

Publisher@NewCanaanSentinel.com

## LOCAL NEWS BRIEFING

### POLICE AND FIRE

#### NCPD Targets Distracted Driving

The New Canaan Police Department will participate in the 2025 Distracted Driving Grant enforcement effort from April 1 to April 30. The initiative is part of a campaign with the U.S. Department of Transportation's National Highway Traffic Safety Administration and other law enforcement agencies. Drivers are instructed to avoid using phones while operating a vehicle.

### TOWN HALL

#### Passes Now Available

As of April 1st, passes are available for Mead Park tennis and pickleball, the Steve Benko Pool, and Kiwanis Park. Memberships can be purchased online at <https://shorturl.at/8fQ2k>.

### AROUND TOWN

#### Clean Your Mile 2025

The 2025 Clean Your Mile event will take place from April 21-27. Families are welcome to organize neighborhood teams to clean up roadside trash on their street. Upon completion of neighborhood CYM collection, volunteers are asked to secure filled trash bags on grassy shoulders and notify the Highway Department for pickup at 203-594-3704. Garbage bags and a limited supply of grabbers are available at Town Hall, the Public Works Department, or Inland Wetlands. More information is available at [https://www.newcanaaan.info/\\_T8\\_R596.php](https://www.newcanaaan.info/_T8_R596.php).

### LOCAL BUSINESSES AND NONPROFITS

#### Alasio Speaks at Rotary Club



Recently, Dr. Teresa Alasio spoke at the Rotary Club of New Canaan about her career path and the founding of her business, Intentional Self Aesthetics. She earned degrees in anthropology from Rutgers University, completed pre-medical studies at Columbia, and received her medical degree from the Icahn School of Medicine at Mount Sinai. Photo credit: New Canaan Rotary Club.

CONTINUED ON PAGE 2



New Canaan players scramble for the ball after breaking up Yorktown's attempt midway through the second quarter—a key momentum shift in a fast-paced early season scrimmage. New Canaan's varsity squad continues to sharpen its midfield communication and ground ball dominance as it opens the spring 2025 campaign. It should be a great season. Photo credit: Christopher DeMuth

## Carlson Charts Disciplined Course Preparing for Infrastructure Revamp and Budget Growth

By PETER BARHYDT

First Selectman Dionna Carlson is steering New Canaan toward a leaner, more strategically managed future, using her annual Chamber of Commerce breakfast address on March 26 to outline a slate of initiatives that reflect tighter fiscal oversight, infrastructure investment, and a measured response to business community concerns.

Speaking to a packed room of merchants and civic leaders, Carlson offered a pragmatic snapshot of town operations while signaling continuity with her campaign message of responsible stewardship. "We've had many years of shiny toys," she said, noting past capital investments. "Now it's time to stick to our knitting."

The town's proposed \$181 million budget marks a 3.56% increase from the previous fiscal year, with a 4.35% rise in revenue from taxation. The Board of Education's portion accounts for a 4.4% jump in its operating budget, while the town's own operating expenses are slated to grow by 3.73%. The most significant budgetary shift is a 23% increase in debt service, triggered by a recent \$35 million bond issuance to fund the new police headquarters.

Carlson framed these figures not as warnings, but as calls to focus. "We're being watched closely by Moody's and our rating agencies," she said. "It's time to examine every dollar we spend."

In tandem with fiscal caution, Carlson unveiled a carefully calibrated set of projects meant to improve

downtown efficiency without compromising commercial vitality. Key among them is the introduction of paid parking on Elm Street—75 spaces will become paid parking spaces, replacing the current free-parking model. Park Street parking, in contrast, will become free. Carlson described the move as one rooted in logic, not revenue.

"Our most valuable real estate has been given away for free, while less desirable spots have been monetized," she said. "We're flipping that dynamic to improve flow and access."

Pushback from longtime business owners followed. Concerns ranged from potential deterrence of quick-stop shoppers to fears of increased double parking. Carlson acknowledged these anxieties but positioned the plan as a trial, not a fait accompli. She also emphasized the potential for short-term parking accommodations, better signage, and improved app-based systems to ease the transition.

Parking commission member Katie O'Neill cited the success of 15-minute parking zones on Main Street as a possible template. "Turnover is the goal," she said. "We want people to come, shop, and go—not circle endlessly or stay parked all day."

Carlson's willingness to adapt was a recurring theme. "Change is difficult," she said. "But we'll make course corrections as needed."

Meanwhile, the town will proceed with long-planned bump outs at four Elm Street intersections. The work, expected to last three to four weeks, will reclaim five parking spots lost to earlier redesigns and enhance

pedestrian safety. Carlson and Director of Public Works Tiger Mann committed to limiting disruption by phasing construction and keeping at least one lane open throughout.

That project is part of a broader infrastructure timeline, including the repaving of Elm Street in August and the installation of a 36-inch Aquarion water main down South Avenue. The latter, a state-driven initiative to service Greenwich, will close a portion of South Avenue to non-local traffic for two summers. "We don't benefit directly," Carlson said, "but we're coordinating communication to keep the public and local businesses informed."

On transit, Carlson noted that while no major updates have been received from Metro-North, she is pressing for information and welcomes feedback, especially after last year's elimination of the 12:20 p.m. train.

The presentation also included updates on outdoor dining regulations—now beginning May 1 through the first Sunday in November—and a renewed focus on downtown branding through non-commercial banners and signage.

For business owners concerned about timing and coordination of projects, Carlson encouraged direct communication and reiterated her goal: a more walkable, efficient, and commercially vibrant downtown that works for residents, visitors, and merchants alike.

"We're building a better-functioning town," she said. "That takes listening, adjustment, and long-term thinking."

## Transfer Station Composting Improvements

The composting facilities at the Transfer Station are being improved.

These facilities, which were launched in late 2020 as a partnership between the town and local environmental and sustainability charity Planet New Canaan ([www.planetnewcanaaan.org](http://www.planetnewcanaaan.org)), have experienced an 'embarrassment of riches.' So many people wanted to use them that capacity was frequently overwhelmed, resulting in often-full bins and an unfortunate 'ick' factor.

Starting now, pick-up of the

compost bins will be doubled every week, resulting in more capacity and a better user experience. The bins are at the far left of the dumpsters where trash and recyclables are deposited. Food scraps that can be composted include meat scraps and bones. Please remember to not place plastic or paper bags and other non-compostables in the bins. Compostable trash bags, which are locally available, are fine.

Planet New Canaan pays the difference between the cost of landfilling food scraps and of

composting them. This charitable subsidy has been around \$300 per month, funded by community donations.

"We are thrilled that so many want to support environmental sustainability by composting their food scraps, thereby reducing methane gases that are produced by landfilled food waste," says Katie Owsley, a Planet New Canaan board member. "Composting is an easy, effective way to help the planet."

### COLUMN

## Reflecting on Chris Herren, and the Protective Benefits of Spirituality

By SARAH DUGAL

Last Thursday, New Canaan CARES hosted Chris Herren – a former professional basketball player, a highly-sought after voice on the topic of substance use prevention and a wellness advocate – at the New Canaan Library to discuss the risks of early substance use and the importance of judgment-free family conversations. As a community member who works with adolescents professionally through Young Life, as a volunteer at our church and as a Field Hockey Coach, I place a high importance on being well educated on how to best support students facing difficult choices daily when it comes to substance use. The conversation was everything I expected it to be – informative, engaging, compelling – but I was particularly struck by Chris's answer to the last Q&A of the evening.

As Chris was wrapping up the conversation, an audience member asked about his morning routine: how does he start his day, and how does that routine keep him on track, after 17 years of being sober? His answer was simple. He starts his day, everyday, with his Faith.

While Faith can be a powerful force for individuals in a vast array of areas of their life, Chris's answer brought to mind the work of Dr. Lisa Miller. If you're not familiar, Dr. Miller is a Fairfield resident, professor, New York Times Bestselling Author, researcher and clinical psychologist who studies the impact of Spirituality on brain health, specifically as it relates to depression and substance abuse. In *The Awakened Brain & The Spiritual Child*, Dr. Miller shares the positive health implications of spirituality as observed through cutting-edge research, including from MRI studies to genetic research, epidemiology, and more.

In her work, Dr. Miller defines "spirituality" as our ability to experience a transcendent relationship with life, a sense of being loved, held, guided, and never alone. Her findings are stunning: adolescents / teens with strong personal spirituality are up to 75% less likely to experience clinical depression, and up to 80% less likely to develop substance abuse. To date, there is no other activity, drug or method correlated with the same protective benefits. To put it into perspective, the flu shot typically ranges from 40-60% preventative – and we see that as excellent. When it comes to prevention against substance abuse, faith can and does play a very real role in equipping teens with the kind of deeper purpose, value, meaning and belonging that helps them navigate these critical moments.

These findings are deeply meaningful in a place like New Canaan. In 2019, the National Academies of Sciences, Engineering and Medicine added youths in "high achieving schools" (HAS) to their list of "at-risk" groups, along with kids living in poverty and foster care, recent immigrants and those with incarcerated parents. While New Canaan students experience incredible opportunities afforded to them by attending the #1 school district in Connecticut, based on Niche's 2025 Best Schools and Districts rankings, researchers have found that students at HAS exhibit much higher rates of anxiety, depression, and substance abuse as they seek to cope with an excessive pressure to excel.

However, the data also shows that there might be a disconnect between the prioritization of spirituality / faith life amongst students who may need it most. According to the work of Dr. Suniya Luthar, only 15% of students from highly resourced suburbs outside of New York City, San Francisco, and similar areas report that they have a personal spiritual identity or practice.

So what can we – as community members, parents, and friends – do to help to ensure students have opportunities to develop their faith / spiritual lives?

We might consider encouraging students to participate in the existing faith opportunities / spiritual practices that resonate with them – whether that's through Church, Temple, or a walk in the woods. Those of us with influence over the scheduling of youth events might consider trying to avoid times of the week that largely overlap with faith services throughout our town, allowing families to prioritize their spiritual lives. We might also consider investing in more opportunities for students to participate in faith conversations, whether that's through Young Life, FCA (Fellowship of Christian Athletes), or Focus.

When I was in college at the University of Virginia, the academic rigor of my double-major resulted in many late nights of study and – honestly – some moments of sheer overwhelm. It was in a season of grappling with ways to manage the unrelenting stress that I memorized parts of Isaiah 43:1-5: "Do not be afraid... When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you...you are precious to me. You are honored, and I love you... Do not be afraid, for I am with you," (New Living Translation).

When I think about the impact these words of love, support and presence had on my life, I'm not surprised at all that Chris Herren ended the conversation with NC CARES by pointing others to the power of faith.

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, creating approachable spaces for students to explore faith, and modeling servant leadership in local communities. To learn more, visit [YoungLife.Org](http://YoungLife.Org). To get involved in New Canaan, contact Sarah at [newcanaanyl@gmail.com](mailto:newcanaanyl@gmail.com).

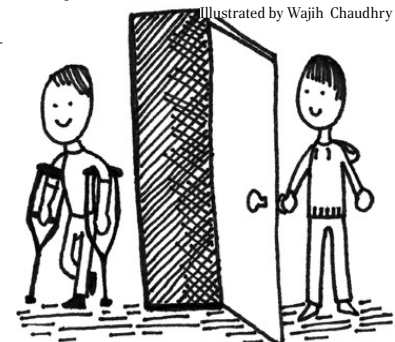
### COLUMN

## Kindness, Worth Repeating

By JILL S. WOOLWORTH, LMFT

Kindness is the most important character trait of all. It cannot be put on like a shirt for a special occasion because it develops through repeated daily decisions to think and act kindly. Kindness is a key quality to look for in all relationships, especially in a mate.

Pay attention to how you and others treat the less powerful or socially awkward—the needy friend, the elderly grandparent, waitstaff, rambunctious children, grumpy customers, and bad



drivers—just to name a few. These often-overlooked situations can reveal and help us measure kindness both in

others and in ourselves.

When Sasha was in college, her boyfriend came to the house where she was babysitting to help her care for two little kids. As she bathed the older girl in the bathroom, she overheard his kind, playful voice as he fed dinner to the one-year-old in his high chair. She remembers thinking that she wanted this man to be the father of her children. He is.

Excerpted from Jill Woolworth's book, *The Waterwheel*.



# IT'S NOT JUST A HOUSE.

It's a lifestyle.

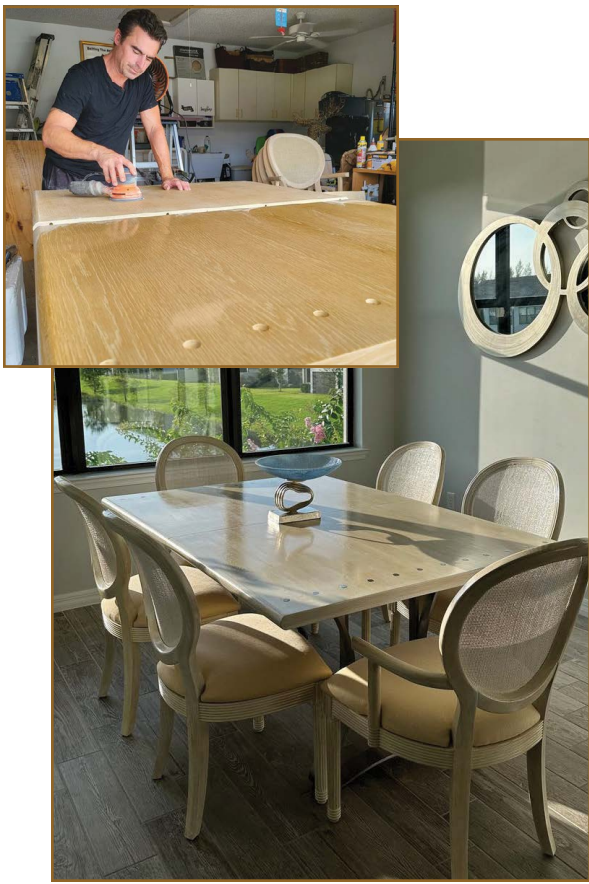


ENGEL  
TEAM

AT DOUGLAS ELLIMAN REAL ESTATE  
[theengelteam.com](http://theengelteam.com)  
(203) 858-0266

# ANTIQUE & FURNITURE RESTORATION

by Beyond Home Works LLC



**Wood Refinishing, Care & Detailing**  
 Custom-Built Furniture  
 Upholstery & Custom Design  
 Home, Business & Marine



**Beyond Home Works LLC** was founded in 1928 by Ockers & Smith as a wood and barrel company. Over the years, we've phased in all levels of the woodworking and carpentry industry — even boat building. We are now a third-generation business, we don't hire third parties, and we keep our quality control in the family.



All furniture restoration is done in our shop or on-site.

**We pick up and deliver at no cost.**



Contact us for more information or a free consultation:

**914-589-3938**

westchesterwoodcare@gmail.com

## YOUR NEWS BRIEFING CONTINUED From Page 1

### The Inn and Village Learn Heart Math



Dr. Kathleen Cannon recently introduced Heart Math, a set of stress management strategies, to residents of The Inn and The Village. The methods are designed for regular use in self-care routines. Photo credit: Waveny LifeCare Network.

### New Bottle Redemption Shed



A new shed for redeemable bottles and cans has been installed near the Swap Shop. The collected proceeds will support local organizations and additional details will be shared soon. Photo credit: Planet New Canaan.

### Author Discusses Red Mustang



Last week, Jeanne Pflaum Gnuse spoke about her memoir, *Red Mustang*, at The Inn. The book covers her life and her husband Tom's experience with Tourette syndrome. Photo credit: Waveny LifeCare Network.

### Garden Club Donates Floral Arrangements



The Garden Club of New Canaan donated flower arrangements to Waveny, which were distributed throughout the facility for residents. Photo credit: Waveny LifeCare Network.

## SCHOOLS

### NCCS Student Art Exhibit



New Canaan Country School is exhibiting student artwork from grades seven through nine in the Stevens Building. The display includes projects using various media, such as chalk pastel, graphite, watercolor, and mixed materials. Photo credit: New Canaan Country School.

### NCHS Hosts Herren

On March 27th, Chris Herren returned to New Canaan High School to speak with students about substance use

and his experience with addiction. The assembly, organized in partnership with New Canaan Cares, included a Q&A and tied into the school's health curriculum. Herren's visit marked his first time back in nine years.

### West Students Build Story Characters



At West School, students in Mrs. Orlando's class created storybook characters and identified possible problems those characters might face. They also practiced writing and spelling, focusing on irregularly spelled words. Photo credit: New Canaan Public Schools.

### NCCS Perform Vocabulary Skits

Recently, sixth-grade students at New Canaan Country School created and performed skits using assigned vocabulary words. The activity involved incorporating definitions into dialogue and actions.

### Saxe Students Earn Recognition



Thirteen students at Saxe Intermediate School were recently recognized for their positive contributions to the school community, receiving certificates for actions such as helping others and supporting peers. Photo credit: New Canaan Public Schools.

### NCCS Tracks Tree Changes

Fifth-grade students at New Canaan Country School are participating in Project Budburst, tracking seasonal changes in a specific tree since the fall. They have documented events such as budding and leaf changes as part of their data collection. Their observations are submitted to a national database that supports environmental research.

### SLS Student Receives Award



St. Luke's School student Dash Gilrain-Lennon '25 received the Presidential Scholars Award from Wake Forest University. He was selected for his work in art, debate, and theatre. The award also acknowledges his involvement with the school's debate team. Photo credit: St. Luke's School.

### SLS French Program Earns Distinction



The St. Luke's School french program recently received the "Exemplary with Distinction" status from the American Association of Teachers of French. It is the only U.S. school to earn this recognition in every cycle since 2015. Photo credit: St. Luke's School.

## SPORTS

### 10U Baseball Secures Win

The New Canaan Baseball 10U Black team earned its first win of the season in a game against Bethel. Photo credit: New Canaan Cal Ripken Baseball.

### Fairfield County Football Legends Honored



The inaugural Fairfield County Gridiron Football Hall of Fame ceremony took place on March 27th, honoring individuals for their contributions to high school football. Among the inductees were Lou Marinelli and Chris Silvestri. Photo credit: New Canaan Football.

### NCHS Will Arnold Awarded



Recently, New Canaan High School boys soccer captain Will Arnold received his CIAC and USC All-State Award at the CIAC All-State Banquet. The award recognizes his performance during the season. Photo credit: New Canaan Rams Soccer.

## ACROSS CT

### Bobcat Population Increasing

Bobcat sightings are increasing across Connecticut, with reports reaching thousands annually as the population expands into all areas of the state. The animals, once rare due to hunting and deforestation, now thrive in suburban environments that offer food and cover. Experts say bobcats pose little threat to humans and pets, and most encounters can be safely managed.

### Black Bear Encounters Rise Statewide

Connecticut's black bear population has grown to over 1,000, with sightings and confirmed breeding activity in nearly every town. In 2024 alone, more than 3,000 human-bear conflicts were reported, largely due to unsecured food sources like trash and backyard livestock. To address the rise in encounters, DEEP is focusing on public education, agricultural permits, and proposed policy changes.

### USPS Updates

As of April 1st, USPS has begun updating delivery standards for various mail and package services as part of its long-term operations plan, with a second phase set for July 1st. The changes affect delivery times for services including First-Class Mail, Marketing Mail, and Priority Mail. To assist customers, USPS launched online tools that show expected delivery times by ZIP Code and mail type. More information is available at <https://about.usps.com/>.

### USPS Scam Alerts

The U.S. Postal Inspection Service reported a rise in scams involving fake USPS texts and emails that steal personal information. Common tactics include smishing, phishing, and unsolicited packages linked to identity fraud. Customers are advised to report suspicious messages and use only official USPS platforms for tracking.

## The Inn: A Soft Landing and New Beginning, with Enhanced Health Support

- Dynamic, intimate, active retirement community
- Advanced care and support for your healthcare needs
- Spacious, well-appointed apartments, restaurant-style dining
- Priority access to Waveny's award-winning healthcare

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

**Waveny**  
LIFECARE NETWORK

THE INN, 73 OENOKE RIDGE, NEW CANAAN  
203.594.5450 | www.waveny.org/the-inn

Fairfield County's leading integrated healthcare non-profit since 1975

Independent Living | Memory Care-Assisted Living | Skilled Nursing | Rehab Services | Home Healthcare & Hospice | Telemedicine

**COLUMN: ON MY WATCH**

# The Plight of Sudan and More as Addressed by New Canaan's Bob Macauley

By ANNE W. SEMMES

With all the natural disasters occurring around the world one country is speaking to me today – Sudan. The United Nations is reporting Sudan as suffering “the world’s largest and most devastating humanitarian crisis.” With its army at war with a “powerful paramilitary group” with some 12 million people being forced to flee their homes, there’s starvation and “evidence of genocide in the western region of Darfur, where residents say they have been targeted by fighters based on their ethnicity.”

But 40 years ago, in 1985, I witnessed that country suffering from famine from a severe drought, and deforestation. I was airlifted along with three million dollars (\$11 million plus worth today) of food and medicine, all made possible by a Greenwich native, Bob Macauley, founder of Americares Foundation (in 1982), now headquartered in Stamford, CT.

The wonder of how one person could engineer the gathering of life-saving material from 19 pharmaceutical companies, wheat and beans from two food companies, and surgical equipment, then charter a 747-cargo plane to come to the rescue of malnourished Sudanese children was near-miraculous.

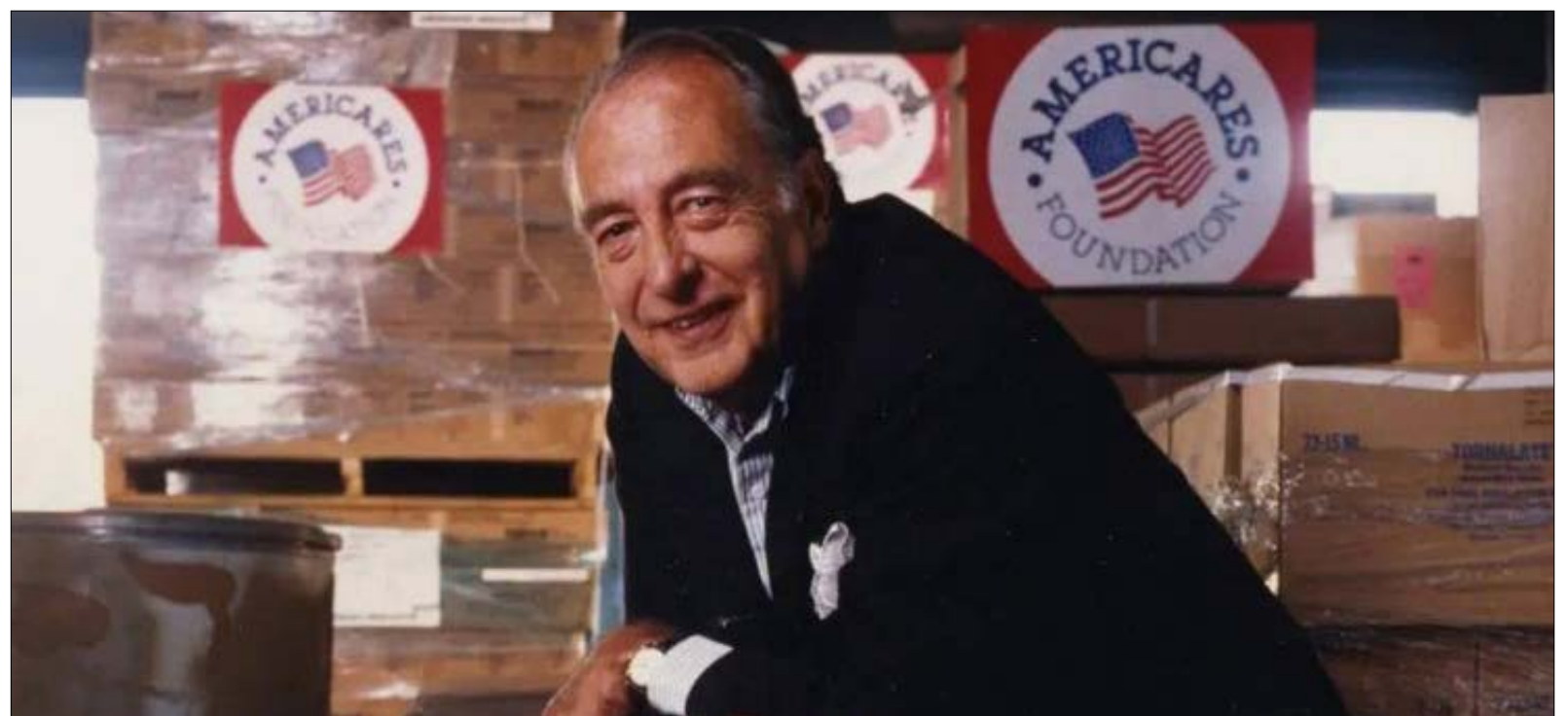
Bob also had a plan to plant a million trees in Darfur, so I was accompanied by two foresters, and I was brought on as a chronicler. (Those trees would alas be planted instead in Kenya.)

Mind you Bob had some influential friends. His roommate at Yale was George H. W. Bush, then serving as Vice-President. I received a press release from the Vice-President’s office on April 4, two months before our June liftoff noting the signing of a bill (HRI289) bringing “an additional \$1 billion in food aid and disaster relief to drought-stricken Africa.” The release also noted the “superb job” of Americares about to “emergency airlift 250,000 pounds of medicine, vitamins, food, blankets and tents...from the people of the United States to the people of Sudan - with love.”

**Landing in Sudan**

Landing in the capital city of Khartoum, the two foresters and I would then be put in a small plane to fly across the desert landscape of Darfur in search of where to plant a million trees. What I witnessed below me and on the ground will be with me forever. Such primitive conditions, and such shortage of water as well as food. At one water source the lineup of those waiting with their buckets went as far as the eye could see. Its effect upon me post-journey was that I would send \$100 for a truckload of water, with a photo sent later showing me the joy it brought.

“Their ability to endure suffering is far greater than my ability to witness it,” Bob had shared with me after his trip to Sudan three months before mine. That spoke to me having seen that elderly Sudanese woman carrying a bucket on her head, knowing that some must travel a day’s journey for water. And this woman had a metal peg leg.



Bob Macauley, founder of Americares, reflecting “his personal vision and commitment to not take no for an answer when it came to helping people.” Photo by Americares.

**“You see a situation, and you have to move, boom, boom, boom.” Bob Macauley.**

**Bob Macauley's Outreach**

Ten years before my Sudan trip, Bob had mortgaged his New Canaan home to charter a jet to rescue a hundred and more injured Vietnamese orphans after an Air Force transport plane carrying 300 orphans for adoption in the U.S. crashed while taking off. Most accurate is how a former AmeriCares President and CEO Curt Welling described Bob. “Americares was an extension of Bob Macauley and a reflection of his personal vision and commitment to not take no for an answer when it came to helping people.”

Surely what motivated Bob and what inspired me was experiencing firsthand humanity in crisis. I have a photo of a young boy in a rare tree in Darfur, who manages to give me a smile in the midst of that severe drought. Fortitude was found both in Darfur and in Khartoum. It being the Moslems’ holy month of Ramadan, they aren’t allowed to eat or drink from sunrise to sunset. But there in 130-degree heat, I espied a metal worker pounding away on a molten-hot anvil.

That Sudan experience of over 40 years ago as orchestrated by Bob Macauley has left an indelible imprint. Yet, little did I know at this writing I would find that letter tucked in my Sudan file showing how else that Sudan trip had impacted. The letter



A lineup of women and children for free water in the Kordofan Region of Sudan. Photo by Anne W. Semmes.

was from Beth Bush (Mrs. Prescott Bush) late of Greenwich. She was in London working on her book about her brother, Draper Kauffman, as founder of the Navy SEALs. Turning on her recorder she’d found a recording she made of my interviewing Barbara Bush for my program “Inner View” on Greenwich’s WGCH radio, prior to my airlift to Sudan. Barbara was addressing her trip with the Vice President and Bob Macauley to Sudan. Reminded I was they had accompanied Bob on his

earlier trip!

“The questions - and especially the ending were so moving [of their trip],” wrote Beth. And gripped she was over Barbara remarking, “For what we would spend on a pair of shoes, a family could be fed for a week.” Beth then wrote of coming across in London “lovely dinner plates which I thought we ‘needed’...at \$400 a real bargain (compared to home).” But after hearing that recorded interview she’d decided “a much better bargain would be to send that \$400 to Americares.”

# How to Be an Advocate for Your Trees

By JOHN CONTE

As a landscape architect and president of the Tree Conservancy, I’m excited to share some practical tips that empower homeowners to be advocates for their trees during construction activities on their property. Such projects, whether large or small, can alter drainage patterns, soil composition and the overall topography of the land. These changes can be hard on trees. Trees are more than just a part of our landscape—they’re living, breathing assets that add beauty, value, and a sense of wellbeing to our homes. With the right knowledge and approach, you can ensure your trees remain a thriving part of your property during, and especially after, a project.

Start by scheduling a comprehensive tree assessment with a certified arborist before any construction begins. This assessment can pinpoint potential vulnerabilities and give you a clear idea of your tree’s current health. An arborist’s insight is invaluable for both you and your contractor, as it lays the groundwork for a construction plan that respects the integrity of your tree’s root system.

Another one of the most important things you can do to give your trees the protection they need before construction starts is to create a “Tree Protection Zone” (TPZ). This zone serves as a physical and operational barrier around your important trees, ensuring that no heavy equipment

or disruptive activities come too close to the roots, trunk or branches of these assets. The size of the TPZ should be based on your tree’s species, age and size. Contractors should install barriers and signage around these areas prior to the start of construction activities, making it clear to everyone on site that tree



The majority of tree roots are found in the top two feet of soil.

preservation is a top priority. A well-defined TPZ is not just a protective measure—it’s a visual reminder of the value trees add to your home. Even foot traffic can be detrimental to tree roots if concentrated in one place for extended periods. Retaining a landscape architect who is well versed in tree protection methods is a great way to ensure that these practices are defined and followed.

An arborist can develop a Tree Protection Plan that defines the TPZ and describes a range

of tree protection methods to be prescribed. This can include fencing, wooden frames around tree trunks, hardened ground mats that protect soil from compaction, and in some cases, temporary construction roads to define vehicle and circulation areas.

The tree protection plan can also outline specific measures to be taken to safeguard trees such as requiring the use of modern tools like an air spade for trenching within root zones. The air spade uses a focused blast of air to dislodge soil from around roots without doing any damage to the fibrous web of fine root structures below the soil. Often, pipes or wires can then be installed under the roots and soil can be backfilled without the tree feeling any harmful effects from these installations. This is dramatically

different than using a backhoe to rip up roots, tearing and damaging them well beyond the excavation zone.

The establishment of a TPZ, and the steps to be taken in and around the zone will dramatically improve the likelihood that your trees will remain healthy and viable for years to come. A written plan reinforces accountability and ensures that everyone involved in the project understands the importance of tree preservation.

Fostering a collaborative relationship with your contractor is imperative. Many professionals in the construction industry are eager to adopt environmentally friendly practices when they understand the significance of preserving mature trees. By sharing your tree protection goals and asking for examples of previous projects where trees were successfully safeguarded, you build a team dynamic that’s focused on long-term success rather than short-term convenience.

At the end of the day, construction doesn’t have to mean the loss of your trees’ beauty or health. Modern construction techniques and proactive measures can harmoniously blend progress with nature conservation. By embracing innovative tools like the air spade and insisting on best management practices, you empower yourself to be a strong advocate for your trees.

John R. Conte, RLA, ASLA, President, Tree Conservancy

## The Spice & Tea Exchange of New Canaan

At The Spice & Tea Exchange of New Canaan, Connecticut we offer a variety of fine spices, handcrafted seasonings, loose-leaf teas, salts, sugars, gifts, and more! Explore some of the best New Canaan gifts and accessories in town.

Whether you're new to the culinary scene, own your own food service business, or are simply looking to add a bit of spice to your life, our friendly and knowledgeable staff can help you find the perfect menu additions! We're known for our over 85 handcrafted seasonings,

which we hand-mix in store daily. Visit us now at one of the best New Canaan Gift Shops - plus, watch our Spice Masters at work as you sip from a freshly brewed hot or iced tea from the Tea Bar! <https://www.spiceandtea.com/a/store-locator/New-Canaan-CT>.



## PLAYING THIS WEEK AT THE PLAYHOUSE



93 Elm Street  
New Canaan

And Join Us in the Pub!

CINEMALAB.COM  
for showtimes and tickets

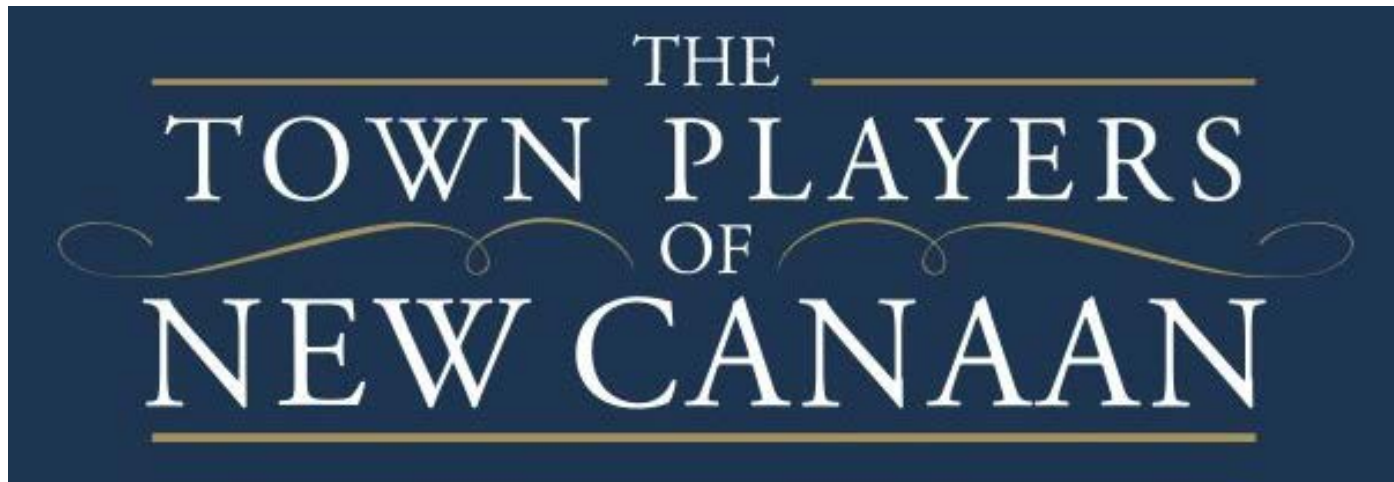
## Community Theater Powerhouse Combination

The Town Players of NEW CANAAN (TPNC) is YOUR thriving community theatre, providing a home for live theatre that enriches our community, creates an opportunity for artistic expression and is accessible to all. Now in its 79th Season, TPNC produces six Main Stage productions annually, featuring the best local actors in drama, comedy, and the occasional musical. All performances are at the intimate 115-

seat Powerhouse Theatre, in Waveny Park. Plus we provide acting classes, stage readings, Improv Workshops, and more! Volunteers are always welcome - backstage and onstage. No experience is necessary! In another successful public / private partnership with the Town of NEW CANAAN, Town Players is planning major improvements on the Powerhouse "Campus": a grand new Lobby and Theatre

Arts Education Center. Learn more and how you can contribute to the next generation of live theatre at the Powerhouse Performing Arts Center. Visit [TPNC.org](http://TPNC.org). TPNC is a 501(c)(3) non-profit.

COMMUNITY + THEATRE = A POWERHOUSE COMBINATION!  
<https://tpnc.org>



## New Canaan YMCA Inclusion & Support Needs Participants Perform Planet Parade



This month, the New Canaan YMCA's Inclusion & Support Needs (YSN) participants proudly performed a Planet Parade play through its Rhythm Hearts Theater program. The performance featured a planet parade event, known as a celestial event, where multiple planets become visible in a line across the night sky, in an exciting play enjoyed by participants' parents and caregivers and the Y's youth after-school participants and staff.

Led by Music Therapist Matt Hennessey, the Y's Rhythm Hearts Theater program is specially designed for teens and young adults with varying abilities and incorporates music, art, and theater by adapting stories from a variety of sources including short stories, classic rhymes, movies, Disney, Broadway, cartoons, and more into plays. The program has been offered at the Y for the past eight years through its YSN initiative, providing opportunities for participants

with varying abilities to gain peer socialization, promote self-expression, and build confidence in an inclusive environment.

The Y's longstanding YSN initiative serves over 130 kids, teens, and adults with varying abilities each year, providing many programs and activities designed to enrich and support participants in a welcoming and inclusive environment. Through the initiative, the Y offers programs, summer camps, support services,

special events, volunteer opportunities, and employment, ensuring that individuals of all abilities can flourish by building confidence, making friends, and developing independence.

To learn more about the Y's Inclusion & Support Needs programming, visit [www.newcanaanymca.org](http://www.newcanaanymca.org).

## Emilie Rubinfeld to Speak at New Canaan Library

New Canaan Library announces Emilie Rubinfeld, Global President of Carolina Herrera, as the featured speaker for the 2025 Conversations with Business Leaders series. A New Canaan native, Rubinfeld will appear in conversation with Bob Mitchell, co-CEO of Mitchells Stores, on Thursday, April 10, from 7:00-8:00 p.m. in the Jim & Dede Bartlett Auditorium.

Rubinfeld will share her leadership journey and discuss

managing the evolution of Carolina Herrera under Creative Director Wes Gordon. Her remarks will include perspectives on global branding, product expansion, and sustainability, complemented by a presentation of current collection pieces.

The Library's annual series, launched in 2009, explores business trends and leadership with notable industry figures. Event registration is available at

[newcanaanlibrary.org](http://newcanaanlibrary.org).

Rubinfeld previously served as Chief Marketing Officer and held senior roles at Giorgio Armani and Akris. She is a University of Michigan graduate and an advocate for emerging designers and women's empowerment initiatives.

For more information, contact Miki Porta at [mporta@newcanaanlibrary.org](mailto:mporta@newcanaanlibrary.org).

## Long Island Soundkeeper to address Men's Club

The New Canaan Men's Club will hear about Save the Sound's ongoing efforts to protect environmental water quality and fisheries along the Connecticut shore from Long Island Soundkeeper Bill Lucey at its 10 a.m. meeting March 28 at St. Mark's Episcopal Church, 111 Oenoke Ridge.

Lucey's presentation will begin around 10:40 a.m. immediately following the business portion of the club's meeting.

Save the Sound's mission is to protect the land, sea and air of the entire Long Island Sound region, and reflects the combined efforts of what previously were being

carried out by three organizations, the Connecticut Fund for the Environment, Save the Sound and Soundkeeper, Inc.

In his role as Soundkeeper, Lucey patrols the waters along the shoreline to spot pollution and represents the environmental needs of Long Island Sound speaking to lawmakers in Hartford and Albany. The organization's mission, according to its website, is to cut climate pollution while growing the Connecticut economy.

A native of Connecticut, Lucey has a graduate degree in fisheries management from the University of Oregon and a B.S. in fisheries biology from the University of

Vermont. After college he joined the Peace Corps as a fisheries extensionist in Central America. From there he was a federal fisheries technician in Yakutat, Alaska where he remained for 20 years.

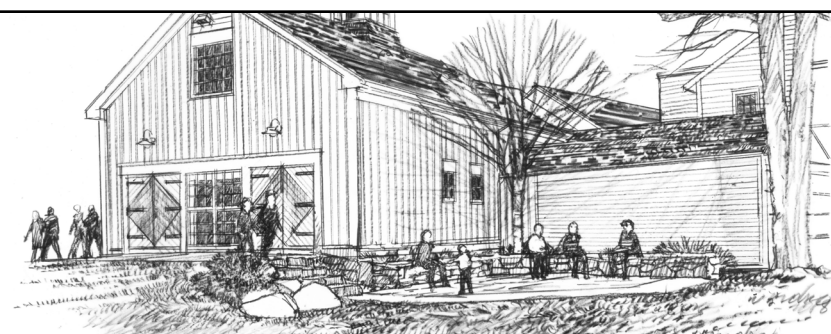
Save the Sound notes that Lucey's dual dual careers as a fisherman and biologist complement each other, forging an understanding that they are equally valid perspectives.

The Men's Club has openings for new members, men 55-years old and above. For information about joining, email [ncmens@ncmens.org](mailto:ncmens@ncmens.org).



Keith E. Simpson  
Associates

LANDSCAPE ARCHITECTURE  
ENVIRONMENTAL PLANNING  
RESIDENTIAL DESIGN  
PROJECT COORDINATION  
LAND PLANNING



New Canaan  
Historical Society



203.966.7071

40+ Years of Civic, Residential,  
and Commercial Landscape Architecture  
in Fairfield County

# Worship Directory and Services

UPDATE SERVICES AND ADD SPECIAL EVENTS TO THIS CALENDAR AT  
[www.NewCanaanSentinel.com/worship-calendar-updates](http://www.NewCanaanSentinel.com/worship-calendar-updates)

## Church of Jesus Christ of Latter Day Saints

682 South Avenue 203.966.5849  
[www.ComeUntoChrist.org](http://www.ComeUntoChrist.org)  
 Sunday Service: 12:00 PM

## Congregational Church

23 Park Street 203.966.2651  
[office@godsacre.org](mailto:office@godsacre.org)  
[www.godsacre.org](http://www.godsacre.org)

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

### Recurring Events:

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

**Wednesdays at 9:30 AM:** Bible Study

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

### Upcoming Events:

**April 9th and 16th at 12:30 PM:** Lenten Musical Moments. Join for 30 minutes of scriptures, prayer, and music.

## First Church of Christ, Scientist

49 Park Street 203.966.0293

[christiansciencet.org/newcanaan](http://christiansciencet.org/newcanaan)

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

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

## First Presbyterian Church

178 Oenoke Ridge Road 203.966.0002  
[fpccn.org](http://fpccn.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:

**April 6th at 11:30 AM:** Adult forum with First Selectman, Dionna Carlson. Discussing: the state of the town.

**April 17th at 7 PM:** Maundy Thursday Tenebrae and Communion Service.

Now through April 13th: Annual Lenten

**Food Drive.** Bags with a list of items are available in back of Church.

## Saint Aloysius Roman Catholic Church

21 Cherry Street 203.966.0020  
[www.starcc.com](http://www.starcc.com)  
 Service Schedule:

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

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

**Monday-Friday: 7:00 am and 5:30 pm**

**Saturday: 7:00 am**

### Recurring Events:

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

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

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

### Upcoming Events:

**April 4th 7 PM:** Join St. Aloysius as their parish High School teens present the Stations of the Cross through costumed actors, readings and music. These interactive Stations are Middle School and High School oriented, designed to challenge and invite us all to reflect and join Christ on His journey to Calvary. Adults of all ages are also encouraged to attend.

## St. Mark's Episcopal Church

111 Oenoke Ridge 203.966.4515

[churchoffice@stmarksnewcanaan.org](mailto:churchoffice@stmarksnewcanaan.org)

[www.stmarksnewcanaan.org](http://www.stmarksnewcanaan.org)

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

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

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

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

### Recurring Events:

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

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

### Upcoming Events:

**April 5th at 9 AM:** Gospel Garden Kickoff. Bring the family to help out with this very important ministry that addresses food security within New Canaan and the greater Fairfield County community.

**April 5th at 5 PM:** Master Organ Recital with James O'Donnell. Former Master of Music at London's Westminster Abbey, now Professor of Music at the Yale School of Music. This recital will be enhanced by a video screen, giving us a view of his virtuosity at the organ console. Tickets are available at <https://shorturl.at/WTFZA>.

**April 19th at 7:30 PM:** The Great Vigil of Easter.

## St. Michael's Lutheran Church

5 Oenoke Ridge 203.966.3913  
[office@stmichaelslutheran.org](mailto:office@stmichaelslutheran.org)  
[www.stmichaelslutheran.org](http://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

### Upcoming Events:

**April 17th at 7:30PM:** Maundy Thursday Service.

## Trinity Church New Canaan | Darien

468 South Avenue 203.618.0808  
[info@trinitychurch.life](mailto:info@trinitychurch.life)  
[www.trinitychurch.life](http://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](http://www.trinitychurch.life).

## United Methodist Church

165 South Avenue 203.966.2666  
[office@umcofnewcanaan.org](mailto:office@umcofnewcanaan.org)  
[www.umcofnewcanaan.org](http://www.umcofnewcanaan.org)

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

## Community Baptist Church

174 Cherry Street 203.966.0711  
[cbcnewcanaan@gmail.com](mailto:cbcnewcanaan@gmail.com)  
[www.cbcnewcanaan.org](http://www.cbcnewcanaan.org)

Youtube: [https://www.youtube.com/channel/UCoZ2UNa8aHI3O\\_Syp\\_XOKDg](https://www.youtube.com/channel/UCoZ2UNa8aHI3O_Syp_XOKDg)

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

Sunday School at 10:00am

**Worship Service at 11:00am**

Live Facebook Broadcast 11:30 am

### Upcoming Events:

**April 5th from 10 AM- 12 PM:** Comprehensive Retirement Planning Sessions. This course offers real world strategies and methods.

**April 18th from 12-2 PM:** Good Friday Service: Seven Last Words of Christ.

## Grace Community Church

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

[info@gracecommunity.info](mailto:info@gracecommunity.info)  
[www.gracecommunity.info](http://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:

**April 16th and May 21st at 6:30 PM:** Trivia Night at Dry Dock Bar & Grille in Norwalk.

**April 18th at 5 PM:** Good Friday Service followed by a Potluck Supper at 6 PM. More information and the sign up for supper is available at <https://shorturl.at/EpnZi>.

## Talmadge Hill Community Church

870 Hollow Tree Ridge Road; Darien, CT  
 203.966.2314  
[talmadgehillchurch@gmail.com](mailto:talmadgehillchurch@gmail.com)  
[www.talmadgehill.org](http://www.talmadgehill.org)

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

### Recurring Events:

**Thursdays at 9:30am:** Bible Study

**First Saturday at 8am:** Men's Group

**Second Saturday at 10am:** Women's Circle

## Chabad New Canaan Jewish Center

137 Putnam Rd

[info@chabadnewcanaan.org](mailto:info@chabadnewcanaan.org)  
[www.newcanaanjewish.org](http://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.

### Upcoming Events:

**April 12th and 13th at 8:15 PM:** Join for uplifting, joyous, delicious and spiritual Community Seders. Register at <https://shorturl.at/gYx67>. Maariv, the evening prayer service, will take place before the Seder at 7:45PM.

## Temple Sinai (Reform Synagogue)

458 Lakeside Drive; Stamford, CT 06903  
 203.322.1649

[www.templestain Stamford.org](http://www.templestain Stamford.org)

### Service Schedule:

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

2nd & 4th - 7:30pm

### Recurring Events:

**Fridays at 12 PM:** Torah Study

**Second Saturday at 10:30 AM:** Mussar

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

**First Saturday at 8 AM:** Avodat Halev Discussion Group

## Temple Shalom

300 E. Putnam Ave. Greenwich, CT 06830  
 203-869-7191

[www.templeshalom.com](http://www.templeshalom.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>

**COURAGE & FAITH**

**Eliza Griswold**  
**Free Author Talk & Reception**  
**"Circle of Hope: A Conversation on Enduring Communities"**

**Saturday, April 5**  
**6:00 pm**  
**Christ Church Greenwich**

Eliza Griswold is a Pulitzer Prize winning journalist. She is currently a contributing writer to The New Yorker and a Distinguished Writer in Residence at New York University as well as a Berggruen Fellow at Harvard Divinity School. Her newest book is *Circle of Hope: A Reckoning with Love, Power, and Justice in an American Church*. She is also the daughter of Phoebe and Frank Griswold, the 25th Presiding Bishop of The Episcopal Church.

In-person or livestream via our website  
[christchurchgreenwich.org](http://christchurchgreenwich.org)  
 254 East Putnam Ave., Greenwich, CT

**BON-TON**  
 SINCE 1992  
**FISH MARKET**

**THE BEST FISH YOUR MONEY CAN BUY**

**OPEN 7 DAYS A WEEK**  
**SUNDAYS 9-3**

**100 Bruce Park Ave. in downtown Greenwich**  
**203.869.0462 | LobstersCanFly.com**

# Understanding the Discontinuation of GLP-1 Medications



RUSSELL R. BARKSDALE, JR.

Managing a patient's weight and diabetes can be challenging, and the introduction of glucagon-like peptide 1 (GLP-1) medications has provided many patients with new hope. These medications, widely advertised and increasingly prescribed, have gained popularity due to their effectiveness in promoting weight loss and improving blood sugar control. However, despite their promise, many patients discontinue GLP-1 therapy earlier than expected.

GLP-1 medications have transformed weight management and diabetes care for many, but their continued use may be

*Despite these challenges, GLP-1 medications offer benefits beyond weight loss, including potential neuroprotective effects and reduced inflammation.*

influenced by several factors, including high out-of-pocket cost, limited insurance coverage, severe side effects, and medication availability. While these medications may be effective, they are not without challenges.

- **Cost and Accessibility:** Many patients struggle with the high price of these medications, especially if they do not have type 2 diabetes (T2D), as insurance coverage is often limited.

- **Side Effects:** Gastrointestinal symptoms such as nausea, vomiting, and constipation can make adherence difficult. Severe side effects may lead some patients to discontinue use altogether.

- **Perception of Short-Term Use:** Some

individuals may view GLP-1 medications as a temporary solution for weight loss rather than a long-term commitment to managing obesity or diabetes. The medical implications of noncompliance have not been fully vetted and may provide their own level of healthcare risks.

- **Medication Shortages:** Compounded versions of GLP-1 medications have become an alternative during shortages, but these do not undergo the same rigorous FDA approval process as brand-name drugs.

A recent study found that discontinuation rates are notably high:

- Within a year, 64.8% of patients without T2D and 46.5% of those with T2D stopped taking their

GLP-1 medication.

- **Patients who** experienced greater weight loss were slightly less likely to discontinue, but the difference was minimal.

- **Higher-income** patients with T2D were more likely to continue their medication regimen.

- **Moderate or severe** gastrointestinal side effects were strongly associated with discontinuation.

- **Some patients who** regained weight after stopping GLP-1 therapy restarted their medication, though this was not a frequent occurrence.

Despite these challenges, GLP-1 medications offer benefits beyond weight loss, including potential neuroprotective effects and reduced inflammation.

Additionally, they may play a role in improving impulse control and reward signaling in the brain, which could have broader applications in treating substance use disorders and psychological conditions.

However, we must also acknowledge the risks. Patients should be aware of potential side effects, such as nausea, vomiting, low blood pressure, sleep disturbances, and even more serious concerns like pancreatitis and kidney inflammation.

To optimize the benefits of these medications while minimizing discomfort, the following may be considered:

- **Gradually Increase Dosage:** Staying on the lowest effective dose for an extended period allows the body to adjust and has the potential to reduce side effects.

- **Monitor Side Effects Closely:** Timing the

medication correctly may help manage nausea, which often peaks around 36 hours afterwards.

- **Provide Comprehensive Support:** Regular follow-ups with a healthcare provider may help address concerns and encourage adherence.

Ultimately, the key to success with GLP-1 medications lies in a patient-centered approach. Open discussions between patients and healthcare providers can help individuals make informed decisions about their treatment. By fostering a supportive and well-monitored patient to physician experience, retention rates may be enhanced, patient outcomes improved, and the importance of long-term health management reinforced.

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

## COLUMN

# The New Frontier of Personalized Medicine: How Your DNA is Shaping the Future of Healthcare



TERESA ALASIO MD

*As medical advancements continue to accelerate, individualized care is emerging as the future of healthcare, offering more effective treatments, fewer side effects, and a proactive approach to disease prevention.*

Imagine a world where your doctor doesn't just prescribe a one-size-fits-all medication but instead tailors your treatment based on your unique genetic makeup, lifestyle, and environment. This is no longer the realm of science fiction—personalized medicine is revolutionizing the way we approach health and disease prevention. As medical advancements continue to accelerate, individualized care is emerging as the future of healthcare, offering more effective treatments, fewer side effects, and a proactive approach to disease prevention.

## What is Personalized Medicine?

Personalized medicine, also known as precision medicine, is a medical approach that customizes treatment and prevention strategies based on an individual's unique genetic profile, environment, and lifestyle factors. Unlike traditional medicine, which often relies on generalized treatments for broad populations, personalized medicine aims to predict disease risks, customize drug therapies, and optimize health outcomes on a case-by-case basis.

This approach is made possible through advancements in genetic sequencing, artificial intelligence, and big data analysis. By examining a person's genetic markers, healthcare providers can identify predispositions to diseases such as cancer,

diabetes, and heart disease—often before symptoms even appear.

## How Does Personalized Medicine Work?

### 1. Genetic Testing & Risk Assessment

One of the most significant breakthroughs in personalized medicine is genetic testing. Companies like 23andMe and AncestryDNA have made at-home genetic testing accessible to the public, but more advanced medical-grade tests provide critical insights into inherited health risks.

However, recent controversies surrounding genetic testing companies, particularly 23andMe, highlight serious privacy concerns. In 2023, a significant data breach exposed sensitive genetic and ancestry data from millions of users. This incident raised alarms about how genetic data is stored, shared, and potentially misused. Additionally, companies like 23andMe have faced scrutiny over how they share data with pharmaceutical companies for research, sometimes without users fully understanding the extent of data usage.

For example, women with mutations in the BRCA1 or BRCA2 genes have a higher risk of developing breast and ovarian cancer. Knowing this in advance allows for proactive monitoring, lifestyle adjustments, and even preventative medical

interventions. However, ensuring this data remains private and secure is crucial. If you are considering genetic testing, it's essential to choose a reputable provider with stringent security measures and clear policies on data sharing.

### 2. Targeted Therapies for Disease Treatment

Personalized medicine is transforming how we treat diseases like cancer. Traditional chemotherapy attacks all rapidly dividing cells, causing widespread side effects. In contrast, targeted therapies are designed to attack only cancer cells with specific mutations.

For instance, in lung cancer treatment, doctors now test for genetic mutations like EGFR or ALK before deciding on treatment. If these mutations are present, patients can receive targeted drugs that are far more effective than standard chemotherapy.

### 3. Pharmacogenomics: The Right Drug for the Right Person

Not all medications work the same way for everyone. Pharmacogenomics—the study of how genes affect a person's response to drugs—helps determine which medications and dosages will be most effective for an individual.

For example, some people have a genetic variation that makes them metabolize certain painkillers too quickly, reducing their effectiveness.

Others may have genetic markers that make them more susceptible to severe side effects from common medications like blood thinners or antidepressants. Personalized medicine takes these factors into account, ensuring safer and more effective treatments.

### 4. Preventative Medicine & Lifestyle Optimization

Personalized medicine isn't just about treating disease—it's also about preventing it. By analyzing genetic data alongside lifestyle factors, doctors can offer precise recommendations for diet, exercise, and preventive screenings.

For example, someone with a high genetic risk for type 2 diabetes might receive personalized nutrition and fitness recommendations to help mitigate that risk. A patient with a predisposition for Alzheimer's disease might benefit from early interventions such as cognitive training, anti-inflammatory diets, and specific supplements tailored to brain health.

### The Role of Artificial Intelligence in Personalized Medicine

AI and machine learning are playing an increasingly vital role in personalized medicine. By analyzing vast amounts of genetic and clinical data, AI can identify patterns that human doctors might miss. These technologies help in predicting disease progression, identifying the

best treatment strategies, and even developing new drugs tailored to specific genetic profiles.

For example, IBM's Watson Health uses AI to analyze patient data and recommend personalized cancer treatments. Similarly, AI-driven platforms are helping researchers develop new, highly targeted medications at a faster rate than ever before.

### Challenges & Ethical Considerations

While personalized medicine holds incredible promise, it also comes with challenges. Data privacy is a major concern, especially considering recent breaches. Patients must be aware of how their genetic information is stored, who has access to it, and whether it could be sold or shared with third parties. Before undergoing genetic testing, it's important to read privacy policies carefully and opt out of data-sharing agreements when possible.

Additionally, accessibility and cost remain barriers. While genetic testing is becoming more affordable, cutting-edge treatments can still be expensive and are not always covered by insurance. Ensuring that all patients, regardless of socioeconomic status, have access to personalized medicine will be a critical hurdle in the coming years.

### The Future of Healthcare is Personal

As technology advances, personalized medicine will continue to reshape the

healthcare landscape. Soon, we can expect to see even more precise treatments, AI-driven diagnostics, and preventive strategies tailored to individual needs.

Rather than treating diseases after they arise, we are moving toward a world where we can predict, prevent, and personalize care like never before. By embracing this revolution, we have the potential to extend both the quality and length of human life in ways we've only just begun to imagine.

### What You Can Do Now

- Talk to your doctor about genetic testing if you have a family history of certain diseases.

- Choose genetic testing providers carefully, prioritizing companies with strong privacy protections.

- Consider pharmacogenomic testing before starting new medications.

- Stay informed about new developments in personalized medicine—it's changing rapidly!

Personalized medicine isn't just the future of healthcare—it's happening right now. And it's changing lives one patient at a time.

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

*Teresa Alasio MD is the Physician Owner and Medical Director of Intentional Self Aesthetics, located in Downtown New Canaan. She resides in New Canaan and to her knowledge has never sold her genetic material to any company.*

## Spring Yard Work? Tackled.



The new 2025 Chevrolet Colorado ...  
Rugged and ready for anything.

"Powerful turbo four on all trims, reasonable footprint packs surprising capability, ZR2 is off-road beast." - Car and Driver

From landscaping to tailgating, the Chevy Colorado is the perfect mid-size pickup for all sorts of chores ... In stock with more arriving weekly.

Together let's drive.



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

Honesty. Integrity. Service. Trust. Since 1927

## Your child's eyes mean everything to us.



Your child's eye health and vision quality play an essential role in physical, cognitive, and social development.

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



Robert J. Fucigna, M.D.

1445 East Putnam Ave., Old Greenwich  
(203) 348-7575 AOCT.CO

# MORE THAN JUST A DRY CLEANER

PICK UP AND DELIVERY RIGHT TO YOUR DOOR

LEARN MORE ABOUT OUR  
FAMILY OF BRANDS AT  
FABRICARECLEANERS.NET

FABRICARE  
-MORE THAN JUST A DRY CLEANER-

203-229-0001

COLUMN

# Challah, Blessings and Tradition



By Rabbi Mitchell Hurvitz

Israeli poet Chaim Nachman Bialik lost his father when he was just seven years old. His mother was left widowed with three young children living in abject poverty, and she found work in a tiny shop to barely make ends meet.

After working many hours, she would come home and work more hours cleaning, cooking, sewing, etc. Late one night, Bialik rose from his bed and observed his mother in their kitchen. Exhausted, she wept as she kneaded the dough for the bread the following day.

While baking by candlelight, his mother's lips moved in prayer: "May I bring up the children to be God-fearing. May they be true to the Torah. May they never disgrace me." While she prayed, tears rolled down her tired cheeks, and without her realization, her tears mixed with the dough.

Little Bialik felt an overwhelming love for his mother. The following day, he ate his mother's bread mixed with his mother's tears and felt that his "mother was in that bread."

I often think about this story, especially as I eat our traditional Shabbat challah. Our special braided bread is considered a significant symbol of the Jewish religion. Rabbinic stories declare that the baked dough of our challah contains spiritual and magical components.

The Hebrew term "challah" refers to the dough removed from the loaf before it is braided, not the loaf itself. In the Book of Numbers, chapter 15, the Torah instructs us: "Before you knead and bake your bread, you shall set aside challah, a portion of the bread, as an elevated gift to God."

The rabbis teach that the

*"When we eat the challah prepared by the hands of our loved ones, we feel their presence amidst the dough."*

commandment to separate our challah "is one of the 613 mitzvot (commandments) that contribute to creating a Jewish life." Historically, challah was removed and then given as a tithe or sacrifice to the Holy Priest, representing a consecration to God. While the Great Temple of Jerusalem was destroyed almost 2000 years ago, we retain the custom of setting aside a small portion of the dough and then burning it.

Beyond the historical and religious importance of challah, I think more of my Bubbye, my grandmother of blessed memory, and my mother of blessed memory. They baked their Shabbat challah jointly every Friday in the early afternoon, and it was a highlight of my childhood.

While I always loved the smell of the challah baking, I once asked my Bubbye and Mom, "Why don't you just buy the challah in the store?" I recall my mother's laughter and how my Bubbye scoffed and asked: "Would you prefer 'wonder bread' to my challah?" She then added: "There's no magic in store-bought challahs."

The Torah commands many magical ingredients to make challah: water, flour, yeast, oil, eggs, salt, and sugar. Each ingredient has its magical power.

- Water traditionally symbolizes the Torah, often called mayim chayim, living water.

- Flour symbolizes physical sustenance; the rabbis say, "Without Torah, there is no flour, but without flour, there is no Torah."

- Yeast is the ingredient of prayer; we should continue to grow intellectually and spiritually.

- Oil symbolizes the messianic dream, the idea that a person can become the "anointed one."

- Eggs symbolize life.

- Salt is God's currency, a symbol of God's everlasting

covenant with us because it never spoils.

- And sugar is our hope for a sweet life.

All those who continue to make challah are asked to put these magical ingredients together in a positive, joyful mood. The rabbis taught that joy transfers to our lives when we eat challah.

Baking challah catalyzes three blessings: it is a blessing for you, your home, and all your loved ones as they eat it.

Coming home from school, sitting in the kitchen with my Bubbye and my mom, helping with the kneading, braiding, and baking, and talking about everything under the sun, was the highest form of spirituality; together as a family, we were engaged in a fun Jewish mitzvah.

In our family, when we sat down at the Shabbat dinner table and said the blessing for our bread, "...HaMotzi Lechem Min HaAretz," the whole family, and often friends at the Shabbos (Sabbath) table, felt a sense of joy, peace, and harmony.

After we bless the challah, we (by custom) refuse to slice it with a knife, instead tearing it by hand because God desires not even a symbol of war or violence where a blessing is offered.

Traditionally, Shabbat calls for two loaves of challah to be placed on the table, and this commemorates the double portion of manna our spiritual ancestors received after our Exodus from Egypt. Moses told us: "The two loaves would last Friday and Saturday, our Sabbath."

Today, many Jews honor the tradition of two loaves of challah by having one at their Shabbat table and donating the second to a food bank to provide for the needy, as God provided for us.

The tradition is that we should bake challah ourselves at least twice a year, and at least one of these two times should be during

our Ten Days of Awe, the 10 days of repentance from Rosh Hashanah through Yom Kippur. The reason for the challah during these ten days is that "this mitzvah will help rectify the damage we and past generations cause."

On Rosh Hashanah, challah is baked in a round shape for our circular year, and raisins are added to our prayer that it will be a lovely year.

Challah is the Jewish symbol of blessings for ourselves, our homes, and our loved ones. When we eat the challah prepared by the hands of our loved ones, we feel their presence amidst the dough.

Inspired by the love, joy, and hope we digest, we can decide to pay it forward and knead purpose into our lives with all the ingredients that come with our shared love which I hope we can braid every day the secret ingredients of our lives: the living waters of life, the sacred flour of sustenance, the prayerful ingredient of yeast, the oil that anoints our salvation, the salt that reminds us of our tears, and the sugar that sweetens and restores our souls.

Let us bake two spiritual challahs daily, one to take care of us and the other to take extra care of those who need us.

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.*

### LEGAL AD

#### TOWN OF NEW CANAAN

#### INLAND WETLANDS COMMISSION

Notice is hereby given that the Inland Wetlands Agent has approved the following application:

**Permit Number Permit (IW-25-13) issued to VAIBHAV LAXMI #2, LLC at 145 River Street, Map P Block 97, Lot 33. Re-establish all soil and erosion controls at site where partial demolition and construction activities were underway by previous owner but ceased. Continue construction activities in accordance with approved plans. Construction activities include: new single-family home, associated drainage improvements, connections to all utilities, fine grading, seeding and stabilization of the site.**

### LEGAL AD

#### TOWN COUNCIL

#### NOTICE OF PASSAGE

Notice is hereby given that at a Meeting of the Town Council of the Town of New Canaan held on March 20, 2025, the following resolution was adopted:

**Resolution Authorizing An Appropriation Of \$201,000 For The Dunning Stadium 2026 Project And The Financing of Said Appropriation By The Issuance Of General Obligation Bonds Of The Town And Notes In Anticipation Of Such Bonds In An Amount Not To Exceed \$201,000**

### LEGAL AD

#### TOWN OF NEW CANAAN PLANNING & ZONING COMMISSION

Notice is hereby given that the Planning and Zoning Commission at a regular meeting held via hybrid and in person on March 25, 2025 duly adopted the following resolution(s). Approved Applications become effective upon the filing of a copy thereof in the office of the Town Clerk.

1. RESOLVED, 91 Main Street - that the application of Tyler Rogers, Authorized Agent for Cody Real Estate, LLC, owner(s), for a Site Plan approval pursuant to Section(s) 4.2.C.1 to permit a change of use from a food shop to a retail store for flooring products in the Retail A Zone at 91 Main Street (Map T, Block 43, Lot 826) is approved with conditions.
2. RESOLVED, 208 Elm Street - that the application of David Rucci, Lampert, Toohey & Rucci, LLC, Authorized Agent for New Canaan Lumber Company, owner(s), for a Site Plan approval pursuant to Section(s) 4.4.C.5 to allow for approximately 575 sq. ft. of footprint to be added to the lower level and convert the space (2,207) sq. ft. from banking to medical use in the Business A Zone at 208 Elm Street (Map L, Block 17, Lot 92) is approved with conditions.
3. RESOLVED, 31 Oak Street - that the application of Robert Lourenco, owner(s), for Special Permit approval pursuant to Section(s) 3.7.E to allow a garage structure that will exceed the maximum building coverage by 662 sq. ft. and in return will deed restrict the height of 1,311 sq. ft. of various structures on the property to 18' or less in the B Residence Zone at 31 Oak Street (Map N, Block 61, Lot 934) is approved.
4. RESOLVED, 89 Chichester Road - that the application of David Rucci, Lampert, Toohey & Rucci, LLC, Authorized Agent for New Canaan Beautification League, Inc., owner(s), to allow a modification of conditions to a Special Permit dated March 31, 2016 in the Two Acre Zone at 89 Chichester Road (Map 26, Block 22, Lot 1) is approved as proposed.

Krista Neilson, Secretary  
Dated March 25, 2025

**HOYT'S HERE®**  
**Hoyt Livery**  
 (203) 966-LIMO (5466)

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

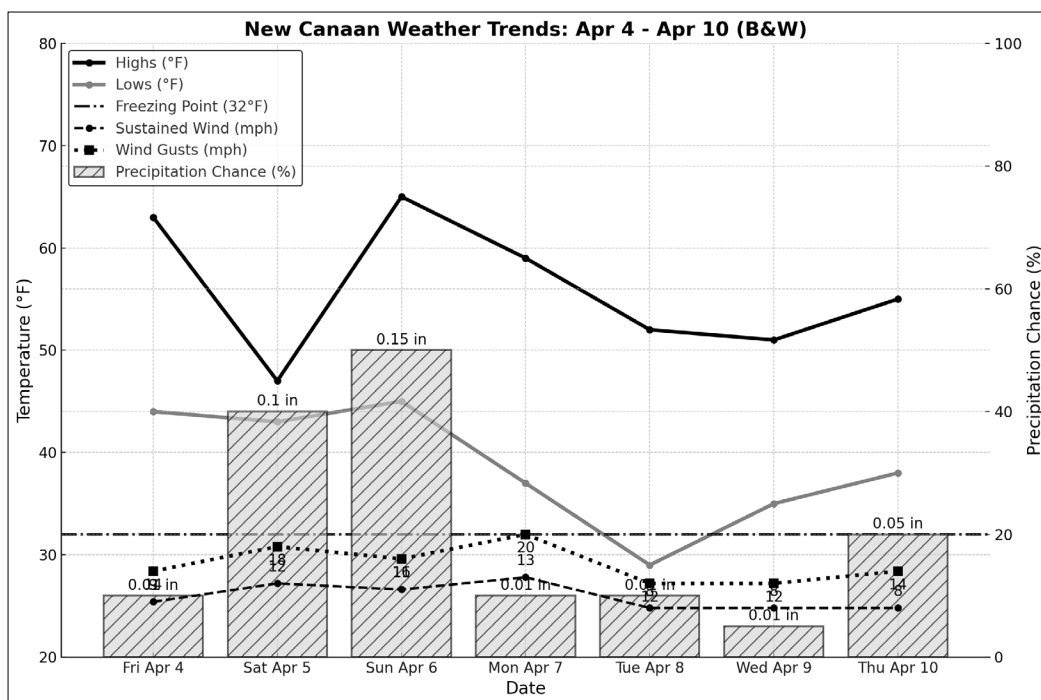
Reserve online at **HoytLivery.com**  
 Or call our client management team 24/7  
**(800) 342-0343**

## New Canaan Weather Forecast: Here's What to Expect

By EMMA BARHYDT

As April unfolds in New Canaan, the community can anticipate a medley of springtime weather. The upcoming week promises a blend of mild temperatures, occasional showers, and moments of sunshine. While no significant storms are expected, it's wise to stay prepared for the varied conditions that early April often brings. From brisk mornings to warmer afternoons, it's an ideal time to enjoy the outdoors while keeping an eye on the skies.

Friday, April 4 will usher in mostly cloudy skies with a high near 63°F. A gentle west wind around 9 mph will make for a comfortable day, perfect for a stroll through the neighborhood or a visit to local shops. The UV index is expected to be moderate, so some sun protection is advisable during midday hours. Humidity levels will be around 60%, contributing to the mild feel. As evening sets in, temperatures will dip to a low of 44°F under partly cloudy skies. A light jacket



would be advisable for any evening plans.

Saturday, April 5 brings a cooler turn with considerable cloudiness and a chance of light rain. The high will reach around 47°F, accompanied by northeast winds at 10 to 15 mph, adding a brisk feel to the air. Humidity will be higher, around 70%,

enhancing the cool sensation. It's a day suited for indoor activities or bundling up if heading outside. Nighttime temperatures will hover around 43°F under overcast skies, so keeping that umbrella handy might be a good idea.

Sunday, April 6 offers a warmer day despite the

persistent clouds, with a high climbing to about 65°F. There's a likelihood of a couple of showers, so it's advisable to plan outdoor activities accordingly. Southeast winds at 10 to 12 mph will add a gentle breeze to the day. The UV index will be moderate, suggesting some breaks in the cloud

cover. Evening temperatures will settle around 45°F with lingering clouds, setting a mild backdrop for the night.

Monday, April 7 presents a mix of sun and clouds, with a high near 59°F. Northwest winds at 10 to 15 mph will bring a refreshing crispness to the air, making it a pleasant day for outdoor endeavors. Humidity levels will be around 55%, contributing to the comfortable conditions. As night falls, temperatures will drop to a low of 37°F under partly cloudy skies, suggesting a cooler evening ahead. Stargazers might find the conditions favorable for some celestial observations.

Looking ahead, Tuesday, April 8 is expected to start with clouds giving way to some sun, with highs in the low 50s. Winds will be light, around 5 to 10 mph, making for a calm day. Overnight lows may dip to around 29°F, so gardeners should be mindful of potential frost. It's a reminder that early April can still bring chilly nights.

Wednesday, April 9 anticipates a blend of sun and

clouds, with temperatures reaching the low 50s. A gentle breeze from the west at 5 to 10 mph will accompany the day. Nighttime temperatures are projected to be in the mid-30s, under partly cloudy skies. It's a typical spring day, offering opportunities for various activities.

Thursday, April 10 is likely to see increasing cloudiness throughout the day, with highs in the mid-50s. Light southeast winds around 5 to 10 mph will prevail. Evening temperatures will be in the upper 30s under cloudy skies, setting a cool tone for the night. It's advisable to keep an umbrella handy for any potential sprinkles.

As spring continues to unfold in New Canaan, residents can look forward to a week of varied weather patterns. Embracing the season's unpredictability adds to the charm of this time of year. Staying updated with daily forecasts will ensure you're well-prepared to make the most of each day.

## Traveling? Check The Week Ahead Nationally

By EMMA BARHYDT

### Northeast

The Northeast will kick off the period with unseasonable warmth as high-pressure dominates, with temperatures running 10-20°F above normal through early weekend, especially in southern parts where highs could approach the 80°F mark. Mild, sunny conditions will prevail for most of the region, but by late weekend, a strong cold front will bring a period of widespread rain and even thunderstorms, particularly in the southern Mid-Atlantic. Rainfall could total up to 1.5 inches, and severe weather is possible, especially in the form of damaging winds. As the front clears by Monday, expect cooler and brisk conditions, with temperatures dropping significantly - highs will range from the 40s to 50s°F by midweek, and in some northern areas, temperatures may dip below freezing at night, raising frost concerns. Inland areas may even experience a wintry mix of rain and snow at higher elevations. By late week, high pressure will bring a return of drier conditions with cooler, crisp air, and temperatures will moderate into the 50s to 60s°F for daytime highs and lows in the 30s to 40s°F. There is some uncertainty about the possibility of a coastal disturbance around April 11-12, but for the most part, the region will experience a dry, tranquil end to the period.

### Southeast

The Southeast will experience a dramatic shift from summer-like heat early in the period to stormy conditions over the weekend, before settling into a cooler and drier air mass by midweek. A strong high-pressure ridge will dominate early, keeping temperatures well into the 80s°F and approaching 90°F in parts of the Deep South. Humidity will rise with a chance of isolated showers, but for the most part, the pattern will be dry until Saturday,

when a strong cold front will trigger severe thunderstorms and heavy rainfall across the region, especially from eastern Louisiana to the Carolinas. Local rainfall could reach 2-4 inches, leading to flash flooding, and severe weather could include damaging winds and even isolated tornadoes. By Monday, the cold front will push out, leaving behind a cooler and drier air mass, with highs in the 60s to 70s°F for much of the Southeast and lows in the 40s to 50s°F in the inland areas, with potential frost in some northern regions. The late-week outlook will be sunny and pleasant, with temperatures returning to 70s to near 80°F by the weekend, creating ideal spring conditions after the stormy start to the period.

### Midwest

The Midwest will face an active and challenging start to the period, with heavy rainfall and severe weather expected as a slow-moving front pushes across the region, bringing flooding rains and thunderstorms, especially from eastern Arkansas through the Ohio Valley. Some areas could receive 5-10 inches of rain, which will raise the threat of flash flooding. Severe thunderstorms, including large hail, damaging winds, and possibly tornadoes, will also be a concern, particularly from the Mississippi Valley through the Great Lakes. By Sunday, the front will begin to shift east, leading to a sharp cool down. Behind the storm, much cooler temperatures will move in, with highs only in the 40s and 50s°F and wet snow possible in the upper Midwest and Great Lakes by Monday. This cold snap will be brief, however, as high pressure builds in and temperatures rise again through the midweek. By Wednesday and Thursday, highs will return to the 50s and 60s°F, with dry, calm weather taking hold. Late in the week, warmer air will return, pushing temperatures back into the 60s and 70s°F, bringing the Midwest back to more typical

spring conditions.

### Southwest

The Southwest will see a combination of late-season snow in the Rockies and severe thunderstorms in the Plains early in the period, followed by a stretch of dry, sunny, and warm conditions as the week progresses. Early in the period, a potent storm system will bring rain and thunderstorms to eastern Texas and Oklahoma, with the possibility of large hail and damaging winds. At the same time, the mountains of Colorado and New Mexico will receive significant snowfall, especially above 7,000 feet. By Sunday, the system will move eastward, and high-pressure will begin to build over the region, leading to calmer, sunnier weather by Monday and Tuesday. Temperatures will warm significantly as the week progresses, with highs in the 80s and 90s°F by midweek across desert areas like Phoenix, with much of the region experiencing above-average temperatures. Nights will become milder, with lows in the 50s°F in lowland areas and cooler conditions in the mountains. By late in the week, dry, sunny weather will prevail across the Southwest, with temperatures in the mid-80s°F and clear skies making for pleasant spring weather.

### Northwest

The Northwest will begin the period with mild and dry conditions, as high pressure brings above-normal temperatures in the 60s and 70s°F through the weekend. By Sunday into Monday, a weak Pacific weather system will bring scattered showers to western Washington and Oregon, with a few inches of snow possible in the mountains. These showers will move eastward into Idaho and Montana as the system weakens, but rain will be generally light. After this brief interruption, high pressure will build over the region by Tuesday, leading to sunny

and warmer-than-normal conditions. Daytime temperatures will climb back into the 70s°F across the region, with a few areas, especially in the inland valleys, potentially reaching the 80°F mark by Friday. Nights will remain cool in higher elevations but milder in the lowlands, with lows in the 40s to 50s°F. Late in the week, no significant storms are expected, and the region will enjoy a stretch of dry, warm spring weather with clear skies through the weekend, making for a great stretch of outdoor conditions.

### West Coast

The West Coast will start the period with dry and seasonable conditions under a high-pressure ridge, which will keep much of California and the Pacific Coast region clear and calm through the weekend. Coastal areas will experience mild temperatures in the 60s and 70s°F, with 70s to low 80s°F inland. There may be some light rain in the far north late Sunday, but it will be brief and minimal. As the high-pressure system strengthens through the early part of the week, the region will see a warming trend, with temperatures reaching the mid to upper 80s°F by Wednesday, especially in inland areas like the Sacramento Valley and parts of Southern California. Coastal areas will warm to the 70s and low 80s°F, while the deserts may approach the 90°F mark. With no significant precipitation expected, the region will enjoy plenty of sunny days with low humidity. By the late week, temperatures will remain above average, with clear skies and mild conditions continuing, though some coastal areas may see morning marine fog. Overall, the West Coast will experience pleasant spring weather, marked by warm, dry conditions through April 12.



# REAL ESTATE DASHBOARD

**REAL ESTATE DASHBOARD EDITOR**

John Engel | John.Engel@Elliman.com

**REAL ESTATE DASHBOARD CONTRIBUTORS**

Christa Kenin | Christa.Kenin@Elliman.com

Robyn Bonder | Robyn.Bonder@Elliman.com

**NEW LISTINGS**

| Address            | List Price   | SqFt   | Price/SqFt | AC   | BR | FB |
|--------------------|--------------|--------|------------|------|----|----|
| 224 Park Street #2 | \$450,000    | 990    | \$454.55   |      | 2  | 1  |
| 544 Oenoke Ridge   | \$13,900,000 | 18,000 | \$772.22   | 6.26 | 12 | 12 |

**FEATURED OPEN HOUSES**

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

| Address         | Price       | Day       | Time        | Broker                 |
|-----------------|-------------|-----------|-------------|------------------------|
| 247 Mill Road   | \$2,650,000 | SAT & SUN | 2:00-4:00PM | William Pitt Sotheby's |
| 637 Valley Road | \$4,200,000 | SUN       | 1:00-3:00PM | William Pitt Sotheby's |

**NEW SALE**

| Address              | Original List | List Price  | Sold Price  | DOM | BR | FB | Acres |
|----------------------|---------------|-------------|-------------|-----|----|----|-------|
| 294 South Avenue     | \$1,495,000   | \$1,495,000 | \$1,750,000 | 6   | 3  | 2  | 0.34  |
| 31 Marvin Ridge Road | \$1,999,000   | \$1,999,000 | \$2,514,365 | 8   | 5  | 3  | 1.14  |

## Trust, Predictions, and the Recommendation Engine



BY JOHN ENGEL

60% of all sales are occurring above list price. Last month, I gave examples of 20 bidding wars where houses traded for 120% of their asking price.

A good buyers' agent provides value when asked what is a house worth, and what will it take to get it? The first value is in their advice. The second is unseen value when they communicate to the seller's agent that this buyer is (or is not) serious, able, and committed to seeing this transaction through. Most buyers do not see this second part of the process, so they do not understand that alongside the money comes trust that the buyer will follow through on the commitment. Trust comes from experience. Trust is an incredibly difficult thing to measure. This column is about measuring Trust, an agent's value as a Recommendation Engine, and why Zillow's prediction engine fails.

**Recommendation Engine**

Many years ago, when Netflix was still mailing DVDs, they discovered their key value proposition was in their ability to recommend your next movie. Netflix improved from a 2% success rate in 2000 to over 80% today. How? With a collaborative filtering algorithm. *We are similar and we like similar things, so if I like it, you should like it.*

That algorithm missed out on suggesting older "long-tail" titles, so Netflix made the adjustment. Adding demographic data did not improve the algorithm's predictive power. Netflix has spent billions over 25 years learning that what customers say they want and what they do is very different.

Any experienced Realtor could have told you that. Zillow introduced the Zestimate in 2006 with a 13.6% median error rate for off-market homes. By 2021, its Neural Zestimate, using a neural network to analyze data like square footage and location, reduced this to 7.49% nationally – but in Connecticut, the error rate is 8.02%, a \$232,580 miss on the median sale price.

Online prediction markets like Polymarket outperform neural networks and polls. They gave Trump a 60% chance of winning the 2024 election when Nate Silver gave Harris 55%. Data scientist Alex McCullough reports Polymarket's accuracy at 90.5% one month before an event, rising to 94.2% four hours before. Polymarket tends to slightly overestimate event probabilities due to biases such as herd mentality, low liquidity, acquiescence bias, and participants' preference for high-risk bets. These factors can lead to market prices being overpriced, with "Yes" outcomes resolving less frequently than expected. Realtors in Spring share this bias.

Netflix and Zillow could have asked my agent Susan Engel, "What does John want?" Because when she asked me what I was looking for and I said,



A group of agents know more than an algorithm. Brotherhood & Higley real estate agents price a house, 2010. Left to right are Hugh Halsell, Wendy Fog, Bill Hecker, Larry Sullivan, Julie Taylor, Sue Jeffries, Laura Edmonds, Paola Carey, Anne Cotton, Kathy Tanner, Alice Jennings.

*Most buyers do not see this second part of the process, so they do not understand that alongside the money comes trust that the buyer will follow through on the commitment.*



The whole Brotherhood & Higley office once upon a time. Sitting L to R: Julie Taylor, Alice Jennings, Susan Engel. First row, L to R: John Engel, Sara Marshall, Jane Campbell, Anna Mae Bondor, Erica Bergmans, Kathy Tanner, Laura Edmonds, Plavoukas, Jill Wippner, Holly Malaspinas. Second Row L to R: Bill Hecker, Nez Swanberg, Benjie Halsell, Melissa Jones, Carolyn Clark, Betty Ehrlinger, Barb Shaw, Sheila Clemente, Billy Taylor, Emily Restifo, Sherrri Kielland., Hugh Halsell, Judy Dunn, Janice Hennessy, Larry Story, Paola Carey, Wendy Fog

"I want a really good deal," she replied, "No you don't. Be careful what you wish for. There's a reason some houses sell cheaply. It may take us a long time to re-sell it."

She was right: A "deal" was not the most important thing. I didn't want a white elephant that only I could appreciate. I wanted a great location that everybody wanted, and I didn't want to get stuck with it if I lost my job. I reflected and told her I wanted "a blue-chip stock, a house that I can always sell, in any market, for at least what I paid." We found that "blue-chip" location and it turned out to be a good investment. Sometimes our agents know what we want, even when we don't and cannot articulate it. I'll bet the Financial Planners in the room can

tell similar stories. "You say you want risk, but you don't."

I take copious notes when a buyer calls. Sometimes the conversation starts with something specific, like "I want a midcentury modern" or "I want an open plan." As often as not, I am told what they don't want: "I do not want to live on a double yellow line" or "I don't want to live too close to the New York border" or "I don't want too many steps." A question we should ask is, "How long do you expect to live there?" because our needs change, and picking a "forever house", one that meets your needs now and in 20 years, is sometimes too much to ask of the market, or the buyer.

The average one of us looks at 40 choices before we pick one. I'm

describing movies on Netflix, of course. Nobody looks at 40 houses before making an offer, or do they? Realtor.com says buyers on average will visit 10 homes over 10 weeks before making an offer. Expectations are changing. NAR says 12 houses over 12 weeks a decade ago had dropped to 8 houses over 8 weeks in 2021, and that number is still dropping. In a supply-constrained market, with most houses selling quickly with multiple bids, it is more typical for a buyer to make an offer on the first good house they see (after vetting dozens online) than risk losing it.

**Trust**

Where does trust live in the homebuying process? When there is

no contact between buyer and seller before the closing, what mechanisms do we have in place for establishing trust when we just met at an open house? eBay's feedback rating is a walled garden, one of the first commercial trust metrics, and it seems to work for them. We learn by the ratings seller history and frequency, and whether they rated highly on real transactions. Amazon sells houses, but according to a 2020 study, about 42% of Amazon reviews are fake.

Where then? NAR studies reveal that 43% of Realtors are hired based on the recommendations of friends and family. So analog! For the largest transaction most people ever make, we have no objective criteria.

According to NAR, 90% of us would recommend our Realtor, but those recommendations are typically very subjective: "She was my Realtor, and she was so helpful" is a typical online review. Does it inspire trust? No. Google is no better. Searches for "Best Realtor in New Canaan" are garbage, finding nothing objective or believable. I searched for the top 15 Realtors in New Canaan, and the lists include NONE with an office here, NONE who have sold or listed a house here in the last 90 days. Useless.

Zillow's ratings system falls short as an objective metric: Success on Zillow comes to those agents who do a better job asking for reviews, and who pay Zillow.

Gaming the system has become an art form, and the New York attorney general doesn't like it. She set up a fake yogurt shop to catch the perpetrators writing fake reviews. And she's prosecuting the agents who hire fake reviewers. She secured a \$47 million judgment from an apartment finder website for defrauding renters.

RateMyProfessors.com was founded 25 years ago and includes 19 million ratings on 1.7 million professors at 8,000 schools. That's the same number of Realtors we have in the U.S. "Easy" courses result in higher ratings. "Helpfulness" does too. There is very little correlation between online ratings and formal in-class evaluations of professors, leading many to conclude that here, too, there is no accountability.

**Conclusion: The Limits of Prediction, the Value of Trust**

While prediction engines like Polymarket (94.2% accuracy) and Netflix (80% success) excel in their domains, Zillow's Zestimate, with an 8.02% error rate in Connecticut, shows AI's limits in real estate. Agents remain the ultimate recommendation engine, building trust and understanding needs in ways algorithms can't, ensuring buyers find not just a house, but a home.

John Engel is a broker with the Engel Team at Douglas Elliman in New Canaan and on eBay he has a reputation as "Nice transaction. Positive buyer" but on Google, he really shines: "They did a great job finding us a house...and when it was time to sell we called on them and they did not disappoint." High praise, indeed!

# Escape to Paradise.

# Escape to Bermuda.

Fly Non-Stop from Westchester County Airport to Bermuda in **2 Hours**.

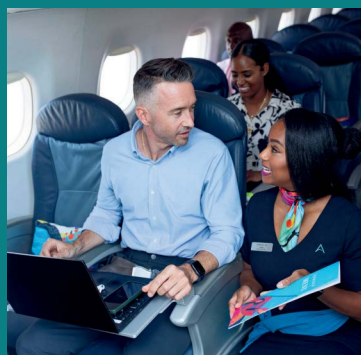
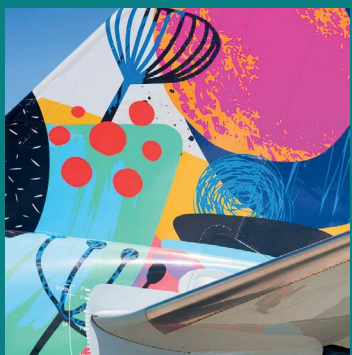


## Bermuda is closer than you think.



[FlyBermudAir.com](http://FlyBermudAir.com)

Enjoy free Wi-Fi, complimentary snacks and drinks, no middle seats, and warm Bermudian hospitality from takeoff to landing.

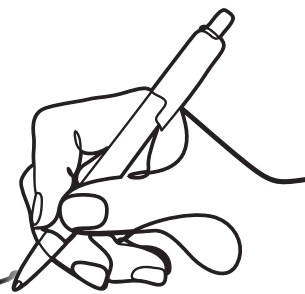


## Your Island Escape Awaits.

# BERMUDA AIR



## Sentinel Literary Competition



### Writing Contest!!

March is a month of transitions and spring cleaning—winter turns to spring, the old gives way to the new, and change is everywhere. We throw open the windows and clean out the closets. This month's contest embraces transformation and lost things.

**For Ages 15 & Under: "Letters from the Other Side"**

**Winner receives \$25 and publication in the Sentinel!**

Prompt: If other things could talk, what would they say? Write a letter from an unusual point of view—maybe it's from a snowman to the sun, a worm to a robin, or a pencil to its owner. Whether

it's heartfelt, hilarious, or completely bizarre, tell us what the world looks like from their perspective—in 50 words or fewer.

**For Ages 16 & Up: "What's Left Behind"**

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

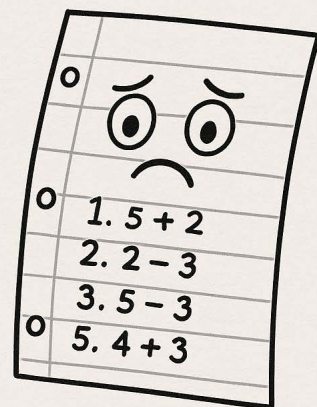
Prompt: Someone—or something—has disappeared. All that remains is an object, a letter, or a single clue. In 150 words or fewer, tell the story of what was lost and what it left behind. It could be a person, a civilization, an animal, a way of life—anything that once existed and is now gone. Make it haunting, funny, mysterious, or deeply human, but above all, make us feel the absence.

Dear Student,

You aren't happy to see me? I missed you this weekend. Don't worry, I only have 5 questions this time. But each question has 3 parts. LOL! I know you want to go play, but you have to deal with me first.

Always yours,

Math Homework



## And the Winners Are

This month's prompts explored the emotional weight of transformation and loss. For younger writers (15 & under), the task was to write a letter from an unusual point of view. For older writers (16 & up), the challenge was to imagine what remains after someone—or something—is gone. Across both groups, creativity, emotional resonance, originality, and concise storytelling were key judging criteria.

**Category: Ages 15 & Under**

**Winner: Kayla Kiczek**  
*Math Homework*

You aren't happy to see me? I missed you this weekend. Don't worry, I only have 5 questions this time. But each question has 3 parts, LOL! I know you want to go play, but you have to deal with me first.

Always yours,  
Math Homework

**Why It Wins:** The tone is pitch-perfect—a passive-aggressive, clingy "friend" masquerading as a math worksheet. It channels student frustration into a well-crafted voice. The phrase "I missed you this weekend" delivers dry humor, while the "LOL" adds a cringe-worthy authenticity. The entry nails character, concept, and word economy in under 50 words.

**Runner-Up: Kayla Kiczek**  
*Sentinel Writing Competition*

Normally you write to me, but this month I am writing to you. I make you want to be a better writer. It's always a fun and creative challenge. Then, that Friday comes and you check to see if you won. Probably not this time, though!

– Sentinel Writing Competition

**Why It Places:** This clever, meta entry flips the prompt on its head—what if the contest wrote "back"? It's bold, a little snide, and self-referential in a way that resonates with any competitive writer. The personification of the contest voice is both encouraging and cheeky. Smart structure and a strong concept earn this piece second place.

**Category: Ages 16 & Over**

**Winner: Erica Blair**  
*Mitch and the Couch*

When our childhood dog, Mitch, a sweet-tempered brown mongrel, died of old age, my mother said that she found herself going to the door to let him in for weeks afterwards.

Mitch left a kind of fingerprint in our house. For his fourteen years, he had curled up to sleep in the same place on our living room rug, leaning his back against the couch and leaving a little worn smudge from years of contact from his warm fur against the upholstery.

When Mom downsized, she donated the couch to Goodwill.

One of the two volunteers who came to collect it looked at the smudge and asked if he could say hello to the dog. Mom teared up a little and showed him Mitch's photo. The man promised my mother that he would make sure the couch found a good home, one with a dog.

**Why It Wins:** This entry is intimate, subtle, and emotionally rich. The "smudge" becomes a symbol of lasting memory—proof of a life lived quietly but meaningfully. The final gesture by the mover, who promises a new home for the couch "and" a dog, transforms the piece into something enduring and kind. The prose is clean, emotionally intelligent, and restrained.

**Runner Up: Kelly Hogan**  
*Thread*

There were thirty of them once. Engineers. A few poets. Two exes who pretended to be civil. Every Thursday—like clockwork—an email would hit the thread: jokes, recipes, political rants, birthdays no one remembered until someone did.

First to go was Mark—claimed he'd joined a monastery. In Iceland. No forwarding address.

Then Priya, who said she'd "outgrown digital communication" and switched to handwritten letters. No one got one.

Jared left after sharing a photo of a door in his basement that "wasn't there before." He signed off: brb.

Emails kept coming, but replies thinned.

Lucia said she kept hearing typing at night when her laptop was closed. Then nothing.

Adam accidentally replied—all with coordinates. No one opened them.

And Carol—always the quietest—just wrote: "It's happening faster now."

Now it's only me. Watching the blinking cursor. Holding the silence like a loaded file.

I should leave, but the thread won't let me.

Subject line: "Re: Re: Re: still here?"

No one answers.

**Why It Places:** "Thread" blends mystery, dark humor, and technological eeriness into a compact narrative that evolves from nostalgic to unsettling. The pacing is masterful: the slow vanishing of each member, each with a peculiar, increasingly paranormal reason, creates a rising tension. Details like "Jared... a door in his basement that 'wasn't there before'" and "Adam... coordinates" are deeply effective in implying a wider, unseen horror. The format—emails trailing off, ending with "Re: Re: Re: still here?"—mirrors real digital decay.

What sets it apart is the slow collapse of community and reality, communicated entirely through the tone and unraveling rhythm of the email thread. The story feels haunting without relying on gore or cliché—it's

psychological, creeping, and absurdly believable.

**Honorable Mention: Andrea Kiczek**  
*Wilson*

Dear Diary,

In hindsight, there were red flags everywhere that should have clued me in that the relationship was doomed to fail. First, he didn't have any friends. Like, zero. And he was always wearing the same ratty outfit every time we hung out. How you present yourself to the world is important, you know?

He never took me to meet his family. He never took me anywhere at all! Sure, he was a pretty good cook, especially fish, and his place was beautiful, but I missed going out and doing things. I don't know, something always felt off.

But still, to just pack up and leave me, just like that, it hurts. I feel so isolated and abandoned. Was it something I did? Is there something wrong with me? I mean, besides the fact that I'm just a volleyball.

Alone and confused,  
Wilson

**Why It's Noted:** This is a comedic triumph of voice and concept. The reveal is masterfully timed—only at the end do we understand the speaker is Wilson, the volleyball from *Cast Away*. The humor doesn't rely on the pop culture reference alone; it builds an emotionally believable (and hilariously dramatic) breakup letter.

**Honorable Mention: Rachel Craft**  
*Replaced*

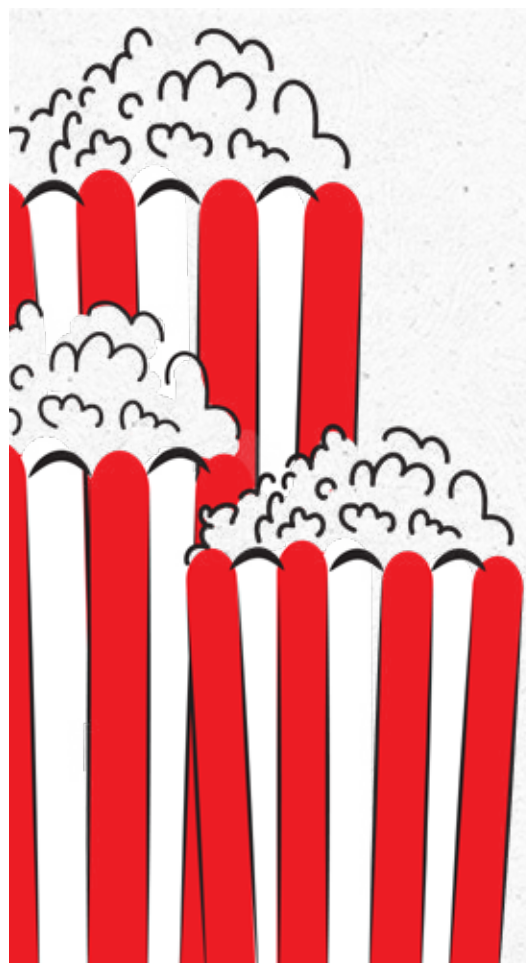
He didn't even hide it. Just waltzed in with her—sleek, matte black, ten speeds, digital display.

She whirred once and got the whole countertop.

I used to make his post-workout shakes. His margaritas. His soup.

Now I sit unplugged, dusty, next to a jar of expired flaxseed. Traitor.

**Why It's Noted:** This succeeds through voice and economy. The anthropomorphic blender's tone drips with indignation, jealousy, and heartbreak—turning a minor kitchen upgrade into a full-blown domestic betrayal. The phrase "She whirred once and got the whole countertop" is laugh-out-loud funny, and the ending—Traitor—lands with perfect, petty fury. It takes appliance envy and turns it into a compact kitchen drama. Short, sharp, and very funny.



THE PLAYHOUSE PRESENTS

# ENCORE

SEE A MOVIE • ENJOY A DRINK • GRAB A BITE • MEET A FRIEND

- Unlimited Movies
  - No Online Booking Fees
  - 20% off Concessions
  - Plus More!
- (excluding alcoholic beverages)

**\$24**/mo

**JOIN NOW**

A CINEMALAB Experience

**CinemaLab.com**

# Calendar of Events for Your Fridge

**Submit your events at:**  
[newcanaasentinel.com/submit-an-event/](http://newcanaasentinel.com/submit-an-event/)

## TOWN MEETINGS

### Monday, April 7

#### Zoning Board of Appeals

7-8 p.m., Town Hall Board Room & via Zoom

#### Inland Wetlands Commission

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

### Tuesday, April 8

#### Pension Committee

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

#### Ethics Board

7-8 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, April 9

#### Parks and Recreation Commission

7-8 p.m., the Lapham Community Center

### Thursday, April 10

#### Police Department Building Committee

8-9 a.m., Town Hall Board Room & via Zoom

#### Conservation Commission

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

#### Utilities Commission

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

#### Planning & Zoning - Special Meeting

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

### April 3

#### Free Medicare Counseling

By Appointment at the Lapham Center  
Dick Neville, a CHOICES certified Medicare counselor, provides free, objective, person-centered assistance about Medicare options and related benefits including: enrolling, choosing a supplemental plan and Part D prescription drug plan, and understanding Medicare Advantage plans. Available to New Canaan residents and Town employees. Call (203) 594-3620 to schedule appointment.

### April 4

#### 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.**

#### Medicare Basics with Medicare CHOICES Counselors

11 AM at the Lapham Center  
Medicare can be overwhelming and what you don't know can negatively impact your healthcare. This presentation will provide an overview of how Medicare works, coverage options, enrollment periods and key benefits. Dick Neville has been providing volunteer Medicare Counseling for over 20 years. Coffee and treats will be served. Free event. Call 203-594-3620 to register.

#### Celebrate National Poetry Month: Walt Whitman, Emerson's Poet

3 PM at the New Canaan Library, Craig B. Tate Conference Room  
Celebrate National Poetry Month by exploring how the Transcendentalists' revolutionary ideas about nature, philosophy, religion, politics, and the individual inspired Whitman's radical breaks with convention, which shaped an unprecedented national literature and a new, enduring American self. Register at <https://www.newcanaanlibrary.org/event/hold-walt-whitman-lecture-institute-lifelong-learners-133623>.

### April 5

#### The 25th Annual Putnam County Spelling Bee: The Musical- Day One

7 PM at the New Canaan Library  
The 25th Annual Putnam County Spelling Bee is a riotous musical, complete with audience participation. This fast-paced crowd pleaser follows an eclectic group of six mid-pubescents as they vie for the spelling championship of a lifetime. Tickets are \$40/person and available at <https://www.connecticutstagecompany.org/spelling-bee>.

### April 6

#### 2025 Unite to Fight 5K Run/Walk

7:30 AM at Waveny Park  
Join Filling in the Blanks at their Seventh Annual Unite to Fight 5K. Check in will begin at 7:30, Kids Fun Run at 8:15 and the 5K walk/run beginning at 8:45. Show your support,

register as a fundraiser, walker, or runner, and spread community awareness of Filling in the Blanks' mission. There will be prizes, t-shirts and food. To register, visit <https://runsignup.com/Race/CT/NewCanaan/UnitetoFight>.

#### Spring Awakening Retreat with Grounded Meditation

9 AM- 1 PM at the Carriage Barn Arts Center  
This half-day retreat is designed to celebrate the arrival of Spring and embrace the theme of new beginnings. An immersive experience that will connect you to nature, your body, and your inner self through a variety of restorative practices. Tickets are \$150 before March 30th, \$175 after, and available at <https://carriagebarn.org>.

#### The 25th Annual Putnam County Spelling Bee: The Musical- Day Two

2 PM at the New Canaan Library  
The 25th Annual Putnam County Spelling Bee is a riotous musical, complete with audience participation. This fast-paced crowd pleaser follows an eclectic group of six mid-pubescents as they vie for the spelling championship of a lifetime. Tickets are \$40/person and available at <https://www.connecticutstagecompany.org/spelling-bee>.

### April 7

#### Woodcarving

12:30 PM at the Lapham Center  
Join Dennis Taylor to explore this time-honored craft. Dennis will help you learn to carve actual projects, explain basic wood cuts, tools and safety tips. Free event. Call (203) 594-3620 to register.

#### Composers for Beauty in Vienna

2:30 PM at the Lapham Center  
A documentary focusing on the revival of beautiful classical music in Vienna. Run time: 1 hour and 15 minutes. Free event. Call (203) 594-3620 to register.

### April 8

#### Knitting with Sue Scannell

11 AM at the Lapham Center  
Learn to knit with master knitter Sue Scannell. If you ever wanted to learn to knit or to get help on a project you put away, join Sue. There will be some yarn and needles available. Free event. Call (203) 594-3620 to register.

#### 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 the 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.

#### A Night of Needlepoint

5 PM at the Lapham Center  
Whether you are a total novice or an old pro, come in and join Aggie and friends for an evening of needlepointing. If you have questions about a work in progress or if you want to learn to stitch, Aggie will be available to provide assistance and offer "pro" tips. Free event. Call 203-594-3620 to register.

#### Create Your Own Blue Zone with Dr. Paul Alan Cox

6:30-8 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium  
Dr. Paul Alan Cox, renowned ethnobotanist and Director of Brain Chemistry Labs, shares insights on longevity and cognitive health. He will discuss his latest clinical trials and provide practical ways to integrate principles from Blue Zones —regions where people live past 100 with vitality—into daily life. Register at <https://www.newcanaanlibrary.org/event/dr-paul-cox-81556>.

### April 9

#### Blood Sugar & Blood Pressure Clinics

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

#### Family Passover Program

4:30 PM at the New Canaan Library, Arlene H. Grushkin Children's Program Room  
Join to learn about significant Passover symbols and to design a special Passover seder plate, afikoman bag, and plague-inspired finger puppets. There will also be Passover stories and treats to enjoy. Register at <https://www.newcanaanlibrary.org/event/family-seder-plate-making-132689>.

#### Fashion in Art: From Cloth to Canvas

6:30 PM at the New Canaan Library, Community Room

In this lecture, ArtScapades will look at the history of fashion in art, and works of art that highlight fashion, ranging from the most basic to the most coveted garments and accoutrements. ArtScapades will discuss how depictions of clothing in art address many aspects of a culture, from social structures and gender roles to daily activities. Register at <https://www.newcanaanlibrary.org/event/hold-artscapades-125458>.

### April 10

#### Faux Faberge Eggs with Clever and Crafty

1 PM at the Lapham Center  
Spend the afternoon with friends, as you create beautiful "Faberge" eggs for the holiday. Free event. Registration is limited, call 203-594-3620 to register.

#### Ask the Attorney with Nedder and Associates, by appointment

2-4 PM at the Lapham Center  
An attorney from Nedder and Associates, LLC will be available for a free, private, fifteen minute consultations to answer your legal or financial questions. Free event. Please call 203-594-3620 to schedule your appointment.

#### Conversations with Business Leaders: Emilie Rubinfeld

7 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium  
The 2025 Conversations with Business Leaders speaker will be Emilie Rubinfeld, Global President of New York-based luxury fashion house Carolina Herrera. In conversation with Bob Mitchell, co-Ceo of Mitchells Stores, Rubinfeld will not only relate insights from helming of one of fashion's most important legacy houses, but will also informally share looks from the current collection on stage. Register at <https://shorturl.at/HQYPA>.

## SAVE THE DATE

### April 11

#### 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. This is a free event. Call 203-594-3620 to register.

#### Computer Basics: Tech Security

2 PM at the New Canaan Library, McLaughlin Meeting Room  
In this class, learn how to identify and protect yourself from common internet scams. You will also learn about the benefits of two-factor authentication, antivirus software, and how to create strong passwords. Register at <https://www.newcanaanlibrary.org/event/computer-basics-tech-security-135937>.

#### Dancing through the Ages: The History of Dance with Fred Astaire Dance Instructors

6-8 PM at the New Canaan Museum & Historical Society  
Join this event to learn, observe and discuss dancing throughout history as taught by Amy and Marko, the owners of the newly opened, Fred Astaire Dance Studio on Main Street. Learn the Virginia Reel, a Waltz from the Civil War Era, the 1970's Hustle, and some fun line dancing of today. Refreshments and a demonstration by the pros will complete the evening. Tickets are \$25/museum members, \$40/non-members, and available at <https://lp.constantcontactpages.com/ev/reg/9bw4ap7>.

### April 12

#### Adaptive Circus Program

3 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium  
Join Circus Moves for a special adaptive program for children with special needs and their families. Balancing, bouncing, tossing, trying, spinning, smiling, jumping, juggling, and lots of clowning around. Circus is for everyBODY. Best for families with children in grades K-6th. Register at <https://www.newcanaanlibrary.org/event/copy-copy-adaptive-circus-program-94306>.

### April 14

#### Johann Sebastian Bach: The Fifth Evangelist

2:30 PM at the Lapham Center  
Convincingly conveys Bach's motives as a Christian composer, who placed himself and

his work entirely at the service of God. Run time: 25 minutes. Free event. Call (203) 594-3620 to register.

### April 15

#### Art Gottlieb's History Discussions: The First Air War

10 AM at the Lapham Center  
For the first time in the history of warfare, World War I employed the use of aircraft on a large scale. In addition to airplanes, observation balloons and Zeppelins flew missions of reconnaissance and occasional bombing raids. During what was still an age of individual honor and chivalry, fighter pilot aces were immortalized as national heroes. Free event. Call (203) 594-3620 to register.

#### Knitting with Sue Scannell

11 AM at the Lapham Center  
Learn to knit with master knitter Sue Scannell. If you ever wanted to learn to knit or to get help on a project you put away, join Sue. There will be some yarn and needles available. Free event. Call (203) 594-3620 to register.

#### 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 the 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.

### April 16

#### Woodcarving

12:30 PM at the Lapham Center  
Join Dennis Taylor to explore this time-honored craft. Dennis will help you learn to carve actual projects, explain basic wood cuts, tools and safety tips. Free event. Call (203) 594-3620 to register.

### April 16

#### Blood Sugar & Blood Pressure Clinics

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

### April 17

#### Life Reimagined

1 PM at the Lapham Center  
Purposeful living promotes happiness, longevity, a healthier heart and reduces the risk of Alzheimer's and other diseases. Hosts Marcy Rand, LMSW, Director, New Canaan's Human Services Department, and Robin Rockafellow, LCSW, lead an informal and friendly group discussion. Free event. Call (203) 594-3620 to register.

#### Glass House Presents Andrew Heid, Author of Glass Houses

6:30 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium  
Glass Houses presents 50 stunning architect-designed homes that utilize glass to maximum effect. Each house is celebrated with awe-inspiring photographs that showcase the dynamic, light-filled living spaces that only glass can deliver. Register at <https://www.newcanaanlibrary.org/event/hold-glass-house-glass-houses-131397>.

#### Free Medicare Counseling

By Appointment at the Lapham Center  
Dick Neville, a CHOICES certified Medicare counselor, provides free, objective, person-centered assistance about Medicare options and related benefits including: enrolling, choosing a supplemental plan and Part D prescription drug plan, and understanding Medicare Advantage plans. Available to New Canaan residents and Town employees. Call (203) 594-3620 to schedule appointment.

### April 18

#### NO COFFEE AND CONVERSATION 8:30 – 9:30 AM at the Lapham Center

### April 21

#### Ways of Listening: The Magic of Mozart with David Stein

2:30 PM at the Lapham Center  
In this presentation David Stein explores the Gran Partita for Winds, a Mozart masterpiece. The program uses video clips of performances and a live illustration at the piano. Free event. Call (203) 594-3620 to register.

# Calendar of Events for Your Fridge

## April 22

### A Conversation with Georgette Harrison

9:30 AM at the New Canaan Library  
Join Georgette Harrison for a conversation about parents under pressure. Register at <https://newcanaancares.org>.

### Art Gottlieb's History Discussions: The Battle of Jutland

10 AM at the Lapham Center  
In the frigid North Sea off the Danish Peninsula of Jutland, the Royal Navy's Grand Fleet and the Imperial German Navy's High Seas Fleet battled it out in what was to become the largest and most famous naval battle of World War I. Free event. Call (203) 594-3620 to register.

### Lunch & Learn: Susan Guerrero on her father photographer Pedro Guerrero

12 PM at the New Canaan Museum & Historical Society  
Bring your lunch and hear from Susan Guerrero, the daughter of Pedro Guerrero. Pedro was an internationally famous architectural photographer, known best for his work with Frank Lloyd Wright, Alexander Calder, and Louise Nevelson. He was known for his interior and exterior photos of these mid-century masterpieces. Tickets are free for members, \$10/non-members, and available at <https://shorturl.at/zxypl>.

### 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 the 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.

## April 23

### Blood Sugar & Blood Pressure Clinics

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

## April 24

### Gridiron Dinner and Show- Night One

6 PM at the Country Club of New Canaan  
Join the 63rd Annual Gridiron Dinner and Show Honoring Wendy Coleman Dixon Hilboldt. The festivities will begin at 6 pm for cocktails, 7 pm for Dinner and 8 pm - The Show will begin. A donation in Wendy's honor will be made to the New Canaan High School Scholarship Fund. Tickets are \$175/person and available at <https://gridironclubofnc.org/registration/>.

## April 25

**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.**

### Gridiron Dinner and Show- Night Two

6 PM at the Country Club of New Canaan  
Join the 63rd Annual Gridiron Dinner and Show Honoring Wendy Coleman Dixon Hilboldt. The Show will begin at 8 pm. A donation in Wendy's honor will be made to the New Canaan High School Scholarship Fund. Tickets are \$175/person and available at <https://gridironclubofnc.org/registration/>.

### Opening Night: The Importance of Being Earnest

7:30 PM at Powerhouse Theatre  
The esteemed Oscar Wilde's most well-known comedy, The Importance of Being Earnest, is rich with love, banter, friendship, and conflict. This whirlwind of complex relationships and comedic commentary is a show you don't want to miss. Tickets are available at <https://tpnc.org>.

## April 26

### Watercolor Botanical Painting with Sarah Crossman

10:30 AM at the Carriage Barn Arts Center  
Learn to Paint Beautiful Watercolor Flowers. Join artist Sarah Crossman for a one-day workshop designed for all skill levels. In this hands-on session, Sarah will guide you through the basic techniques of watercolor painting, with a focus on capturing the vibrant beauty of tulips as seasonal inspiration. Materials will be provided. Tickets are \$75/members, \$90 for non-members, and available at <https://carriagebarn.org>.

### Faster Things - Allman Brothers Tribute

7 PM at the Carriage Barn Arts Center  
Faster Things conjures the twin guitar harmonies and searing slide guitar sounds, hammond organ, harmony guitar and unusual time signatures of the original Allman Brothers band with passion. Tickets are \$35/person and available at <https://carriagebarn.org>.

### The Importance of Being Earnest

7:30 PM at Powerhouse Theatre  
The esteemed Oscar Wilde's most well-known comedy, The Importance of Being Earnest, is rich with love, banter, friendship, and conflict. This whirlwind of complex relationships and comedic commentary is a show you don't want to miss. Tickets are available at <https://tpnc.org>.

## April 27

### The Importance of Being Earnest

2 PM at Powerhouse Theatre  
The esteemed Oscar Wilde's most well-known comedy, The Importance of Being Earnest, is rich with love, banter, friendship, and conflict. This whirlwind of complex relationships and comedic commentary is a show you don't want to miss. Tickets are available at <https://tpnc.org>.

### Oldham Nature & Environment Lecture: Carl Safina

3 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium  
The 2025 Oldham Nature & Environment lecturer will be Carl Safina, to culminate the town-wide celebration of Earth Month with its theme of biodiversity. The Oldham

Nature and Environment Lecture series is dedicated to presenting leading scientists, policy makers, strategists, and other experts to speak to our community about the many ways climate change is threatening our world, enabling us to be well informed on the topics of climate science and policy, and biodiversity impact and loss. Register at <https://www.newcanaanlibrary.org/event/hold-nature-environmentoldham-biodiversity-speaker-113300>.

## April 28

### Two Geniuses: Karajan and Mozart

2:30 PM at the Lapham Center  
Both born and raised in Salzburg, both musical geniuses. This documentary uncovers the similarities and differences between them. Run time: 55 minutes. Free event. Call (203) 594-3620 to register.

## April 29

### 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 the 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.

## April 30

### Bytes and Bites: AI Insights, Appetizers and Wine

5 PM at the Lapham Center  
In this session, find twelve ways AI and ChatGPT can help you with browsing, writing, summarizing, fact-checking, playing, sketching, translating or repairing photos. Be sure to bring your device to try these things first-hand. Presenter, Gary Webster, is a dynamic technology integrator and certified teacher, with over 15 years' experience teaching technology and design in the classroom. Free event. Call (203) 594-3620 to register.

## May 1

### Sip and Paint

5 PM at the Lapham Center  
Join this low-key evening of art, wine, and good cheer. Unleash your inner artist and have some fun. This event is \$10 per person. Space is limited, call (203) 594-3620 to register.

## May 2

**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.**

## May 3

### Kentucky Derby Party

5:30 PM at the Inn, 73 Oenoke Ridge Road  
Attend a Kentucky Derby party. Mint juleps and hors d'oeuvres will be served. All financial proceeds benefit The Inn, Waveny's Independent Living Community. Tickets are \$150/person and available at <https://shorturl.at/XUK39>.

## May 8

### Ask the Attorney with Nedder and Associates, by appointment

2-4 PM at the Lapham Center  
An attorney from Nedder and Associates, LLC will be available for a free, private,

fifteen minute consultations to answer your legal or financial questions. Free event. Please call (203) 594-3620 to schedule your appointment.

## Free Medicare Counseling

By Appointment at the Lapham Center  
Dick Neville, a CHOICES certified Medicare counselor, provides free, objective, person-centered assistance about Medicare options and related benefits including: enrolling, choosing a supplemental plan and Part D prescription drug plan, and understanding Medicare Advantage plans. Available to New Canaan residents and Town employees. Call (203) 594-3620 to schedule appointment.

## May 9

**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. This is a free event. Call (203) 594-3620 to register.

## May 10

### Under The Sea Gala

6:30 PM at the Maritime Aquarium  
Join The Summer Theatre of New Canaan for their 22nd Anniversary Gala, an unforgettable "Under the Sea" celebration. Enjoy an evening with cocktails and a delightful meal. The night's honorees will be philanthropists Robert Miller and Kathy Klingenstein, along with Broadway's Arbender Robinson. The evening will feature performances by stars of the Summer Theatre's upcoming Broadway production of Disney's The Little Mermaid. Tickets are available at <https://stonc.org/under-the-sea-gala/>.

## May 16

**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.**

### New Canaan CARES Home Tour

10 AM at the Lapham Center  
Tour elegant New Canaan homes while supporting the community work of New Canaan CARES. A private Post Tour "Patron Party" will be held from 2-4 PM at a sixth "bonus" home. Enjoy lite bites, live music, mocktails and cocktails. Tickets are available at <https://newcanaancares.org/new-canaan-cares-home-tour/>.

## May 19

**2025 Community Cup**  
12 PM at the Silvermine Golf Club  
The New Canaan Chamber of Commerce, and the Rotary Clubs of New Canaan and Stamford are combining efforts this year to host the 2025 Community Cup - a charity golf event. The afternoon will begin with a barbecue lunch followed by a shotgun start and played in a "Shamble" format. There will be a casual cocktail party and buffet dinner after

the 18-hole tournament. For more information and to sign up, visit <https://newcanaanchamber.com/2025/03/24/2025-community-cup-sign-up/>.

## May 20

**Art Gottlieb's History Discussions: Over There**  
10 AM at the Lapham Center  
Borrowing the title of the classic song by George M. Cohen, this last installment of a five-part series commemorating World War I will focus on events leading to America's entry into the war in 1917 and her contribution towards Allied victory in November of 1918. Free event. Call (203) 594-3620 to register.

## May 30

### Celebrate New Canaan: Annual Gala 25

10 AM at the New Canaan Museum & Historical Society  
Join under moonlight for the New Canaan Museum & Historical Society's annual gala and fundraiser. Dance to the music of Fake ID Band and dine on delicious food prepared by Diane Browne Catering. There will be cigars and spirit tastings on the Historic Trail. Register at <https://nchistory.org/celebrate-new-canaan-annual-gala-25/>.

## BLOOD DRIVES

### Thursday, April 3

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

### Monday, April 7

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

### Tuesday, April 8

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

### Thursday, April 10

Holy Spirit Church  
403 Scofieldtown Road  
Stamford, CT 06903  
1:00 PM - 6:00 PM

### Friday, April 11

United Church of Rowayton  
210 Rowayton Ave  
Norwalk, CT 06853  
11:00 AM - 4:00 PM

## Support Services & Meetings

### April 25

**Suicide Prevention Training: Question, Persuade and Refer**  
11 AM at the New Canaan Library, McLaughlin Meeting Room

QPR stands for Question, Persuade, and Refer - the 3 simple steps anyone can use to help prevent suicide. Those trained in QPR learn how to recognize the warning signs of a suicide crisis. This training will certify you as a QPR gatekeeper. Register at <https://www.newcanaanlibrary.org/event/suicide-prevention-training-question-persuade-and-refer-128081>.

### Every Friday

**AA Speaker Meeting**  
Wheelchair Access  
Fridays at 7:30 AM  
Congregational Church of New Canaan

## Every Saturday

### AA Meeting-Sober Citizens Group

Saturdays at 9:15 AM  
First Presbyterian Church of New Canaan

### AA Meeting-Laundry and Dry Cleaning Group

Saturdays at 10:30 AM  
First Presbyterian Church of New Canaan

### Lost Then Found NA Meeting

Wheelchair Accessible  
Saturdays at 7 PM  
United Methodist Church (back entrance)

## Every Monday

**AA Meeting**  
Wheelchair Access  
Mondays at 7:30 AM  
Congregational Church of New Canaan

### Adult Child Al-Anon Meeting

Mondays at 12 PM  
St. Mark's Church, Youth Room

## Every Tuesday

### Adult Child Alanon Meeting

Tuesdays at 12 PM  
St. Mark's Parish House, Conf. Room

## Every Wednesday

**AA Step Meeting**  
Wheelchair Access  
Wednesdays at 7:30 AM  
Congregational Church of 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

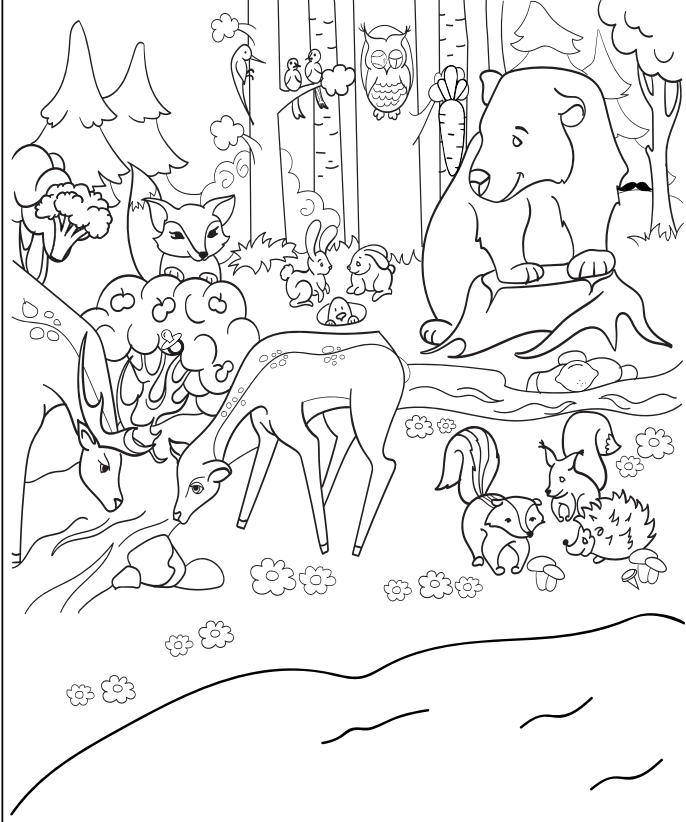
**AA Big Book Meeting.**  
Wheelchair Access  
Thursdays at 7:30 AM  
Congregational Church of New Canaan  
**New Canaan Parent Support Group**  
7- 8:30 PM  
St. Mark's Episcopal Church  
New Canaan

## Our Neighbors

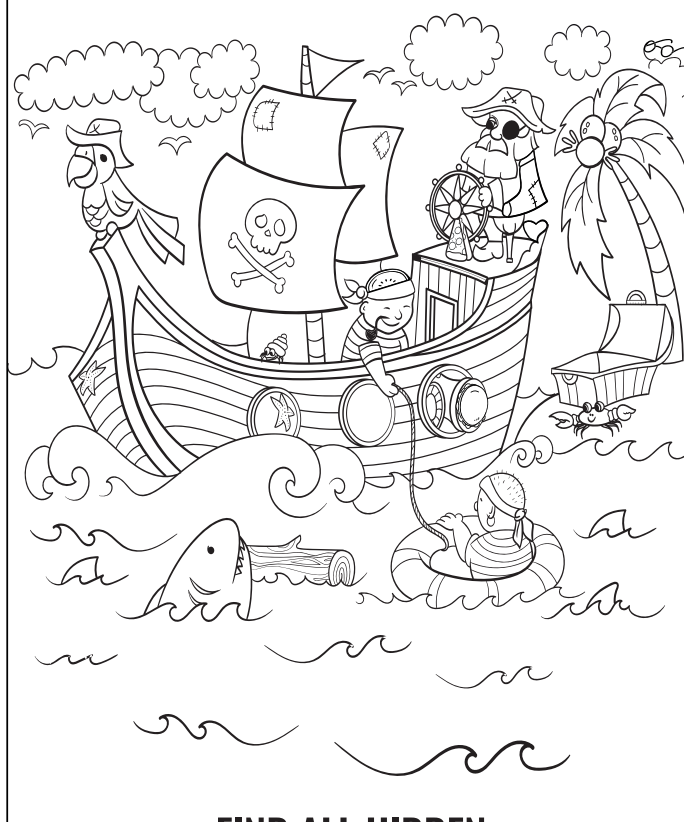
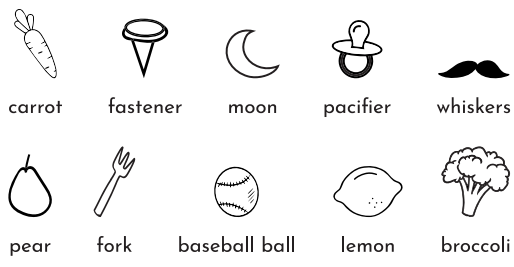
### April 5

**The 38th Annual Jazz Festival**  
8 AM- 7 PM at the GHS Performing Arts Center  
10 Hillside Road, Greenwich  
This year's festival will feature 15 visiting jazz bands from across the region - and as far away as Canada - showcasing the talent and dedication of young musicians. The day will also include masterclasses led by 11 top-tier jazz clinicians based in New York City, offering invaluable instruction on all jazz instruments. The program is available at <https://shorturl.at/xj0lh>.

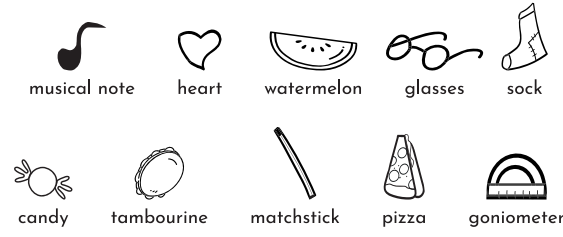
# Find and color.



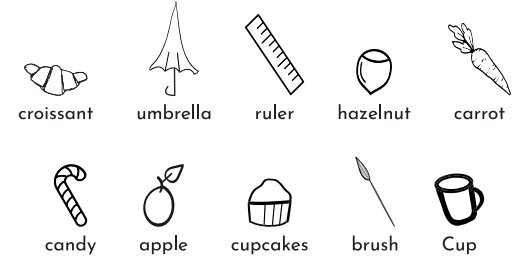
**FIND ALL HIDDEN**



**FIND ALL HIDDEN**



**FIND ALL HIDDEN**



## Sudoku for Kids

|   |   |   |   |
|---|---|---|---|
| 5 | 1 | 3 | 2 |
| 2 |   | 4 |   |
| 3 | 5 |   | 6 |
| 6 |   | 5 | 3 |
|   | 3 | 2 |   |
| 1 | 2 | 6 | 3 |

|   |   |   |   |   |
|---|---|---|---|---|
| 4 | 5 |   | 3 | 2 |
|   | 3 |   | 6 |   |
|   |   | 4 |   | 3 |
| 6 | 1 |   | 2 | 4 |
| 2 |   | 1 | 5 |   |
| 3 |   | 4 |   | 1 |

|   |   |   |   |   |
|---|---|---|---|---|
| 2 | 1 | 3 |   |   |
|   | 3 |   | 1 | 5 |
| 1 | 4 | 5 |   |   |
| 3 |   | 6 | 1 |   |
|   | 1 | 2 | 5 | 3 |
| 5 |   |   | 2 |   |

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 6 | 2 |   |   |
|   | 5 |   | 3 | 1 |
| 6 |   | 1 | 4 | 5 |
| 3 |   |   | 2 |   |
|   |   | 3 |   | 4 |
| 5 | 4 | 3 | 6 |   |

## SUDOKU

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

**Easy**

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

**Hard**

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

**Very Hard**

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

**Easy**

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

**Hard**

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

**Very Hard**

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

**Sudoku answers**

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

# Universal Crossword

Edited by David Steinberg

### ACROSS

- 1 Rainbow goddess
- 5 Anti-censorship grp.
- 9 Really bad
- 14 "A dolphin sleeps with one eye open," e.g.
- 15 In a few minutes, say
- 16 Employee's annual goal?
- 17 Janitorial innovations?
- 20 Novelist's language
- 21 Smile segment
- 22 Sophs., in two years
- 23 Horses with speckled coats
- 25 "Boo-hoo!"
- 27 Address that contains dots, briefly
- 28 Revolutions in playground design?
- 34 Name that sounds like an insect
- 35 Lack of difficulty
- 36 Pungent bulb
- 37 Costa \_\_\_\_
- 39 Fail to save
- 42 Miss, in Mazatlan: Abbr.
- 43 Notions
- 45 Word after "sitting" or "waiting"
- 47 Mask holder, usually

- 48 Improvement that makes paper money harder to counterfeit?
- 51 Tiny, magical being
- 52 "Dang!"
- 53 Collect together
- 55 Mud bath venue
- 58 Tuna type
- 59 Approach hastily
- 61 Positive outcome of child psychology?
- 66 Very, informally
- 67 Ages and ages
- 68 Steep, as tea
- 69 Gather little by little
- 70 One may jump into a garden
- 71 "Now, about ..."

### DOWN

- 1 Possibilities
- 2 Not cooked
- 3 Structures that are many blocks wide?
- 4 Unrelenting
- 5 Seller's warning
- 6 Edible ice cream holder
- 7 Proverbial bump's place
- 8 Rid of obstruction
- 9 Great Plains tribe

- 10 Pallid
- 11 Fruits that Turkey produces the most of
- 12 Manual reader
- 13 Not as much
- 18 Entourage
- 19 Sound like a snake
- 23 Grading aid
- 24 Frozen french fry brand
- 25 Dismiss with contempt
- 26 Clamors
- 29 Used to be
- 30 Cable co., often
- 31 People who have hot meals?
- 32 Completely destroys
- 33 Gobbles (down)
- 38 Satisfied cries
- 40 Gallic denial

- 41 Person with a stethoscope, briefly
- 44 Very arid
- 46 Intended
- 49 Qatar's capital
- 50 Made null
- 54 African snake
- 55 Self-satisfied
- 56 Thing often stored in a weekly organizer
- 57 Just one chip, perhaps
- 59 Ancient letter
- 60 Russia, once: Abbr.
- 62 "... blessing \_\_\_\_ curse?"
- 63 Coffee, slangily
- 64 Cautious acrobat's device
- 65 Lowest roll in Monopoly

### PREVIOUS PUZZLE ANSWER

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

9/6 © 2021 Andrews McMeel Universal www.upuzzles.com

## Making Progress by David Alfred Bywaters

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 |    |    |    | 15 |    |    |    | 16 |    |    |    |    |
| 17 |    |    |    | 18 |    |    |    | 19 |    |    |    |    |
|    |    | 20 |    |    |    | 21 |    |    |    | 22 |    |    |
| 23 | 24 |    |    |    |    | 25 |    |    |    | 26 |    |    |
| 27 |    |    |    | 28 | 29 | 30 |    |    |    | 31 | 32 | 33 |
| 34 |    |    |    | 35 |    |    |    | 36 |    |    |    |    |
| 37 |    |    | 38 |    | 39 |    |    | 40 | 41 |    | 42 |    |
| 43 |    |    |    | 44 |    |    |    | 45 |    | 46 |    | 47 |
| 48 |    |    |    |    | 49 | 50 |    |    |    |    | 51 |    |
|    |    |    | 52 |    |    |    |    |    |    | 53 | 54 |    |
| 55 | 56 | 57 |    | 58 |    |    |    | 59 | 60 |    |    |    |
| 61 |    |    | 62 |    |    |    | 63 |    |    |    | 64 | 65 |
| 66 |    |    |    |    |    | 67 |    |    |    | 68 |    |    |
| 69 |    |    |    |    |    | 70 |    |    |    | 71 |    |    |

## Horoscopes for Next Week

**Aries (Mar 21 - Apr 19)** As the Sun continues its journey through your sign, your personal energy and charisma are at a peak. Mercury stations direct on April 7th, clearing up recent misunderstandings and enhancing your communication skills. The Sun's conjunction with Chiron on April 12th offers a powerful opportunity for healing and self-discovery. Embrace this period to assert your intentions confidently and initiate projects that resonate with your true self.

**Taurus (Apr 20 - May 20)** This week invites you to delve into introspection and address subconscious patterns. With Mercury going direct on April 7th, mental clarity improves, aiding in understanding your inner motivations. Venus, your ruling planet, stations direct on April 12th, enhancing your sense of self-worth and personal values. Use this time to release outdated beliefs and cultivate a deeper connection with your inner self.

**Gemini (May 21 - Jun 20)** Your social life gains momentum as Mercury, your ruling planet, turns direct on April 7th, resolving recent communication hiccups. The Full Moon in Libra on April 12th illuminates your sector of creativity and romance, encouraging you to express yourself authentically. Engage with your community and revisit collaborative projects with renewed enthusiasm. Strengthening these connections will support your long-term aspirations.

**Cancer (Jun 21 - Jul 22)** This week, the cosmos encourages you to step beyond your comfort zone and embrace new social opportunities. With Mercury stationing direct on April 7th, communication barriers dissolve, making it an ideal time to reconnect with friends and expand your network. The Sun's conjunction with Chiron on April 12th illuminates personal growth areas, urging you to heal past wounds through shared experiences. Engage in community activities that resonate with your passions, fostering a sense of belonging and personal fulfillment.

**Leo (Jul 23 - Aug 22)** A period of introspection unfolds as you reassess your long-term aspirations. Mercury's direct motion on April 7th clarifies your vision, allowing you to align your goals with your authentic self. As Mars enters your sign on April 18th, your drive and determination are reignited, propelling you toward your ambitions. Use this week to strategize and lay the groundwork for future endeavors, ensuring they reflect your true desires.

**Virgo (Aug 23 - Sept 22)** The celestial energies highlight the importance of collaboration and shared resources. With Mercury, your ruling planet, turning direct on April 7th, joint ventures and partnerships gain momentum. The Full Moon

in Libra on April 12th sheds light on financial matters, prompting you to balance personal and collective interests. Engage in open dialogues with collaborators to establish equitable arrangements that benefit all parties involved.

**Libra (Sept 23 - Oct 22)** With the Sun in your partnership sector, initiate open dialogues to strengthen your relationships. As Mercury turns direct on April 7th, clarify misunderstandings and set mutual goals. The Full Moon in your sign on April 12th urges you to assert your needs and desires. Take decisive steps to balance personal aspirations with partnership dynamics.

**Scorpio (Oct 23 - Nov 21)** Focus on optimizing your daily routines and health practices. With Mercury moving direct on April 7th, implement structured plans for wellness and productivity. Venus stations direct on April 12th, encouraging you to indulge in self-care rituals. Commit to habits that enhance both your physical vitality and mental clarity.

**Sagittarius (Nov 22 - Dec 21)** Channel your creative energy into passion projects and artistic pursuits. As Mercury turns direct on April 7th, overcome previous creative blocks and share your ideas boldly. The Full Moon in Libra on April 12th highlights the importance of social connections in your endeavors. Collaborate with like-minded individuals to bring innovative projects to fruition.

**Capricorn (Dec 22 - Jan 19)** With the Sun illuminating your domestic sector, focus on harmonizing your home environment. As Mercury turns direct on April 7th, initiate heartfelt conversations to resolve lingering family issues. The Sun's conjunction with Chiron on April 12th presents a prime opportunity to heal familial wounds. Take proactive steps to foster a supportive and nurturing household atmosphere.

**Aquarius (Jan 20 - Feb 18)** The Sun's transit through your communication sector enhances your intellectual pursuits. With Mercury moving direct on April 7th, seize the opportunity to enroll in educational programs or embark on new learning endeavors. Mars entering Leo on April 18th will further energize your collaborative efforts. Seek out partnerships that challenge and inspire your intellectual growth.

**Pisces (Feb 19 - Mar 20)** As the Sun highlights your financial sector, reassess your monetary strategies to ensure they align with your core values. With Mercury turning direct on April 7th, review and adjust your budget to reflect your priorities. Venus stations direct on April 12th, enhancing your ability to attract resources that resonate with your ethical standards. Make informed decisions that secure your financial future while staying true to your principles.

# Family Time Crossword

## The (K) Clues Are for Kids

Created by Timothy E. Parker

### ACROSS

- 1. (K) Number for me plus you
- 4. (K) Holders for dry dog food
- 8. (K) After shower garb
- 12. (K) Took the baton
- 13. (K) Fiona's species
- 14. (K) Valuable, whitish gem
- 15. (K) Dessert treat (2 words)
- 17. Fringe benefit
- 18. (K) Prepared for a selfie
- 19. Leaves in the lurch
- 21. (K) Part of a badminton court
- 23. Common concession stand offering
- 24. Curtails or prohibits
- 28. (K) Yank sharply
- 31. (K) Circular segments
- 32. Future fish

- 33. Mexican dollar
- 34. \_\_\_\_ chi (martial art)
- 35. Like a newly cleaned engine
- 37. (K) You'll find it at the beach
- 39. \_\_\_\_ Bernardo, Chile
- 40. It can hold gallons of fuel (2 words)
- 43. (K) Big-time quizzes
- 47. (K) Strange movie aircraft
- 48. Person successfully recruited by the military
- 50. (K) A long way from being in abundance
- 51. (K) Saw, spotted or witnessed
- 52. Chicken \_\_\_\_ king
- 53. Yogi or Boo-Boo
- 54. Type of bag given for just showing up
- 55. (K) Crispy deli sandwich

### DOWN

- 1. (K) \_\_\_\_ and fall
- 2. A city in Texas
- 3. (K) Easiest numbers to add by
- 4. (K) Line across the bottom of the United States
- 5. (K) Mature, as expensive cheese
- 6. Sheepskin recipient
- 7. (K) School year divisions
- 8. (K) Did a cowboy's job
- 9. (K) Makes machinery do its job
- 10. An animated Simpson
- 11. (K) Some woodland creatures
- 16. Euro fractions
- 20. (K) Help signal on the ocean
- 22. General fatigue
- 24. (K) Rodent many despise

- 25. (K) Statistic for a pitcher (Abbr.)
- 26. (K) Don't run with these
- 27. (K) Wheel tooth
- 29. Put to good \_\_\_\_
- 30. (K) Prayer recipient
- 33. (K) Window sections
- 35. Code letters of life?
- 36. (K) Having Brussels sprouts
- 38. Where naval victories are won (2 words)
- 40. Teaching mentor
- 41. (K) In the distance
- 42. (K) Had studied and memorized
- 44. (K) Stick a toothpick in
- 45. (K) Squeal
- 46. One of two in a Corvette
- 49. (K) Where an animal can graze 24/7?

Can you find the answer to this riddle within the solved puzzle?  
Big soul searcher?  
Look for the answer in next week's paper.

**PREVIOUS PUZZLE ANSWER**

|    |    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|----|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S  | P  | A | L | A | M | M | O | E | V | E |   |   |   |   |   |   |
| H  | A  | L | O | S | O | U | V | E | N | I | R |   |   |   |   |   |
| A  | P  | E | D | T | V | D | I | N | N | E | R |   |   |   |   |   |
| P  | A  | R | O | L | E | E | N | E |   |   |   |   |   |   |   |   |
| E  | S  | T | E | R | O | D | E | B | Y | E |   |   |   |   |   |   |
|    |    |   |   |   | M | A | I | N | E | S | L | E | W |   |   |   |
| S  | T  | R | A | P | S | C | H | E | S | E |   |   |   |   |   |   |
| P  | R  | A | Y | K | O | R | E | A |   |   |   |   |   |   |   |   |
| Y  | A  | M | A | S | P | E | R | H | A | S |   |   |   |   |   |   |
|    |    |   |   |   | P | A | M | E | A | S | E | S | T |   |   |   |
| 45 | 46 |   |   |   | T | A | L | I | A | N | S | C | L | I | O |   |
| 15 |    |   |   |   | M | E | R | I | N | G | U | E | O | L | A | V |
| 15 |    |   |   |   | P | E | T | O | O | P | S | N | O | N | E |   |

Previous riddle answer:  
Plotted plant?  
28-D) Spy

© 2021 Andrews McMeel Syndication. syndication.andrewsmcmeel.com

# 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                            | SOLUTIONS |
|----------------------------------|-----------|
| 1 showing no interest (9)        | _____     |
| 2 chains (8)                     | _____     |
| 3 results of breaking rules (9)  | _____     |
| 4 unimportant and unknown (7)    | _____     |
| 5 big payoff (7)                 | _____     |
| 6 Taj Mahal and Eiffel Tower (9) | _____     |
| 7 make less dry (10)             | _____     |

|      |      |      |      |      |
|------|------|------|------|------|
| ATH  | AP   | IC   | NAL  | KLES |
| SHAC | TIES | DM   | MOI  | JAC  |
| URI  | ST   | ET   | OBSC | KPOT |
| ZE   | LAN  | ARKS | URE  | PE   |

Previous Answers: CLINICIANS 2. CREDIBILITY 3. HOSTILITY 4. SKYDOME 5. PRESUPPOSED 6. EUNICE 7. INVITES 9/13

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

[www.GreenwichSentinel.com/subscribe](http://www.GreenwichSentinel.com/subscribe)  
[www.NewCanaanSentinel.com/subscribe](http://www.NewCanaanSentinel.com/subscribe)

© 2021 Blue Ox Family Games, Inc., Dist. by Andrews McMeel

# This Week in History & Fun Things to Celebrate

## National and International Observances

**Geologists Day (April 6):** Celebrated on the first Sunday in April, recognizing the work of geologists in resource discovery and environmental preservation.

**World Health Day (April 7):** Established by the World Health Organization in 1948, this observance draws attention to pressing global health issues.

**National Zoo Lovers Day (April 8):** A lighthearted occasion promoting visits to zoological parks and awareness of wildlife conservation.

**National Former Prisoner of War Recognition Day (April 9):** Honors American servicemembers who were prisoners of war, as established by presidential proclamation in 1988.

**National Siblings Day (April 10):** Celebrates the bonds between siblings and recognizes the importance of family support systems.

## Historical Events

**April 4, 1968 - Assassination of Dr. Martin Luther King Jr.:** The civil rights leader was shot and killed in Memphis, Tennessee, sparking

national mourning and riots in over 100 American cities.

**April 5, 1614 - Pocahontas Marries John Rolfe:** Their union in Jamestown, Virginia symbolized a temporary peace between English settlers and the Powhatan Confederacy.

**April 6, 1917 - U.S. Enters World War I:** Congress declared war on Germany, aligning the United States with the Allies.

**April 8, 1974 - Hank Aaron Breaks Babe Ruth's Record:** Aaron hit his 715th home run in Atlanta, surpassing Babe Ruth's career record and cementing his legacy in baseball history.

**April 10, 1912 - RMS Titanic Sets Sail:** The British passenger liner departed Southampton on its ill-fated maiden voyage.

## Notable Birthdays

**Maya Angelou (April 4, 1928):** American poet, memoirist, and civil rights activist, best known for I Know Why the Caged Bird Sings.

**Booker T. Washington (April 5, 1856):** Influential educator and author, founder of Tuskegee

Institute, and advisor to multiple U.S. presidents on racial matters.

**Billie Holiday (April 7, 1915):** Jazz singer whose vocal style and emotional expression influenced generations of musicians.

**Mary Pickford (April 8, 1892):** Silent film star and co-founder of United Artists, known as "America's Sweetheart."

**Paul Robeson (April 9, 1898):** Singer, actor, and activist whose global influence extended beyond the arts into civil rights.

**Joseph Pulitzer (April 10, 1847):** Newspaper publisher whose endowment created the Pulitzer Prizes for achievements in journalism and the arts.

## Sports Events

**The Masters Tournament (April 7-13):** Held in Augusta, Georgia, the 2025 tournament begins with practice rounds this week. Defending champion Jon Rahm is expected to return, according to ESPN.

**MLB Regular Season Week 2:** Teams continue early season play. The Yankees host the Red Sox at home while the Mets travel to face

the Braves.

## Fun and Quirky Observances

**National Deep Dish Pizza Day (April 5):** Honors the iconic Chicago-style pizza known for its thick crust and rich tomato sauce.

**Draw a Picture of a Bird Day (April 8):** Encourages artistic expression and a whimsical appreciation of avian life.

**Winston Churchill Day (April 9):** Marks the day Churchill became an honorary U.S. citizen in 1963, recognizing his leadership during World War II.

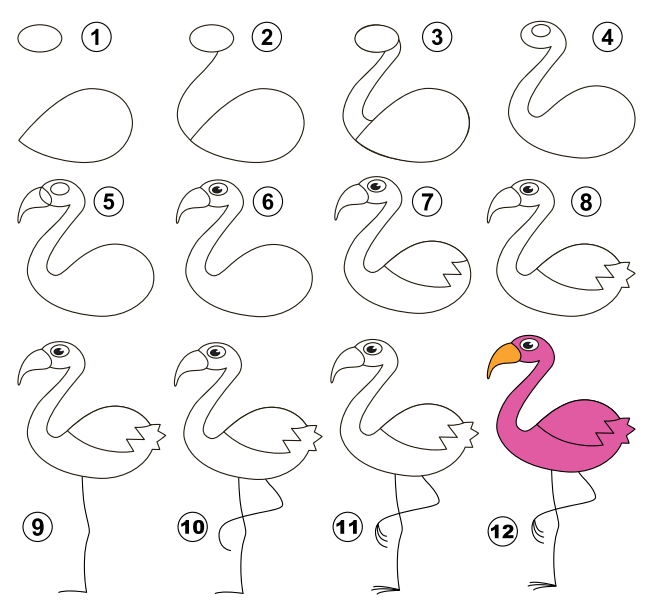
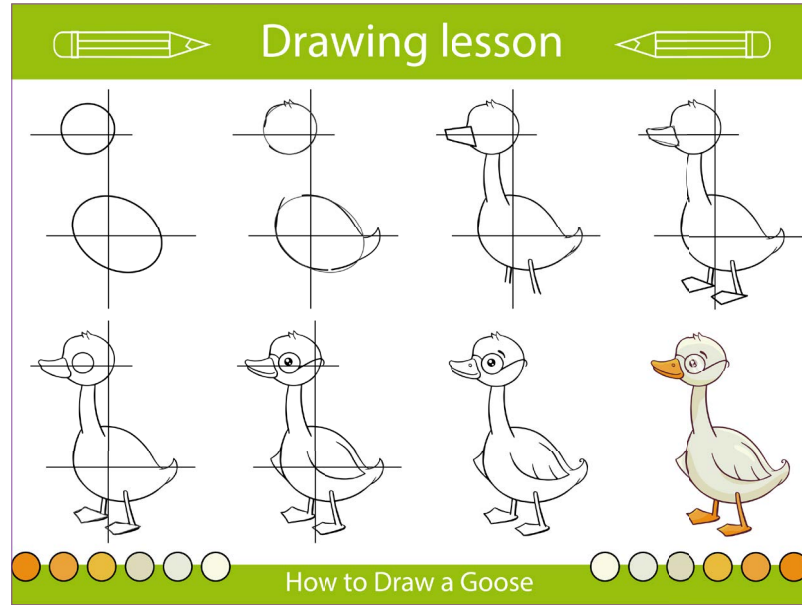
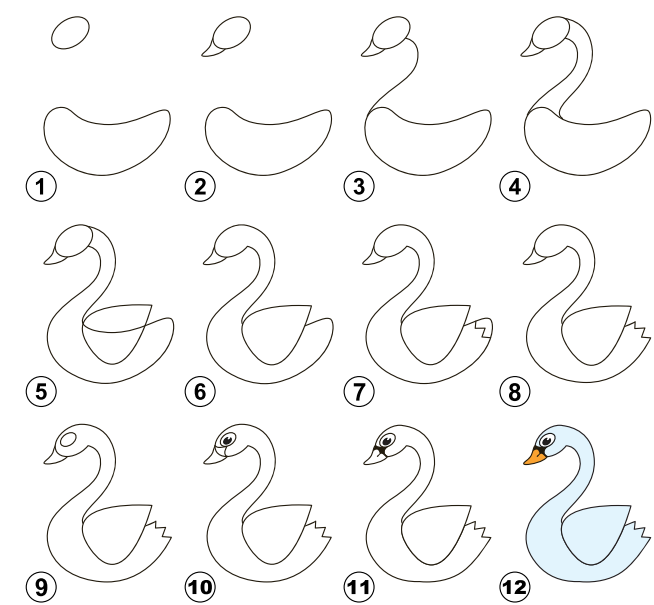
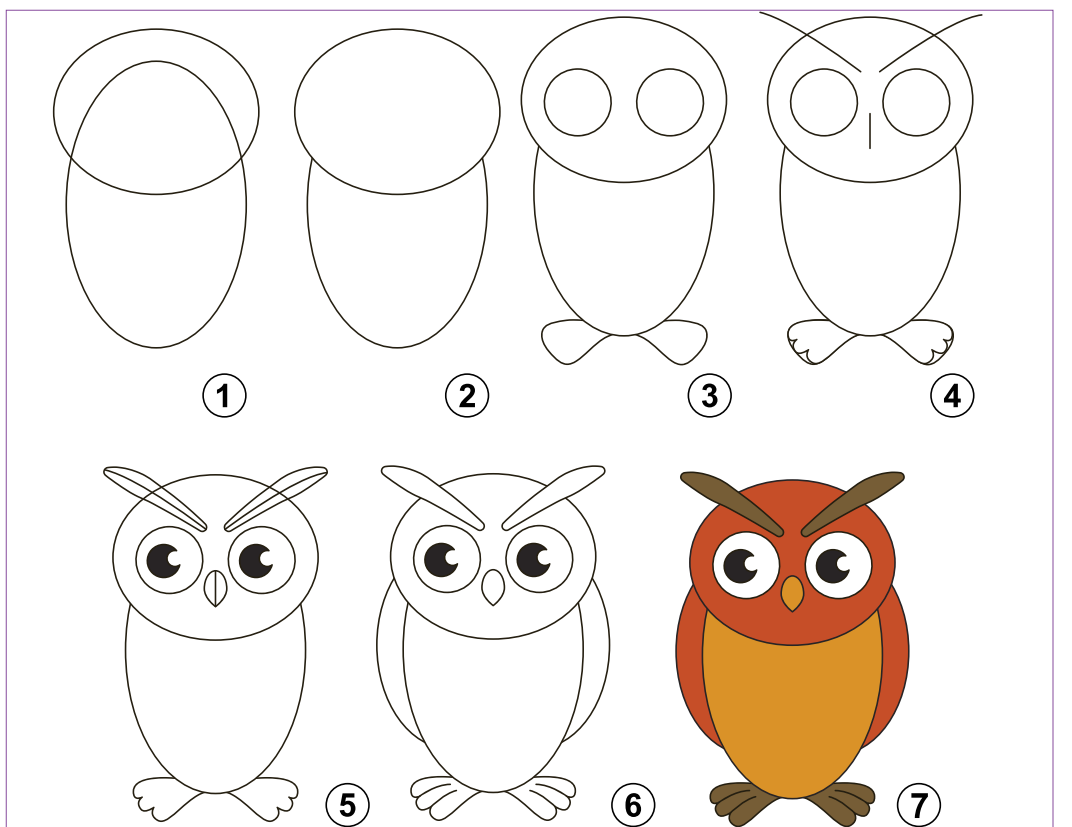
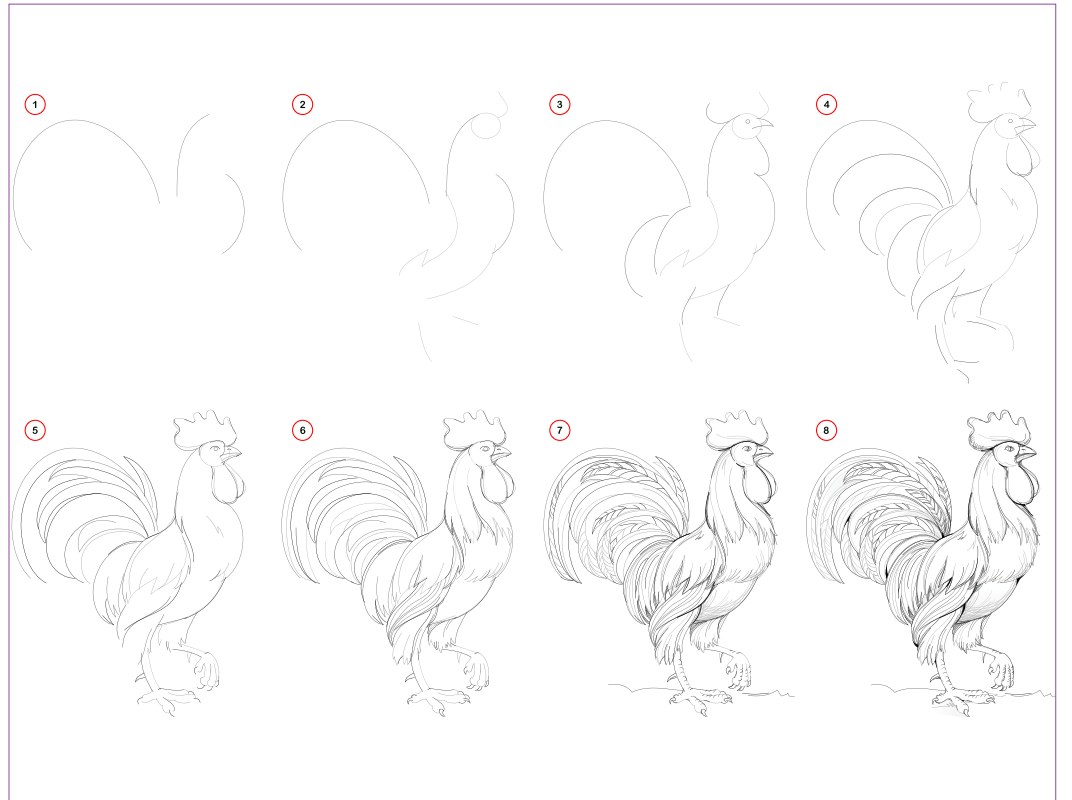
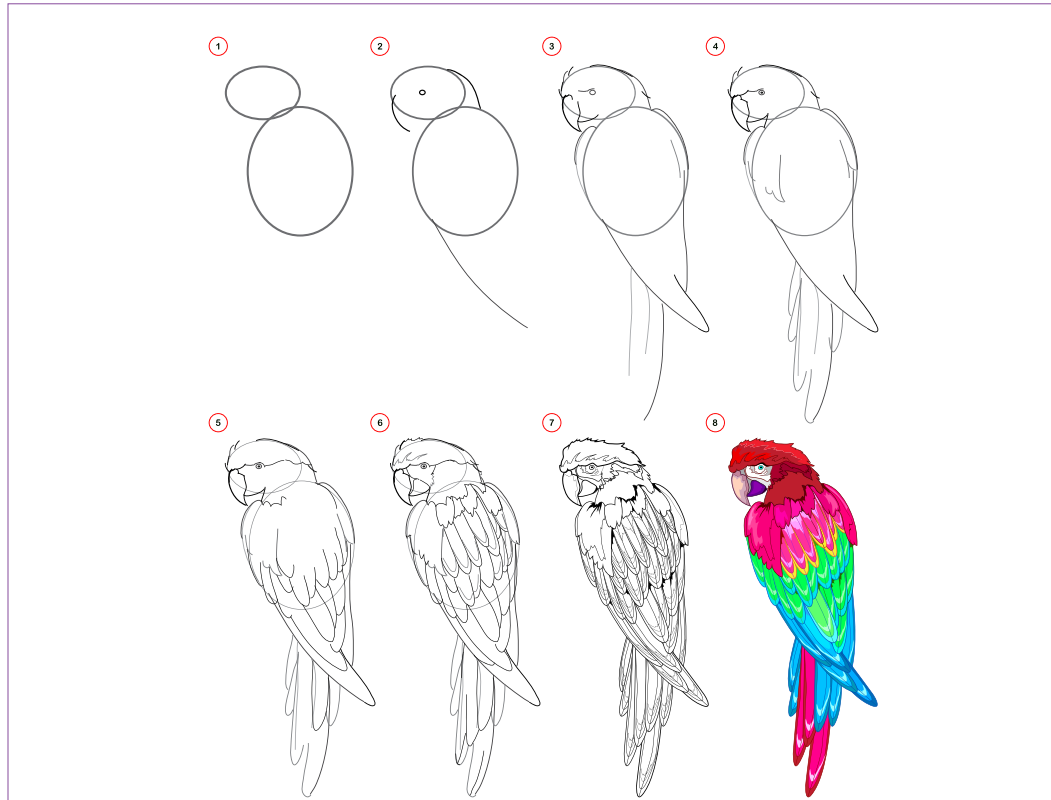
## Today in New Canaan History

**April 9, 1942 - World War II Civil Defense Drill:** Local newspaper archives note that New Canaan held a nighttime blackout drill involving volunteers and air raid wardens.

## Bonus Highlight

**Eclipse Anticipation:** The total solar eclipse on April 8, 2024, will remain a major topic one year later. Many schools and museums are marking the one-year countdown with programs and viewing plans for 2026's annular eclipse, visible across parts of the Northeast.

# Learn to Sketch Birds Like a Pro in Honor of Draw a Bird Day





A crossword puzzle grid with various animal illustrations and numbers indicating the length of the words. The animals shown are a hedgehog (1), a mouse (2), a snail, a ladybug (5), a turtle (6), a hippo (4), and an elephant (7).

**CODEBREAKER (or CODEWORD, or CODE CRACKER) WORD PUZZLE**

The number in each square corresponds to a letter. The same number represents the same letter. Crack the code and fill the grid by determining which letter relates to which number. To help you get started two word entries have picture clues, and four letters are already in place.

A codebreaker word puzzle grid. The grid contains numbers in each square. Some squares are pre-filled with letters: K, N, I, T. There are picture clues for 'KNITTING' (knitting needles and yarn) and '100%' (yarn balls). A solution key at the bottom shows the grid filled with letters: K, N, I, T, and a list of numbers corresponding to each letter.

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

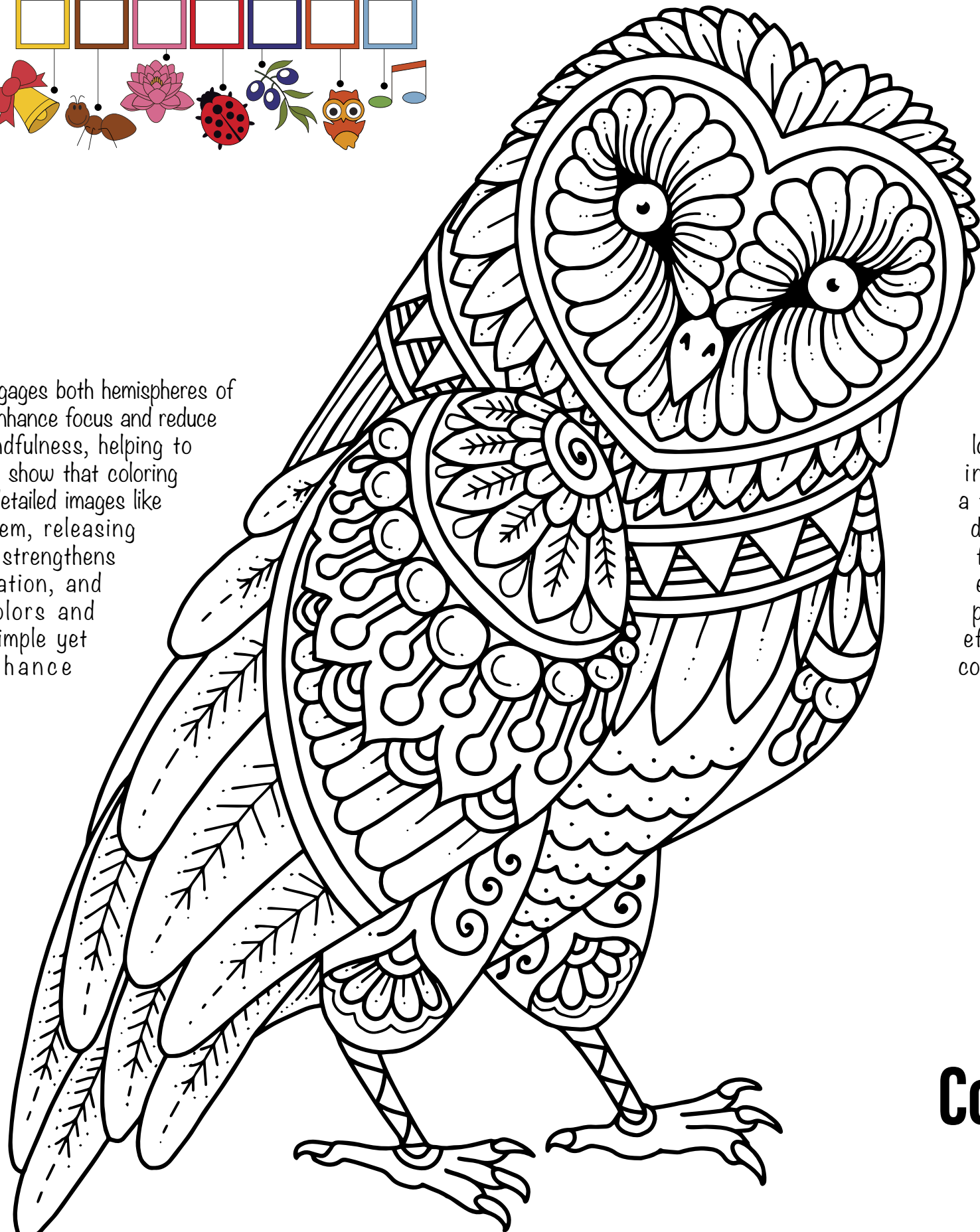
A counting activity featuring 16 bees arranged in a 4x4 grid. To the right of the grid are two boxes labeled 'LEFT' and 'RIGHT', each containing a question mark. This is intended for a child to count the bees in each direction.

**HOW MANY TO THE LEFT, HOW MANY TO THE RIGHT?**

A counting activity featuring 12 crocodiles arranged in a 4x3 grid. Above the grid are two boxes labeled 'left' and 'right', each with a question mark. Blue and red arrows point left and right respectively. This is intended for a child to count the crocodiles in each direction.

**First Letter Game**

A first letter game. It consists of two rows of colored boxes. The first row has boxes for red, orange, green, purple, and blue, with corresponding images: a heart, an orange slice, a tree, an eggplant, and a dinosaur. The second row has boxes for yellow, pink, red, blue, and green, with corresponding images: a bell, a ladybug, a flower, a ladybug, and a musical note.



Coloring engages both hemispheres of the brain, combining creativity with logic to enhance focus and reduce stress. The repetitive motion of coloring promotes mindfulness, helping to lower cortisol levels and improve mood. Studies show that coloring intricate patterns, such as a flower, can activate the brain's reward system, releasing dopamine and fostering relaxation. This activity strengthens fine motor skills, improves hand-eye coordination, and encourages problem-solving by selecting colors and following patterns. For all ages, coloring is an effective way to boost mental cognitive function, and promote a sense of calm.

the brain, combining creativity with logic to enhance focus and reduce stress. The repetitive motion of coloring promotes mindfulness, helping to lower cortisol levels and improve mood. Studies show that coloring intricate patterns, such as a flower, can activate the brain's reward system, releasing dopamine and fostering relaxation. This activity strengthens fine motor skills, improves hand-eye coordination, and encourages problem-solving by selecting colors and following patterns. For all ages, coloring is an effective way to boost mental cognitive function, and promote a sense of calm.

**Color This Owl Mandala**

# A Hunting Owl

Beneath the moonlight over the hedgerows of rural Norfolk, a pale figure glides without a sound. Wings spread wide, face like a heart, the barn owl cuts through the darkness with spectral ease. One moment it's a shimmer above the fields, the next it disappears into the blackness. These owls are not merely surviving—they are perfectly tuned to the nocturnal world, reigning as silent sentinels over farmland and fen.

Barn owls (*Tyto alba*) inhabit every continent except Antarctica. In the United Kingdom, they are icons of twilight—easily recognized by their ghostly plumage, rounded wings, and distinctive, disk-shaped faces. Despite their ethereal appearance, barn owls are precision hunters, relying on acute hearing and near-silent flight to locate prey in total darkness.

This winter, conservationists working with the Barn Owl Trust documented an unusually successful breeding season in East Anglia. A nesting pair near Thetford raised six healthy owlets—double the average brood size for the region. Hidden inside a timber nesting box tucked in a disused barn, the family flourished thanks to a mild winter and a resurgence in small mammal populations across restored grasslands.

According to the British Trust for Ornithology, barn owl numbers in the UK declined sharply during the 20th century due to habitat loss, rodenticide poisoning, and modern farming practices. Yet in recent years, targeted conservation efforts—such as maintaining rough grass margins, banning certain pesticides, and installing



snow or tall grass and strike with near-perfect precision. Unlike many birds of prey, they rely less on vision and more on a three-dimensional acoustic map of their environment.

The success of this brood has been hailed by conservationists as a sign of environmental recovery in a region where decades of hedgerow destruction and pesticide use devastated biodiversity. Healthy barn owl populations indicate healthy prey populations, which in turn suggest functioning ecosystems—a metric increasingly used in biodiversity monitoring across the UK.

Challenges remain. Road traffic, severe weather, and habitat fragmentation continue to threaten barn owl survival. The birds often hunt low over verges, making them especially vulnerable to vehicle collisions. According to the UK Mammal Society, as much as 80% of barn owl mortality in some areas is road-related.

Still, as the owlets near fledging and prepare for independence, conservationists remain hopeful. The parents will continue to feed them through the early weeks of flight, teaching them to navigate their territory, hunt efficiently, and avoid danger. By autumn, they will disperse into the countryside, seeking new barns and meadows of their own.

In the darkness they leave behind, their passage is almost imperceptible. But for those who listen closely, the soft screech of a hunting owl still calls across the night—a reminder that nature, when given a chance, remembers how to thrive.

nest boxes—have helped stabilize populations in several counties.

“Barn owls need a very specific kind of habitat,” said Dr. Alex Brown, an ecologist with the Royal Society for the Protection of Birds. “Open fields for hunting, undisturbed structures for nesting, and plenty of voles and mice. When those align, you get success stories like this one.”

The family of six near Thetford was monitored by motion-activated cameras, which captured rare footage of both adults delivering prey throughout the night—mostly field voles, interspersed with shrews and the occasional songbird. The footage, now archived by the Barn Owl Trust, is among the clearest documentation yet of barn owl parental behavior in the wild.

Barn owls are specialized hunters. Their asymmetrical ears allow them to pinpoint sounds with remarkable accuracy, while the fringed edges of their wing feathers muffle flight. They can detect a mouse's heartbeat under

