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LOCAL NEWS BRIEFING

POLICE AND FIRE Special Response Team Trains



On April 23, New Canaan Police Department's Special Response Team held a defensive tactics training session at American Top Team in Danbury. The session was part of their regular schedule and focused on maintaining physical readiness and operational skills. Photo credit: New Canaan Police Department.

NCPD Partners with Autism Safety Project



The New Canaan Police Department has partnered with the Linked Autism Safety Project to support communication with residents who may be non-verbal or have difficulty speaking with first responders. Officers completed training and added sensory bags to patrol cars to assist in interactions. To join the database or request more information, residents can contact Kelly Coughlin at Kelly.coughlin@newcanaanct.gov or 203-594-3500. Photo credit: New Canaan Police Department.

AROUND TOWN

Outdoor Dining Begins

Outdoor dining on New Canaan's town sidewalks began May 1 and will run through the first Sunday in November.

Chlorine Boosting Facility

Aquarion Water Company will begin building a chlorine boosting facility in New Canaan on May 5, next to the water tank at 671 South Avenue. Construction is expected to finish by December, with work occurring on weekdays from 7 am to 4 pm. Aquarion will provide updates through its alert system, which residents can sign up for at <https://www.aquarionwater.com/alerts-and-outages>.

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Fishing Derby 2025

At the registration tent for the 34th Annual George Cogswell Memorial Fishing Derby on April 26, 2025, at Mill Pond in New Canaan, Connecticut, are (from left to right): Kyle Fischer of the Town's Highway Department, Officer Ceci of the New Canaan Police Department, Firefighter Bentley, Captain Socci, and Fire Commissioner Beth Jones. The event, honoring former New Canaan Police Officer George Cogswell, welcomed children aged 13 and under, with those under 12 required to be accompanied by an adult. Mill Pond was stocked with trout prior to the derby, and bait was provided to all participants. Prizes were awarded for the first fish caught and the largest fish caught. The derby was sponsored by the Town of New Canaan Highway Department, with support from the Recreation, Police, and Fire departments.

Laughter at 2025 Gridiron Dinner



Members of the Gridiron Club of New Canaan, looking great, took the stage for their trademark chorus line during the club's 63rd annual dinner, held April 24 and 25, 2025, at the Country Club of New Canaan. Wearing red ties and broad smiles, the men kicked up at the evening's satirical revue—a tradition since 1961 that affectionately roasts town happenings and local leaders while raising funds for civic causes. This year's performance featured parodies set to familiar tunes and drew laughter from a packed audience, continuing the event's legacy of community spirit and comedic flair.



Wendy Coleman Dixon Hilboldt received the 2025 Distinguished Citizen Award from First Selectman Dionna Carlson during the Gridiron Club of New Canaan's annual dinner. A native of New Canaan and graduate of Smith College, Hilboldt has been a constant presence in town civic life for decades. She has served on the New Canaan Library Board, the League of Women Voters, the Newcomers Club, and the St. Mark's Vestry. In addition, she joined the New Canaan Volunteer Ambulance Corps 46 years ago and has served with distinction ever since. Emergency medical services are a deep personal calling for Hilboldt, who remains active in the corps to this day. Her recognition at the Gridiron Dinner was met with sustained applause from fellow residents, grateful for her steady, behind-the-scenes dedication to the town's well-being.

COLUMN

A Picture Frame for Love

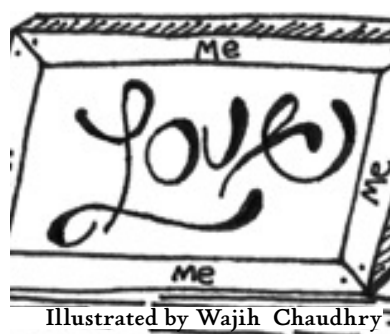
By JILL S. WOOLWORTH, LMFT

Sometimes our concern about how we look or how we are perceived gets in the way of connecting with people. When we draw attention to our "frame" and worry about how we are perceived, we forget about the gift of love that our simple presence can offer.

Pay attention to the people around you. Take the imaginary camera off yourself at your next

social gathering. Ask questions. Find the lonely person. Taking a genuine interest in other people quiets our nervous self-consciousness, enhances our sense of well-being, and benefits others.

Two gifted speakers talked about faith to large groups. Avery was personal, funny and brilliant. She invited the audience into her open picture frame of God's love. The audience was encouraged and inspired. Jess was equally



Illustrated by Wajih Chaudhry

incarceration support program. He became the quiet frame for the people he helped. They were the focal point of his picture.

Former U.S. Ambassador to Russia Unpacks Putin, Trump, and War in Ukraine



In an evening that mixed history, hockey, and high-stakes geopolitics, former U.S. Ambassador to Russia John Sullivan addressed a full house at the New Canaan Library, recounting in vivid detail his experience as America's top diplomat in Moscow—and delivering blunt assessments of the war in Ukraine, Vladimir Putin's worldview, and the U.S. response under both Presidents Trump and Biden.

"I'm a bipartisan critic," Sullivan said early in his remarks, making clear that neither administration earned a pass in his view. Whether referencing Hillary Clinton's private server or the Defense Secretary's tech choices, he emphasized what he saw as a broader failure: "It's the signaling sense, the lack of leadership... when the signal from the top is we don't care, it filters down."

Sullivan served as U.S. Ambassador to Russia from 2020 to 2022, first appointed by President Trump and asked to stay on by President Biden. He described both presidents as initially skeptical of his decision to go—and then to stay—in Moscow. "Trump looked at me like I was crazy," he recalled. "Biden later told me the same thing."

But for Sullivan, a self-described "amateur Russophile," the assignment was personal as much as professional. "My first trip outside the Northeast was to the Soviet Union in 1989," he said. "And yes, I was obsessed with Soviet hockey." His tales of Cold War-era games—including a dig at Bobby Clarke's infamous slash in the 1972 Summit Series—broke the ice with Russians, he said. "They loved it when I said, 'The Flyers suck.'"

That rapport didn't prevent him from facing intense surveillance and psychological pressure. "Everyone was followed—everyone," Sullivan said

***"Putin won't surrender
a single inch—he can't
lose this war and survive
politically," Sullivan
warned.***

of his time at the U.S. Embassy. There were even designated "fight rooms" where diplomats and their families could argue in private, away from Russian ears. "It sounds absurd," he said, "but the Russians would use anything—something said in a heated moment—as leverage."

What became increasingly clear, Sullivan argued, was that Putin had long decided to invade Ukraine—well before the tanks rolled in February 2022. "The consensus was: this isn't a bluff," he said of U.S. intelligence warnings in late 2021. The meeting between Biden and Putin in Geneva that summer barely touched on Ukraine, he said. "They talked about everything else—cyber, Afghanistan. Ukraine? Maybe 10th on the list."

Sullivan didn't mince words about Putin's motivations. "It's not about communism. It's imperial nostalgia," he said. "Putin has said the greatest geopolitical catastrophe of the 20th century was the dissolution of the Soviet Union. Not the Holocaust. Not even World War II. That tells you everything."

As for the war's human toll, Sullivan offered one of the evening's most sobering moments: "Fifteen million Ukrainians—killed, wounded, displaced, or refugees," he said. "This is the largest land war in Europe since World War II."

He dismissed any suggestion that Putin could be reasoned with. "There is no negotiator over there," he said. "He will never surrender... not one inch of territory seized by Russian blood and treasure."

And while critical of some aspects of the Biden administration's diplomacy—particularly what he saw as poor coordination with global allies—Sullivan was particularly pointed in his remarks about President Trump's current posture toward Russia.

"There's real schizophrenia in the administration," he said, referring to the Trump campaign and its advisors. "I know people—smart people—who are just embarrassed by how Putin has strung them along."

According to Sullivan, Trump's view that Russian victory is "inevitable" is based on bad information. "It's just not so," he said, pointing out that nearly 50% of Ukrainian weaponry is now domestically produced, especially drones. "The Ukrainians will not surrender. They can't. The war's been done to them, and done brutally."

In his final remarks, Sullivan called out what he sees as a broader strategic error. "We can't have a government in Moscow that does this and still gets let back into the G7 or the global system," he said. "That's the danger. Not just to Ukraine—but to the world."

The evening closed with applause, handshakes, and a long line for book signings. Attendees lingered to chat, some trading notes about housing density and zoning—proof, perhaps, that diplomacy and domestic policy aren't always so far apart.

The next speaker in the library's series? Former White House Press Secretary Ari Fleischer, set to visit on June 4.



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YOUR NEWS BRIEF
CONTINUED From Page 1

Document Shred Day May 17

New Canaan will hold Document Shred Day on Saturday, May 17, from 8 am to 1 pm at the Transfer Station, 394 Main Street. The event allows for secure disposal of personal documents. Prohibited items include three-ring binders, metal clips, computer media, and plastic covers.

LOCAL BUSINESSES AND NONPROFITS

Carl Safina Discusses Human-Nature Relationship



On April 27, ecologist and author Carl Safina spoke at the library about his experience rehabilitating a screech owl and its influence on his understanding of human relationships with the natural world. Photo credit: New Canaan Library.

Portale at Rotary Club



Julia Portale, Executive Director of Fairfield County House, spoke to the New Canaan Rotary Club about the organization’s 24-hour care for hospice patients. The nonprofit works with hospice agencies to deliver individualized care plans. Photo credit: the New Canaan Rotary Club.

Clean Your Mile with NC Rotary Club



During Clean Your Mile, New Canaan Rotarians cleaned up South Avenue from Saxe Middle School to the Merritt Parkway. Photo credit: the New Canaan Rotary Club.

The Importance of Being Earnest



The Town Players of New Canaan are currently performing The Importance of Being Earnest at Waveny Park’s Powerhouse Theatre. The production features Oscar Wilde’s original 1895 script and will run through Sunday, May 11. Photo credit: Town Players of New Canaan.

The INN-Notes Perform



On April 25, residents at The Inn performed a musical program as part of the INN-Notes, their resident musical group. They presented songs from Broadway shows including Brigadoon and The Sound of Music. Photo credit: Waveny LifeCare Network.

PEOPLE IN TOWN

Jack Conley Signs with Patriots



Jack Conley, a 2019 New Canaan High School graduate and former Boston College offensive lineman, has signed with the New England Patriots as an undrafted free agent. Photo credit: New Canaan Football.

Community Gathers to Celebrate Ezekiel



On April 26, residents lined Elm Street to take part in a send-off celebration for three-year-old Ezekiel before his departure to the Walt Disney World Resort. He was escorted to the Playhouse by the New Canaan Police and Fire Departments. Photo credit: New Canaan Police Department.

SCHOOLS

Administrative Professional Day



Administrative Professionals Day was observed on April 24. These staff members support daily operations and assist with both student and administrative needs, playing a key role in keeping schools running efficiently. Their work remains an essential part of the school’s overall function. Photo credit: New Canaan Public Schools.

NCCS 8th Graders Visit DC



New Canaan Country School eighth-grade students recently took a class trip to Washington, D.C. They visited the Washington Monument, the Smithsonian National Museum of Natural History, witnessed the Changing of the Guard at the Tomb of the Unknown Soldier in Arlington National Cemetery, and much more. Photo credit: New Canaan

Country School.

NCCS 7th Graders Explore Boston



Seventh-grade students from New Canaan Country School recently visited Boston. They walked the Freedom Trail, visited key American Revolution sites, and more. The trip supported their classroom learning through direct observation. Photo credit: New Canaan Country School.

NCCS Students Use Math Outdoors

Recently, New Canaan Country School sixth-grade students used indirect measurement to calculate the heights of campus structures during an outdoor math activity. They measured shadows and applied concepts of proportional reasoning and right triangles. The exercise reinforced skills in estimation, data collection, and problem-solving. Photo credit: New Canaan Country School.

SLS Student Earns Merit Award



Theo Jones '27 of St. Luke’s School earned a Merit Award in the 2025 Harvard Political Review Essay Competition. The contest had over 2,000 entries with topics including global politics, youth activism, and technology’s role in political systems. Photo credit: St. Luke’s School.

SLS Students Create Puzzles for Octopus



St. Luke’s School Upper School students designed enrichment puzzles for the Giant Pacific Octopus at the Maritime Aquarium. The puzzles mimicked natural problem-solving scenarios to support cognitive and behavioral health. Afterwards, students visited Calf Pasture Beach to collect invasive species for their research project. Photo credit: St. Luke’s School.

SLS Launches Mandarin Pen Pals



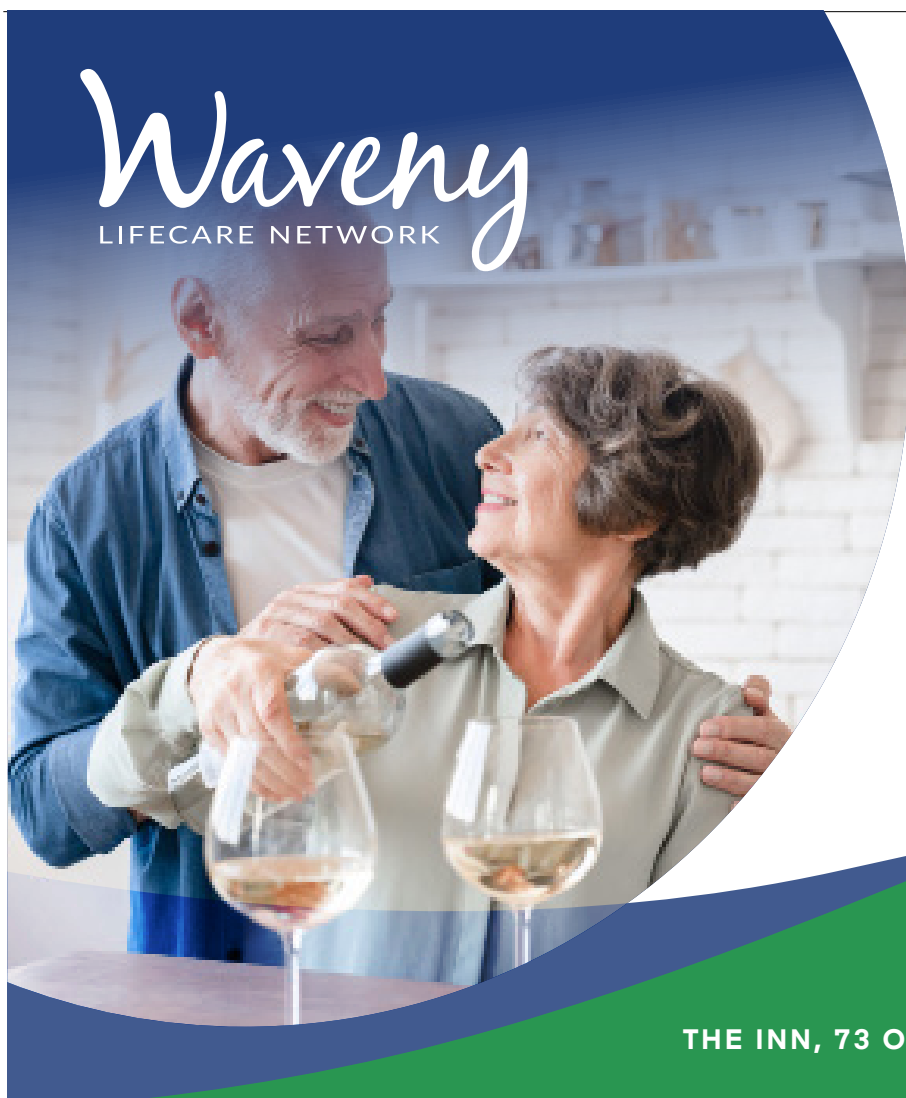
Recently, St. Luke’s Mandarin students started a pen pal exchange with students at Menaul School Qingdao in China, writing letters in both Mandarin and English. The project supports language development while encouraging cultural exchange. Photo credit: St. Luke’s School.

SPORTS

12U Softball Attends UConn Game



Members of the 12U New Canaan Softball team visited Storrs to attend a UCONN softball game. The trip was part of the program’s off-field team activities. Photo credit: New Canaan Softball.



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COLUMN

Pharmaceutical Trafficking: From Cross-Border Pricing to Global Trade Wars



RUSSELL R. BARKSDALE, JR

The story of mail-order pharmaceuticals in the United States is a tale that spans decades woven through consumer pricing, policy loopholes, international trade, and most recently, geopolitical tensions. Over twenty years ago, the search for affordable medications led many Americans to look beyond their borders particularly to Canada. Today, America's dependency on Chinese pharmaceutical ingredients amidst rising tariffs creates a healthcare and economic complexity with the potential to make routine medications unaffordable.

How did we get here? In the late 1990s and early 2000s, as prescription drug prices surged in the United States, many consumers sought more affordable alternatives. Canada, with its publicly funded healthcare

Over twenty years ago, the search for affordable medications led many Americans to look beyond their borders particularly to Canada. Today, America's dependency on Chinese pharmaceutical ingredients amidst rising tariffs creates a healthcare and economic complexity with the potential to make routine medications unaffordable.

system and government-regulated drug pricing, became a logical source for less expensive medications. Canadian pharmacies began offering mail-order services directly to American consumers.

This cross-border pharmaceutical trade grew rapidly. By the mid-2000s, it was estimated that over one million Americans were regularly buying their medications from Canada through online pharmacies, often saving 30% to 80% on common prescription prices. The U.S. government, while technically prohibiting the import of drugs not approved by the FDA, generally turned a blind eye to small-scale purchases and individual use.

Politically, this became a populist issue. Senators and state governors, especially from northern states like Minnesota and Vermont, openly supported or even organized cross-border drug-buying trips. In

2003, Congress passed the Medicare Modernization Act, which included a provision that could allow drug importation from Canada—but only if the Secretary of Health and Human Services (HHS) certified that it would be safe and cost-effective. To date no HHS Secretary has ever issued such certification.

While Canadian pharmacies offered a stopgap for high drug costs, the real revolution came through globalized supply chains. Over the past two decades, pharmaceutical companies have increasingly moved production of active pharmaceutical ingredients or APIs to countries with lower manufacturing costs—particularly China and India. China has emerged as a dominant player in the API market. Moreover, China is the primary supplier of APIs to India, which is the world's largest manufacturer of generic drugs, many of which are exported to the U.S. This

layered dependency makes the U.S. pharmaceutical supply chain deeply intertwined with Chinese manufacturing.

Americans have benefited from the cost savings of offshore manufacturing. Regrettably, this dependency has also created vulnerabilities. As supply chains falter or tariffs compound pricing levels, calls for domestic drug manufacturing and diversification of sources will certainly intensify.

The escalating U.S.-China trade tensions now add a new layer of complexity. In recent years, as part of broader tariff packages aimed at correcting trade imbalances and pressuring China on issues like intellectual property and state subsidies, the U.S. has imposed tariffs on a wide range of Chinese goods—including pharmaceutical ingredients and products.

Although certain pharmaceutical imports

initially received exemptions due to their essential nature, that status has changed in the shifting tides of policy. While the intent is to reduce strategic dependence on adversarial nations, these tariffs also risk increasing costs for manufacturers—and ultimately, for consumers.

Industry groups warn that such tariffs could inadvertently raise prices or worsen shortages for essential medications. Analysts point out that until domestic API production is significantly increased in scale, tariffs act more as a tax on necessity than a genuine lever of national resilience.

The history of mail-order drugs from Canada to the modern struggle over Chinese pharmaceutical tariffs reveals a persistent dilemma in U.S. healthcare policy: the balance between affordability, accessibility, and sovereignty. What began as a grassroots movement for cheaper drugs through

Canadian pharmacies has evolved into a global web of trade and production, one now caught in the currents of international conflict and national security concerns.

The U.S. has accelerated itself to a critical decision point. We must decide whether to continue relying on global supply chains for affordable medications or invest heavily in domestic capacity—likely at a higher short-term cost. What is crystally clear in this time of economic incertitude is the pharmaceutical pipeline is no longer just a matter of public health, but a central axis of economic strategy and international diplomacy. Healthcare call ill afford more price uncertainties.

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

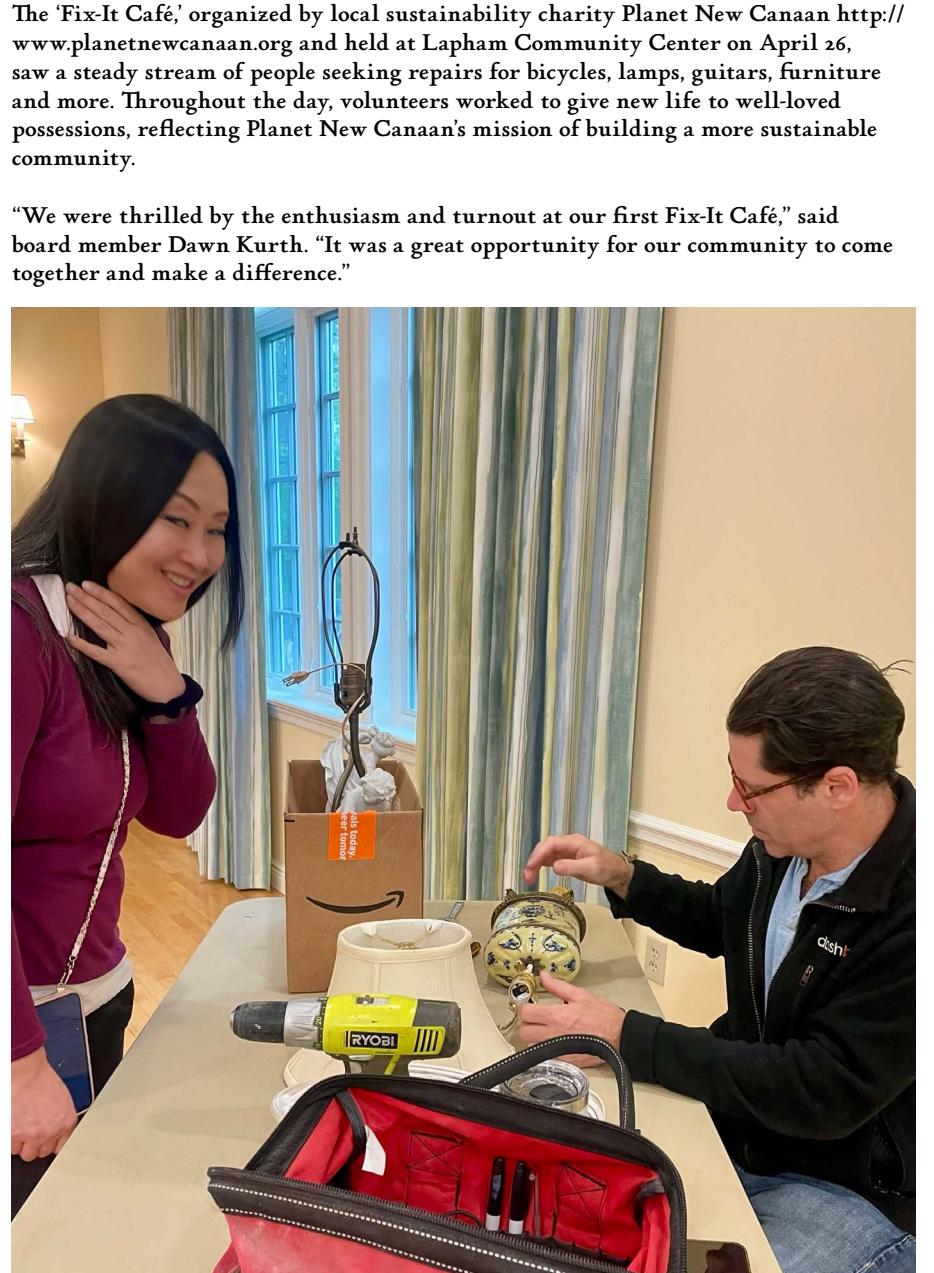
Fix-It Cafe a Hit



NCHS senior Hayley Hewitt of New Canaan Music on Main Street restringing a guitar.



Alex Veroude repairing a bicycle.



Tom Herman fixing a lamp.

The 'Fix-It Café,' organized by local sustainability charity Planet New Canaan <http://www.planetnewcanaan.org> and held at Lapham Community Center on April 26, saw a steady stream of people seeking repairs for bicycles, lamps, guitars, furniture and more. Throughout the day, volunteers worked to give new life to well-loved possessions, reflecting Planet New Canaan's mission of building a more sustainable community.

"We were thrilled by the enthusiasm and turnout at our first Fix-It Café," said board member Dawn Kurth. "It was a great opportunity for our community to come together and make a difference."

New Canaan earns over 50 personal records in track meet

By CHRISTOPHER DEMUTH

New Canaan Rams went head-to-head with the Ridgefield Tigers in a decisive track meet. Like New Canaan, the Ridgefield program boasts several college committed runners, marking the program as a real competition for the Rams.

In the 100-meter dash, Ridgefield took the top three spots: Boyle (10.99), Gallaway (11.15 PR), and Reyes (11.23). New Canaan's Henry Stein finished fourth in 11.73. Teammates Tristan Bardales (11.83) and Willem Wrede (11.87) also ran strong times, with Willem earning a personal record. Freshmen and sophomores added to the team's strength, with Robert Seelert running a 12.21 second PR, Ethan Kremer with a 12.27 second PR, and Anthony Westhead completing a 12.39 PR. In total, over 12 Rams ran under 13 seconds.

The 200-meter dash followed a similar trend. Boyle won in 22.10, but New Canaan had seven runners finish under 25.6 seconds. Stein led the team

again in third with a 24.31 second PR, followed by Wrede (24.46 PR), Koch (24.71 PR), and Westhead (25.10 PR). Nearly every New Canaan runner set a personal best in this event, including Ryan Jordan, Max Volanakis, and Faizal Zakir Hussain.

New Canaan excelled in the middle- and long-distance races, led by senior Ryan Boulanger. He won the 800 meters in 2:00.38, just ahead of teammate Quinn Kilkenny (2:00.58 PR). The two pulled away early and finished well ahead of the rest. Sophomore Charles Cavanagh placed third (2:15.46), completing a sweep for New Canaan. Compared to the Ridgefield program, New Canaan's strongest runners are concentrated in the distance events, with notables including Ryan Boulanger, Spencer Paine, Quinn Kilkenny, and Ryan Monohan. Though they didn't run their main event, the relay, in the Ridgefield meet as they are still recovering from a prior competition, it should be noted how much more focus New Canaan has placed on distance. Quinn Kilkenny alone

personally holds 5 school records.

Boulanger also ran a personal best in the 1600 meters, placing second in 4:29.40. Cavanagh finished fifth (4:50.62), and Hussain ran 4:58.88.

In the 3200 meters, New Canaan had its best showing, taking the top four spots. Boulanger completed a triple win with a time of 10:28.40. He was followed by John Disturco (10:31.82), Boyd Cousley (10:47.80), and freshman Oscar Humphreys, who ran a personal best of 12:33.89.

Senior Spencer Paine won the 400 meters for New Canaan in 52.54. Freshman Leo Baroni was second with a breakout 55.66 PR, and junior Ryan Monohan was third (56.26 PR), giving New Canaan a clean sweep.

In the 110-meter hurdles, freshman Peter Tsapralis won with a personal-best 17.61. Teammates Cruz Formoso (22.51 PR) and Nathan Dinning (23.70 PR) finished second and third.

Tsapralis also placed third in the 300-meter

hurdles (47.14), just behind two Ridgefield runners. Freshman Brandon Barua was fourth (47.35 PR), and Dane Mitchell was fifth (52.74), adding more team points.

Even though Ridgefield won several events, New Canaan's day was about improvement, with most runners achieving personal records in their events. More than 50 Rams set personal records across all events.

Whether it was Wrede and Westhead in the sprints or Disturco and Cousley in the distance races, the Rams showcased a strong performance across the field, representing the broad reach of talent that can be pulled due to the large team size.

With big meets coming up, including the FCIAC Championships and State Trials, New Canaan looks ready. Athletes like Boulanger, Stein, Paine, and Tsapralis are leading the way, while younger teammates continue to step up as they prepare for a team without its strongest runners next year.

This Week in Sports from Christopher DeMuth



In the 4th quarter, Danbury attempts to clear the ball to go on the offensive. New Canaan players successfully prevent this drive, forcing the ball back into New Canaan possession with a score of 15-0, New Canaan



Boys 1600 event. New Canaan in white, from left to right is Faizal, Charlie, and Ryan B. Photo taken by Christopher DeMuth



Junior Jeremy Schubert serves the ball midway through the game in a fierce match against Fairfield Ludlowe. Photo taken by Christopher DeMuth

Girls Varsity Golf
On April 22, the New Canaan girls golf team delivered a strong performance against Danbury, winning 165-245 at Richter Park Golf Course (par 35). Chloe Cui led the Rams with a score of 37, followed closely by Carielle D'Elisa and Maxie Mirin, who each shot a 41. Lauren Livesay (46) and Lily Mohr (47) rounded out the scoring. New Canaan continues to build momentum this spring with consistent scores across the lineup.

Boys Varsity Tennis
The Rams opened the week with a 6-1 win over Fairfield Warde on April 21. Singles standouts included Jackson Mountford and Julian Doshi, who each earned straight-set wins. Rowan Richey Elliot and Elliot Walls fought through tough matches to secure victories in three sets. The Rams also took two of three doubles matches.

On April 22, New Canaan fell to Greenwich, 5-2. Mountford earned another singles win, and the doubles team of Sieghart and Campo notched a gritty three-set comeback.

Boys Varsity Baseball
New Canaan baseball started the week with a 4-1 loss to Norwalk on April 21, despite both teams recording 8 hits. The Rams couldn't string together enough offense to close the gap after early scoring from the Bears.

The bats came alive on April 23, when the Rams

took down Ludlowe 10-7. A huge 7-run final inning secured the comeback win. The Rams tallied 11 hits and showed clutch resilience late in the game.

Back at home on April 24, New Canaan dropped a non-conference matchup to Notre Dame Prep, 11-1. Despite 6 hits from the Rams, the Lancers pulled away with a strong finish.

Girls Varsity Softball
New Canaan softball beat Norwalk 5-4 on April 21, scoring all five runs in the first two innings and holding off a late push from the Bears. The Rams played clean defense with no errors and collected nine hits.

On April 23, the Rams took down Ludlowe 3-1 in another home game. All the scoring came in the first three innings, and once again, New Canaan's defense held firm the rest of the way. The Rams are finding ways to win close, well-played games.

Girls Varsity Tennis
On April 22, New Canaan fell 5-2 to a strong Greenwich team. Leah Zheng earned a dominant win in singles, and the doubles team of Lee and Carr picked up the Rams' second point.

They bounced back with a close 4-3 win over Wilton on April 24. Zheng and Lundberg each won their singles matches, while Carr/Lee and Caleba/Adamczyk sealed the win with tight victories in doubles.

Boys Varsity Lacrosse



Girls Varsity rounds the quarter on lap one of the mile event in the first heat. Photo taken by Christopher DeMuth

On April 24, New Canaan came up just short in a 7-6 loss to Staples in a tightly contested game. The Rams were unable to find the equalizer in the final minutes.

Two days later, New Canaan bounced back in a big way, crushing Rumson-Fair Haven 16-5 at home. The Rams showed firepower on offense and kept the pressure up all game long.

Boys Varsity Volleyball
New Canaan swept Bridgeport Central 3-0 on April 21, controlling every set with scores of 25-12, 25-17, and 25-22.

They followed up with a 3-1 win over Stamford on April 23. After taking the first two sets, the Rams dropped a tight third set but regrouped to close out the fourth 25-15.

Weekly Sports Round Up

School	Sport	Date	Matchup	Result	Score
New Canaan Boys	Baseball	4/23	New Canaan vs Fairfield Ludlowe	Win	New Canaan 10 – Fairfield Warde 7
New Canaan Boys	Baseball	4/24	New Canaan vs Fairfield Warde	Loss	New Canaan 1 – Fairfield Warde 11
New Canaan Boys	Baseball	4/28	New Canaan vs Greenwich	Win	New Canaan 4 – Greenwich 1
New Canaan Boys	Lacrosse	4/24	New Canaan vs Staples	Loss	New Canaan 6 – Staples 7
New Canaan Boys	Lacrosse	4/26	New Canaan vs Rumson-Fair Haven HS	Win	New Canaan 16 – Rumson-FHHS 5
New Canaan Boys	Lacrosse	4/29	New Canaan vs Danbury	Win	New Canaan 19 – Danbury 3
New Canaan Boys	Tennis	4/24	New Canaan vs Wilton	Win	New Canaan 7 – Wilton 0
New Canaan Boys	Volleyball	4/23	New Canaan vs Stamford	Win	New Canaan 3 – Stamford 1
New Canaan Boys	Volleyball	4/24	New Canaan vs Danbury	Win	New Canaan 3 – Danbury 0
New Canaan Girls	Lacrosse	4/23	New Canaan vs Sacred Heart Academy	Win	New Canaan 16 – Sacred Heart Academy 5
New Canaan Girls	Lacrosse	4/24	New Canaan vs Staples	Win	New Canaan 17 – Staples 5
New Canaan Girls	Lacrosse	4/26	New Canaan vs Garden City HS	Loss	New Canaan 9 – Garden City HS 10
New Canaan Girls	Lacrosse	4/29	New Canaan vs Danbury	Win	New Canaan 18 – Danbury 1
New Canaan Girls	Softball	4/23	New Canaan vs Fairfield Ludlowe	Win	New Canaan 3 – Fairfield Ludlowe 1
New Canaan Girls	Softball	4/24	New Canaan vs Fairfield Warde	Loss	New Canaan 2 – Fairfield Warde 4
New Canaan Girls	Softball	4/28	New Canaan vs Greenwich	Win	New Canaan 8 – Greenwich 2
St. Luke’s Girls	Softball	4/23	St. Luke’s vs Greens Farms Academy	Win	St. Luke’s 12 – Greens Farms Academy 1
St. Luke’s Girls	Tennis	4/23	St. Luke’s vs Millbrook School	Win	St. Luke’s 4 – Millbrook School 3
St. Luke’s Girls	Tennis	4/24	St. Luke’s vs Rye Country Day School	Loss	St. Luke’s 3 – Rye Country Day School 4
St. Luke’s Boys	Baseball	4/24	St. Luke’s vs Hamden Hall CDS	Loss	St. Luke’s 4 – Hamden Hall 6
St. Luke’s Boys	Baseball	4/28	St. Luke’s vs Hopkins School	Win	St. Luke’s 6 – Hopkins School 1
St. Luke’s Boys	Tennis	4/23	St. Luke’s vs King	Win	St. Luke’s 4 – King 3
St. Luke’s Boys	Lacrosse	4/24	St. Luke’s vs Hamden Hall CDS	Loss	St. Luke’s 13 – Hamden Hall 14

New Canaan Sentinel

PUBLISHER

Publisher@NewCanaanSentinel.com

Elizabeth Barhydt

EDITORS & COPY EDITORS

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

Gridiron Glory

Last week, New Canaan once again did what it does best: it gathered, it laughed, and it honored one of its own. This time, the spotlight fell on Wendy Hilboldt—a civic stalwart whose contributions to our town are as deep as they are wide. But while the honoree may change each year, the meaning of the Gridiron Club tradition remains constant. It is, in many ways, the annual beating heart of our community spirit.

For those unfamiliar (and we suspect they’re either new to town or overdue for a ticket), the Gridiron Club of New Canaan is not about football. It’s about gratitude. Since its founding in 1961 by State Senator Bob Bliss and Broadway producer Paul Killiam, the club has honored service through an unlikely vehicle: musical theater. Every year, an all-volunteer, all-male cast stages a one-night-only original production gently roasting a beloved community member, chosen by past honorees.

Yes, it’s as hilarious as it sounds. And yes, it’s

“Where else but New Canaan could gratitude come wrapped in lyrics, laughter, and a roast of one of our own?”

also as sincere as any tribute ever given under chandeliers or church steeples. The humor is the wrapper, but the gift inside is thanks. In a town rich with committees and contributions, the Gridiron’s genius is that it elevates service not with solemnity but with song. It honors not just what someone has done—but how they’ve done it, and how they’ve made us feel.

That’s what made last week special, as it is every year. Because while the show is rewritten annually and the music changes with the times, the real performance is communal. Neighbors show up not only to laugh, but to bear witness to a life well lived in service to others. It’s our local version of a laurel wreath—minus the toga, plus a few musical numbers.

This tradition—now over six decades strong—is not a relic. It is alive, relevant, and perhaps more vital than ever in a world increasingly suspicious of sincerity. Gridiron reminds us that there is joy in appreciation, and even more in coming together to express it. The producers, directors, and cast are all volunteers. So are the writers, the set builders, the chorus members, and the gentleman who somehow gets roped into playing a third-grade version of the honoree. The entire thing is powered by affection.

And beyond the laughs and the lyrics, the Gridiron also gives back. Since becoming a 501(c) (3) nonprofit in the 1990s, net proceeds from each year’s show have gone to a charity selected by the honoree. That means every punchline and pratfall supports the very kind of selfless spirit the event honors.

We are proud of this tradition—not as spectators, but as participants. Everyone in New Canaan has a Gridiron memory: a spouse in the cast, a parent honored, a line in the show that made us laugh too hard. And all of us know someone who fits the mold of honoree: that rare individual who gives without seeking credit and who now, once a year, receives the loudest possible thank you—in harmony, no less.

Wendy Hilboldt now joins a line of educators, doctors, grocers, artists, town officials, and quiet heroes whose lives have shaped our town and whose stories now echo, comically and lovingly, across the stage. To her, we add our applause. To the Gridiron Club, we offer thanks.

In New Canaan, service matters. And the Gridiron reminds us: so does celebrating it.

Editorial Page



Apparently old media is new media and is totally cool now.

COLUMN

Best Bites: New Canaan



By PAUL REITANO

Whenever I get a call from a 718 area code, I get a little excited and a little nervous. Excited, because Brooklyn people are my people: loud; funny; unaware of their surroundings. Nervous, because it could be my mom. Did I miss her birthday? Wait, did someone die? Still, Brooklyn people are often the best people. The combination of good food, foul language, and exposure to all of the ups and downs life has to offer on a daily basis can really sharpen one’s toolset for the onslaught thrown at you later in life. But what happens when you take one of us and plop us down in tony New Canaan? Read on to find out.

Paul: When did you decide to move to New Canaan?

Vanessa: April, 2018. I will tell you I came here kicking and screaming.

Paul: Why?

Vanessa: Just the idea of it. Mike, my husband, he took me up - he was like “just trust me.” It was Christmas time, I was pregnant with my second, Preston - and I don’t know if it was the hormones or what - but we drove down Elm Street for the first time, the lights were twinkling, the lampposts were all dolled up; I felt like I was in a Hallmark movie. And I just started crying.

Paul: Why the emotion you think?

Vanessa: I think it was the first time I realized that I could maybe give my kids a life I never had.

Paul: Where’d you grow up?

Vanessa: Sunset Park, Brooklyn.

Paul: How was growing up there different from growing up here in town?

Vanessa: You know, I get laughed at a lot because I didn’t know how to swim for a long time. I was good at running though. I killed in the relay.

Paul: Top three things you ran from as a kid?

Vanessa: Pitbulls, drug addicts, and cars. We lived under the BQE.

Paul: You don’t have to run from the Pitbulls here.

Vanessa: No, the dogs are much nicer here. Growing up here is a dream for my kids.

Paul: Are you keeping it real with them, or full bubble?

Vanessa: A little bit of both. The other night our school had bingo and they’re like “who didn’t get a prize?” Ten hands go up and boom, everyone gets a prize. My little guy looks at me like, “Mommy, I only got one prize.” I said look, “sometimes you lose in bingo. Sometimes you lose.”

Paul: Things were harder for you.

Vanessa: I grew up in a house of substance abuse, stuff like that. There would be times where I’d walk in my house and there was like no lights and no hot water. To take a bath, sometimes my mom would boil water in a pot. I remember...having to wait for the water to cool off.

Paul: How’d that life, and growing up in the city, mold you?

Vanessa: I grew up fast, Paul. I went to my first nightclub at 13. By the time I was 21, I’d experienced pretty much everything.

Paul: So, growing up fast - you actually miss out on growing up?

Vanessa: Yes. Just the city too, it tweaks you.

Paul: Agreed. I pulled up at a valet the other day - tipped him, gave him the keys. I was watching him drive off and for a moment I thought, “I really hope that guy works here.”

Vanessa: They’re not driving away with your car here, Paul, don’t worry. I will tell you though, New Canaan is my forever place. I will be buried here. My kids will always have a home here.

Paul: Does your Brooklyn come out though, sometimes? Like when you least expect it?

Vanessa: You know what? I’ve built such a nice community of friends in New Canaan, and I think they love me for who I am. My Brooklyn comes out all the time to be quite honest with you. I don’t hide her anymore. I am who I am, and I think my friends here in town appreciate me for that.

Paul: What’s your mom think of New Canaan?

Vanessa: She thinks we live on an actual farm. Like, she thinks I’m actually going out and milking cows.

Paul: Just to be sure - you’re not milking cows, right?

Vanessa: No, our milk comes from Walter Stewarts.

Paul: That’s some nice milk. Alright, give me your favorites in town.

Vanessa: My family and I do this thing called Summer Sundays. When the weather gets nice. First we walk to Red Grape and get a Paso Robles Cabernet. We take it to Locali-

Paul: BYO at Locali. Smart.

Vanessa: Yeah. We start with the meatballs and polenta.

Paul: Very nice. I’m good with polenta now - all because of Locali.

Vanessa: Right? Then my husband and I get the Chicken Milanese.

Paul: You share it?

Vanessa: Absolutely not.

Paul: Also, very nice. So you’re taking down the whole thing solo?

New Canaan is my forever place. I will be buried here.

Vanessa: I cut it in half and save the rest for later.

Paul: That’s disappointing. I pictured you crushing an entire Milanese in front of the kids.

Vanessa: Most of the time I just eat the other half when I get home.

Paul: To be fair, that’s not saving half. That’s just waiting.

Vanessa: I’m spreading it out.

Paul: Spreading out the Milanese.

Vanessa: Anyway, after Locali we all go to Gelatissimo.

Paul: Flavor?

Vanessa: The Fig and Goat Cheese.

Paul: Goat Cheese gelato?

Vanessa: I’m telling you.

Paul: It’s good?

Vanessa: You have to try it. It’s excellent.

Paul: So, Summer Sundays. Is it the food or is there something more going on?

Vanessa: It’s the whole thing. It’s walking through New Canaan with my kids. Knowing I could have never even have imagined this when I was their age - and just feeling really proud that I can give them the life growing up that I never had. And really happy that we can all experience it together, as a family.

Paul: We’re glad you’re here, Vanessa. Thank you for sharing.

Vanessa: Anytime.

PLAYING THIS WEEK AT

93 Elm Street
New Canaan

And Join Us in the Pub !

CINEMALAB.COM
for showtimes and tickets

COLUMN

Clearing the Air: Vaping Myths from Facts

TERESA ALASIO MD

The landscape of nicotine consumption has dramatically shifted over the past decade, with vaping surging in popularity, particularly among teenagers and young adults in our own community and across the nation. Cleverly marketed as a “safer” alternative to traditional smoking, sleek vape devices, enticingly flavored e-liquids, and the very act of producing a visible vapor have often been perceived as innocuous, even trendy. However, beneath this veneer of harmlessness lies a complex reality. Mounting health concerns, coupled with increasing regulatory scrutiny, demand a more critical and informed perspective on vaping.

Let’s cut through the haze and dissect some of the most pervasive myths surrounding vaping, illuminating the often-unsettling facts that lie beneath the vapor clouds.

MYTH #1: VAPING IS JUST INNOCUOUS WATER VAPOR.

FACT: This couldn’t be further from the truth. Vaping doesn’t produce simple water vapor. Instead, these devices generate a complex aerosol. This aerosol is a cocktail of potentially harmful

Let’s cut through the haze and dissect some of the most pervasive myths surrounding vaping, illuminating the often-unsettling facts that lie beneath the vapor clouds.

substances, including highly addictive nicotine, ultrafine particles that can lodge deep in the lungs, various heavy metals like lead and nickel, and a range of other potentially toxic chemicals. Furthermore, many vape juices contain flavorings, some of which, such as diacetyl, have been linked to a serious and irreversible lung disease known as bronchiolitis obliterans, or “popcorn lung.” While it’s true that vaping might expose users to a fewer number of the thousands of toxins found in traditional cigarette smoke, it is unequivocally not a harmless practice.

MYTH #2: SINCE VAPING IS “SAFER” THAN SMOKING, IT’S PERFECTLY FINE FOR TEENAGERS TO INDULGE.

FACT: The crucial distinction here lies between “safer” and “safe.” While some studies suggest that vaping might be less immediately harmful than traditional smoking for

adults, this equation drastically changes when we consider the developing adolescent brain. This period of rapid neural growth is particularly vulnerable to the effects of nicotine. Exposure to nicotine during adolescence can impair the development of crucial brain functions, affecting memory, attention span, and impulse control. Alarmingly, early nicotine use can also significantly elevate the risk of developing addiction to various substances later in life. Moreover, numerous studies have indicated a troubling trend: teenagers who begin by vaping are significantly more likely to eventually start smoking traditional cigarettes.

MYTH #3: VAPE PRODUCTS AREN’T ADDICTIVE; IT’S JUST FLAVORED AIR.

FACT: This misconception is dangerously misleading. The vast majority of vape products contain nicotine, the very same highly addictive substance that

makes traditional cigarettes so difficult to quit. In fact, some popular vaping brands, like JUUL, have faced criticism for delivering exceptionally high concentrations of nicotine, sometimes even exceeding that of conventional cigarettes. A significant number of young individuals who initiate vaping remain blissfully unaware that they are consuming nicotine until they find themselves ensnared by its addictive grip. The appealing flavors often mask the presence and potency of this highly addictive chemical.

MYTH #4: THOSE TASTY FLAVORED VAPES MUST BE SAFE BECAUSE THEY TASTE SO GOOD!

FACT: The enticing array of flavors in vape products – from fruity concoctions to dessert-inspired blends – is a deliberate marketing strategy aimed at attracting younger users. However, these palatable flavors do not equate to safety. The very chemicals used to create these appealing tastes can be harmful when inhaled, potentially irritating and damaging delicate lung tissue. Furthermore, the EVALI (e-cigarette or vaping product use-associated lung injury) outbreak in recent years tragically highlighted the dangers of certain additives found in e-liquids, most notably vitamin E acetate, which was strongly linked to severe lung damage, hospitalizations, and even fatalities.

MYTH #5: VAPING IS A RELIABLE TOOL TO HELP PEOPLE QUIT SMOKING CIGARETTES.

FACT: This is a nuanced issue. While some adult smokers have indeed found e-cigarettes to be a helpful tool in their journey to quit traditional smoking, it’s not a universally effective or officially endorsed method. The U.S. Food and Drug Administration (FDA) has not approved vaping products as a smoking cessation aid, and the scientific research on their long-term effectiveness for this purpose remains inconclusive and often contradictory. A concerning counterpoint is that for every adult who might be using vaping to transition away from cigarettes, there are many more young people who are initiating a potentially lifelong nicotine addiction through these very products.

MYTH #6: IF VAPING PRODUCTS ARE LEGAL TO PURCHASE, THEY MUST BE SAFE FOR CONSUMPTION.

FACT: The legal status of a product does not automatically guarantee its safety. Vaping products are a relatively recent phenomenon, and the long-term health consequences of their use are still not fully understood and are the subject of ongoing research. Moreover, the regulatory landscape for vaping products is still evolving, and many products, particularly those acquired online or through unregulated channels, may contain undeclared and potentially dangerous ingredients. The absence of comprehensive long-term safety data and the potential for unregulated ingredients should give consumers pause.

THE BOTTOM LINE:

NAVIGATING THE VAPOROUS REALITY

It’s crucial to understand that vaping is not the benign habit it is often portrayed to be. It is, in essence, a sophisticated delivery system for nicotine and a cocktail of other potentially harmful chemicals. While it might present a different risk profile compared to traditional smoking, it is far from a risk-free activity, especially for the vulnerable developing bodies and brains of young people.

As the popularity of vaping continues to rise, the need for clear, accurate information and open, honest conversations becomes paramount. Whether you are a parent concerned about your child, an educator striving to inform students, a teenager navigating peer pressure, or simply a concerned community member, understanding the facts about vaping empowers you to make informed decisions and contribute to safeguarding public health. Let’s work together to clear the air and ensure that the allure of the vapor doesn’t cloud our judgment.

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 consult your medical provider.

Dr. Teresa Alasio is the Medical Director and Owner of Intentional Self Aesthetics, located in Downtown New Canaan. She resides with her family in a smoke and vape free household.

LEGAL AD

TOWN OF NEW CANAAN
PLANNING & ZONING COMMISSION
REGULAR MEETING

Notice is hereby given that the Planning and Zoning Commission will hold a Public Hearing on Tuesday, April 29, 2025 this hearing is scheduled as a hybrid meeting to be held in the Town Meeting Room at Town Hall, 77 Main Street. Access to this Public Hearing will be in person and via an on-line system at 7:00 p.m. to hear and decide the application(s) as follows:

1. 146 Oenoke Ridge – Upon application of William Pollack, Keith E. Simpson Associates, Authorized Agent for Town of New Canaan, owner(s), for Special Permit approval pursuant to Section(s) 6.4.G.1 to permit grading more than 1,000 cubic yards and soil disturbance of more than 10,000sq ft. of the spoils that are produced from an onsite pond dredging project in the Open Space Zone at 146 Oenoke Ridge (Map 32, Block 20, Lot 41).

2. 272 Elm Street – Upon application of VMI, Inc., C/O Frank Vuoso owner(s), for a Special Permit approval pursuant to Section(s) 4.4 to allow pet grooming as secondary use to Pet Supply in the Business A Zone at 272 Elm Street (Map L, Block 16, Lot 89).

Dated: April 17, 2025
New Canaan, Connecticut
Daniel Radman, Chairman

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 (IW-25-16) issued to Matthew and Lily Victor, 219 Weed Street, Map 31 Block 10 Lot 84. Install all soil and erosion controls. Construct 20’x40’ pool with attached patio. Install all pool equipment and make connections. Topsoil, seed and landscape all disturbed areas upon completion.

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 (IW-25-17) issued to Peter Stockman and Terry Hill, 153 West Hills Road, Map 27 Block 25 Lot F30. Install soil and erosion controls. Remove roof and walls down to the existing 1st floor deck by hand. Remove exterior deck and above ground pool by hand. Form new foundation walls at existing footprint of car port. Construct new walls and roof above existing first floor deck. Modify existing driveway. Fine grade, topsoil, seed and landscape all disturbed areas upon completion.

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 (IW-25-18) issued to Jonathan and Hope Jameson Stone, 42 Fox Run Road, Map 46 Block 118 Lot 91. Prepare site for construction activities and install all soil and erosion controls. Construct a 306 sf screened in sunroom addition on post footings. Add small second story addition above the sunroom. Replace exterior steps at the rear of the house. Fine grade, topsoil and seed all disturbed areas upon completion.

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 (IW-25-15) issued to Fatima F. and Richard G. McNutt, 213 Ferris Hill Road, Map 45 Block 108 Lot 107. Prepare site for landscaping activities and install all soil and erosion controls. Selectively remove by hand, invasive plants from designated areas and properly dispose. Perform minor regrading, as indicated and install 140’ of post and rail fence. Seed and install all landscaping materials. Fine grade and stabilize all disturbed areas upon completion.

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 April 23, 2025, the following resolutions were adopted:

1. Resolution Authorizing An Appropriation Of \$91,100 For The PARKING 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 \$91,100

2. Resolution Authorizing An Appropriation Of \$555,000 For The Fire Equipment 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 \$555,000

3. Resolution Authorizing An Appropriation Of \$143,403 For The Emergency Management 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 \$143,403

4. Resolution Authorizing An Appropriation Of \$390,000 For The EMS 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 \$390,000

5. Resolution Authorizing An Appropriation Of \$5,096,500 For The DPW Town Buildings 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 \$5,096,500

6. Resolution Authorizing An Appropriation Of \$5,815,000 For DPW Administration & Engineering 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 \$5,815,000

7. Resolution Authorizing An Appropriation Of \$1,106,500 For The DPW Parks 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 \$1,106,500

8. Resolution Authorizing An Appropriation Of \$800,000 For The School District Technology 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 \$800,000

9. Resolution Authorizing An Appropriation Of \$3,013,000 For The Schools 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 \$3,013,000

10. Resolution Authorizing An Appropriation Of \$1,210,000 For The DPW Wastewater Treatment 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 \$1,210,000

11. Resolution Authorizing An Appropriation Of \$270,000 For The Bond Premium 2026 Project And The Financing Of Said Appropriation By The Allocation of Bond Proceeds On Hand In An Amount Not To Exceed \$270,000

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 April 29, 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, 112 Main Street – That the application of Ricardo Mejia, Authorized Agent for Downtown New Canaan, LLC, owner(s), for a Site Plan approval pursuant to Section(s) 4.2 and 6.12 to permit a change of use from a food shop to a retail store in the Retail A Zone at 112 Main Street (Map T, Block 74, Lot 94). Change of use is approved. No façade changes are permitted.

2. RESOLVED, 91 Main Street – That the application of Nora Hatibi of Crafty Kids, LLC, Authorized Agent for Cody Real Estate, LLC, owner(s), for a Site Plan approval pursuant to Section(s) 4.2.C.7 to permit a change of us from a personal service establishment to a retail art business with a studio component in the Retail A Zone at 91 Main Street (Map T, Block 43 Lot 826) is approved.

3. RESOLVED, 146 Oenoke Ridge – That the application of William Pollack, Keith E. Simpson Associates, Authorized Agent for Town of New Canaan, owner(s), for Special Permit approval pursuant to Section(s) 6.4.G.1 to permit grading more than 1,000 cubic yards and soil disturbance of more than 10,000sq ft. of the spoils that are produced from an onsite pond dredging project in the Open Space Zone at 146 Oenoke Ridge (Map 32, Block 20, Lot 41) is approved.

4. RESOLVED, 272 Elm Street – That the application of VMI, Inc., C/O Frank Vuoso owner(s), for a Special Permit approval pursuant to Section(s) 4.4 to allow pet grooming as secondary use to Pet Supply in the Business A Zone at 272 Elm Street (Map L, Block 16, Lot 89) is approved.

Krista Neilson, Secretary
Dated April 29, 2025

Shining the Light, and Pointing to the Light



By MEG NEWTON

Have you even known someone to hide a “secret healthy ingredient” in their baking or cooking? I’ve made chocolate cookies with pureed lentils, and peanut butter chocolate chip bars with mashed chickpeas—both really good, my family thought! I’ve also had black bean brownies (less of a favorite), and a friend of mine used to throw a bag of frozen mixed vegetables in the

blender and add it to her pasta sauce. That one did not fool my kids when they were little. I’ve been thinking about this healthy eating trick, though, as I’ve been meditating on what Jesus means when he tells his disciples and followers to “let your light shine before others, that they may see your good deeds and glorify your Father in heaven” (Matthew 5:16). What does it mean to let my light shine? Is it enough to act kindly for kindness’s sake—like providing a bit of protein hidden in a cookie? Does that glorify our heavenly Father? Or does it ultimately just make me look kind, or good, or nice? Jesus uses a different

What does it mean to let my light shine? Is it enough to act kindly for kindness’s sake—like providing a bit of protein hidden in a cookie? Does that glorify our heavenly Father? Or does it ultimately just make me look kind, or good, or nice?

analogy, of course. He says, “You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house” (Matthew 5:14-15). You could argue that lentils in cookies still provide nourishment, while a light under a bowl does no good at all. That’s true. But isn’t the light that we’re called to

shine supposed to point to the source, not just do a good deed? Our actions matter, but they should overflow from our own encounter with the light of Jesus, and point others back to him. As we continue in this Easter season, when we remember and celebrate the life-changing reality of the Resurrection, how can we shine the light of hope and love in a way that leads people to the Resurrected One? Yes, we want others to “get the protein they need”—to be cared for, to feel safe, to be seen. But we also want them to know that the chickpeas are in there—to know the Source, to know that there is a God who willingly came to earth and lived among us and died for us so that he could become King, and establish a Kingdom of hope and new life, and new creation—and we are invited in. So—I’m always up for more

recipes to smuggle nutrition into my picky kid—feel free to send them my way! But I also want others to see the light that shines from me—from my actions, words, attitudes; my generosity, hopefulness, patience . . . –and see that it’s all because of Jesus in me. I don’t want to mash him up and hide him in some sugary treat. I want others to encounter the true Light who gives light to everyone and who, out of his incredible love for each of us, has come into the world. *Meg Newton is a wife, mother of two teenagers, baker of cookies with hidden legumes, and the associate pastor of Trinity Church in New Canaan.*

Worship Directory and Services

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

Church of Jesus Christ of Latter Day Saints

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

Congregational Church

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

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

Recurring Events:

Tuesdays at 9:30 AM: Women’s Bible Study
Wednesdays at 9:30 AM: Bible Study
Fourth Thursday from 12-2:30 PM: Meet at the Open Door Shelter in Norwalk to serve a meal.

First Church of Christ, Scientist

49 Park Street 203.966.0293
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
fpcnc.org

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

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

Upcoming Events:

May 4 at 10 AM: Scottish Heritage Sunday. Share the pageantry of the Mount Kisco Scottish Pipes & Drums band, the grace and joy of the the Scottish Country Dancers, the tartans and kilts, the shortbread and haggis, and more.

May 4 at 4 PM: Seraphic Songs is a concert dedicated to timeless themes of faith, memory, and unity. This concert explores the diverse ways humanity expresses spirituality, commemorates loss, and discovers hope. Tickets are available at <https://www.charisvocals.com>.

Saint Aloysius Roman Catholic Church

21 Cherry Street 203.966.0020
www.starcc.com
Service Schedule:

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

Recurring Events:

Last Monday of every month 7pm: Women’s Praise & Worship Holy Hour
Fridays 7:30am-6pm: Eucharistic Adoration (September-June)
Saturday 8:30am: St. A’s Healing Rosary Prayer Group

St. Mark’s Episcopal Church

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

Sunday Services: 8:00am: Indoor Holy Eucharist Rite I; **9:00am:** Outdoor Holy Eucharist Rite II; **10am:** Indoor Holy Eucharist Rite II (Live Stream also available on the St. Mark’s website). Coffee Hour follows the 10am service. Church School during the 10am service: Godly Play for children in kindergarten through second grade; Holy Moly for third and fourth grades; Meet in the Middle for fifth, sixth and seventh grades. Professional childcare is offered for children ages four and under. Families with children who are not yet ready to separate for childcare are invited to use the rocking chairs at the rear of the chapel.
Weekday Services: Monday-Friday, 8:30am: Morning Prayer Rite II by Zoom.
Wednesday at 12:05pm: Noonday Eucharist in the chapel.

Recurring Events:

First Wednesday at 1pm: Laundry Love volunteering opportunity to come alongside people who are struggling financially by assisting them with their laundry.
First & Third Wednesdays from 6-7:30pm: Youth Group

Upcoming Events:

May 10 from 9 AM- 6 PM: May Fair 2025. There will be 20+ amusement midway rides, live entertainment, and much more! Rides will be available until 6 PM.
May 17 at 5 PM: Following the success of last season’s Bach-to-Bach recital, Andrew and Ned will present two works of the early 20th century for piano, four-hands, – Fauré’s Dolly Suite and Ravel’s own transcription of his Ma mère l’Oye (“Mother Goose”), as well as solo works of each composer.

St. Michael’s Lutheran Church

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

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

Recurring Events:

Thursday 12 PM: Alcoholics Anonymous

Trinity Church New Canaan | Darien

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

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

United Methodist Church

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

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

Community Baptist Church

174 Cherry Street 203.966.0711
cbcnewcanaan@gmail.com
www.cbcnewcanaan.org
Youtube: https://www.youtube.com/channel/UCoZ2UNa8aHI3O_Syp_X0KDg
Facebook: <https://www.facebook.com/CBCNewCanaan/>
Sunday School at 10:00am
Worship Service at 11:00am
Live Facebook Broadcast 11:30 am

Upcoming Events:

May 21 at 7 PM - May 23 at 9 PM: Spring Revival.

Grace Community Church

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

Welcome to Grace Church, where we strive to build a church of action, founded on Biblical truth, characterized by faith, grace, community, service, authenticity, clear thinking, and cultural relevance. Grace Community Church is an exercise in knowing God, knowing truth, and building community that extends to our full lives, not just to our Sunday mornings. Join us **Sunday mornings at 9:30am** or via GCC’s Facebook page or YouTube page. Nursery care and Sunday school/teen programming is available for babies through 12th grade. Coffee and bagels available in the lobby after the service, all are welcome.

Upcoming Events:

May 21st at 6:30 PM: Trivia Night at Dry Dock Bar & Grille in Norwalk.

Talmadge Hill Community Church

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

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

Recurring Events:

Thursdays at 9:30am: Bible Study
First Saturday at 8am: Men’s Group
Second Saturday at 10am: Women’s Circle

Chabad New Canaan Jewish Center

137 Putnam Rd
info@chabadnewcanaan.org
www.newcanaanjewish.org

The Chabad New Canaan Jewish Center is dedicated to strengthening and building the New Canaan Jewish Community by offering local Jewish resources that bring more positivity, Jewish education, charitable activity, good deeds and blessing to our lovely town. We are about Judaism, not affiliation. Regardless of your background, and however you choose to define your level of Jewish observance or identity, the Chabad New Canaan Jewish Center can add spirituality, joy, study, community and connection for you and your family. The programs of the Chabad New Canaan Jewish Center are held in various locations, all located in New Canaan.

Temple Sinai (Reform Synagogue)

458 Lakeside Drive; Stamford, CT 06903
203.322.1649
www.templesinaistamford.org
Service Schedule:
1st, 3rd & 5th Friday – 6pm in person and via zoom
2nd & 4th – 7:30pm

Recurring Events:

Fridays at 12 PM: Torah Study
Second Saturday at 10:30 AM: Mussar
First and Third Fridays at 5:30 PM: Shabbat Service for Families with Young Children
First Saturday at 8 AM: Avodat Halev Discussion Group

Temple Sholom

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

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

Recurring Events:

Saturdays at 9 AM: Shabbat Study via zoom at <https://zoom.us/j/94358392426?pwd=bFJQem9HWFcxU0EzZUM2VENEZmgyUT09#success>

COLUMN



By PATRICIA CHADWICK

Michael Lewis has just published another book—this one in collaboration with six other writers, each of whom is renowned as an author. The title: *WHO IS GOVERNMENT?* and the subtitle: *The Untold Story of Public Service* were intriguing. Devouring the book last weekend, I was inspired—each story was a morality tale in its own right. Each subject was a remarkable employee of the federal government who was hardly known to the world at large, but who through diligence, passion, intelligence, curiosity and sacrifice, brought immense value to the public.

A few of the stories include Michael Lewis's, "The Canary," about Chris Mark, the unlikely engineer. The son of a Princeton professor, he was a rebellious teenager who chose to eschew college and went to work as a coal miner in West Virginia in the mid-1970s. He eventually earned a Ph.D. and went to work for the federal government at the Bureau of Mines where he devised a "roof rating" system for long wall mines that became the global standard for safety and

has saved the lives of countless of coal miners. Dave Eggers, a prolific writer, covers the story of Nancy Grace Roman and her career at NASA's Jet Propulsion Laboratory. Born in 1925, she was the first woman at NASA, where, today, where thirty-one percent of its staff are women. She was known as "The Mother of the Hubble," but preferred not to be singled out. The Nancy Grace Roman Space Telescope, with a panoramic field of vision one hundred times greater than the Hubble, will be launched in a few years.

Perhaps the most emotionally gratifying chapter is by Casey Cet, a staff writer at the New Yorker. Titled, "The Sentinel," it is about Ronald Walters, who currently leads the National Cemetery Administration, a federal government agency that arranges a burial place for any veteran whose family requests a spot in a National Cemetery. I quote from the book, "Thanks to Walters's efforts, 94 percent of American veterans live no further than 75 miles from a veterans' cemetery.

"The Cyber Sleuth" is the story of Jarod Koopman of the IRS and is written by Geraldine Brooks, the author of the bestseller, *Horse*. Jarod's passions are Brazilian jiu-jitsu and accounting. He turned an internship with the IRS in 2001 into a career there, where his sleuthing has led to the rescue of twenty-three children from rape and assault and the arrest of 370

WHO IS GOVERNMENT?

Book Review and Thoughts

How on earth could Congress approve such a cockamamie scheme? No wonder the social security system is perpetually on the verge of bankruptcy.

pedophiles, and has in the past ten years returned more than \$12 billion to victims of crime and to the Treasury.

A paragraph by Michael Lewis sums up the reason *WHO IS GOVERNMENT?* is such a gem. "Democratic government isn't really designed to highlight the individual achievement of unelected officials. You never hear a word about who these people are or where they come from or why it ever occurred to them to bother. Nothing to change the picture in your head when you hear the word 'bureaucrat.' Nothing to arouse curiosity about them or lead you to ask what they do, or why they do it."

At a moment in our American life when there appears to be disdain for the work of so many federal government employees, *Who is Government?* is a must read. By shedding light on the value of their work, the book is a reminder of the respect we owe to all public servants. A couple of factoids may also be enlightening. From a post-World War II high of 5.2% of the workforce in 1952, civilian jobs in the federal government have declined over the last seventy years to under 2% today with approximately three million federal employees. Given the fact that federal

government spending has soared over that period, it's fair to say that the productivity of the federal employee base has also soared.

On the last page of the book, there is an exhortation that reads: Has a federal employee inspired you or made a positive impact on your community, on our country, or on the world? Share that story with the Partnership for Public Service: yourstories@ourpublicservice.org. I'm sharing one of my own here.

It was eleven years ago. I had recently turned sixty-five and faced the fact that I was about to enter a new stage in life by becoming a social security recipient. I duly made an appointment at the local Social Security office to discuss my options. I don't remember the date but the time had been specified for 2:15pm. The waiting room was packed, and I was grateful for the newspaper I brought. When my number was called, precisely at 2:15pm, I walked up to the appointed window. The white-haired lady behind the plexiglass knew more about me than I had expected—that I was married and that my husband had already been receiving Social Security for himself and our two children (by

reason of his turning sixty-five before they had turned eighteen). She was solicitous about my financial needs, and I reassured her that I was still working and was happy to postpone receiving any payments for as long as was allowed. That was when her personality came to the fore. "Oh, Sweetheart," she said, her voice part motherly and part teacherly. "There's a wonderful plan just for you. You can collect half of your husband's social security and not touch your own, which will earn eight percent compounded each year. Then when you reach seventy, your income will be far higher than if you start taking it out at sixty-six." I quickly processed the arithmetic and wondered to myself, *How on earth could Congress approve such a cockamamie scheme? No wonder the social security system is perpetually on the verge of bankruptcy.* But who was I to argue with the good news lady? Her mastery of the subject was impressive and her grace in carrying out what I would have thought to be a desultory occupation was edifying. The memory of that meeting with the epitome of a gracious public servant has remained vivid in my mind. But for the life of me, I couldn't remember her name.

Most likely, she had not shared it with me, but how could I tell my story if I was unable to recall her name? So two days before this column went to press, I drove over to the social security office and signed in electronically. Within ten minutes I was facing a pleasant woman behind a plexiglass window and sharing with her my strange request. I told her about Michael Lewis' book and how I wanted to add my modest experience to the list of federal employees whose work is appreciated. She understood and began searching the records until she found the date of my visit, but there was no employee name. "She was so vivacious," I blurted out, "and so knowledgeable. And she called me 'sweetheart' and 'honey' and 'darling.'" It was then that the woman's eyes lit up and nodding her head, she smiled and said, "When you give that description, I know who it was—Mrs. Chavis." "Has she retired?" I queried. "Yes." "And may I have your name also?" "Ms. Rodriguez." Mission accomplished. Thank you, Mrs. Chavis and Ms. Rodriguez for caring.

Rye fourth graders work in tandem with Bread of Life pantry to help support area community

By LIZ LEAMY

Several weeks ago, 17 fourth graders from the Midland School in Rye banded together in enthusiastic fashion to help assist the Bread of Life with its popular bi-weekly pantry.

This crew, which was organized several years ago by the school's Parent Teacher Organization in tandem with its teaching staff and the Bread of Life representatives, could be seen having a terrific and productive time at the pantry that is held every other Monday at 65 Orchard Avenue in Rye from 10am to 12pm.

Throughout this slightly rainy morning, this hard-working crew spent most of their time doing such things as help pack vegetable bags, carry and put together bags filled with dry items such as peanut butter, pasta and canned goods and help pass bags out to pantry recipients, among other things.

"This is an amazing opportunity for everyone to give back and the kids are very excited to be here," said Greg Moraitis, teacher of the group who is in his 21st year of teaching and 20th year at Midland School, located on 312 Midland Avenue in Rye. "This is such a great experience for all of

them and they are all doing such a great job."

The Bread of Life representatives agreed.

"Each year, one of the fourth grade classes [at Midland] joins us at the pantry to serve their food insecure neighbors," said Sue Wexler of Rye, Director of Community Outreach for the Bread of Life and Giving Tree Global, Inc., which is also a partner of Trinity Church has locations in Greenwich, New Canaan and Westchester. "I do not know who is more blessed by our time together, the students, teachers, volunteers or food recipients. It is wonderful to see the joy on the recipients' faces as they are handed food by the smiling children."

Wexler said several weeks prior to this event, she had visited with the students at Midland to help provide them with information on the issue of food insecurity.

"Each year, I go to the school to teach the students about food insecurity and the work that we do at the Bread of Life to help feed the bodies and souls," said Wexler, who also grew up in Greenwich and had attended Greenwich High School. "Food insecurity is on the rise in our area and we have seen

the numbers of people who come to our pantry on a Monday rise significantly."

Wexler added that the Bread of Life has been partnered with Midland School with this effort for nine years running.

"Midland School holds food drives throughout the school year with the highlight being their community service week which occurs each spring and each year, one of the fourth grade classes joins us at the pantry to serve their food insecure neighbors," said Wexler. "The kids learned today what it truly means 'stop for the one in front of you.'"

Moraitis expressed similar sentiments.

"This is a great opportunity for the kids to get involved and be of service out of the classroom," said Moraitis. "This experience is all about gratitude and the importance of working together to help one another."

For more information about how to get involved or donate to the Bread of Life, please contact them at:

Giving Tree Global Inc./ Bread of Life, 65 Orchard Hill Avenue, Rye, NY 10580, info@givingtreeglobal.org, 914-602-9783



Some of the Midland School fourth graders with their teacher, Greg Moraitis and Sue Wexler, Director of Community Outreach for the Bread of Life organization based in Rye, during their time helping out with its popular bi-weekly pantry. (Photo courtesy of the Bread of Life organization)

"This is an amazing opportunity for everyone to give back and the kids are very excited to be here," said Greg Moraitis, teacher of the group who is in his 21st year of teaching and 20th year at Midland School, located on 312 Midland Avenue in Rye. "This is such a great experience for all of them and they are all doing such a great job."

COLUMN

Why We're All So Tired – And What to Do About It



By MARGARITA COSSUTO, PhD

Many people assume feeling tired is just the cost of a busy life. But more often than not, the root of this constant exhaustion is poor sleep — not just how long we sleep, but how well we sleep.

Sleep is one of the most important ways our bodies and minds take care of themselves. While we sleep, the brain clears out what's no longer needed, organizes memories, and resets our emotional balance. Meanwhile, the body repairs, restores, and recharges for the day ahead.

Think of sleep like a washing machine cycle. It needs time to run all the way through to really do its job. If we cut it short, it's like pulling clothes out too early — they're still tangled, unfinished, not quite ready. When we don't give ourselves enough quality sleep, it leaves essential repairs incomplete, and little by little, we start to feel it — in our energy, our mood, and our health. Sleep isn't a luxury; it's the quiet work that keeps everything running smoothly.

The good news? Small, consistent changes can help rebuild healthier sleep and restore the energy you've been missing.

Why Sleep Is So Disrupted for So Many

Stress and Worry

Stress is one of sleep's biggest enemies. When the brain stays stuck in problem-solving mode, it's harder to shift into the deep relaxation needed for restorative sleep. A classic sign of stress-related sleep disruption is falling asleep easily but waking in the middle of the night with a racing mind.

Pain and Physical Discomfort

Chronic pain, joint stiffness, and other discomforts are major contributors to poor sleep. Even mild pain can cause tossing and turning or lighter, more fragmented sleep. Conditions like arthritis, back pain, migraines, or recovery from surgery can quietly erode sleep quality over time.

Lifestyle Habits

Late-night screen time, caffeine after noon, and irregular sleep schedules confuse the body's natural rhythms. Even habits we think are harmless, like "catching up" on sleep on weekends, can backfire over time.

Sleep Disorders

Conditions like insomnia, sleep apnea, and restless legs syndrome are surprisingly common and

You deserve more than just getting through the day – you deserve to wake up restored.



often go undiagnosed. If sleep remains difficult after making healthy changes, it's important to consult a doctor or sleep specialist.

What You Can Do to Sleep Better

Improving sleep isn't about being perfect — it's about creating the right conditions for rest. Here's where to start:

Maintain a Consistent Sleep Schedule

Our brains thrive on regular patterns. Going to bed and waking

up at the same time each day — even on weekends — helps strengthen your body's internal clock, making it easier to fall asleep and wake up feeling refreshed.

Prioritize Winding Down

Protect the hour before bedtime as a true wind-down period. Turn off bright screens, avoid work and stressful conversations, and focus on calming activities like light reading, gentle stretching, or deep breathing. These small rituals

signal to your brain that it's time to sleep.

If Pain or Discomfort Are Disrupting Your Sleep

Talk to your doctor about managing nighttime pain. Adjusting pillows, using a supportive mattress, and practicing relaxation techniques like progressive muscle relaxation can make a real difference. Creating a more comfortable sleep environment helps the body relax more fully at night.

Limit Clock-Watching

Checking the clock when you wake during the night only increases anxiety. If you can't fall back asleep within 20–30 minutes, get up, do something quiet in low light, and return to bed when you feel sleepy.

Be Thoughtful About Naps

Naps can be helpful, but if you're struggling with nighttime sleep, long or late-afternoon naps can interfere. Keep naps short — about 20–30 minutes — and earlier in the day if possible.

If Sleep Problems Persist

If healthy changes aren't enough, seek help. Sleep disorders

are common and getting a diagnosis can open the door to treatments that truly help. Cognitive Behavioral Therapy for Insomnia (CBT-I) is a research-backed approach that helps retrain sleep patterns, often without medication.

Final Thoughts

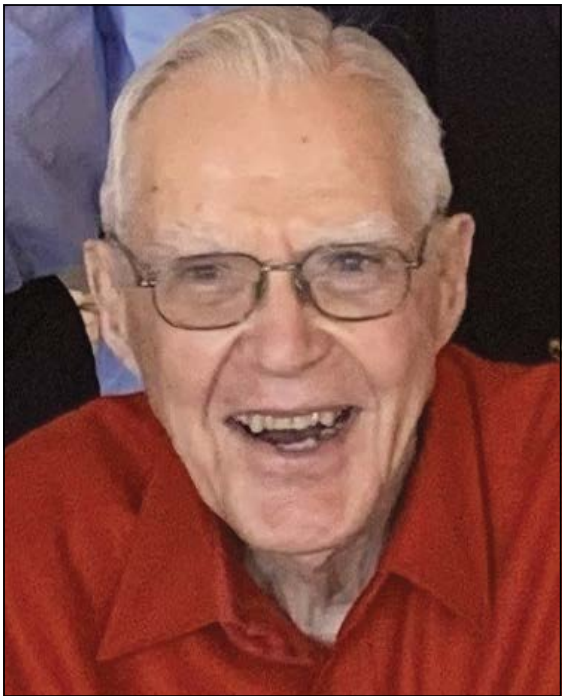
Feeling tired all the time isn't inevitable — and it's not something you just have to accept. Good sleep is essential for physical health, emotional well-being, and everyday energy.

Often, it's the small changes that make the biggest difference over time. If sleep remains a challenge, know that effective help is available.

You deserve a life that feels sustainable — not just surviving the day but waking up restored and ready to live it fully. And it all starts with sleep.

Margarita Cossuto, PhD, is a licensed clinical psychologist and the founder of Journey to Thrive Psychology in Westport, CT. She is passionate about helping adolescents and adults improve their sleep, manage anxiety and create sustainable habits for long-term well-being.

Obituaries



DR. RICHARD BANFIELD, JR.

Dr. Richard Sterling Banfield, Jr., 101, of Stamford passed away peacefully on April 25, 2025, at Stamford Hospital. He was the beloved husband of the late Joan Hunt Banfield. He was born in Austin, Minnesota on April 8, 1924, the only child of Richard and Sarah Banfield. After graduating from high school in Aberdeen, South Dakota, in 1942, Dick went East to attend Amherst College. He interrupted his college studies to enlist in the United States Army Air Corps, where he reached the rank of Second Lieutenant. When World War II ended, he returned to Amherst, graduating in 1946. He earned an M.D. degree from Columbia College of Physicians & Surgeons in 1951. The following year he and Joan were married. After completing a residency in obstetrics & gynecology at Columbia and Yale, he opened a private practice in Stamford in 1957. He continued to serve the women of the Stamford area until his retirement in 1992, capping off his career as Chief of Obstetrics at Stamford Hospital.

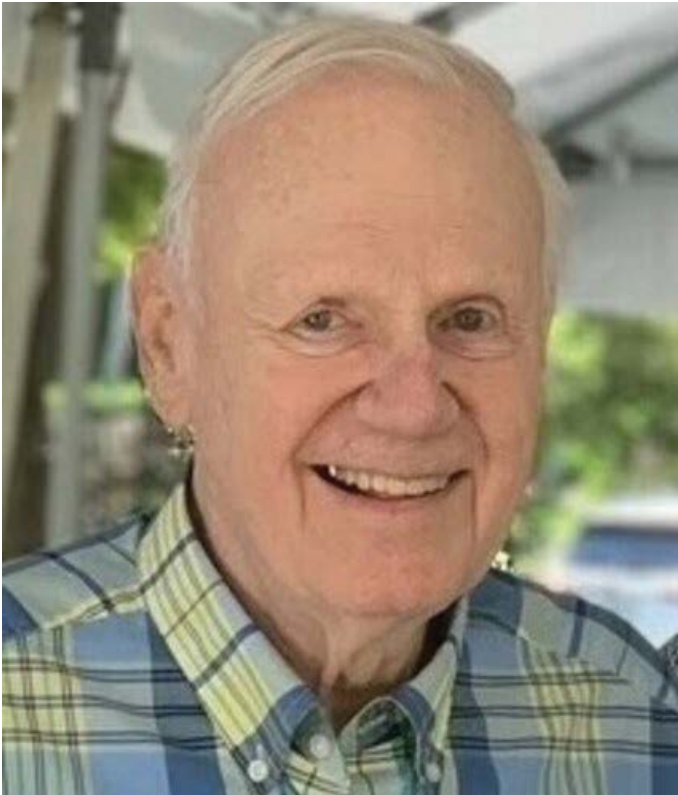
Dick was passionate about his career choice and was a pioneer of the de-medicalization of childbirth. He was instrumental in making it possible for Connecticut fathers to be with their wives during delivery. He was an advocate of natural childbirth and breastfeeding. And he believed strongly in integrating midwives into the care of expectant mothers; in fact, he had a midwife join his own practice.

Dick and Joan settled in New Canaan in 1959, where they raised their children. Dick was always a lover of life, and in retirement he pursued a wide range of interests. He was an avid golfer, racquetball player, and bridge player. He and Joan traveled extensively, both abroad and within the United States. In 2014 the couple moved to the Edgehill Community in Stamford. At Edgehill, he tried his hand at acting, playing the role of Andrew Makepeace Ladd III in “Love Letters” several times. And he was a passionate fan of both the UConn “Lady” Huskies and the New York Mets.

Dick loved bringing people together. His family remembers fondly the special three-generation vacations he provided in New Hampshire. And his daily morning emails to a list of more than 200 recipients provided an eagerly anticipated dose of humor, wisdom, and intellectual stimulation that deepened the sense of community among residents of Edgehill.

Dick is survived by his four children, Susan (Alvin) Beck, Dean (Christine) Banfield, Barbara (Rebecca) Banfield, and Carol (James) Foley; his five grandchildren, Nathan (Jasmine) Banfield, Margaret Banfield, William Banfield, Patrick Foley, and Sarah (Damien) Foley; his step-grandson Alvin Beck, Jr.; and his two cherished great-granddaughters, Thelma Banfield and Margot Angel-Foley. The family is deeply grateful to Leota Austin, Dominique Joseph, and Colleen Dawkins for the devoted care they provided for Dick.

Family and friends are invited to gather on Friday, May 2, from 2:30 to 4:30 p.m., at the Nicholas F. Cognetta Funeral Home at 104 Myrtle Avenue in Stamford. Interment will be private. In lieu of flowers, donations may be made to the La Leche League of Connecticut.



WILLIAM BUCHANAN, JR.

William Hobart Buchanan, Jr., known to many as “Bill,” passed away peacefully on April 21, 2025, at the age of 87. He was born July 2, 1937, in Summit, New Jersey and is predeceased by his parents, Margaret Rolfs Buchanan and William Hobart Buchanan, and his sister, Lynnette Buchanan Bennett.

Bill was a devoted husband, father, grandfather, son, brother, and friend. His quick wit, infectious laugh, and playful sense of humor brought joy to all who knew him. A lifelong athlete, he was passionate about tennis and paddle tennis, playing avidly

in New Canaan, CT; Southwest Harbor, ME; and Naples, FL. His warmth, kindness, and loyalty made him beloved by friends and colleagues around the world. Many recall his deep love of life and fondness for travel, especially to Paris, a city he adored and where he once lived as a newlywed with his wife Ellie while working at the law firm Shearman & Sterling. Fluent in French, Bill embraced French culture with enthusiasm.

He attended Short Hills Country Day School and Pingry School in New Jersey before graduating from Princeton University’s Woodrow Wilson School of Public and International Affairs in 1959 and Harvard Law School in 1963. Bill was especially proud of his service in the U.S. Marine Corps. He loved being an Eagle Scout and was selected to appear on the TV quiz show Name That Tune.

Professionally, Bill built a distinguished career in law and corporate leadership. Following his time at Shearman & Sterling, he served as General Counsel, Chief Legal Officer, and Senior Vice President of the Reuben H. Donnelley Corporation. He was then promoted to Associate General Counsel, Vice President and Corporate Secretary, and Vice President Law at the Dun & Bradstreet Corporation.

Bill was deeply committed to community service and held numerous leadership positions, including Princeton University Alumni Council and as class president and treasurer. He served on the boards of the Princeton Club of New York and Southwest Florida; Greater Naples Leadership; Collier Senior Center; American Society of Corporate Secretaries; and ABC House in New Canaan. As chairman of the Friends of the Library of Collier County, he established the Nick Linn Lecture Series. A founding member and trustee of Naples Community Church, Bill’s faith and dedication to community remained central throughout his life.

Bill was a longtime member of the New York St. Andrew’s Society where he served annually as Captain of the Color Guard. He loved his membership in the wine group, La Confrérie des Chevaliers du Tastevin. Summers in Southwest Harbor, Maine were cherished and where he was active in several organizations, including Friends of Acadia, the Pot and Kettle Club, and the Causeway Club, where he served as treasurer. Other club memberships included Royal Poinciana, Grey Oaks, the Port Royal Club, and the New Canaan Field Club.

Bill is survived by his beloved wife of 58 years, Eleanor Ames Lincoln Buchanan of Naples, FL; his two daughters, Diana Ames Buchanan Reynolds (Richard Roland Reynolds) of Alexandria, VA, and Jessica Ray Buchanan Sapp (Benjamin Cullifer Pickens Sapp) of Charleston, SC; his sister Wendy Buchanan Merrill of Denver, CO; and three grandchildren, India Ames Reynolds and Hobart Samuel Reynolds of Alexandria, VA, and William Buchanan Rawlins of Charleston, SC, along with many nieces and nephews.

The family is grateful for all the caregivers at Moorings Park who provided support and loving care for Bill. A celebration of life will be held on May 31, 2025, at 11:00 a.m., Bower Chapel, Moorings Park Dr, Naples, FL.

In lieu of flowers, donations may be made to the Naples Community Church, Collier Senior Center, or Friends of Acadia.



DONNA HOWARD

Donna Engler Howard was born on January 11, 1958, in Austin, TX and died on April 18, 2025, in Gaylord Hospital, Wallingford, CT, at age 67, after a courageous ten-year battle with ovarian cancer.

Donna was raised by her parents Franklyn Raymond and Bessie Wynn Engler in Corpus Christi, Texas and Pittsburgh, Pennsylvania. Donna was a good student and from an early stage was attracted to the arts, she played piano, was a keen dancer, and played violin in the school orchestra. She graduated from Bethel Park High School in 1976, where she was a member of the drill team, the Bethettes.

Donna then moved back to her beloved Longhorn State and attended Southern Methodist University in Dallas, TX. She graduated with an Art History Bachelor’s degree, with a minor in business, in 1980, and was a proud member of the Iota Alpha Chapter of Chi Omega. Afterwards, she pursued a master’s degree in interior design from the University of North Texas and later worked in Dallas for Wilson & Associates, a leading global interior design firm. Donna quickly took on major projects for Four Seasons Hotel Group, Hyatt Hotels and Marriott Hotel Group. In 1986 she won the U.S. Hotel Interior Design of the Year Award for her work on the Omni Hotel in Charleston. It was in Dallas where she met and married Nicholas Phillip Howard on May 2, 1986, at Highland Park Presbyterian Church.

Shortly after they were married, Donna and Nick then moved to work in London in 1987 and then they moved to New

York City later that year. Donna used her work experience and started her own business in interior design. Throughout her career, she won several design awards and helped create beautiful interiors in hotels and homes across the world from New York City, London, Saudi Arabia, Austria, Las Colinas Dallas, Hawaii, Boston, Hilton Head, Denver and New Canaan. Donna also obtained her real estate license and practiced in New Canaan.

Following the birth of her children in 1993 and 1995, Donna and Nick moved to Roxbury, CT and later New Canaan, CT, where they have lived ever since on West Road, excluding a two-year gap spent in Japan in 2000-2002. Donna was an active member of her community from leading Girl Scout Troop 484, being the president of National Charity League, and participating in the Garden Club, specifically with the Friends of Irwin Park.

Donna had a lot of hobbies from walking her labradors, playing tennis and pickleball at local clubs, and playing bridge and Mah Jong with her friends. Donna was an avid reader and a very good cook, and developed a significant cook book collection. She also loved football and proudly supported the SMU Mustangs and Texas Longhorns, traveling to games most years. Most importantly, Donna loved her family and took a step back from her career to focus on raising her four children. She spent countless hours taking them to their activities and sports lessons, and was their biggest cheerleader. She also supported Nick’s business activities and the Queen Elizabeth II September 11th Memorial Garden, where she assisted in twelve fund raising galas for the Garden. Donna traveled with Nick extensively in Asia, Europe and Latin America. She also traveled with her friends, her two favorites were a trip to India with 10 Australian ladies and a tour of whisky distilleries in Scotland by train with friend from Texas.

Donna is survived by her mother, Bessie and her husband, Nick, and their four children, Nicholas Franklyn, John Phillip, Elizabeth Selina and Katherine Grace.

A service in Donna’s honor will be held on May 2nd at 11 a.m. at St. Mark’s Episcopal Church with a reception at the Roger Sherman Inn at Noon. She will be laid to rest in West Cemetery.

In lieu of flowers, and given Donna’s love for and dedication to Irwin Park, the family kindly requests that donations be made to “New Canaan Garden Club/Friends of Irwin Park”. Please be sure to denote that donation is in honor of Donna Howard: <https://www.ncgardenclub.org/friends-of-irwin-park-donation-2/>



ROBERT HENRICI

Robert M. Henrici, a longtime New Canaanite, passed away on April 17, 2025.

Robert was born in Stamford, CT in 1937. He was the son of Susie Chase Henrici and Henry F. Henrici. Formally of New Canaan since 1942. He attended the University of Bridgeport and served in the US Army at Fort Dix, NJ and Fort Hill, OK. Robert was the owner of Henrici’s Land Surveying business in New Canaan, CT. He was president of the Connecticut Association of Land Surveyors and also President of the New Canaan Lions Club. He served as Vice Chairman of the New Canaan Park and Recreation for 9 years.

He and his wife, Carol, moved to Newburyport in 1988 and became very active in the Byfield Parish Church. He was chairman of the Trustees. He also volunteered 22 years at Anna Jaques Hospital.

He dearly loved his family; he and Carol had 3 children, Robert M. Henrici, MA, Susan Kehoe, CT (Dan Kehoe), Caroline Nielsen, ME. Seven grandchildren, Jesper Henrici, Hannah Cartagena (Tony Cartagena), John Michael Kehoe (Gillian Berrow), Chase Rao (Sid Rao), Ella Nielsen, Cooper Nielsen. In addition, eight great-grandchildren, Brooklyn, Maelyn, Markus, Mia, Mason, Romi, Juniper, and Bodhi.

He has two signers of the Declaration of Independence, Samuel Chase, and Stephen Hopkins, also he was a member of the Mayflower Society. He and Carol (d.2015) moved to Riverwoods in Exeter, NH in 2011. Robert served on the Dining Committee for 6 years and 4 years as Chairman. In 2019, he decided to take art lessons in acrylic with a wonderful private teacher. Robert enjoyed painting landscapes. He had an art show at Riverwoods with 24 paintings and was in the Riverwoods calendar twice. Lastly, he enjoyed being one of the chairmans of the Woodworking Committee.

The Celebration of Life will be May 23rd at 1:30 p.m. at Riverwoods, 7 Riverwoods Dr., Exeter, NH. Donations may be made to the First Congregational Church in Kingston, PO Box 203 Kingston, NH 03848. <https://kingstonfcc.org/givewww.brewittfuneralhome.com>

The New Canaan Sentinel believes every life deserves to be remembered. We do not charge for obituaries and welcome submissions to honor your loved ones. Please email obituaries to Caroll@SentinelHometownNews.com.

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The First Bank of Greenwich ushers in spring with art display by former New Canaan Popup Gallery

By Liz Leamy

Last Wednesday, more than 125 people gathered at The First Bank of Greenwich Cos Cob headquarters to celebrate the spring season with festivities in sparkling style to experience and view the fantastic display of culturally inspired paintings and other artworks created by Dollka and Dave Morico of the Dollka & Dave Gallery in New Canaan.

All throughout this event, The First Bank of Greenwich main room was teeming with all sorts of people who spent their time visiting and chatting with one another while also taking in the Morico's extensive display of paintings, prints and other mixed media works centered around such iconic cultural individuals, brands and National treasures as the Statue of Liberty, Brooklyn Bridge, Coca Cola, Gucci, Louis Vuitton, Marilyn Monroe, Grace Kelly and Frank Sinatra, among more subjects.

"Dollka and Dave are amazing and both of them have different flares with their artwork," said Frank Gaudio, President and Chief Executive Officer of The First Bank of Greenwich. "This is a big day for me because of this and the fact that everybody here is a dear friend of mine."

Gaudio also spoke about the importance of art in its relation to the community as well as The First Bank of Greenwich.

"As I drive down North Street every day on my way to work, I've never really looked at the greenery as the way I've been looking at it this year. It is gorgeous and it is like art," said Gaudio. "Art comes in many ways, in paintings, in music and in the friends and moments we all have together."

Certainly this sentiment was also felt among all of those on hand at this event, especially the

"Greenwich is beautiful with such an incredible community of people," said Dollka Morico

Doricos, who expressed their deep gratitude at being part of this event, with their work scheduled to be displayed at the bank's Cos Cob headquarters for an extended period of time, with it also being available for purchase.

"Thank you Frank, you guys are our family," said Dollka Morico in response to Gaudio. "You've welcomed us so many times and we are so grateful to be here. I study art and I think a lot about it, whether it's Chanel, Polo or whatever it is or might be. I think it through and how it connects to us and affects us emotionally. It all connects us together."

Dollka Morico also spoke about how the subjects of her paintings represent hope, strength and so much of what can be accomplished through staying true to a dream.

"Women like Coco Chanel didn't give up and with Marilyn, it was the same thing," said Dollka Morico. "Ralph Lauren and his Polo brand are also amazing. His work reflects the American dream as well as the classic style of so many Hollywood movies. He personifies America and its dream and possibilities."

In addition, she talked about the effect these individuals have had on the culture as a whole.



Frank Gaudio, President and CEO of The First Bank of Greenwich, Jodi DeCrenza, an artist whose studio is based in Hastings-on-the-Hudson and Jessica Fitzpatrick, Assistant Vice President, Digital Marketing & Strategic Engagement for The First Bank of Greenwich (Photo by Liz Leamy)

"I always look for the goodness in what all of these people represent and how they affect us and how people also want to be part of it," said Dollka Morico.

Along with this memorable display of art, attendees also enjoyed food and beverages provided by local establishments such as Meli-Melo and Versailles Patisserie and V Bistro, both of which are located on Greenwich Avenue as well as Val's Putnam Wines & Liquors, while listening to live music performed by Lawrence Cooley and some of his colleagues.

More than anything, it was apparent everyone at this celebration played an integral role

in its terrific success, that is for certain.

"Working and being at this beautiful event with The First Bank of Greenwich has been amazing. The artwork is gorgeous and I love the meaning behind it all," said Chantal Benavidez, an event team staff member. "Everyone has been so kind and helpful and it has just been a

wonderful experience in every way."

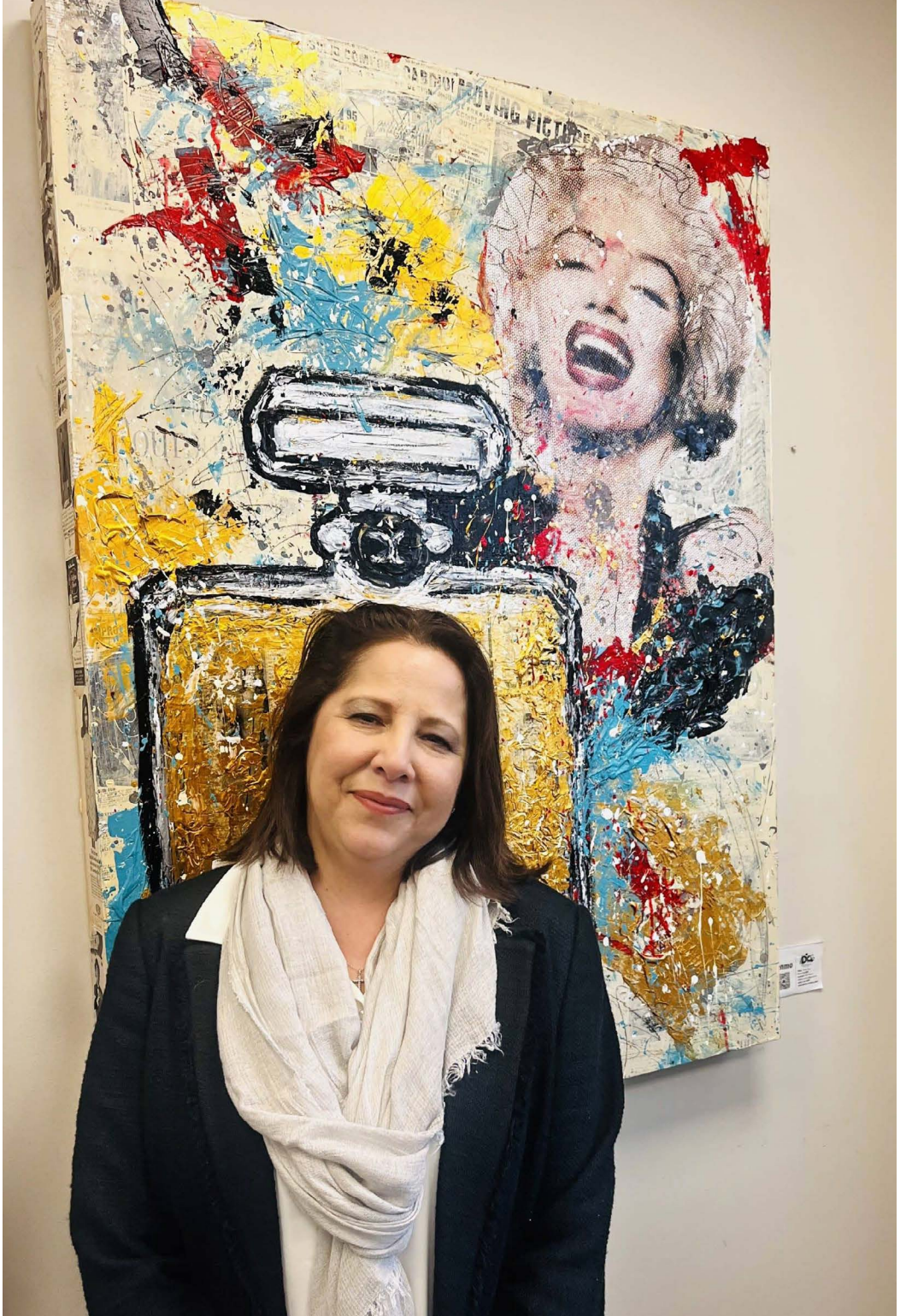
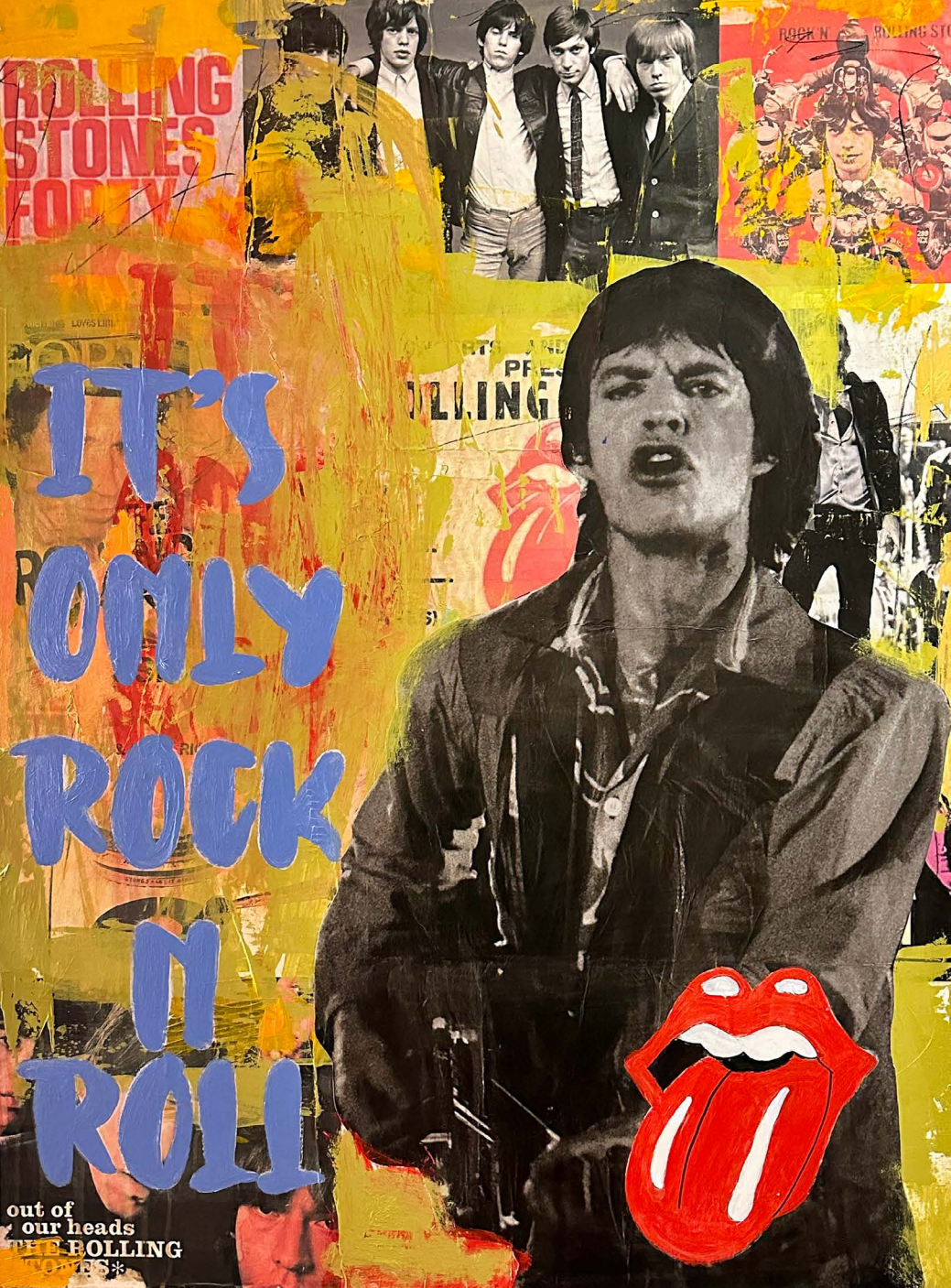
Dollka Morico concurred, adding that the whole mood of the event expressed so much of the spirit of Greenwich.

"Greenwich is beautiful with such an incredible community of people," said Morico. "It's beautiful how everyone supports the community whether it's through

their love of the arts or other things. People want to give their best and that's what I love about it. It makes me want to do better."

For more information on the Moricos and their art, please look them up at:

DOLLKADAVEGALLERY@gmail.com
DOLLKAANDDAVE.com
DDMorico (instagram)



Dollka Morico of the Dollka & Dave Gallery based in New Canaan, poses in front of one of her works featured as the center of the spring celebration event at The First Bank of Greenwich in Cos Cob last week. (Photo by Liz Leamy)

COLUMN

Encore Club of New Canaan Celebrates 40th Anniversary at Waveny House

LISA VASQUEZ

Encore Club of New Canaan, 40th Anniversary Celebration at Waveny House in New Canaan: “Then and Now: 1985 through 2025.” -Written and submitted by Lisa Vasquez; photos.

On Tuesday April 29 2025, Encore Club of New Canaan shared its 40th Anniversary with its members at Waveny House in New Canaan.

What is Encore Club, you might ask. What is their mission? Well, Encore Club of New Canaan is a non-profit organization that was formed in 1985 by a group of women who lived in the New Canaan community. Encore is a club open to New Canaan women looking to pursue friendship through a variety of social activities.

Encore Club is a vital part of life in “the next station to heaven!”

time, when you were new to the community, you might join a membership club that provided weekly daytime activities, stimulation and a pathway to new friendships and camaraderie in New Canaan.

Its credited founder, Mrs. Joan Allocca, continues to live in New Canaan with her family. In 1985 when Joan and 3 others were retired from their tenured “Newcomers Club” membership, and unwilling to “go quietly,” they brainstormed with the idea to start a new club that continued to offer the social activities and friendship to all women of the New Canaan community. Hence the name “Encore Club.” With humble

mouth membership, Encore Club has grown from the 4 original founders in 1985 to 367 members as of today. Membership is extended to women only, but there are several occasions throughout the year that spouses, significant others and guests may be included.

At the 40th Anniversary luncheon on Tuesday, April 29 at Waveny House, over 100 current Encore members, including 8 Past Presidents and many Club Officers attended and celebrated the longevity of the organization. While not philanthropic, Encore Club offers a way to enhance the camaraderie of the New Canaan community through daily activities. Many Encore Club members are in leadership roles and officers of other New Canaan philanthropic and volunteer organizations such as the Beautification League, The New Canaan Community Foundation, and The Rotary, just to name a few. While Encore membership renews annually, members may remain in the club indefinitely.

Over the years, membership has fluctuated. In fact, during the pandemic, Encore Club’s membership actually grew because of their smartly reduced membership fees, regularly scheduled ZOOM events, and weather permitting, mask-required, in-person events during the warmer months. During this time of crisis, members continued to have the structure, support and camaraderie through their Encore community. The Club’s current membership roster proudly boasts membership of 367 paid members (encoreclubofnewcanaan.org).



Members congregating at Waveny House New Canaan for Encore Club 40th Anniversary



President Rose Bauersfeld addresses membership on 40th Anniversary of Encore



Current President Rose Bauersfeld with recent Encore Club past presidents

Encore Club of New Canaan is accessible to all women of the New Canaan community and local towns. As empty nesters sometimes migrate to neighboring towns such as Wilton, Norwalk and Stamford, their membership within Encore Club remains active, their contributions remain valued, and their friendships and camaraderie remain intact. Members would agree, Encore Club of New Canaan is a vital part of life in “the next station to heaven!”



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REAL ESTATE DASHBOARD EDITOR

John Engel | John.Engel@Elliman.com

REAL ESTATE DASHBOARD CONTRIBUTORS

Christa Kenin | Christa.Kenin@Elliman.com

Robyn Bonder | Robyn.Bonder@Elliman.com

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Address	Price	Day	Time	Broker
208 Park Street #21	\$400,000	SAT	11:00-1:00PM	Redfin
2 Mead Street #20	\$2,199,000	SAT	12:00-3:00PM	William Raveis
127 Richmond Hill Road	\$1,499,000	SAT & SUN	1:00-4:00PM	William Raveis
57 Richards Lane	\$2,795,000	SAT & SUN	1:00-3:00PM	William Raveis
760 Valley / Gravel Island Road	\$1,950,000	SUN	12:00-2:00PM	William Pitt Sothebys
247 Mill Road	\$2,650,000	SUN	1:00-3:00PM	William Pitt Sothebys

NEW LISTINGS						
Address	List Price	SqFt	Price/SqFt	AC	BR	FB
124 East Avenue	\$835,000	1,714	\$487.16		2	1
167 Richmond Hill Road	\$1,595,000	2,503	\$637.24	0.20	4	3
760 Valley / Gravel Island Road	\$1,950,000	4,040	\$482.67	2.28	4	4
31 Lakeview Avenue	\$1,975,000	4,338	\$455.38		4	3
6 Wahackme Lane	\$2,795,000	5,262	\$531.17	2.00	5	3
57 Richards Lane	\$2,795,000	4,699	\$594.81	2.68	4	4
148 W. Hills Road	\$3,195,000	5,931	\$538.69	2.18	5	4
727 Smith Ridge Road	\$7,295,000	11,897	\$613.18	4.55	7	9

NEW SALES							
Address	Original List	List Price	Sold Price	DOM	BR	FB	Acres
151 Butler Lane	\$1,399,000	\$1,399,000	\$2,139,000	5	4	3	1.00
243 White Oak Shade Road	\$2,599,000	\$2,599,000	\$3,505,000	4	4	4	2.48
49 Cross Ridge Road	\$4,495,000	\$3,725,000	\$3,600,000	243	6	5	7.51
930 Oenoke Ridge	\$6,995,000	\$6,995,000	\$6,500,000	41	7	5	10.57

‘Barbie’ Is So 2024

Let’s Play ‘Monopoly’ and Learn About Mortgages!



By JOHN ENGEL

Sun Tzu said, “Know your audience,” and I’m writing for homeowners. My readers own their homes, sometimes several, and are expert at solving life’s problems. What real estate advice can I possibly offer? This is Part One: Winning. Next week is Part Two: Giving It to Your Kids.

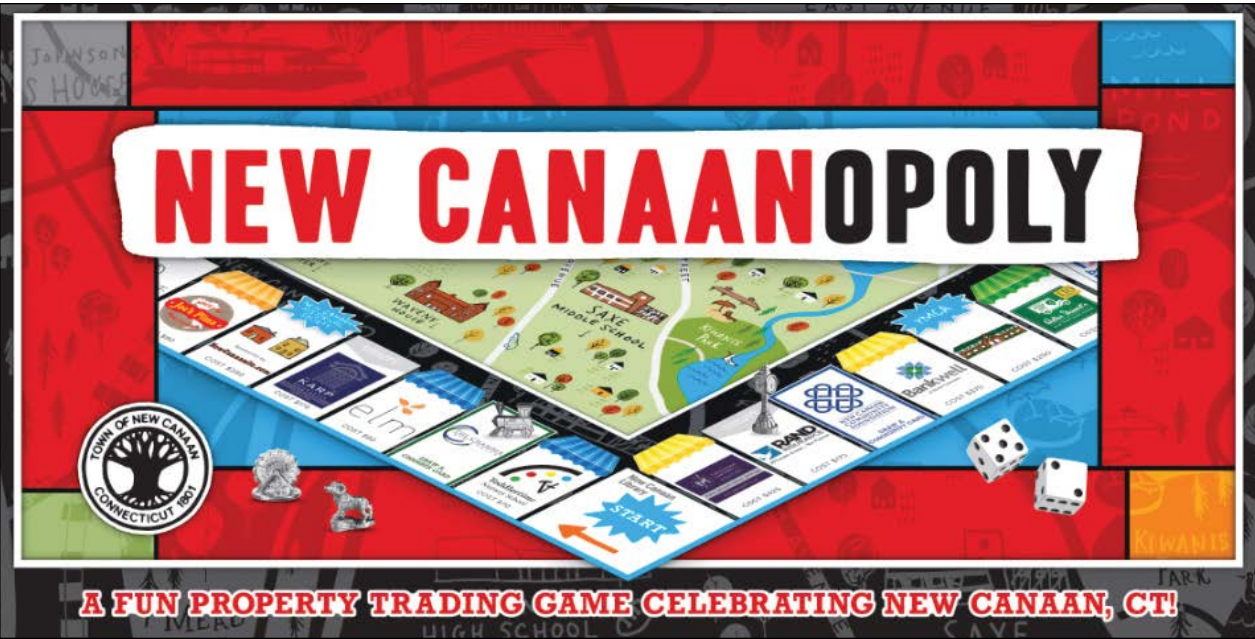
What we know about real estate, we learned playing games.

Monopoly, (c.1935, 275+ million sold), originally known as “The Landlord’s Game,” is an eight-year old’s first taste of bankruptcy. It’s dog-eat-dog, absolutely mercenary, teaching what it means to gain control and wipe out everybody else. I win, you lose. With only 22 streets available, the Monopoly board looks like the New Canaan, Darien, or Wilton markets this month, with 25 to 36 single family homes available in each town.

Risk (c.1957), teaches real estate acquisition the old-fashioned way: Plant a flag and just take Panama, Greenland, or the Crimea until your opponent objects with an army. I know, that’s a bit cynical in 2025, but still. Unless you’re a dictator, Risk is a bit abstract for most of us, while Monopoly is how-to.

The Game of Life (c.1960, 50+ million sold) promotes the 1950’s suburban dream: buying a home in a place like New Canaan. Winning includes taking out college loans and a mortgage within a traditional family structure. The hipper, more progressive version is The Sims (c. 2000, 200+ million sold), an open-ended simulation of the daily activities of virtual people, now available online as a massive multiplayer game.

Sim City (The Sims predecessor, c. 1989) teaches the importance of zoning and the challenges of managing a modern-day New Canaan. The goal is to balance tax-rates with amenities like parks, schools, and hospitals. Raise taxes and everybody moves to Florida. Lower taxes and you can kiss our \$30 million police station goodbye. Like Sim City, we are always building and demolishing, rezoning, and improving. The game teaches systems thinking – how small policy choices ripple across an ecosystem – making it both an entertaining and subtly educational simulation of urban planning and governance. Turning on “disaster



NEW CANAANOPOLY, the 2017 version

“What we know about real estate, we learned playing games.”

mode” could spawn a hurricane in the game or an adverse law from Hartford in life.

We don’t learn about mortgages in school – we are introduced to them playing Monopoly as eight-year-olds (as recommended by Parker Brothers) and as adults from YouTube, Reddit, and Realtors. The Sims goes where Monopoly and The Game of Life can’t, introducing credit cards, non-linear life paths, and sex to make it the best-selling PC game of all time. Like and unlike Monopoly, The Sims reduces winning to accumulated wealth, even if a player ends up in massive debt.

Monopoly has been studied, both gameplay and what it teaches us about ourselves and the current real estate market. Truman Collins’ large-scale probability analysis “Probabilities in the Game of Monopoly” and Tim Darling’s “How to Win at Monopoly” use computer simulations to calculate landing frequencies, break-even times, and return on investment of each property. We do this in life. Ask me which New Canaan listings have the highest upside and which ones break even quickly.

Social psychologist Paul Piff’s Ted Talk, “Why Rich People Tend to Think They Deserve Their Money,” discusses experiments at UC Berkeley using “rigged” Monopoly to study how advantages affect behavior. Players with more starting money and extra dice are more dominant, taking up more space at the table, eating more pretzels, and making more noise. They’re less empathetic, amplifying entitlement



“Can The Family Have a Good Time Playing Sorry?” skit from The Carol Burnett Show, 1974.

and assertiveness. They bang the piece loudly as they move around the board. This aligns with broader research on how power influences empathy and cooperation. In New Canaan, we see it in the emergence of bidding war behavior.

When rich players (who were given advantages) were asked why they had won the game, not one attributed it to luck. It’s their acumen, competencies, and the decisions they made. In life, buyers (and their agents) also confuse luck with skill. Sellers need both to create a bidding war, and buyers need both to win one.

The most efficient way to win? Buy the orange and red properties and exploit the housing shortage. These properties are landed on most frequently. Building three houses on each maximizes ROI because rent

increases significantly while tying up 18 of the game’s limited 32 houses.

The lack of housing stock is well documented, both in New Canaan and nationally. Investors with 1,000+ homes only make up .3% of home sales (none of the 22 properties or 32 houses on the Monopoly board). In New Canaan, institutional investors are constrained by tight multifamily zoning and rising rates. Speculative builders stop when rising labor, materials, and land prices force them to price properties like Boardwalk – risky indeed.

Monopoly strategists say you should buy every property you land on early to increase chances of securing a monopoly or gaining trading leverage. Utilities have a low ROI, only 3% chance of profit, and railroads succeed only if you own all four. Stay

out of jail early. Protect yourself from opponents’ high rents by sitting in jail late in the game. Jail can be a metaphor for real estate-related laws such as bankruptcy protection, homesteading, mortgage deductions, 1031 exchanges, tax deductions, and capital gains vs. income tax, all designed to help real estate over other investment classes.

We learn players fixated on high-value properties like Boardwalk tend to prioritize prestige or take bigger risks compared to those targeting orange/red properties who might be more calculated, focusing on statistical efficiency. When we react poorly to bankruptcy or argue rules, social scientists say we demonstrate “lower emotional resilience.” Monopoly, the game that teaches tough love. Don’t read too much into it. Piff’s studies have been criticized for implying causation where only correlation exists.

House Rules. Studies show 60%-80% of games involve modifications like Free Parking windfalls or doubling GO payouts. This prolongs games by injecting extra money and then keeping money in circulation, reducing bankruptcy rates. Therefore, a two-player game has a 12% chance of running indefinitely when we disrupt the game’s zero-sum mechanics. The real-life parallels are stunning: quantitative easing, manipulated rates, an increased debt ceiling, increased money supply, the forgiven Covid-era PPP loans, federal borrowing and spending, tariffs, the financial crisis, and too-big-to-fail bailouts are some of the ways of injecting liquidity into a system that does not want anybody to go bankrupt. Adding politics to Monopoly is just a form of House Rules. Nobody ever said life was fair.

Notes from the Monday Meeting: 118 Old Kings Hwy sold at auction, \$540,000, subject to a statutory right of redemption. Two high-end listings returned to the market this week at higher prices, while another came back to market reduced by half a million. In the sweet spot, a \$2.6 million listing sold for just under a million more. These are strange times.

John Engel is a broker on The Engel Team at Douglas Elliman in New Canaan. His grandparents lived in their Stamford house for 40 years and paid off the \$15,000 mortgage in the 1950’s. Not John. He’s traded up and down six time, and it’s likely he’ll be paying off a low-fixed-rate mortgage in his 80s. Getting in young and trading up along the way is how some afford New Canaan.

Submit questions and comments to John.Engel@Elliman.com

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The winner of our APRIL competition is.....

Sentinel Literary Competition

APRIL Writing Challenge #425: Ladybug Paradox WINNERS!!!

Young Writers Reveal the Strength Beneath the Surface

The Sentinel’s “More Than I Seem” contest invited writers ages 15 and under to explore hidden strength, misunderstood appearances, and the quiet power that often goes unnoticed. Inspired by the dual nature of the ladybug—small and beautiful, but formidable and essential—this month’s entries reflected a wide range of interpretations, from quiet objects to creatures at war. Out of a strong field of candidates, two pieces rose to the top: “Eraser” by Mary Caroline Creighton and an untitled piece about a hair tie by Kayla Kiczek.

Both selections demonstrate a sophisticated understanding of the contest theme, revealing a deep sense of empathy and insight into the unnoticed things that shape our lives.

Winner: "Eraser" by Mary Caroline Creighton

They think I just erase.

People think that after I do my work, their stories, poems, drawings and thoughts are gone.

But no, I absorb their words. I remember.

Twenty years ago, a girl scribbled on a wall and later her mother tried to used me but failed slightly.

A week before now, someone erased the word ‘no’.

I remember.

For most of my life, I sit on a counter or in a drawer.

So I read the words and looked at the doodles.

Since I was bought, I’ve done this.

Over and over.

Again and again.

I remember.

Mary Caroline Creighton’s “Eraser” distinguishes itself with a quiet, layered power. Written from the perspective of a simple school supply, the piece transforms an object associated with erasure into a vessel of memory and endurance.

The voice of the eraser is haunting and self-assured. “They think I just erase,” it begins, immediately challenging the reader’s assumption. Rather than destroying words, the eraser absorbs them, remembering every scribble, doodle, and half-formed thought. Details like “a girl scribbled on a wall” and “someone erased the word ‘no’” introduce emotional weight without overt explanation, trusting the reader to sense the undercurrents of rebellion, loss, and persistence.

Creighton’s use of repetition—“Over and over. Again and again. I remember.”—builds a rhythmic inevitability, evoking the endless, unseen labor of bearing other people’s stories. The language is plain but evocative, with every word doing its work cleanly. The choice to portray the eraser not as a destroyer but as a witness elevates the piece beyond a clever idea into something poignant and memorable.

In fewer than 100 words, “Eraser” fulfills the prompt’s call to reveal hidden strength and unseen complexity. It reminds readers that what seems expendable may actually be indispensable—and that endurance itself can be a quiet kind of power.

Honorable Mention: Untitled (Hair Tie) by Kayla Kiczek

You take me for granted. You leave me in the car door’s pocket and forget about me. You lose me in the cushions of your couch. Sometimes you even intentionally fling me at your little sister.

Remember that time you were playing soccer and your hair was in your face? I was there for you! Or the time I helped you close that bag of chips.

All I’m asking is that when you don’t need me, please just keep me on your wrist. Because one day you’ll realize you need me again, and I’ll be there.

Kayla Kiczek’s untitled entry about a forgotten hair tie is lively, relatable, and sharp in its emotional appeal. Speaking directly to the reader with lines like “You take me for granted” and “All I’m asking is that... please just keep me on your wrist,” the hair tie’s voice is half-pleading, half-reproachful.

The tone is conversational but edged with hurt. Kiczek deftly catalogs the indignities endured by the object—lost in car doors, flung in sibling fights, trapped under couch cushions—while reminding the reader of the hair tie’s small but crucial acts of loyalty: keeping hair out of eyes during a soccer match, sealing a bag of chips.

The ending carries a bittersweet resonance: “Because one day you’ll realize you need me again, and I’ll be there.” In just a few sentences, Kiczek captures the essence of devotion often overlooked until it is needed most. The hair tie, like many unseen helpers in life, asks only for respect—and promises reliability in return.

This piece exemplifies how humor and heart can coexist within a simple framework, offering a lighter but no less meaningful interpretation of the contest’s theme.

The “More Than I Seem” contest revealed an impressive range of talent and thoughtfulness from young writers. Mary Caroline Creighton’s “Eraser” is awarded the \$25 prize and publication for its profound exploration of memory and endurance, while Kayla Kiczek’s hair tie entry receives honorable mention for its spirited and affecting voice.

Both pieces succeed in surprising the reader with what lies beneath the surface—and demonstrate that in the hands of skilled young writers, even the smallest things can carry the greatest weight.

Perception and Precision: Writers Explore Hidden Power

In the Sentinel’s April competition, young writers were challenged to craft a scene, monologue, or vignette in 250 words or fewer, focused on a character who uses perception as their strength. The entries reflected sharp storytelling instincts and a remarkable ability to create lingering moments of revelation. After careful review, two pieces stood out: “Good Girl” by Erica Blair and “Old Thom, the Gatekeeper” by an anonymous entrant.

Each entry interpreted the theme with nuance, balancing understatement with decisive moments of clarity. Both reveal that quiet power is often the most potent kind.

Winner: "Good Girl" by Erica Blair

Good Girl

I grew up the dependable one. The experts say the youngest daughter of alcoholic mothers always learns to mother them. Not sure if it was genuine empathy or just a means of survival. She’s been gone for decades, but I’m still the one with the detailed weekly schedule, the fully stocked refrigerator, the list of emergency phone numbers taped to the front door. The one who still sends Christmas cards with stamps and handwritten notes. Remembers birthdays. The one with the shoulder to lean on, to cry on. "Oh, just call her. She always knows the answer." The calm in everyone else’s storm.

But I am the other, too. No one suspects she exists, given my outwardness. The one who wakes up in the middle of the night to write poetry or read obscure Shakespeare. Who can’t bear to watch the animal rescue commercials, hoping the film crew took all those suffering creatures home. Who was 19, the struggling student in New York. One dark golden night, that Russian dancer whose name everyone knew, still knows, chose her, of all the people in the room, of all the people in the world, to share champagne, to quietly exchange regrets and lost things and hopes as though they were friends for years. When they danced, he held her against his magnificent body as if she were his other inner self.

So now you know who I am, under the shell.

Erica Blair’s “Good Girl” succeeds by layering two selves within a single voice. The narrator describes herself first through the eyes of others: dependable, organized, endlessly responsible. She is the one families lean on, the one who sends handwritten Christmas cards, the one everyone assumes will remain unshaken.

Yet beneath that orderly exterior, Blair reveals a second, more private self: a young woman who writes poetry at midnight, who aches at the sight of suffering, who once danced with a world-renowned Russian dancer under New York’s golden lights. This internal portrait is drawn with emotional precision and literary restraint, allowing readers to feel the depth without being told explicitly.

The language throughout is clean, confident, and specific. The use of detail—such as the fully stocked refrigerator and the stamps on Christmas cards—grounds the piece, while the final image of the dance creates a resonant echo that lingers beyond the last sentence. Blair’s narrator controls how she is perceived by the world, using the "Good Girl" mask when needed, but maintaining an undiminished private core.

“Good Girl” captures the prompt’s spirit: a strategic use of perception, with a reveal that unfolds quietly but with enduring impact.

Runner Up: "Old Thom, the Gatekeeper"

Old Thom, the gatekeeper, leaned on his staff and watched the sunrise spill gold across the valley. Travelers waved as they passed – most thinking him a harmless relic, a dreamer. They were wrong. Beneath the ivy at the gate’s edge was a stone marked with a hidden rune, and Thom alone knew how to wake it. When bandits came – cloaks dark, knives drawn – Thom stood firm. He tapped the stone thrice with his staff. At once, the old trees stirred, roots twisting from the earth, fencing the invaders. Villagers arrived to find Thom smiling, dusting his hands, as the would-be attackers struggled inside the living snare. The mayor offered a feast. Thom politely declined and wandered back to his cottage. There was more work yet to do. The road must always be watched. And he – guardian of small places – watched better than any hero the bards ever sang about.

Among the many strong entries, "Old Thom, the Gatekeeper" offered a vivid and memorable depiction of overlooked strength. The piece describes Thom, a seemingly harmless old man tending a quiet gate. Most travelers view him as a relic, but Thom carries ancient knowledge: a hidden rune beneath ivy, a command over the living trees. When bandits arrive, it is Thom’s subtle wisdom that protects the village.

The writing here balances pastoral imagery with a decisive turning point. The sunrise spilling gold, the tapping of the staff, and the sudden uprising of roots create a cinematic effect. The line “the road must always be watched” reinforces Thom’s constant, unseen vigilance. His work is not loud or celebrated, but it is vital.

Though this entry stretches the fantastical elements further than others, it remains grounded in the emotional truth that perception shapes outcomes. Thom allows others to underestimate him—and by doing so, he preserves the safety of his home.

The April competition produced outstanding examples of quiet, strategic power used to shape the world. Erica Blair’s “Good Girl” wins the \$100 prize and publication for its elegant layering of public and private identity. “Old Thom, the Gatekeeper” receives a \$50 honorable mention for its lyrical portrayal of hidden guardianship.

Both pieces show that true power often lies not in grand declarations, but in silent certainty—and that those who are underestimated may, in fact, be the ones holding everything together.



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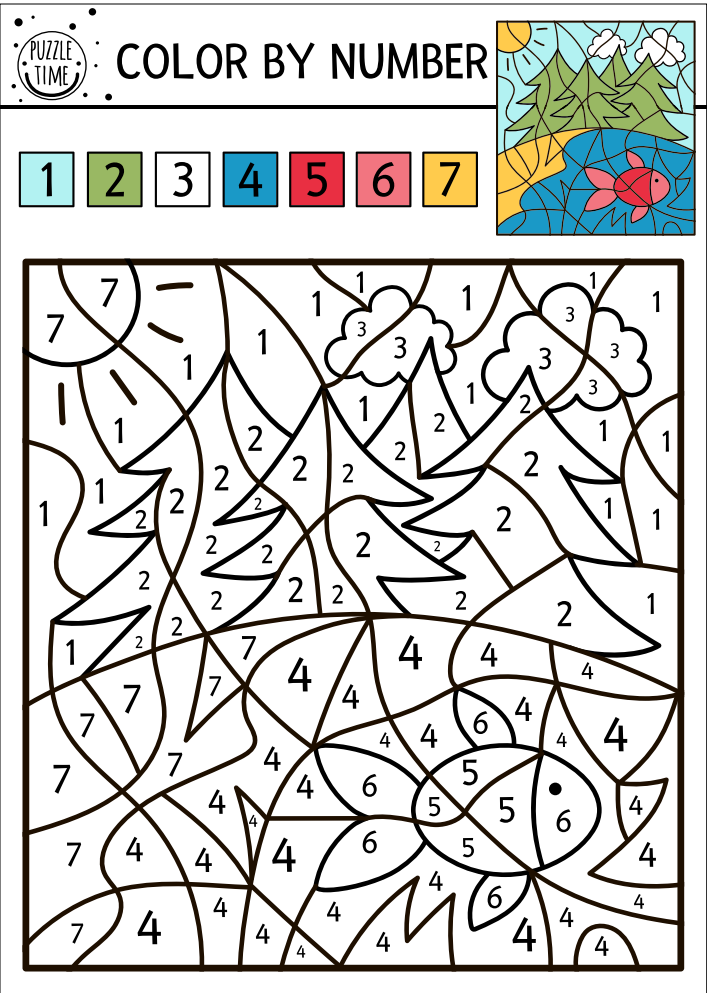


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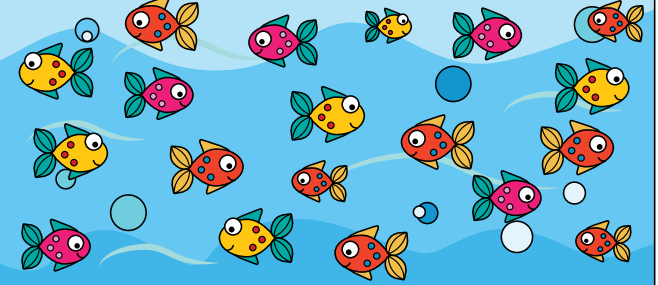
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4	+		=	5		=	
	-	2	=	6		=	
9	-		=	3		=	

How many..?







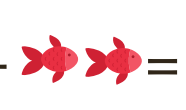







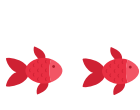


Below the tank, there are three fish icons followed by blank lines for counting:  —  —  —

How many

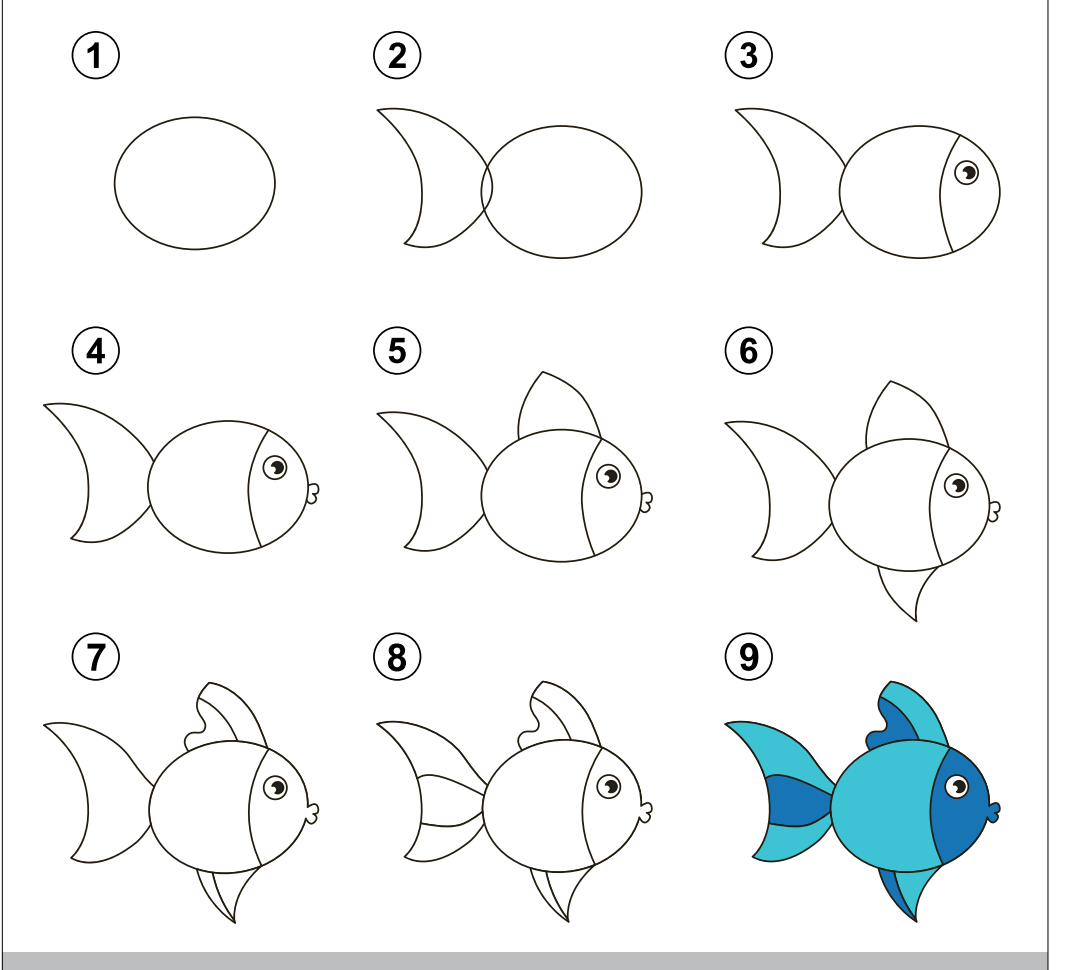
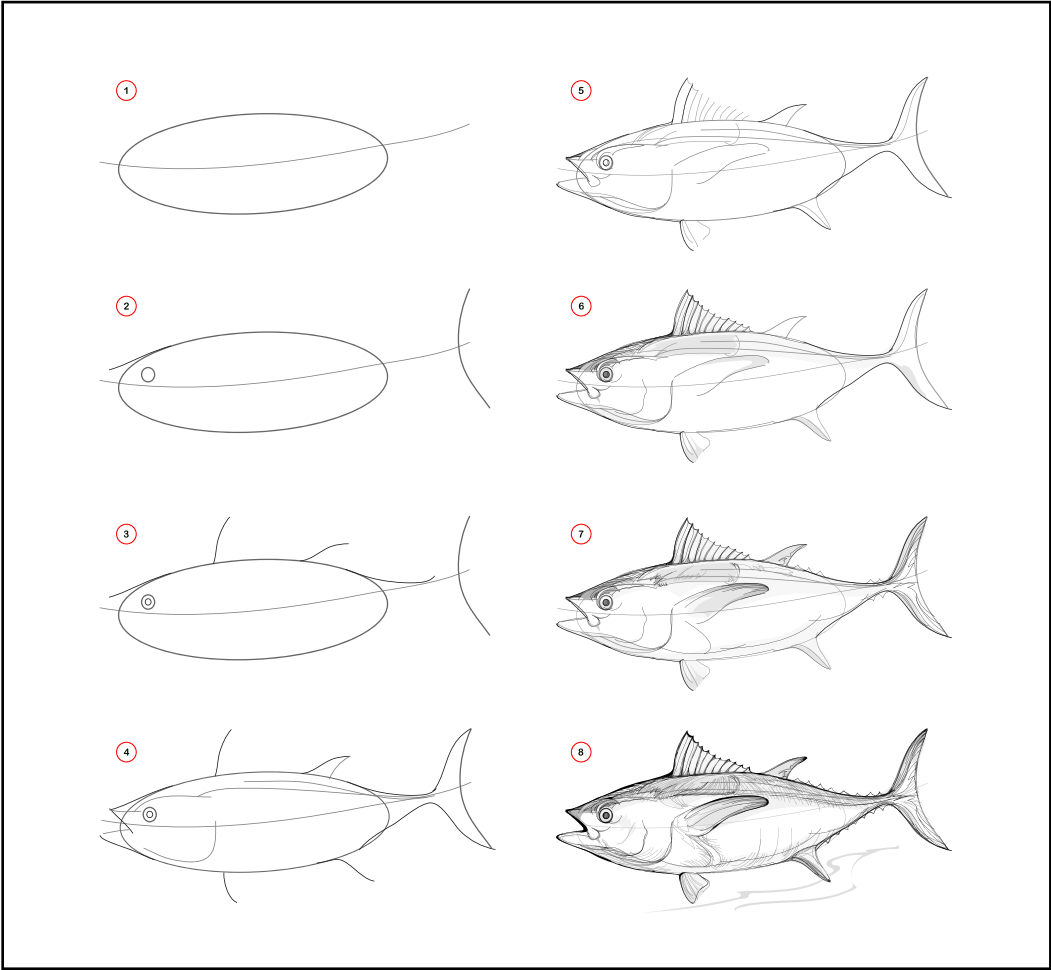


Below the pond, there are six empty boxes for counting: . Below the boxes is a row of numbers: 1 2 3 4 5 6 7 8 9.

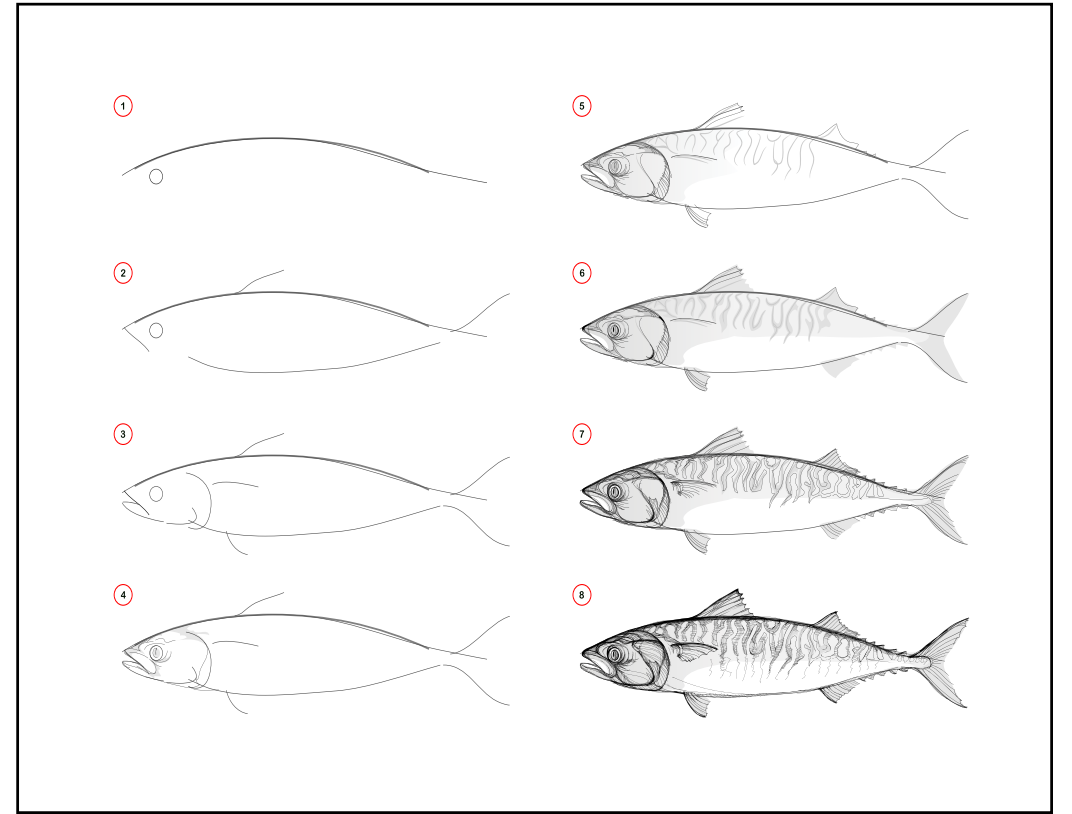
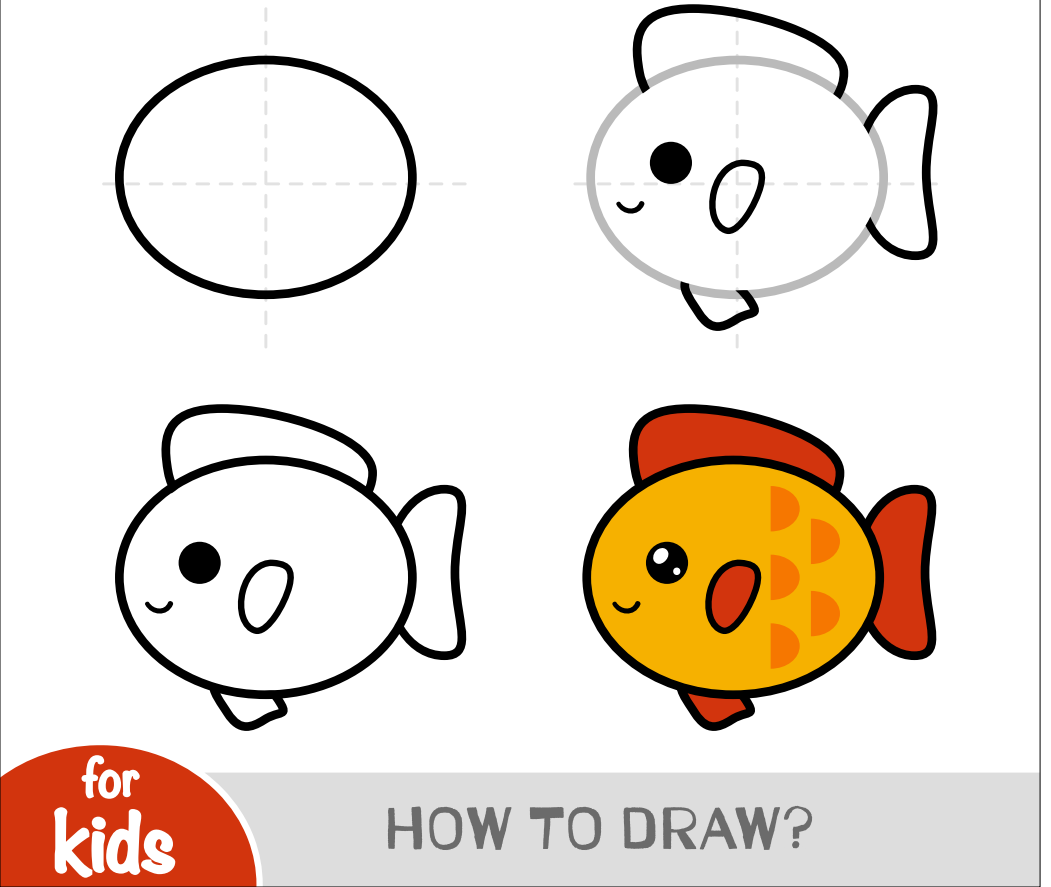
HOW MANY FISH?

	+		=	<input type="text"/>	
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	+		=	<input type="text"/>	

How To Draw *(great for neuroplasticity in adults too)*



Step by step drawing tutorial



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

TOWN MEETINGS

Monday, May 5
[Zoning Board of Appeals](#)
7-8 p.m., Town Hall Board Room & via Zoom

Tuesday, May 6
[Board of Selectman](#)
8:30-10 a.m., Town Hall Meeting Room & via Zoom

Wednesday, May 7
[Parking Commission](#)
7-8 p.m., Location not posted at time of publication.

Thursday, May 8
[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

May 1
2025 New Canaan Community Foundation Spring Luncheon
11:30 AM at the New Canaan Country Club
Each year, New Canaan Community Foundation hosts a benefit luncheon that raises critical funds to support our work in the community. This year’s luncheon will highlight our local work in Education. More information is available at <https://www.newcanaancf.org/upcoming-events>.

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.

"The Unconquerable Game": Nicholas Callaway in Conversation with Sean McManus
7 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Nicholas Callaway and Sean McManus discuss Ely Callaway's posthumous memoir, *The Unconquerable Game: My Life in Golf and Business*. Ely Callaway was the visionary founder of Callaway Golf Company. He began his memoir in the 1990s and it was completed by his son, Nicholas Callaway, and co-editor Andrew Moorhead. Register at <https://tinyurl.com/ytymxppd>.

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
Town Farmers Market
10AM- 2PM at the Lumber Yard Lot
There are many vendors with various local items available including specialty food, fresh meat, produce, soap, eggs, and honey!

Yoga and Movement with Pilin Anice
10:30 AM at Grace Farms
Step into the light-filled Court to experience an immersive, breath-centered yoga practice accompanied by live acoustics led by renowned mindfulness and wellness expert, Pilin Anice. Participants may bring their own mats, towels, props, and water. Tickets are \$20/members, \$25/non-members, and available at <https://shorturl.at/Plvx7>.

Spring Birdwatching Walks
11 AM at Grace Farms
Walk through scenic nature trails in search of migratory birds returning north after the winter. This walk, for birdwatchers of all experience levels, is guided by Brian O’Toole, the Visitor Service Manager for the Stamford Museum and Nature Center. Tickets are \$15/ members, \$12/non-members, and available at <https://shorturl.at/F93ft>.

Music at Grace Farms | Antonia Jiménez
4 PM at Grace Farms
Flamenco Guitarist Antonia Jiménez presents a concert at Grace Farms. Antonia is one of the leading voices in Flamenco guitar, a centuries-old tradition centered in Andalusia Spain. Tickets are \$25 and available at <https://shorturl.at/2RjH4>.

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 Inde-

Calendar of Events for Your Fridge

pendent Living Community. Tickets are \$150/ person and available at <https://shorturl.at/XUK39>.

May 4
Grand Opening of the New Canaan Police Department
10 AM at the New Canaan PD
Attend the grand opening for the new Police Department.

Stoddard Lecture: Sebastian Smee
3 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Pulitzer Prize–winning art critic Sebastian Smee captures the shifting passions and politics of the art world in Paris in Ruins, revealing how the pressures of the siege and the chaos of the Commune profoundly impacted modern art, and how artistic genius can emerge from darkness and catastrophe. Register for this lecture at <https://tinyurl.com/4x-4rcfb>.

May 5
Chair Yoga
11:30 AM at the New Canaan Library, Jim & Dede Bartlett Auditorium
With the support of a chair, this gentle Chair Yoga class will help you improve postural alignment, maintain pelvic mobility, reduce muscle tension and gain strength through flowing movements and focused breathing. Register at <https://shorturl.at/pjQdd>.

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.

Sit and Stitch with Aggie
2 PM at the Lapham Center
Stuck on a stitch? Want to add dimension to your work? Join Aggie for lessons and tips on the best ways to embellish your project, and use decorative stitches. Free event. Call (203) 594-3620 to register.

May 6
Cherry Blossom Tea
11 AM and 1 PM at the New Canaan Playhouse
Celebrating Mothers everywhere to benefit the Children of Blossom Hill. Enjoy lunch, signature cocktails, cherry blossom tea, shopping and our flower bar. Tickets are \$100 and available at <https://blossomhill-foundation.org/mothers/>.

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.

May 7
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.

The Power Pause: How to Plan a Career Break After Kids - And Come Back Stronger Than Ever
12:30 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Join for a conversation between local mother of four, executive coach and author, Kristen Glosserman, and Neha Ruch, the founder of Mother Untitled about her new book. Register at <https://shorturl.at/MQcSJ>.

Computer Basics: Digital Privacy
1 PM at the New Canaan Library, McLaughlin Meeting Room
In this class, learn strategies and tools to help control what information about yourself you leave online. Topics covered in the class include how to find and change privacy settings, choosing internet browsers and search engines, basic tech security, and more. Register at <https://shorturl.at/QyYrm>.

SAVE THE DATE
May 8
Eighth Annual Lecture & Luncheon
11:30 AM- 2 PM at the New Canaan Country Club
The NCNC invites you to join their Eighth Annual Lecture & Luncheon. This signature

event will help support the Nature Center and its mission to inspire people of all ages to respect, protect and enjoy the world of nature. This year, the guest speaker will be Amanda Lindroth. Ticket prices start at \$350 and are available at <https://newcanaannature.org/lecture-luncheon/>.

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.

Quilling Art Class
6-8 PM at the Little Plucky
Join a fun evening exploring an ancient art form some believe has been around since 105AD. Create your own modern twist by using thin paper rolled up to make different shapes and designs. A shadow box will be provided to hang your work of art. Enjoy some nibbles & bubbly while creating your own piece of art. Tickets are available at <https://tinyurl.com/2vj7my24>.

Mocktails
6:30 PM at Grace Farms
Join Pastry Chef and Educator Leah Jones for an evening crafting and sipping delicious mocktails. Follow Leah’s recipes to make three seasonal beverages from ingredients inspired by Grace Farms Tea & Coffee, and broaden your understanding of the complex ways in which food intersects with many aspects of our lives. Tickets are available at <https://shorturl.at/NHDQK>.

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 Fair 2025: White Elephant Preview Party
5-7 PM at St. Mark’s Episcopal Church Campus Grounds
Rain or shine, St. Mark’s kicks off the week-end events on its campus grounds with the second Annual White Elephant Preview Party. For 76 years, May Fair has been a beloved multi-generational, family-favorite local event, attracting thousands of visitors from New Canaan and its surrounding towns. More information is available at <https://www.stmarksnewcanaan.org/may-fair/>.

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 Fair 2025: Friday Night Lights
5-10 PM at St. Mark’s Episcopal Church Campus Grounds
For 76 years, May Fair has been a beloved multi-generational, family-favorite local event, attracting thousands of visitors from New Canaan and its surrounding towns. There will be 20+ amusement midway rides, live entertainment, and much more! More information is available at <https://www.stmarksnewcanaan.org/may-fair/>.

May 10
May Fair 2025
9 AM- 3 PM at St. Mark’s Episcopal Church Campus Grounds
For 76 years, May Fair has been a beloved multi-generational, family-favorite local event, attracting thousands of visitors from New Canaan and its surrounding towns. There will be 20+ amusement midway rides, live entertainment, and much more! Rides will be available until 6 PM. More information is available at <https://www.stmarksnewcanaan.org/may-fair/>.

Town Farmers Market
10AM- 2PM at the Lumber Yard Lot
There are many vendors with various local items available including specialty food, fresh meat, produce, soap, eggs, and honey!

Learning with Nature: Design an Ecological Landscape
11 AM at Grace Farms
Learn the basics of ecological landscape design and how you can apply these principles. Explore how to work with your home or community landscape, and increase biodiversity all the while creating a more resilient, low maintenance landscape. A short classroom portion will be followed by a walk of the ecological landscape of Grace Farms. Tickets are available at <https://shorturl.at/clo0j>.

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 cocktails and a delightful meal. The night’s honorees will be 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 12
Home Energy Solutions
6:30 PM at the New Canaan Library, Jim and Dede Bartlett Auditorium
Learn about potential money-saving home energy solutions that also reduce greenhouse gas emissions and reliance on fossil fuels. Register at <https://shorturl.at/EmvGt>.

May 13
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.

May 14
Spring Edition Author Talk & Lunch
11 AM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Join the annual spring edition author talk and lunch featuring Eric Puchner, author of *Dream State*. An Oprah Book Club pick, *Dream State* was an instant *New York Times* Bestseller. Tickets are available at <https://shorturl.at/R9xVU>.

Lunch & Learn: Chris Schipper of New Canaan Land Trust
12 PM at the New Canaan Museum & Historical Society
Bring your brown bag lunch, snack or soup and hear from Chris Schipper of the New Canaan Land Trust who will discuss the importance of the Grapes House. The property abuts the Grapes Reservoir and connects directly to the Browne Preserve, one of the first properties to come under the protection of the NCLT. Register at <https://lp.constantcontactpages.com/ev/reg/348e3he>.

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. For blood sugar level testing, it is recommend you fast for four hours prior. Free. Call (203) 594-3620 to register.

May 15
New Canaan Chamber Music Concert “Roll Over Three B’s!”
3 PM at the First Presbyterian Church of New Canaan
Andrew Armstrong, pianist, Amy Schwartz Moretti, violinist and Edward Arron, cellist will perform works by Brahms, Babajanian and Boccherini. Tickets are available at <https://newcanaanchambermusic.org/tickets/>.

Dinner with a Purpose featuring Indré Rockefeller
6:30 PM at Grace Farms
Join an inspiring spring evening dinner featuring Indré Rockefeller, Founder of The Circularity Project and Co-Founder of Paravel. The evening will feature a locally sourced, sustainable meal in the Commons, refreshing cocktails, and a conversation on sustainability, entrepreneurship, and the future of circularity. Tickets are \$200/members, \$250/ non-members, and available at <https://shorturl.at/vgBXh>.

Roses, Rosé & Peonies Too!
6:30 PM at the Carriage Barn Arts Center
Join for a creative and lively evening as you explore the art of floral arrangement, taste exquisite wines, and immerse ourselves in the beauty of the Spring season. Sample

Calendar of Events for Your Fridge

and learn about the best new rosé wines for spring and summer with Justin Miller of Craftbottlz. Learn the art of creating a stunning floral arrangement. Tickets are \$130/ members, \$145/non-members, and available at <https://tinyurl.com/y43xy8x6>.

Deadline for the Civics Essay Contest, Grades 7 – 12

All New Canaan students in grades 7-12 can share their interest in civics by entering this essay contest co-sponsored by the New Canaan League of Women Voters and New Canaan Library. First prize is \$300, second prize is \$200, and third prize is \$100. Essay Prompt: “This is a municipal election year. Why do these local elections matter?” More information is available at <https://shorturl.at/0XaFE>.

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, and cocktails. Tickets are available at <https://new-canaancares.org/new-canaan-cares-home-tour/>.

Afternoon Tea
3 PM at Grace Farms
Gather in the glass-enclosed Pavilion to enjoy a pot of warm tea and an assortment of bites that fuse traditional English and Japanese flavors. Tickets are \$38/members, \$48/non-members, and available at <https://shorturl.at/d2NXu>.

**New Canaan Chamber Music Concert
“Roll Over Three B’s!”**
7:30 PM at the First Presbyterian Church of New Canaan
Andrew Armstrong, pianist, Amy Schwartz Moretti, violinist and Edward Arron, cellist will perform works by Brahms, Babajanian and Boccherini. Tickets are available at <https://newcanaanchambermusic.org/tickets/>.

May 17
Town Farmers Market
10AM- 2PM at the Lumber Yard Lot
There are many vendors with various local items available including specialty food, fresh meat, produce, soap, eggs, and honey!

Art as Identity: Exploring Personal Experiences, Dreams, and Memories
12 PM at the Carriage Barn Arts Center
In this immersive workshop, participants will delve into the intricate relationship between art and identity. Through engaging activities and discussions, explore how art is a powerful metaphor for encapsulating who we are. Register at <https://shorturl.at/bPKae>.

Groove on the Green
6 PM at the Merrill Event Lawn
New Canaan Library invites the community to a free music and dance party under the stars. Join an evening of country music featuring Shot Down band, performing their upbeat and energetic playlist of modern and standard country favorites. More information is available at <https://shorturl.at/6gxhq>.

May 18
Spring Fever Reception with Susan Eley
1-3 PM at the Carriage Barn Arts Center
Join for a reception and talk with Spring Fever exhibition juror Susan Eisner Eley. Susan is the owner and director of Susan Eley Fine Art. Register at <https://carriagebarn.org/event/spring-fever-reception/>.

Family Field Day
1-3 PM at the YMCA back field
Join the Y at Family Field Day featuring fun, family activities. Free and open to all ages in the community. Bring white apparel to tie dye at the event. Register at <https://shorturl.at/9bkuj>.

New Canaan Preservation Alliance: Preservation Awards
4-6 PM at St. Mark’s Church, Morrill Hall
All are welcome to the reception and awards event as The New Canaan Preservation Alliance presents its annual Preservation

Awards. This year, the awards will honor two residences and the rehabilitation of an industrial structure as well as a special award for a Lifetime of Preservation Leadership. Register at <https://shorturl.at/dScyZ>.

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, visit <https://newcanaanchamber.com/2025/03/24/2025-community-cup-sign-up/>.

Hands-Only CPR and AED Training
6:30 PM at the New Canaan Library, Community Room
Learn Hands-Only CPR from New Canaan EMS and save a life. Hands-Only CPR has been proven to double or even triple the chance of survival for victims of sudden cardiac arrest outside of the hospital setting. To register, visit <https://shorturl.at/DGhtZ>.

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.

Guided Tour & Lunch at MANITOGA, The Russell Wright Design Center
10:45 AM- 2 PM at Manitoga, 584 NY-9D in Garrison, NY
Join the Carriage Barn for a group guided tour of MANITOGA, the House, Studio and Woodland Garden of pioneer industrial designer, Russel Wright (1904-1976). Cost including tour and lunch is \$75/members and \$90/non-members. Register at <https://shorturl.at/UZYnU>.

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.

May 21
Lifestyle Medicine: Nature, Exercise and Lifestyle
11 AM at the New Canaan Library, Craig B. Tate Conference Room
Join Dr. Raquel Harrison for a discussion of the impact of nature on our physical and mental health and how exercising outside can augment that impact in a positive way. Register at <https://shorturl.at/eI9jY>.

May 28
Yale Science: Exploring Scientific Innovation in Art and Music
6:30 PM at the New Canaan Library, Community Room
Join three Yale scientists will discuss what we know about the hidden beauty (and potential consequences) of science and its contributions to the world of art and music. You’ll learn about the golden ratio, the sorcery of the theremin, and the new age of AI art. Register at <https://shorturl.at/6L8FH>.

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/>.

May 31
Last Saturday on the Trail: Bird Walking Event
8 AM at the Apple Cart Concession Stand in Mead Park
Join for a guided Bird Walk through Bristow

Park Bird Sanctuary, led by New Canaan Land Trust board member Newell Cotton. Whether you’re an experienced birder or just starting out, this is a great opportunity to explore the beauty and diversity of local bird species in their natural habitat. Please bring binoculars. Register at <https://shorturl.at/0sHni>.

200 Anniversary of New Canaan Masonic Lodge
6:30 PM at the New Canaan Museum & Historical Society
The Masonic Lodge of New Canaan, Harmony Lodge #67 will be host its 200 Anniversary Dinner. Entertainment by local Band “Not my Problem” and the New Canaan Town Brass. Tickets are open to the public and are \$25. More information is available at <https://shorturl.at/EQ9na>.

June 1
Ice Cream Social
1-3 PM at the New Canaan Museum & Historical Society
Join the Ice Cream Social for old fashioned games, an antique car show, ice cream cake and more. The New Canaan Town Band will play at the event. Free.

June 14
Learning with Nature: Start a Beehive
11 AM at Grace Farms
Learn everything you need to know about starting a beehive in your backyard. This lecture and workshop, which highlights community agriculture, will cover the basics of beginner beekeeping, from the essential equipment, hive location, tools, methods and sourcing your bees. Tickets are available at <https://shorturl.at/cloOj>.

The Summer Party
12-4 PM at the Glass House
Join the Glass House for their annual Summer Party, presented by Max Mara. Tickets will be available at <https://theglasshouse.org/whats-on/the-summer-party-2025/>.

BLOOD DRIVES

Friday, May 2

First Presbyterian Church Stamford
1101 Bedford St
Stamford, CT 06905
10:00 AM – 3:00 PM

Saturday, May 3

Archangels Greek Orthodox Church
1527 Bedford Street
Stamford, CT 06905
8:00 AM – 1:30 PM

Monday, May 5

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

Tuesday, May 6

First Congregational Church of Darien
14 Brookside Road
Darien, CT 06820
1:00 PM – 6:00 PM

Shippan Landing
232 Harbor Dr
Stamford, CT 06902
10:00 AM – 3:00 PM

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

Belle Haven Club
100 Harbor Drive
Greenwich, CT 06836
11:00 AM – 4:00 PM

Thursday, May 8

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

Support Services & Meetings

May 7
Alzheimer’s Support Group with the Waveny LifeCare Network
2 PM at the New Canaan Library, Craig B.

Tate Conference Room
Family members, caregivers, and friends are invited to meet for informative and supportive group sessions to help navigate changes related to memory loss and cognitive decline. This event will be facilitated by Chris DiElsi, a Licensed Master Social Worker (LMSW) and an Alzheimer’s Navigator at Waveny LifeCare Network. Register at <https://shorturl.at/7QN8z>.

May 30

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://shorturl.at/VXzMv>.

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

May 16

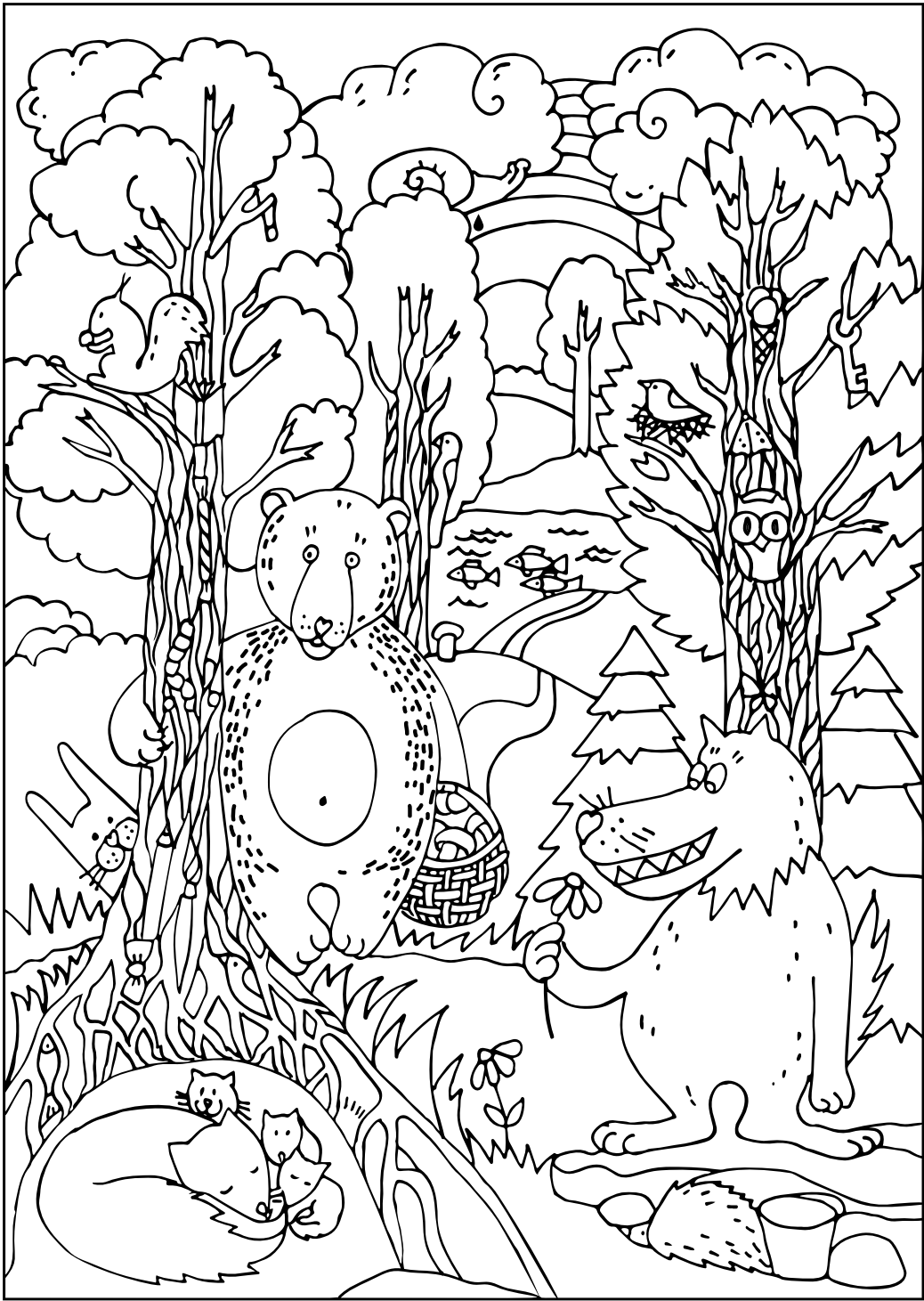
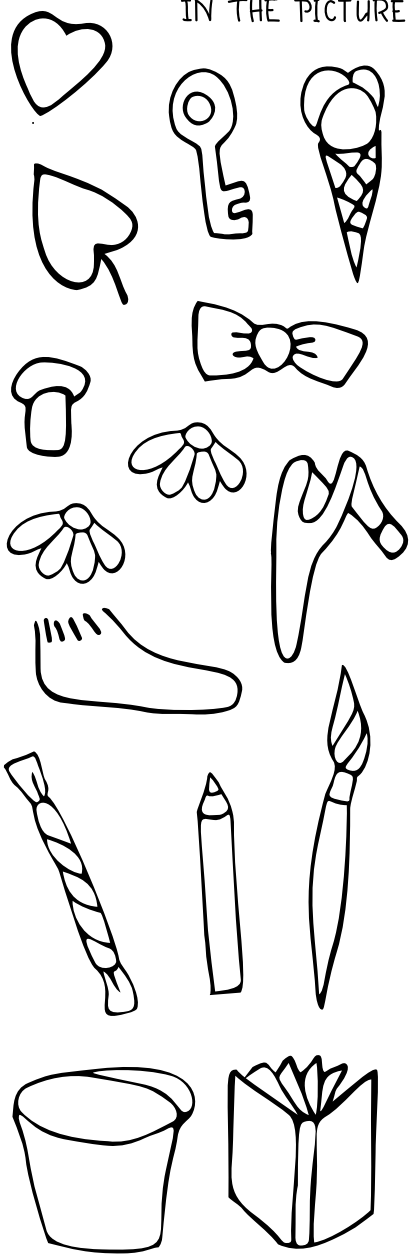
The Palace’s 13th Annual Gala, Featuring Kool & The Gang
5:30 PM at the Stamford Palace Theatre
61 Atlantic St , Stamford
Celebrate the arts, arts education, and Honorees Lynne Colatrella and Michael Fedele. Tickets to this pre-show celebration include: Premium orchestra seating for Kool & the Gang show, open bar, a silent auction, and more. Tickets are available at <https://shorturl.at/najpq>.

June 14

The Serenity Project Annual Fundraiser
6 PM at Marchant Farm 55 Chestnut Woods Road, Redding
The Serenity Project, a 501c3, is hosting their annual fundraiser, a Night at the Farm. The evening will feature a catered dinner, live music by New Canaan resident and artist, Griffin House and a silent auction, all in support of their equine therapy programs for people recovering from trauma. More information is available at <https://www.theserenityprojectct.org/annual-fundraiser>.

Find and color.

FIND 15 HIDDEN
OBJECTS
IN THE PICTURE



FIND HIDDEN
FOREST ANIMALS



Sudoku for Kids

	6		1		2
	3	2		5	
	4	5			3
6			5	2	
		6			1
4		1	3		5

6	1		3		4
		3		1	
			5		
2	3	5		6	1
	5		6	3	
	2	6		4	

	1			4	
2	3		5	6	
	2		4		5
	5	3		1	
5			6	2	
	6	2		5	

		5			6
	6	2	5		4
	2			6	
1		6	4		5
	5		6		
6		3	1		2

SUDOKU

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

Easy

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

Hard

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

Very Hard

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

Easy

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

Hard

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

Very Hard

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

Sudoku
answers

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

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

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

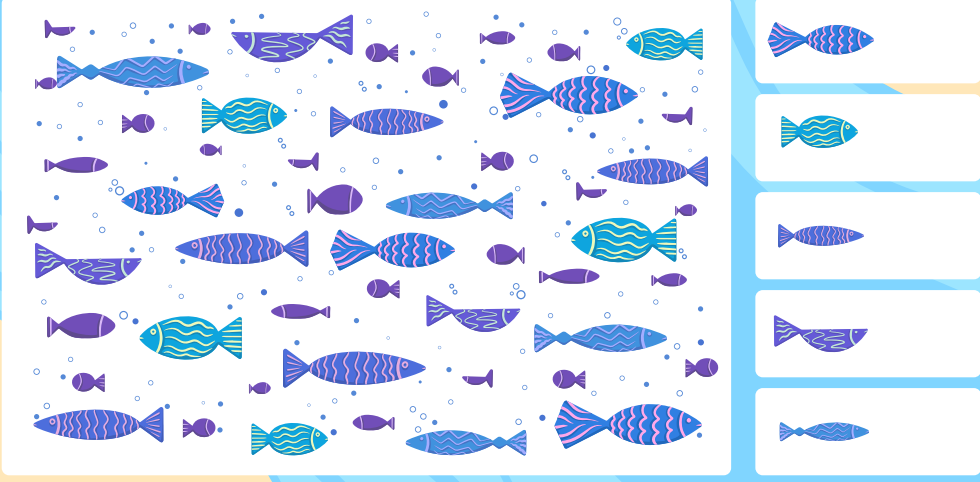
1	6	4	3	5	9	8	7	2
3	9	5	2	8	7	4	6	1
7	8	2	1	6	4	5	3	9
4	2	6	7	3	1	9	8	5
9	1	8	6	5	9	3	1	4
5	7	3	9	2	8	1	4	6
2	5	7	4	1	3	6	9	8
6	3	1	8	9	2	7	5	4
8	4	9	5	7	6	2	1	3

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

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

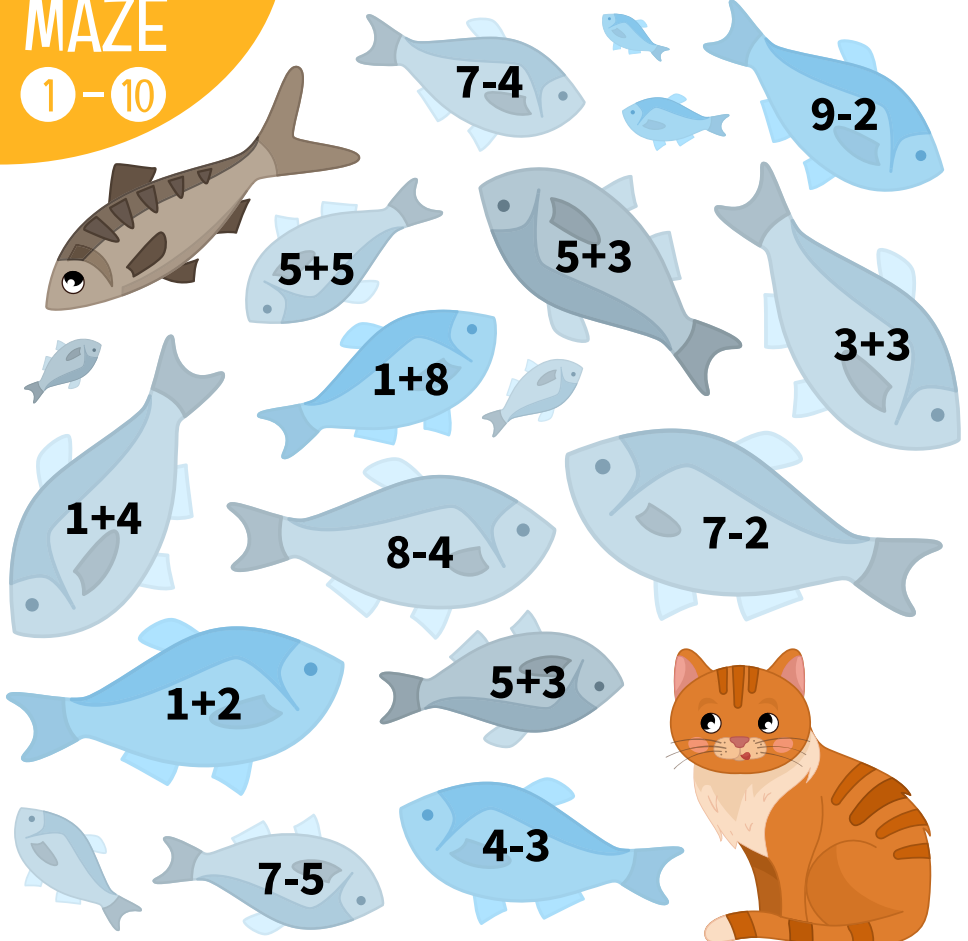
PUZZLES

SPY: FISH

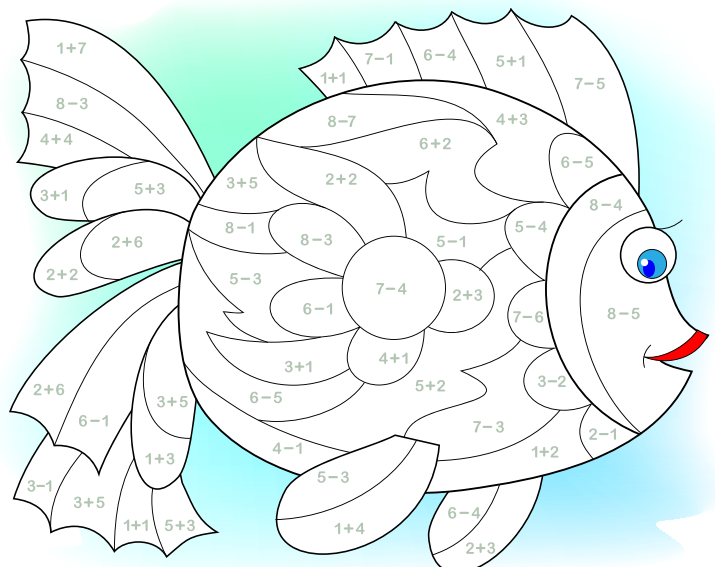


MAZE

1-10



7-4, 9-2, 5+5, 5+3, 3+3, 1+8, 1+4, 8-4, 7-2, 1+2, 5+3, 4-3, 7-5



1+7, 8-3, 4+4, 3+1, 2+2, 2+6, 6-1, 3+5, 3-1, 3+5, 1+1, 5+3, 1+4, 2+3, 6-4, 7-1, 6-4, 5+1, 7-5, 8-7, 6+2, 4+3, 6-5, 8-4, 5-1, 5-4, 7-6, 8-5, 2+3, 7-4, 5-3, 6-1, 4+1, 5+2, 3-2, 7-3, 2-1, 1+2, 5-3, 4-1, 3+5, 6-5, 3+1, 2+6, 8-3, 2+2, 1+1

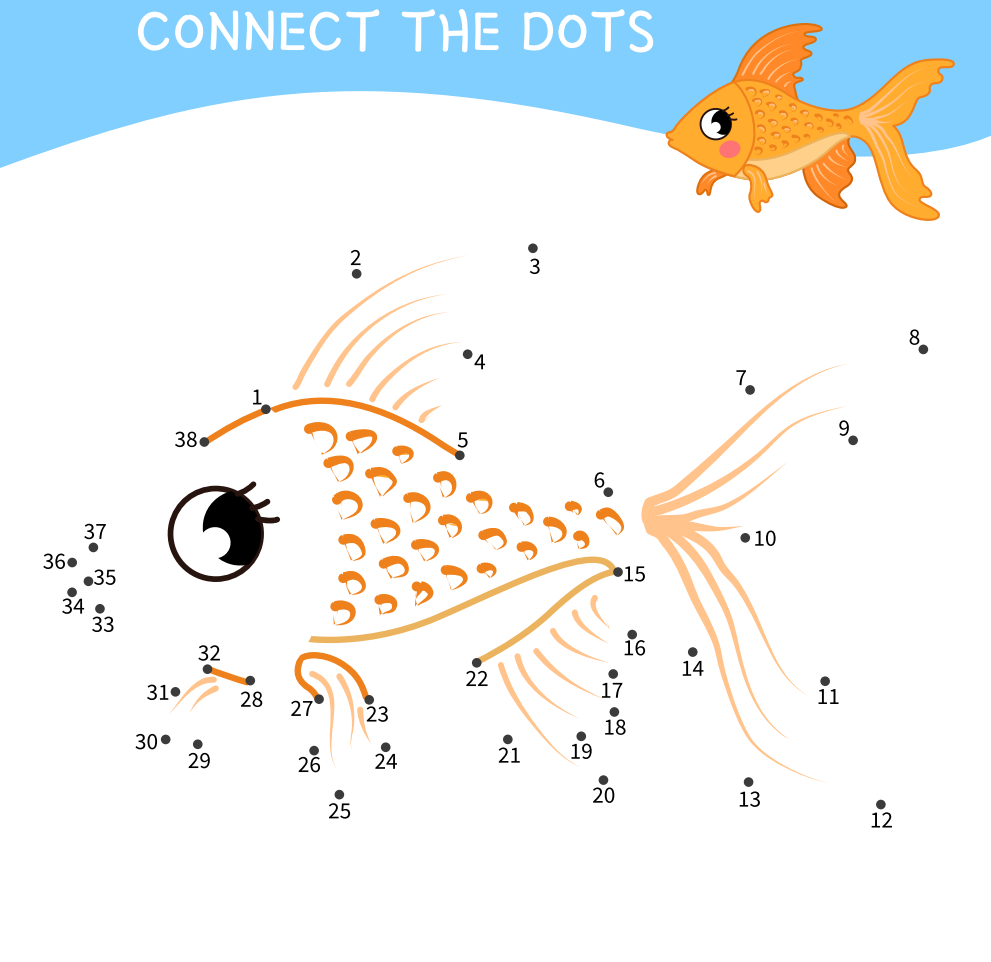
1 2 3 4 5 6 7 8



FIND 10 OBJECTS IN THE PICTURE



CONNECT THE DOTS



How Many ?

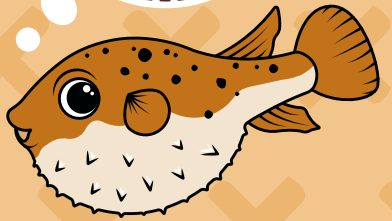
Count the similar animals and write the number





MATH CROSSWORD

I love MATH!

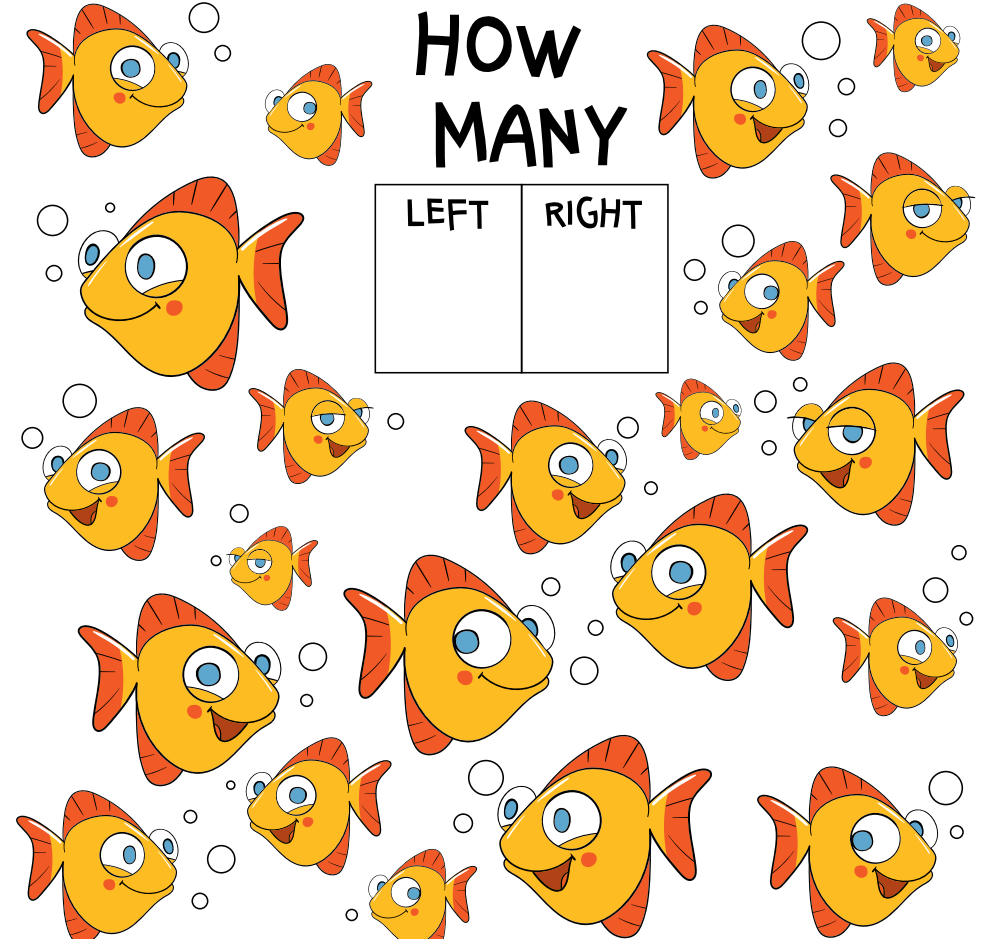


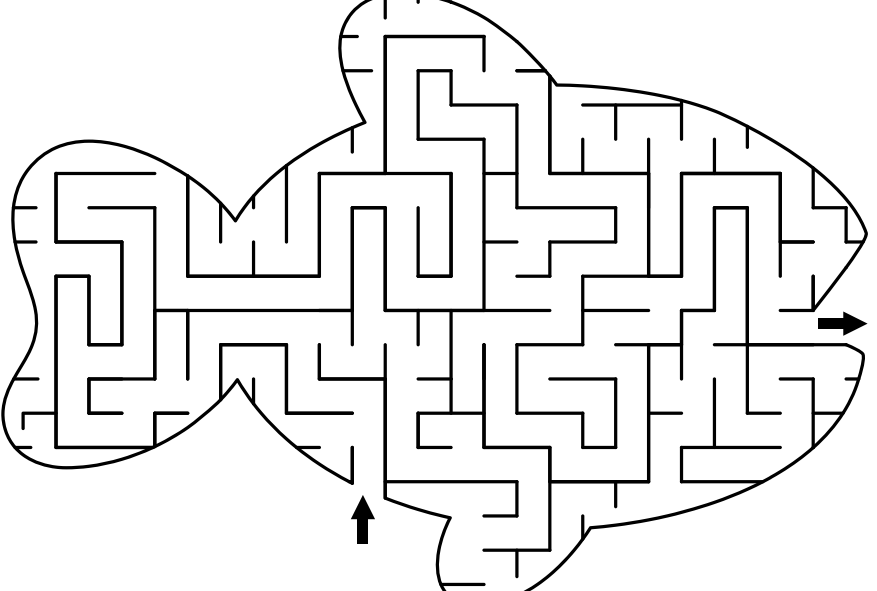
	x	2	=	2	x	1	=	
x				x				x
12				3				9
=				=				=
12	÷		=	6	x	3	=	18
								÷
3								=
=				=				=
	x	3	=	12	÷	2	=	6
								=
								=
								=
4	x	9	=	36	÷	12	=	
÷				÷				x
				3				4
=				=				=
2	x	6	=		x	1	=	12
					x	2	=	

* Fill in the missing numbers and signs

HOW MANY

LEFT	RIGHT

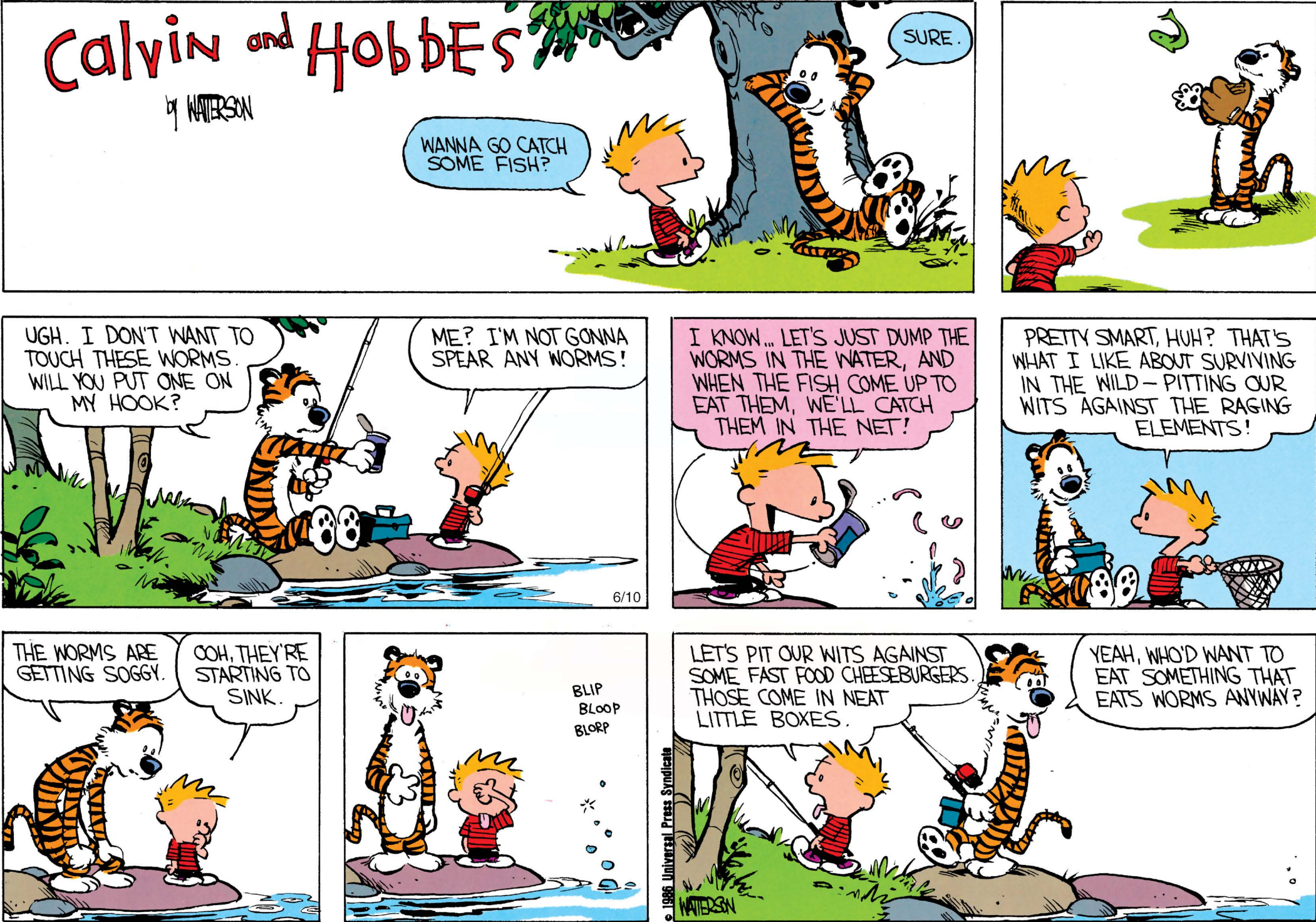






EDUCATION

From the Sentinel Foundation: the educational page for our readers.



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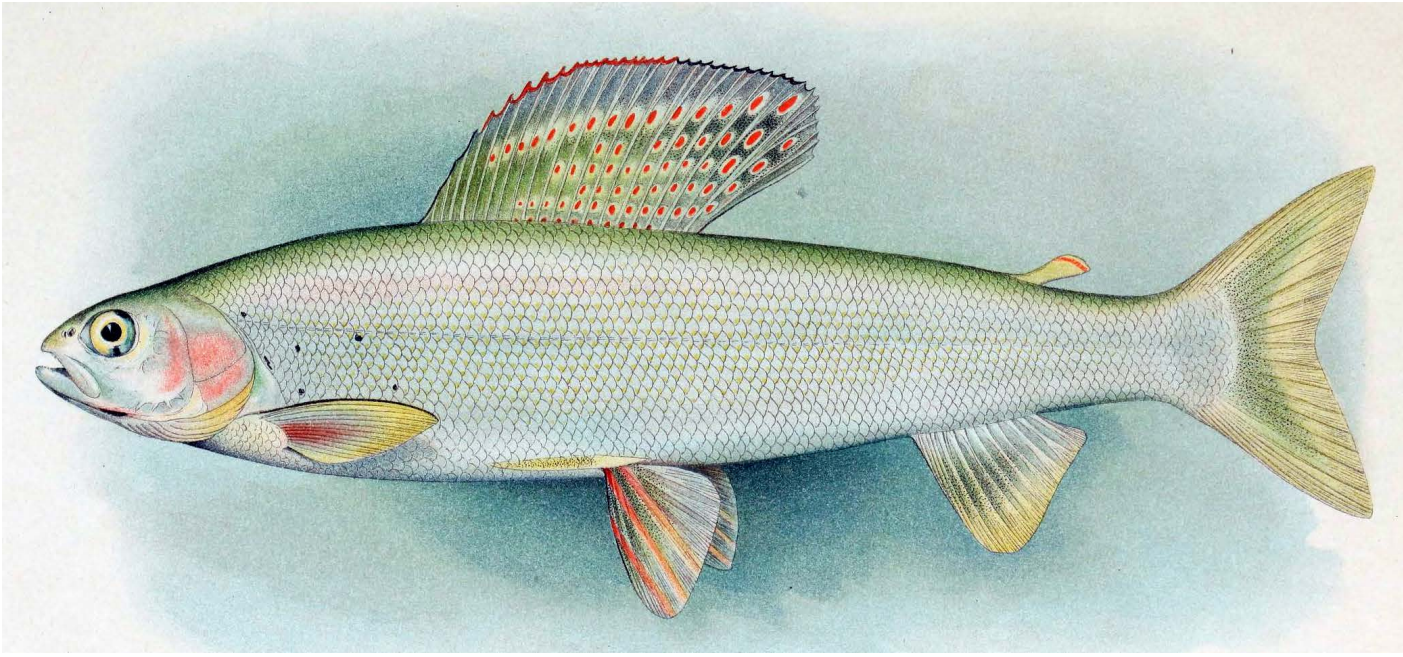
COLUMN | WILDLY SUCCESSFUL: THE ARCTIC GRAYLING

Why the mystique surrounding a fish?

Sometimes, it's enough—to come upon swirling silt in a streamside track the instant after an animal has darted off—to feel a connection with an elusive wild creature. To know you are breathing the same air, treading the same ground, or swimming the same waters of a true wilderness creature brings a certain restoration to the soul. Yet, there are other times when those moments are tantalizing. They beckon us ever onward in our quest to glimpse that living embodiment of nature we seek.

The Arctic Grayling *Thymallus arcticus*, is a creature of many facets. Simultaneously a species of acute conservation need and near mythic allure to anglers the world over, it is ever elusive. Naturally occurring throughout high-latitude and high-altitude regions of Alaska, Canada, Siberia and select waters within Montana's upper Missouri River watershed, these regal fish have been introduced in a few alpine lakes throughout the Rocky Mountains—and as of 2025—in Michigan, where they formerly occurred. A member of the salmon family, it is unlike any other fish. Though it possesses a long silvery streamlined body like so many of its trout and salmon kin, the Arctic Grayling's unmistakable field mark is its enormous ascending sail-like dorsal fin. Exhibiting a shining and changeable color palette of iridescent pink, green, blue, and purple along its flanks with accenting black spots, the grayling is a stunning creature. With vivid aqua spotting and a scarlet border on the dorsal fin during spawning, these fish glow as nature's living art.

With 14 related species worldwide, grayling range throughout the wilderness regions of the Northern Hemisphere. Fulfilling the ecological roles of freshwater



Surviving in only the coldest, purest, oxygen-infused streams, rivers, and lakes, these rare fish are an indicator species



predators, they consume zooplankton when young and graduate to targeting insect larvae, insects, fish eggs, and crustaceans such as freshwater shrimp as they grow. Averaging 16 inches in length and 1.5 pounds in weight, these fish can reach

30 inches in length and a hefty 8.4 pounds in weight. Larger grayling achieve these dimensions by selectively preying upon smaller fish and adapting their diets to become fish specialists or piscivores. With both river and lake populations, adult

fish seek spawning beds in the fine gravel and stone bottoms of tributary streams. In turn Arctic Grayling serve as an essential protein source for a host of predators including Bald Eagles, Osprey, North American River Otters, American

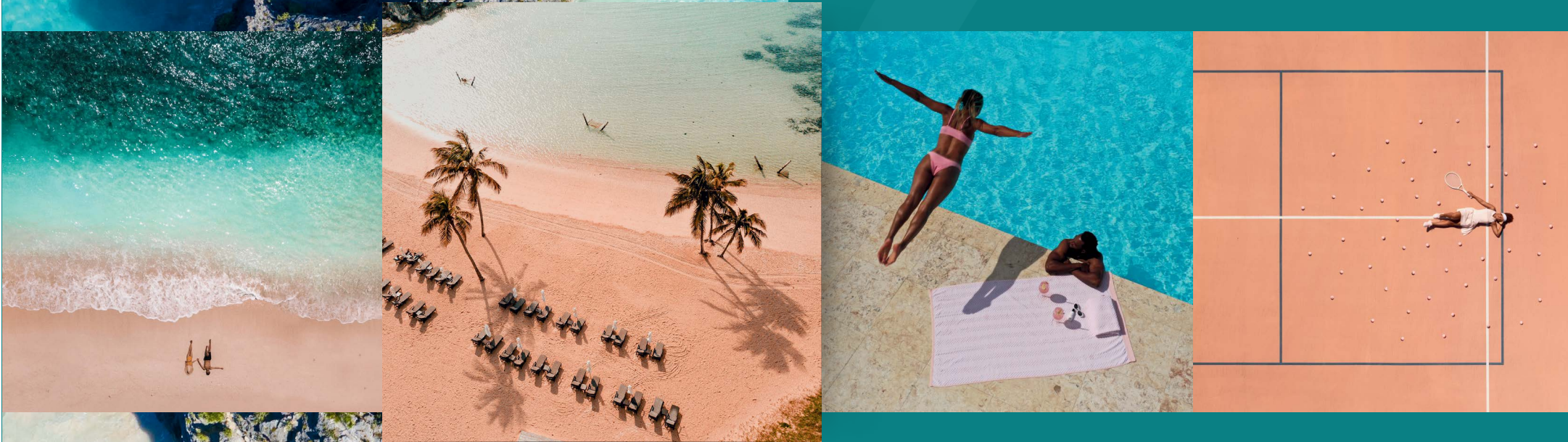
Mink, Black Bears, Grizzly Bears, and humans. More than any other food source, the Arctic Grayling serves as a key subsistence species for the Inupiat People of Alaska's North Slope. While the hemispheric Arctic Grayling population is considered secure, southern populations such as the Missouri River drainage are losing habitat to temperature change and increasingly unpredictable drought conditions which result in extremely low and warm water conditions. I have encountered these fish at the Grizzly and Wolf Discovery Center in West Yellowstone, Montana. Swimming nose to the swift current in their enormous exhibit of more than 1,000 gallons of oxygen-rich water flowing over a free stone bottom, they held my fascination. Still, I longed to observe them in the wild. More recently, I visited their pristine habitat high in the Canadian Rockies, in Kananaskis, Alberta. I approached the mirror-like alpine lake with reverence, swirled my hands in the cold

clear water and scanned in vain for these freshwater phantoms. Why the allure? Why the mystique surrounding a fish? For me, and for many others the Arctic Grayling is far more than simply another living species. As a creature which requires nothing less than the most pristine habitat conditions, its presence is synonymous with true wilderness. Surviving in only the coldest, purest, oxygen-infused streams, rivers, and lakes, these rare fish are an indicator species, confirming optimal environmental conditions by their presence. For me, the grayling is the embodiment of nature's purity and wildness. So, what can we learn from these beautiful creatures? Like many of us, grayling require certain conditions which enable them to survive and thrive. Without those conditions, these rare and beautiful creatures struggle. Like the grayling, we must learn to seek out those conditions that enable us to thrive. We must pursue environments which foster our own wellness and growth and adapt our preferences according to what nature affords us. Unlike the grayling, we can do an awful lot to conserve what is both vital and desired. Through insightful stewardship, we can contribute to our own environmental health and that of other species at the same time. My quest for the grayling continues. It is not dependent upon seeing the living ethereal creature, but upon exploring a world that will always value and protect clean pure waters and the creatures that swim within them. *Jim Knox is Curator of Education at Connecticut's Beardsley Zoo where he directs education and conservation initiatives to advance the protection of wildlife in Connecticut and beyond.*

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