

LOCAL NEWS BRIEFING

POLICE AND FIRE

Stolen SUV and Missing Dog

On February 25th, a Range Rover with a brown French Bulldog inside was stolen from downtown New Canaan after the owner left it running and unattended. Police attempted to stop the vehicle, but it fled onto the Merritt Parkway, and pursuit was discontinued per state law. The investigation is ongoing, and anyone with information should contact New Canaan Police.

Vehicle Thefts Rise

New Canaan police report a sharp increase in overnight vehicle thefts, which more than doubled in 2024. A newly released video shows a car being stolen from a residential driveway. Police urge anyone with information to contact investigators at (203) 594-3500.

TOWN HALL

BOS Approves Budget

The Board of Selectmen approved a \$183.10 million budget for fiscal year 2025-26, a 4.67% increase from the previous year, covering town operations, education, debt service, and capital projects. The budget now moves to the Board of Finance for review in February and the Town Council by March 13th, with a final decision expected in April.

AROUND TOWN

Positive Directions Secures Grant

A non-profit, Positive Directions, received \$57,000 in state funding for cannabis prevention efforts in Norwalk, New Canaan, Weston, and Wilton, as part of a larger \$570,000 grant from the Connecticut Department of Mental Health and Addiction Services. The organization also secured \$625,000 in federal funding for the Norwalk Partnership, which focuses on youth mental health and substance use prevention. Positive Directions is one of ten statewide grant recipients.

LOCAL BUSINESSES AND NONPROFITS



Discussion with Author Mary Cross

The Inn at Waveny hosted a discussion with resident Mary Cross, a published author of multiple books. She spoke about her biographies

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Concerns Mount Over Aquarion Sale to RWA



L-R, First Selectwoman Toni Boucher of Wilton, First Selectwoman Dionna Carlson of New Canaan, Rep. Tracy Marra, Sen. Ryan Fazio, First Selectwoman Jen Tooker of Westport and First Selectman Jon Zagrodsky of Darien discuss risks of the potential sale of Aquarion Water Company to the Regional Water Authority in New Canaan's Town Hall.

By EMMA BARHYDT

On January 27, Eversource Energy made official what many had suspected for months: the sale of Aquarion Water Company to a newly established, quasi-public entity known as the Aquarion Water Authority (AWA). Operating in tandem with the South Central Connecticut Regional Water Authority (RWA), the \$2.4 billion

deal—structured as \$1.6 billion in cash and \$800 million in debt—was presented as a strategic pivot by Eversource leadership.

“This transaction reinforces our commitment to our core electric and natural gas operations,” CEO Joe Nolan asserted in the company’s announcement. But for Connecticut residents and municipal leaders, the news only deepened growing

anxieties. Since whispers of a potential sale began in July, critics had raised concerns about a major utility transaction unfolding largely out of public view. Now, with the deal on the brink of completion, questions linger: What would this shift mean for customers, and who would ultimately bear the financial burden?

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HB 6831 Revives Controversy, Opposition in New Canaan

By ANNE WHITE

Lawmakers in Hartford are pushing forward a renewed effort to incentivize high-density housing near transit hubs, reigniting a fight over local zoning control. House Bill 6831, introduced in January 2025, closely resembles last year’s failed HB 5390, which would have conditioned state funding on municipalities adopting state-mandated zoning changes.

The bill, backed by housing advocacy groups, aims to encourage residential development near train stations, citing a need for more affordable housing in Connecticut. Opponents argue that it undermines local decision-making and strips towns of authority over land-use policies.

“This bill is coercive and harmful,” said Dionna Carlson, first selectman of New Canaan, in testimony submitted to the state legislature’s Planning and Development Committee. “Towns that do not opt in will be penalized by losing access to critical state funding, including environmental preservation and infrastructure improvements.”

The bill received a public hearing on Feb. 3, drawing

This bill is coercive and harmful,” said Dionna Carlson, first selectman of New Canaan, in testimony submitted to the state legislature’s Planning and Development Committee

opposition from municipal leaders, zoning boards, and residents. The bill is also being opposed by statewide organizations such as the CT Council of Municipalities, the Council of Small Town, CCAPA CT chapter of the American Planning Association as well as Councils of Government, which all submitted testimony against the bill.

Carlson and State Sen. Ryan Fazio were among those warning that it would grant sweeping power to the Office of Policy and Management (OPM) at the expense of local governments.

HB 5390 passed the Connecticut House in May 2024 but was blocked in the Senate following strong opposition from Fazio, who called the bill an “overreach.” The issue became central in the November 2024 elections, with Fazio winning reelection by a significant margin after campaigning against top-

down zoning mandates. “I think people need to know that it’s back,” Fazio said in an interview with *The Sentinel*. “And I actually didn’t realize it was going to be coming back quite so soon. They intentionally made it one of the first public hearings in the entire legislature.”

Fazio said the bill’s language remains largely unchanged, keeping the same financial penalties for towns that refuse to adopt transit-oriented zoning.

“You can lose eligibility for hundreds of millions of dollars in state funding if you do not adopt this permissive zoning within a designated transit district,” he said. “It’s an ‘opt-in’ with eligibility for funding hanging over you.”

The discretionary funding at stake includes Urban Act grants, small-town economic assistance, and infrastructure grants. Fazio pointed to a \$2 million

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Award-Winning Icebound Adventure at Powerhouse Theatre

The Town Players of New Canaan is proud to present Ted Tally’s *Terra Nova*, Winner of the 1984 Obie Award for Best Play. Directed by Deborah Burke, *Terra Nova* tells the 1911/1912 story of five Englishmen and five Norwegians who race each other to the bottom of the world, with only the Norwegians returning. The focus is on the 5 Englishmen who never returned – depicting the final days of Captain Robert Falcon Scott’s ill-fated expedition. The story follows the explorer and his men at various stages of their ordeal, with flashbacks of Scott and his young wife at home and with fateful glimpses of his Norwegian rival, Roald Amundsen, whose party beat him to the South Pole. Refusing the use of sled dogs as unsporting, Scott and his team struggle to drag their heavy gear across a frozen wasteland, only to find that Amundsen has preceded them to their goal. But it is in the tragic trip back, as the members of the expedition die one by one, that *Terra Nova* captures with chilling intensity the awesome bravery of men who realize that suffering and death will be their only reward.

Rarely is such an intriguingly written and powerful production executed with historically accurate props and costumes - borrowed from makeup artist/actor/director Scott Ramp and shipped across the country from Oregon.

The Town Players of New Canaan is proud to recognize our broader community of artists featured in this production: a bust from New Canaan Sculpture Studio’s Michael Cohn and handcrafted knitwear provided by New Canaan Artisans’ Sue Scannell. With the utmost excitement, the music is being composed by 11-year-old musical prodigy Dylan Conuel from Pittsfield, MA. Dylan was discovered by Director Deborah Burke at the Red Lion Inn for his virtuosic piano playing.

Performances of *Terra Nova* run weekends from Friday, February 21st - Sunday, March 9th at the Powerhouse Theatre in Waveny Park, New Canaan. The cast features actors from West Haven, Stamford, New Canaan, Ridgefield, Weston, Bethel, NY and Brewster, NY: Billy Anderson, Daniel Basilett, Matthew Bogen, Chris Cluett, Dan Murphy, Amber Skye Noyes, Matt Regney. Tickets are currently on sale at TPNC.org: \$35 for adults, \$30 for seniors and \$25 for students. For more information about this production, for tickets, or to learn about the Town Players of New Canaan, go to tpnc.org.



THE CAST OF TERRA NOVA AT POWERHOUSE THEATRE IN WAVENY PARK

Caption: Terra Nova Cast and historically accurate expedition sled (L-R): Matt Regney, Billy Anderson, Daniel Basiletti, Dan Murphy, Chris Cluett, Matthew Bogen (missing, Amber Skye Noyes)

Spotlight on Strays & Others



Post-Easter Bunnies

By GERI RHOADES

Almost 50% of Connecticut residents own a pet, and New Canaan is a strong contributor to that statistic. We are a pet-loving town. Visit Spencer’s Run any day, and you’ll see the happy pups frolicking in the beauty of Waveny Park. As you stroll down Main Street, Elm Street, and other downtown locations, you’ll often see pets window shopping with their owners. What you won’t see, however, are many stray animals, and there’s a reason for that.

For 40 years, Claudia Weber and her dedicated team of volunteers at Strays & Others (SAO) have tirelessly worked to keep homeless and unwanted animals safe, happy, and off the streets.

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COLUMN

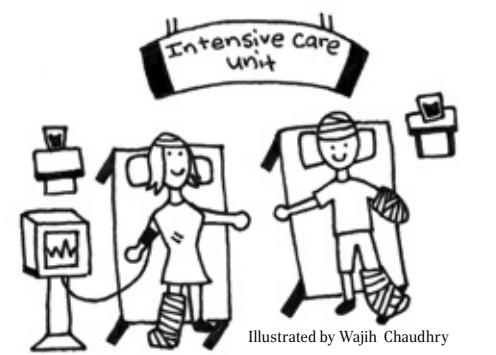
From Land Mines to the I.C.U.

By JILL S. WOOLWORTH, LMFT

No one intentionally trips a land mine, but we frequently do so by accident in relationships. Partner A does or says something that trips a land mine and blows up Partner B. Outraged, Partner B lobbs back a verbal grenade and blows up Partner A. Grenades fly back and forth. Both lie bleeding on the ground, expecting the other to provide care: an apology, a hand up, a glass of water. We continue to bleed as we argue about who started it.

A marital fight is like walking into a field of land mines. Imagine that we could be immediately transported to a hospital’s I.C.U. as we would hope to be if we were hit by grenades. No one would be yelling. A medical team would be caring for us. We’d ask each other gently, “How are you doing?” We’d be grateful to be alive.

Jeff and Anita learned to go straight to the Intensive Care Unit with minimal damage when



an argument started. They took turns saying, “I think I just tripped a land mine” or “Did I just trip a land mine?” Their teens adopted the same language to work things out with their parents and with each other.

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



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COLUMN

Best Bites: New Canaan



BY PAUL REITANO

Jordan Turner has 30 cars, 17 peacocks, 3 dogs, 3 cats, 2 miniature horses, and an African Grey Parrot. What kind of person, you ask, would have 30 cars, 17 peacocks, 3 dogs, 3 cats, 2 miniature horses, and an African Grey Parrot? In this case - a very kind, down to earth, and funny one; a city kid with big dreams that are all very much coming true in New Canaan. Also there's a puppy coming in the spring so it'll be 4 dogs. What does a man who has an entire car dealership and his own zoo like to eat here in New Canaan? You wish you knew - and you will...in a moment.

Q: Jordan, when and why did you decide to bring your Fellini film to New Canaan?

A: My husband and I were selling our apartment in the West Village in the city and we were thinking maybe we'll get something bigger uptown and then sort of on a whim we saw a house in New Canaan - it had a 7 car garage.

Q: And clearly there's a car obsession.

A: Oh absolutely, I'm obsessed with cars - so is my husband. Both of our first words were "car" - so say our parents. And New Canaan has a fantastic car culture - so that was a pull.

Q: And the house with the 7 car garage?

A: Didn't work out. We did however, end up in our dream home; a 250 year old farmhouse. It was a tree farm, and the "Eliza Weed" home. We love the house, the property and the location. We're never moving.

Q: What do you do for a living?

A: I'm a plastic surgeon. I do mostly aesthetics of the breast and body.

Q: And do you love what you do?

A: I do. I love my patients. I love operating. I love using my hands.

Q: Go ahead - be honest. What would you fix?

A: Oh, no, you're very handsome - you're all set.

Q: You should know that this has so far been my favorite interview. When did you know you wanted to become a plastic surgeon?

A: When I was 5 years old.

Q: Do you remember the moment? Was it like, looking at Miss Piggy?

A: My mom used to read to me the New York Times science section on

Sundays and there was an article about a boy who was in an accident whose face was reconstructed by a plastic surgeon. The boy was the exact same age as me, to the day. March 13th, 1984. And I was like, that's what I want to do when I get older.

Q: Is everyone in the entire universe on Ozempic?

A: I would say 80 percent of my patients are on some sort of GLP-1.

Q: Good for business?

A: Great for business. People are feeling better about themselves. With weight loss, patients are needing breast lifts, tummy tucks for excess skin. Also I think drugs like Ozempic kind of get a bad rap as an easy way out. Or that it's dangerous. It actually has a very good safety profile. People are getting healthier. I view it as a positive.

Q: I drive by your house often and I noticed that you recently decided to remove your entire roof.

A: We're adding a historically appropriate third floor.

Q: Is it chaos?

A: It's actually not. My contractor is an angel. She's a woman. I'll always hire a woman contractor. Women are honest and fastidious and better at most things than men - even though we don't like to admit that.

Q: I can quote you on this?

A: You can quote me on this.

Q: Back to the cars. What are some of your favorites from the fleet?

A: We have a Lamborghini Diablo. The Diablo was a car I always loved from the first time I saw it on Dumb and Dumber.

Q: Unexpected reference - but a great film.

A: We were just in Aspen last week and the one liners were flowing. The Diablo we have is 1 of 30. It's a special edition, very unique and bright green.

Q: Interesting color.

A: We also have a Jaguar XJ220 - which was always a special car to me.

Q: The Need For Speed car - awesome.

A: It's also green.

Q: Do you and your husband both like green - or is one of you into blue and the other yellow?

A: We both love green.

Q: Jordan - is it possible that you have too many cars?

A: No, the issue is we don't have enough storage. They're in a warehouse that can only hold about thirty cars.

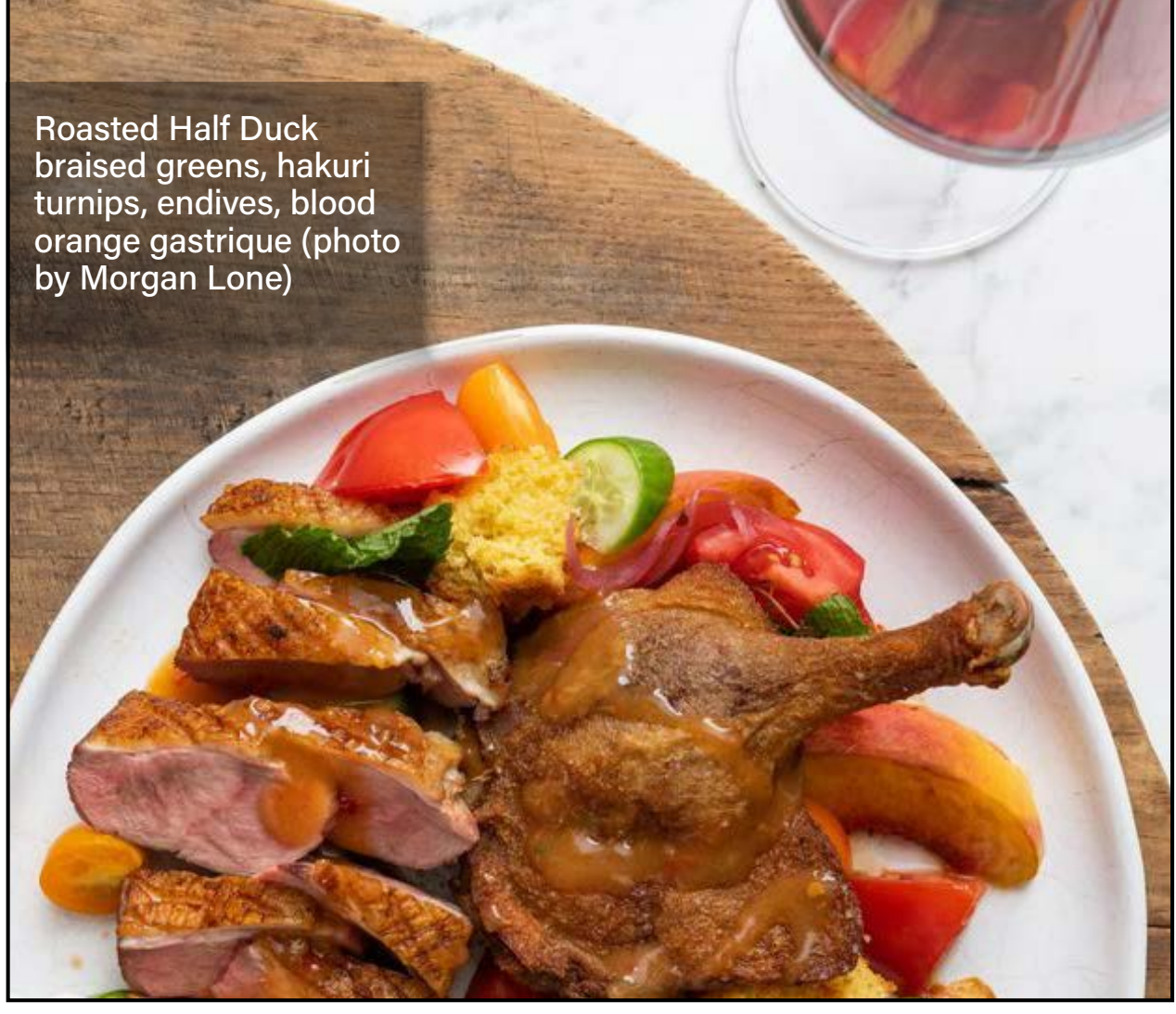
Q: So if you had a bigger warehouse-

A: We'd absolutely have more cars.

Q: Is it only cars in the warehouse or do you have like, a Mr. Softee truck?

A: No Mr. Softee, but we had a Swiss transport truck from the 60's that was

Basically I want to create a world for my family with all the things I love. A world, not just a home, for my family and extended family to all be together. I have this silly dream that the house will remain a place for my grandkids.



Roasted Half Duck braised greens, hakuri turnips, endives, blood orange gastrique (photo by Morgan Lone)

massive and ran on propane. Andrew was mortified to drive it around. We sold it.

Q: The cars, the parrot, what's the end game here?

A: Basically I want to create a world for my family with all the things I love. A world, not just a home, for my family and extended family to all be together. I have this silly dream that the house will remain a place for my grandkids.

Q: You came from the West Village before New Canaan. Many wonderful food options there. How have you adjusted to suburban cuisine?

A: The thing is; I love food - and I love good food. But I'm also content with... mediocre food.

Q: Connecticut is perfect for you then. What's your ideal, really mediocre meal?

A: Sure. Like a cheeseburger from...

anywhere.

Q: I love anywhere's burger.

A: Also; supermarket sushi.

Q: When you want something that has actual flavor, where do you go?

A: Some of my favorite food from New Canaan is actually the prepared food from Walter Stewarts.

Q: I'd mainline the pot pie from there.

A: Our nanny will go there at the beginning of the week and just fill our fridge with prepared foods, and that's what we'll eat for the week.

Q: I'd like to drive your Diablo up and down Dan's Highway and then eat all your Walter Stewart's chicken salad.

A: It's good to dream.

Q: What about restaurants?

A: When we have our friends from

the city come up there are four places we will take them. The Inn at Pound Ridge, Bedford Post, The Farmer and The Fish, and, our favorite at the moment; The Tavern At Grey Barns. The duck there is quite good.

Q: This works much better. Peacocks. Lamborghini. Duck.

A: We like it there.

Q: Thank you for taking the time. Oh, actually, one last question.

A: Yes?

Q: Where do the peacocks go when it's very cold?

A: They have an aviary and indoor heated coop.

Q: Sounds nice. But, what they really need...is their own Diablo.

A: I'm on it.



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COLUMN A Call for Reform Amid Financial Instability



By RUSSELL R. BARKSDALE, JR

Once the wealthiest state in the country, Connecticut's healthcare system remains in a state of crisis, grappling with significant financial challenges that have led to hospital bankruptcies and skilled nursing facility closures. Among the most recent examples is Prospect Medical Holdings, which owns Waterbury Hospital, Manchester Memorial Hospital, and Rockville General Hospital. In January 2025, Prospect Medical filed for Chapter 11 bankruptcy protection, citing liabilities ranging in the billions of dollars.

These financial challenges are not isolated incidents but rather indicative of systemic issues that permeate local, regional, state, and national healthcare systems. Since 2021, Connecticut has witnessed the closure of 15 skilled nursing facilities statewide, eliminating essential resident beds and raising alarm about the state's ability to care for its aging population.

Complex Financial Practices

and Corporate Structures

While the exact number of healthcare providers and organizations that have closed or declared bankruptcy in Connecticut has not been disclosed, cases of corporate ownership, private equity, and sale-lease-back investor contracts highlight the complex interplay of financial practices, ownership structures, and external economic factors contributing to the financial instability of healthcare institutions. Some corporate parent companies extract substantial dividends while leveraging debt on their healthcare providers, exacerbating financial fragility. These unsustainable practices result in either corporate restructuring or, worse, facility closures that force taxpayers to shoulder the burden of maintaining access to care. For private pay services like assisted living facilities, these practices leverage double digit private pay rate increases and accelerate depletion of retirees' retirement savings and equity.

Critics argue that the focus on corporate returns undermines the mission of healthcare institutions. The pressures to meet investor expectations can divert resources away from critical services, staffing, and facility upgrades. The sale-leaseback arrangements, while providing

The current state of Connecticut's healthcare system requires bold action. The time to address the long-standing issues is now—before more facilities close, more beds are lost, and more patients are left without the local access to care they need.

immediate capital, saddle organizations with long-term financial obligations that can erode their stability.

As more than a few healthcare organizations sought access to capital for much needed facility renovations or costly medical technologies that could not be supported through traditional lending off of their existing balance sheets, private equity firms found their niche.

Mounting Operational Pressures

Beyond corporate structures, healthcare providers face systemic financial and operational challenges. Low reimbursement rates fail to cover the actual costs of care, leaving facilities in a precarious financial position. Adding to these pressures are time-intensive precertification processes and a generational shortage of nurses and physicians, which has driven up salaries and wages for these institutions.

Inflationary pressures have only worsened the situation, increasing the costs of medical supplies, facility maintenance, and health insurance

premiums for employees. When combined with corporate return expectations, these factors create an unsustainable financial model.

A Call to Action

Governor Ned Lamont and Attorney General William Tong have assured residents that access to care will be protected. While their reassurances are necessary, it is clear that a broader structural reform is essential to address the root causes of this crisis. Just as communities in California and North Carolina have faced recent natural disasters, critics argue their severity could have been minimized or even avoided. Similarly, Connecticut must now address its healthcare system's structural vulnerabilities with the same urgency.

The COVID-19 pandemic exposed and exacerbated existing weaknesses, including operational costs, inflation, and staffing shortages. However, these issues did not arise overnight. Pre-pandemic warnings about financial instability in healthcare went largely unheeded, and the crisis has only deepened.

Path Forward

As policymakers and healthcare leaders, we must adopt a proactive and sustainable approach. This involves:

1. **Reforming Reimbursement Models:** Advocate for fair and adequate reimbursement rates from Medicare, Medicare Advantage, Medicaid, and private insurers to ensure that providers can cover their costs.

2. **Strengthening Workforce Support:** Invest in nursing student recruitment and training programs and their access to affordable workplace housing to address the critical shortage of healthcare professionals.

3. **Regulating Corporate Practices:** Enact legislation to limit predatory financial practices, such as excessive dividend extractions and unsustainable leaseback agreements, that jeopardize provider stability.

4. **Promoting Integrated Care Models:** Shift payments toward value-based care delivery systems prioritizing quality care metrics and staffing

levels supporting patient outcomes over corporate profits. Profitability can and should follow quality of care.

5. **Establishing Financial Safeguards:** Create mechanisms to provide temporary financial support to facilities at risk of closure while ensuring accountability and reform.

Closing Reflection

The current state of Connecticut's healthcare system requires bold action. Yes, the pandemic exacerbated financial pressures on healthcare providers due to increased operational costs, rising interest rates and inflation, but as healthcare providers and policymakers we must embrace the serenity to accept what cannot be changed—the global pandemic, the courage to change what can be changed—healthcare policy, and the wisdom to know the difference. The time to address these long-standing issues is now—before more facilities close, more beds are lost, and more patients are left without the local access to care they need.

With collaborative efforts and a commitment to structural reform, we can build a resilient healthcare system that serves the best interests of all residents.

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

Cortisol: The Key to Managing Stress and Optimizing Health



By TERESA ALASIO MD

In today's fast-paced world, stress is a constant companion. Whether it's work deadlines, family responsibilities, or everyday challenges, our bodies react to stress in a fascinating way: by releasing cortisol. Often called the "stress hormone," cortisol is crucial for our body's ability to function, adapt, and survive. But what exactly is cortisol, and how can we use its power to improve our health and well-being?

What Is Cortisol and Where Is It Produced?

Cortisol is a hormone produced by the adrenal glands, which sit atop our kidneys. It belongs to a class of steroid hormones called glucocorticoids and is essential for many bodily functions. Cortisol production is regulated by the hypothalamic-pituitary-adrenal (HPA) axis, a system involving the hypothalamus (in the brain), the pituitary gland, and the adrenal glands. When the body perceives stress—physical, emotional, or psychological—the hypothalamus signals the pituitary gland, which then

prompts the adrenal glands to release cortisol. This process helps the body adapt to stress and maintain balance. However, when cortisol levels become dysregulated, it can lead to various health problems.

The Role of Cortisol in the Body

Cortisol is more than just a stress hormone. It performs several vital functions that help keep our bodies in equilibrium. These include regulating metabolism by helping convert fats, proteins, and carbohydrates into energy, which is critical for maintaining stable blood sugar levels and preventing fatigue. Cortisol also controls inflammation, acting as a natural anti-inflammatory that helps the body manage immune responses and reduce swelling. It's also involved in managing blood pressure, ensuring efficient blood flow, and influencing sleep-wake cycles, as cortisol levels naturally fluctuate throughout the day, impacting our energy, focus, and sleep quality. Finally, cortisol supports the fight-or-flight response by increasing blood sugar in moments of stress, providing quick energy to respond to threats.

What Happens When Cortisol Levels Are Out of Balance?

Like any hormone, cortisol functions best when balanced. Chronic stress, poor lifestyle

Often called the "stress hormone," cortisol is crucial for our body's ability to function, adapt, and survive. But what exactly is cortisol, and how can we use its power to improve our health and well-being?

choices, and irregular sleep can lead to elevated or deficient cortisol levels, both of which have negative consequences.

High cortisol, often a result of a chronic stress response, can cause weight gain, especially in the abdomen, increased anxiety and irritability, high blood pressure, a weakened immune system, difficulty sleeping, brain fog and memory issues, and blood sugar imbalances, which can increase the risk of diabetes. Chronic high cortisol is linked to conditions such as adrenal fatigue, metabolic disorders, and even depression.

On the other hand, low cortisol, sometimes associated with adrenal insufficiency, can result in extreme fatigue and sluggishness, low blood pressure, unexplained weight loss, dizziness or fainting, and salt cravings. Low cortisol levels are often associated with burnout or adrenal fatigue, a condition where the adrenal glands struggle to keep up with the body's constant stress demands.

The Cortisol Cycle: Timing Your Day for Optimal Health

Cortisol follows a daily

rhythm, known as the circadian cortisol cycle. Understanding this natural cycle can help us make better decisions regarding sleep, exercise, and productivity. Cortisol is at its highest upon waking (6-8 AM), helping us feel alert and energized. This is the best time for exercise, goal-setting, and tackling demanding tasks. It begins to dip midday (12-2 PM), which is why many people experience an afternoon slump. A light meal, a short walk, or a power nap can help reset energy levels. In the evening (6-9 PM), cortisol naturally lowers to prepare the body for rest. Relaxing activities like stretching, reading, or meditation can enhance this process. Finally, cortisol is at its lowest during deep sleep (10 PM-4 AM). This is when the body repairs itself, and disruptions, such as screen time before bed, can interfere with proper hormone function. By aligning our daily activities with our cortisol cycle, we can improve our energy, focus, and overall well-being.

Using Cortisol to Your Advantage in Health and Fitness

Because cortisol impacts metabolism, energy, and recovery, understanding how to work with, rather than against, it can enhance exercise and overall health. Exercising in the morning, when cortisol is naturally elevated, helps burn fat more efficiently and kickstart metabolism. Strength training or high-intensity workouts are ideal at this time. If stress levels are high, a lighter yoga or stretching session in the evening can help lower cortisol and improve relaxation. To balance cortisol through lifestyle choices, prioritize sleep, aiming for 7-9 hours of quality sleep per night to keep cortisol rhythms balanced. Eat balanced meals, avoiding excessive sugar and refined carbs, which can spike cortisol, and opting for protein, healthy fats, and fiber-rich foods to support stable energy levels. Practice stress management through activities like deep breathing, meditation, and spending time in nature. Finally, avoid overtraining, as too much high-intensity exercise can spike cortisol, leading to burnout. Balance workouts with rest days and lower-intensity activities like walking or yoga.

Final Thoughts

Cortisol, often misunderstood, is essential for survival, energy, and resilience. When balanced, it supports healthy metabolism, mental clarity, and immune function. However, chronic stress or poor lifestyle habits can disrupt cortisol levels, leading to fatigue, weight gain, and long-term health issues. By understanding and working with our cortisol cycle, we can optimize our energy, exercise routine, and overall well-being. The key is moderation and mindfulness—giving our bodies the rest, fuel, and movement they need to function at their best. So, rather than fearing cortisol, learn to harness its power for a healthier, more vibrant life.

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

Dr. Teresa Alasio is the Medical Director and Owner of Intentional Self Aesthetics, located in downtown New Canaan. She lives in New Canaan with her family and prefers to exercise in the morning.

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Editorial Page



Red Cross is There When We Cannot Be

Disasters come suddenly, without ceremony or warning. A house fire in the night. A flood that swallows a town whole. A storm that leaves families sifting through rubble, searching for what remains. In those moments, the American Red Cross is there, stepping forward as the light in a dark hour, bringing blankets, shelter, a warm meal, and the reassurance that help has arrived.

They were there when the people of Lahaina watched their town burn to the ground, the wind-whipped flames moving faster than any warning could travel. They were there when late-season hurricanes battered Florida and rains washed away everything in North Carolina, leaving homes submerged and families stranded. They were there when tornadoes ripped through Tennessee, when wildfires devoured whole neighborhoods in California, when sudden, punishing storms turned highways into death traps from Kentucky to California. The Red Cross arrives when the worst has happened and stays long after the television cameras have left.

This is what they do. They bring help, and they do it without fuss or fanfare. They don't ask if the people they're helping can afford it, and they don't wait for paperwork to be filed. They move fast because disasters do not wait. In a crisis, they are the first ones through the door with food and cots and medicine, the first ones to look a shaken child in the eye and say, "You're safe now."

It is an operation of breathtaking scale. Every year, the Red Cross responds to an average of 60,000 disasters in the United States alone. House fires make up the majority—small tragedies in individual lives that do not make the news, but that leave families with nothing but the clothes they were wearing when they ran outside. The Red Cross is there for them just as they are there for the ones who lose everything in hurricanes and floods.

New Canaan is a place that understands service, that knows what it means to show up when people need help.

Their reach extends beyond disaster relief. They are the unseen force behind the nation's blood supply, collecting and distributing nearly 40% of all donated blood in the United States. When a trauma victim arrives at an emergency room, when a cancer patient needs a transfusion, when a newborn in distress requires a rare blood type, the odds are good that it came from a Red Cross donation. It is a system that saves lives every day, but only if the supply holds.

They serve the country's military families, too. They are the ones who deliver the message when a soldier overseas has lost a parent, the ones who provide emergency financial assistance, the ones who help guide veterans through the bureaucratic maze of post-service life. It is the quiet work of keeping people connected, of helping them stand when they are unsteady.

But here is the thing: the Red Cross does not do any of this alone. It is not a government agency. It does not receive automatic funding. It exists because people make it exist. It is powered by donations and by volunteers, and it always needs more of both.

Donating to the Red Cross is not abstract charity. It is not writing a check and hoping it does some good. It is paying for the blankets wrapped around families left homeless by an earthquake. It is covering the cost of meals handed to flood victims who have lost everything. It is the reason there is blood in the hospital when a child needs surgery.

And volunteering—well, that is where the Red Cross gets its strength. They do not run on staff alone. They need people willing to roll up their sleeves, whether to work in a disaster shelter, assist with logistics, or help run a local blood drive. They need people who will answer the call when a fire displaces a family in their own town, who will step forward when a hurricane hits the coast, who will do what is needed when the worst happens to someone else.

New Canaan is a place that understands service, that knows what it means to show up when people need help. The Red Cross needs that kind of support now. Because disasters are not slowing down, and when the next one comes—when the water rises, when the fire spreads, when the storm leaves nothing but wreckage behind—the Red Cross will be there if they can. We should never take for granted that they can. We need to be sure they can.

To donate, to volunteer, to give blood, visit redcross.org. It matters.

LETTER

Thank You New Canaan!

On behalf of the Exchange Club of New Canaan, thank you to the New Canaan community and residents from nearby towns for buying Christmas trees and wreaths from our annual fundraiser at Kiwanis Park. Your generous support once again made our fundraising efforts a success, as it has for over fifty years.

The event had another sold year, with over 1,100 trees and 850 wreaths sold. We netted approximately \$130,000, which we'll distribute to local not-for-profit and community organizations, as we do every year.

We could not have been

The event had another sold year, with over 1,100 trees and 850 wreaths sold. We netted approximately \$130,000, which we'll distribute to local not-for-profit and community organizations, as we do every year.

successful without the help from many organizations and individuals including the Service League of Boys, Pivot Ministries, the Shepherds, the New Canaan Recreation Department, the Chamber of Commerce, Old Faithful, many local businesses that promoted the event in their stores and our neighbor and friend, Betty Lovastik.

We'll now begin our Grants and Donations process, with application deadline set for 3/31. In 2024, we supported more than 30 local organizations, and we anticipate supporting many good causes this coming year. Local non-profits will be able to submit applications soon so we look forward to hearing from you.

For more details on

who we support, how you can submit a grant application and on how to become a member, please visit our website at www.newcanaanexchangeclub.com.

*Eric Wiechmann
Exchange Club of New
Canaan Tree Lot Manager
2024*

COLUMN

The Power of Self-Reflection and the Divine Mirror



By RABBI MITCHELL HURVITZ

One of the more frustrating elements of everyday life is accepting the reality that we are, in fact, human. We make mistakes, lose our tempers, and become angry, resentful, and grudge-bearers. It's a struggle we all face.

What do we do when confronted with our human fallibilities? Jewish tradition asserts what appears to be contradictory guidance:

- We must let another person know when they are doing something wrong.

- No matter how angry we are, we must always speak to another with the greatest sensitivity.

The second teaching modifies the first. The rabbis teach "that one should not pick up a twig to flick the wrist of another if they will then want to pick up a club and beat it over your head."

Halacha (Jewish law) guides how to offer a rebuke as a 'product of love,' meaning that our intention behind the rebuke should be to help the other person grow and improve, rather than express our own frustration or anger.

The rabbis understood that anger is a terrible quality and ineffective communication. When we are angry at someone, we are instructed to distance ourselves from our anger. This could mean taking a break, going for a walk, or engaging in a calming activity to cool down before addressing the issue.

When angry, we are to choose our words and behaviors to act in the opposite extreme of our innate feelings. Halacha only permits us to raise our voices when we feel calm within and when our voice is raised merely for strategic effect.

The Torah warns explicitly

When all is said and done, how do we view ourselves in the Divine mirror when held up for our soul?

against holding a grudge because this negative feeling will seep into all future dealings with the person we were upset with. Managing our anger with another person takes practice, but helpful strategies exist:

- During our daily prayers, we can reflect and self-evaluate why we are angry. This self-reflection empowers us to understand and manage our emotions.

- Leaving our prayerful reflections, we must consider how to communicate why we are angry effectively.

- When we are ready to communicate with the person we are angry with, we have a plan in place, and then we choose a safe time and place to speak with the other person.

- When meeting, we stay focused and remember that the key to our souls' tranquility is to remain calm and have our love intertwine with our words.

- When communicating what upsets us, it's also essential to be willing to listen to the other. This act of listening shows respect and consideration for the other person's feelings.

- Ask yourself, what does the person have to say, and is there any validity to their feelings and thoughts? As we don't personally possess a monopoly on Truth with a capital "T," we need to legitimately allow for the idea that we may be wrong or not 100% in the right.

- As we are forbidden to hold onto our grudges, we need to avoid blaming others or bringing up other wrongs that are not connected to the issue(s) we are angry about. Stay focused on the objective, but be mindful of the relationship. The goal is to repair, maintain, and strengthen a relationship with love.

How do we effectively manage not letting our hurts build up? We are supposed to act like we want others

to behave towards us. "Love your neighbor as yourself"

Even when our loving actions and words are not reciprocated, we attempt to maintain our sense of self-worth. When all is said and done, how do we view ourselves in the Divine mirror when held up for our soul?

God's holding of the loving mirror to our souls is well captured in the extraordinary story of a rabbi with a distraught father who comes and sees him.

The rabbi gently asks: "What's the matter?"

The father tells him that his son is no longer practicing his faith.

The rabbi nods, places his hand on the father's shoulder, and asks, "Do you love your son?"

The father doesn't hesitate: "Of course, I love my son!"

The rabbi grips the man's shoulder more firmly and instructs him: "Then, while this is most difficult for you, love him even more!"

We're all human, but our anger can lead us to distance ourselves from humanity. Our loss of control makes us less human. So, we must implement behavioral and attitude supports that effectively help us manage our anger and maintain loving relationships with others.

Shabbat Shalom.

Temple Shalom's Senior Rabbi Mitchell M. Hurvitz is a scholar, teacher, community activist and preacher, and is recognized as one of the prominent religious leaders in the Greenwich area and beyond. A frequent guest speaker at synagogues and churches, study groups, community institutions and universities, he is a charismatic personality who engages individuals and stimulates hearts and minds. His teachings can be found in Greenwich Sentinel and in other local and national publications.

Tips on Maintaining Wellness from ONS Wilton Physical Therapy Manager

BY JANE FOX

Dr. Thomas Hobson, DPT, the Physical Therapy Manager at ONS in Wilton spoke to the Rotary Club of New Canaan last week. He received his Doctor of Physical Therapy degree from NYU after his undergraduate degree from Georgetown.

As a physical therapist, he aims to educate clients about sports medicine and ways to promote physical, emotional and mental well being. He emphasized the importance of individual, customized programs and likened each client's assessment to detective work!

In his talk, he reviewed how being proactive can help delay or possibly prevent some health issues from advancing.

Topics included in this "Rotary Sports

Talk" included:

- Activity levels in those over age 65
- Why don't we exercise?
- Benefits of exercise
- Guidelines for activity-routines should include cardiovascular workouts, strength training, and calming/stretching
- The importance of sleep
- Nutrition
- Water intake
- Breathing

In summary, maintaining wellness begins small with something you like and then developing and staying with a plan that is realistic and personalized.

For more information on the Rotary Club of New Canaan, go to www.newcanaanrotary.org.



Come Hear This Incredible Singer and Musician!



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

Lyric tenor Trevor Scott is currently in his second year of a Masters of Musical Arts degree in Early Music, Art Song, and Oratorio, studying through a degree program sponsored by both the Yale School

of Music and Yale Institute of Sacred Music. This past summer, he was honored to make his professional international operatic debut, singing with the Danish National Opera in the chorus of Bohuslav Martin's *The Greek Passion*. He was also thrilled to be the tenor soloist in Bach's Mass in B Minor (presented by Yale's Schola Cantorum and Juilliard's J415), which toured across England and Scotland.

Stakes With Bright Orange Caps Along South Avenue

It's not every day that 150 stakes with bright orange caps appear along South Avenue, or anywhere for that matter. What has been a Town and New Canaan Beautification League phased project since 1999, the best is yet to come. Phase one consisted of the planting of 56 trees from Cherry Street to Bank Street. We started phase 2 in September 2022 when our government funding became available. After planning and preparations, our current plan calls for approximately 150 trees to be planted along South Ave between Cherry Street all the way down to the YMCA. Virtually all of the trees will be a variety of 25 different native species, including oaks, maples, sycamore, elm, dogwood, hawthorn, tupelo, and linden.

These species will support healthy local ecosystems (produce oxygen, prevent erosion, store atmospheric carbon, support pollinators), as well as offer natural beauty, cooling shade, health benefits, educational opportunities, and demonstrate our values in a public way along a gateway route into New Canaan, enriching future generations.

Planting is expected to take place, subject to state approval, this Spring. NCBL did the charting and mapping, along with formal drawings required by the state, done by Keith Simpson Associates. NCBL members Jill Ernst and Betsy Bilus were key workers in this project. The Town will plant, water, and maintain the trees.



In the photo (from the left): Betsy Bilus, Bill Pollack (from Keith Simpson & Associates), Jimmy Peck from DPW, Jeff Manella from DPW, and Jill Ernst.

Noted Astronomer Links Religion and Science



In remarks combining science and theology, Brother Guy Consolmagno, an astronomer at the renowned Vatican Observatory and the author of numerous books on astronomy and science, will speak to the New Canaan Men's Club Friday (July 7) when it meets at 10 a.m. in St. Mark's Episcopal Church 111Oenoke Ridge. In a talk titled "When Science Goes Wrong: The Desire and Search for the Truth," Br. Consolmagno's comments will focus on the history of science ideas once considered reasonable before being proven wrong.

The Men's Club meeting is scheduled for 10 a.m. with Br. Consolmagno's remarks set for 10:40 a.m.

He holds degrees from the Massachusetts Institute of Technology and a Ph.D. from the University of Arizona's Lunar and Planetary Laboratory. He currently is the president of the Vatican Observatory Foundation and is the recipient of the Carl Sagan Medal of Excellence for

Public Communication in Planetary Science.

He is the author or co-author of several books, among them "Turn Left at Orion," "God's Mechanics, How Scientists and Engineers Make Sense of Religion," and "Would You Baptize and Extraterrestrial," which draws upon questions sent to the Vatican.

In his presentation, "When Science Goes Wrong," Br. Consolmagno will explore the unpredictable nature of scientific discovery, the role of failure in advancing knowledge, and how unexpected results can lead to groundbreaking insights. Drawing from his extensive experience in planetary studies, his work with the Vatican Observatory, and his lifelong passion for exploring the cosmos, he will offer his perspective on the dynamic and sometimes messy nature of scientific progress.

The Men's Club has openings for men 55-years old and above. For information, email ncmens@ncmens.club.

STRAYS & OTHERS From Page 1

Fifteen volunteers contribute over 100 hours a week to care for as many as 50 animals housed in their shelter, seeking donations, handling administrative tasks, and managing everything necessary to keep this small non-profit going.

The story of how Strays & Others began is typical of many grassroots efforts: one small miracle at a time. If you've lived in our town for more than 40 years, you may remember a tragic fire in 1983, which claimed the lives of two older adults and 20 of their 40 cats. The 20 surviving cats were left to roam the neighborhood, and according to Claudia, the Humane Society intended to pick them up and euthanize them.

Claudia, a nearby resident and lifelong animal lover, refused to let that happen. With the help of her neighbors, she caught one cat after another, transforming her father's kitchen into a haven for these cats and a nursery for those giving birth. At that time, there were no animal organizations like SAO in Fairfield County; kill shelters were common.

As word spread, requests for help poured in, whether it was to pick up 15 cats abandoned by a recent mover, help rehome a gerbil whose little owner became allergic, assist a family of

bunnies, or save a dog from euthanasia that someone left tied to a pole.

After a couple of years, it was suggested Claudia establish a non-profit to help raise funds to meet the growing needs. With letters to the State, a lot of rigmarole, as she would say, and support from the community, she obtained a 501(c)3 status in 1985.

"When we started, over 300 unwanted and homeless animals were roaming New Canaan. Through much effort, we got that number down to 75, and now we're around 30-50. It's not only about saving and rehoming the animals; it's about spaying and neutering to help solve the problem," says Claudia.

The organization has relied on the kindness of others to address its transient issues. When they outgrew their small kitchen, and foster homes were filled, a local resident offered them their house for 10 years. For a brief period, they operated out of Strawberry Hill Animal Hospital. Subsequently, for the next 20 years, they rented from another local resident who provided them with a small space in their home with a separate entrance.

Covid-19 posed significant challenges, as many volunteers hesitated to work in confined spaces. Compounding the issue, the landlord sold the house, donations decreased, and the organization lacked an endowment.

Although they have managed to regain stability, Strays & Others' assets

and donations pale in comparison to those of larger area organizations. Every dollar that comes in is quickly spent. For context, PAWS has millions in assets and receives millions in donations yearly. The CT Humane Society has over \$100 million in assets. It raises a similar amount yearly, while the ASPCA raises even more.

You may wonder why a local rescue shelter is necessary when larger ones exist in nearby towns. According to the ASPCA, over seven million animals enter the United States shelter system each year, and anywhere from one to almost three million are euthanized due to overcrowding and a lack of adoptive homes. Some shelters are forced to euthanize animals if they aren't rehomed in 72 hours.

Strays & Others is unique in its ability to focus on saving lives, placing pets for adoption, and spaying and neutering to address future issues while adhering to a strict no-kill policy. They take in cases that other shelters can't, and New Canaan Animal Control does not pick up stray cats unless they are wounded or sick. SAO's Sanctuary Program allows them to keep animals that are difficult to place for their entire lives. Floyd, named after Floyd Mayweather for his excellent right hook, has been with them for three years. Additionally, they work to free the streets from the dangers of uncontrolled populations of unvaccinated pets, providing a significant health benefit to

New Canaan.

The demand for their services continues to grow, presenting increasingly difficult challenges for SAO. With no paid staff, high rent and veterinary bills, and no permanent home of their own, this small all-volunteer organization struggles to keep up, let alone expand. Last year, they received over 10,000 emails asking for help.

Strays & Others has reached a crucial turning point. While it has been successful and is a solid organization, 40 years is a long time for a small group of volunteers to keep our community safe from unhealthy and unwanted animals. The conversation goes silent when asked what will happen to Strays & Others if they can't get to the next level. "We must succeed. The demand for our services keeps growing. Securing funds for a part-time executive director to ensure we meet the community's future needs would be a game changer. We also need to diversify our fundraising efforts, improve our grant writing, and obtain financial advice," Claudia adds.

In addition to financial support, Strays & Others needs gently used blankets, paper towels, garbage bags, soap detergents, baby blankets, small quilts, and flat sheets. Additionally, they are looking for more volunteers to enhance their efforts. Foster homes, which play a vital role in their mission, are always in demand.

Over the past 40 years, Strays &

Others has placed over 5,000 animals, including a few horses, achieving an impressive lifetime rehoming match of 95%. Being a local organization allows them to work closely with potential adoptive families. It has also helped tens of thousands more through education and referrals. However, limited resources mean they cannot respond to every call or assist every animal, leading to difficult decisions that weigh heavily on their volunteers.

Please support Strays & Others, a small community organization with a big heart for furry friends-and even a gerbil or two! If you're interested in helping in any way, please reach out to straysandothers@hotmail.com.



Inaugurations

By SCOTT HERR

“Be the change you wish to see in the world” is a famous quote from Mahatma Gandhi. Although the wording is disputed, the point is clear: If you want to see change in the world, it starts with you! In the Christian tradition, this is the season of Epiphany, a season when we reflect not only on Jesus (Mr. “Light of the World”), but also how God’s light is refracted through our daily thoughts, words and actions. It is a time to ask, “How then shall we live?”

I am still absorbing the contrast of President Trump’s Second Inaugural Address and what many call Jesus’ Inaugural Address. Unsurprisingly, they cast different visions. One could argue Jesus has two versions of what his ministry was all about. The first is called the “Sermon on the Mount” found in the

gospel according to Matthew, chapters 5-7, which includes the bit about “Blessed are the merciful...” The second is found in Luke 4, and was recently the prescribed gospel text in many churches. Jesus read in his hometown synagogue from the scroll of Isaiah:

“The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to set free those who are oppressed, to proclaim the year of the Lord’s favor.”

After finishing the reading he declared, “Today this scripture has been fulfilled in your hearing.”

President Trump proclaimed

“The world now is too dangerous and too beautiful for anything but love.”

through a controversial Executive Order a literal release to the captives. Some are outraged and some say, “He answered our prayers.” Whatever one thinks of the release of the J6 prisoners, clearly our new President is not setting free all those who are oppressed. Bishop Budde in the Prayer Service at the National Cathedral on Tuesday, January 21st, directly asked the President to have mercy: “There are gay, lesbian and transgender children in Democratic, Republican, and independent families, some who fear for their lives.” She also pleaded on behalf of the millions of undocumented workers who live and work among us.

As far as I’m concerned, we need to pray for all of our elected political leaders, that some good might come of their decisions and actions to bless our nation. And when things don’t seem to be going in a direction that seems fair or just, we need to speak up and act out. Not by throwing insults, but by doing acts of kindness and justice that embody what is good, true and beautiful.

With President Lincoln’s birthday coming up next week, I have found inspiration in his Second Inaugural Address given on March 4, 1865. Lincoln’s words continue to offer wisdom and a bright north star for leadership:

“With malice toward

none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation’s wounds; to care for him who shall have borne the battle, and for his widow, and his orphan – to do all which may achieve and cherish a just, and a lasting peace, among ourselves, and with all nations.”

Lincoln’s words inspire me to be a better version of myself, and I hope can inspire us all to be a better version of ourselves as a community. How do we refrain from malice; show more charity for all; strive to do what is right by binding up the nation’s wounds and caring for those who are most vulnerable, and work together toward a just and lasting peace for all?

Whatever your spirituality or faith tradition, it is daunting to know even where to begin

to “be the change you wish to see in the world,” or to engage in “binding up the nation’s wounds,” etc. I offer you a blessing from the Black Rock Prayer Book, and hope you will receive and live into it:

“The world now is too dangerous and too beautiful for anything but love. May your eyes be so blessed you see God in everyone, your ears, so you hear the cry of the poor. May your hands be so blessed that everything you touch is a sacrament. Your lips, so you speak nothing but the truth with love. May your feet be so blessed you run to those who need you. And may your heart be so opened, so set on fire, that your love, your love, changes everything.”

The Rev. Dr. Scott Herr is one of the pastors at the First Presbyterian Church of New Canaan.

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.

First Church of Christ, Scientist

49 Park Street 203.966.0293

christiansciencect.org/newcanaaan

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 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 O.P. from Dominican Healthcare Ministry. Brunch will follow in Stapleton Hall.

St. Mark’s Episcopal Church

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

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

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

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

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

Recurring Events:

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

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

Upcoming Events:

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

Community Baptist Church

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

Youtube: https://www.youtube.com/channel/UCoZ2UNa8aHI30_Syp_X0KdG

Facebook: <https://www.facebook.com/CBCNewCanaan/> Sunday School at 10:00am

Worship Service at 11:00am

Live Facebook Broadcast 11:30 am

Upcoming Events:

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

Grace Community Church

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

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

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

Upcoming Events:

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

Talmadge Hill Community Church

870 Hollow Tree Ridge Road; Darien, CT 203.966.2314
talmadgehillchurch@gmail.com
www.talmadgehill.org

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

Recurring Events:

Thursdays at 9:30am: Bible Study

First Saturday at 8am: Men’s Group

Second Saturday at 10am: Women’s Circle

Chabad New Canaan Jewish Center

137 Putnam Rd
info@chabadnewcanaaan.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.templeainaistamford.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=bFJQem9HWfCxU0EzZUM2VENEZmgYUT09#success>

Girls Basketball: New Canaan 55, Westhill 8



The New Canaan Rams girls basketball team put together a dominant performance on Senior Night, rolling past West Hill 55-8 at home. The Rams jumped out to an early lead and never looked back, holding the Vikings scoreless in the second half while showcasing a balanced offensive attack and a stifling defense.

New Canaan set the tone early, finishing the first quarter up 14-4. By halftime, they had extended their lead to 26-8, with senior Sarah Marshall hitting a key three-pointer and Callie Patterson leading a relentless defensive effort. The Rams' defense forced multiple turnovers, preventing West

Photo from an earlier game in January.

Hill from establishing any rhythm on offense.

The second half saw complete control from New Canaan, as they continued to pressure West Hill into forced passes and contested shots. Sabrina Bourlaskii provided an offensive spark, knocking down four consecutive jumpers from the perimeter in the third quarter. Junior Natalia Cota and senior Grace Driscoll contributed on both ends, with Driscoll securing key rebounds and Cota recording a crucial block under the basket.

Despite missing the first quarter, Callie Patterson made an impact after checking in, forcing turnovers and converting transition layups. Freshman Lucy Detmer and junior Lily Sommers

also played valuable minutes, helping extend the Rams' lead to over 30 points.

By the start of the fourth quarter, New Canaan had widened the margin to 41-8, sealing the outcome long before the final buzzer. The Rams slowed the pace in the final minutes but still managed to surpass the 50-point mark, with contributions from underclassmen helping close out the game.

With the victory, New Canaan improves to 2-1 in its last three games. The Rams now prepare for a road game against Bridgeport Central on Friday before facing a difficult stretch against St. Joseph, Trumbull, Ridgefield, and Danbury to close out the regular season.

Upcoming Rams Sports Schedule

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
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
10 FEB, MON	6:30 - 8:30pm	Boys Varsity Hockey vs Darien High School 55 Old Kings Highway North, Darien Connecticut 06820
	6:30 - 8:30pm	Boys Varsity Wrestling @ Norwalk 23 Calvin Murphy Drive, Norwalk CT 06851
11 FEB, TUE	4 - 5:30pm	Boys Freshman Basketball vs St. Joseph 11 Farm Rd, New Canaan Connecticut 06840
	4 - 5:30pm	Girls Freshman Basketball @ St. Joseph 2320 Huntington Tpke, Trumbull CT 06611
	5:30 - 7pm	Boys JV Basketball vs St. Joseph 11 Farm Rd, New Canaan Connecticut 06840
	5:30 - 6pm	Girls JV Basketball @ St. Joseph 2320 Huntington Tpke, Trumbull CT 06611
	7 - 8:30pm	Boys Varsity Basketball vs St. Joseph 11 Farm Rd, New Canaan Connecticut 06840
12 FEB, WED	3:30 - 4pm	Girls Varsity Hockey @ Wilton High School 700 N Salem Rd, Ridgefield Connecticut 06877-1799
	6 - 7:30pm	Boys Varsity Hockey @ Fairfield Prep 123 Glenwood Avenue, Bridgeport Connecticut 06610
13 FEB, THU	4 - 5:30pm	Boys Freshman Basketball vs Trumbull 11 Farm Rd, New Canaan Connecticut 06840
	4 - 5:30pm	Girls Freshman Basketball @ Trumbull 72 Strobel Rd, Trumbull Connecticut 06611-5597
	5:30 - 7pm	Boys JV Basketball vs Trumbull 11 Farm Rd, New Canaan Connecticut 06840
	5:30 - 7pm	Girls JV Basketball @ Trumbull 72 Strobel Rd, Trumbull Connecticut 06611-5597
	7 - 8:30pm	Boys Varsity Basketball vs Trumbull 11 Farm Rd, New Canaan Connecticut 06840
	7 - 8:30pm	Girls Varsity Basketball @ Trumbull 72 Strobel Rd, Trumbull Connecticut 06611-5597
14 FEB, FRI	4 - 6pm	Boys Varsity Wrestling vs Fairfield County Interscholastic Athletic Conferen 11 Farm Rd, New Canaan Connecticut 06840
	8:30 - 9:45pm	Boys JV Hockey @ Darien High School 1063 Hope Street, Stamford Connecticut 06907

Girls Ice Hockey Stays Perfect, Extends Winning Streak

New Canaan girls ice hockey continued its dominant season with back-to-back wins, including a 5-0 shutout against Stamford/Westhill/Staples on February 3. The Rams' first line powered the offense, while sophomore goaltender Macyn Callahan secured the clean sheet with a steady performance in net.

Callahan, now in her second year as the Rams' starter, has filled the shoes of past standout goaltenders with confidence. Head coach Rich Buonanno praised her strong play, noting her ability to remain composed in high-pressure situations. Across the ice, SWS relied on sophomore McCaffrey Tuttle, who made 29 saves in a valiant effort despite facing a barrage of shots.

New Canaan's top line dictated the pace of play, accounting for all five goals. Maddie Tully continued to prove why she is one of the state's premier forwards, notching two goals and three assists. Serena O'Connor contributed a goal and two assists, while Fiona Curri found the net twice and added an assist. Ashton Pinkernell and Jenna Vignano anchored the defense, keeping SWS's offensive chances to a minimum.

The Rams controlled the game from the start, although the first period ended in a scoreless tie. Just 30 seconds into the second period, Tully and O'Connor connected on a crisp passing sequence, with Tully finishing for the game's opening goal. Minutes later, the two reversed roles as O'Connor converted a feed from Tully to extend the lead.

The Rams' pressure never relented. Curri added a goal late in the second period off a setup from Tully, sneaking a shot past Tuttle from an acute angle. In the third, the Rams put the game out of reach, with Curri and Tully each scoring again to cap the 5-0 victory. Callahan faced 10 shots, turning each away with poise.

The shutout victory followed another strong performance on February 1, when the Rams defeated La Salle Academy (RI) 6-2. New Canaan exploded for four first-period goals, overwhelming La Salle's defense early. Tully led the charge with two goals and two assists, while Curri and Vignano each tallied a goal and two assists. O'Connor, Izzy Hanna, and Isabella Madrid also contributed offensively. Callahan made 19 saves to secure the win.

New Canaan's defensive core, led by Pinkernell, Vignano, and Marissa DelCarmine, continues to provide stability. The Rams have established themselves as one of the state's top teams, blending offensive efficiency with disciplined play in their own zone.

With key matchups ahead in February, including a long-anticipated rematch against Darien, New Canaan looks to maintain its undefeated record and solidify its place atop the FCIAC standings.

Game Wrap Ups

Team	Date	Opponent	Result
Boys Basketball	1/31	Darien	Win (49-41)
Boys Basketball	2/4	Westhill	Loss (45-51)
Boys Hockey	1/29	Simsbury	Win (2-1)
Boys Hockey	2/1	St. Joseph	Win (6-1)
Girls Hockey	2/1	La Salle Academy	Win (6-1)
Girls Hockey	2/3	Stamford	Win (5-0)
Girls Basketball	1/28	Brien McMahon	Win (45-37)
Girls Basketball	2/4	Westhill	Win (55-8)
St. Lukes Ice Hockey	1/29	Hamden Hall Country Day School	Loss (6-8)
St. Lukes Ice Hockey	1/31	Harvey School	Win (6-2)
St. Lukes Squash	2/3	Brunswick School	Loss (0-7)
St. Lukes Basketball	1/30	Greens Farms Academy	Win (74-53)
St. Lukes Girls Squash	1/29	Greenwich Country Day	Loss (1-6)
St. Lukes Girls Squash	2/3	Masters School	Loss (3-4)
St. Lukes Girls Basketball	1/29	Hopkins School	Win (65-21)
St. Lukes Girls Basketball	2/3	Masters School	Win (77-31)

Boys Hockey Undefeated with 3-2 Victory Over Notre Dame-West Haven

New Canaan's varsity ice hockey team extended its perfect season with a 3-2 road victory over Notre Dame-West Haven on Wednesday night at West Haven High School. The Rams (15-0) overcame an early deficit, scoring twice in the second period to secure the win and maintain their No. 1 ranking in Connecticut.

Notre Dame (7-7) struck first, scoring two goals in the opening period to take an early advantage. New Canaan responded with a goal in the first and dominated the second period with two unanswered goals. Despite a scoreless third period, the Rams' defense and goaltending held strong to secure the win.

Senior forward Bryce Lyden continued his offensive dominance, adding to his team-leading 13 goals this season. Jack Thompson, the Rams' assist leader with 14 on the year, played

a crucial role in setting up scoring opportunities.

On the defensive end, goaltender Blake Pozatek continued his outstanding season, shutting out Notre Dame in the final two periods. His performance helped maintain New Canaan's exceptional 1.4 goals-against average, which ranks among the best in the state.

For Notre Dame, Nick Stevens netted his ninth goal of the season, while Zack Goetze contributed with his ninth assist. Despite a strong start, the Green Knights struggled to generate offense in the final two periods.

New Canaan's offensive depth remains a key factor in their success. The Rams have scored 71 goals this season while conceding just 2, averaging 4.9 goals per game. Their ability to capitalize in critical moments was evident in Wednesday's victory, where

they controlled play after the first period.

Notre Dame, ranked No. 10 in Connecticut, has shown resilience but struggled against top-tier opponents. The Green Knights have averaged 3.6 goals per game, with a 2.5 goals-against average, and will look to rebound in their next contest.

New Canaan will aim to continue its undefeated streak as it prepares for a crucial stretch in the regular season. With dominant performances on both ends of the ice, the Rams remain a top contender for the state championship.

Notre Dame will look to regroup as they push for a strong finish in conference play. Despite the loss, their early offensive spark against New Canaan showcased their potential.

New Canaan's flawless record remains intact as they continue their dominant campaign.

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AQUARION CONTINUED From Page 1

State Senator Ryan Fazio, who represents New Canaan, Stamford and Greenwich, spoke at New Canaan's Town Hall on Monday, February 3, on his concerns about the likely sale of Aquarion Water Company to the quasi-governmental, New Haven-based Regional Water Authority (RWA). Flanked by a bevy of First Selectmen and women – Dionna Carlson of New Canaan, Toni Boucher of Wilton, Jon Zagrodsky of Darien and Jen Tooker of Westport – as well as State Rep. Tracy Marra, who represents Darien and Norwalk, Sen. Fazio and the other dignitaries expressed their diverse distress about the potential adverse effects of such a sale on their communities.

Sen. Fazio led by noting that, “we know Connecticut residents already pay far too high utility rates across the board. This [sale of Aquarion to the RWA] will only potentially add insult to injury.” According to Sen. Fazio, an analysis by the Connecticut Office of Consumer Counsel found that customers of the RWA paid about 50% higher water rates than did similar Aquarion customers.

Aquarion Water Company's rates are set and regulated by the Public Utilities Regulatory Authority (PURA), which is “the neutral adjudicator and watchdog for consumers,” said Sen. Fazio. The RWA will not have its rates regulated and set by PURA: they

will be set internally by the RWA, which Sen. Fazio said, “is a potential concern for utility customers here as it will provide more upward pressure on prices.” Sen. Fazio further noted that the RWA also can charge consumers back the entire \$2.4 billion purchase price, whereas another purchaser of Aquarion, “would only be able to charge back a smaller amount.”

Another worry of Sen. Fazio is the potential for, “underweight representation,” of the Aquarion customer base on the RWA's Regional Water Authority Board, even though the Aquarion customer base is substantially larger than that in the RWA's legacy area.

The process that facilitated this potential sale, which required legislative action in Hartford, was, in Sen. Fazio's words, “one of the worst examples of governmental abuse that I've seen in my four years in office.” Sen. Fazio went on to say that, “we did not see the verbiage of the legislation until a couple of hours before we had to vote on it. As members of the Energy and Technology Committee, which has oversight over these issues, we had never heard of the policy proposal at all.”

Rep. Marra said, “this process has become deeply frustrating.”

New Canaan's First Selectwoman Dionna Carlson expressed worry that, “our property taxes are likely to be significantly diminished,” by the change in ownership. This is because a private utility such as Aquarion pays property taxes, whereas the RWA does not. Most recently, Aquarion paid New Canaan around \$375,000 in, “property taxes that we are

entitled to from the company,” noted Carlson. The RWA will likely pay affected towns a PILOT (payment in lieu of taxes). However, the amount, and whether such an amount is fixed or subject to change, is not yet determined. Carlson was also concerned that the RWA would not support its infrastructure as well as Aquarion has, with implications for customer service quality. Remarkably Carlson, “Aquarion was a great partner for our community, and I want to make sure that our customers ... get the kind of service that they are entitled to.”

“The recent sale of Aquarion to Regional Water Authority still has not addressed the concerns I expressed when this issue first surfaced last year. I would hope their assurances that they stated last year about the pilot taxes and not raising rates for our residents will hold,” said Greenwich First Selectman Fred Camillo in a statement to the *Sentinel* regarding the sale. “Their public statements will now be scrutinized. I will certainly be following up on my previous concerns.”

First Selectwoman Jen Tucker of Westport remarked that the, “RWA runs a much more expensive operation [than Aquarion] and the governance over the operation is questionable. So I do believe it will lead to increased water prices, and that is absolutely something our residents cannot accept.”

Darien First Selectman Jon Zagrodsky noted that Aquarion has a strong service record – a record the RWA does not share. In addition, he suggested customers should take

note of their current water bills, and compare them to those from the RWA if the deal goes through, and to “speak up.”

Wilton's Toni Boucher stressed that the potential under-representation of the Aquarion customer base with the RWA would be, “absolutely biased and unfair.” She was also, “very concerned about the increase in costs,” that could affect her constituents.

Sen. Fazio and Rep. Marra, along with colleagues, are proposing to reform the oversight of the RWA, as well as to ensure that New Canaan and neighboring towns are “held harmless” financially by the sale of Aquarion.

As the sale of Aquarion Water Company moves through its final regulatory hurdles, local leaders remain resolute in their opposition, urging oversight agencies to scrutinize the deal's financial and governance structure.

With PURA, as well as regulatory bodies in Massachusetts and New Hampshire, still required to approve the transaction, officials like Sen. Fazio, First Selectman Carlson, and their colleagues continue to call for transparency and consumer protections.

The stakes extend beyond rising water rates—impacting local tax revenue, service quality, and representation on the newly formed Aquarion Water Authority's board.

Whether regulators intervene or the sale proceeds as structured, the debate over the deal's fairness and long-term implications is far from over.

YOUR NEWS BRIEFING CONTINUED From Page 1

and works on business writing, media, and finance. Cross shared insights from her writing and research. Photo credit: Waveny LifeCare Network Instagram.

Nature Center Hosts Gardening Talk



On February 4th, the New Canaan Nature Center hosted a Lunch and Learn session featuring Elisa Bulgrin of Longfield Farm, who discussed planning and planting a cutting garden. The presentation was part of the center's ongoing educational series. Photo credit: New Canaan Nature Center Instagram.

Collins Speaks at the Inn



The Inn at Waveny hosted Jeanne Collins for a discussion on career transitions. She spoke about her TEDx talk, “Fired Over Zoom”, and how losing her job in 2020 led her to rethink work-life balance. Collins discussed adapting to change and redefining professional priorities. Photo credit: Waveny LifeCare Network Instagram.

New Pet Therapy Team



Waveny has introduced a new pet therapy team, Cameron and Kiwi. Photo credit: Waveny LifeCare Network Instagram.

SCHOOLS

SLS Students Donate Sandwiches



Saint Luke's School students in the CARE Club prepared and donated 140 sandwiches to the New Covenant Center in Stamford, which provides hunger prevention services. Photo credit: Saint Luke's School Instagram.

Students Win Art Awards

Recently, the 2025 Scholastic Art Awards recognized students from New Canaan High School and Saxe Middle School for achievements in various art forms. Gold Key Awards were given to Michael Telesco, Wilhemina DeFosset, and Emily Meng, while several others received Silver Keys Awards and Honorable Mentions. Photo credit: New Canaan Public Schools Instagram.

SLS Poetry Competition



Saint Luke's Upper School held its annual Poetry Out Loud competition, featuring 16 student participants. Ben Davidson '28 won with his recitation of “The Universe as Primal Scream” by Tracy K. Smith. He will compete in the Connecticut State Poetry Out Loud Competition in March. Photo credit: Saint Luke's School Instagram.

NCCS Hosts Child Wellness Talk

Recently, New Canaan Country School hosted Dr. Raquel Harrison for a presentation on child wellness, covering stress management, nutrition, exercise, sleep, social connection, and risk avoidance. She discussed cortisol and strategies for parents to help children regulate it through daily habits. A summary of the event will be available in Sunday's issue of “The NCCS Insider”.

SLS Students Win Art Awards

Saint Luke's students James Adams '26 and Mateo Soni

'28 were recognized in the 2025 Connecticut Regional Scholastic Art Awards. Soni received a Gold Key for his drawing “Hairy Thoughts”, and Adams earned a Silver Key for his photograph “Chapel in the Sky”. Their work will be exhibited at the Silpe Gallery at the University of Hartford. Photo credit: Saint Luke's School Instagram.

SLS Students Recreate Greek Shields



Recently, students in Mr. Yavenditti's History of Ancient Greece classes at Saint Luke's School created replicas of the Greek aspis with guidance from Mr. Agro in the designLab. The shields were decorated with symbols representing ancient Greek culture and the school community. Photo credit: Saint Luke's School Instagram.

FROM HARTFORD

Attorneys Gen. Warn Federal Employees

Attorney General William Tong and ten other attorneys general warned federal employees about the Trump administration's “deferred resignation” program, which offers continued pay and benefits through September 30, 2025, for those who resign by February 6. The Office of Personnel Management (OPM) emailed federal employees on January 28 and 30, outlining the program and stating that those who do not resign are not guaranteed job security. Federal employee unions cautioned members that the offer does not guarantee the promised benefits.

ACROSS CT

CT Expands Contraception Access Statewide

Connecticut pharmacists can now complete a training program developed by the University of Connecticut School of Pharmacy to prescribe contraception directly to patients. The program, approved by the Department of Consumer Protection, is optional, takes four hours, costs \$40, and counts toward pharmacists' continuing education requirements. Additionally, the state has introduced its first vending machines for emergency contraception and other over-the-counter medications.

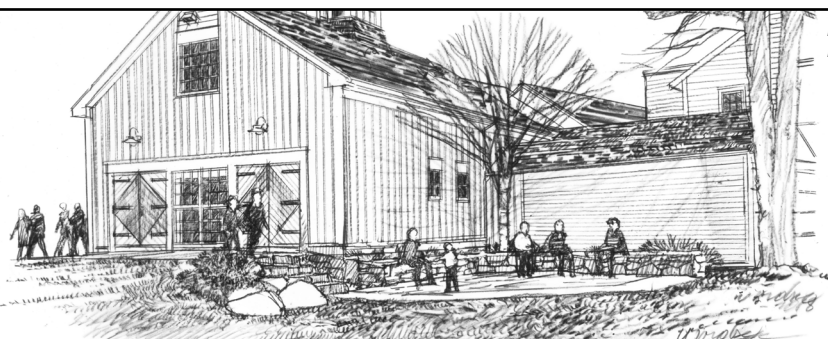
Lamont Proposes Stronger Hate Crime Laws

Governor Ned Lamont announced a proposal to consolidate Connecticut's hate crime statutes into a single chapter of the state's legal code to simplify enforcement and prosecution. The bill, developed with the Connecticut Hate Crimes Advisory Council, would standardize terminology and remove the requirement that a defendant act “maliciously” to align with other states' laws. The proposal includes over a dozen existing hate crime offenses and will be presented during his budget address on February 5, 2025.



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HB 6831 ZONING BILL CONTINUED From Page 1

state reimbursement for the New Canaan Playhouse as an example of funding that could be jeopardized.

His plan to fight HB 6831 mirrors last year's approach. "I'll offer better solutions on the front end. I'll debate it tirelessly. And if necessary, I'll filibuster it in the Senate," Fazio said.

State Rep. Tina Courpas, a member of the Housing Committee, raised concerns about the bill's broad environmental impact and its lack of consideration for infrastructure capacity.

Communities "must have a say in how development affects our resources and public services," Courpas said. "The bill's language does not guarantee that towns will be able to maintain oversight on critical issues like water management, wetlands preservation, and traffic congestion."

Courpas said that while she supports

transit-oriented development in principle, she believes local governments should retain control over zoning decisions rather than ceding authority to the state.

"There is nothing stopping municipalities from developing near transit hubs now—except for a lack of funding," she said. "And they can already apply for discretionary infrastructure grants without being forced into a rigid, state-directed planning process."

Courpas also noted that similar policies in other states have produced mixed results. "California has been at this for 30 years, and it has been an abysmal failure," she said. "Washington state has had more success, but only because it paired zoning changes with tax credits and business incentives. If we are going to attempt a major housing initiative, we need to ensure it has a proven track record of success."

Maria Weingarten, a local housing policy advocate, submitted testimony on behalf of CT 169 Strong, a group that opposes statewide zoning mandates. She argued that HB 6831 benefits developers at the expense of local control.

"This bill eliminates site-specific considerations and imposes one-size-fits-all mandates on height, density, setbacks, and parking," Weingarten said. "It prioritizes out-of-state developers who build and leave, leaving municipalities to bear the cost of unfunded infrastructure expansion and environmental damage."

She warned that the bill's "as-of-right" provisions would remove local zoning reviews for high-density developments near transit hubs.

"The 'as-of-right' clause allows up to nine-unit market-rate buildings with no affordability requirements to bypass local land-use commission reviews and public hearings," Weingarten testified. "It also accelerates 8-30g developments by stripping municipalities of their ability to impose height, density, and setback restrictions—even eliminating public hearings on safety and environmental concerns."

With a Democratic supermajority in the legislature, opponents acknowledge that stopping the bill will be difficult.

"The problem with a two-to-one

legislature is that if they make something a top priority, it really can't be stopped," Fazio said. "If they make it a mid- or lower-level priority, it becomes something that you can contend with and potentially stop in the minority."

For now, HB 6831's future will depend on whether legislative leaders push for its passage or allow it to stall in committee. Fazio said he plans to introduce amendments narrowing the funding restrictions and limiting the bill's zoning mandates.

"I'm definitely going to propose amendments to narrow the funding to just issues related to sewer and water expansion," he said. "And to lower the prescribed zoning as well."

Carlson urged lawmakers to reject the bill, arguing that it ignores local expertise in favor of state-imposed mandates.

"New Canaan has always taken a proactive approach to responsible development," Carlson said. "We should not be forced into a top-down, one-size-fits-all mandate that disregards our community's unique needs."

Obituaries



YOLANDA KRAEMER

Diane Martha (Jones) Kiskien, 84, of New CaWith deep sorrow, we announce the passing of Yolanda Bensey Kraemer on Friday, January 24, 2025. A devoted wife, mother, grandmother, sister, and friend, Yolanda lived a life filled with love, warmth, and unwavering dedication to those she held dear.

Born in New York City on July 7, 1947, Yolanda grew up on the Upper East Side and in the Bronx. She was the beloved daughter of Julia Bensey and a cherished sister to Barbara Maietta. Family was always at the heart of Yolanda's life, and in 1973, she married Arthur Kraemer, the love of her life and her best friend. For over 51 wonderful years, they built a life filled with laughter and unwavering support. Arthur and Yolanda were true partners in every sense, always side by side, taking care of their home and each other. They found joy in simple things—tending to their garden, tackling home improvement projects, and making their home a warm and welcoming place for family and friends.

For many years, Yolanda was a beloved preschool teacher at Mother's Morning Out at the Pound Ridge Community Church. Teaching young children was not just her profession but her passion. With endless patience, warmth, and a nurturing heart, she helped shape the early years of countless children, creating a classroom filled with joy, learning, and laughter. She had a special way of making each child feel loved and safe, and the relationships she built with families lasted long after the children had grown. Her students and their parents adored

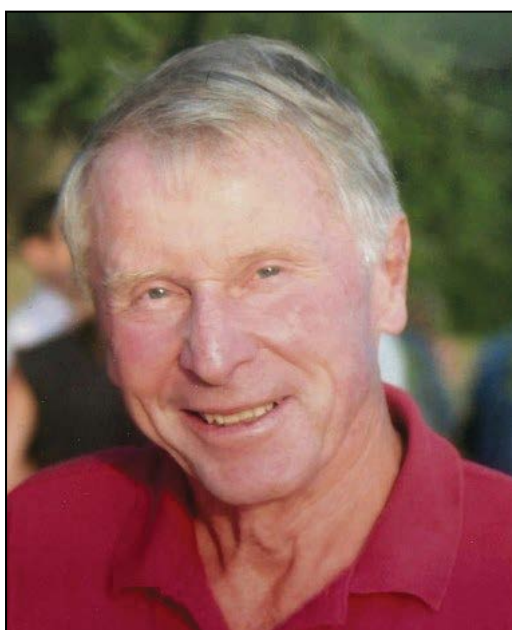
her. Nothing in Yolanda's life brought her greater joy and pride than her son, James. She poured her heart into being his mother, guiding him with love, wisdom, and endless encouragement. She was his biggest champion, celebrating every milestone and achievement, both big and small. As James grew into the man he is today, her pride in him only deepened. She was in awe of his hard work, dedication, and the life he built with his wife, Elisabeth, and their three children. Her grandchildren, Grant, Walker, and Chase, were her world. Nothing made her happier than being their caretaker, confidante, and biggest cheerleader. From the time they were born, Yolanda and Arthur spent most days with them—picking them up from school, creating art projects, sharing sweets, and filling their days with love and laughter. She was an ever-present source of comfort and warmth in their lives. As they grew older and hockey became a central part of their world, she embraced the sport wholeheartedly, learning everything she could to share in their passion. She was one of their most devoted fans, never missing a game and bursting with pride at every goal and assist from Grant and Walker and every goalie save made by Chase.

Yolanda shared a special bond with her sister, Barbara. The two spoke on the phone daily, sharing updates about their children, grandchildren, and lives. These conversations were a source of great joy for Yolanda, who cherished their close connection despite the miles between them. This past summer, Yolanda was thrilled when Barbara visited her at her new home. It was a long-awaited reunion filled with laughter and love. Their relationship was a cornerstone of Yolanda's life, a constant reminder of the deep familial ties that brought her so much happiness. Beyond her family, Yolanda cultivated deep and lasting friendships that spanned decades. She was a loyal and caring friend. Her friends were like family, and the bonds she built over the years were a testament to her warmth, generosity, and unwavering support for those she loved. One of her best friends was Donna, who Yolanda met when they were just five years old. Their friendship remained strong throughout their lives, a beautiful testament to the enduring power of love and connection. Some of Yolanda's favorite times were when Donna and her husband Svein visited, creating memories and sharing laughter that she cherished deeply. Yolanda's legacy is one of love, partnership, and devotion—to her family, her friendships, and most of all to Arthur, James, and her grandchildren, who meant everything

to her. Together with Arthur, she built a home that reflected their love-filled with hard work, thoughtful touches, and a garden that bloomed under their care.

She will be deeply missed, but her spirit will live on in the countless memories she created with those she loved.

A funeral service was held on Monday, February 3, at Hoyt Funeral Home, 199 Main St, New Canaan, CT, followed by burial at Pound Ridge Cemetery. A luncheon for family and friends to celebrate her life was held at Ristorante Lucia, Bedford, NY.



FRANCIS TAYLOR, JR.

Francis ("Pete") Mortimer Taylor, Jr, longtime resident of Greenwich and New Canaan, CT passed away on January 23, at the age of 89.

Born in Larchmont, NY, Pete was the son of Francis Mortimer and Regina Parker Taylor. He earned his Bachelor's Degree from St. Michael's College and worked as a stockbroker for multiple firms throughout his career, including Kidder Peabody, Loeb Rhoades, and Raymond James, before founding his own company, Taylor Capital Management. While trading stocks was his vocation, Pete's true passions were his family, friends, and spending time outdoors.

Pete was a devout Catholic and enjoyed golf, skiing, hunting, shooting sports, boating, playing cards and checkers, dogs, and anything that had him outside or involved with friends and family. Pete will be remembered for his unending sense of humor and welcoming personality. Beware - his comical side came with plenty of antics that often backfired on him! There was no one who was able to laugh at himself more than Pete.

Family was always Pete's greatest love, closely followed by his friendships, both old and new.

He lived by a guiding principle: "Make friends out of your clients, don't make clients out of your friends." Many of Pete's professional relationships blossomed into lifelong friendships, often extending across generations. His connections with people created a network of enduring bonds that brought joy and support to everyone involved.

Pete was an active member of The Campfire Club of America since 1983, The Blackhorse Rod & Gourmet Club since its inception, and The Atlantic Indians. His charismatic personality and enthusiastic involvement made him a beloved member of these organizations. Alongside his late wife, Marian ("Bari") Taylor, Pete was often at the center of social gatherings. He frequently commented that he was invited to places just so he could bring Bari—the absolute love of his life.

For Pete, everything was a competition because "it makes it more fun!" His chirping with his friends led to moments of laughter and frequently him losing the bet. As soon as he started his chatter, he would lose his focus and the wheels would come off. So much fun to witness and participate! Endless laughter with him!

Pete's love for the ocean was contagious, and he passed it on to his family. Boating trips to Block Island were always an adventure, with Pete's "Kentucky Windage" navigation style keeping everyone on their toes. Despite the occasional mishap, he always brushed it off as "No problem!" Everything with Pete was an adventure that created indelible memories.

Pete is survived by his son, John Taylor, and his wife Michelle; his daughter, Pamela Taylor; his son, John Chomyn, and his wife June, along with their daughters Mallerie and Claire. He also cherished his stepchildren, whom he regarded as his own: Jason Gilbride and his wife Tara; Marnie Gilbride McLaughlin and her husband Steve; and Randy Gilbride and his wife Amy. Pete's grandchildren—Michael and Logan Gilbride (Jason and Tara), Patrick and Frankie McLaughlin (Marnie and Steve), and JT and Ellie Gilbride (Randy and Amy)—brought him endless joy. He adored every moment spent with them.

He is predeceased by his parents and loving wife, Marion "Bari" Taylor.

Viewing took place on Wednesday, February 5 at Leo P. Gallagher & Son Funeral Home, Greenwich. Funeral Mass was held on Thursday, February 6 at St Patrick's Church, Armonk, NY. Burial followed at Gate of Heaven Cemetery, Hawthorne, NY.

Gen Z Needs to Know They Are Worthy of Love



BY SARAH DUGAL

In 2024, the RELATE Project – a study of 7,200+ adolescents aged 13-24, conducted by Young Life & Pinkston Research – found that over 40% of Gen Z doesn't feel worthy of being loved.

As a Youth Ministry professional, that statistic stopped me in my tracks. As I've continued to digest this new reality, I've been asking myself two questions: first, "how could this be?" and secondly, "What can we do?"

"Gen Z" is most commonly defined as those born between 1997-2012; in other words, our 12 to 28 year olds. They are our middle schoolers, high schoolers, college-aged and young adult sons, daughters, students, players, grandchildren, neighbors and friends.

Like the generations before us have asked of the younger ones, we've been grappling with the question, "are the kids alright?" Over the past year of living in New Canaan, I've witnessed our community engage in deep and meaningful dialog, inspired by many thoughtful, trail-blazing experts in their field – from Jennifer Wallace, author of *Never Enough*, to Jonathan Haidt, author of *The Anxious Generation*. As data from the American Psychological Association (APA) and National Institutes of Health (NIH) continue to reveal an unprecedented level of anxiety amongst our youth, and the digital world proves more isolating than connective, we've worried for Gen Z's health, lamented their unique burdens, and looked for practical solutions.

These conversations show a profound care for and tangible commitment to young people in our community. It's clear that our hearts break for our kids. However, it can be easy to overlook the spiritual layer to their suffering. When it comes to Gen Z, I wonder if we have been quick to point to phones, and slow to see souls.

A quote from Jennifer Wallace, who speaks into specific contexts like ours (high achieving communities) left a lasting impression:

"Our kids are absorbing the idea that their worth is contingent on their performance—their GPA, the number of social media followers they have, their college brands—not for who they are deep at their core. They feel they only matter to the adults in their lives, their peers, the larger community, if they are successful," (*Never Enough*, p.xvii).

If our fundamental worthiness is a constantly fluctuating calculation – and average of achievements – no wonder 40% of students worry they are coming up short. The good news is, the Christian faith offers us rich resources to anchor our worthiness differently.

Genesis 1:27 tells us, "God created mankind in his own image... male and female he created them." We believe all people, without exception, are made in the image of God, and therefore inherently possess dignity and worth, regardless of our circumstances. We are each, at our very core, a reflection of God's beauty, creativity, and goodness.

So how might we step into the lives of Gen Z in such a way that intentionally offers this deep anchor for the soul, instead of reinforcing the relentlessly clicking calculator? I wonder if we might take inspiration from an interaction Jesus had with a man named Zacchaeus, in the Gospel account of Luke.

In Luke 19:1-4 we read, "Jesus entered Jericho and was passing through. A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. He wanted to see who Jesus was... So he ran ahead and climbed a sycamore-fig tree to see him..."

We may not know much about Zaccheus, but we do know this: he was a man who appeared to have everything – status, wealth, power – but was most likely, due to the negative perception of tax collectors who worked for the Roman occupiers in Jewish communities, profoundly lonely. High achieving, but lonely... sound like anyone we know?

It's in this moment, when he's at the top of his game, that I imagine Zaccheus asking himself, "Is this all there is?" And out of the gnawing suspicion that there has to be more than accumulating accolades and projecting the

perfect image, he looks for Jesus.

Luke 19:5-6 continues, "When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." So he came down at once and welcomed him gladly."

How did Jesus respond to this person, alone in a crowd, watching from behind the branches of a tree, much as we peer at the world from behind the screens of our phones, looking for hope?

First, Jesus saw him. Through the distractions vying for his attention, he stopped, looked up and called Zacchaeus by name. He chose to pay attention to someone who might have otherwise been easily overlooked, and in doing so, Jesus affirmed his importance. What could it look like, as a community,

to cultivate eyes for our youth – to be excited to see them at Zumbachs, or the Library, or the YMCA, or Church? To adopt a posture that communicates, "There you are! I love that you're here," before anything need be done or earned. Can we celebrate their presence, as uniquely made image-bearers, rather than only their performance?

Secondly, Jesus invites Zacchaeus out of the tree and into a relationship. In what we might misread as a rather bold instance of inviting oneself over, Jesus is actually initiating friendship in alignment with the cultural norms of his day, when to visit someone's home was a public display of sincere acceptance. Jesus was a well-known healer, and what he seems to be proscribing here is face-to-face connection: quality time over good food. What medicine for the soul.

What would it look like to invest in genuine, multi-generation friendship in our community? Could we, as faithful adults, come alongside Gen Z as trusted, available mentors, inviting them to come down, and eat with us?

Did you know that in a 2023 poll conducted by Gallup & the Walton Family Foundation, which surveyed over 3,000 Gen Zs nation-wide, only one-third (32%) of respondents said they had an adult actively supporting them in their lives? What's more, those who did were twice as likely as their peers to feel optimistic about their future.

But if any of this is going to be possible – we have to pass by – just as Jesus was passing by that sycamore-fig tree. What could it look like to move toward students, rather than waiting for them to come to us?

If you read the rest of Jesus's encounter with Zacchaeus in Luke 19, you will see an incredible account of transformation, stemming from warm welcome, counter-cultural inclusion, and an acknowledgement of this man as "a son of Abraham" – a child of God, made in His image, reflecting His beauty, creativity, and goodness... undoubtedly worthy of love.

Sarah Dugal serves as the Area Director for Young Life in New Canaan. Young Life is a global, ecumenical non-profit that exists to reinforce that adolescents matter through relational youth ministry, create approachable spaces for students to explore faith, and model servant leadership in local communities. To learn more, visit YoungLife.Org. To get involved in New Canaan, contact Sarah at newcanaanyl@gmail.com.

Can we celebrate their presence, as uniquely made image-bearers, rather than only their performance?

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FEATURED OPEN HOUSES

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

Address	Price	Day	Time	Broker
52 Field Crest Road	\$1,725,000	SAT & SUN	1:00PM-3:00PM	William Pitt Sotheby's
160 Park Street #103	\$1,375,000	SUN	1:00PM-3:00PM	Brown Harris Stevens
160 Park Street #303	\$1,425,000	SUN	1:00PM-3:00PM	Brown Harris Stevens
160 Park Street #104	\$2,895,000	SUN	1:00PM-3:00PM	Brown Harris Stevens
160 Park Street #202	\$2,975,000	SUN	1:00PM-3:00PM	Brown Harris Stevens
794 Oenoke Ridge	\$5,495,000	SUN	2:30PM-4:30PM	William Raveis
58 Greenley Road	\$6,895,000	SUN	12:00PM-2:00PM	William Raveis

NEW LISTINGS

Address	List Price	SqFt	Price/SqFt	AC	BR	FB
37 Lakeview Avenue #37	\$1,699,000	3,593	\$472.86		4	3
52 Field Crest Road	\$1,725,000	2,803	\$615.41	0.35	4	3
24 Orchard Lane	\$1,899,000	3,306	\$574.41	0.49	3	2
160 Park Street #104	\$2,895,000	2,217	\$1,305.82		3	3
250 Carter Street	\$5,995,000	10,942	\$547.89	2.01	6	8

NEW SALES

Address	Original List	List Price	Sold Price	DOM	BR	FB	Acres
179 Park Street A	\$1,175,000	\$1,125,000	\$1,100,000	66	3	2	
115 Richmond Hill Road	\$1,550,000	\$1,550,000	\$1,550,000	29	3	2	0.20
87 Talmadge Hill Road	\$2,700,000	\$2,700,000	\$2,470,000	69	5	4	3.09
153 Sunset Hill Road	\$4,299,000	\$4,299,000	\$3,900,000	8	6	4	3.44

Boomers, Millennials, GenXers, Oh My!



BY JOHN ENGEL

The power of demographics to explain our economy and the housing market is often understated. It may be the single biggest influence on current home prices. To understand real estate, take the growth of motorcycle sales between 1960 and 1974:

1960: 575,000 registered in the U.S.

1965: Registrations increased to 1,382,000.

1971: The number surpassed 3 million.

1974: Registrations reached 5 million.

Honda's U.S. motorcycle sales skyrocketed from 3,200 units in 1960 to 345,000 units in 1970, during which Honda captured more than 50% of the U.S. motorcycle market.

Was it Honda brilliance? Evil Knieval and Steve McQueen? Not entirely. As a result of the post-war baby boom, the population of U.S. men aged 18 to 25 exploded during the late 1960s and early 1970s. Honda surfed an enormous demographic wave. Every 18-year-old wanted a motorcycle, and Honda filled the need. As these young men aged, got married and had children, motorcycle sales declined just as quickly after 1974. Motorcycle sales are now at the 1960 levels.

Today, the housing market across the U.S. is massively out-of-balance. Everyone is asking when housing supply will catch up with demand. The answer lies in the demographic data. The U.S. population distribution by generation for 2025 is:

- Millennials: 22%
- Gen Z: 21%
- Gen X: 19%
- Baby Boomers: 19%
- Gen Alpha: 14%
- Seniors (born before 1945): 4%
- Children (0-1 years old): 1%

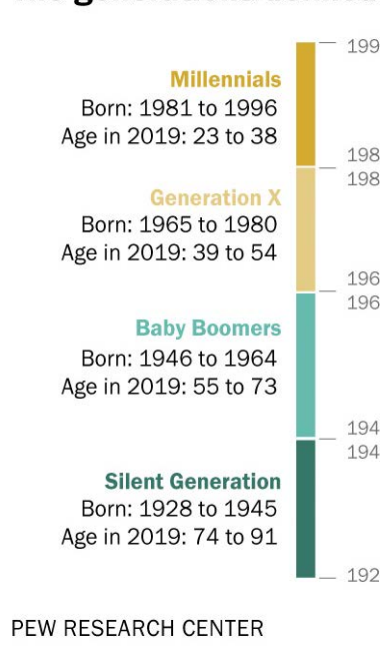
This demographic breakdown has **major implications for real estate**, affecting **housing inventory, pricing, buyer and seller behavior**, and opportunities for **agents and investors**.

Gen Z (21%), born between 1997-2012, will be 13 to 28 years old this year, and the oldest of them are entering the housing market. The supply crisis means many of them will rent longer before buying, increasing demand for multifamily developments and rental properties. Typically, buyers this age start with affordable starter homes and condos in walkable urban areas. This accounts for surging prices last year in Stamford, Norwalk, and Fairfield. Gen Z buyers are more comfortable with technology, online transactions, virtual tours, and AI-driven property searches. They never knew 3% interest rates.

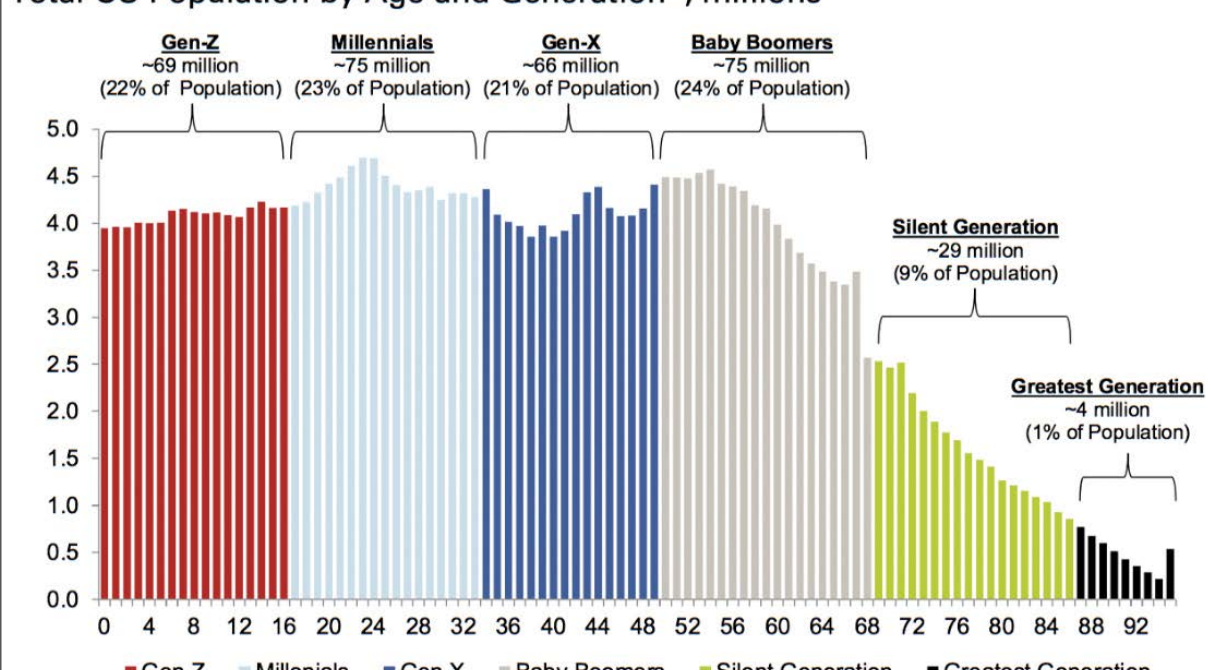
Millennials (22%), born between 1981-1996, are the dominant homebuyer group, ages 29-44. Many in this largest group who bought their first homes are now looking for larger homes in the suburbs as their families grow and children reach school age. Many in this group are getting down-payment assistance from the Seniors and Baby Boomers to compete for these homes.

Gen X (19%), age 45-60 in 2025, are

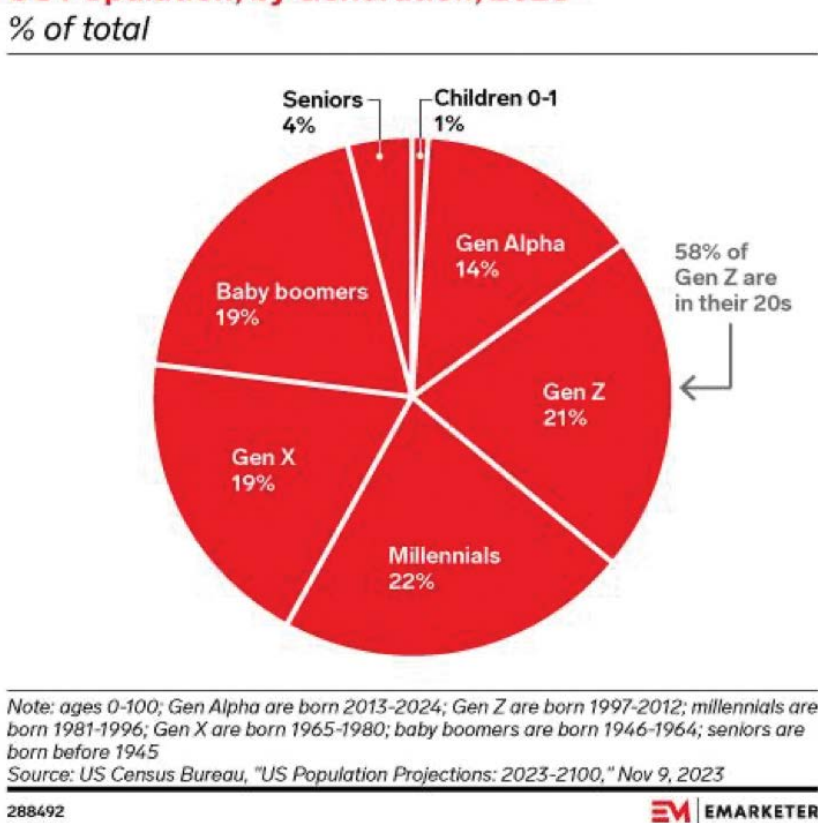
The generations defined



Total US Population by Age and Generation*, millions



US Population, by Generation, 2025



the wealthiest generation and they are the ones driving the \$2+ million market nationwide. They own homes with high equity and may sell to downsize or relocate. This is the group fueling high-end real estate sales in high-end towns like New Canaan, Darien, Westport, and Greenwich. Gen X is also driving the demand for beachfront, mountain, and short-term rental properties.

Baby Boomers (19%), born between 1946-1964, are staying put, holding onto homes longer (11.9 years avg, 40% for 20+ yrs). This is a major reason Millennials are facing a shortage. The result has been increased prices and a newfound willingness to buy homes needing renovation if priced right. Don't expect this to change. The lack of downsizing will keep home prices elevated. In our market, we are seeing Boomers downsizing from homes in New Canaan, Darien, Westport, and Greenwich to small, walkable communities such as Rowayton and Southport, driving up prices there.

Gen Alpha (14%), born 2013-2024, a smaller group, are our distant future buyers, but they are affecting their parent's choices now. Their parents are choosing school districts and home sizes based on their young children's needs, including parks, youth sports opportunities, and safe communities. High-quality single-family homes near top schools will hold value as this cohort ages, driving continued suburban

demand for the next 20 years.

Seniors (4%), the smallest sliver, born before 1945, are the Transition Market. As seniors transition into downsized homes, assisted living, and retirement communities, we will see a wave of estate sales, unlocking inventory. Many in this group choose to sell in off-market deals, yielding hidden opportunities.

PREDICTIONS:

With stable mortgage rates, expect more shared-equity programs, assumable mortgages, and alternative financing to emerge. Watch for rent-to-own to become more common. Watch for renewed interest in emerging markets.

Expect growing demand for 55+ communities, independent living, and co-living spaces. Last week, Waveny Life Care Network proposed to the Planning & Zoning Commission a 40-bed expansion of their facilities on Farm Road in a way that will not impact their ability to serve current customers.

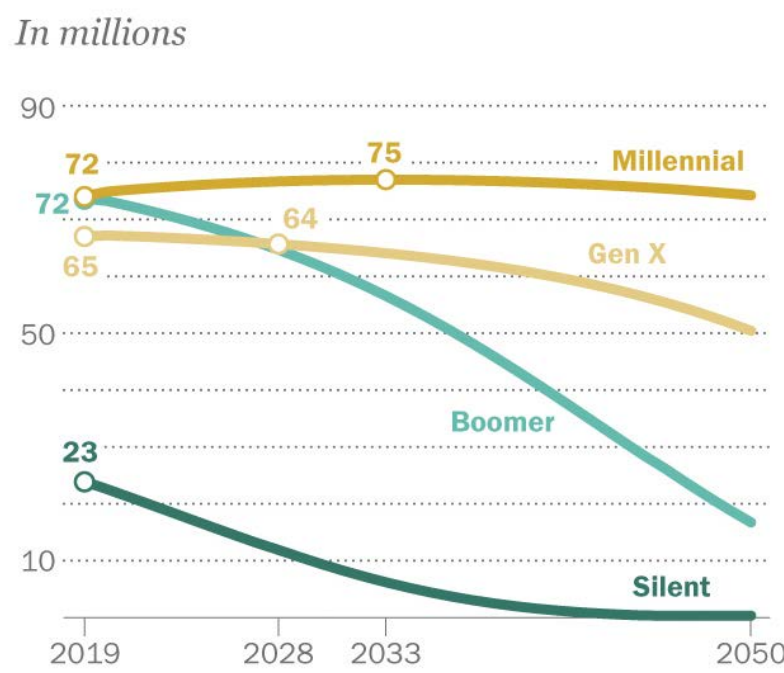
Expect home equity loans and investment purchases from Gen Xers as they leverage their wealth.

Starter homes will be the most competitive segment as new construction is struggling to keep up due to high costs and zoning restrictions.

Notes from the Monday Meeting

A seller's agent called a buyer's agent and said, "I know you've been looking in this neighborhood at this

Projected population by generation



Note: Millennials refer to the population ages 23 to 38 as of 2019.

Source: Pew Research Center tabulations of U.S. Census Bureau population estimates released April 2020 and population projections released December 2017.

PEW RESEARCH CENTER

price point. I have an off-market opportunity for you, \$3.8 million." The buyer's agent called back and said, "We are thinking of making an offer." The seller's agent said, "Don't think too hard. It's \$3.8 million. Or, it goes on the market." The buyer paid the \$3.8 million.

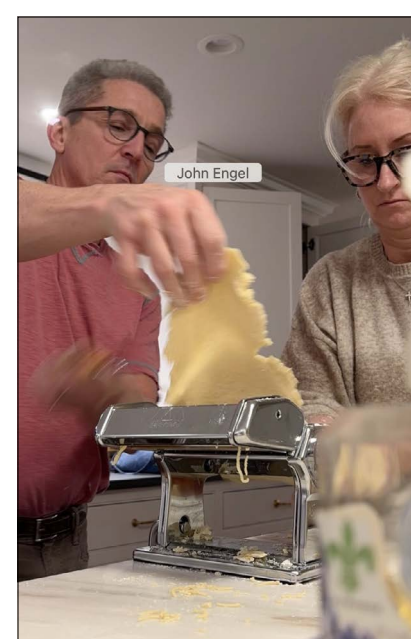
Next, the buyer asked to get in a month early. The seller said okay, but for \$20,000. The buyer answered with an offer, "How about \$15,000?" The seller said no, waited, and the buyer came back with an offer of \$25,000 for the month.

This story illustrates a market in which buyers are not used to being in a position where they have no leverage. They don't like to be told there is no room for negotiation. This particular scenario occurred in Boston last week, but similar lack of negotiation is taking place in Stamford, New Canaan, and upstate Connecticut. The old adage, "No harm in making a low offer — they can always say no," is now no longer true; there is harm in making a low offer during periods of such extreme low inventory.

One final thought that I learned from Lee Cotton of New Canaan: "When they pass the cookies, you take one." That means that good fortune — in this case, a hot seller's market — does not last forever, and that some sellers do misjudge

the market and wait too long. The cookies will be all gone. Those case studies I mentioned were in very specific submarkets where excessive demand had been long established.

John Engel is a broker on The Engel Team at Douglas Elliman, and he loves his manual crank pasta maker. He once saw a New Canaan friend make pasta during a dinner party in front of her guests, and he has never forgotten it. Three ingredients mixed together, then going through what looks like a Play-Doh machine. You crank the handle and spaghetti comes out. Brilliant!





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Dr. Michler has focused his career on the development of new knowledge and surgical techniques for the treatment of complex heart disease. Dr. Michler lectures extensively, both nationally and abroad; is a regular expert opinion author; and has provided regular commentary

to NBC's *Nightly News*, the *New York Times* and the *Wall Street Journal*. Dr. Michler is a frequent contributor to the finest medical journals, including the *New England Journal of Medicine*, and he has long been an NIH-funded investigator.

Dr. Michler has been named a "Mitral Valve Repair Reference Surgeon" by the American Heart Association and the Mitral Foundation for the quality of his mitral valve surgery. This commendation is held by only a handful of U.S. heart surgeons.



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BOOK REVIEW

Haunted by War, Bound by Ghosts

By EMMA BARHYDT

"It was the poet's alchemy, to seize the intangible or unspeakable and drag it, real, into the living world."

The Warm Hands of Ghosts, Katherine Arden's most recent novel, lingers in the space between history and haunting, memory and myth. Set during World War One (WWI), a conflict often overshadowed by the Second World War, the novel follows Laura Iven, a former battlefield nurse desperate for answers about her brother, Freddie, who is missing and presumed dead. But what she uncovers is something far stranger than she ever imagined—a world where the past doesn't stay buried, and the dead are never truly gone.

"It's the pattern of the times. Were you expecting honest justice? There's none. It's a new world now. It eats you up, sinners and saints, all alike."

I read this book in just two days, I couldn't put it down. Arden's prose is richly immersive, pulling the reader into the mud-choked trenches and the eerie, fractured landscapes of war-torn Belgium. The novel doesn't just depict the war's physical devastation; it conveys its deep psychological scars, making the horrors of the battlefield feel immediate and unshakable. Arden is a master at blending history with the supernatural, and here, she does so in a way that feels both organic and deeply unsettling. The ghosts that populate this novel aren't just spectral apparitions; they are memories, echoes of trauma, and manifestations of grief that cling to the living like trench mud.

"Armageddon was a fire in the harbor, a box delivered on a cold day. It wasn't one great tragedy, but ten million tiny ones, and everyone faced theirs alone."

At its heart, *The Warm Hands of Ghosts* is a story about love and loss, about the fragile space between the living and the dead. Laura is a compelling protagonist—tough, intelligent, and profoundly wounded by what she has seen. Her devotion to Freddie is the emotional anchor of the novel, and Arden deftly switches between their perspectives, allowing readers to witness the war through both their eyes. Freddie's journey is suffused with an eerie beauty, capturing the dreamlike liminality of a soldier caught between life and death.

"It was an endless, daydreamer's longing,



satisfying in itself, with no need for fulfillment."

Arden's attention to historical detail is meticulous without ever feeling heavy-handed. The trenches, the makeshift hospitals, the bombed-out villages—all are rendered with precision, making the novel feel as much a work of historical fiction as it is a ghost story. Yet the supernatural elements are never mere embellishments; they serve as an extension of trauma, reinforcing the idea that war leaves behind not just ruins, but restless spirits—both literal

and figurative.

"Winter said there's ghosts all around you." He snorted, "When you swim in the ocean there's water all around you, but no one mentions it."

What makes this novel so powerful is its ability to blur the boundaries between horror and history, between the real and the imagined. Arden captures both the suffocating dread of war and moments of haunting, dreamlike beauty, creating a narrative that feels at once intimate and vast. The ghosts in this novel are more than just phantoms; they are

manifestations of grief, regret, and the inescapable echoes of violence. War itself is a spectral force, looming over every character, shaping their fates in ways both expected and tragic.

"In a way, it's easier to imagine the world's going to end. At least there's a certainty to it. End—bam—done. But change—where does change stop?"

The supporting cast is equally well-developed, each character carrying their own burdens, their own ghosts. Arden's ability to craft fully realized secondary characters adds to the immersive quality

"Ghosts have warm hands, he kept telling me, as though it were the greatest secret in the world."



No Man's Land

Playlist based on *The Warm Hands of Ghosts*

- Dead Man's Hand - Lord Huron
- Francesca - Hozier
- House of the Rising Sun - Lauren O'Connell
- Who Are You Really? - Mikky Ekko
- Safe & Sound - Taylor Swift
- Running Up That Hill - Kate Bush

of the story, making it feel as though every figure in this world has a past worth exploring. The novel's final twists are both surprising and inevitable, reinforcing its central themes while rewarding close reading. War is the novel's true antagonist—relentless, indifferent, and inescapable.

"That there's no such thing as a coward, or a brave man—not out there. There's no man's will stronger than the war."

One of the book's most remarkable qualities is its balance between lyricism and raw brutality. Arden doesn't shy away from the horrors of war, but she also doesn't sensationalize them. Instead, she presents them with a precise, unflinching honesty, making their impact all the more profound. The novel's dreamlike tone heightens this effect, drawing readers into a

world that feels both achingly real and eerily unreal at the same time.

"They are fighting their war in the last world, but we're dying in this one."

The Warm Hands of Ghosts is a novel that lingers, much like the spirits that haunt its pages. It is a deeply affecting meditation on war, memory, and the bonds that refuse to be severed, even in death. For those who appreciate historical fiction with a supernatural edge, or simply love a beautifully written, emotionally resonant story, this book is not to be missed. Arden has crafted something rare—an exploration of grief and survival that feels both intimate and epic, haunting in the best possible way.

"Ghosts have warm hands, he kept telling me, as though it were the greatest secret in the world."

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

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

Sentinel Literary Competition

FEBRUARY Challenge: Literary Love or The Bard

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

For ages 12 & Under: "Love Letters from Storybook Characters"

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

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

EXAMPLES:

Dear Humpty Dumpty,

You may have had a great fall,

But to me, you're the greatest of all!

Cracked or whole, you're still my friend—

Little Miss Muffet

Dear Puss in Boots,

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

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

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

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

Deadline: Friday, February 28, 2025. Winners announced in the March 7, 2025 issue.

How to Enter: Craft your clever response to this month's prompt, then visit www.NewCanaanSentinel.com/sentinel-writing-competition to submit it. Multiple entries are



Calendar of Events for Your Fridge

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

TOWN MEETINGS

Monday, February 10

Affordable Housing Committee

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

Tuesday, February 11

Board of Selectmen

8:30-10 a.m., Town Hall Meeting Room & via Zoom

Pension Committee

11 a.m.- 12 p.m., Location not posted at time of publication.

Fire Commission

7-8 p.m., Fire Headquarters

Board of Finance

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

Wednesday, February 12

Parks and Recreation Commission

7-8 p.m., the Lapham Center

Thursday, February 13

Police Department Building Committee

8-9 a.m., Town Hall. Specific room not posted at time of publication.

Conservation Commission

12-1 p.m., Town Hall Board Room & via Zoom

Utilities Commission

7-8 p.m., Town Hall Board Room

Board of Finance

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

February 7

COFFEE AND CONVERSATION

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

Guided Tour & Lunch at New Britain Museum of American Art

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

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

Global Voices Writing Project Wine & Cheese Reception

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

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

Americans in Paris- Night Two

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

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

February 8

HALO Wellness Weekend- Day One

7 AM at HALO Fitness 45 Grove Street
To mark its relaunch and expanded offerings, HALO Fitness invites the community to Wellness Weekend. The day is packed with complimentary fitness and wellness experiences. More information is available at www.halofitnessnc.com.

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>.

Film Screening: Crooklyn by Director Spike Lee

3 PM at the New Canaan Library, Craig B. Tate Conference Room
Spike Lee's semi-autobiographical story of growing up in 1970s Bedford-Stuyvesant features a vibrant cast including Alfre Woodard and Delroy Lindo. Rated PG-13. Register at <https://www.newcanaanlibrary.org/event/hold-black-history-month-film-crooklyn-129161>

Trevor Scott and Friends: Music of Benjamin Britten

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

February 9

HALO Wellness Weekend- Day Two

6 AM at HALO Fitness 45 Grove Street
To mark its relaunch and expanded offerings, HALO Fitness invites the community to Wellness Weekend. The community can sign up for complimentary 2-hour gym passes to try out the HALO Fitness facilities. More information is available at www.halofitnessnc.com.

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>.

Science Experiments, Bracelets, and Best Friends: Author Visit with Laura Wiltse Prior

2- 3 PM at the New Canaan Library, Kontulis Family Storytime Room
Author Laura Wiltse Prior will visit for the launch of her early chapter book *Emma Just Medium: The Friend Dilemma*. Hear a snippet of the book, then enjoy activities inspired by it including Dancing Raisins, Galaxy in a Jar, friendship bracelet making, and Legos. Books will be available for purchase during the event through Elm Street Books. Register at <https://www.newcanaanlibrary.org/event/copy-magnets-magic-sand-and-more-author-visit-laura-wiltse-prior-113573>.

February 10

VITA Free Tax Preparation

11 AM- 6 PM at the New Canaan Library, Craig B. Tate Conference Room
Get your 2024 taxes filed for free at New Canaan Library through SimplifyCT. SimplifyCT uses VITA, a secure, Internal Revenue Service (IRS) certified program that's been developed to connect individuals to volunteer IRS certified tax preparers who can give you advice and file your taxes. Drop-ins are welcome. Register at <https://shorturl.at/KDebZ>.

VITA Free Tax Preparation

11:30 AM at the New Canaan Library, Jim & Dede Bartlett Auditorium
With the support of a chair, this gentle Chair Yoga class will help you improve postural alignment, maintain pelvic mobility, reduce muscle tension and gain strength through flowing movements and focused breathing. Register at <https://www.newcanaanlibrary.org/event/hold-chair-yoga-117449>.

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

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.

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 full-service 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. 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/meet-our-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.

AARP Foundation Tax-Aide

10 AM - 3 PM at the Lapham Center
IRS trained and certified AARP Tax Counselors will provide free, income tax preparation on Wednesdays, February 5th through April 9th. There will be a focus on adults aged 50+ with a low to moderate income. AARP membership is NOT required. You can choose to have an IRS-certified volunteer prepare your taxes for you or provide guidance, so you can prepare them yourself. This program is by appointment only. Information about scheduling appointments will be available in mid-January. For more information, please call (203) 674-9336.

Renowned Author Elinor Lipman presents, "Every Tom, Dick & Harry"

1 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Author 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. Elm Street Books will be on site selling books. Register at <https://www.newcanaanlibrary.org/event/hold-elinor-lipman-115629>.

Cooking & Crafting for Kids: Valentines Edition

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

Renowned Author Elinor Lipman presents, "Every Tom, Dick & Harry"

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

Photography Talk with Jane Beiles

6-8 PM at the Carriage Barn Arts Center
Join in the gallery for a discussion covering creative inspirations and expressions and the photographic process with some of this year's

exhibiting photographers. Tickets are free for members, \$15/non-members, and available at <https://carriagebarn.org/event/2025-jane-beiles/>.

February 13

Blossom Hill's Annual Fundraiser - For the Love of a Child

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

SAVE THE DATE

February 14

COFFEE AND CONVERSATION

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

Health Talks with Shannon and Ellen

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

Afternoon Tea

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

February 15

Move with Grace Farms x lululemon | Yoga with Jane Krantz

10:30 AM at Grace Farms
Join instructor Jane Krantz for a fluid yoga class centered on moving through transitions with grace and finding stability in order to move with freedom, awareness, and expression. Starting with grounding breathwork, Jane will guide you through movement that will ignite a little bit of heat and a lot of joy, ending in a restful savasana. Tickets are \$18/members, \$22 for non-members, and available at <https://gracefarms.org>.

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>.

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 20

Fairy House Workshop

12 PM at Grace Farms
Create a Fairy House with natural materials collected from the landscapes surrounding the River building. Our Director of Horticulture, Kimberly Kelly, will facilitate the crafting while discussing the importance of creating a structure that will become part of nature again. Tickets are free for members, \$8/non-members, and available at <https://gracefarms.org>.

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Calendar of Events for Your Fridge

February 21

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

Move with Grace Farms x lululemon | Yoga with Jane Krantz

10:30 AM at Grace Farms
Join instructor Jane Krantz for a fluid yoga class centered on moving through transitions with grace and finding stability in order to move with freedom, awareness, and expression. Starting with grounding breathwork, Jane will guide you through movement that will ignite a little bit of heat and a lot of joy, ending in a restful savasana. Tickets are \$20/non-members, \$16/members, and available at <https://gracefarms.org>.

Polar Bear Picnic

5:30 PM at Grace Farms
Families are invited to 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>.

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 award-winning jazz performer, composer, and educator committed to using her art for positive change. Tickets are \$20/adult and available at <https://tickets.gracefarms.org>.

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-meditation-yoga-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-on-the-trail-winter-hiking-challenge/>.

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

VITA Free Tax Preparation

11 AM- 6 PM at the New Canaan Library, Craig B. Tate Conference Room
Get your 2024 taxes filed for free at New Canaan Library through SimplifyCT. SimplifyCT uses VITA, a secure, Internal Revenue Service (IRS) certified program that's been developed to connect individuals to volunteer IRS certified tax preparers who can give you advice and file your taxes. Drop-ins are welcome. Register at <https://shorturl.at/KDebZ>.

February 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 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 required.

March 15

Syrup Saturday

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

March 22

NC Color Drop

10 AM at Waveny Park
A helicopter will release 2,000 golf balls over a target at Waveny Park. Each ball will be numbered individually and the participants whose golf ball(s) land closest to the target will win one of the grand prizes below! 100% of proceeds will be donated to need-based college scholarships for NCHS graduates. Spectators are welcome. Golf balls are \$100/each and available to purchase at <https://www.nchs-sf.org/colordrop>.

BLOOD DRIVES

Monday, February 10

First Congregational Church of Darien
14 Brookside Road
Darien, CT 06820

1:00 PM – 6:00 PM

Thursday, February 13

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

Friday, February 14

First Presbyterian Church
1 West Putnam Ave
Greenwich, CT 06830
11:30 AM – 4:30 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 Canaan

Every Tuesday

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

Every Wednesday

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

Al-Anon Parent's & Newcomer's Mtg.

Wednesdays at 7:30 PM
Silver Hill, Jorgenson House
208 Valley Rd., New Canaan

Every Thursday

AA Big Book Meeting, Wheelchair Access
Thursdays at 7:30 AM
Congregational Church of New Canaan
23 Park St, New Canaan
New Canaan Parent Support Group
7- 8:30 PM
St. Mark's Episcopal Church
New Canaan

Our Neighbors

February 13

The Rascals 'Good Lovin' Valentine's Show

7:30 PM at the Ridgefield Playhouse
Kick off your Valentine's celebrations a day early with The Rascals 'Good Lovin' Valentine's Show! Experience magic as they take the stage with hits like "Good Lovin'," "Groovin'," and "A Beautiful Morning." Tickets are available at <https://ridgefieldplayhouse.org/event/the-rascals-good-lovin-valentines-show-2025/>.

February 23

Greenwich Skating Competition

9 AM at the Dorothy Hamill Rink
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.

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>.

PLAYING THIS WEEK AT



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THE HOUSE AT POOH CORNER BY A.A. MILNE

CHAPTER VII IN WHICH Tigger Is Unbounced

One day Rabbit and Piglet were sitting outside Pooh's front door listening to Rabbit, and Pooh was sitting with them. It was a drowsy summer afternoon, and the Forest was full of gentle sounds, which all seemed to be saying to Pooh, "Don't listen to Rabbit, listen to me." So he got into a comfortable position for not listening to Rabbit, and from time to time he opened his eyes to say "Ah!" and then closed them again to say "True," and from time to time Rabbit said, "You see what I mean, Piglet" very earnestly, and Piglet nodded earnestly to show that he did.

"In fact," said Rabbit, coming to the end of it at last, "Tigger's getting so Bouncy nowadays that it's time we taught him a lesson. Don't you think so, Piglet?"

Piglet said that Tigger was very Bouncy, and that if they could think of a way of unbouncing him, it would be a Very Good Idea.

"Just what I feel," said Rabbit. "What do you say, Pooh?"

Pooh opened his eyes with a jerk and said, "Extremely."



"Extremely what?" asked Rabbit.

"What you were saying," said Pooh. "Undoubtably."

Piglet gave Pooh a stiffening sort of nudge, and Pooh, who felt more and more that he was somewhere else, got up slowly and began to look for himself.

"But how shall we do it?" asked Piglet. "What sort of a lesson, Rabbit?"

"That's the point," said Rabbit.

The word "lesson" came back to Pooh as one he had heard before somewhere.

"There's a thing called Twy-stymes," he said. "Christopher Robin tried to teach it to me once, but it didn't."

"What didn't?" said Rabbit.

"Didn't what?" said Piglet.

Pooh shook his head.

"I don't know," he said. "It just didn't. What are we talking about?"

"Pooh," said Piglet reproachfully, "haven't you been listening to what Rabbit was saying?"

"I listened, but I had a small piece of fluff in my ear. Could you say it again, please, Rabbit?"

Rabbit never minded saying things again, so he asked where he should begin from; and when Pooh had said from the moment when the fluff got in his ear, and Rabbit had asked when that was, and Pooh had said he didn't know because he hadn't heard properly, Piglet settled it all by saying that what they were trying to do was, they were just trying to think of a way to get the bounces out of Tigger, because however much you liked him, you couldn't deny it, he did bounce.

"Oh, I see," said Pooh.

"There's too much of him," said Rabbit, "that's what it comes to."

Pooh tried to think, and all he could think of was something which didn't help at all. So he hummed it very quietly to himself.

If Rabbit
Was bigger
And fatter
And stronger,
Or bigger
Than Tigger,
If Tigger was smaller,
Then Tigger's bad habit
Of bouncing at Rabbit
Would matter

No longer,
If Rabbit
Was taller.

"What was Pooh saying?" asked Rabbit. "Any good?"

"No," said Pooh sadly. "No good."

"Well, I've got an idea," said Rabbit, "and here it is. We take Tigger for a long explore, somewhere where he's never been, and we lose him there, and next morning we find him again, and—mark my words—he'll be a different Tigger altogether."

"Why?" said Pooh.

"Because he'll be a Humble Tigger. Because he'll be a Sad Tigger, a Melancholy Tigger, a Small and Sorry Tigger, an Oh-Rabbit-I-am-glad-to-see-you Tigger. That's why."

"Will he be glad to see me and Piglet, too?"

"Of course."

"That's good," said Pooh.

"I should hate him to go on being Sad," said Piglet doubtfully.

"Tiggers never go on being Sad," explained Rabbit. "They get over it with Astonishing Rapidity. I asked Owl, just to make sure, and he said that that's what they always get over it with. But if we can make Tigger feel Small and Sad just for five minutes, we shall have done a good deed."

"Would Christopher Robin think so?" asked Piglet.

"Yes," said Rabbit. "He'd say 'You've done a good deed, Piglet. I would have done it myself, only I happened to be doing something else. Thank you, Piglet.' And Pooh, of course."

Piglet felt very glad about this, and he saw at once that what they were going to do to Tigger was a good thing to do, and as Pooh and Rabbit were doing it with him, it was a thing which even a Very Small Animal could wake up in the morning and be comfortable about doing. So the only question was, where should they lose Tigger?

"We'll take him to the North Pole," said Rabbit, "because it was a very long explore finding it, so it will be a very long explore for Tigger unfinding it again."

It was now Pooh's turn to feel very glad, because it was he who had first found the North Pole, and when they got there, Tigger would see a notice which said, "Discovered by Pooh, Pooh found it," and then Tigger would know, which perhaps he didn't know, the sort of Bear Pooh was. That sort of Bear.

So it was arranged that they should start next morning, and that Rabbit, who lived near Kanga and Roo and Tigger, should now go home and ask Tigger what he was doing tomorrow, because if he wasn't doing anything, what about coming for an explore and getting Pooh and Piglet to come too? And if Tigger said "Yes" that would be all right, and if he said "No"—

"He won't," said Rabbit. "Leave it to me." And he went off busily.

The next day was quite a different day. Instead of being hot and sunny, it was cold and misty. Pooh didn't mind for himself, but when he thought of all the honey the bees wouldn't be making, a cold and misty day always made him feel sorry for them. He said so to Piglet when Piglet came to fetch him, and Piglet said that he wasn't thinking of that so much, but of how cold and miserable it would be being lost all day and night on the top of the Forest. But when he and Pooh had got to Rabbit's house, Rabbit said it was just the day for them, because Tigger always bounced on ahead of everybody, and as soon as he got out of sight, they would hurry away in the other direction, and he would never see them again.

"Not never?" said Piglet.

"Well, not until we find him again, Piglet. Tomorrow, or whenever it is. Come on. He's waiting for us."

When they got to Kanga's house, they found that Roo was waiting too, being a great friend

of Tigger's, which made it Awkward; but Rabbit whispered "Leave this to me" behind his paw to Pooh, and went up to Kanga.

"I don't think Roo had better come," he said. "Not today."

"Why not?" said Roo, who wasn't supposed to be listening.

"Nasty cold day," said Rabbit, shaking his head. "And you were coughing this morning."

"How do you know?" asked Roo indignantly.

"Oh, Roo, you never told me," said Kanga reproachfully.

"It was a Biscuit Cough," said Roo, "not one you tell about."

"I think not today, dear. Another day."

"Tomorrow?" said Roo hopefully.

"We'll see," said Kanga.

"You're always seeing, and nothing ever happens," said Roo sadly.

"Nobody could see on a day like this, Roo," said Rabbit. "I don't expect we shall get very far, and then this afternoon we'll all—we'll all—we'll—ah, Tigger, there you are. Come on. Good-bye, Roo! This afternoon we'll—come on, Pooh! All ready? That's right. Come on."



So they went. At first Pooh and Rabbit and Piglet walked together, and Tigger ran round them in circles, and then, when the path got narrower, Rabbit, Piglet and Pooh walked one after another, and Tigger ran round them in oblongs, and by-and-by, when the gorse got very prickly on each side of the path, Tigger ran up and down in front of them, and sometimes he bounced into Rabbit and sometimes he didn't. And as they got higher, the mist got thicker, so that Tigger kept disappearing, and then when you thought he wasn't there, there he was again, saying "I say, come on," and before you could say anything, there he wasn't.

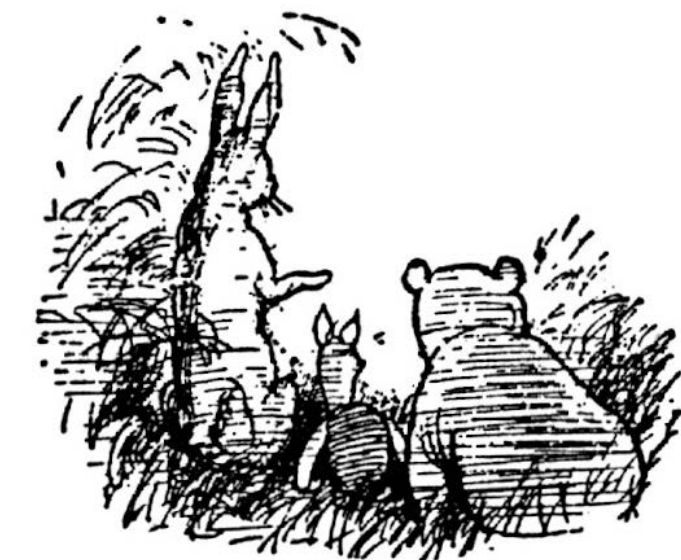
Rabbit turned round and nudged Piglet.

"The next time," he said. "Tell Pooh."

"The next time," said Piglet to Pooh.

"The next what?" said Pooh to Piglet.

Tigger appeared suddenly, bounced into Rabbit, and disappeared again. "Now!" said Rabbit. He jumped into a hollow by the side of the path, and Pooh and Piglet jumped after him. They crouched in the bracken, listening. The Forest was very silent when you stopped and listened to it. They could see nothing and hear nothing.



"H'sh!" said Rabbit.

"I am," said Pooh.

There was a pattering noise ... then silence again.

"Hallo!" said Tigger, and he sounded so close suddenly that Piglet would have jumped if Pooh hadn't accidentally been sitting on most of him.

"Where are you?" called Tigger.

Rabbit nudged Pooh, and Pooh looked about for Piglet to nudge, but couldn't find him, and Piglet went on breathing wet bracken as

quietly as he could, and felt very brave and excited.

"That's funny," said Tigger.



There was a moment's silence, and then they heard him pattering off again. For a little longer they waited, until the Forest had become so still that it almost frightened them, and then Rabbit got up and stretched himself. "Well?" he whispered proudly. "There we are! Just as I said."

"I've been thinking," said Pooh, "and I think——"

"No," said Rabbit. "Don't. Run. Come on." And they all hurried off, Rabbit leading the way.

"Now," said Rabbit, after they had gone a little way, "we can talk. What were you going to say, Pooh?"

"Nothing much. Why are we going along here?"

"Because it's the way home."

"Oh!" said Pooh.

"I think it's more to the right," said Piglet nervously. "What do you think, Pooh?"



Pooh looked at his two paws. He knew that one of them was the right, and he knew that when you had decided which one of them was the right, then the other one was the left, but he never could remember how to begin.

"Well," he said slowly——

"Come on," said Rabbit. "I know it's this way." They went on. Ten minutes later they stopped again.

"It's very silly," said Rabbit, "but just for the moment I——Ah, of course. Come on...."

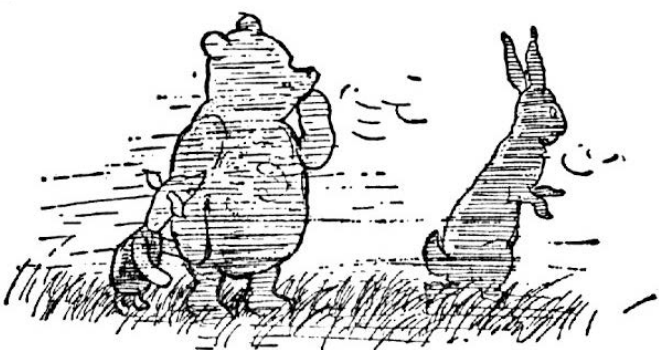
"Here we are," said Rabbit ten minutes later. "No, we're not...."

"Now," said Rabbit ten minutes later, "I think we ought to be getting—or are we a little bit more to the right than I thought?..."

"It's a funny thing," said Rabbit ten minutes later, "how everything looks the same in a mist. Have you noticed it, Pooh?"

Pooh said that he had.

"Lucky we know the Forest so well, or we might get lost," said Rabbit half an hour later, and he gave the careless laugh which you give when you know the Forest so well that you can't get lost.



Piglet sidled up to Pooh from behind.

"Pooh!" he whispered.

"Yes, Piglet?"

"Nothing," said Piglet, taking Pooh's paw. "I just wanted to be sure of you."

When Tigger had finished waiting for the others to catch him up, and they hadn't, and

when he had got tired of having nobody to say, "I say, come on" to, he thought he would go home. So he trotted back; and the first thing Kanga said when she saw him was "There's a good Tigger. You're just in time for your Strengthening Medicine," and she poured it out for him. Roo said proudly, "I've had mine," and Tigger swallowed his and said, "So have I," and then he and Roo pushed each other about in a friendly way, and Tigger accidentally knocked over one or two chairs by accident, and Roo accidentally knocked over one on purpose, and Kanga said, "Now then, run along."

"Where shall we run along to?" asked Roo.

"You can go and collect some fir-cones for me," said Kanga, giving them a basket.



So they went to the Six Pine Trees, and threw fir-cones at each other until they had forgotten what they came for, and they left the basket under the trees and went back to dinner. And it was just as they were finishing dinner that Christopher Robin put his head in at the door.

"Where's Pooh?" he asked.

"Tigger dear, where's Pooh?" said Kanga. Tigger explained what had happened at the same time that Roo was explaining about his Biscuit Cough and Kanga was telling them not both to talk at once, so it was some time before Christopher Robin guessed that Pooh and Piglet and Rabbit were all lost in the mist on the top of the Forest.

"It's a funny thing about Tiggers," whispered Tigger to Roo, "how Tiggers never get lost."

"Why don't they, Tigger?"

"They just don't," explained Tigger. "That's how it is."

"Well," said Christopher Robin, "we shall have to go and find them, that's all. Come on, Tigger."

"I shall have to go and find them," explained Tigger to Roo.

"May I find them too?" asked Roo eagerly.

"I think not today, dear," said Kanga.

"Another day."

"Well, if they're lost tomorrow, may I find them?"

"We'll see," said Kanga, and Roo, who knew what that meant, went into a corner, and practised jumping out at himself, partly because he wanted to practise this, and partly because he didn't want Christopher Robin and Tigger to think that he minded when they went off without him.



"The fact is," said Rabbit, "we've missed our way somehow."

They were having a rest in a small sand-pit on the top of the Forest. Pooh was getting rather tired of that sand-pit, and suspected it of following them about, because whichever direction they started in, they always ended up at it, and each time, as it came through the mist at them, Rabbit said triumphantly, "Now I know where we are!" and Pooh said sadly, "So do I," and Piglet said nothing. He had tried to think of something to say, but the only thing he could think of was, "Help, help!" and it seemed silly to say that, when he had Pooh and Rabbit with him.

"Well," said Rabbit, after a long silence in which nobody thanked him for the nice walk they were having, "we'd better get on, I suppose. Which way shall we try?"

"How would it be," said Pooh slowly, "if, as soon as we're out of sight of this Pit, we try to find it again?"

"What's the good of that?" said Rabbit.

"Well," said Pooh, "we keep looking for Home and not finding it, so I thought that if we looked for this Pit, we'd be sure not to find it, which would be a Good Thing, because then we might find something that we weren't looking for, which might be just what we were looking for, really."

"I don't see much sense in that," said Rabbit.

"No," said Pooh humbly, "there isn't. But there was going to be when I began it. It's just that something happened to it on the way."

"If I walked away from this Pit, and then walked back to it, of course I should find it."

"Well, I thought perhaps you wouldn't," said Pooh. "I just thought."

"Try," said Piglet suddenly. "We'll wait here for you."

Rabbit gave a laugh to show how silly Piglet was, and walked into the mist. After he had gone a hundred yards, he turned and walked back again ... and after Pooh and Piglet had waited twenty minutes for him, Pooh got up.

"I just thought," said Pooh. "Now then, Piglet, let's go home."

"But, Pooh," cried Piglet, all excited, "do you know the way?"

"No," said Pooh. "But there are twelve pots of honey in my cupboard, and they've been calling to me for hours. I couldn't hear them properly before, because Rabbit would talk, but if nobody says anything except those twelve pots, I think, Piglet, I shall know where they're calling from. Come on."

They walked off together; and for a long time Piglet said nothing, so as not to interrupt the pots; and then suddenly he made a squeaky noise ... and an oo-noise ... because now he began to know where he was; but he still didn't dare to say so out loud, in case he wasn't. And just when he was getting so sure of himself that it didn't matter whether the pots went on calling or not, there was a shout from in front of them, and out of the mist came Christopher Robin.



"Oh, there you are," said Christopher Robin carelessly, trying to pretend that he hadn't been Anxious.

"Here we are," said Pooh.

"Where's Rabbit?"

"I don't know," said Pooh.

"Oh—well, I expect Tigger will find him. He's sort of looking for you all."

"Well," said Pooh, "I've got to go home for something, and so has Piglet, because we haven't had it yet, and——"

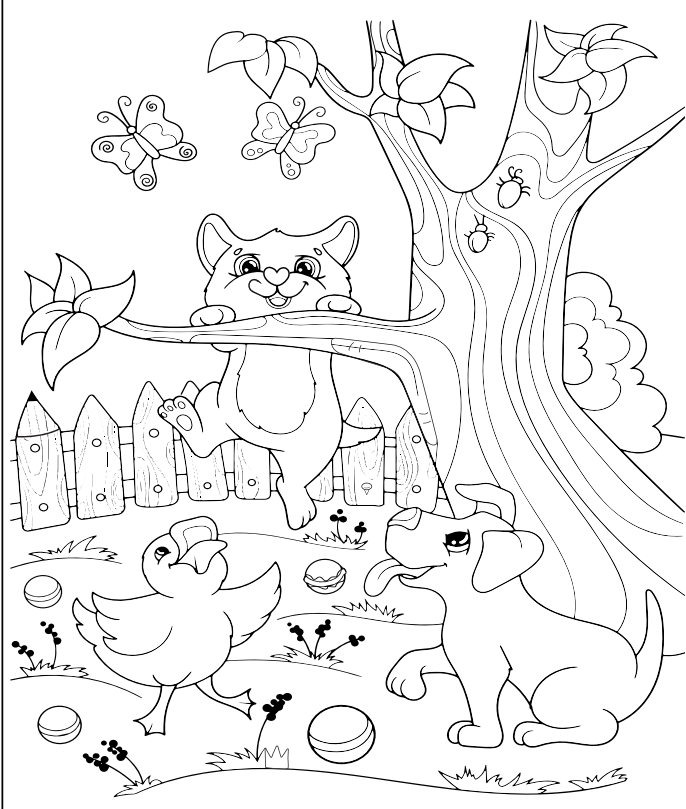
"I'll come and watch you," said Christopher Robin.



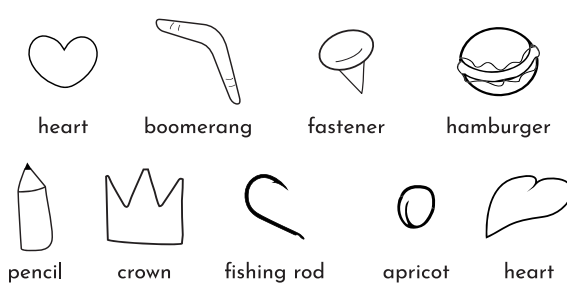
So he went home with Pooh, and watched him for quite a long time ... and all the time he was watching, Tigger was tearing round the Forest making loud yapping noises for Rabbit. And at last a very Small and Sorry Rabbit heard him. And the Small and Sorry Rabbit rushed through the mist at the noise, and it suddenly turned into Tigger; a Friendly Tigger, a Grand Tigger, a Large and Helpful Tigger, a Tigger who bounced, if he bounced at all, in just the beautiful way a Tigger ought to bounce.

"Oh, Tigger, I am glad to see you," cried Rabbit.

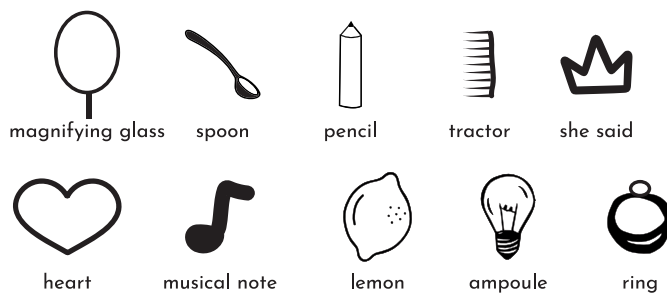
Find and color.



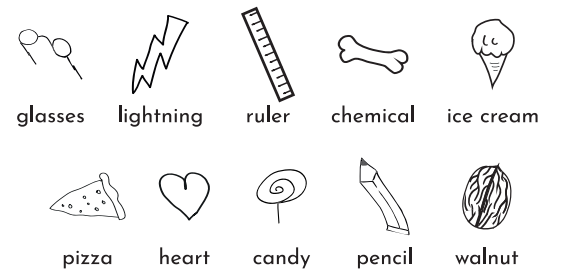
FIND ALL HIDDEN



FIND ALL HIDDEN



FIND ALL HIDDEN



Sudoku for Kids

3		1	4
			3
2	4		1
		4	

2		1	
1	3		
		4	
4	2	3	

			2
	4	3	
4		1	
1		2	4

3			1
2	1		
4			2
1		3	

SUDOKU

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

Easy

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

Hard

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

Very Hard

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

Easy

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

Hard

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

Very Hard

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

Sudoku answers

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

Riddle answer is a clock.

Universal Crossword

Edited by Jared Goudsmit

ACROSS

- 1 "The King" actress Lily-Rose
- 5 Harvest
- 9 Becomes less bright
- 13 Trifling
- 14 Jaipur's country
- 16 Fine-tune, like text
- 17 Put a pin in it!
- 19 Opposite of wax
- 20 Hosp. scan
- 21 Flake (on)
- 23 Dress edge
- 24 Car add-ons that reduce wind noise and glare
- 28 Stool pigeon
- 29 Comic Jeong
- 30 List on Decluttr, say
- 31 "Yeah, when pigs fly!"
- 33 Bread box?
- 35 Limber
- 39 Plan that's sure to succeed
- 43 Make void
- 44 -de-France
- 45 18-wheeler
- 46 Small salamander
- 49 Finnish duo?
- 51 Scripps National Spelling ___
- 52 Writer such as Julia Child
- 57 Warm greeting
- 58 Idris named People's Sexiest Man Alive in 2018
- 59 "Yech!"
- 60 Comedian Rodriguez
- 62 Extra person on a double date ... who's depicted by the last O in 17-, 24-, 39- and 52-Across?
- 67 Used a turn-table
- 68 Charlatan
- 69 Thomas of soul
- 70 Beach trip grains
- 71 ___ serif
- 72 Story of Pandora, e.g.

DOWN

- 1 Driver's license org.
- 2 Fair-hiring letters
- 3 Step up at work
- 4 Actor Pascal
- 5 Ipanema's city, familiarly
- 6 "The ___ is near!"
- 7 Spicy Spanish marinade
- 8 Seasoned rice dishes
- 9 Lawn moisture
- 10 Shoshone Falls state
- 11 Underground worker
- 12 Parts of apples or goblets
- 15 "Stayin' ___" (Bee Gees hit)
- 18 (I'm a pig!)
- 22 French city found backward in "Well, I'll be!"
- 24 Stoneworker

- 25 Tail end
- 26 "Hold ___ your hat!"
- 27 Narrow openings
- 28 Tennis star Nadal's nickname
- 32 Get an F on
- 34 "Who, me?"
- 36 New York City neighborhood near NoHo
- 37 "Odyssey" poet
- 38 Emmy-winning Falco
- 40 Military academy newbie
- 41 Bug biting Rover
- 42 List with appetizers
- 47 See 48-Down
- 48 With 47-Down, award-winning writer of "This Boy's Life"

- 50 Kare-kare or ragout
- 52 "Hanging" things in the 2000 election
- 53 Occult board
- 54 Nash who said, "You are only young once, but you can stay immature indefinitely"
- 55 "The Meta-morphosis" writer
- 56 Pronoun pair for Ryan Gosling
- 61 Sum up
- 63 V : five :: X :
- 64 Big baseball hits: Abbr.
- 65 CPR pro
- 66 -di-dah (pretentious)

PREVIOUS PUZZLE ANSWER

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

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8/4 **That's How I Roll** by Sam Koperwas and Jeff Chen

1	2	3	4	5	6	7	8	9	10	11	12					
13				14				15								
17				18						19						
		20					21		22		23					
					24			25	26							
28					29				30							
31			32			33			34			35		36	37	38
39				40					41	42						
43								44					45			
				46		47	48		49		50			51		
52	53	54						55					56			
57						58							59			
60				61			62			63	64				65	66
67							68							69		
70									71						72	

Horoscopes

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 self-awareness with openness to new or deepening relationships is essential. Use this time to prioritize your needs while remaining receptive to meaningful interactions.

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.

Aquarius 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.

Aries Venus aligns with the Sun on February 3, enhancing your social influence. Focus on self-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. 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 social energy and responsibilities. By February 6, focus on avoiding old relationship patterns, such as reconnecting with an ex. Over the weekend, enhanced confidence and social engagement create opportunities for fulfilling

interactions. Balance social participation with intentional choices.

interactions. Balance social participation with intentional choices.

Libra 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.

Scorpio 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.

Sagittarius Jupiter's direct motion on the 4th may resurface 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. Reflect on personal boundaries in relationships, ensuring they support healthy connections. The first quarter moon on February 5 is an opportunity to assess emotional well-being and prioritize self-care. Use this time for healing and growth.

Family Time Crossword

The (K) Clues Are for Kids

Created by Timothy E. Parker

ACROSS

- 1. (K) Royal sport
- 5. Short-lived trends
- 9. (K) Dog's foot
- 12. Figure skater's jump
- 13. Bank loan security
- 14. Legendary name in the boxing world
- 15. (K) Something a library will do
- 16. (K) Bone in the arm
- 17. (K) Young Snoopy, for one
- 18. (K) Thomas the Tank
- 20. (K) Picture holder
- 22. (K) Summer attire
- 23. (K) Part of any good crossword
- 25. (K) "Stick out your tongue and say '___' ..."
- 27. Plant with soothing medicinal qualities
- 29. (K) Meat brand with a blue-and-yellow can
- 33. Stage of advancement (2 words)
- 36. (K) Some farm birds
- 37. Fit together, as gears
- 38. (K) Type of pet
- 39. Neuter
- 41. Stop waffling
- 43. Do this to keep a turkey moist
- 46. (K) Donkey's hello (2 words)
- 49. Pie-mode connection (2 words)
- 50. Showroom model
- 53. (K) Apple leftover
- 54. (K) Pig abode
- 55. (K) Numbers for everyone in your family
- 56. Draft choices in Britain
- 57. (K) Urgent call at sea
- 58. (K) ___ Star State (Texas)
- 59. (K) Not messy

DOWN

- 1. (K) Like periwinkle, compared to indigo
- 2. (K) Farm creatures that may be yoked
- 3. (K) Make longer
- 4. Hit tune from the past
- 5. Part of a chimney
- 6. Be in need of a doctor
- 7. (K) Lion shelter
- 8. Major whoopsie
- 9. (K) Mama Bear's hubby
- 10. Reunion attendee, briefly
- 11. (K) Clean the windshield
- 19. High tide's lowest level
- 21. (K) Stop playing so much?
- 23. ___ Island, N.Y.
- 24. (K) There are three on a grand piano
- 25. (K) Volcanic output
- 26. (K) Had all the cookies
- 28. (K) Kind of bean
- 30. Cruise ship window
- 31. (K) Santa ___ California
- 32. Attained, as a goal
- 34. (K) "Wanna hear a secret?" sound
- 35. (K) Old Woman's abode, in a nursery rhyme
- 40. Accelerator or brake
- 42. (K) Chocolate turtle ingredient
- 43. Low voice
- 44. Low voice
- 45. (K) Simon's verb
- 46. It may be coiled in the yard
- 47. (K) ___ code (three-digit number)
- 48. (K) Major U.S. coast
- 51. It's a matter of pride
- 52. (K) Former little boys

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

Take five or 10?

Look for the answer in next week's paper.

PREVIOUS PUZZLE ANSWER

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

Previous riddle answer:

Finish to a singles match? 51-A) I DO

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1	2	3	4	5	6	7	8	9	10	11				
12					13				14					
15					16				17					
18				19			20	21						
		22			23	24								
25	26				27	28			29	30	31	32		
33			34					35						
36						37			38					
43	44	45						46				47	48	
49				50	51	52			53					
54						55				56				
57						58					59			

7 LITTLE WORDS

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

CLUES

- 1 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)

SOLUTIONS

WO	NF	SUN	DAY	RUM
UGH	GI	TED	ET	DIS
TO	AN	ER	DRY	LA
MAG	TOR	RK	LLI	CO

Previous Answers: 1. STRESSFUL 2. MOOSE 3. SWEATSUIT 4. HONEYBEES 5. ZIGZAGGING 6. RECESSES 7. LEVEL 8/25

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

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The Lunar New Year



calendars aligned. This is why Lunar New Year happens on a different day each year.

2025: The Year of the Snake

Each Lunar New Year is linked to one of twelve animals in the Chinese zodiac. In 2025, we will enter the Year of the Snake. According to legend, these animals were chosen by the Jade Emperor, when the order in which the animals finished a great race determined zodiac cycle.

People born in the Year of the Snake are believed to be wise, determined, and intuitive. The snake is a symbol of deep thinking and mystery, much like the way a snake silently moves through the grass before making its next move. Some famous figures in history were born in the Year of the Snake, including Mahatma Gandhi and Pablo Picasso.

The 12 Animals of the Chinese Zodiac

Each year is linked to one of these 12 animals, and each has its own traits:

- Rat (聪明 - Intelligent): Clever, quick-witted, and resourceful. 2008
 - Ox (坚强 - Strong): Hardworking, dependable, and patient.
 - Tiger (勇敢 - Brave): Fearless, confident, and a leader.
 - Rabbit (温和 - Gentle): Kind, peaceful, and artistic.
 - Dragon (强大 - Powerful): Bold, ambitious, and charismatic.
 - Snake (智慧 - Wise): Thoughtful, intuitive, and strategic.
 - Horse (活力 - Energetic): Free-spirited, strong, and adventurous.
 - Goat (or Sheep) (温顺 - Gentle): Creative, kind, and compassionate.
 - Monkey (机智 - Witty): Playful, smart, and curious.
 - Rooster (勤劳 - Hardworking): Honest, confident, and responsible.
 - Dog (忠诚 - Loyal): Faithful, protective, and trustworthy.
 - Pig (慷慨 - Generous): Caring, cheerful, and good-hearted.
- Snake: 2025, 2013, 2001, 1989, 1977, 1965
 Dragon: 2024, 2012, 2000, 1988, 1976, 1964
 Rabbit: 2023, 2011, 1999, 1987, 1975, 1963

- Tiger: 2022, 2010, 1998, 1986, 1974, 1962
- Ox: 2021, 2009, 1997, 1985, 1973, 1961
- Rat: 2020, 2008, 1996, 1984, 1972, 1960
- Pig: 2019, 2007, 1995, 1983, 1971, 1959
- Dog: 2018, 2006, 1994, 1982, 1970, 1958
- Rooster: 2017, 2005, 1993, 1981, 1969, 1957
- Monkey: 2016, 2004, 1992, 1980, 1968, 1956
- Goat (Sheep): 2015, 2003, 1991, 1979, 1967, 1955
- Horse: 2014, 2002, 1990, 1978, 1966, 1954

Traditions of Lunar New Year

During Lunar New Year, families clean their homes to sweep away bad luck and welcome good fortune. Red decorations are everywhere because red is believed to scare away bad spirits. People give red envelopes filled with money to children as a symbol of good luck. Fireworks light up the sky to celebrate new beginnings.

The Lantern Festival marks the grand finale of the Lunar New Year celebrations, occurring on the 15th day of the first lunar month. In 2025, it falls on February 12. The festival symbolizes unity, hope, and the return of light, as it coincides with the first full moon of the new lunar year. People celebrate by lighting colorful lanterns, solving riddles, and watching lion and dragon dances. The lanterns represent letting go of the past and embracing new opportunities.

Between Lunar New Year's Day and the Lantern Festival, the first two weeks of the new year are filled with customs meant to bring luck and prosperity.

As the Lantern Festival approaches, celebrations shift from private gatherings to public festivities. The festival is a joyful way to close the Lunar New Year period, lighting the way for a year filled with harmony and success.

February 7, 2025, falls on the tenth day of the Lunar New Year celebrations. In the traditional Chinese calendar, each day of the 15-day Lunar New Year period has special significance.

Riddle: "It has hands but cannot clap."

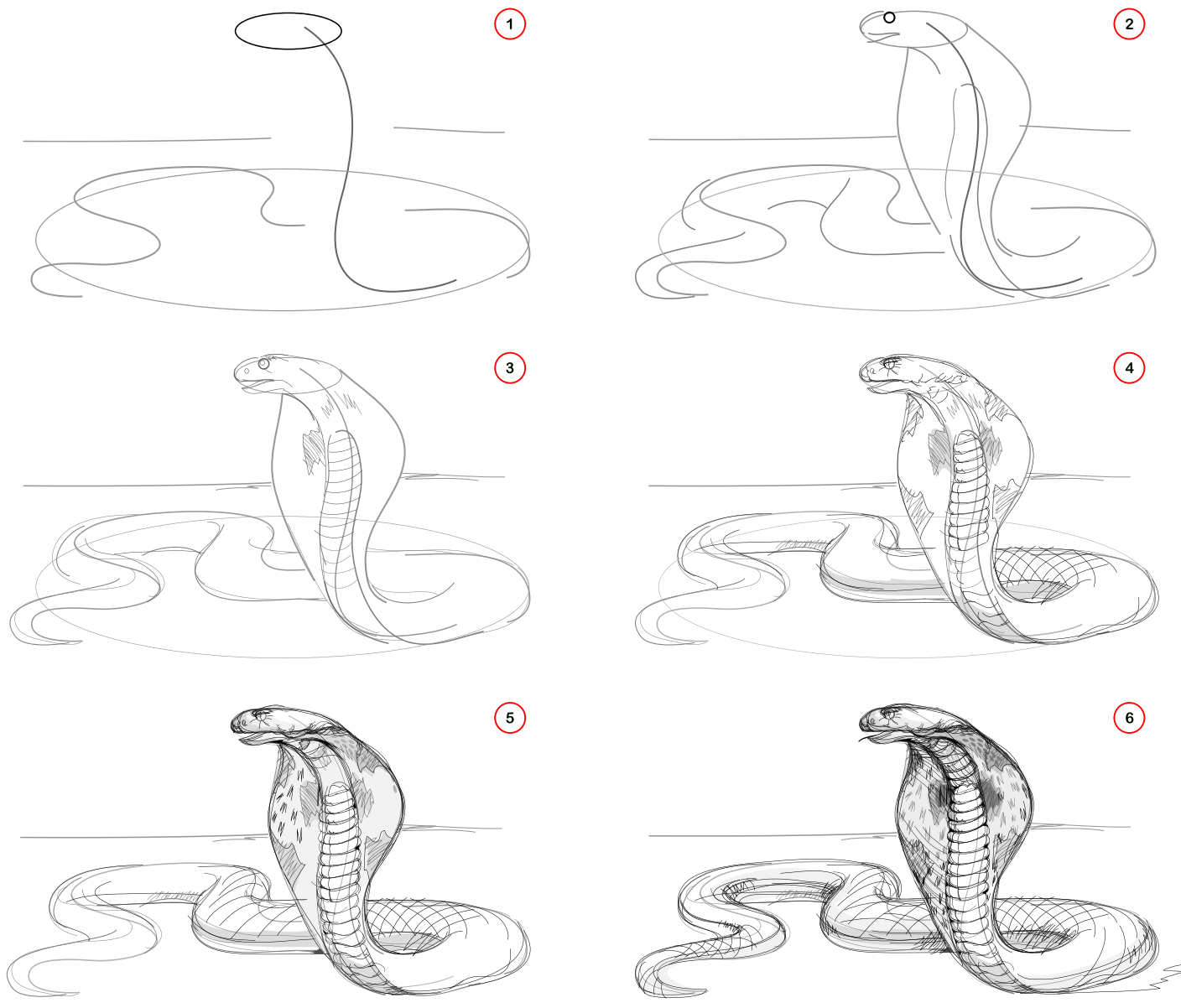
What is the Lunar New Year?

Unlike the New Year celebrated on January 1, which follows the Gregorian calendar, Lunar New Year follows the lunar calendar, which is based on the cycles of the moon. The date of Lunar New Year changes each year but always falls between January 21 and February 20.

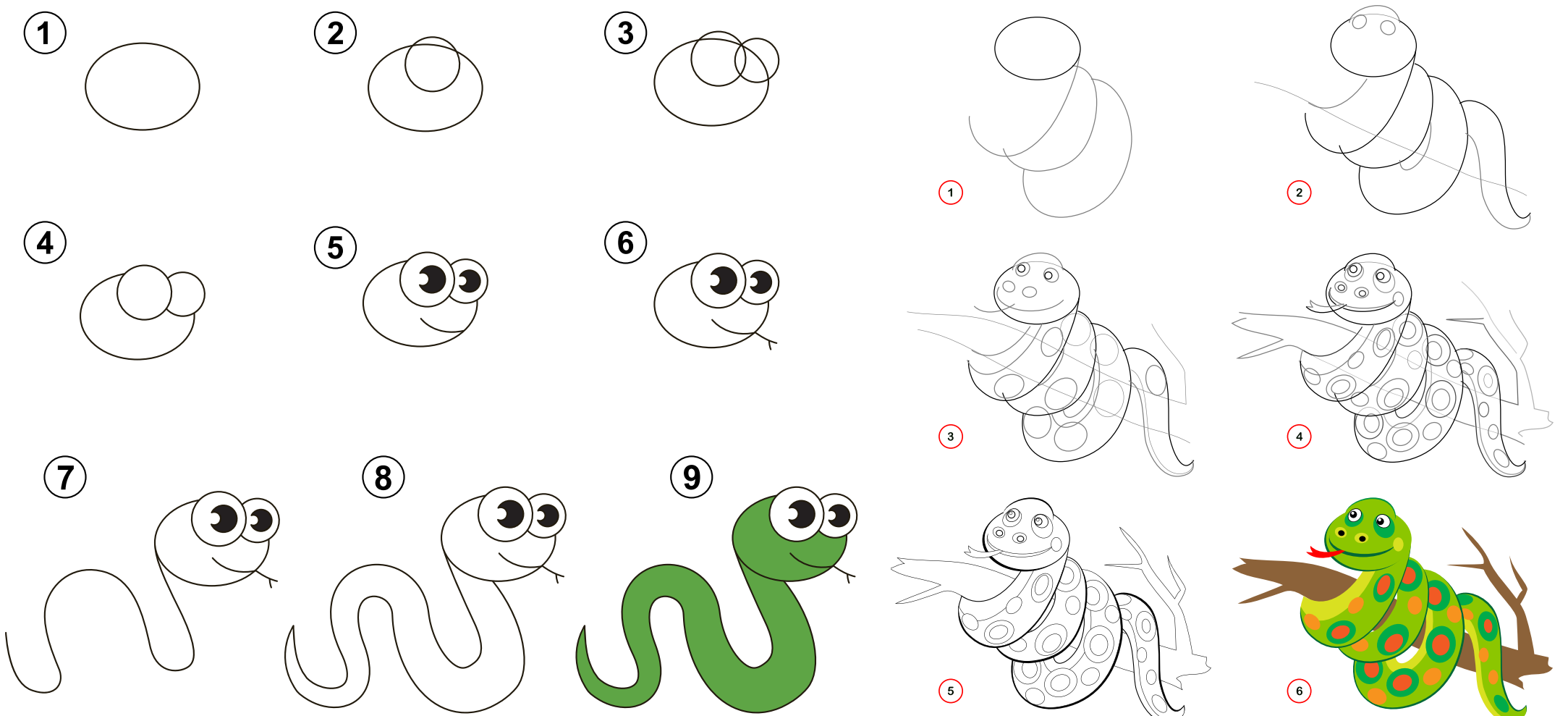
In 2025, Lunar New Year will begin on January 29.

How is Lunar New Year Calculated?

The lunar calendar is different from the calendar most people use today. It is based on the moon's cycle, with months that last about 29.5 days. Because of this, the year does not always match up with the solar calendar (which follows the sun). Every few years, an extra month is added to keep the



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CROSSWORD

1. RABBIT, 2. ROOSTER, 3. BULL, 4. TIGER, 5. PIG, 6. DOG, 7. SNAKE, 8. GOAT, 9. DRAGON, 10. MOUSE, 11. HORSE, 12. MONKEY



FIND TEN DIFFERENCES

MATH GAME

+ = 6
 + = 5
 + - = 2

0 1 2 3 4 5 6 7 8 9

WORD SEARCH PUZZLE

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

I SPY GAME

A Master of Camouflage and Patience

By Jane Noyce

In nature, success is not always about speed or strength. Sometimes, it is about patience, precision, and adaptability. Among Connecticut's native wildlife, few creatures embody these traits better than the Northern Copperhead. A master of camouflage, this remarkable reptile thrives in plain sight, navigating the modern world without drawing attention to itself. Unlike its louder, more conspicuous counterparts, the copperhead excels by blending in, waiting for the perfect moment, and striking with efficiency. It is a lesson in restraint, focus, and strategic action—principles that humans, too, can apply to achieve success in a rapidly shifting landscape.



Copperhead Snake

The copperhead reminds us that not every challenge requires a response. Measured, purposeful action is more effective than constant reaction.

Perhaps most remarkably, the copperhead survives despite being widely misunderstood. Feared and persecuted, it has endured countless attacks from humans who mistake it for something more dangerous than it is. Yet, rather than becoming aggressive, it has persisted by relying on the same strategies that have always worked—blending in, waiting, adapting. At times when misunderstanding and misrepresentation are common, this is a lesson in the power of quiet confidence.

True success isn't about being the loudest or the most aggressive.

The copperhead is one of two venomous snake species in Connecticut, alongside the timber rattlesnake. Unlike its endangered relative, which has suffered from overhunting and habitat loss, the copperhead has persisted, not through brute force but through careful adaptation. Its cryptic coloration allows it to disappear into the forest floor, avoiding unnecessary conflicts. It does not waste energy in fruitless battles but instead relies on patience. Lying motionless in leaf litter or under debris, it waits for the precise moment to strike, ensuring that when it acts, it succeeds.

The Northern Copperhead (*Agkistrodon contortrix mokasen*) belongs to the pit viper family, meaning it possesses heat-sensitive pit organs located between its eyes and nostrils. These organs allow it to detect warm-blooded prey, even in complete darkness. This evolutionary advantage, combined with its lightning-fast strike, makes the copperhead an efficient hunter. It primarily preys on small rodents, but it also consumes birds, amphibians, insects, and even other reptiles. Unlike many snakes, copperheads

are ovoviviparous, meaning their young develop inside the mother and are born live, rather than hatching from eggs. At birth, the young are fully capable of hunting and fending for themselves.

Though venomous, the copperhead is not aggressive. It prefers to remain motionless, relying on its camouflage to avoid detection. When threatened, it may vibrate its tail—a behavior often mistaken for a rattlesnake's warning. Only when directly provoked or stepped on does it resort to biting. Copperhead venom is hemolytic, meaning it breaks down red blood cells, causing localized pain, swelling, and, in some cases, tissue damage. However, fatalities are exceedingly rare. In Connecticut, copperhead bites are infrequent, with only a handful reported each year. Thanks to modern medical care, bites are almost never life-threatening, but immediate

medical attention is advised.

Copperheads thrive in Connecticut's rocky ridges, forested hillsides, and meadow edges, often near wetlands. They are most active from April through October, particularly at night during the warmer months. To reduce the risk of encounters, hikers and outdoor enthusiasts should stay on clear trails, wear protective footwear, and remain vigilant when stepping over logs or reaching into rocky crevices. Copperheads, like most snakes, prefer to retreat rather than engage—given space, they will simply move on.

The lesson is clear: success often comes not from constant motion but from knowing when to be still. In our world of relentless activity and instant gratification, the copperhead's strategy reminds us that sometimes the best move is no move at all—until the time is right. The ability to observe, assess, and act only when

necessary is a trait shared by the most effective leaders, athletes, and strategists.

The copperhead's success is also about adaptability. While the timber rattlesnake has seen its numbers dwindle due to human encroachment, the copperhead has found ways to persist. It does not need vast, undisturbed wilderness to survive. Instead, it thrives on the edges—of forests, meadows, and even suburban developments. It adjusts to changing conditions without compromising its fundamental nature. This is a key to resilience in any field, from business to personal development. Those who can adapt without losing their core strengths are the ones who endure.

The copperhead also teaches the value of measured action. When threatened, it does not immediately lash out. It

remains still, allowing potential threats to pass. Even when confronted, it often issues warnings—vibrating its tail like a rattlesnake or adopting a defensive posture. Only when there is no other option does it strike, and when it does, it does so with precision. Its venom is not wasted but used efficiently.

The copperhead does not engage in unnecessary

Patience, precision, and resilience—traits that we would do well to adopt. Perhaps the copperhead offers the greatest lesson of all: True success is not about being the most visible. It is about knowing when to move, when to wait, and how to strike with purpose.

True success isn't about being the loudest or the most aggressive. It's about knowing when to move, when to wait, and how to act with purpose.

