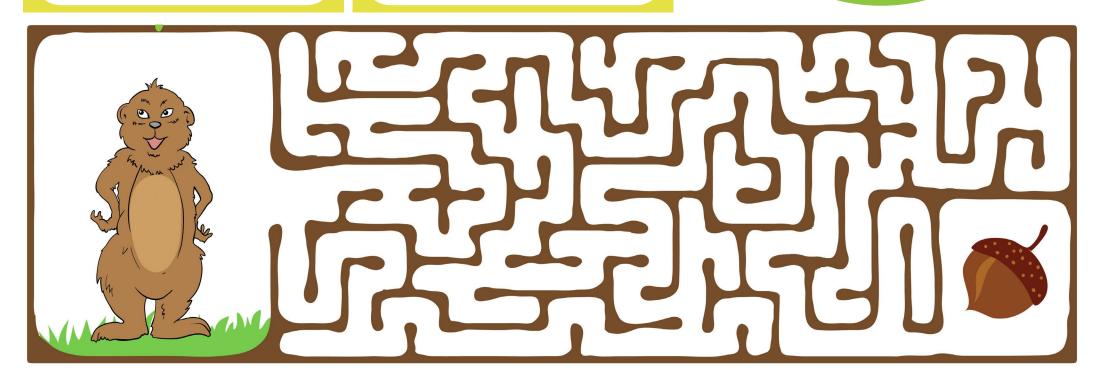
Today, Groundhog Day is a beloved celebration, especially in Punxsutawney, Pennsylvania, home to the famous groundhog,



Groundhog Day

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





THE HOUSE AT POOH CORNER BY A.A. MILNE

CHAPTER VI

IN WHICH Pooh Invents a New Game and Eeyore Joins In

CHAPTER VI

IN WHICH Pooh Invents a New Game and Eeyore Joins In

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

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



One day, when Pooh was walking towards this bridge, he was trying to make up a piece of poetry about fir-cones, because there they were, lying about on each side of him, and he felt singy. So he picked a fir-cone up, and looked at it, and said to himself, "This is a very good fir-cone, and something ought to rhyme to it." But he couldn't think of anything. And then this came into his head suddenly: which meant that he was—that he had well, you take twenty-eight from thirty-six, and that's what he was. Instead of the other way round.

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

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

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

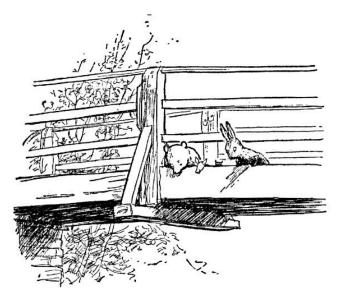
"No," said Pooh.

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

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

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

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



Rabbit.

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

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

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

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

"And why not?" said Eeyore coldly.

"I can swim too," said Roo proudly.

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

There was a moment's silence while everybody thought.

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

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

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

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

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

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

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

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

Here is a myst'ry

About a little fir-tree.

Owl says it's his tree,

And Kanga says it's her tree.

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

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

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

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

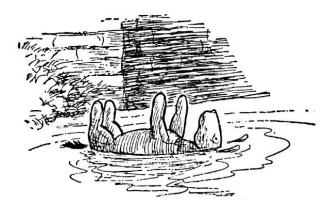
It did. It kept on doing it. Then he dropped two in at once, and leant over the bridge to see which of them would come out first; and one of them did; but as they were both the same size, he didn't know if it was the one which he wanted to win, or the other one. So the next time he dropped one big one and one little one, and the big one came out first, which was what he had said it would do, and the little one came out last, which was what he had said it would do, so he had won twice ... and when he went home for tea, he had won thirty-six and lost twenty-eight, Rabbit leant over further than ever, looking for his, and Roo wriggled up and down, calling out "Come on, stick! Stick, stick, stick!" and Piglet got very excited because his was the only one which had been seen, and that meant that he was winning.

"It's coming!" said Pooh.

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

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

And out floated Eeyore.



"Eeyore!" cried everybody.

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

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

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

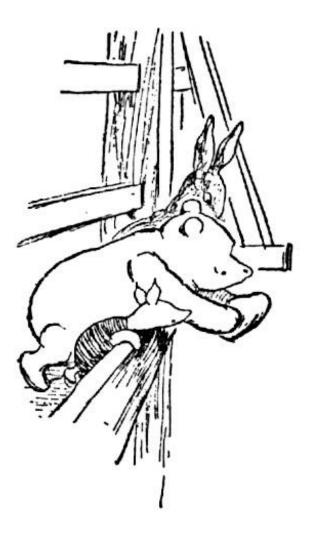
"I didn't know you were playing," said Roo.

"I'm not," said Eeyore.

"Eeyore, what are you doing there?" said

yourselves."

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



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

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

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

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

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

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

"No," said Eeyore.

"Now!" said Rabbit.

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



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

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



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

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

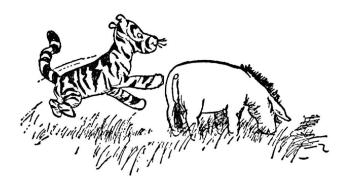
"Well done, Pooh," said Rabbit kindly. "That was a good idea of ours."

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

"But who did it?" asked Roo.

Eevore didn't answer.

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



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

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

"And where was Tigger?" asked Rabbit.

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

"Hallo, everybody," said Tigger cheerfully.

"Hallo, Tigger," said Roo.

Rabbit became very important suddenly.

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

"Just when?" said Tigger a little uncomfortably.

"When you bounced Eeyore into the river." "I didn't bounce him."

"You bounced me," said Eeyore gruffly.

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

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

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

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

bottom of the river."

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

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



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

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

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

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

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

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

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

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

"What was?" asked Eeyore.

"Hooshing you to the bank like that."

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

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

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

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

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

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

"I didn't," said Eeyore.

"But how—

"I was BOUNCED," said Eeyore.

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

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

"Oh, Eeyore!" said everybody.

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

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

"Bouncy or coffy. it's all the same at the



"He bounced," said Eeyore.

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

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

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

"Yes?" said everybody.

"I think we all ought to play Poohsticks."

So they did. And Eeyore, who had never played it before, won more times than

> anybody else; and Roo fell in twice, the first time by accident and the second time on purpose, because he suddenly saw Kanga coming from the Forest, and he knew he'd have to go to bed anyhow. So then Rabbit said he'd go with them; and Tigger and Eeyore went off together, because Eeyore wanted to tell Tigger How to Win at Poohsticks, which you do by letting your stick drop in a twitchy sort of way, if you understand what I mean, Tigger; and Christopher Robin and Pooh and Piglet were left on the bridge by themselves.

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

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

"Of course he is," said Christopher Robin.

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

'Of course you are," said Christopher Robin.

58

Universal Crossword

25 Tail end

27 Narrow

"Hold your hat!"

openings

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32 Get an F on

36 New York

NoHo

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PREVIOUS PUZZLE ANSWER

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ORA

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64 Big baseball

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(pretentious)

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52

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----y Jared Goudsmit

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	I'll be!"
24	Stoneworker

59 "Yech!"

greeting

People's

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Sexiest Man

Alive in 2018

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Toroscopes

This week emphasizes reflection, self-care, and building connections. Jupiter's direct motion and Neptune's alignment with the North Node create opportunities for personal and relational growth. Many signs are encouraged to address past relationship patterns, set boundaries, and focus on emotional stability. The first quarter moon on February 5 highlights a chance to clarify intentions and make meaningful connections, but effort and mindfulness are key. Balancing selfawareness with openness to new or deepening relationships is essential. Use this time to prioritize your needs while remaining receptive to meaning ful interactions.

<u>Aquarius</u>

Focus on leisure and connection. This week brings opportunities to enjoy time at home or strengthen bonds. Romantic energy fosters intimacy, making it a good time to deepen a relationship or take a step toward closeness. Jupiter's direct motion on February 4 supports physical and emotional connection.

Pisces

Build self-confidence rather than seeking external validation. A partner or romantic interest may seem distant, but they could be preoccupied. Use the lunar eclipse's energy for connection-plan something special or focus on self-care. On the 6th, Neptune's alignment with the Sun and North Node highlights the importance of nurturing yourself.

<u>Aries</u>

Venus aligns with the Sun on February 3, enhancing your social influence. Focus on self-

interactions. Balance social participation with intentional choices.

Cancer

Stress may dominate this week, requiring intentional self-care. Dating apps or casual encounters during errands may lead to connections. The first quarter moon on February 5 highlights a chance for love, but effort is needed to create meaningful relationships.

Leo

Trust your instincts in relationships. A flirtation around the first quarter moon on the 5th may require clear boundaries. Focus on time with friends and enjoying the moment rather than actively seeking romance. Unexpected opportunities for love may arise but avoid impulsive decisions.

Virgo

Embrace spontaneity but avoid moving too quickly in romance. Neptune's alignment with the North Node on the 6th encourages reflection and clarity in relationships. Use this time to set intentions and observe patterns. Mindfulness will guide you toward meaningful connections.

<u>Libra</u>

Venus in Aries on the 3rd enhances confidence and fosters quick romantic connections. This is an ideal period for casual relationships or meaningful dates, depending on your priorities. By the 5th, the first quarter moon in Taurus emphasizes focusing on personal needs and thoughtful engagement.

<u>Scorpio</u>

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

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care and reassess personal and professional goals. Romantic opportunities, including new connections or chance meetings, may emerge later in the week. Stay open to possibilities for meaningful relationships.

Taurus

The week begins with potential stress as Venus enters Aries on the 3rd, making self-care vital. Jupiter's direct motion on the 4th may resurface The first quarter moon in your sign on the 5th fosters stability and reflection on unresolved romantic wounds. Small interactions may lead to significant connections. Neptune's alignment with the North Node on the 6th highlights fated relationships and personal growth.

Gemini

Jupiter turns direct on February 4, boosting Reflect on personal boundaries in relationships, social energy and responsibilities. By February ensuring they support healthy connections. 6, focus on avoiding old relationship patterns, The first quarter moon on February 5 is an such as reconnecting with an ex. Over the opportunity to assess emotional well-being and weekend, enhanced confidence and social engagement create opportunities for fulfilling growth.

Mars retrograde may bring emotional challenges in friendships or work relationships. Unexpected signs of affection, such as a text or flowers, may arise around the first quarter moon on the 5th. Balance self-care with responsiveness to navigate these dynamics effectively.

<u>Sagitta</u>rius

past relationship issues. Old partners could reappear, but attempts to reconcile may lead to conflict. Evaluate whether revisiting the past is worth the potential tension. Be mindful of repeating unhealthy dynamics.

Capricorn

Focus on addressing tasks and restoring energy. prioritize self-care. Use this time for healing and

Dist

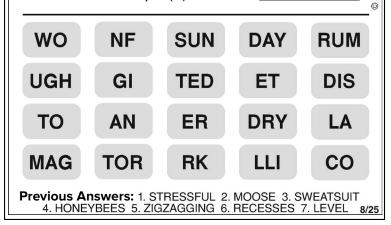
Find the 7 words to match the 7 clues. The numbers in parentheses a represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

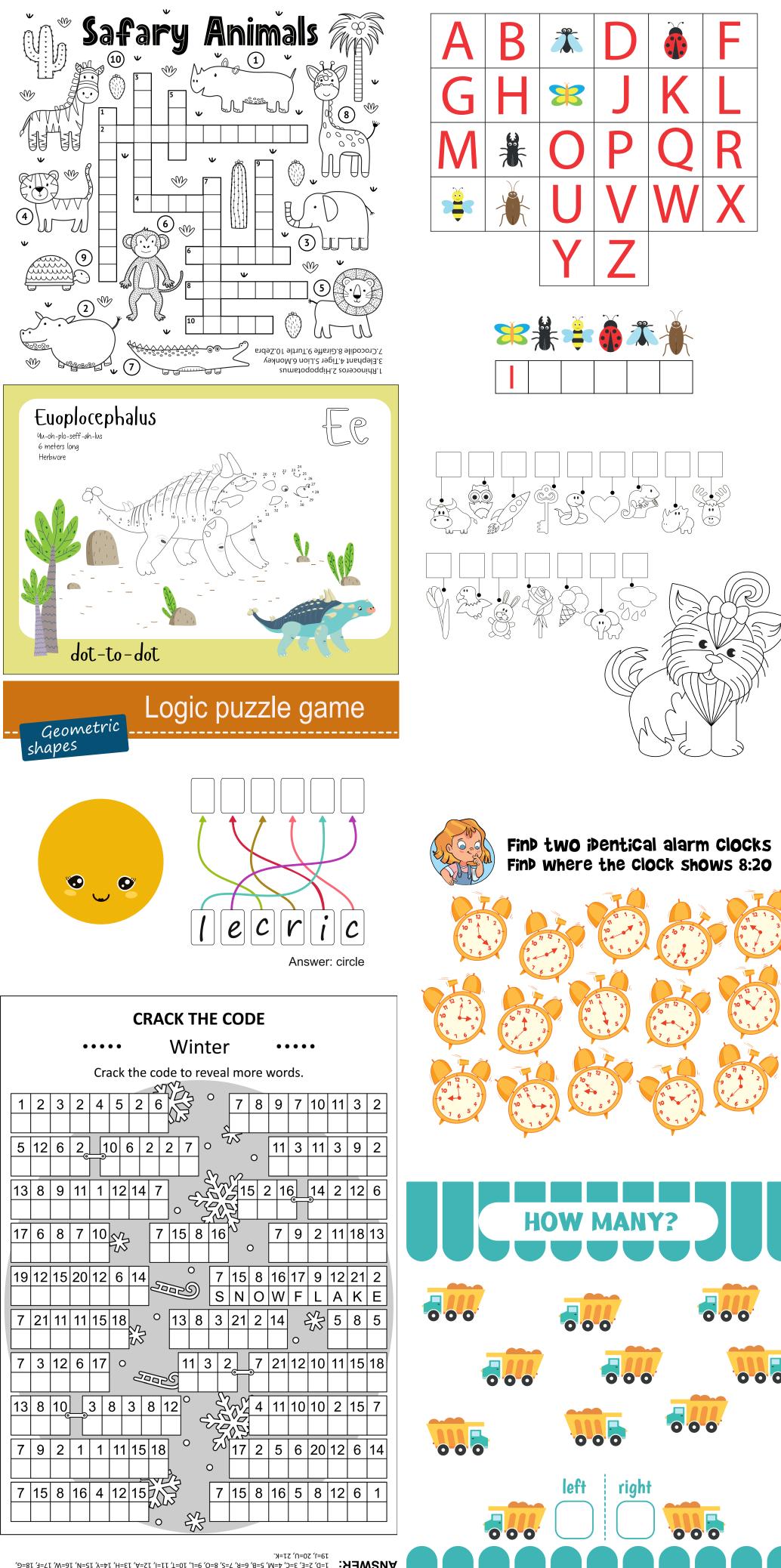
CLUES

SOLUTIONS

- **1** one of week's five, usually (7)
- 2 sound on a sitcom track (5)
- **3** all's diversified partner (6)
- 4 one poking around (8)
- **5** part of a ticker-tape parade (8)
- 6 best-selling author Flynn (7)

7 bent out of shape (9)





VRNEK: J=D' 5=E' 3=C' 4=W' 2=B' 6=K' 2=2' 8=0' 6=F' 10=L' 11=I' 15=F' 13=H' 14=L' 17=N' 12=E' 18=G'

e Sentinel Educational Pages

COLUMN | WILDLY SUCCESSFUL: THE WATER BEAR **The World's Toughest Creature**

By Jim Knox

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

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

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



Tardigrade

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

Creatures" by microbiologists as extremophiles or extreme and "Virtually Indestructible" organisms. They're among the by legions of other scientists, first life forms to pioneer lava they have earned these titles fields, they frequently swim with each eight-legged step of within scalding geothermal their journey. And this journey hot springs, and they are the is quite some trek through only species known to survive time. Tardigrades have been in outer space! Even among swimming, crawling and extremophiles, they sit at the lumbering through our planet's micro habitats for the past 600 million years. The dinosaurs, by cold hits, they pull their legs in, contrast, came on the scene a retract their heads, retreat into mere 230 million years ago.

top of the heap.

When drought or extreme a ball-like capsule known as a For species to survive for tun, and secrete a protective, six million years is significant. anti-desiccant coating. In this To say tardigrades are For them to survive 600 million form, tardigrades also secrete a survivors would be like saying years puts them in another sugary gel known as Trehalose

their DNA from exposure to Superman was impressive... radiation!

conditions for nearly all other reproductive strategies. organisms, their physiological Tardigrades reproduce traits read like those of a graphic sexually-with females laying cannot. It may be that the novel superhero. Tardigrades eggs and males fertilizing answers to the colossal issues of can withstand: temperatures them-until they don't. That is of 303 degrees Fahrenheit, to say, when males are scarce atmospheric pressure six or absent, females reproduce times greater than that at asexually. Through a process Education at Connecticut's the bottom of the Mariana known as parthenogenesis, they Trench, freezing solid at -458 lay eggs which hatch without degrees Fahrenheit, living in fertilization. Either type of initiatives to advance the the vacuum of outer space for reproduction yields up to 30

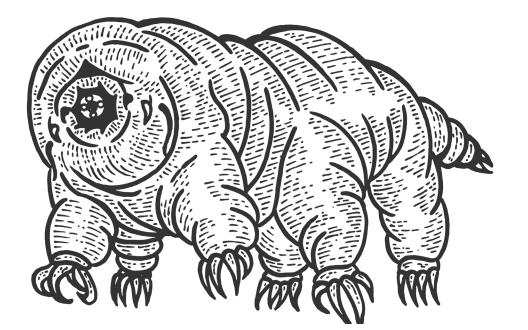
produce a protein to protect cosmic radiation...and I thought

Their seeming invincibility Impervious to lethal even carries over into their 10 days, and bombardment by Water Bear offspring per female. *Connecticut and beyond.*

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

As we contend with the daunting natural challenges of the 21st century, I find myself wishing for a "tech" hidden in nature that holds the promise of addressing-and even solvingsome of these seemingly unassailable problems. If only there was a species which held the answers to: surviving extreme heat and cold, enduring decade-long droughts and colonizing new habitats. Enter the Water Bear-nature's "super tech". Our planet's biggest, boldest and fiercest have adorned our flags, coats of arms, and family crests for centuries. Yet there is one minuscule beast which does what all others the present, reside in the tiniest of creatures from the past.

Jim Knox is Curator of Beardsley Zoo where he directs education and conservation protection of wildlife in



Michael Jordan is a decent echelon altogether. You don't get to protect their vital organs and

basketball player. The more to the animal kingdom's hall of reduce their metabolic functions we study them, the more fame by accident. Tardigrades one hundred fold. In this deathwe learn about tardigrade outlast the competition like state known as cryptobiosis, biology and physiology, and through employing astounding tardigrades can survive in it is quite impressive. Called, physical and behavioral suspended animation for at least "The World's Toughest adaptations which define them 30 years. Amazingly, they even

