

LOCAL NEWS BRIEFING

POLICE AND FIRE

NCPD Renovated Building



The New Canaan Police Department will begin operating from its renovated building at 174 South Avenue in early June. Public tours of the facility are scheduled for May 27, from 12 pm to 3 pm, with registration required at <https://shorturl.at/iqOnH>. A ribbon-cutting ceremony will take place on June 4 at 10 am. Photo credit: New Canaan Police Department.

Lukes Wood Road Garage Fire

A fire broke out in the garage of a Lukes Wood Road home on May 11, damaging the garage and a vehicle while leaving the rest of the house with only minor smoke damage. No one was home at the time, and firefighters safely removed several pets. The cause is still under investigation.

TOWN HALL

Route 123 Road Work

Milling on Route 123 (Smith Ridge Road) between Michigan Road and the New York state line began May 11 and is expected to take three days, weather permitting. Resurfacing will follow on May 18 and continue for four days. All work will take place overnight from 9 pm to 5 am. For any questions, contact the DPW at (203) 594-3054.

AROUND TOWN

Memorial Day Parade

New Canaan will hold its Memorial Day Parade and Ceremony on May 26 at 9:30 am, beginning at St. Mark's Church. Brian van der Heyden will serve as Grand Marshal, with remarks by U.S. Marine veteran Chris Paksi and a prayer by Msgr. Robert Kinnally. In case of heavy rain, the parade will be canceled and the ceremony will move to Town Hall at 10 am.

LOCAL BUSINESSES AND NONPROFITS

Waveny Goes to Mayfair



Waveny Inn residents and staff attended St. Mark's annual Mayfair, taking part in the carnival and enjoying strawberry shortcake. Photo credit: Waveny LifeCare Network.

Nguyen Speaks at Library

Vicky Nguyen spoke at the New Canaan Library in a conversation moderated by Anna Kai, where she shared stories from her memoir Boat Baby and reflected on themes of migration and identity. The event offered personal insight into her experiences and the writing process.

CONTINUED ON PAGE 3



Pictured L-R: Ryan Restivo, Mike Mauro (obstructed), Dr. Bryan Luizzi, Scott Koesterich, Bill Egan, Richard Cegan, Dionna Carlson, Ian MacAllister, Mike Benevento, Tiger Mann, Steve Karl, and John Howe. Photo contributed by New Canaan Schools.

New Canaan Rededicates Coppo Field to Beloved Coach, Father, and Friend

On May 7, 2025, the Town of New Canaan and the New Canaan Athletic Foundation turned a page in its baseball story—without ever closing the book on the past; celebrating the grand re-opening of Coppo Field, a state-of-the-art turf field and facility that is now the home of the Rams Varsity Baseball team—and a lasting tribute to one of the town's most beloved sons: Joe Coppo.

Coppo, a longtime youth coach and league president, was killed in the World Trade Center attacks on September 11, 2001. He was a bond trader with Cantor Fitzgerald, but here, in this town, he was something else as well. "Baseball was his second love. Kids were his first," his wife Pat said in 2003, when the field was first dedicated in his honor. "Whatever it took for kids to be learning, having fun and getting better... that's what

Joe did."

On this afternoon, more than two decades later, their youngest son John Coppo returned to the field that first bore his father's name—to throw the ceremonial pitch on its newly reborn turf. In 2003, a 15-year-old John had driven in the first two runs on the original Coppo Field. In 2025, he took the mound again—this time, as a father himself—delivering the pitch not for a score, but for memory.

And still, the crowd cheered.

Terry Dinan, longtime voice of New Canaan sports, served as emcee. "Joe's spirit and legacy lives on in all who take the field to play," Dinan said. "We know he would be proud to see the unveiling of the renovated Coppo Field today."

CONTINUED ON PAGE 2



L-R Martha Sugrue and Margo Bright of Planet New Canaan helping at the May Fair's redeemables/compost/recycling bins.

Keeping it Clean and Green

The 2025 May Fair at St. Mark's Episcopal Church wrapped up successfully after two days of festivities.

The fair featured traditional attractions including the White Elephant Tag Sale, midway rides, food courts, and live entertainment. The White Elephant Elephant Presale Party sold out in advance!

May Fair Chair John Kennedy and the Executive Committee extended their thanks to volunteers and attendees for their support. Planning is already underway for May Fair 2026.

Farmers Market is Open!

By ELIZABETH BARHYDT

Jessica Brenner moved to New Canaan from New York City, trading city life for the weekend farmers market. "Do you all like Bees Knees?" we ask. "Of course!" she answers. "We promise them popsicles. It's how we get them to come." But it's not a bribe—it's a bridge. "The vendors talk to my kids. They remember their names. It's real. They're learning what real food tastes like."

Jessica also, as it turns out, is a new *Sentinel* subscriber. "We got a free copy of The *New Canaan Sentinel* when we moved here," she recalls. "And then I started paying for it because I love that you're doing that. I support local journalism." Her son tugs at her sleeve. "Are we going to be in the paper, Mommy?" he asks. "Front page," I said.

See pages 5 and 14 for more on the farmers market.



Jessica and her children enjoying Bees Knees Ice Pops at the Farmers Market on Saturday morning.

COLUMN

Communication Is What's Received

By JILL S. WOOLWORTH, LMFT

Communication is what's received, not what we intend. If we don't take responsibility for how we deliver our message, it might as well be lost in the mail. When communication goes awry, we often blame the recipient for not listening. But this is as useless as blaming someone for not receiving a letter. If our tone of voice, body language, or choice of words is off-putting, it is up to us to try again in a different way.

If a person thinks that a message of criticism is coming, that there's "a bomb in the mailbox," she will run. When a person anticipates being told that he has messed up or neglected something, his normal human

response is to escape or defend himself. In moments of perceived threat, our brains default to fear, rarely assuming the other person's good intentions.

Sydney and Adam learned how to tell each other specifically what they wanted. They grew closer as they practiced new ways to communicate. "It would mean the world to me...."

became an introduction that made them both laugh and made it highly likely the other would comply. "When you compliment me in front of your friends, I feel like your hero." "You doing the laundry is the sexiest thing in the world." They agree that tone matters, and that there is no such thing as an over-appreciated spouse (or colleague or employee).



Illustrated by Wajih Chaudhry

COLUMN

Progress in Motion: Major Public Works, Safety, and Community Improvements



By DIONNA CARLSON

As First Selectman, a key responsibility is ensuring that our town's infrastructure remains safe, functional, and prepared for the future. This spring, you'll see a number of important public works projects taking place throughout New Canaan. I want to keep you informed about these efforts and highlight a few upcoming projects that will help us continue to meet the needs of our growing community.

One key project is underway in Waveny Park, where Aquarion Water Company is constructing a new chlorination building at the Water Tower site to help modernize their water treatment systems. The project, which stands to benefit all of Aquarion's New Canaan customers, is expected to be completed by December 2025.

In addition, South Avenue will be closed to all but local traffic and emergency vehicles between Farm Road and Harrison Avenue from the day after school ends in June until the day before it starts again in August. The closure will allow for Aquarion to expand to a 36" water main running from Wilton to Greenwich. This project is expected to run for two consecutive summers.

In coordination with the Connecticut Department of Transportation (CTDOT), two road safety projects are being proposed. The first would install new centerline rumble strips along Route 124 and the extension of existing rumble strips on Route 123. Rumble strips are grooved sections of pavement that create vibration and sound when vehicle tires pass over them to alert drivers to potential dangers from leaving their lane. Centerline rumble strips are placed between two lanes of opposing traffic. At the Town's request, CTDOT has scheduled a virtual public hearing for August 12 at 6:00 p.m. to give residents a voice in these decisions. We'll share meeting log-in information at newcanaan.info as soon as it becomes available.

CTDOT has also notified the Town that milling and paving of Rte. 123 between Michigan Road and the NY border is scheduled to be completed by May 22. If you would like to receive notices about other New Canaan Public Works projects or Public Safety notices throughout the year, sign up for Alerts at the red bar at the top-left of the homepage at newcanaan.info.

High School Baseball and Police Headquarters

I am thrilled to share some other exciting updates from around town as well. On May 7th, the first pitch was thrown at the newly completed Coppo Field in Waveny Park, marking the start of what we hope will be many great seasons of baseball. This project is another example of the successful partnership between the Town and the New Canaan Athletic Foundation.

The public is invited to join in celebrating the opening of the newly renovated Police headquarters at 174 South Avenue. A ribbon-cutting will be held Wednesday June 4 at 10 a.m., and an Open House with Guided Tours will be conducted on Tuesday May 27 between 12 noon and 3 p.m. Sign up for the Guided Tours by visiting newcanaanpolice.org. The Police Department will officially return to their headquarters and be fully operational on June 3.

A sincere thank-you goes to all who helped bring this important project to completion ahead of schedule and under budget.

Finally, following up on my February column here in the *Sentinel*, the Public Utilities Regulatory Authority (PURA) has assigned Docket No. 25-04-03 to its review of the proposed purchase of Aquarion Water by the Regional Water Authority. Many members of the public in the region served by Aquarion have expressed great concern about a potential loss of future tax revenue for municipalities where Aquarion owns property; a potential increase in water rates charged to customers; and an expected change in regulatory oversight with New Canaan having a diminished voice. Residents with concerns may submit public comments by emailing them to Pura.ExecutiveSecretary@ct.gov. Please remember to include the docket number, your name, and address to ensure your comment becomes part of the public record.

Thank you for staying engaged and helping shape the future of our town.


Dionna Carlson is the New Canaan First Selectman. Her leadership is guided by a respect for local decision-making and a commitment to keeping residents informed and engaged. Read more from Dionna by subscribing to her email newsletter, *News From Town Hall*. To sign up to receive the newsletter visit newcanaan.info and click on the red bar at top, Sign Up For Alerts. To read the current issue of the newsletter visit newcanaan.info and click on the yellow bar at top, News From Town Hall.



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FIRST PRESBYTERIAN
NEW CANAAN

STEPHANIE DYKES

MAY 18, 2025

178 OENOKE RIDGE, NEW CANAAN CT

10 AM WORSHIP SERVICE

11:30 AM ADULT FORUM

DISCUSSING:

RECONCILING FAITH


AND GENDER:

PERSPECTIVES

FROM A

TRANSGENDER

CHRISTIAN



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AND CHILDCARE
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COPPO FIELD CONTINUED From Page 1

The new facility, with its brick backstop, twin bullpens, turf surface and expanded dugouts, is a \$5 million renovation that expands the town's total turf footprint by 33%. It will host not only high school baseball but youth field hockey, flag football, and other fall sports.

"This is a cherished town asset," said Mike Benevento, founding chair of the New Canaan Athletic Foundation.

"It's the product of a true public-private partnership that will serve generations of athletes."

That idea of service—of giving back—was at the heart of Joe Coppo's life. In 2003, sportswriter Mike Lupica stood before the crowd and repeated what he had written shortly after 9/11: "You don't know Joe Coppo, but you do. Because there's a Joe Coppo in every town. He's the guy that looks out for the kids. And he's the guy that makes sure the game is run right."

Joseph Coppo, then a Boston College junior, said it plainly during the original dedication: "We know that my father's

legacy will never be forgotten."

That legacy has endured—across chalk lines and decades.

In attendance at the 2025 re-opening were First Selectman Dionna Carlson, Selectman Steve Karl, Parks & Recreation Director John Howe, Superintendent Dr. Bryan Luizzi, Athletic Director Jay Egan, and many others, including the field's landscape architect and contractors.

Back in 2003, Pat Coppo said of her husband, "He would coach anybody's kid as long as they had a smile on their face and they walked off with a smile."



Darien vs. NC Rams on Coppo Field Opening Day. Photo contributed by New Canaan Schools.



New Canaan High Band playing before the opening pitch. Photo contributed by New Canaan Schools.



John Coppo hugging NC Rams Varsity Catcher after throwing the opening pitch. Photo contributed by New Canaan Schools.



FIRST PRESBYTERIAN
NEW CANAAN

Open Mic Night

FPCNC Open Mic: Diverse Expressions
Featured Performance by Frank Critelli

You are invited to an evening to share
music and/or poetry (originals and
covers welcome)!



Thursday, May 22

6:30 to 8:00 p.m.
followed by an
open jam session

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New Canaan CT

Walk-ins Welcome

Contact Nick Depuy at
nickdepuysite@gmail.com
to sign up and for more information



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YOUR NEWS BRIEF
CONTINUED From Page 1



Photo credit: New Canaan Library.

Ferguson Presents to Rotary Club



Tom Ferguson presented to the New Canaan Rotary Club, sharing weather data collected from his own stations along with additional sources. He discussed local trends and their potential connection to broader climate change patterns. Photo credit: New Canaan Rotary Club.

Waveny Residents Visit Playhouse



On May 13, Waveny Inn residents took part in a group outing to the New Canaan Playhouse for a matinee. Photo credit: Waveny LifeCare Network.

SCHOOLS
East School Playground Extension



Recently, East School opened a new playground extension featuring a slide, rock wall, and ADA-compliant swing. Photo credit: New Canaan Public Schools.

Bruel Visits West School



On May 12, author Nick Bruel visited West School to share insights about his Bad Kitty series. During the visit, students worked together to create an original story about a dog trying to eat a chocolate cake. Photo credit: New Canaan Public Schools.

NCCS Day & Boarding School Fair



New Canaan Country School recently hosted its annual Day & Boarding School Fair with 53 schools in attendance. The event included a panel discussion on admissions followed by one-on-one meetings between families and school representatives. Photo credit: New Canaan Country School.

NCCS Guac and Salsa Competition



Recently, eighth-grade Spanish students at New Canaan Country School held a guacamole and salsa competition as part of a Cinco de Mayo activity. Students presented their recipes in Spanish and were judged on taste, presentation, and creativity. Photo credit: New Canaan Country School.

SLS Awards Night



St. Luke's School recently held its annual Awards Night, recognizing 33 Upper School students for their achievements. The awards highlighted student performance in academics, service, and leadership. The event takes place each year to acknowledge individual contributions within the school community. Photo credit: St. Luke's School.

SLS Mandarin Trip



Recently, St. Luke's School Mandarin III students took a field trip to Queens to practice language skills in a real-world setting. The trip focused on using Mandarin in everyday situations. Photo credit: St. Luke's School.

SLS Students Receive Language Awards



St. Luke's Middle and Upper School students recently earned awards in French and Spanish. 154 students were recognized in national language exams, and 12 were named winners of the AATF-Connecticut Sandi VanAudal Prix d'Enthousiasme pour le Français. Aviva Moss '25 was named Outstanding Senior in French from the American Association of Teachers of French (AATF). Photo credit: St. Luke's School.

SLS Cum Laude Society



Twenty seniors at St. Luke's School were inducted into the Cum Laude Society in recognition of their academic achievement. Photo credit: St. Luke's School.

SPORTS
Coppo Field Opening



On May 7, Coppo Field officially opened at Waveny Park as the new home of New Canaan High School's varsity baseball team. Photo credit: Town of New Canaan.

Baseball Player of the Week



Campbell Bruce of 84 sports was named baseball Player of the Week last week after his defensive performance. Photo credit: New Canaan Cal Ripken Baseball.

ACROSS CT
Eye Drops Recalled Nationwide

More than 1.8 million units of eye care products distributed by AvKare have been recalled due to manufacturing violations and concerns about sterility. The FDA has classified the recall as Class II, indicating a potential for temporary or medically reversible health effects. Customers are advised to stop using the affected products and return them for a refund; a full list of recalled items is available at <https://www.accessdata.fda.gov/scripts/ires/?Event=96741>.

Summer Heat Drives Energy Use

Connecticut residents are expected to see higher electricity use this summer due to above-average temperatures, despite recent rate reductions approved by utility regulators. Air conditioning remains the main driver of increased energy bills, and officials recommend limiting usage and adopting energy-saving practices.



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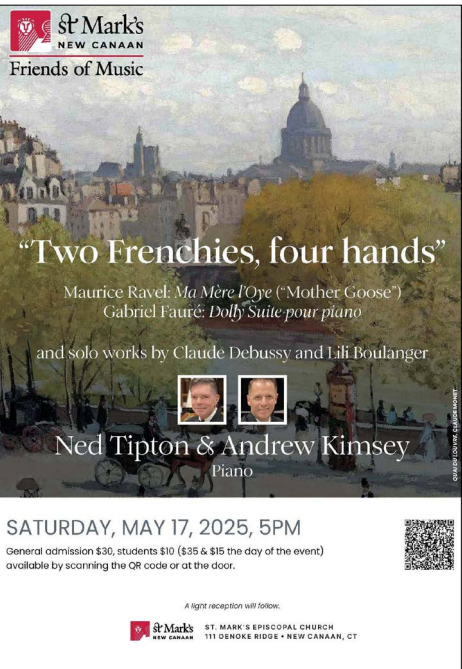

Honored Guest Please
R.S.V.P Jfruth4@gmail.com

“Two Frenchies, four hands” a piano recital by Edward Tipton and Andrew Kimsey!

The Friends of the Music at St. Mark’s Episcopal Church, New Canaan, CT, proudly presents: “Two Frenchies, four hands” a piano recital by Edward Tipton and Andrew Kimsey. Saturday May 17th, 2025, at 5:00 PM, St. Mark’s Episcopal Church, 111 Oenoke Ridge, New Canaan, CT.

Much of the music coming from France, from the mid-19th century until the early 20th, has an unmistakable “French” sound - rich in tone color, sometimes ambiguous in harmony, and evocative of a certain mood or atmosphere. This recital features piano compositions of four prominent composers: Ravel, Fauré, Debussy, and Lili Boulanger, including two works for piano four hands: Ravel’s *Ma mère l’Oye* (the “Mother Goose” suite), and Fauré’s *Dolly Suite* for piano. Also included are solo works by Debussy (*Estampes*), Lili Boulanger (*Prélude in D-flat*) and Fauré (*Nocturne No. 6, in D-flat*). Join us for a tonal voyage to Impressionist France!

Pianist Andrew Kimsey has



produced a variety of work for piano, choral, vocal, electronic music, and other entertainment genres, as well as having written and produced his own recordings. His published choral service setting of the Magnificat and *Nunc dimittis* (Paraclete Press Inc.), premiered at Southwark Cathedral, London, in 2005 by Atlanta’s Peachtree Road United Methodist Choir. Other

notable performances of the same work include the Saint Thomas Choir of Men and Boys in New York City.

Pianist, organist, and conductor “Ned” Tipton is Director of Music Ministries at St. Mark’s, and came to New Canaan after seven years at St. John’s Cathedral, Los Angeles; preceded by twenty-one years as Director of Music at the American Cathedral in Paris. Mr. Tipton has performed and conducted throughout the U.S. and Europe.

The event is followed by a light reception.

General tickets \$30, Students \$10 (\$35 and \$15 day of the event) / available Here

More information about the 2024-2025 season of the Friends of Music at St. Mark’s is available, Contact:

Ned Tipton, Director of Music Ministries

St. Mark’s Episcopal Church
ntipton@stmarksnewcanaan.org
(203) 966-4515, x 113

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Bill Anastas of CK Artisan Foods, alongside loyal customers Bill and Susan Brock, shares a laugh over his famously hearty gazpacho at the New Canaan Farmers Market—where soup and community are served fresh every Saturday.

ELIZABETH BARHYDT

When Lexi Gazy talks about the New Canaan Farmers Market, she’s describing more than a place to buy peaches or pasture-raised pork. She’s painting a vision of community resilience, environmental stewardship, and personal connection—one that begins with a handshake and ends with a reusable jar of almond butter.

For 26 years, Gazy has served as Market Master, guiding the market as a living, breathing example of what “local” can and should look like. “It’s not about me,” she insists. “We lean on each other. That’s the beauty of it.”

A Web of Local Support

The market’s vendors don’t just sell side by side—they support each other’s businesses. Kneads Bakery sources vegetables from Riverbank Farm. An empanada stand buys ingredients grown across the aisle. “Of course we try to use each other. It creates a local flavor,” Gazy says. “People want to have a local dish on their table.”

That desire for local

“His son and his daughter—hopefully, they’ll want to take on that heritage and that legacy... We need more stewards of the land.”

goes far beyond taste. “Food consumption in the state is only 4% Connecticut grown,” Gazy explains. “Ninety-six percent of our food is imported. That’s bad for food security.” In an emergency, she notes, “If we doubled tomorrow, we’d still only be at 8%.”

Stewards of the Land

Supporting local farmers is, for Gazy, both a practical and philosophical imperative. “You’re supporting a Connecticut farmer who is taking care of land that would otherwise be developed, which is not sustainable,” she says. “His son and his daughter—hopefully, they’ll want to take on that heritage and that legacy... We need more stewards of the land.”

And supporting that stewardship often comes down to consumer choice: choosing a \$45 filet at the farmers market over a \$38 filet at a chain grocer. “You’re not just buying food,”

Gazy says. “You’re investing in sustainability, in community, in the future of farming in this state.”

She believes in starting young, too: “There are many ways to feed children, but it has to start with education. Farmers need to be seen as essential in school systems. Without farmers, you can’t do anything.”

She shares a saying she’s heard before but holds dear: “Pharmacy, spelled F-A-R-M, not P-H-A-R-M.” Eat local, she believes, and you might just need fewer prescriptions.

Poetry, Recipes, and a Personal Touch

Gazy’s role at the market extends far beyond logistics. Each week, she writes a newsletter for the market, including an original poem. “Maybe we could print them in the paper,” someone suggested recently. Her reply was instant: “I would love that.”

She’s also quick to offer

recipes on the fly. One favorite? Homemade salad dressing. “Take these herbs. Chop them up. Throw them in the processor with some olive oil and a vinegar,” she says. “Local starts with the salad dressing.”

Reducing Waste, Building Community

The market partners with Food Rescue, which picks up unsold produce at the end of the day and redistributes it. “They come at the end of the day and they pick up all our local produce that we have extra,” Gazy says. “And they distribute it.”

Each Saturday, shoppers walk between tents, sampling kombucha brewed in South Norwalk, trying gazpacho made in a Black Rock kitchen, buying goat milk soap from a family in New Milford. “We’re here every Saturday,” a vendor says with pride, handing over a jar of fresh-ground almond butter in a glass jar. “It ticks all the boxes.”

A Generational Lifeline

For Gazy, the market is about legacy. “My husband is working with our youngest. He’s a partner on the farm now, so he is fourth generation,” she says. “They’re working to turn the farm into a more organic regenerative operation. That’s a lot of investment in time, which you can’t financially make back unless you are supported by the local neighborhood.”

Support, in this market, doesn’t come from apps or clicks. “The local newspapers... they’re where our patrons come from. Not so much social media,” Gazy says. “They want news. They don’t want garbage propaganda on all sides.”

Market Regulars: Bill & Susan Brock

Among the bustle, Bill and Susan Brock are familiar faces. Bill is here for one thing above all: gazpacho. “Gazpacho is my thing,” he declares. “Mr. Bill does it. I love it, love it, love it.” He’s talking

about Mr. Bill Anastas, co-owner of a prepared foods business run with his wife, Victoria. “It’s a soup you can chew,” Bill insists. That unique, hearty texture has kept him coming back for five years.

Susan Brock is just as engaged—if slightly more exploratory in her choices. She’s also a connector, introducing newcomers and even this reporter to Lexi Gazy, ensuring the story of the market is told in full.

In the end, the New Canaan Farmers Market isn’t just a collection of pop-up tents. It’s a generational lifeline. A small, vibrant stand against disconnection. A salad dressing revolution. And it’s led by someone who has never stopped believing that local matters most.

“You’re not just buying food. You’re investing in sustainability, in community, in the future of farming in this state.” – Lexi Gazy



At Paul’s Custom Pet Food, pets get the same local love as their humans. With veterinarian-formulated, therapeutic recipes, this stand offers a farm-to-bowl experience—tail-wagging guaranteed.



Stylish Spoon’s beautifully curated booth offers gluten-free, vegan, and allergy-friendly baked goods—proving you don’t have to sacrifice taste to shop mindfully at the New Canaan Farmers Market.



Handcrafted in New Milford since 2001, Goatboy Soaps brings color and care to the market with their beloved goat’s milk bars—natural, gentle, and made by folks who’ve been doing it right for over 20 years.

REVIEW

By TOM NISSLEY

There is a wonderful production, closing this weekend (so pay attention and call for tickets right now) playing in the Dressing Room Theatre at Curtain Call, where you can bring your own Pizza and wine to go with it. It’s called A JUKEBOX FOR THE ALGONQUIN.

Imagine that you’re a resident in one of our wonderful Waveny Care spaces – like the INN for instance, and you’ve located an old Wurlitzer Jukebox on eBay, and you want so hard to get it for the parlor (which you and your buddies call “the Algonquin”). Then you relive a moment in your youth when you dropped in a coin and pushed your selection and watched the record being selected and dropped onto a player and you turned to your date and whirled her around in step with the music... Wow!

The only problem is how to find the \$3000 that the seller on EBAY wants to send the machine to the Placid Pines Senior Care Center in upstate New York. The solution will have you laughing and applauding...

A JUKEBOX FOR THE ALGONQUIN was written by Paul Stroili and has been beautifully directed by Lynne Colatrella. Call 203-461-6358 for tickets.

In East Haddam, at the Goodspeed Opera House (can be a long drive, but worth it) there’s a terrific production of RAGTIME – THE MUSICAL starring Michael Wordly as Coalhouse Walker Jr. It’s a vigorous production with exquisite choreography and a carefully documented story of how immigrants were treated as they arrived with great ambitions as newcomers to America. Covering space from



New Rochelle to Lawrence, Mass, and the pickets in Union

Square, the story delineates how the labor movement was

It’s a vigorous production with exquisite choreography and a carefully documented story of how immigrants were treated as they arrived with great ambitions as newcomers to America.

it often was.

When Coalhouse goes searching for his beloved Sarah at a home in New Rochelle, the action gets rough, and there are moments when you may have a few tears but you will never take your eyes away from the action on the stage.

You’ve already noticed that I recommend this significant production. Tickets at goodspeed.org.

– Tom Nissley for the Ridgelea Reports on Theatre

COLUMN

Shaking Up the Healthcare System Yet Again



RUSSELL R. BARKSDALE, JR

The cumulative attributes that once established the United States as a global leader in healthcare—groundbreaking medical innovation, world-class physician training, and timely accessibility—remains threatened. Once revered as the standard-bearer for medical excellence, the U.S. healthcare system faces a mounting crisis defined by institutional closures, delayed accessibility, inconsistent quality, and rising disparities in care delivery.

In 2024 alone, 25 hospitals across the country shuttered their doors. Even more concerning, over 400 hospitals are currently identified as “vulnerable to closure” due to persistent negative operating margins. This isn’t just a rural hospital problem—urban safety net hospitals, community institutions, and even longstanding regional facilities are at risk, destabilizing access across the continuum of care providers. Similarly, the number of skilled nursing facilities has steadily declined, despite an aging population with increasing long-term care needs. In 2023, over 500 nursing homes were projected to close or reduce capacity nationwide, driven by staffing shortages and financial constraints.

While hospital closures are the most visible sign of distress, the underlying erosion of healthcare quality is perhaps more insidious. The distinctions among providers—those that set benchmarks in clinical outcomes, patient safety, and experience—continue to grow exponentially. Even within elite institutions, glaring inconsistencies exist across departments and subspecialties. A world-renowned academic center may boast a top-ranked oncology program while simultaneously struggling with quality metrics in orthopedics or maternal care.

What was once a universally accepted standard of care has diminished at a time when the U.S. healthcare system faces unprecedented demand from a rapidly aging population and a surge in complex, chronic conditions such as diabetes, cardiovascular disease, and dementia. It is tempting to search for a single root cause, but there is no common explanation for this systemic decline. Many critics point to the for-profit healthcare model, in which financial capital is redirected toward investor returns rather than reinvested into patient care, clinical innovation, or staffing infrastructure. Indeed, the rise of private equity ownership in hospitals and physician practices has raised concerns. A 2023 study found that private equity-acquired hospitals were associated with a 25% increase in charges and a decline in certain quality measures compared to non-acquired facilities.

But the problems go far beyond ownership models. Unsustainable pharmaceutical

pricing continues to drain public and private resources, while restrictive managed care practices limit provider choice and create bureaucratic bottlenecks. Preauthorization requirements, narrowed provider networks, and low reimbursement rates—particularly from Medicaid and Medicare Advantage plans—can delay timely care and burden providers with administrative complexity.

On the public health front, the U.S. continues to struggle with chronic disease prevention and health maintenance. Our healthcare system remains largely reactive—focused on treating illness rather than preventing it. Cultural overreliance on pharmacologic interventions instead of promoting sustainable lifestyle changes has become the norm. Rising obesity rates, poor dietary habits, work-life

From nurse residency programs and physician continuing medical education (CME) to cross-disciplinary case reviews and team-based care models, these institutions understand that proficiency is born from collaboration, mentorship, and repetition.

Russell R. Barksdale, Jr., PhD, MPA/MHA, FACHE, is President and CEO of Waveny LifeCare Network. With over 25 years of healthcare leadership, he guides the organization’s mission to deliver high-quality, compassionate senior care across a full continuum of services.

Moreover, the rapid growth of concierge and direct-pay medical practices signals a consumer shift toward personalized, immediate-access care. While these models offer improved care coordination and quality for those who can afford it, they also underscore a

The path forward requires bold differentiation—not imitation. State, federal, and private payers must take the next step and go beyond simply reporting quality. They must reward it. This means higher reimbursement for top-tier institutions and performance-based incentives that encourage investment in staff development, technology, and patient-centered care.

imbalances, and environmental stressors have contributed to an increase in preventable diseases.

A recent JAMA report revealed a disturbing increase in avoidable deaths in the United States, reinforcing that our healthcare system is not just lagging—it is deteriorating compared to peer nations. In fact, the U.S. now ranks near the bottom among OECD countries in terms of preventable mortality, maternal health outcomes, and life expectancy.

This decline has not occurred overnight, nor is it the direct result of recent federal restructuring efforts within agencies like the Centers for Medicare and Medicaid Services (CMS), the Food and Drug Administration (FDA), or the Department of Health and Human Services (HHS). Instead, it reflects years of misaligned incentives, underinvestment in healthcare infrastructure, and a regulatory environment that often rewards mediocrity rather than excellence.

For example, the CMS star ratings system—intended to guide consumer choice—is based on a bell-curve model, meaning that only a fixed number of facilities can achieve 5-star status regardless of how many actually meet high-quality criteria. This structure disincentivizes true excellence and encourages institutions to chase benchmarks, rather than pursue continuous, self-defined improvement.

In contrast, high-performing organizations understand that healthcare excellence is not a destination but a relentless pursuit. Renowned systems continue to innovate by reinvesting in their workforce, leveraging data to refine care pathways, and setting internal standards that surpass state and federal requirements.

These organizations invest not only in cutting-edge diagnostic and therapeutic technologies but also in the development of their staff.

deepening two-tiered system—where wealth, not need, increasingly dictates care quality and speed of access.

Proficiency in healthcare is not simply a function of education or licensure; it is the result of deliberate practice, continuous learning, and a culture that prioritizes outcomes over appearances. It is refined through data transparency, patient engagement, interdisciplinary accountability, and a shared mission to elevate care delivery.

The path forward requires bold differentiation—not imitation. State, federal, and private payers must take the next step and go beyond simply reporting quality. They must reward it. This means higher reimbursement for top-tier institutions and performance-based incentives that encourage investment in staff development, technology, and patient-centered care. The CMS Compare tool (www.medicare.gov/care-compare/) offers a public framework, but financial alignment must follow.

For a Medicare Advantage plan or commercial insured network to admit a provider solely based upon their acceptance of a discounted rate structure only reinforces diminished standards and rationing of care. To restore leadership in healthcare, sustainable increases in quality outcomes must also be financially rewarded. Only then will our region, state, and nation rise to meet the growing demands of a complex population and fulfill the promise of our profession.

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The Mead School, located on Riverbank Road in Stamford, with its welcoming entry area on the day of its third annual Exhibition of Curiosity (EOC) event held there last Friday. (Photo by Liz Leamy)

The Mead School ushers in spring with dynamic ‘Exhibition of Curiosity’

By LIZ LEAMY

Last Friday, dozens of students from The Mead School, ranging from the Pre-Kindergarten (Pre-K) through the seventh grade, along with their friends, family members, teachers and other supporters, ushered in the spring season with a memorable ‘Exhibition of Curiosity’ event that kicked off with a ribbon-cutting ceremony.

This event, which is in its third year running, was held at the bucolic Mead School campus on Riverbank Road in Stamford and marked a lively immersive and interactive student showcase involving approximately 80 learners whose presentations were centered around different questions, investigations and discoveries covering a wide range of topics and subjects and featured all the stuff of a gold-star event.

Attendees of this event, who included current and prospective school families, alumni, community partners, teachers, along of course, with all of The Mead School students, could be seen buzzing about the venue’s expansive white hallways checking out the many different and fascinating projects, which made for quite a dynamic atmosphere.

“The students all the way up from Pre-K through Grade 7 find an essential question that they’re curious or passionate about,” said Paige Fischer, Director of Admission and Enrollment at The Mead School. “They research it for about five weeks, dive as deep as they can and have a product that they then present.”

For this event, the school’s Pre-K and Kindergarten students produced a series of team projects based upon the concept of ‘wonder,’ while the first graders explored the captivating notion of orca community living.

At the same time, each student in the second through

seventh grades did an individual project inspired by the concept of a ‘great question’ with the notion that this topic serves as a base foundation for all research.

All the while, the entire eighth grade faction, who comprise The Mead School’s highest grade, spent time working with all the presenters

The Mead School, which has a current student population of nearly 90 individuals based all over Fairfield and Westchester Counties (with many from Greenwich, Stamford, Pound Ridge and Bedford) has been in existence for more than 50 years and is an independent and progressive program for

“The students all the way up from Pre-K through Grade 7 find an essential question that they’re curious or passionate about,” said Paige Fischer, Director of Admission and Enrollment at The Mead School. “They research it for about five weeks, dive as deep as they can and have a product that they then present.”

and teams leading up to this memorable annual exhibition.

“These are amazing kids who have different passions and I think they’re really excited to show who they are in a different way through the exhibition,” said Fischer. “They’re able to see their creativity, not only for themselves and their classmates, but also for everybody who’s come to the exhibition. There’s so much enthusiasm and inspiration happening and it’s wonderful to be part of this whole event.”

Notably, some of the featured projects at this exhibition included an investigation on the power of music (what makes a song stick in your head?), different animal habitats, a deep dive on the formation and structure of rainbows and an investigation into the engineering of hydroelectric dams, among other matters.

In formulating their presentations, students were asked to think about their project’s source of inspiration, amount of work it involved, its various challenges and its most important takeaways along with other things.

“It’s about helping the student to think differently, ask questions and then to go from there,” said Fischer.

students ranging from the Pre-K through the eighth grade levels.

Founded in 1969, The Mead School is rooted in a whole-child philosophy and provides students with an environment in which they are encouraged and empowered to question, investigate and shape their learning experiences through project-based work, interdisciplinary learning and a commitment to emotional intelligence.

Further, the Mead School, with its wonderful atmosphere of energy and optimism is dedicated to nurturing curiosity, creativity and confidence among its learners through a wide arrange of experiences and activities, including field trips to such places as nature centers, whale watching locales, local farms and museums along with other fun and interesting venues.

For more information, please contact The Mead School at: www.meadschool.org
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Harmony Masonic Lodge – Still Serving

BY JOHN KRIZ

Two centuries in New Canaan. What organizations in town have such a long tenure? Well, New Canaan itself is older, chartered in 1801. The Congregational Church on God's Acre is even older, having been gathered in 1733.

And then there is Harmony Lodge No. 67 AF&AM (Ancient Free & Accepted Masons) -- two centuries young this year, having been chartered on May 30, 1825. www.newcanaanfreetasons.com Its founders are a veritable who's who of early New Canaan, with surnames such as Benedict, St. John, Silliman, Weed, Seeley, Carter, Richards and Talmadge.

Harmony Lodge History

Harmony Lodge's first meeting place was in what is now called the Hanford-Silliman House, built 1764, which has since become part of the campus of the New Canaan Museum & Historical Society. A brass plaque noting this historic site and event is found in the Historical Society's main building, which was originally New Canaan's Town House (Town Hall), built 1825. For many years Harmony Lodge rented the second story from the town for meetings.

In subsequent moves, Harmony Lodge used a room in Benedict's Shoe Factory, which was a large building on the northwest corner of Main and Elm Streets, and also the building just south of what is now the fire station. This building still stands, and is currently occupied by Chef Prasad. The round window at the top of that building used to be stained glass with the Masonic symbol of the builder's square, compass and letter G, for God and Geometry. (Geometry relates to building design and construction, and the trade of being a stonemason – the antecedent of today's Freemasonry – as well as God being the Architect of the Universe.)

In the late 1950s a complex land swap involving Harmony Lodge, the Episcopal Church and the Methodist Church was struck, with Harmony Lodge taking over the 1800s-built former Methodist Church at the corner of Main and Church Streets, just south of the library. Harmony Lodge has remained there to this day.

Harmony Lodge is also a landlord, renting space to the New England Academy of Dance, a for-profit dance school, which also has a not-for-profit arm, the New England Dance Theater. Ted Thomas, who is Senior Warden of Harmony Lodge, is also an owner of the dance academy, and an artistic director of the dance theater. Some space is also rented to Lilia Khanina Ph.D. who gives piano lessons. Harmony Lodge allows the Veterans of Foreign Wars post, as well as numerous other charitable and civic groups, to meet in the lodge's building.

Masonic History

The founding of Freemasonry is shrouded in much mystery, some believing that it goes back to the stonemasons (called 'operative masons' by Freemasons) who helped build the Temple of Solomon in Jerusalem. In any case, Freemasonry is generally recognized as the oldest fraternal and charitable society in the world, with modern Freemasonry likely emerging from medieval craft guilds. The stylized aprons Masons wear at meetings are symbolic of the toolbelts operative masons wear, and the 'jewels' that Masons wear to denote their office in the lodge are styled after operative masons' tools such as the plumb bob and trowel. In a nutshell, this symbolism is all about building: building better men, building better communities, and building a better world.

While there are variations in Freemasonry practices around the world, most Masonic lodges are male-only, and have a range of secret words, symbols and methods of greeting exclusive to members, though Freemasonry is not a secret society itself.

There are three levels, or degrees, of Freemasons: Entered Apprentice, Fellow of the Craft and Master Mason, each degree requiring the candidate to know various ever-more-advanced rituals and teachings of Freemasonry. Reaching the third level – Master Mason – requires much study and intense questioning by fellow lodge members. This is the origin of the phrase ‘Getting the third degree.’

More than a dozen U.S. presidents have been Freemasons, including George Washington, who



L-R: Senior Warden Ted Thomas, Secretary John Rush and Junior Warden Medi Abadi in the main hall of Harmony Lodge.

was Master of his Lodge, as well as many of the nation's Founding Fathers, such as Benjamin Franklin. Harmony Lodge secretary John Ruth notes that "when you go through the things that we go through as Masons to be able to join this organization, the level of trust just gets that much higher. And that's kind of what was going on with particular officers during the Revolution. Washington's cadre, the people he could trust beyond just, yes, I trust you. This was like trust beyond trust. And that's kind of a lot about what this organization is about."

Furthermore, the Great Seal of the United States, both sides of which are on the back of the one dollar bill, has Masonic symbols, such as the all-seeing Eye of Providence that hovers over the unbuilt pyramid. This common Masonic symbol reminds Masons that the Supreme Being is always there, watching over them. (One of the things a candidate must affirm is his belief in a Supreme Being, the definition of which is up to the candidate.)

Brotherhood, patriotism, faith and community are Freemasonry touchstones. Says Senior Warden Ted Thomas, "You want to be a moral and upright citizen in front of God and your neighbors." He goes on to remark that "one of the first things I was told when I first became a Mason is that you have to have faith in something or you can't be held to anything."

There is no overall national or international Masonic governance organization, with lodges in the USA being chartered by the Grand Lodge in each state. Connecticut's is in Wallingford.

While few Masonic lodges accept women as members, there are several Freemasonry-affiliated female groups, such as the Order of the Eastern Star and the Order of the Rainbow.

In addition to the basic Masonic lodges (referred to as 'blue lodges') are Masonic lodges with diverse styles and practices. These include the Shriners (who are recognizable by the fezzes they wear), Scottish Rite and Knights Templar. Some Masons are members of multiple lodges.

John Ruth sums it up this way regarding the motto of Freemasonry: "Bring a good man and make him a better man."

Joining a Lodge

Freemasonry does not recruit people directly, such as suggesting someone join. Rather, they recruit by example. In addition, if a potential candidate takes the initiative to ask about joining, it demonstrates curiosity, "and curiosity is an interesting part of Masonry in general because curiosity leads to learning and growth, and that's some more of the characteristics of the organization," says John Ruth.

Joining Harmony Lodge is as simple as showing up at a meeting, or asking a member.

Duties of members include modest dues, attending lodge meetings and taking part in the lodge's civic, social and charitable activities.

Charity

Freemasonry is “an organization that has always been involved in charitable works,” stresses John Ruth. Harmony Lodge is a regular donor to such local charities as Daycare Center of New Canaan, New Canaan EMS, an organization that brings children to town for a summer camp program, New England Dance Theater, the police and fire departments, and the Boy Scouts. In addition to its support for the town’s Memorial Day parade, for many years Harmony Lodge has held a pancake breakfast on the holiday, with veterans eating for free.

Beyond support of these local charities,

Harmony Lodge works with brother lodges in Connecticut to support Masonicare www.masonicare.org a nonprofit continuing care retirement community in Wallingford that provides housing and health care for the elderly in all stages of aging. Lodges in other areas support such large entities as Masonic, and Shriners children's, hospitals.

Ted Thomas puts it this way: "We are a philanthropic organization that gives to the assistance and the perpetuation of society."

200th Anniversary Celebration

To help mark its two centuries of service in New Canaan, Harmony Lodge is holding a dinner, with live music supplied by the band 'Not My Problem' and dancing at the Historical Society – the location where the lodge first met. "It's almost as if we're coming home," observes Ted Thomas. This festive and important community celebration will be on May 31, and is open to everyone. Tickets are available at www.eventbrite.com then search under Harmony Lodge.

What Next?

Many social and fraternal organizations have struggled in recent years with declining membership, and Harmony Lodge, and Freemasonry, are no exceptions. Yet Freemasonry still thrives in New Canaan, demonstrating that making new friends, fellowship, self-improvement, and supporting the community both near and far retain their appeal and value. It seems certain that these characteristics will carry Harmony Lodge forward for centuries to come.

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



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A photograph of a white brick wall with a window. The window is flanked by teal-colored shutters. Each shutter has a decorative cutout of two birds in flight. In front of the window, there is a planter box filled with various plants, including tall grasses, white flowers, and green foliage. The overall scene is bright and inviting.

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Boys Track Overwhelms St. Joe’s in 95–45 Victory

By Christopher DeMuth

The New Canaan boys track and field team continued its strong season on Tuesday, with a dominant 95–45 win over St. Joseph High School. The meet, held at New Canaan’s home track, showed the Rams’ steady improvement across nearly every event. Athletes from all grade levels contributed points, setting numerous personal records and sweeping several events.

Sprint Events

New Canaan demonstrated depth in the sprint events, beginning with the 100-meter dash. Though St. Joseph’s top sprinter claimed first, New Canaan packed the results behind him. Sophomore Willem Wrede led the Rams with a third-place finish in 11.89 seconds. Juniors Tristan Bardales (11.96) and Mark Silva (11.98) followed close behind, with Silva setting a new personal best. Senior Spencer Paine and sophomore Charlie Koch both clocked in at 12.03, rounding out a strong group effort.

The 200 meters featured more of the same. Wrede took third again, finishing in 25.18, while Paine (25.23) and junior Quinn Kilkenny (25.75) added valuable depth. Kilkenny’s time was a personal best, and junior Max Volanakis wasn’t far behind with a 25.86. New Canaan had six runners break 27 seconds and nine under 30—an encouraging sign of sprinting depth.

The 400-meter dash saw New Canaan sweep the top four spots. Senior Ryan Boulanger led with a lifetime best of 54.09. Freshman Leo Baroni (54.63), junior Ryan Jordan (55.13), and Bardales (55.47) followed. For Bardales, it was his second personal record of the day. In total, 12 Rams set personal records in the 400, and every runner finished under 1:06.

Distance

New Canaan’s dominance was even more pronounced in the distance events. In the 800 meters, senior John Disturco ran a personal best 2:06.01 to take first. Paine, doubling back from the sprints, finished second in 2:07.14. Sophomore Charles Cavanagh secured third in 2:07.67, also a personal best. Six more Rams posted PRs in the event, contributing to a commanding sweep.

The mile (1600 meters) featured a dramatic finish. Boulanger and junior Ryan Monohan were neck-and-neck coming down the final



New Canaan Athletes push off of blocks in sprinting event. Senior captain Spencer Paine encouraging from behind. Photo taken by Niko Nikeas

straight, with Boulanger outleaning Monohan at the line—4:37.51 to 4:37.57. Kilkenny claimed third with a 4:39.97.

In the 3200 meters, junior Blake DiCapua took the win with a new personal best of 12:10.78. Freshman Oscar Humphreys placed second at 12:55.77. Their consistency helped lock in more distance points for the Rams.

Hurdles

Freshman Peter Tsapralis stood out in the hurdles. In the 110-meter high hurdles, he placed second in 18.82, just ahead of teammate Dane Mitchell. Tsapralis returned in the 300-meter hurdles to take second again, clocking 47.60. Fellow freshmen Brandon Barua (51.70) and Mitchell (52.96) also placed in that event, while

junior Nathan Dinning ran a personal best 54.15.

Though young, New Canaan’s hurdle crew showed promise. With continued development, this group could become a strength in future meets.

Relays

The relay events highlighted New Canaan’s teamwork and depth. In the 4x100 relay, the A-team of Caden Leslie, Koch, Wrede, and Bardales took second in 45.85, just behind St. Joseph. The B-team of Jack Seelert, Ethan Kremer, Eli Kremer, and Silva placed third in 47.35.

In the 4x400, the Rams returned to form. The A-team—Baroni, Boulanger, Monohan, and Paine—won with a season-best 3:44.61. The

B-team (Jordan, Wrede, Cavanagh, and Disturco) finished third in 4:07.62, also one of their best times this season.

Freshmen Cooper Smith, Humphreys, Lucas Azzopardi, and Jake Tirana closed the meet with a win in the 4x800, clocking in at 10:11.54.

Building Toward the Postseason

Beyond the wins and personal records, Tuesday’s meet reflected the team’s overall growth. Underclassmen contributed at every level, and veterans like Paine, Boulanger, and Disturco showed consistency and leadership. New Canaan not only scored big—it showed it can compete with the depth of a program its size across all event groups.

Weekly Sports Round Up

School	Sport	Date	Opponent	Result	Score
New Canaan Boys	Baseball	5/10	Brien McMahon	Win	4 – 1
New Canaan Boys	Baseball	5/12	Bridgeport Central	Win	16 – 5
New Canaan Boys	Baseball	5/13	St. Joseph	Loss	0 – 4
New Canaan Boys	Lacrosse	5/8	Greenwich	Win	18 – 4
New Canaan Boys	Lacrosse	5/10	Fairfield Prep	Win	12 – 8
New Canaan Boys	Lacrosse	5/13	Brien McMahon	Win	18 – 2
New Canaan Boys	Tennis	5/7	Westhill	Win	5 – 2
New Canaan Boys	Tennis	5/8	St. Joseph	Win	7 – 0
New Canaan Boys	Tennis	5/12	Trumbull	Win	6 – 1
New Canaan Boys	Volleyball	5/8	Fairfield Warde	Win	3 – 0
New Canaan Boys	Volleyball	5/12	Ridgefield	Win	3 – 0
New Canaan Girls	Lacrosse	5/8	Greenwich	Win	19 – 7
New Canaan Girls	Lacrosse	5/10	Ward Melville	Win	10 – 3
New Canaan Girls	Lacrosse	5/13	Brien McMahon	Win	17 – 2
New Canaan Girls	Softball	5/7	Darien	Win	2 – 0
New Canaan Girls	Softball	5/12	Bridgeport Central	Win	16 – 2
New Canaan Girls	Softball	5/13	Westhill	Win	14 – 1
St. Lukes Girls	Lacrosse	5/7	Kingswood Oxford	Win	20 – 7
St. Lukes Girls	Lacrosse	5/9	Gunnery	Win	13 – 9
St. Lukes Girls	Softball	5/7	Canterbury	Win	7 – 6
St. Lukes Girls	Softball	5/10	Millbrook	Win	11 – 1
St. Lukes Girls	Tennis	5/7	Greenwich Country Day	Win	4 – 3
St. Lukes Boys	Baseball	5/7	Greenwich Country Day	Win	16 – 5
St. Lukes Boys	Baseball	5/8	Greenwich Country Day	Win	5 – 4
St. Lukes Boys	Tennis	5/8	Greenwich Country Day	Loss	1 – 6
St. Lukes Boys	Lacrosse	5/7	Kent	Win	13 – 7

This Week in Sports from Christopher DeMuth

Boys Volleyball

The Rams volleyball team continued to shine this week, extending their win streak with two 3-0 victories in conference play.

On May 6, New Canaan hosted Brien McMahon of Norwalk and dominated, winning in straight sets: 25-17, 25-15, 25-14. The Rams controlled the pace of play from start to finish, with strong serves, steady passing, and powerful attacks.

Just two days later, on May 8, the Rams traveled to face the Warde/Ludlowe co-op team and again swept their opponents: 25-11, 27-25, 25-15. The second set was tight, but New Canaan showed resilience and closed it out in extra points before finishing strong in the third.

These two wins bring momentum as the Rams head into the back half of their season with confidence and cohesion. On the following Wednesday, New Canaan would go on to see its first victory against rival Darien in over 9 years.

Girls Softball

New Canaan softball continued their strong season with back-to-back shutout victories.

On May 6, the Rams routed Brien McMahon

17-0 in a five-inning mercy-rule game on the road. They piled up 19 hits and scored runs in nearly every inning, including an eight-run fourth. Pitching and defense were also perfect, holding McMahon to just two hits and no runs.

The following day, the team faced rival Darien in a tighter contest and pulled off a clutch 2-0 win. This time, it was all about the defense and pitching. The Rams’ staff kept Darien off the scoreboard entirely, with solid infield work and disciplined pitching playing a key role.

With two shutouts in two days, the Rams are showing they’re a force in the FCIAC.

Boys Baseball

It was a tale of two games for New Canaan baseball this week.

On May 7, the Rams lost a tough one at home to Darien, falling 3-2 in eight innings. After jumping ahead in the first and tying it up late in the seventh, New Canaan couldn’t quite push through in extras. Despite solid pitching and a clean game defensively, the Rams came up just short.

They responded in a big way on May 10 against Westhill. New Canaan scored early and

often, defeating the Vikings 10-4. Though they were out-hit 13 to 5, the Rams made their contact count and capitalized on key scoring chances in the second, fourth, and fifth innings. A clean game with no errors helped seal the win.

Boys Lacrosse

The boys lacrosse team continued its strong run with two more strong wins.

On May 8, the Rams dominated Greenwich 18-4 in a road conference game. New Canaan’s attack was relentless, pouring on the goals and keeping pressure on the Cardinals from the opening whistle.

On May 10, the Rams returned home to face powerhouse Fairfield Prep. In a more balanced matchup, New Canaan emerged with a 12-8 victory. The team showed patience on offense and discipline on defense, weathering a late push from Prep and staying in control throughout.

With these wins, the Rams remain among the top lacrosse teams in the state.

Boys Track & Field

On May 7, New Canaan boys track delivered dominant performances in two local matchups.

The team defeated Harding 113–36 and then followed with a solid 91–59 win over Wilton. From sprints to relays to field events, the Rams showed strength across all 18 events, a strong point of the New Canaan program from the sheer size of the team.

From May 8 to 10, the boys competed at the Glenn D. Loucks Games, a regional invitational meet drawing top schools from across the Northeast. New Canaan scored 6 points, placing 38th overall out of more than 60 teams. It was a strong showing against elite competition.

Girls Track & Field

The girls varsity track team also had a big week. On May 7, they dominated Harding 125–16 and narrowly fell to Wilton 75.5–70.5 in a close contest. The team scored in nearly every event, showing their talent and teamwork.

Over the weekend, the girls traveled to the Loucks Games and came away with an impressive 7th-place finish. They scored 17 points and finished ahead of several powerhouse programs from New York, New Jersey, and beyond.

Stewards of the Soil

A town rests upon habits—repeated, rooted, ordinary. Among these is the modest but profound ritual of local exchange: not just of goods, but of trust. On Saturday mornings in New Canaan, this ritual takes place not in marble halls or digital forums, but in a sunlit parking lot adorned with produce tents and chalkboard menus. Here, amid baskets of beets and loaves of sourdough, the New Canaan Farmers Market enacts a vision of democratic life that is more durable than much that is debated under the Capitol dome.

To say that the market is special is not to traffic in nostalgia. It is to observe the persistence of a form of commerce that is inseparable from civic character. For what distinguishes this market is not its aesthetic charm, though it has that, nor its artisanal bounty, though it has that too. What makes the New Canaan Farmers Market exceptional is that it answers—consistently, unpretentiously—a foundational civic question: how shall people live together?

The answer it offers is neither abstract nor ideological. It is locational. Here, in this specific place, a particular group of neighbors sustains a small economy not by compulsion or subsidy but by habit and affection. The baker knows the farmer. The cheesemaker buys the herbs grown two stalls away. The tomato is not anonymous. This is commerce with memory. And memory, as any student of history knows, is the mortar of democratic life.

The New Canaan market is not a quaint add-on to modern life. It is a counterweight to it. In an era of algorithmic anonymity, it restores the face-to-face. In an economy optimized for speed and scale, it reintroduces friction and proportion. And in a culture addicted to the frictionless virtual, it asserts the indispensability of the tangible. To buy one’s greens from the person who grew them is not merely charming—it is an act of participatory order.

Localism is sometimes derided as small-minded or parochial, as though knowing one’s neighbor were somehow a defect. But the virtue of the New Canaan market lies precisely in its scale. It does not pretend to feed the world. It endeavors only to feed its own—and in doing so, models a form of modest sufficiency that may, in the end, prove more sustainable than any global scheme. The tomato from California may travel well, but it does not arrive with a name. The one grown twenty miles away does.

It is no accident that the market flourishes in a town like New Canaan—a place where civic institutions still matter and where local newspapers are still read. For the same instincts that lead a citizen to subscribe to the hometown paper also lead her to buy her eggs from a local farm: the recognition that community is not conjured by technology, but composed by practice.

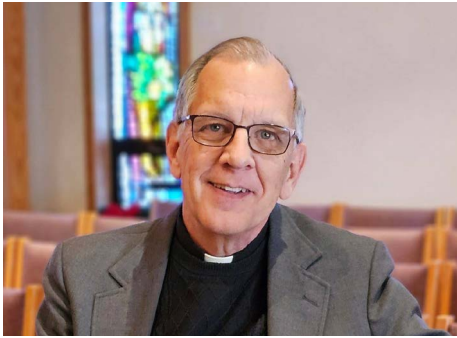
The danger, of course, is that such places are too easily taken for granted. One need only glance at national food statistics to see how fragile local agriculture has become. When a state imports 96 percent of what it consumes, it flirts with a dependency unworthy of a self-governing people. The New Canaan market is not merely a weekend diversion; it is an exercise in democratic resilience.

“Eternal vigilance is the price of liberty,” Wendell Phillips warned in another context, but the principle endures. The vigilance required to maintain freedom need not always be martial or monumental. Sometimes, it is a matter of remembering to walk, on a Saturday morning, to a parking lot where the lettuce still carries the scent of the soil from which it came. And to pay a little more, not out of indulgence, but out of principle.

For here, in the exchange of dollars for vegetables, of recipes for handshakes, lies the essence of the American experiment: that self-government begins not in Washington but in places like New Canaan, where neighbors still believe that how we eat is, in fact, how we live.

Editorial Page

It’s a new day for St. Michael’s



Fresh off the sale of their historic church property to the New Canaan Museum & Historical Society, St. Michael’s Lutheran Church welcomes Pastor Mark Grorud. "I am very excited to be a part of the ministry at St. Michael's in New Canaan. With its new connection to the New Canaan Museum & Historical Society, this congregation has an incredibly bright future."

Pastor Grorud was born in northern Minnesota and grew up in Montana and Idaho. He graduated from Dana

College in Blair, Nebraska with degrees in Religion, Music and Humanities. He attended Luther Seminary in St. Paul, Minnesota receiving both a Master of Divinity Degree as well as a Master’s Degree of Theology.

After more than 40 years serving parishes and church-leased ministries in Nebraska, Pastor Grorud and his wife Caryl moved to Wilton, Connecticut to be close to their four grandchildren. Since moving to Connecticut, he has served the New England Synod of the ELCA as a parish consultant, as an Interim Pastor at Prince of Peace Lutheran in Brookfield and at St. John's Lutheran in Stamford. Additionally, Pastor Grorud serves on the Finance and Audit Committee of the New England Synod and as a member of the Board of Directors of the Seafarers International House, a ministry of the ELCA located in New York City.

Pastor Grorud is married to his

college sweetheart, Caryl. She has served as a nurse in a variety of settings, including 23 years as a school nurse.

The Groruds love spending time with their grandchildren and family. They love to travel and see the world. Summer plans include a trip to Tanzania to visit ministries of the Lutheran church there. And, of course, there is Viking football. “Will this be the year?” Pastor asks with a twinkle in his eye, knowing the Giants are the favorites here.

Pastor Grorud’s message to all is “Keep your eye on St. Michael's, and better yet, give us a visit. As Lutherans, we strive to celebrate the grace of God in all we say and do. Grace is forgiving, accepting, and uplifting. You are invited to be a part of that at St. Michael's."

Services are held at 10 a.m. every Sunday, 5 Oenoke Ridge Road, New Canaan.

Congratulations!

We would like to congratulate our son, James, and his whole Fairfield County Homeschooler team for winning Connecticut State Science Olympiad and competing at the national level on May 24, 2025 at University of Nebraska in Lincoln, Nebraska.

Additionally, we would like to reach out to the entire community to support the whole team in their efforts... good luck at nationals!

Thank You,
James and Gosia Smeed
New Canaan

The Art of Deception: Forgeries



Artist Serdar Arat explored the shadowy world of art forgeries, advances in forensic science for detection of fraud, and the cat-and-mouse game between deception and authentication.

By JOHN REESE

On May 7 Turkish-American artist Serdar Arat explored the shadowy world of art forgeries, where masterful deceptions have fooled experts for centuries and continue to plague museums worldwide. “Art fakes and forgeries give us the combined satisfaction of a crime mystery and the profound contemplation of what we expect from art in the first place,” said Arat, an accomplished visual artist and emeritus professor of art at Concordia College-New York, with a career spanning four decades of exhibitions primarily in New York and Istanbul.

The presentation revealed how the art world’s weaknesses – astronomical prices, institutional reputations, and expert egos – create fertile ground for sophisticated deception. Arat demonstrated how forgeries expose major fault lines in the art market while simultaneously offering a unique perspective on authentic art. “When you put a fake next to an authentic Van Gogh, for instance, there’s a new opportunity to appreciate the authentic Van Gogh for what it is,” Arat explained.

Arat outlined three primary methods of authentication: provenance (the history of ownership), expert analysis, and scientific examination. The last of these has become increasingly crucial. He described the 1932 Otto Wacker trial in Germany as a watershed moment – the first major case where scientific evidence, rather than expert opinion, proved decisive in exposing Van Gogh forgeries when a Dutch chemist discovered anachronistic resins in the paint. Today’s authentication landscape is dominated by forensic science. James Martin, described by Arat as “the rock star of the art world’s fake authenticity business,” founded a forensic company later acquired by Sotheby’s to provide in-house authentication. Modern forgers, however, study these detection methods to improve their techniques, creating a perpetual cat-and-mouse game.

The Knoedler Gallery scandal of 2011 illustrated the stakes involved. The prestigious six-story New York gallery, which had supplied major museums including the Metropolitan Museum of Art

for decades, collapsed after selling approximately 40 forged paintings worth \$80 million. The forgeries, purportedly by Jackson Pollock, Willem de Kooning, and Mark Rothko, were actually created by a Chinese artist in Queens who received roughly \$100,000 per painting.

One of the most famous historical cases involved Han van Meegeren, who during World War II sold a forged Vermeer to Nazi leader Hermann Göring. When later charged with treason for selling Dutch cultural treasures to the Nazis, van Meegeren claimed his paintings were forgeries – a defense that required him to prove his guilt as a forger to escape execution for collaboration. He demonstrated his techniques in court, became a national hero for duping the Nazis, but died before completing his prison sentence. Elmyr de Hory represents another celebrated case. This Hungarian-born forger created works in the styles of Picasso, Matisse, and Modigliani, among others, inserting over a thousand forgeries into the art market during his 30-year career. His story was immortalized in Clifford Irving’s biography “Fake!” and Orson Welles’ documentary “F for Fake.”

At The Metropolitan Museum of Art, a scandal involving forged Greek terracotta pieces took approximately 35 years to resolve. The museum acquired what they believed were extraordinary ancient works but eventually had to admit were modern forgeries. The forged pieces were so convincing they had been used as standards to judge other artifacts, essentially creating an entirely fictional ancient civilization.

The extent of forgery in the art world is staggering. “Half the stuff that’s out there in museums, private collections, auction houses, whatever,

Estimates range from 40% to 70% of artwork being inauthentic.

is bogus,” Arat quoted from Thomas Hoving, former director of the Metropolitan Museum of Art. This assessment is repeated by many in the art world, with estimates ranging from 40% to 70% of artwork being inauthentic. Beyond outright forgeries, museums must contend with complex attribution issues. When examining a painting at the National Gallery in London, initially thought to be a fake, experts discovered that about half the painting was original, while the rest was modern forgery. Some forgers were ironically art historians themselves, creating forgeries to prove their own theories about artists’ techniques.

As Arat concluded his presentation, audience members raised questions about artificial intelligence’s impact on forgery detection. He acknowledged that AI is already helping identify suspicious works, citing a Rubens painting at London’s National Gallery that AI flagged with 85% probability of being inauthentic.

The presentation offered a fascinating glimpse into this world where deception and authenticity dance in perpetual tension, leaving viewers to ponder a troubling question: How many masterpieces hanging in the world’s greatest museums might actually be elaborate fakes, waiting for future technology to expose them?

The talk can be viewed by going to the RMA website at <https://greenwichrma.org>, and clicking on “Speakers.”

PLAYING THIS WEEK AT



THE PLAYHOUSE



93 Elm Street
New Canaan

And Join Us in the Pub !

CINEMALAB.COM

for showtimes and tickets



Hosted by
Community Baptist Church
174 Cherry Street | New Canaan, CT
Rev. Gilbert Burgess, Pastor



Pearl Divas of Connecticut
Line Dance Instructors

Join us for an
afternoon of

LINE DANCING

SATURDAY, MAY 31st
3:00 PM – 5:00 PM

TICKETS \$10
cbcnewcanaan.org/events

NO TICKET SALES AT THE DOOR

A portion of the proceeds will benefit Malta House, whose mission is to “promote the dignity of God-given life by providing a nurturing home environment, support services, and independent living skills to pregnant and parenting mothers of all faiths and their children.

LEGAL AD

May 15, 2025

Advertisement for Bids

The Selectmen for the Town of New Canaan, Connecticut, will receive sealed bids for “Waveny Trails, 2025 - South Avenue Entrance to Merritt Parkway”, New Canaan, Connecticut, until 10:00 a.m. Local Time on Thursday, June 5, 2025, at the Department of Public Works Office, 77 Main Street, Town Hall, New Canaan, CT, 06840, at which time and place all bids will be publicly opened and read aloud.

SCOPE OF PROJECT: The Town of New Canaan is accepting bids from qualified bidders to reconstruct the existing walking trail in Waveny Park from the South Avenue Entrance to the Merritt Parkway, as specified below and on the attached plan sheets.

Contract documents are available for review at the Department of Public Works Office, TOWN OF NEW CANAAN, 77 Main Street, Town Hall, New Canaan, CT, 06840,. Copies of the contract documents for the work may be obtained in person during business hours from 7:30 a.m. to noon and from 1:00 p.m. to 3:30 p.m. at the following location: Department of Public Works Office, 77 Main Street, Town Hall, New Canaan, CT, 06840.

Bidders attention is called to the requirements as to the conditions of employment to be observed and to the requirements for commencement and completion of the work.

No bidder may withdraw his bid within 90 days after the actual date of the bid opening. Additionally, the contract documents require the prompt commencement of the work.

The Town reserves the right to reject any and all bids or any part thereof, to waive defects in the same, or to accept any proposal or any part thereof deemed to be in the best interest of the Town of New Canaan, Connecticut. All bidders are requested to note that the award of this Contract is subject to the following conditions and contingencies:

1) The approval of such governmental agencies as may be required by law.

2) The appropriation of adequate funds by the proper agencies.

TIGER MANN

DIRECTOR OF PUBLIC WORKS

TOWN OF NEW CANAAN, CONNECTICUT

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, May 27, 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. 1135 Ponus Ridge – Upon application of Christopher Moran, Brooks & Falotico, Authorized Agent for Claire Salvatore owner(s) for a Special Permit approval pursuant to Section(s) 3.4.1.a, 3.4.1.b and 3.4.C.7 to allow construction of an accessory structure over 1,000 sq. ft. in building coverage and to permit more than 5 garage bays on one property in the 2 Acre Zone at 1135 Ponus Ridge (Map 26, Block 23, Lot 59).

2. Discussion and consideration of the request of David Rucci, Lampert, Toohey & Rucci, LLC to amend the Zoning Regulation dated June 16, 2007, amended December 6, 2024 to amend Section(s) 5.4.C to allow the Planning and Zoning Commission to reduce certain requirements for legally non-conforming lots in order to facilitate redevelopment in the Apartment Zone. Complete copy of the proposed amendment on file in the office of the Town Clerk, the Planning & Zoning Department and on-line: https://cms3.revize.com/revize/canaan/departments/land_use/planning_zoning/p_z_commission_applications_2025.php#revize_document_center_rz11984

3. 14 Richmond Hill Road – Upon application of David Rucci, Lampert, Toohey & Rucci, LLC, Authorized Agent for 14 Richmond Hill, LLC, owner(s) for a Site Plan and Special Permit approval pursuant to Section(s) 8.2 and 5.4.C to allow the nonconforming 4 family to be rebuilt utilizing 15' side yard setbacks and 30% coverage in the APT Zone at 20 Richmond Hill Road (Map K, Block 10, Lot 924).

4. 20 Richmond Hill Road - Upon application of David Rucci, Lampert, Toohey & Rucci, LLC, Authorized Agent for 20 Richmond Hill, LLC, owner(s) for a Site Plan and Special Permit approval pursuant to Section(s) 8.2 and 5.4.C.6 to allow a nonconforming 4 family site to be replaced with a 3 family consisting of 30% coverage and 15' side yard setbacks in the APT Zone at 20 Richmond Hill Road (Map K, Block 10, Lot 93).

Dated: May 15, 2025

New Canaan, Connecticut

Daniel Radman, Chairman

The Annual Abilis Together We Shine Dinner Dance



The 6th annual Together We Shine inclusive dinner dance for Abilis community members was recently held at the First Presbyterian Church in Greenwich and was a huge success!

Serving New Canaan, Darien, Greenwich, Norwalk, Ridgefield, Stamford, Westport and Wilton.

The sixth annual Together We Shine inclusive dinner and dance event, put together by the Abilis Youth Board, Abilis staff and sponsors, including the Junior United Way, was an unforgettable evening of fun, friendship and festivity for the Abilis community. Held Saturday, April 5, at the First Presbyterian Church, the celebration brought together more than a hundred teens and adults with disabilities who are part of the Abilis community and also included local high school students on the Abilis Youth Board and Greenwich Junior United Way, for a night of music, dancing and fun. The Abilis staff and volunteers escorted the guests to the tropics with a festive Hawaiian L 'au theme, complete with a "green carpet" ceremonial entrance (instead of the traditional red carpet).

"We are incredibly proud of our Abilis Youth Board and the community spirit they bring to Together We Shine each year," said Amy Montimurro, CEO and president of Abilis. "This event really reflects the heart of Abilis—celebrating all abilities, building friendships and showing what's possible when a community comes together to lift up one another."

The Abilis Youth board, let by Virginia Blum, raised funds through various activities and events all year round to support this special event. The fundraising allowed for a beautiful venue, an amazing DJ, and a full and delicious dinner. The desserts were made by the teens. These dedicated students support Abilis throughout the year by participating in Abilis activities to raise funds, such as plunging into icy waters in the winter in a

"We are incredibly proud of our Abilis Youth Board and the community spirit they bring to Together We Shine each year," said Amy Montimurro

Polar Bear Plunge, walking and running in the annual Walk/Run for Abilis, holding bake sales and encouraging local businesses to support the organization. These committed young adults see the meaningful outcomes that touch hundreds of Abilis community members' lives, resulting directly from their hard work. They are an amazing example of the incredible teens in our community.

"The joy at Together We Shine was infectious," added Montimurro. "Seeing individuals of all ages and abilities dancing together, smiling and feeling seen and celebrated was amazing—it is what Abilis is all about."

To learn more about Abilis and its programs, services and activities for individuals with disabilities, visit abilis.us.

Abilis is a 501c3 non-profit organization that supports more than 800 individuals with disabilities and their families from birth throughout their lives. Founded in 1951, **Abilis is a leader in providing meaningful support to the community in Fairfield County, Connecticut, in towns including New Canaan, Darien, Greenwich, Norwalk, Ridgefield, Stamford, Westport and Wilton.** The organization has a long-standing reputation for individualized, high-quality care. For more information, visit abilis.us, or follow on Facebook @Abilis, Inc., Instagram @abilis_us or Twitter @Abilis.



The Hawaiian Lū'au theme of Together We Shine, was put together by the Abilis Youth Board and Greenwich Junior United Way, for a night of music, dancing and fun.



Abilis community members danced the night away with local high school students from the Abilis Youth Board and Greenwich Junior United Way at the 6th annual Together We Shine event.

Obituaries

The Sentinel does not charge for obituaries because every life in our community deserves to be honored and remembered without financial barriers. By providing this service at no cost, we ensure that families can share their loved ones' stories freely, preserving their legacies as part of New Canaan's history. To submit an obituary email Caroll@GreenwichSentinel.com

REID IANNAZZO



Reid P. Iannazzo, 71, loving husband of Patricia Iannazzo of Norwalk, died suddenly on May 3, 2025. Born in Norwalk, the son of the late Felix R. and Giselle (Thibedeau) Iannazzo, he was the former owner of Reid's Country Kitchen restaurant in New Canaan for thirty years. Prior to that he worked for his father at The Main Market in New Canaan.

He was a member of The Shore and Country Club. Reid found his greatest joys in cherished cruise vacations with "his girls". His passion for singing led to him being the lead singer in The Silver-Streaks band during the 1970's and 1980's. He was an

avid Providence College sports fan, whether attending PC men's basketball games or watching his daughter play lacrosse. He loved Sunday football and his Yankees.

Reid was a kind and gentle soul. He was a devoted father, husband, brother, son and friend to all who knew him. His infectious smile will be missed by all.

He is survived by his wife, Patricia, daughter, Rachel P. Iannazzo, his beloved dog, Riley, two brothers, Richard and his wife Marcie, and Robert and his girlfriend Kathy, two nephews, Philip and Richard, a niece, Nicole, great-niece, Addison, great-nephew, Brayden, several aunts, uncles and cousins.

His family will receive friends on Friday, May 16, from 4-7 PM at the Magner Funeral Home, 12 Mott Avenue, Norwalk. His Mass of Christian Burial will be held on Saturday at 11 AM at St. Matthew Church, 216 Scribner Avenue, Norwalk. Burial to be held privately.

In lieu of flowers, memorial donations may be made to St. Jude Children's Research Hospital.

GIULIETTA PALLADINO



On Wednesday, May 7, 2025 Giulietta Palladino, age 88, a New Canaan resident for over 70 years, was called to heaven, with her loving and adoring family at her side.

Born in Panni, Italy, she was the daughter of the late Francesco and Maria Bianco. She was predeceased by her loving husband, Domenico. She is survived by her three children, Maria Arduini and her husband Sebastian of New Canaan, Linda Baker and her husband Ken of Milford, Ralph Palladino and his wife Toni of New Canaan.

She is survived by her brother, Michael Bianco. She is also survived by ten loving grandchildren, Michael, Christina, Lauren, Ashley, Elisabeth, Julia, Megan, Dominick B., Domenic P. and Nicole. She is also survived by seven cherished great-grandchildren, Matthew, Luke, Stella, Dylan, Alexander, Liliana, and Carlo. Giulietta was predeceased by her brother Antonio and her sisters, Saveria and Raffaella.

More than anything, Giulietta loved nothing more than spending time with her family. Early in her life, she enjoyed bowling and being a member of the Catholic Daughters of the Americas. She enjoyed sewing, playing cards, bingo and teaching her granddaughters how to make Italian cookies.

A Mass of Christian Burial was held on Tuesday, May 13, at St. Aloysius Church, New Canaan, CT. Entombment followed the mass at Lakeview Cemetery.

A Gathering of Friends and Family took place at the Hoyt Funeral Home, New Canaan, on Monday, May 12.

Our family would like to extend our most profound gratitude to the New Canaan Volunteer Ambulance Corps, New Canaan Police Department, and the entire staff and doctors at Norwalk Hospital 6 East for their kindness, care and compassion.

For online condolences and directions, please visit www.hoytfuneralhome.com

— The Family

COLUMN



By KATE NOONAN

I have a mentor who is wise and kind. She is willing to listen to me kvetch and gently help me reframe whatever in this world is running me around. She reminds me to expect grace. At that suggestion I sometimes balk. In my mind I think, very loudly with an interior eye roll, expect grace, really? Can't you see I expect results, I expect traffic or I expect disappointment.

Julian of Norwich was no stranger to life's hardships. She

was a Christian mystic known for the visions she received from God. She recorded these visions in her book: Revelations of Divine Love. Julian spent much of her life as an anchoress, a person walled off from society in medieval England during the time of the Black Plague. She is best known for the quote "All shall be well, and all shall be well, and all manner of things shall be well." She is also recognized as the first woman to write a book in English.

Julian heard the Divine revelation: all things shall be well after wrestling with God. She, being as human as the rest of us, had expectations and disappointments in life. It is

Expect Grace

Armed with a glimpse into God's unfailing commitment we must recall we are one of many. If we expect grace and no one is exempt from the unmitigated grace of God then we are called to wish grace upon all of our fellow people

commonly believed that while she was given these revelations she questioned the revelations, or showings as she called them. After all, she lived through two episodes of the Black Plague and in her own manner social distanced to survive while the city of Norwich's population was reduced by a quarter. Could it be when she originally received these showings she did whatever version of the eye roll was in fashion in 14th century England? Yet Julian

remained engaged and open to the messages God sent her. She spent 20 more years meditating on her visions eventually writing once again about the experience.

The Revelations Julian received are for all of us. We're all immersed in God's glorious world. Expecting grace and knowing all manner of things shall be well is not only about my attitude in life rather it is a profound insight that I have faith in God's

commitment. This personal insight is an acknowledgment and understanding of God's faithfulness to God's people. It is God who is always present, it is God who is always providing. I am called to see the where and how of God's actions in my life. God's ways are not my ways. My perception often gets caught in the muck of life run by egoic thinking.

Armed with a glimpse into God's unfailing commitment we must recall we are one of many.

If we expect grace then no one is exempt from the unmitigated grace of God. Therefore we are called to wish grace upon all of our fellow people. We must wish the best and highest good for all, our friends, our neighbors, those who are different from us and our enemies. Truly we are all called to serve as the channel of God's grace acting as a vessel or instrument through which God's love, mercy, and blessings are conveyed to others.

Worship Directory and Services

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

Church of Jesus Christ of Latter Day Saints

682 South Avenue 203.966.5849

www.ComeUntoChrist.org

Sunday Service: 12:00 PM

Congregational Church

23 Park Street 203.966.2651

office@godsacre.org

www.godsacre.org

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

Recurring Events:

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

Wednesdays at 9:30 AM: Bible Study

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

First Church of Christ, Scientist

49 Park Street 203.966.0293

christiansciencect.org/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 18 at 11:30 AM: Join an adult forum with Stephanie Dykes. Discussing: reconciling faith and gender.

May 22 from 6:30-8 PM: Open Mic Night. Join an evening to share music and/or poetry. Diverse Expressions Featured Performance by Frank Critelli. Contact nickdepuy@gmail.com for more information.

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 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_XOKDg

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

Sunday School at 10:00am

Worship Service at 11:00am

Live Facebook Broadcast 11:30 am

Upcoming Events:

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

May 31 from 3-5 PM: Join an afternoon of line dancing. Tickets are \$10 and available on the CBC website.

June 14 from 2-6 PM: Friends & Family Picnic. Everyone, members, family, friends, and community are all welcome!

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.

Upcoming Events:

May 15 at 5:30 PM: Join a Lag B'Omer Community BBQ. All are welcome with no charge to attend. Register on Chabad's website.

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>

Promising Silver Technology

By MIMI SANTRY

I recently returned from an Assisted Living Locators Conference in Phoenix, Arizona. As we departed the airport for our hotel, we spotted several unusual-looking Jaguar EV sedans outfitted with sci-fi-like sensors on the roof and exterior. A driverless vehicle—by Waymo! Other travelers casually entered these cars like it was nothing unusual. A quick Google search revealed that over 200 of these vehicles are in operation in the Phoenix area. It felt like we had stepped into a futuristic reality.

Naturally, we decided we had to try it while in town. I might be an eldercare advisor, but I was going to live on the wild side!

Later that evening, we downloaded the Waymo app and called our first driverless ride. It arrived promptly at our hotel, displaying my initials “MS” on the rooftop screen. We fumbled with the recessed door handle until we realized we needed to tap “I’m ready” in the app to unlock the doors.

We climbed into the back seat, giggling nervously, and buckled up—hoping we’d survive the ride to our sushi spot in Old Scottsdale. We pressed the control to start the ride and zoomed off smoothly, clutching the seats like we were on a roller coaster. Seeing an empty driver’s seat was, understandably, unsettling—like a scene from a nightmare—but with some deep breathing, I relaxed and started to enjoy the experience.

The driving was impressively lawful—sticking to the speed limit, stopping at lights, and changing lanes cautiously. The car accelerated more quickly than I expected—those EVs can really move! We zipped along for 15 minutes, arrived safely, hopped out, and high-fived. We’d survived our first driverless ride. We were no longer Waymo virgins. Hurrah!

Over dinner, we talked about technology and how dramatically the world has changed. I reminisced about school days when handouts were carbon copies (origin of the “cc” in emails!) created with typewriters and carbon paper. Typing required strong fingers, and White-Out was essential.

In college, I encountered my first telephone answering machine—its blinking light meant cute boy might have left a message! Only a few lucky students had personal computers, and they were the size of microwaves. I typed my college thesis on a mainframe at Princeton’s Computer Center, and the printed copy took 24–48 hours to appear.

Televisions were bulky, with limited channels. You went to the movies to see new releases—no pre-purchasing tickets, just early arrival and long lines. And we certainly couldn’t have imagined Uber, much less a driverless electric rideshare.

But innovation is now transforming senior living too. With the growing population of adults turning 65, an entire field of “Silver Tech” is emerging. I am very optimistic about the role technology can play in enhancing life for those over 65+, and I’m encouraged by how many of my clients are using it successfully.

I asked some eldercare colleagues which technologies they’ve seen make the biggest impact. Here’s a round-up of promising tools designed to support seniors and their families:

Tendercare

Tendercare is a groundbreaking App for caregivers. The App (www.trytendercare.com) is the brainchild of former Meta-Facebook superstar Shauna Sweeney in response to her own experience as caregiver to her father Mike who has struggled with early onset dementia. The easy-to-use App digitally organizes critical information into a secure vault that can be easily shared and updated. A partnership with Medicare allows current medical records to be downloaded easily. A feature called the Magic Magnet has a scannable code that allows EMTs responding to a crisis to quickly receive critical health information and understand advanced medical directives, allergies, prescriptions, blood type and emergency contacts. If the code is scanned, the designated emergency contact is immediately notified.

Donna Spellman, an early adopter of the App, tells of a recent emergency where Tendercare saved the day. “Two weeks ago, my daughter was out for a run in White Plains and was hit by a car. (Daughter ended up being bruised but OK). We rushed in a panic to the White Plains Emergency Room. I realized that in my hurry that I had left all forms of ID and didn’t have my daughter’s medical insurance information, her blood type, allergies or advanced directives. I realized after a moment of panic that I had everything I needed on my phone in my tendercare vault. I tell everyone I know they should get the App.”

Wearable Devices:

There are now numerous devices that can monitor the user’s vital signs, movement, and location. The Apple and

“With the growing population of adults turning 65, an entire field of ‘Silver Tech’ is emerging. I am very optimistic about the role technology can play in enhancing life for those 65+, and I’m encouraged by how many of my clients are using it successfully.”

Samsung smart watches, for example, can detect falls and contact preprogrammed emergency contacts. For those with health concerns, these devices can detect changes in heart rhythm, blood pressure, oxygen saturation and blood sugar – giving users time to avert a possible diabetic crisis, heart attack or stroke. Julia Loda, Community Relations Director at The Residence at Selleck’s Woods in Darien, loves her Oura ring (<https://www.ouraring.com>) which monitors 20 different biometrics consistently throughout the day and night. She gets info on her vitals, sleep patterns, calorie expenditures, and even indicates when she may be getting sick.

GPS and motion sensors allow these devices to be used to encourage healthy habits and track workouts. For those caring for seniors with cognitive impairment or at risk for a fall, these devices can help track wanderers and help with a quick response in the event of a fall.

Non-Wearable Motion Detection Sensors

Fifty percent of the largest senior communities use sensors and artificial intelligent to detect movement, patterns and better understand the severity of falls. <https://www.safely-you.com> This allows staff to quickly respond and better assess whether a resident requires a trip to the emergency room. The data is also used to pick up patterns which might indicate a clinical change in a resident and allow for a medical intervention.

Jennifer Calderon of Brightview Senior Living shared that their community in Harrison uses this technology in their memory care. “The technology allows us to respond quickly to falls. Our response time to a fall is now almost immediate – just under two minutes. We then carefully review footage to understand what happened, whether the incident requires a trip to the ER, and how to prevent future accidents. If our resident fell because they were bending over to get into a low cabinet, for example, we can reposition their belonging for easier and safer access, preventing future episodes. We love this technology because it allows us



Waymo Driver-less Vehicle in Phoenix

to better care for our residents”

Similar smart technology is also being used in private homes. Many older adults live by themselves and having a discreet sensor that can detect falls and lack of movement enables family members to respond quickly if there is an issue. <https://www.vayyar.com> Vayyar promises to be the “caregiving assistant that never sleeps”.

Phones/tablets specifically designed for those with impairment

There are several communication devices that have been designed assist those with a disability. The Grandpad (<https://www.grandpad.net>) is a simple tablet designed for easy intuitive use for the elderly who might need larger buttons to accommodate vision and manual dexterity problems such as arthritis. The RAZ SmartVision phone (www.raz.com) and the Mag&Read Tablet are designed for individuals who have visual impairments and have cool features such as being able to scan text and read it to the user. For those with hearing loss, talking on a standard phone can be challenging and avoidance can add to isolation. There are a number of providers that offer instant captioning of calls that can really help those

with hearing impairment stay connected (www.sonrenson.com and www.clearcaptions.com).

TV Remote Controls (that can be controlled from afar)

A common issue for older folks is not being able to use the tv remote control without a guide. Adult children are often asked to sprint over to their parent’s home to help them. They assist their parents, return home, only to find out 15 minutes later their parent has pushed the wrong button. Frustration for everyone!!! JubileeTV (<https://www.getjubileetv.com>) was designed to simplify the tv remote. It allows seniors to use simple voice commands while giving family members tools to help from an App on their phone. They can even use the tv to do a video call with their parent.

JubileeTV requires a TV with a HDMI, an internet connection and at least one source device (cable/satellite or streaming player like Roku).

Tracking Tiles:

Smart tiles are devices that allow the user to track important items, so they won’t be lost or stolen. They can be secured to devices such as remotes/car keys or slipped discretely into wallets and purses. They are then paired

with an App in the phone for easy tracking. They will notify a user if an item goes out of range (is stolen/left behind) and then can help track the missing item.

Apple offers Apple Air Tag and Samsung offers the Samsung Smart Tag. Another recommended option that works both with Apple and Android phones is the Tile Pro (<https://www.tile.com>) which boasts a 1-year battery life and a 122 m range.

Coming Soon: While connecting through in the Detroit Airport enroute to Westchester, we spied a very odd sight --- a parade of autonomous wheelchairs navigating through the bustling airport. A sign said these wheelchairs were part of a project called WHILL, being launched by Unifi Aviation. The autonomous wheelchairs are being designed for passengers that can stand or transfer independently but need a little help getting to the gate.

As I boarded my flight, I couldn’t help but hum the theme to The Jetsons. The future really is here—and if we harness it wisely, it has the power to transform life for our aging population in beautiful, meaningful ways.

Mimi Santry is a local senior care and housing advisor with Assisted Living Locators.



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Local Flavor, Familiar Faces: A Day at the New Canaan Farmers Market



Kneads Bakery Café: With hearty loaves of sourdough stacked behind him and muffins neatly lined under glass, the baker at Kneads Bakery Café represents a local success story. Based in Bridgeport but beloved in New Canaan, the bakery is known for using produce from nearby farms—especially Riverbank Farm—and for producing breads and pastries with soul. His booth is a staple at the market, drawing early-morning lineups and loyal customers who know that a good loaf can anchor a weekend.



Each Saturday morning, the air at the New Canaan Farmers Market fills with the sound of guitar chords and soulful vocals thanks to a local musician, who sets up beside his Ford Bronco with a tip bucket and a whole lot of heart. His music adds rhythm to the morning routine—kids dance, neighbors linger longer, and suddenly, buying lettuce feels like a little celebration.



Riverbank Farm: Tucked under a royal blue tent, Riverbank Farm’s table is piled high with organic greens, heirloom radishes, and jewel-toned carrots still dusted with soil. Behind the stand, the team is quick with a smile and even quicker to explain where their food comes from and how it’s grown. One of the longest-running farms at the market, Riverbank is a go-to supplier for fellow vendors, chefs, and home cooks who want real food, grown nearby. Their presence makes the market feel like more than a place to shop—it feels like the start of something good.



Don’t let the name fool you—there’s nothing grumpy about this duo from Norwalk. Chef Kook and his team at Grumpy Dumpling Co. serve up hand-crafted, organic dumplings with smiles, samples, and sizzling pans at the ready. Their 3-minute pan-fry method makes cooking at home feel effortless, and their sauces—like the signature Grumpy Garlic—are favorites among locals. “It’s fast, fresh, and fun,” says a regular. “We don’t leave without a five-pack.”



East Coast Kombucha Company: Bright, bold, and bubbling with local flavor, East Coast Kombucha Company brings gut-healthy fizz to the New Canaan Farmers Market. Based in South Norwalk, the company brews its kombucha in small batches and offers flavors like ginger-lemon and hibiscus that pair perfectly with a hot Saturday morning. Whether you sip it from a can or refill a reusable growler, their stand is where health meets hospitality—served cold and with a smile.

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24 Town Planters



Train Station



Lee Garden



33 Traffic Triangles



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Grant Gregory Sr. Celebrated for Pioneering Role with the National Forest Foundation

By ANNE W. SEMMES

Grant Gregory Sr. was heralded last Friday at the Glen Arbor Golf Club he founded in Bedford Hills, N.Y. for his extraordinary contributions to this country's National Forest Foundation (NFF) that is committed to supporting our National Forests and Grasslands. Gregory addressed the 130 supporters attending from across the country - with one coming as far as Afghanistan, as "Forest service people who care about nature, who care about the 193 million acres established in 154 National Forests."

"We're going to pay a lot more attention to the forest health by aggressively cleaning up the fuel load [living and dead vegetation, litter that can burn], preventing these fires." Grant Gregory, Sr.

The gathering also celebrated the 30th anniversary of the important NFF fundraising Sporting Clays Invitational, happening the following Saturday in Dover Plains, NY. The sport, often referred to as "golf with a shotgun" has teams of four playing 18 holes, shooting at clay targets.

It was 33 years ago that Gregory with his successful business and bank founding prowess was called upon to help create the non-profit NFF to partner with the U. S. Forest Service. Gregory spelled out that fascinating history in his talk, that began from where he was speaking. "Ironically, in some ways the National Forest started not far from here because on the grounds of Glen Arbor, George Washington's troops came for air and to lick their wounds ...And as soon as he got elected first president he brought in as Chief Justice of the Supreme Court John Jay whose farm is next door."

"With Jefferson's arrival," Gregory continued, he made Jay the Secretary of State with instruction, to "get what is now the Louisiana purchase...bought for \$15 million...doubling the western side of the United States." Fast forward to Teddy Roosevelt who as president moved quickly to consolidate and create even more of a National Forest, "with a huge sense of urgency and knowledge with Gifford Pinchot, if not the most educated forester in that time. He studied forestry in Germany, which was much more advanced than ours...the Germans created the idea of farming forests...harvest them and on an annual basis you replant them."

Pinchot and Roosevelt would then "sit down on the floor of the White House" with their Crayola's putting "circles around all the places, where Roosevelt had ever camped, hunted fish, explored what he liked, and they doubled the size of the National Forest overnight...So, thank you Teddy Roosevelt."

Roosevelt would then move the National Forest out of the Department of Interior into the Department of Agriculture, "because they thought they should be farmed, they should be managed and they should follow the multiple use measures that you could hunt, fish," and "if you continually improve by best practices, it's almost like farming...and that was how the National Forest became part of the Agriculture department for continuous improvement."

Fast forward to the administration of George Herbert Walker Bush '41, a friend of Gregory's. "I had done a lot of work with Reagan and knew him and Bush pretty well. So, he summoned me down to the White House. And there was Senator Pete Dominici and President Bush all agitated. And Bush said, 'You've got to do something...those guys in the National Parks department have got this foundation. They're just raking in the money. They've got these corporate sponsors...We're four times bigger than the National Parks... We've got all this land to use, resources, recreation, and we don't have any partners. We don't have enough money to take care of 193 million acres - we've got 35,000 employees in the National Forest. We've got to get private partnerships going here, we need it done yesterday...Say you form a Foundation, and I'll back you.'"

Gregory reached out to his friends including Donald Kendall, chairman of PepsiCo and Ralph Bailey of Conoco, "and his son is here tonight... Then we formed a board of directors, and we got started and that was 1992... So, we started to get rolling." And today, "There's about 950 million visitor days to the National Forest."

But then came that crisis in Glenwood Springs, Colorado where 14 forest workers



W. Grant Gregory Sr. and Forest Service Chief Tom Schultz.
Photo by Anne W. Semmes.



L to R Morgan Gregory, Jan Roosenburg, Reese Gregory, Nina Rumbough, and Grant Gregory.
Photo by Anthony Quinones with Picture This Photography.



L to R Chief Tom Schultz, new President and CEO of the National Forest Foundation Dieter Fenkart-Froeschl, Eric and Julie Keen.
Photo by Anthony Quinones with Picture This Photography.

died in a forest fire, and others with severe burns with no life insurance. "They didn't have healthcare or anything," told Gregory. And Gregory reached out to Foundation supporters. And from that need came the Sporting Clays Invitational fundraiser, 30 years ago. "And Morgan, my son," said Gregory, "jumped on it and helped us get it organized. Stand up, Morgan!"

And now, he continued, "We have an urgent problem...The forest policy in the United States has lost its way... We stopped harvesting trees. Every tree has about a 50-year life...And the first half-life of the tree is when they're the most robust, have the most immunity from disease and or drought. But you also need to harvest them... We haven't been cleaning up the forest on a meticulous basis." At that moment he introduced the new Chief of the Forest Service Tom Schultz.

"He's going to be great. We're going to pay a lot more attention to the forest health by aggressively cleaning up the fuel load [living and dead vegetation, litter that can burn], preventing these fires. But more importantly, being much faster in remediation when there is a fire. You need to start with remediation immediately. We've got to plant a lot of trees, and 193 million acres means we've got our work cut out for us."

Forest Service Chief Schultz confirmed in his talk that "reforestation and recovery post-fire are critical to communities and landscapes that are impacted." Having just visited California "...you can see incredible work that's going on post-fire restoration work, as well as trying to protect some of the communities that hadn't burned." He also noted that in the last four years, "we've burned 3.5 million acres in California alone."

But he added, "We will be building capacity through workforce and partnership realignment. The NFF and the Forest Service are already accomplishing great things together on reforestation." He then queried attendees, "What is the biggest threat to the forest? It's not wildfires, it's not insects and disease, it's the lack of markets. If we don't have markets for forest products, people will convert that land to something that they can get a return on."

Having lived in Montana, he told of "seeing these bumper stickers that said, 'Cows not condos.' And the intent is, the best way to keep lands into conservation is to ranch, to farm and to basically manage those forests for products. If we don't have good markets for forest products, we are going to lose forest systems and they'll be converted to some other use. So, we need those markets."

Gregory ended his talk with, "I think that one of the most important things that I can see now looking at the future of the National Forest, we've got great management, we've got a rededication to multiple use. We have an idea that there's more interest, and there's a spiritual connection to the American people with our Forests. It's this predisposition to animals, to wildlife, to being outdoors. And I think it's more than vitamin D, it's something that makes us healthy."

"As Teddy Roosevelt said," he'd noted, "It's these spiritual cathedrals, 154 national cathedrals where we have a spiritual connection in this country that no other country's ever done, that no one's ever set aside 193 million acres."

Departing guests were then given two Norway spruce tree seedlings, as donated annually by Sam Bridge Nursery over the last 30 years.

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FEATURED OPEN HOUSES				
Get Your Open Houses Into the MLS by Wednesday at Noon for a Listing Here				
Address	Price	Day	Time	Broker
286 Indian Rock Road	\$2,200,000	SAT	12:00-2:00PM	William Raveis
38 Old Rock Lane	\$2,495,000	SAT	1:00-3:00PM	William Raveis
43 Green Meadow Lane	\$1,895,000	SAT & SUN	1:00-4:00PM	William Raveis
29 Down River Road	\$1,698,000	SAT & SUN	1:00-3:00PM	William Pitt Sothebys
2 Mead Street #20	\$2,199,000	SUN	12:00-2:00PM	William Raveis
17 Wardwell Drive	\$5,495,000	SUN	1:00-3:00PM	William Pitt Sothebys

NEW LISTINGS						
Address	List Price	SqFt	Price/SqFt	AC	BR	FB
24 Saint Johns Place #6	\$439,000	720	\$609.72		1	1
60 East Avenue	\$1,199,000	2,352	\$509.78	0.17	3	1
171 Richmond Hill Road	\$1,495,000	2,234	\$669.20	0.20	3	2
1 Maple Street #1	\$1,695,000	2,628	\$644.98		2	2
29 Down River Road	\$1,698,000	3,472	\$489.06	0.34	4	3
43 Green Meadow Lane	\$1,895,000	3,545	\$534.56	1.11	3	2
42 Forest Street #3	\$2,195,000	3,415	\$642.72		3	3
38 Old Rock Lane	\$2,495,000	4,446	\$561.18	2.29	4	3
123 Talmadge Hill Road	\$2,795,000	6,904	\$404.84	2.07	6	6
19 Fawn Lane	\$3,795,000	7,203	\$526.86	2.10	4	4
68 Woods End Road	\$7,750,000	9,049	\$856.45	1.97	6	7

NEW SALES							
Address	Original List	List Price	Sold Price	DOM	BR	FB	Acres
9 Twin Pond Lane	\$2,250,000	\$2,250,000	\$2,650,000	7	4	4	2.00
321 Frogtown Road	\$2,795,000	\$2,795,000	\$2,755,000	203	5	4	2.01
18 Lantern Ridge Road	\$2,895,000	\$2,895,000	\$2,895,000	188	5	4	2.16

The Power of Habit

The Trains Must Run on Time



BY JOHN ENGEL

Ryan Serhant says he won't stop until he's #1 in the world. The real estate agent turned star of the #3 Netflix show, *Selling New York*, says his drive to be the best demands every minute of his day be scheduled and monetized, what he calls the "1,000-minute rule." Pretty intense.

It all began in 1877 when a great musician (Hans von Bülow) said, "If I miss one day of practice, I notice it; if I miss two days, my friends notice it; if I miss three days, the audience notices it."

The idea was studied by Anders Ericsson in 1993, and it was he who first developed the "10,000-hour rule" on structured, goal-oriented effort and the role of deliberate practice in the acquisition of expert performance. The idea was then popularized but oversimplified by Malcolm Gladwell in his 2008 book, *Outliers: The Story of Success*. The Beatles were not great because they practiced 10,000 hours. Steve Jobs needed some luck on his journey to create Apple. Genetics, opportunity, coaching and motivation all play a role.

Now, consider the power of habit. Habit, not raw talent or hours alone, determines success and efficiency; that's the new edge.

Success is a full-time job. It is the exception, not the rule, when someone takes a short-cut, like a lottery winner. Studies show we reach 80% mastery in 2,000 hours but it takes 10,000 hours to

approach 100%. Creativity, even brilliance, misdirected — even with hours of hard work — won't bring success. Creativity lives alongside efficient routines built by habit and improved over time. The trains must run on time. Reliability and predictability still have currency, even if we aren't making shows on Netflix about it.

When I was young, my mother asked me what I wanted in life, and I said I want to be a millionaire. She said that's easy; there's a formula for that — just give up everything else and focus on it. She pointed out several friends of the family, workaholics in a range of professions, and what they had in common besides skill was extraordinary dedication to their jobs and discipline.

weight, being more productive, and achieving success; it's in our ability to develop habits. We don't usually think about habit development when we are analyzing a business or practicing golf but there it is.

A Habit begins with a Cue, which triggers a Routine, resulting in the Reward. The Reward is why a Habit exists. If you can identify the Cue or change the Routine in a small way, you can break a habit and maybe form a better habit. Diagnose your habits; you can change them in whatever ways you want.

The book offers case studies ranging from Pepsodent's success in making teeth-brushing a habit to Starbuck's contributions to our coffee habit. My favorite is how Proctor & Gamble's addition of scent to the failed Febreze formula

sells one house a year. Exceptions exist, but most of us want to work with someone who is a leader, has been a leader, or will be a leader, and that starts with showing up for work every day, all day.

This is supported by NAR's 2023 study of real estate firms, which found, "Among firms surveyed, the median number of part-time sales licensees is **zero**, regardless of firm size."

Second, good Realtors work efficiently. Serhant says that because he earns no salary, he needed a system to be most productive with his time. He developed the "1,000-minute rule" to optimize his daily schedule. Since every day comprises 1,440 minutes (and he only needs 440 for sleep and a personal life), that leaves

Realtors to introduce a house to brokers at the broker open house before releasing the house to the market. Not anymore. And why should they, if the marketing is increasingly directed at buyers? Agents and their customers are now getting the same information from the Internet at the same time. The demise of the broker-tour, the ascendance of Internet portals like Zillow, and challenges to the two-broker paradigm are all habit-breaking (and habit-forming), and controversial.

A Cue (starting the workday) leads to a Routine (checking emails) and a Reward (feeling organized). Adjustment of the loop could prioritize more impactful tasks such as client outreach. "Keystone habits" are those that trigger positive changes in other areas. For Realtors, consistent follow-up with clients can lead to improved relationships, increased referrals, and ultimately, more sales.

Breaking the Routine requires willpower, a muscle that can be strengthened over time. Since Realtors face unpredictable situations, building willpower can help us in maintaining focus and resilience during tough negotiations or market downturns. We draw upon our past experiences to build up willpower, and we rely on the agents around us for strength. It's a big reason for the popularity of teams in the real estate industry.

Building systems that reduce decision fatigue is key. As we mature, we put people, systems, and processes around us, leaving us to do the things that only we can do.

Most of us won't live by a 1,000-minute schedule. But knowing your priorities helps you spot wasted time — and small adjustments in habits make a big difference. Whether it's skipping a late-night snack or making one more client call, the right habits lead to better business. Maybe the first step is more and better client outreach to 1. Find, 2. Keep, and 3. Do business.

Track your next 1,000 minutes. What would you do differently tomorrow?

John Engel has been developing habits since 2008 as a Realtor, now with The Engel Team at Douglas Elliman. Most of his habits he picked up from his mother, Susan Engel, a Realtor who originally learned good habits with Mabel Lamb and then Brotherhood & Higley. John is looking at the rowing machine in the corner, thinking about making a habit.

“A Habit begins with a Cue, which triggers a Routine, resulting in the Reward. The Reward is why a Habit exists.”

But she warned me what her father warned her, "Be careful what you wish for." It sometimes comes at great cost. I've learned that what I wish for keeps changing.

Cut to the New York Times Bestseller, *The Power of Habit, Why We Do What We Do in Life*, by Charles Duhigg. It's not a business book, although that's where you'll find it. It's more a reflection on human nature and its potential. Rated 4.6 with half-a-million ratings on Goodreads, the book offers the key to exercising regularly, losing

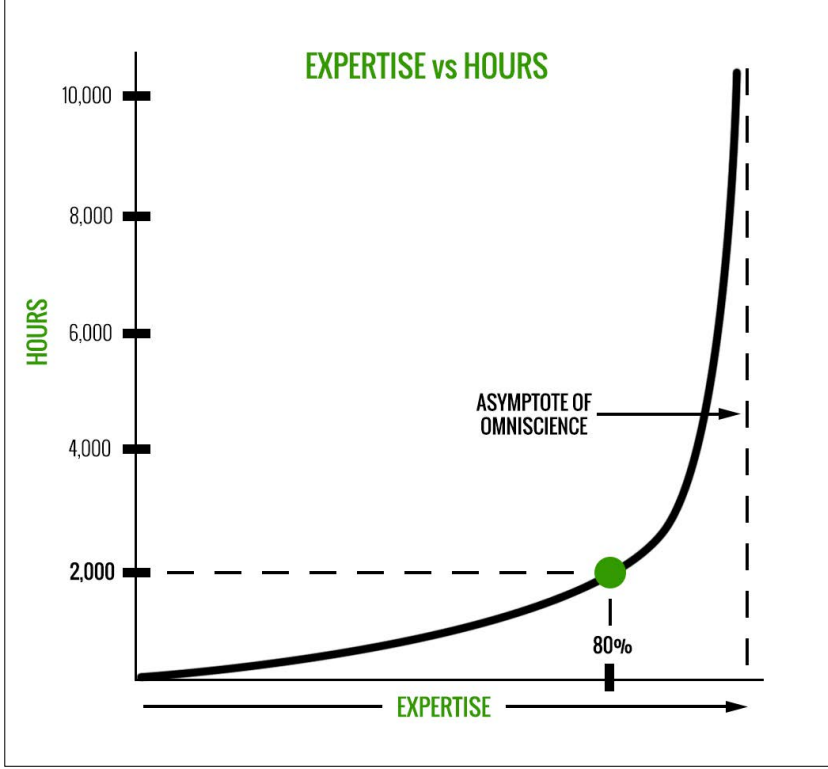
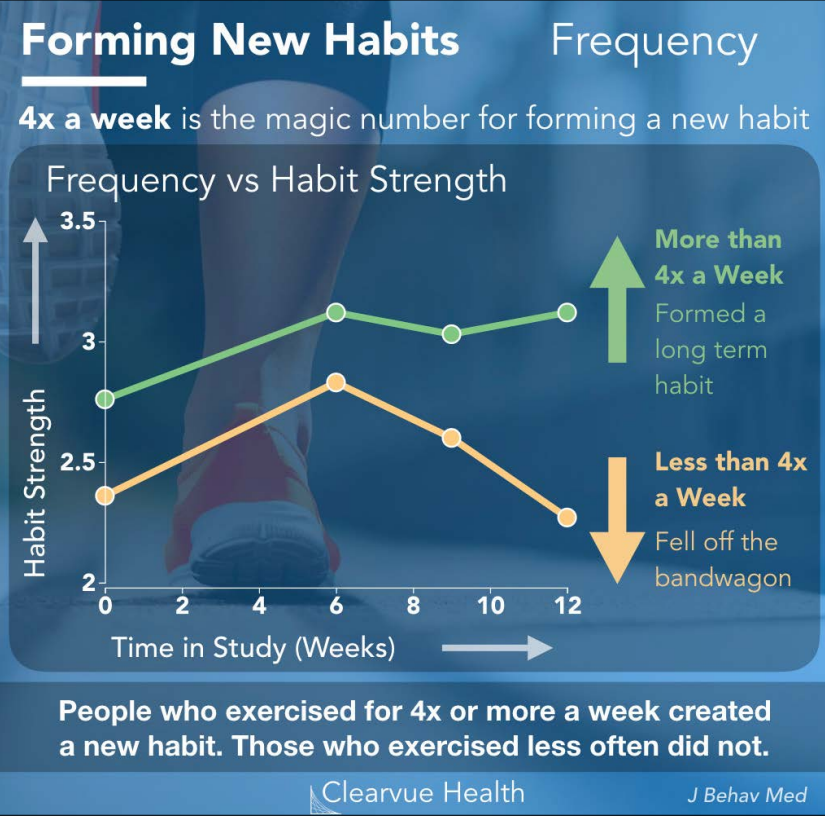
birthed new habits and a billion-dollar industry.

Let's consider habits insofar as they relate to realtors and the business of real estate.

First, like Ryan Serhant says, to be successful in this business, you must do it full-time. I'm sorry to all the part-timers reading this, but the expectations of our clients are not only that we know the market and the law, but that we interact with our fellow agents daily, getting better at understanding and predicting and negotiating all the time. Nobody wants to work with someone who

him 1,000 minutes divided neatly into 15-minute increments that align with his overarching goals (1. Find, 2. Keep, and 3. Do Business), allowing for focused and efficient work throughout the day. Time-wasters are "stealing" our time, our most valuable commodity. Serhant says rather than being a prisoner to his schedule, he says it lets him feel "free" and not stuck in time-wasting activities.

Third, industry habits are being challenged. Tuesdays and Thursdays were open house days. It has long been a habit of



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

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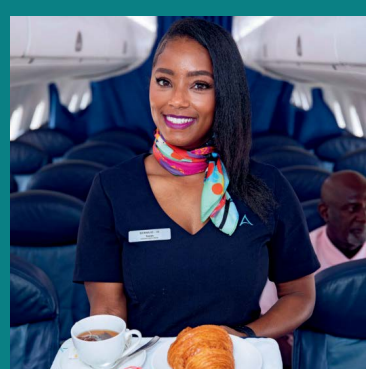
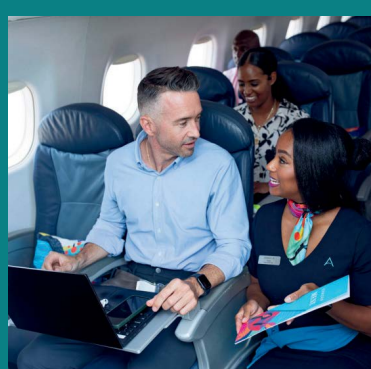
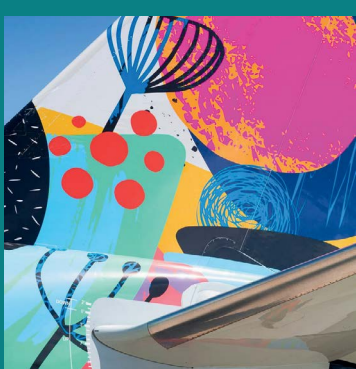


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Your Island Escape Awaits.



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

<div> <div>TOWN MEETINGS</div> <div> </div> </div>
<div> <div>Monday, May 19</div> <div> <div>Inland Wetlands Commission</div> <div>7-8 p.m., Town Hall Meeting Room</div> </div> </div>
<div> <div>Tuesday, May 20</div> <div> <div>Board of Selectmen</div> <div>8:30-10 a.m., Town Hall Meeting Room & via Zoom</div> </div> <div> <div>EMS Commission</div> <div>6-7 p.m., NCEMS Headquarters</div> </div> </div>
<div> <div>Wednesday, May 21</div> <div> <div>Housing Authority</div> <div>5:30-6:30 p.m., Town Hall</div> </div> <div> <div>Police Commission</div> <div>6-7 p.m., Town Hall</div> </div> <div> <div>Town Council</div> <div>7-8 p.m., via Zoom</div> </div> </div>
<div> <div>Thursday, May 22</div> <div> <div>Police Department Building Committee</div> <div>8-9 a.m., Town Hall</div> </div> </div>

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 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://newcanaancares.org/new-canaan-cares-home-tour/>.

Movie Friday
12 PM at the Lapham Center
Go watch Burren Girl. A Minnesota woman searches for the place and people her immigrant grandmother left behind. Run time: 57 m. Call (203) 594-3620 to register.

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>.

Calendar of Events for Your Fridge

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 Chamber Music Children’s Concert
3-4 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
A special listen and learn children's concert. Andy Armstrong will lead talented music conservatory students in a performance of excerpts from Vivaldi's "The Four Seasons" and share his insights into the sights and sounds of each season from murmuring streams and birdsong to thunderstorms and hunting horns. Tickets are available at <https://newcanaanchambermusic.org/concert/may-18th-2025/>.

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/>.

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. 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. Call (203) 594-3620 to register.

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.

Family and Friends Game Night
5-7 PM at the Lapham Center
All are welcome. Play a variety of family friendly games: Rummikub, Bananagrams, Ticket to Ride, Scrabble, Uno, card games and more. Bring your favorite game and teach others how to play. No screens - come hang out with your family and friends. Call (203) 594-3620 to register. The cost is \$20 per family.

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>.

Billiards for Everyone with Mike Bacon
2-4 PM at the Lapham Center
If you’re looking to have some fun, learn to play pool, or just play a game, join Mike.

Ann Leary Discusses "I’ve Tried Being Nice"
6:30 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Join an evening with New York Times bestselling author and humorist Ann Leary in conversation with Ellen Sullivan Crovatto. They discuss the literary feast of wisdom in her book I've Tried Being Nice, told from the perspective of a recovering people pleaser. Register at <https://shorturl.at/Hdwiu>.

Creating a Compelling College Application this Summer
7-8 PM via Zoom
This Zoom presentation is offered to help high school juniors and their parents understand how to use the upcoming summer productively to create a compelling college application. For more information and to register, visit <https://shorturl.at/R2uW9>.

May 22
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 23
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.

Breakfast BINGO
10 AM at the Lapham Center
Calling all Bingo players to join Aggie, Kathy and Steph for breakfast goodies, beverages, Bingo and spring-themed prizes. \$10/person. Call (203) 594-3620 to register.

SAVE THE DATE

May 24
VFW Seeks Volunteers and Donations for Flag Placing
8 AM at Lakeview Cemetery, lower Veterans’ section M
Volunteers are wanted to assist VFW Post 653 to place flags at the graves of fallen soldiers in their honor for Memorial Day. All are welcome to participate. Refreshments will be served. For more information, contact NewCanaanVFW@gmail.com.

Plant Clinic with UCONN Master Gardeners
10 AM- 12:30 PM at Outside the front of the New Canaan Library
Do you need help with plant identification? Insect Damage and disease diagnosis? Plant suggestions? Vegetable growing advice? Invasives management? UCONN Master Gardeners of Lower Fairfield are standing by to solve your garden issue in this weekly plant clinic.

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. 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. Call (203) 594-3620 to register.

May 27
Nantucket Looms: A Legacy of Style, Author Talk & Pop-up Shop
11 AM- 3 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
The library will host a conversation with Nantucket Looms Owner, Liz Winship and her daughter Bess Clarke the current CEO/ President and book author Linda Jane Holden to discuss their legacy of stunning artistry. For more information and to register, visit <https://shorturl.at/6jErQ>.

May 28
Billiards for Everyone with Mike Bacon
2-4 PM at the Lapham Center
If you’re looking to have some fun, learn to play pool, or just play a game, join Mike.

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 29
Publisher’s Book Buzz Wine & Cheese Reception
6 PM at the New Canaan Library, Anderson Terrace
Join for an evening of wine & cheese, prizes and exciting book talk from the representatives of the big 5 - Simon & Schuster, Penguin Random House, McMillan, Hachette and Norton and more. A great night of fun for book groups, book lovers, family & friends. Get your TBR pile ready for more juicy summer (and some fall) reads. RSVP at <https://shorturl.at/oEVv2>.

May 30
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.

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/>.

CONTINUED

Why Coloring Mandalas Benefits People of All Ages

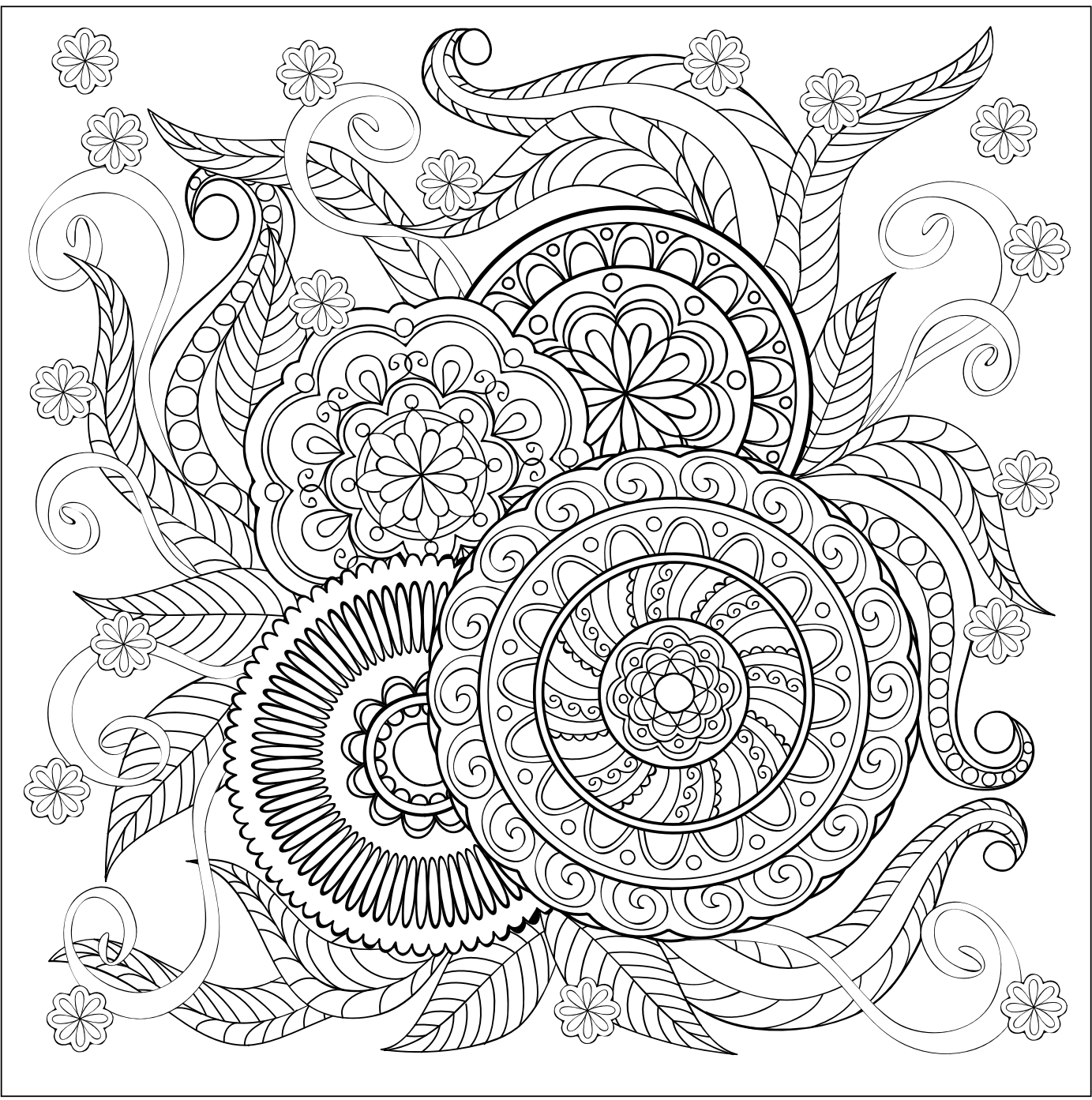
Coloring mandalas offers psychological and emotional benefits that extend across all age groups, from young children to older adults. Rooted in centuries of spiritual and artistic tradition, mandalas—geometric designs often arranged in concentric circles—provide a structured yet creative outlet that promotes focus, calm, and self-expression.

For children, coloring mandalas can improve fine motor skills, boost concentration, and encourage patience. The symmetry and repetitive patterns help develop spatial awareness and early mathematical thinking. Mandalas also offer a gentle, nonverbal way for children to process emotions and settle into a focused, meditative state.

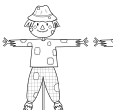

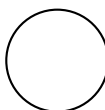
Adults and teens often find mandala coloring to be a powerful stress-relief tool. According to research published in *Art Therapy: Journal of the American Art Therapy Association*, structured coloring—particularly of mandalas—can significantly reduce anxiety levels. The predictable shapes guide attention away from intrusive thoughts and toward the present moment, creating a mindful experience similar to meditation.



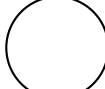
For older adults, coloring mandalas may support cognitive function by engaging visual processing, hand-eye coordination, and memory recall. The creative process fosters a sense of accomplishment and emotional wellbeing, and group coloring sessions can reduce feelings of isolation.



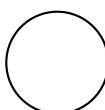
Regardless of age, the act of coloring a mandala provides a rare intersection of structure and freedom.


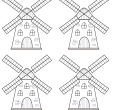
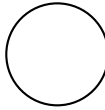


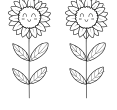
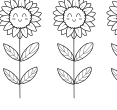
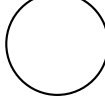
FARM ADDITION



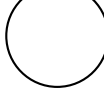
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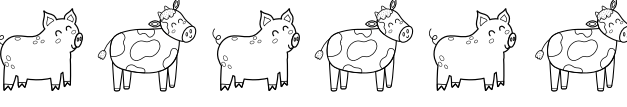
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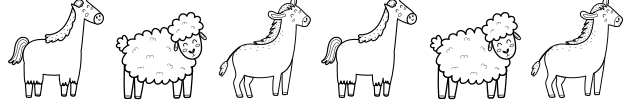
ON THE FARM

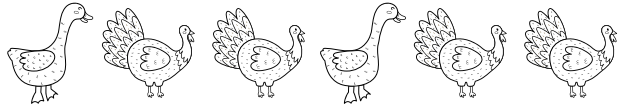

DOT to DOT



TRACE AND COLOR

WHAT COMES NEXT?

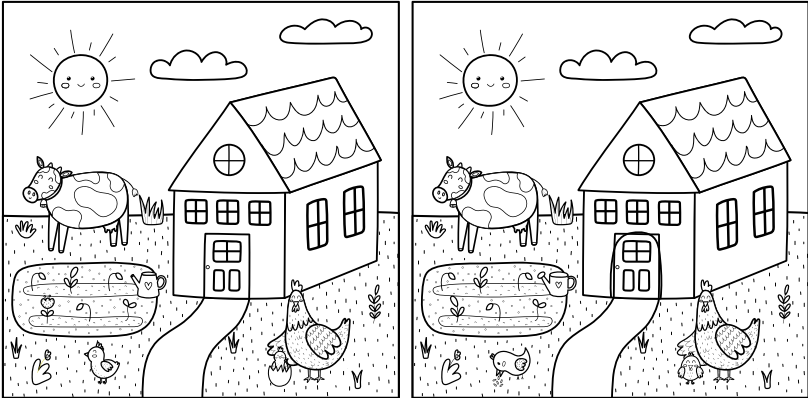
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FIND 5 DIFFERENCES



ON THE FARM



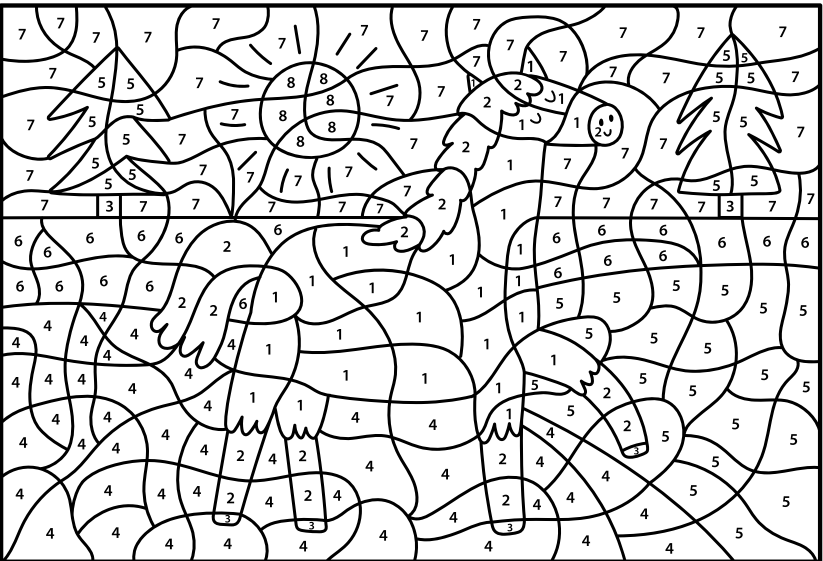

DOT to DOT

HOW MANY?



- 1 - brown
- 2 - orange
- 3 - dark brown
- 4 - green
- 5 - dark green
- 6 - light green
- 7 - light blue
- 8 - yellow



Universal Crossword

Edited by David Steinberg

ACROSS

- 1 Exclude
5 Cheer squad?
9 Microwave's "Done!"
13 Route
14 Drink brand with a wintry logo
15 Pale purple
16 Ending for "teen"
17 Fashion journalist Garcia
18 Spot seller
19 Valuable designation for a collector
22 Zoning unit
23 How many '00s mixtapes were stored
24 Prepare to order a drink
32 One-named Irish singer
33 Negative conjunction
34 Not just punctual
35 Boxer Nico ____ Walsh
36 Requirement when buying booze
39 Outdated
40 North Pole resident
42 Write
43 ____ gras (duck delicacy)
44 Balancing daredevil
48 Printer paper unit
49 "____ we there yet?"

- 50 Creature comforts? ... and a hint to the words that bookend 19-, 24- and 44-Across
57 Indifferent
58 Main point
59 "Ah, gotcha"
60 Drink with a pumpkin spice variety
61 Water, for a Super Soaker
62 Gluttony and greed
63 Great Basin indigenous group
64 Fiefdom laborer
65 ____ it out (settle a beef)
DOWN
1 Libra's birthstone, often
2 Travelers to Bethlehem
3 Romantic duo, in a tabloid
4 ____ in Manila (iconic 1975 boxing match)
5 Optimize with small adjustments
6 LSD
7 Hawaiian goose found in "pine needles"
8 Personal watercraft brand
9 "I wouldn't do that"
10 French bread?
11 All tied up
12 Liveliness

- 15 Paired
20 North Pole product
21 Football turnover: Abbr.
24 Godzilla, for example
25 Zhou in Chinese history (A-LINE anagram)
26 Being deceitful
27 '90s collectible disk
28 Von ____ ("The Sound of Music" surname)
29 Small stream
30 Nickname that sounds like a passageway
31 Winona of "Stranger Things"
36 Library penalty
37 Director Spike

- 38 Needing
41 Pushes forcefully
43 Dutch dialect spoken in Belgium
45 U.K. military flyers
46 High-end watches featuring a Greek letter
47 Singer Grande, familiarly
50 Fence component
51 ____ Modern (London museum)
52 It's worth two nickels
53 Whispery video genre, for short
54 Himalayas' home
55 Camera part
56 Group hangout, slangily
57 ____-ray disc

PREVIOUS PUZZLE ANSWER

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

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www.upuzzles.com

Family Time Crossword
The (K) Clues Are for Kids

Created by Timothy E. Parke

ACROSS

1. Amount that you can barely see
5. Mercedes-Benz model, 2010-2015
8. (K) Lose traction and fishtail
12. Scottish family
13. (K) Handle that overgrown lawn
14. (K) General's assistant
15. How you may try to get a word in
17. (K) Dog biter
18. (K) Greeted for the first time
19. (K) Animated version of you in a video game
21. (K) Shine maker
24. Road covering
25. WWII marine vessel
26. Early, in Old English
30. (K) Color on the flags of the USA and Mexico
31. "Neither" go-with
32. (K) Needing a day in bed
33. (K) Thing you can raise on your face

36. Lively ballroom dance
38. (K) Best way to gain weight
39. (K) You'll find two goalies in it
40. (K) Monkey's desire
43. (K) Shared between you and me
44. "Not never but hardly ____"
45. (K) One working on a payback plan
50. (K) Like teams at the start of overtime
51. (K) Any young boy in a 12-Across
52. Pilot's major test
53. (K) Puts 7 and 12 together
54. (K) "... ____ he drove out of sight"
55. (K) Pillowy
DOWN
1. (K) Part of a winter storm, at times
2. (K) Way, way, way past mature

3. (K) Game in which you could be "It"
4. Cause for fatigue and a lack of vitality
5. Person making horseshoes with an anvil
6. (K) ____ Angeles
7. (K) Nice layer for a cool day
8. (K) Hunting excursion in Africa
9. (K) Garb for a dude playing bagpipes
10. (K) Thing many people say they thought of first
11. "Sweetheart" alternative
16. (K) One direction in which to travel
20. Large tub
21. (K) 100% contaminant-free
22. Follow commands perfectly
23. Rich supply in a deep, dark mine
26. Acknowledge "Bravo!"
27. (K) Cereal go-with

28. (K) "So what ____ is in that box?"
29. Wipe out a dragon like the knights of yore
31. Newsworthy and significant
34. (K) Many are combed regularly
35. (K) Prepared to slide into third base
36. (K) Like the taste of gooseberries
37. (K) Direction you started with?
39. Moving swarm
40. (K) App version almost ready for widespread distribution
41. Wild and crazy, as a fan
42. (K) Absolutely require
46. (K) Good thing to have on your little boat
47. Try to win over with flowers, say
48. (K) Helper looking up to Santa
49. (K) Really decay

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

Take the bait?

Look for the answer in next week's paper.

PREVIOUS PUZZLE ANSWER

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

Previous riddle answer:

Riot with no end?
14-Across) RIO

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

9/13

It's a Zoo Out There by Tomas Spiers

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

Horoscopes for Next Week

As Taurus season concludes and Gemini season begins on May 20, 2025, the week of May 15-22 brings a dynamic shift from introspection to curiosity and adaptability. Key planetary events include the Sun-Uranus conjunction on May 17, introducing unexpected changes, and the Venus-Mars trine on May 22, enhancing confidence in relationships and creative pursuits.

Aries (March 21 - April 19)

The Sun-Uranus conjunction on May 17 may prompt sudden shifts in financial matters. Embrace flexibility and be prepared to adapt to new circumstances. The Venus-Mars trine on May 22 boosts your charisma, making it an opportune time to pursue creative projects or deepen romantic connections.

Taurus (April 20 - May 20)

As your season concludes, the Sun-Uranus conjunction on May 17 encourages you to break free from routine and explore new perspectives. The Venus-Mars trine on May 22 enhances your communication skills, facilitating meaningful conversations in personal and professional relationships.

Gemini (May 21 - June 20)

With the Sun entering your sign on May 20, your energy and enthusiasm increase. The Venus-Mars trine on May 22 supports collaborative efforts, making it an ideal time to initiate group projects or social events. Stay open to unexpected opportunities that align with your goals.

Cancer (June 21 - July 22)

The Sun-Uranus conjunction on May 17 may bring surprises in your social circle. Embrace these changes as opportunities for growth. The Venus-Mars trine on May 22 encourages you to focus on self-care and personal development, enhancing your overall well-being.

Leo (July 23 - August 22)

Professional advancements are highlighted this week. The Sun-Uranus conjunction on May 17 may introduce unexpected changes in your career path. The Venus-Mars trine on May 22 boosts your leadership abilities, making it a favorable time to take initiative and showcase your talents.

Virgo (August 23 - September 22)

The Sun-Uranus conjunction on May 17 encourages you to expand your horizons through learning or travel. The Venus-Mars trine on May 22 enhances your ability to connect with others, making it an excellent time for networking and forming new partnerships.

Libra (September 23 - October 22)

Financial matters come into focus this week. The Sun-Uranus conjunction on May 17 may bring unexpected expenses or changes in income. The Venus-Mars trine on May 22 supports collaborative financial planning, making it a good time to discuss joint investments or budgets.

Scorpio (October 23 - November 21)

Relationships take center stage as the Sun-Uranus conjunction on May 17 may introduce sudden changes in partnerships. The Venus-Mars trine on May 22 enhances your ability to communicate your needs effectively, fostering deeper connections.

Sagittarius (November 22 - December 21)

Focus on health and daily routines this week. The Sun-Uranus conjunction on May 17 may prompt you to adopt new habits or wellness practices. The Venus-Mars trine on May 22 supports teamwork, making it an ideal time to collaborate on projects or community initiatives.

Capricorn (December 22 - January 19)

Creative pursuits are favored as the Sun-Uranus conjunction on May 17 may inspire innovative ideas. The Venus-Mars trine on May 22 enhances your confidence, encouraging you to share your talents and take calculated risks in personal or professional endeavors.

Aquarius (January 20 - February 18)

Home and family matters are highlighted this week. The Sun-Uranus conjunction on May 17 may bring unexpected changes in your domestic life. The Venus-Mars trine on May 22 supports open communication, making it a good time to address any underlying issues and strengthen familial bonds.

Pisces (February 19 - March 20)

Communication is key this week. The Sun-Uranus conjunction on May 17 may lead to surprising news or shifts in your immediate environment. The Venus-Mars trine on May 22 enhances your persuasive abilities, making it an opportune time for negotiations or important discussions.

7 LITTLE WORDS

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

CLUES

- 1 oven in which naan is baked (7) _____
2 joist (9) _____
3 fourth-down plays, often (5) _____
4 musical toy (5) _____
5 fashion designer Westwood (8) _____
6 bruiser (7) _____
7 personal burdens (9) _____

SOLUTIONS

TS

TA

VI

SSB

TO

UGH

VIE

OR

PS

KA

NDO

DS

IE

ZOO

EAM

HAR

CRO

NNE

PUN

HI

Previous Answers: CABINETRY 2. TINTING 3. BENTO



4. ASTERISK 5. PERSNICKETY 6. KANGA 7. REPEATABLE 9/18

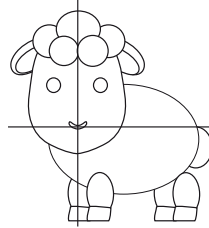
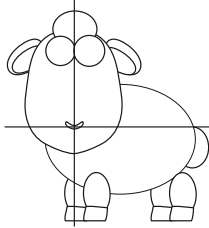
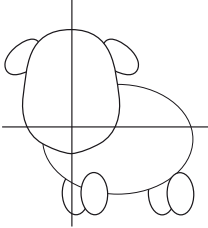
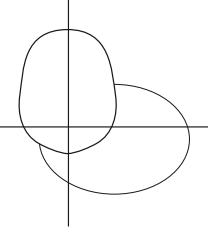
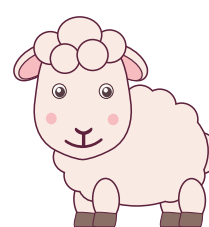
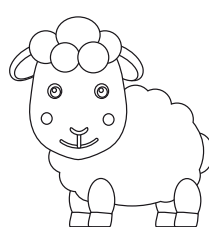
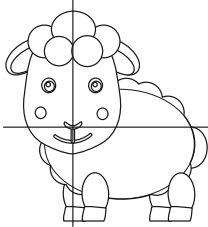
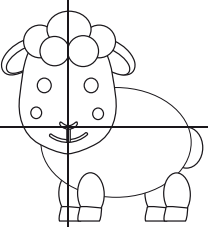
The answers to this week's puzzles can be found in next week's issue.



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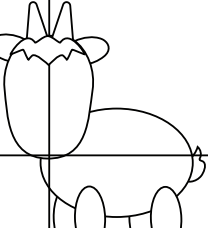
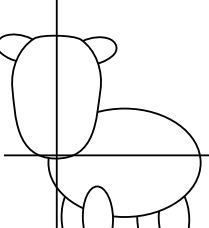
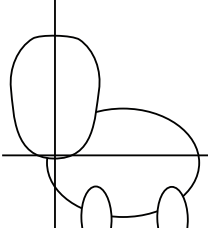
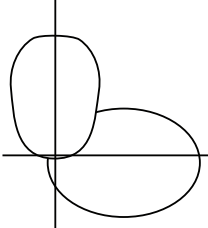
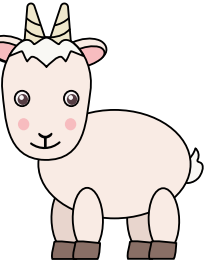
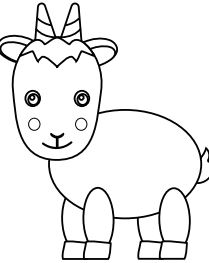
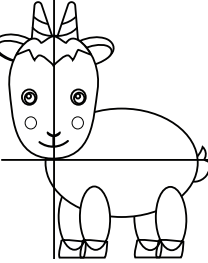
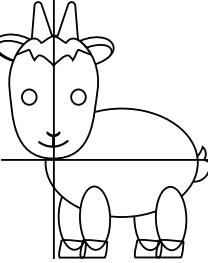
How To Draw Many Ways: step by step



 Drawing lesson 


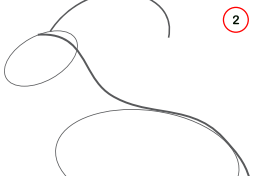
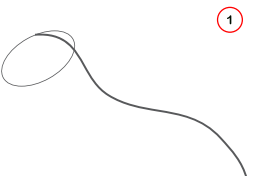






 How to Draw a Sheep 

 Drawing lesson 

 How to Draw a Goat 

How To Draw Goat: step by step

Sudoku for Kids

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

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

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

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

SUDOKU

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

Easy

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

Hard

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

Very Hard

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

Easy

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

Hard

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

Very Hard

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

Sudoku answers

Top row – Easy

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

Top row – Hard

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

Top row – Very Hard

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

Bottom row – Easy

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

Bottom row – Hard

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

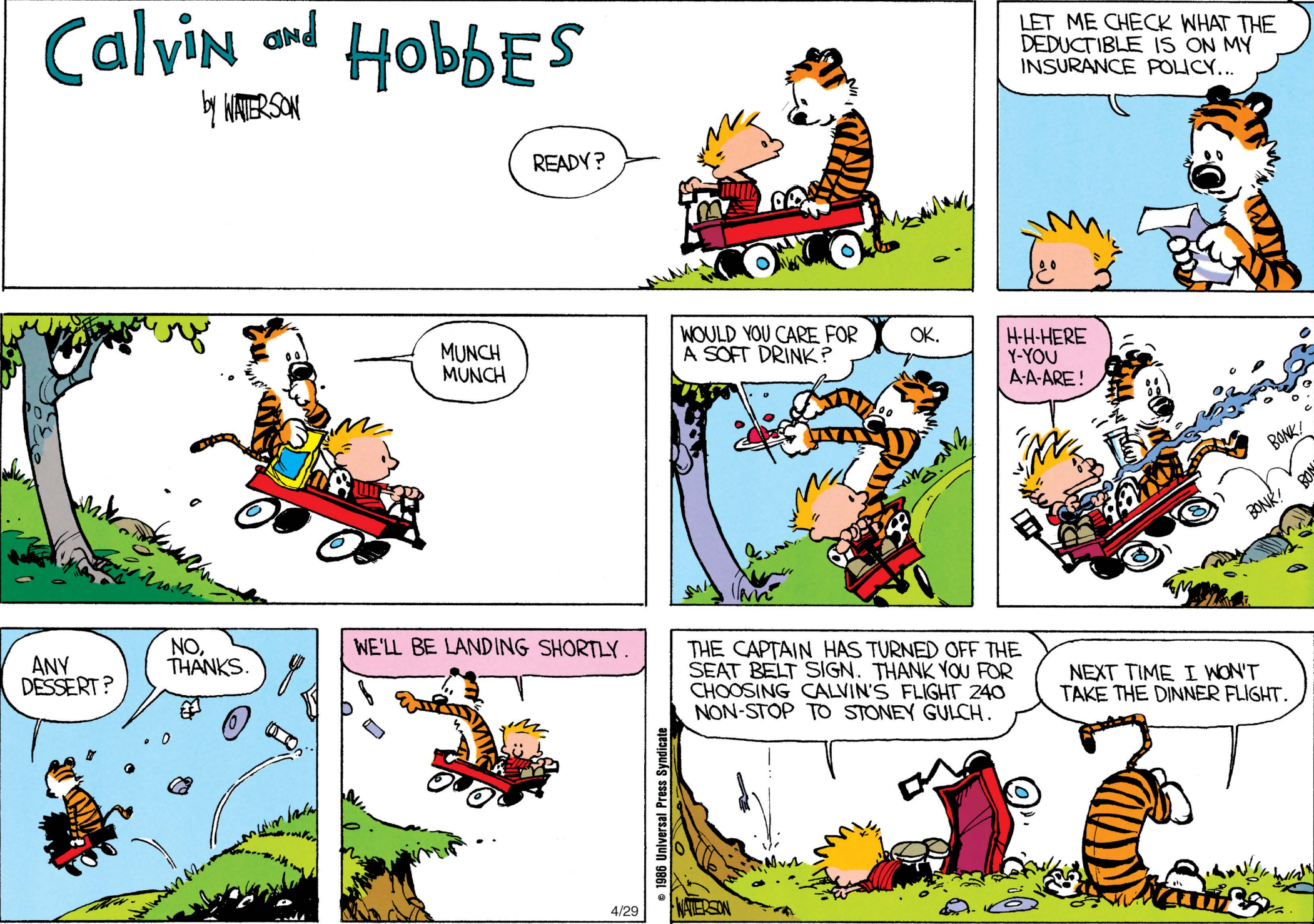
Bottom row – Very Hard

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



EDUCATION

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



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COLUMN | WILDLY SUCCESSFUL: HUMANS

Nature's Blueprint for Human Resilience



BY JIM KNOX

I have a complicated relationship with tigers. More than 20 years ago I was drawn to work with them. I leapt at the opportunity! Upon caring for these greatest of the great cats, I came to appreciate the unmatched power they commanded and the visceral fear they could incite with the fix of their gaze and the wrinkle of their facial fur as they retracted their flanges over 3-inch canines.

Then, there was the roar—the terror-inducing voice of all things wild and unconquerable. It rooted me to the ground and let me know that there were beasts far greater than any single human. Yet for the terror the tiger inspired in me, there was another, even more powerful emotion it conjured—awe. The tiger was perhaps the most majestic creature I'd ever beheld. Infinitely powerful and beautiful, it roamed the forests of my mind without rival. Over time I came to appreciate the nuances of the cats; their distinct personalities and habits, and with them, a new perspective.

As a species, we've come to know the tiger's hallmark ferocity and, while it's truly at the core of the tiger's nature, what is often lost is the why behind the snarl and the roar. Aside from their first two years spent at mom's side, a tiger's life is a solo act. To some perhaps, the tiger's roar is a futile attempt to drown out the silence of a life unaccompanied. The roar is the voice of an animal who must proclaim territory and intimidate rivals without backup. It goes on the offensive because a tiger has no companions to defend it.

There are others who adopt a different strategy altogether. Black-tailed Prairie Dogs are large ground squirrels who give the word gregarious a new meaning. The largest known prairie dog town in Texas was larger than our home state of Connecticut and held a population estimated at more than 400 million animals! Yes, that's no typo. So how do these creatures live in such vast



These creatures are more resourceful than all others. As tenacious as they are inventive, they grow solutions from soil which is fertile with problems.



numbers to survive and thrive?

Prairie dog society doesn't just value coexistence and cohabitation, it absolutely relies upon it. Yet it does so with very stringent rules. The only way for these creatures to share precious food and space resources is to adhere to protocols. On the literal and

figurative surface, these small mammals appear stacked on top of each other. Yet the reality is that they maintain their own unique and highly effective form of socialization. Specifically, they are divided up into wards and coterie. Wards are prairie dog versions of neighborhoods and coterie

are the family units within those neighborhoods. These industrious little mammals excavate specialized burrows for specific purposes; some for latrines, others for nurseries for their young, still others for pantries designated strictly for food storage. In short, the prairie dogs' tremendous

success and resilience is directly linked to adherence to its societal rules.

They face dangers too—Black-footed Ferrets, Golden Eagles and badgers to name a few, and they have sentries who monitor the colony for the appearance of threats to their health. These sentries give barking calls to warn the others—hence the name prairie dogs. In the process these sentries save lives.

Prairie dog society isn't perfect. Like us humans, they are known to posture, squabble and on occasion, fight. Despite the flare ups which inevitably occur, the strength of the colony is derived from the strength of the individual, which is leveraged and amplified. These tough and admirable beasts rely heavily on the family unit to govern itself within the ward, just as the ward governs itself within the colony. All of this is predicated upon the individual observing the protocols of the society: giving her/his neighbors space, fulfilling specific roles at different times and working cohesively with those around them.

Us humans, we're quite a bit different than tigers. Much smaller, far slower and infinitely weaker, we couldn't possibly match this beast.

How did we ever survive the forests of antiquity? For all of our physical limitations, we possess something the tiger does not. Specifically, we are social creatures. The detailed answer lies in our parallels to those adorable prairie dogs. Surviving and thriving in societies of hundreds of millions is no accident. Cooperation and teamwork is in our DNA. It's what we do and do so very well.

In trying times, uncertainty can creep into our thoughts and cloud our resolve. In nature we find the answer to innumerable challenges that vex us. While the prairie dog has so much to share—so much it can teach us, there is yet another species that is even more resilient and worthy of emulation. These creatures are more resourceful than all others. As tenacious as they are inventive, they grow solutions from soil which is fertile with problems. And, these creatures have a name. We call them...humans.

Jim Knox is a Wildlife Conservationist and the Curator of Education at Connecticut's Beardsley Zoo, where he leads nationally recognized education and conservation initiatives. A member of the Connecticut Zoological Society and The Explorers Club, Jim has studied wildlife across the globe.

As the Writer and Host of Wild Zoofari on PBS, Jim has shared his passion for wildlife with millions worldwide, with additional appearances as an on-camera wildlife expert for The Today Show, CBS Early Show, and Fox News. A graduate of Cornell University in Animal Science, he also serves as a science adviser to the Bruce Museum and contributes his wildlife column, Wildly Successful, to The Greenwich Sentinel.

Jim is the co-creator of the Conservation Discovery Corps—named Outstanding Education Program in the nation by the Association of Zoos and Aquariums. He is a TEDx and national keynote speaker committed to inspiring audiences to protect and learn from wildlife everywhere.

PUZZLES

Dot to Dot
Coloring

Dot to Dot
Coloring

Dot to Dot
Coloring

Dot to Dot
Coloring Pages

FIGURE OUT THE FIRST LETTER OF EACH ITEM TO SPELL THE WORDS

ON THE FARM
Help Bunny to get the carrot

How Many?
Count the similar animals and write the number

FIND 10 HIDDEN OBJECTS IN THE PICTURE

ANSWER: 10

Math problems using dog faces:

1 dog face + 1 dog face = 14

2 dog faces + 1 dog face = 13

1 dog face + 1 dog face + 1 dog face = 16

1 dog face + 1 dog face - 1 dog face + 1 dog face = ?

WORD SEARCH PUZZLE

MINI GAME FOR KIDS

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