

## LOCAL NEWS BRIEFING

### PUBLISHING UPDATE

The New Canaan Sentinel pauses publication for two weeks each August. This longstanding practice is designed to ensure our entire team has the opportunity to rest, reflect, and prepare for the months ahead. We believe that stepping back briefly helps us return with sharper focus and renewed energy, ready to cover the stories that matter to New Canaan with clarity and commitment. This year, there will be no paper on August 7 and August 14.

### POLICE AND FIRE

#### Electric Bike Safety

The New Canaan Police Department is reminding families of the safety and legal requirements for e-bike use, particularly among youth. Helmets are required for all riders, and anyone under 16 is prohibited from operating Class 3 e-bikes, which can reach speeds up to 28 mph. E-bikes must also be equipped with proper front lights, rear reflectors, and side reflectors, or riders may face a \$92 fine. Class 3 e-bikes are not allowed on multi-use trails or bike paths, and all riders must follow standard traffic laws. Parents are urged to consider whether their child is ready to operate an e-bike safely and responsibly. For more information, visit <https://shorturl.at/BlIMS>.

#### Summer Home Security Tips

The New Canaan Police Department is encouraging residents to lock doors and windows, secure keys, and use lighting or cameras to help prevent burglaries. Most recent vehicle thefts involved keys left inside, and many home entries occurred through unlocked doors or windows. Residents traveling for extended periods can request a security assessment or enroll in the department's Closed House List for weekly property checks by calling (203) 594-3500.

### TOWN HALL

#### Town Taxes Due

New Canaan tax bills are now open for payment, with no interest charged if paid by August 1. The second installment will be due on January 1, 2026, with payments accepted through February 2. Payments can be made online at <https://www.newcanaan.info/>, by mail, or in person at Town Hall.

#### NC Adds Parking Notices to Alert System

The Town of New Canaan has added parking-related updates to its existing New Canaan Alerts system. Residents and business owners can now receive notifications about parking permits, lot closures, regulation changes, fees, and other town matters. To sign up, visit [newcanaan.info/alerts](https://www.newcanaan.info/alerts) and select preferred topics.

#### Prepare for Major Storms

##### CONTINUED ON PAGE 5

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Preparing for last year's vigil.

## Candlelight, Stories, and Community: Vigil Returns to South Avenue

By ELIZABETH BARHYDT

On Wednesday, August 27, the center of New Canaan will transform into a space for remembrance and hope as the 9th Annual Community Addiction Awareness Vigil gathers hundreds on South Avenue. Hosted by the New Canaan Parent Support Group (NCPG), the vigil begins with live music at 6:15 p.m., followed by a formal program at 7:00 p.m. at the corner of Elm Street and South Avenue. The event's theme — "Sharing Stories Saves Lives" — reflects the core belief that personal testimonies can break stigma and encourage recovery.

"This year's theme, 'Sharing Stories Saves Lives,' underscores the power of lived experience to inspire action and save lives," said Paul Reinhardt, founder of the New Canaan Parent Support Group. "Addiction thrives in silence and shame. When we speak out, we break that cycle — and we build a community where recovery is possible."

The vigil's program blends elements that have become hallmarks over its nine years: deeply personal recovery stories, live music, and a candlelight ceremony. Attendees are invited to visit two visual anchors of the evening — the Resource Wall, which highlights behavioral health and recovery services, and the Hope & Remembrance Wall, where loved ones lost to addiction are honored with photos and handwritten tributes. These displays provide both practical guidance and quiet spaces for reflection.

Leading the evening is emcee John Hamilton, CEO of Liberation Programs, whose career has focused on providing treatment and support for individuals navigating addiction and mental health challenges. Three speakers — Alex, Gina, and Pete — will share personal narratives of long-term recovery, offering intimate perspectives on resilience, setbacks, and the often nonlinear path toward healing.

Clergy members Pastor Gilbert Burgess and Rev. Scott Herr will co-lead the candlelight segment. For many attendees, this moment — when the community raises candles in unison against the twilight sky — is the vigil's emotional core, symbolizing solidarity for those still struggling and remembrance for those lost.

Music will be provided by Adam Christoferson of Musical Intervention, a program that encourages people to create original songs that "inspire and heal." Christoferson's performances have become a signature feature of the vigil, weaving an uplifting tone throughout

the evening.

Lauren Patterson, president and CEO of the New Canaan Community Foundation, which co-hosts the event, emphasized the community impact of gathering publicly to talk about addiction and recovery. "This event reminds us that change starts with connection," Patterson said. "As a community, we can challenge stigma and increase access to care — story by story, family by family."

The vigil has grown steadily since its inception in 2017. Last year's event drew more than 500 attendees, a turnout that Reinhardt attributes to the urgent need for open dialogue around substance use and mental health. "Every time someone steps forward to share their authentic experience of recovery, I believe a life is saved," he said.

In addition to NCPG and the New Canaan Community Foundation, the vigil is supported by a broad coalition of local partners, including the Town of New Canaan, New Canaan CARES, Silver Hill Hospital, The Lighthouse CT, and Walter Stewart's Market. Their sponsorship helps fund logistical needs like sound equipment and seating, allowing the vigil to remain free and accessible to all.

The evening concludes with a Community Pledge, inviting attendees to affirm their role in supporting others and reducing stigma. For many, this public commitment is both personal and collective — a reminder that recovery does not happen in isolation, but within a network of family, friends, and neighbors willing to walk alongside those in need.

For Reinhardt and other organizers, the vigil is more than an annual gathering; it's part of a broader effort to normalize conversations about addiction in New Canaan and beyond. The Parent Support Group meets weekly at St. Mark's Episcopal Church, offering a safe space for parents and caregivers navigating a loved one's substance use. These meetings, like the vigil, are grounded in connection and understanding — two qualities that Reinhardt believes are essential to lasting recovery.

"This isn't just about remembering," he said. "It's about creating a place where people feel safe to tell their stories — because every story shared might be the one that helps someone else." 9th Annual Community Addiction Awareness Vigil

Wednesday, August 27 — Music at 6:15 p.m., Program

at 7:00 p.m.

6 South Avenue, New Canaan (corner of Elm Street)

Rain date: August 28

## The Sentinel Summer Break Begins Next Week

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We will miss connecting with you during this short break. Our readers are the heart of our work. Your engagement drives our reporting, shapes our priorities, and sustains our mission to serve New Canaan with reliable, thorough, and thoughtful local journalism.

For many in our community, August offers a chance to spend time away from town. If you're taking a trip, we hope it brings you relaxation and enjoyment. If you're staying local, we hope you'll savor the quiet beauty of late summer in New Canaan.

Please continue to send us your stories, press releases, announcements, calendar items, letters to the editor, and photos!

### PRESS RELEASES

<https://www.newcanaansentinel.com/press-release/>

### ANNOUNCEMENTS

<https://www.newcanaansentinel.com/announcements/>

### CALENDAR ITEMS

<https://www.newcanaansentinel.com/top-5-things-to-do-in-new-canaan-today/>

### LETTERS

<https://www.newcanaansentinel.com/letter-to-the-editor/>

### ADVERTISE

[Peter@NewCanaanSentinel.com](mailto:Peter@NewCanaanSentinel.com)

And if you are planning a charity event, reach out to us about sponsorship—our Sentinel Foundation often covers the cost of advertising charity events.

We will be back in advance of our August 21 issue kicking off the new school year, well rested and ready to dive into the rest of the year.

AND if you are not yet a subscriber, please join us as a subscriber and support local newspapers!

### COLUMN

## E.G.O. = Easily Gets Offended

By JILL S. WOOLWORTH, LMFT

Our E.G.O., which Easily Gets Offended, can get us into a lot of relationship trouble. Our pride builds armor around us that we hope is impenetrable, but it isn't. People are inevitably going to do things that offend us. We offend others, too. Taking offense is related to the Greek word skandalon, the trigger of a trap on which bait is placed for an animal. Though more closely related to our modern word scandal, skandalon is also translated as "a stumbling block

or a snare."

When we take offense, we get our leg caught in a trap. An analogous image is biting down on a fish hook. The trap—per and the fisherman may not even know that we've been caught! Research shows that we are most often unaware when we offend others. The degree to which we are not easily offended may be a barometer of our psychological and spiritual health.

Lydia was often the target of her mother's rampages. She couldn't escape. When these moments



Illustrated by Wajih Chaudhry  
occurred, she imagined she was holding a bullfighter's red cape out to her side for her mother's rage to tear through. In this way, her ego didn't get gored, though sometimes Lydia did get nicked.



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COLUMN

# Come shopping with me at one of the best stores in New Canaan!

By GERI RHOADES

Strolling down Main and Elm, there is no shortage of fantastic shopping opportunities. Our walkable downtown area is filled with interesting, locally owned shops, as well as some well-known chain stores. We also boast one of the oldest volunteer-run thrift shops in the country, offering fabulous finds for those willing to take the time to browse.

I hadn't been back to a traditional non-profit thrift shop since college, when we would all take a trip to Sals Boutique, better known as the Salvation Army. I had heard that our thrift shop was special, so I decided to check it out myself.

Visiting the New Canaan Thrift Shop is an experience that begins the moment you approach the door. The beautiful building, constructed by Joseph Schofield in 1840, has served various purposes over the years, including as a morgue, furniture warehouse, and hair salon, before being sold to the Visiting Nurses in 1953. It was later acquired by the non-profit Waveny Lifecare Networks, which provides comprehensive care, primarily to seniors. In recognition of their stewardship of the historic property, Waveny received the New Canaan Preservation Alliance President's Award in 2022 for the continued care and preservation of the building.

After passing the leather saddles on the front porch, I entered the shop. The first room was bustling with shoppers. This area showcases household items, china, and jewelry, arranged to resemble a well-designed shop. I stopped to browse and found a lovely teapot, which I was tempted to purchase.

A couple of steps down, I discovered racks of women's clothing, some purses and shoes, plus a small nook at the back with additional home goods. I spotted eight Country Living Red Friends Rooster Plates, usually priced at \$19 each on replacements.com, marked at just \$28 for all eight. Despite the temptation, I resisted buying them as I'm currently in a Marie Kondo phase; it took quite a bit of willpower since they were adorable.

Continuing my exploration, I descended to the sporting goods section, which included linens, luggage, skis, tennis rackets, and snowboards. Heading back upstairs, I found the men's area along with sections for boys and teens. On my way to the designated area for infants and girls, I encountered shelves filled with children's books, CDs, and DVDs—items that seem to be

making a comeback.

I did, however, make one purchase. Throughout the building, art pieces hang on the walls. You need to know a bit about art—or at least have your smartphone handy—to find a gem. I bought a signed George Englert painting for just \$6, whereas I found unsigned ones selling for hundreds on eBay.

I also had the chance to chat with a few of the 12-15 volunteers who work in shifts throughout the week. Lynn Singalies, a shopper-turned-volunteer, has been part of the program for 30 years, while Ann Read has been involved for 15 years. Their long-term commitment impressed me. According to Richard Sgaglio, Executive Director of Marketing, "Their commitment and community spirit make the shop the special place it is."

I was surprised to learn about the significant contribution the thrift shop makes to Waveny Care. Richard mentioned that the Thrift Shop raises approximately \$240,000 each year. "Every dollar goes directly toward supporting unfunded patient care, ensuring that those in our community receive high-quality healthcare services regardless of their ability to pay. It's a powerful example of how small donations and purchases can make a big impact," Richard shared.

In the traditional sense, thrifting dates back to the early 19th century, when organizations began collecting and selling items to fund their charitable causes. The earliest US shop on record is the Salvation Army, which was organized in 1899 to help the massive influx of impoverished immigrants. However, the concept can be traced even further back to ancient times, when exchanging goods was a common practice.

In the late 19th and early 20th centuries, the thrift movement gained momentum, emphasizing the values of saving money, being frugal, and repurposing items. This aligned with the economic challenges of the time, including the Great Depression, when people began donating items to charitable organizations, leading to the creation of the first thrift stores.

The 1960s and 1970s witnessed a surge in the popularity of vintage fashion, unique finds, and sustainability. This movement continued to grow in the 1980s and 1990s. Today, thriftiving can also be found online, with platforms like ThredUp and Poshmark offering a convenient alternative.

*“Every dollar goes directly toward supporting unfunded patient care, ensuring that those in our community receive high-quality healthcare services regardless of their ability to pay. It’s a powerful example of how small donations and purchases can make a big impact.” Richard Sgaglio*



New Canaan Thrift Shop circa 1840

The New Canaan Thrift Shop accepts donations of gently used articles of clothing, accessories, jewelry, books, sporting goods, small appliances, housewares, china, silver, paintings, crockery, toys, games, and small home furnishings. Please be sure your donations are boxed or bagged.

The New Canaan Thrift Shop is open from 11:00 am to 4:00 pm, Monday through Friday, and from 9:00 am to 1:00 pm on Saturday. Donations are accepted from 9:00 am to 12:00 noon, Monday through Friday.

According to Richard, "The Thrift Shop continues to thrive because it's a

place where compassion and community intersect."

*Geri Rhoades, PhD, is a New Canaan resident and Board Member of the New Canaan Beautification League. Since retiring from the field of Communications, Geri has concentrated on helping to make the world a better place.*

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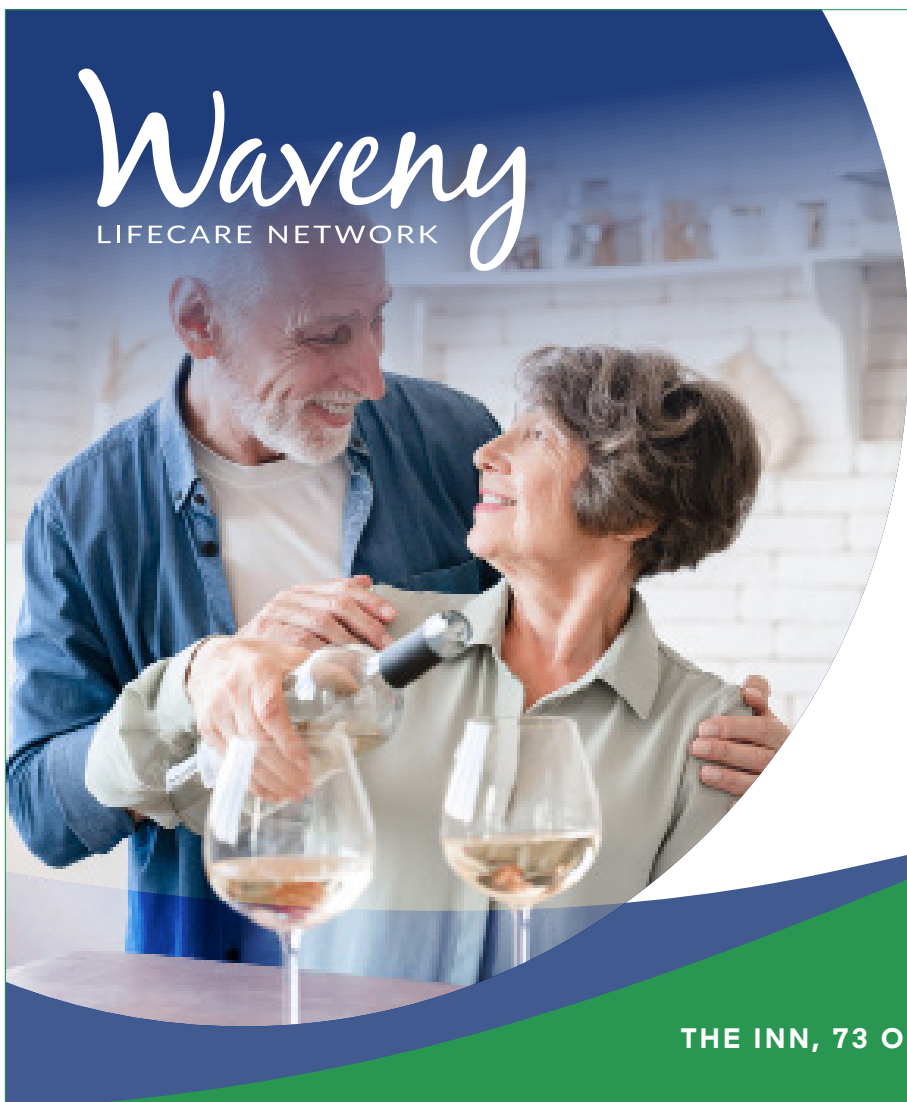
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# Sun-Kissed Stewardship at New Canaan Nature Center

BY AVERY COTTON

Tucked away on Oenoke Ridge, down a long driveway and adjoining a stretch of stone walls, lies the New Canaan Nature Center (NCNC). Established in 1960, the Nature Center quickly gained a significant presence in town, particularly after its nature-based preschool was founded in 1967 – the oldest of its kind in the nation. NCNC hosts an array of programs, ranging from workshops for adults to guided walks, under the overarching mission of “inspiring people of all ages to respect, protect, and enjoy the world of nature.”

One summertime staple of NCNC's diverse offerings is its camp for environmentally-oriented youth. "The kids are outside most days, doing activities like hiking in the woods, catching frogs, and looking for salamanders and turtles," Senior Naturalist Frank Gallo

said. "I work with the Adventure Camp, which provides day trips and weekly programming with different themes."

According to Frank, NCNC's summer camp harnesses creative methods to foster kids' love of the natural world. "One of the kids' favorite themes is ID Olympics, in which they'll attempt to identify 175 species of plants and animals throughout the week by visiting different habitats across the state," Frank said. "We also have a Survivor Week, which involves teaching outdoor survival skills like tying knots and building shelters, and culminates in a timed survivor challenge."

Over many years, Frank has imparted his knowledge of the outdoors to countless campers and watched many kids grow into budding naturalists. "In some cases, I've had parents as

***“Every NCNC program, from our preschool to our summer camp, is another opportunity to connect people with nature.”***

campers many years ago who have now brought their own kids to camp, which is very special," Frank said. "As an environmental educator, it can be hard to know what sort of impact you have on your students. But when I've seen kids return to camp year after year, I can really see their growth, and it's a privilege."

While the camp is designed for kids to have fun, the entire curriculum revolves around educational components that teach useful life skills. "This year, a group of campers were canoeing and were instructed to tie the boats," Frank said. "They successfully used the knots they'd learned in a previous week."

to do so, which is very impressive given that remembering how to tie knots can be quite difficult.” Through his work, Frank seeks to help kids make the connection between why they’re learning a certain skill and how they can apply it to real-life scenarios.

Education Program Manager Aidan Murphey believes NCNC's summer camp is more successful now than ever. "In the last few years, we've brought more campers, staff, and happiness to our Nature Center community," Aidan said. "I'm really proud of the progress our team has made."

Aside from its summer camp programming, NCNC also offers

night hike events. According to Aidan, “We have two night hikes this summer: the Night of 1000 Fireflies on July 26, and the Creatures of the Night Hike on August 23.” The first event features a guided walk through the Nature Center grounds, capped off by a glittering firefly display in the meadows, while the second involves an interactive sensory adventure paired with roasting marshmallows around the campfire.

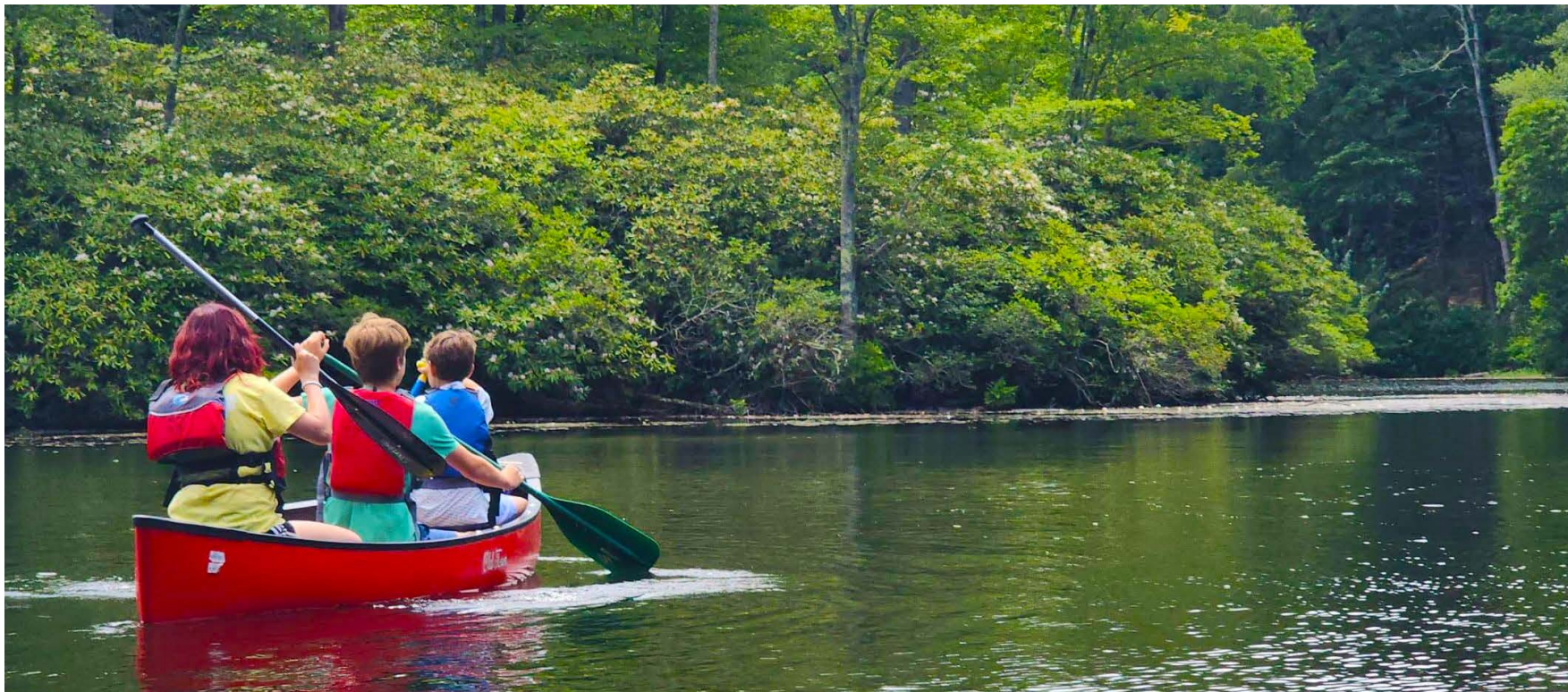
Summer is also a ripe time for undertaking regular maintenance and stewardship. “We work with a local landscape architect company to conduct habitat remediation, especially

during the warmer months,” Frank said. “The Nature Center doesn’t use pesticides or herbicides, so we try natural methods of removing invasives. We work on different areas on the grounds, clearing invasive species and replacing them with native ones.”

Visitors should also stay tuned for the fall, during which seasonal programming will ramp up. "We celebrate apple cider season with Cider Saturday on September 27, and host our most popular event – the annual Fall Fair – from October 10-12," Aidan said. These community events create memorable experiences for local families but also serve as important fundraisers, helping the Nature Center advance its mission and expand its community impact.

Regardless of the season, NCNC constantly works to build ties to like-minded organizations and community partners. "We have a variety of environmental education programs at schools, libraries, and camps throughout Fairfield and Westchester Counties, and even New York City," Executive Director Bill Flynn said. "The Nature Center is always partnering with other local nonprofits and groups. Currently, we're planning an ecological survey project at the Browne Wildlife Sanctuary in partnership with the New Canaan Land Trust."

Through collaborating with community groups, hosting seasonal events, and providing educational programs that have left a mark on hundreds of children, the Nature Center has distinguished itself as an environmental champion. Bill sums up NCNC's ethos well: "Every NCNC program, from our preschool to our summer camp, is another opportunity to connect people with nature."



# Fireflies Illuminate New Canaan Land Trust Sanctuary



A short drive from the New Canaan Nature Center, another corner of town comes alive on midsummer nights – glowing with thousands of fireflies. Tucked into 6.5 acres of meadow and forest, the New Canaan Land Trust Firefly Sanctuary located at the Colbert Sanctuary property, off Sleepy Hollow Road offers a rare glimpse of an increasingly endangered summer spectacle.

"It's dark, which is what fireflies love," says Chris

Schipper, the former president of the New Canaan Land Trust and a guide for the evening walks. The sanctuary's protected setting – undeveloped land bordered by woodland – provides precisely what fireflies need to thrive: darkness and habitat.

"The biggest challenge for firefighters is habitat," Schipper explains. "There are fewer and fewer places near big cities that are like this, completely undeveloped."

The sanctuary reveals an intricate mating

dance each summer night. Female fireflies hover near the ground, flashing their lights, while males climb tree trunks to signal back. "They are going up to try to locate, or signal, to a female down below," Schipper says. "And when they coordinate their signals, he will try to fly down to meet the female."

This fragile cycle underscores the threats posed by modern landscaping practices. “All the things that people put down to get a great lawn,

also suppress almost everything else,” Schipper notes. Pesticides, herbicides, and even landscape lighting can disrupt reproduction, shrinking firefly populations over time. And yes - leaf blowers are also harmful.

For Schipper, the sanctuary represents more than conservation — it's a legacy project. "It's about making a gift to the future," he says, "hopefully this will be thriving in another 100, or 500, or 1,000 years. That's the hope."





# From Rom-Com Queen to Literary Heartbreaker: Emily Henry’s Evolution

By Emma Barhydt

“From before my first breath, there were two distinct Margaret Iveses. There was me, and then there was the other one, the one who belonged to the public.”

With Great Big Beautiful Life, Emily Henry doesn’t pivot — she expands. This novel isn’t about reinvention. It’s about evolution. Henry, already beloved for her wit, warmth, and whip-smart banter, steps fully into her range as a storyteller here, crafting a novel that’s looser in form, deeper in feeling, and undeniably more ambitious than anything she’s written before.

Gone are the tidy arcs and comfortingly familiar structures of her earlier romances — not that there’s anything wrong with those (God bless a well-executed enemies-to-lovers). But GBL is after something more expansive. It’s part fictional memoir, part emotional excavation, part literary drama, and yes, still a love story — though not always in the way you might expect.

It reads, at times, like a celebrity memoir — think Paris Hilton, Julia Fox, or Britney Spears. That same mix of glitz and trauma, self-

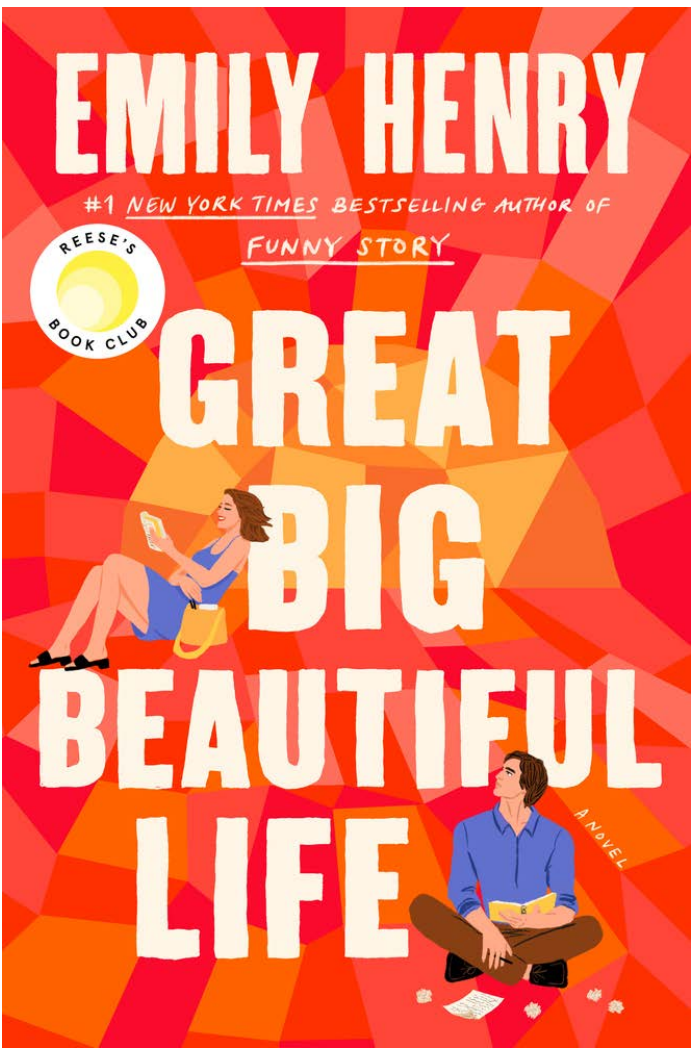
awareness and self-protection. But filtered through Henry’s voice, it becomes something literary, layered, and arrestingly personal.

“There’s an old saying about stories, and how there are always three versions of them: yours, mine, and the truth.”

At the center of it all is Alice, a woman shaped by public perception, family mythology, and her own shifting sense of self. Her voice is magnetic — sharp, sad, funny, flawed — the kind of narrator who tells you the truth even when she’s still figuring it out herself. The narrative unspools like memory: non-linear, confessional, raw in places and poetic in others.

“Love isn’t something you can cup in your hands, and I have to believe that means it’s something that can’t ever be lost.”

What emerges is a meditation on grief, fame, inheritance, and womanhood — told with a clarity that’s sometimes painful, often beautiful, and always deeply felt. The emotional beats are quieter than in Henry’s past work, but no less resonant. She’s writing not for plot satisfaction, but for



emotional precision.

“Life is so complicated. And

I think it’s human nature to try

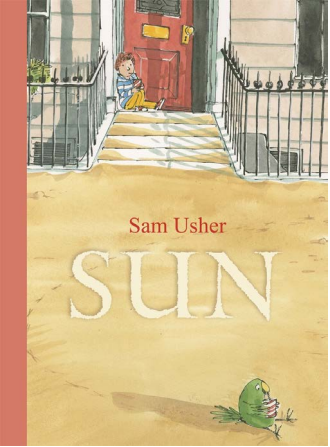
to untangle those complications.

## Plot Twists and Popsicles: Books to Brighten Your Summer

By Emma Barhydt

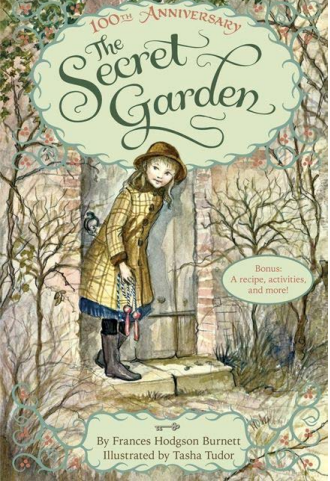
Welcome to the Greenwich Sentinels Summer Reading List, carefully curated for readers of all ages to enjoy under the sun. From whimsical adventures for the youngest explorers to introspective narratives for college students and adults, this list promises to transport you into worlds of mystery, magic, and heartfelt connections. Whether you’re lounging by the beach or relaxing in your backyard, each book has the power to make your summer days just a little brighter.

### 7 AND UNDER



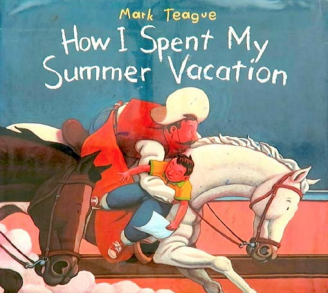
#### SUN - SAM USHER

It’s the hottest day of the year, hotter than broccoli soup, hotter than the Atacama Desert, hotter than the surface of the sun. It’s just the right kind of day for a boy and his granddad to go for a picnic. But as the sun beats down, Granddad keeps hating to stop for a rest, and by the time they find the perfect picnic spot, some pirates have beaten them to it. Good thing they have enough food to share!



#### THE SECRET GARDEN - FRANCES HODGEN BURNETTE

When Mary Lennox comes to live at her uncle’s great house on the Yorkshire Moors, she finds it full of secrets. The mansion has nearly one hundred rooms, and her uncle keeps himself locked up. The gardens surrounding the large property are Mary’s only escape. Then, Mary discovers a secret garden, surrounded by walls and locked with a missing key. With the help of two unexpected companions, Mary discovers a way in—and becomes determined to bring the garden back to life.

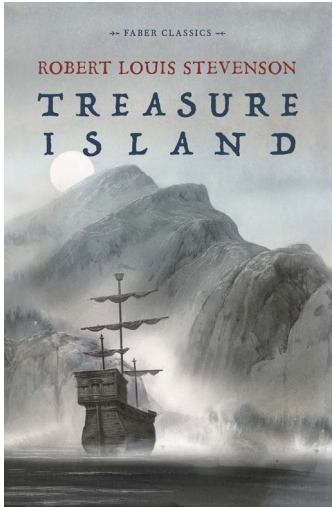


#### HOW I SPENT MY SUMMER VACATION - MARK TEAGUE

Most kids go to camp over the

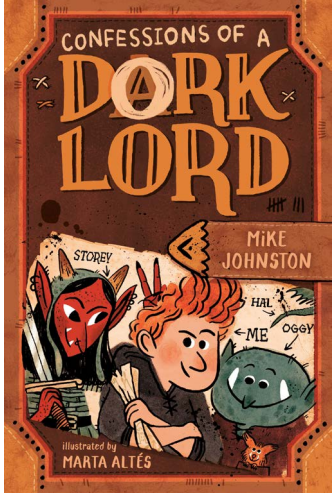
summer, or to Grandma’s house, or maybe they’re stuck at home. Not Wallace Bleff. Wallace insists he was carried off by cowboys and taught the ways of the West—from riding buckin’ broncos to roping cattle. Lucky for Aunt Fern, he showed up at her house just in time to divert a stampede from her barbecue party! Perfect for back-to-school read-alouds, here’s a western fantasy with sparkling illustrations and enough action to knock kids’ boots off!

### 8 - 13



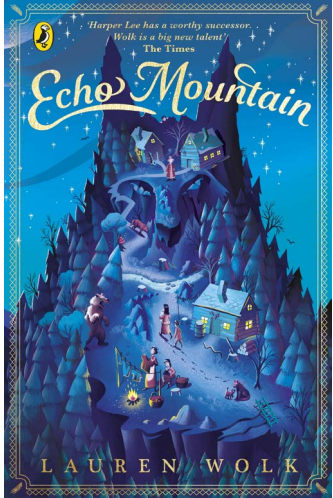
#### TREASURE ISLAND - ROBERT LOUIS STEVENSON

Treasure Island spins a heady tale of piracy, a mysterious treasure map, and a host of sinister characters charged with diabolical intentions. Seen through the eyes of Jim Hawkins, the cabin boy of the Hispaniola, the action-packed adventure tells of a perilous sea journey across the Spanish Main, a mutiny led by the infamous Long John Silver, and a lethal scramble for buried treasure on an exotic isle.



#### CONFESSIONS OF A DORK LORD - MIKE JOHNSTON

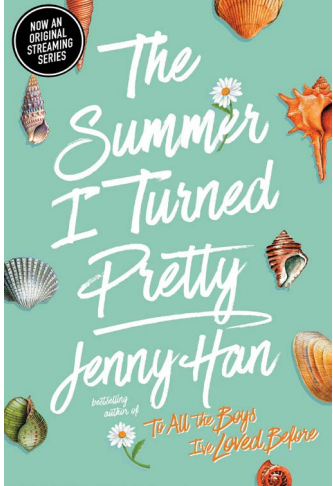
Meet Wick. He’s the son of the Dark Lord, heir to the throne of black and broken glass, and next in line to be the leader of the Grim World. Too bad he’s stuck in Remedial Spell Casting (he can barely even cast the fart-revealer spell), he’s allergic to fire and brimstone, and the bullies at school insist on calling him Dork Lord. Full of humor, hijinks, and lively illustrations, Confessions of a Dork Lord follows Wick through the pages of his journal as he comes up with a genius plan to defeat his foes, achieve greatness . . . and survive Middle Ages School.



#### ECHO MOUNTAIN - LAUREN WOLK

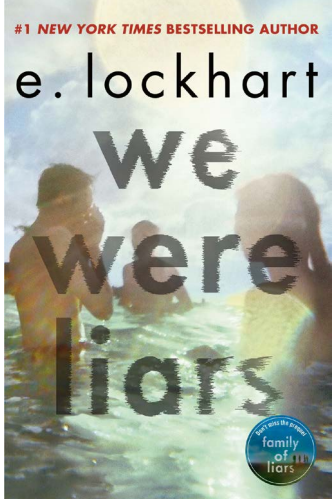
After losing almost everything in the Great Depression, Ellie’s family is forced to leave their home in town and start over on Echo Mountain. Ellie has found a welcome freedom in her new life on the mountain. But a terrible accident leaves her father in a coma. Ellie is a girl who takes matters into her own hands, and determined to help her father she will make her way to the top of the mountain in search of the healing secrets of a woman known only as “the hag.” But the hag, and the mountain, still have many untold stories left to reveal.

### 14 - 17



#### THE SUMMER I TURNED PRETTY - JENNY HAN

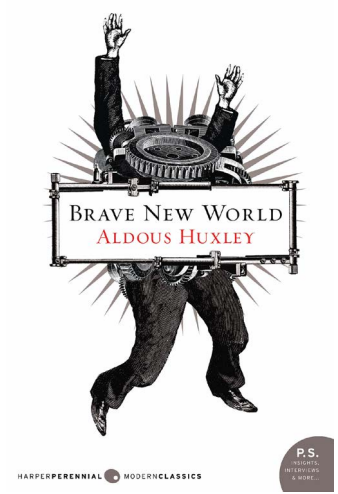
Belly measures her life in summers. Everything good, everything magical happens between the months of June and August. Winters are simply a time to count the weeks until the next summer, a place away from the beach house, away from Susannah, and most importantly, away from Jeremiah and Conrad. They are the boys that Belly has known since her very first summer—they have been her brother figures, her crushes, and everything in between. But one summer, one wonderful and terrible summer, the more everything changes, the more it all ends up just the way it should have been all along.



#### WE WERE LIARS - E. LOCKHART

A beautiful and distinguished

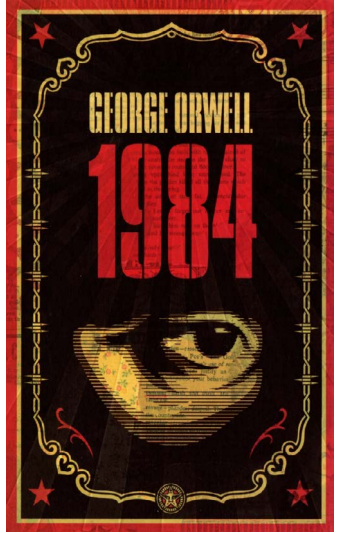
family. A private island. A brilliant, damaged girl; a passionate, political boy. A group of four friends—the Liars—whose friendship turns destructive. A revolution. An accident. A secret. Lies upon lies. True love. The truth. Read it. And if anyone asks you how it ends, just LIE.



#### BRAVE NEW WORLD - ALDOUS HUXLEY

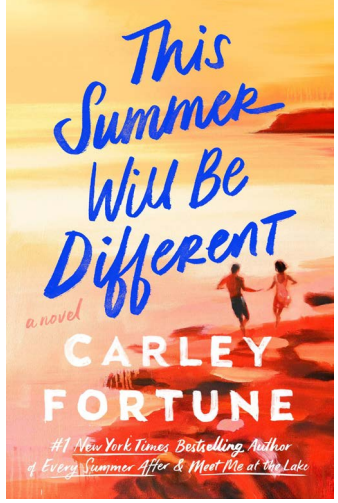
Largely set in a futuristic World State, inhabited by genetically modified citizens and an intelligence-based social hierarchy, the novel anticipates huge scientific advancements in reproductive technology, sleep-learning, psychological manipulation and classical conditioning that are combined to make a dystopian society which is challenged by only a single individual: the story’s protagonist.

### COLLEGE



#### 1984 - GEORGE ORWELL

George Orwell’s 1984 is a chilling tale of rebellion and oppression set in a world where truth is manipulated, freedom is restricted, and Big Brother’s surveillance reigns. The story follows Winston Smith, who dares to pursue forbidden love in a society controlled by war, lies, and a totalitarian regime that dominates not only actions but thoughts and memories. A prophetic novel, 1984 exposes the destruction of individuality and truth, making it a haunting, timeless exploration of political power and personal autonomy.



#### THIS SUMMER WILL BE DIFFERENT - CARLEY FORTUNE

#1 New York Times Bestselling Author of Every Summer After & Meet Me at the Lake

We want everything to make sense. And that’s okay. It’s a worthy pursuit.”

The novel’s emotional register is nuanced and bittersweet. It doesn’t push for catharsis. Instead, it allows space for contradiction: the father you loved and resented. The person you were and the one the world thought you were. The story you were given, and the one you’re trying to write now.

“With writing, you could always add more. More, more, more until you got to the heart of a thing, and after that, you could chip away the excess.”

What’s most impressive is how much GBL trusts its reader. It’s not trying to impress you or wrap anything in bows. It gives you raw, real things — contradictory feelings, complicated family dynamics, murky morality — and invites you to hold them all at once. This is Henry writing with emotional precision and narrative patience.

This is a book about value — of art, of self, of connection. It reads like a love letter to those trying to reclaim their own narrative, one awkward conversation and uncomfortable

truth at a time. And in the background of all that personal reckoning, there’s a slow-burning romantic subplot that absolutely simmers when it wants to.

“I want to be with you. Nothing else is going to matter to me more than that. Not at the end of my life. Not even now.”

The love story here doesn’t sweep you off your feet. It sits down beside you and takes your hand. It builds slowly, built on trust and mutual recognition — on showing up, not performing. It’s one of Henry’s most mature and emotionally satisfying relationships to date.

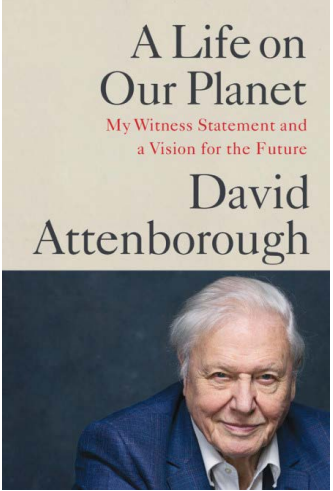
There’s a generosity at the heart of this novel. It welcomes complexity. It embraces imperfection. It offers no clean answers, only the promise that showing up — broken, complicated, human — is enough.

Is Great Big Beautiful Life Emily Henry’s best novel? I think so. It’s not about proving anything — it’s about embracing everything: the messy, unglamorous, gorgeous sprawl of a life fully lived.

“I welcome her to this great big beautiful life.”

### THIS SUMMER WILL BE DIFFERENT - CARLEY FORTUNE

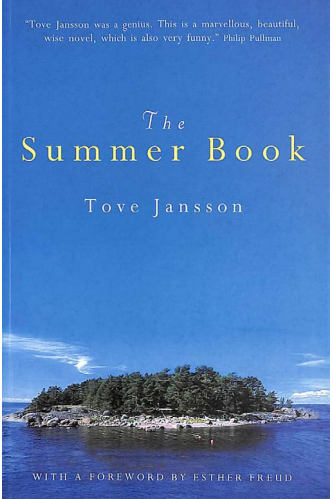
Lucy, a regular tourist to Prince Edward Island, returns each year to escape her busy life, always with the goal of avoiding Felix, her best friend’s younger brother, despite their undeniable chemistry. But when her best friend, Bridget, flees her wedding plans and Lucy rushes to her side, she finds herself drawn to Felix once again, who is now showing a more serious side. As old promises are broken and feelings grow deeper, Lucy must navigate the tension between desire and loyalty, wondering if she can resist the one man she’s never been able to.



#### A LIFE ON OUR PLANET: MY WITNESS STATEMENT AND A VISION FOR THE FUTURE - DAVID ATTENBOROUGH

David Attenborough reflects on his 94 years of witnessing the gradual decline of the planet’s biodiversity and wild places, a phenomenon often unnoticed in daily life. This book serves as both a memoir and a powerful call to action, outlining how humanity has contributed to this environmental crisis and offering hope for the future. Attenborough emphasizes the urgent need to restore the world and create a sustainable future, highlighting movements, research, and policies already underway to address these challenges. His message is both a warning and a gift to humanity, urging readers to act now before it’s too late.

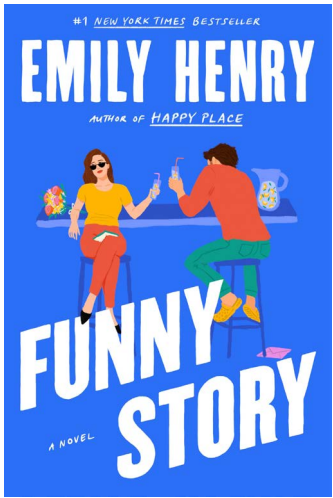
### GROWN UPS



#### THE SUMMER BOOK - TOVE JANSSON

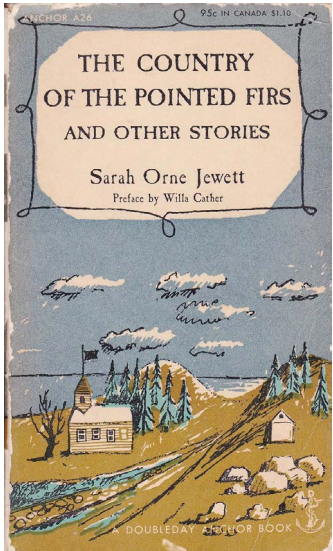
The Summer Book distills the essence of the summer into twenty-two crystalline vignettes. This brief novel tells the story of Sophia, a six-year-old girl awakening to existence, and Sophia’s grandmother, nearing the end of hers, as they spend the summer on a tiny unspoiled island in the Gulf of Finland. The grandmother is unsentimental and wise, if a little cranky; Sophia is impetuous and volatile. Together

they discuss things that matter to young and old alike: life, death, the nature of God and of love. “On an island,” thinks the grandmother, “everything is complete.”



#### FUNNY STORY - EMILY HENRY

Daphne’s life is upended when her fiancé leaves her for his best friend, Petra. Stranded in Waning Bay, Michigan, with a barely-paying dream job, she moves in with Petra’s chaotic ex, Miles. Though the two couldn’t be more different, they form a friendship fueled by heartbreak and a plan to post fake summer adventures for their friends. But as their connection deepens, Daphne starts to wonder if she’s falling for her ex-fiancé’s new fiancée’s ex. Funny Story is a heartwarming tale of unexpected connections, personal growth, and the complexities of modern relationships.



#### THE COUNTRY OF POINTED FIRS AND OTHER STORIES - SARAH ORNE JEWITT

A female writer comes one summer to Dunnet Landing, a Maine seacoast town, where she follows the lonely inhabitants of once-prosperous coastal communities. Here, lives are molded by the long Maine winters, rock-filled fields and strong resourceful women. Throughout Sarah Orne Jewett’s novel and stories, these quiet tales of a simpler American life capture the inspirational in the everyday: the importance of honest friendships, the value of family, and the gift of community.



# Aquarion Sale to Regional Water Authority Raises Costs, Control, and Land-Use Concerns in New Canaan

By Elizabeth Barhydt

The proposed \$2.4 billion sale of Aquarion Water Company by Eversource Energy to the newly created Aquarion Water Authority — a quasi-public entity operating alongside the South Central Connecticut Regional Water Authority (RWA) — is one of the most consequential utility changes in decades for Connecticut. For New Canaan, where Aquarion is the primary water provider (*The First Taxing District in Norwalk supplies water to a small section of town*), the transaction could reshape rate oversight, local tax revenue, and even the stewardship of watershed lands that surround the town’s reservoirs.

### From PURA Oversight to Internal Governance

Aquarion’s rates and service standards are currently regulated by the Public Utilities Regulatory Authority (PURA), which provides an external check on price increases and ensures consumer protections. If the sale proceeds, rate-setting would move under the control of the RWA’s Policy Review Board, eliminating PURA’s direct oversight for most decisions.

Critics say this shift would leave customers more vulnerable to price hikes. “Connecticut residents already pay far too high utility rates across the board,” said State Senator Ryan Fazio, who represents New Canaan, Stamford, and Greenwich. “This sale could add insult to injury, especially when the acquiring authority’s rates are already about 50 percent higher than Aquarion’s.”

The concern is rooted in clear disparities: a typical New Canaan household currently pays about \$540 per year for water service through Aquarion, while households in RWA’s New Haven-area service district pay roughly \$810 annually. The Office of Consumer Counsel has warned that these higher RWA costs could migrate to Aquarion customers if the sale closes without safeguards.

### Impact on Local Budgets

Beyond household bills, the shift in ownership could create a significant shortfall for municipal budgets. Aquarion, as a private utility, pays property taxes — approximately

\$375,000 annually to New Canaan. A quasi-public entity like RWA is exempt from property taxes and instead offers Payments in Lieu of Taxes (PILOT). These payments are voluntary and typically remain flat over time, raising fears about revenue gaps for schools, emergency services, and other town needs.

“This is a major concern for us,” said New Canaan First Selectman Dionna Carlson. “Property taxes from Aquarion support essential services here. PILOT payments are not a reliable replacement — they don’t adjust for inflation or infrastructure improvements.”

Carlson also questioned whether the new authority would match Aquarion’s record on customer service. “Aquarion was a great partner for our community,” she said. “We need to make sure that our customers continue to get the kind of service they are entitled to.”

### Representation and Governance Concerns

Another contentious point is representation. The proposed governing board would allocate six seats to RWA’s existing New Haven-area district and five to the newly acquired Aquarion district, even though Aquarion serves more customers statewide. Local leaders warn that this imbalance could marginalize Fairfield County towns when decisions are made about rates, infrastructure, and land management.

Wilton’s First Selectman Toni Boucher described the structure as “absolutely biased and unfair,” saying it “gives greater control to a smaller customer base while diminishing the voice of communities like ours.”

### Land Use and Conservation Issues

The sale also raises pressing questions about watershed lands currently owned by Aquarion. Thousands of acres of protected forests and buffer zones around reservoirs could face different management priorities under RWA. While these lands play a critical role in maintaining water quality and providing open space, quasi-public authorities have the ability to sell or lease certain parcels deemed “non-essential,” potentially opening the door

to future development.

“Land stewardship is every bit as important as water rates,” said Greenwich First Selectman Fred Camillo. “These properties are integral to our environment and public health. Any change in ownership needs to guarantee conservation protections are not weakened.”

With state housing mandates like 8-30g exerting pressure on municipalities, even formerly safeguarded lands could face new scrutiny if ownership priorities shift.

### Rate Comparisons and Projected Increases

Under the terms of the proposed transaction, RWA could recover the full \$2.4 billion purchase price through customer rates — an option not available to private bidders regulated by PURA. Analysts warn this could lead to annual increases of about 6 percent for several years, tapering to around 4 percent annually thereafter. By contrast, Aquarion’s last approved rate adjustment was an 8.5 percent increase spread over a decade.

The potential for steep hikes is one of the central arguments driving legislative and community opposition.

### Legislative Pushback and Court Rulings

The sale’s path was set in motion by emergency legislation passed in June 2024 that allowed RWA to bid for Aquarion without traditional public hearings. That process has drawn bipartisan criticism for its lack of transparency. “This was one of the worst examples of governmental abuse that I’ve seen in my four years in office,” Fazio said of the legislative maneuver.

In February 2025, Republican lawmakers filed a bill aimed at blocking or amending the sale, citing concerns over rates, governance, and land use — a move reported by the CT Mirror. While that bill’s prospects remain uncertain, it signals continued pushback at the state level.

Adding to the debate, in July 2025 the Connecticut Supreme Court upheld PURA’s authority in a separate Aquarion rate case. The ruling affirmed the state’s ability to limit increases under private ownership and has been cited by opponents of the

## Timeline of the Aquarion Water Sale

### March 2024

Eversource announces it will sell Aquarion as it refocuses on its core electric and gas utilities

### June–26, 2024

Connecticut legislature passes bill, without prior hearings or public discussion, allowing RWA to acquire Aquarion

### August 29, 2024

RWA revealed as the winning bidder for Aquarion with a \$2.4 billion deal

### January 27, 2025

Eversource formally announces agreement to sell Aquarion to RWA

### February 6, 2025

Republican lawmakers file legislation to block or amend the Aquarion sale, citing rate and governance concerns

### July 9, 2025

Connecticut Supreme Court upholds PURA’s authority in a key rate dispute involving Aquarion, affirming the state’s ability to limit increases under private ownership

### Spring–Fall 2025

PURA conducts its review of the sale and hosts public hearings to evaluate the impact on customers and stakeholders

SENTINEL

sale as evidence of what consumers stand to lose if oversight shifts to RWA.

### Looking Ahead

Eversource has framed the sale as part of a strategic refocus on its electric and gas operations, citing \$440 million in 2023 losses as a factor. RWA, for its part, argues that public ownership will strengthen infrastructure and long-term water security.

Local officials remain unconvinced. Carlson emphasized that “assurances are not enough — we need enforceable commitments.” Camillo added, “Their public statements will be scrutinized closely. Our communities deserve transparency and accountability at every step.”

Fazio urged continued vigilance as hearings approach: “The public has a narrow window to make their voices

heard. If we don’t speak up now, we could be living with the consequences for decades.”

Hearings before PURA on the proposed sale were moving slowly earlier this week, prompting regulators to add a third day of testimony. New Canaan, Ridgefield, Westport, and Fairfield are participating as intervenors.

Dionna Carlson has been representing New Canaan tirelessly during the PURA hearings on the Aquarion sale, spending full days in New Britain alongside other town leaders. With final regulatory decisions expected by year’s end, New Canaan and neighboring communities are bracing for an outcome that will shape water rates, tax revenues, and land conservation for generations.

## YOUR NEWS BRIEF CONTINUED From Page 1

New Canaan officials urge residents to prepare for storms that could lead to prolonged power outages, flooding, and restricted access to roads and communication. Residents are encouraged to sign up for emergency alerts, create a household plan, and stock at least five days’ worth of essential supplies. Additional guidance is available at [newcanaan.info/alerts](http://newcanaan.info/alerts) and [ready.gov](http://ready.gov).

### AROUND TOWN

#### Parking Changes in Town

New Canaan will implement downtown parking changes in mid to late August, including the transition from free to paid parking on Elm Street and on South Avenue between Cherry Street and Elm Street. The Park Street Lot will become free, and several nearby spaces on Park Street will remain free with shortened time limits. Paid parking will operate through a pay-by-plate system, while more than 200 nearby spaces will continue to offer free parking under existing time limits. For additional information, contact New Canaan Parking Manager Stacy Miltenberg at [stacy.miltenberg@newcanaanct.gov](mailto:stacy.miltenberg@newcanaanct.gov) or (203) 594-3040.

### LOCAL BUSINESSES AND NONPROFITS

#### 9th Annual Addiction Awareness Vigil

The New Canaan Parent Support Group will host the ninth annual addiction awareness vigil on August 27, 2025. The evening includes live music, recovery testimonials, resources, and a candlelight vigil. Live music will begin at 6:15 pm, with parking available at Morse Court and Park Street lots.

### PEOPLE IN TOWN



#### Scout O’Malley Completes Project

Eagle Scout candidate Michael O’Malley spent about 200 hours, with support from family and friends, completing an outdoor project at the New Canaan Nature Center. Since October, he has built benches, constructed a shed, and rebuilt the fire pit. The updated area will serve as a space for outdoor learning. Photo credit: New Canaan Nature Center.



#### MacAllister Commits to Tufts

Tristan MacAllister is set to continue his baseball career at Tufts University. Photo credit: New Canaan Cal Ripken Baseball.

### SPORTS



#### 9U Softball vs. Parents

The Rams 9U girls softball team marked their final week with a 9–8 win in a scrimmage against their parents. Photo credit: New Canaan Softball.

### OUR NEIGHBORS



#### Rare Lobster at Mystic

Jerry, a rare orange lobster rescued from a ShopRite in New York, now lives on display at Mystic Aquarium after completing a health quarantine. His bright coloring—estimated to occur in only 1 in 30 million lobsters—caught the attention of store employees, who arranged his transfer. Jerry recently molted (see in photo), revealing a darker shell, as other unusually colored lobsters have also surfaced in Connecticut. Photo credit: Mystic Aquarium.



# Understanding Your Heart Health

By Dr. Katie Takayasu

*I've always known my cholesterol ran high - but it wasn't until I turned 40 that I decided to take a closer look at my true heart disease risk. What I found was surprising, even as a physician.*

*In my latest article, I'm sharing something deeply personal:*

*- My journey through coronary artery calcium scoring*  
*- How chronic stress - not sugar - was my biggest risk factor*

*- Why I chose to start a statin, and how I pair it with integrative strategies*

*- And how a new AI-powered scan (Cleerly CCTA) gave me peace of mind*

*Heart disease is the leading cause of death in the U.S., but there's so much we can do to prevent it - especially when we know the full picture. If you've ever wondered about your own risk, I hope my story empowers you to take the next step.*

I've known for a long time that my cholesterol was higher than it "should" be. I remember being in medical school in my mid-20s, reviewing my bloodwork and seeing elevated LDL and total cholesterol. The only time my labs looked remotely "normal" was during pregnancy (thank you, estrogen!) or the eight weeks I went vegan - a stint I couldn't sustain long term.

### The 95th Percentile Wake-Up Call

Around age 40, I decided it was time to understand my heart disease risk in a more meaningful way. I had a coronary artery calcium (CAC) scan - a quick, non-invasive CT that looks for calcified plaque in the arteries that feed the heart. This test doesn't diagnose blockages per se, but it's a powerful risk predictor: calcified plaque means your arteries have seen inflammation and are healing - a warning sign that shouldn't be ignored.

My CAC score came back in the 95th percentile for my age and sex. That means only 5% of people my age had more calcification than I did. Even though I'm young, a non-smoker, with healthy blood pressure and stable blood sugar, I knew I couldn't ignore

this. I started taking a low-dose statin, rosuvastatin, not just to lower cholesterol, but to reduce inflammation and prevent future plaque buildup. I paired it with CoQ10, a powerful antioxidant that statins can deplete - and thankfully, I've had no side effects.

Some might call that overkill. For me, it was a deeply personal, proactive choice.

### So...Why Was My Cholesterol High?

Yes, I have a family history of high cholesterol and some vascular disease, but I couldn't shake the question: why would someone like me - active, healthy, balanced - have early signs of coronary artery disease? Was I missing something?

### The Bigger Picture: Inflammation, Sugar, and Stress

Heart disease, like most chronic illness, is rooted in inflammation. Cholesterol isn't the villain - it's part of the body's healing toolkit. Think of it like this: if you skin your knee, the body sends healing proteins to form a scab. In the arteries, cholesterol acts like that scab, covering over inflamed areas of the vessel wall. The problem is when the inflammation doesn't stop.

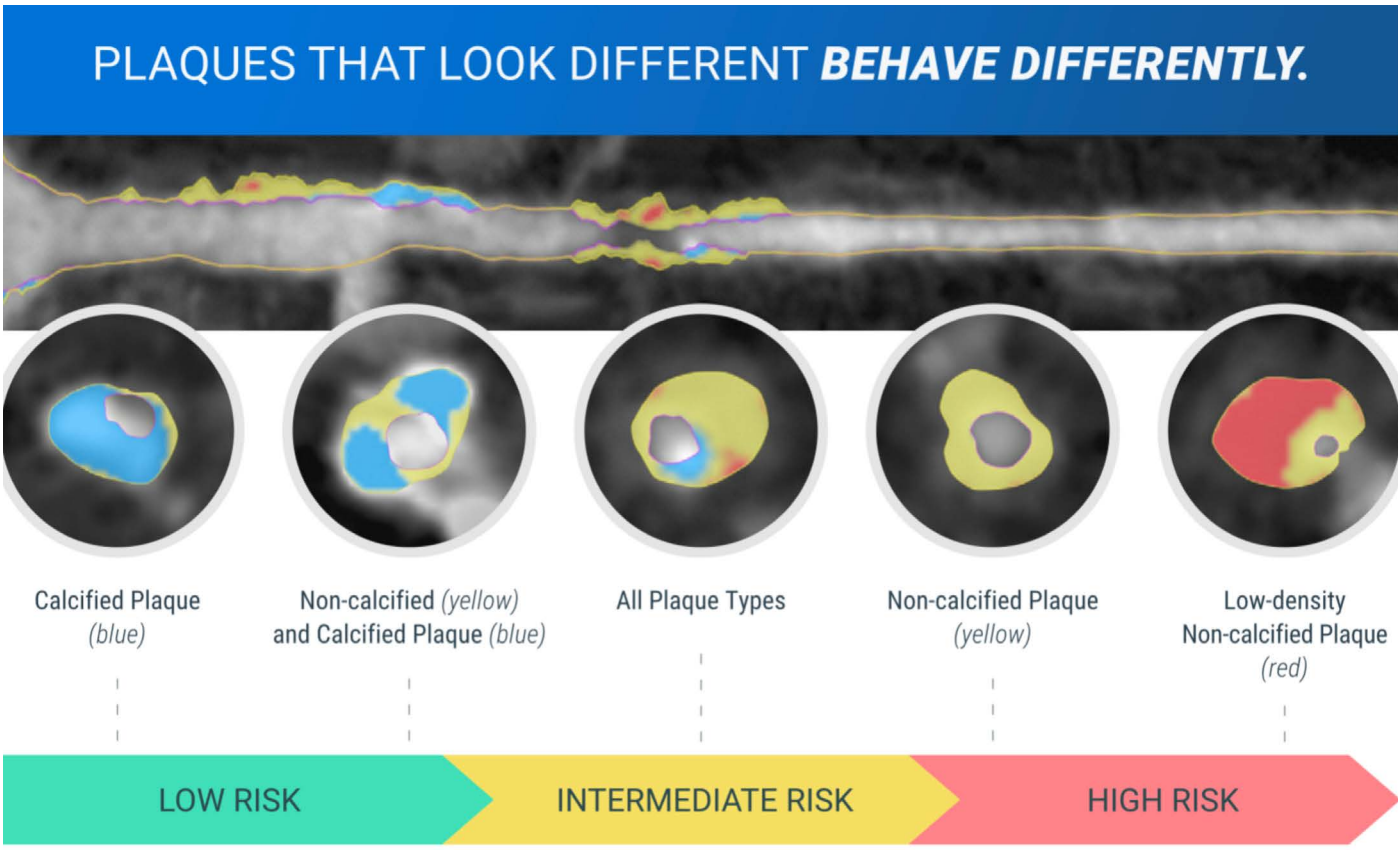
Two key sources of inflammation in blood vessels? Poor blood sugar control and chronic stress.

While much of America struggles with insulin resistance and blood sugar issues, I've worked hard to avoid that path. I balance every meal with fiber, protein, and healthy fat. I move my body daily. I lift weights and stay active. So if blood sugar wasn't the culprit...

### Then Stress Was My Smoking Gun

Let's talk about stress. I didn't understand the full weight of stress until medical school. In the anatomy lab, surrounded by cadavers and high expectations, I lost my appetite and even my sense of taste - everything, oddly, smelled like formaldehyde. I developed insomnia. I would lie awake, convinced I didn't know enough, didn't belong.

That intensity only ramped up during residency. I vividly remember nights before ICU shifts, wide awake on the couch in my tiny NYC apartment,



## I didn't understand the full weight of stress until medical school.

wondering if I could keep someone alive long enough to hand off the next morning. The pressure was enormous. And I carried it - for years.

For over a decade, I lived in a near-constant fight-or-flight state. And over time, that took a toll on my heart.

### Integrative Medicine: The Dual Approach

So yes, I take a statin. But I take it less for cholesterol and more for its anti-inflammatory effects. I can't undo ten years of stress. But I can reduce what's left - and prevent further damage.

And I do it the same way I coach you to do it:

**I meditate daily (sometimes twice).**

**I practice yoga twice a week, not just for flexibility but for peace of mind.**

**I cook nutritious, whole-food meals, using food prep as a form of mindfulness.**

**I lift heavy weights, walk in nature, and protect my sleep like it's sacred.**

**I spend time with people I love. I laugh - loudly. I rest. I reset. I heal.**

### The Next Step: AI + CCTA

Recently, I decided to go one step further. I had already done the CAC scan, which only shows calcified (healed) plaque. But the more dangerous kind is soft, unstable plaque - the kind you can't see on a regular CT.

So I opted for a Cleerly Coronary CT Angiogram (CCTA) - a more advanced scan that combines high-resolution imaging with AI analysis to build a 3D map of your heart's arteries.

The process was surprisingly easy. I had it done at East River Medical Imaging. The IV contrast was a bit weird (it makes you feel like you've peed your pants - you haven't), and because I had to skip caffeine that morning, they sent me home with a divine cup of coffee afterward.

### What Did I Learn?

The Cleerly CCTA showed that my plaque hadn't really increased - a huge relief. In fact, much of it had calcified, meaning the statin and my lifestyle changes were doing their job. There was a small amount of soft plaque, but not enough to change course.

It gave me peace of mind. And more importantly, it gave me data - something to track and build from as I continue this journey.

<https://cleerly.showpad.com/share/gqARULeXIWE5fGmcSZse/1>

### Should You Get a Cleerly CCTA?

If you're someone who wants to know more - not just guess - about your heart health, this kind of testing might be for you. It's especially helpful if:

**You have a family history of heart disease**

**Your cholesterol is elevated**

**You're curious about your true cardiovascular risk**

**You want to get ahead of potential problems - not react to them later**

Cleerly's CCTA doesn't just tell you whether you're "at risk." It shows you why - by mapping exactly where plaque exists, how much there is, and what kind it is (soft, calcified, mixed). That means you and your care team can create a truly personalized plan - from medications to lifestyle strategies - with evidence, not guesswork.

### A New Kind of Prevention

This is what I love most about Integrative Medicine: using the best of science, technology, and lifestyle to prevent disease - not just treat it once it appears. With tools like Cleerly, we don't wait until your "plane is in the air and engines are failing." We're at the gate with you, reviewing the pre-flight checklist, scanning the instruments, and making sure your heart is ready for the journey ahead.

If you're curious about your risk - or just want a guide to help you understand it better - book a session with us. We're here to help you stay well, informed, and empowered.

Let's keep your heart beating strong - for a long, long time.

*Katie Takayasu, MD is an Integrative Medicine physician, author, and speaker in the holistic health space, bridging the gap between medical doctor, wellness coach, and spiritual guide based in Darien. Board Certified Physician*

*Dr. Katie is a board certified M.D. in Family Medicine and is a licensed acupuncturist. Recognized Expert*

*Dr. Katie's first book, Plants First: A Physician's Guide to Wellness Through a Plant-Forward Diet, is available anywhere books are sold.*

*Learn more at <https://drkatie.com>*

*The New Canaan Sentinel does not charge for obituaries. Every member of the community deserves to be remembered and honored without families facing added financial burdens. Obituaries may be sent to [Caroll@GreenwichSentinel.com](mailto:Caroll@GreenwichSentinel.com).*

*The cost of publishing obituaries is covered by The Sentinel Foundation, a nonprofit that supports the local [Top 5 Things to Do Today](#) daily email, obituaries, education and entertainment pages, worship pages, and sponsorship of charitable organizations and events.*

## Carol Albrecht

Carol Ann Albrecht, 85, passed away peacefully on Sunday, July 20, 2025, at her home in New Canaan, CT. She was born on December 29, 1939 in St. Paul, MN, to Marilla Mattson Dickson and Bernard Dickson, the sixth of seven children. She met her husband, The Rev. Dennis Albrecht, in kindergarten. They remained friends throughout elementary and junior high school and began dating in their freshman year of high school. They graduated together from Central High School in 1957 and went on to attend the University of Minnesota. They were married on June 18, 1960 and enjoyed 65 years of a deeply devoted marriage to one another.

Carol had strong ties to her Swedish roots and Christian faith. As a pastor's wife, she had a strong commitment to serving and supporting alongside her husband as he led Lutheran congregations on Cape Cod, and in St. Paul, MN, Minnetonka, MN and Stamford, CT. Upon Dennis' retirement from full-time ministry in 1997, the couple returned to Cape Cod, their favorite place in the world, where she enjoyed the beach, her needlepoint, and hosting many family and friends who came to visit throughout the years. They happily lived on Cape Cod until 2023 when they returned to Connecticut due to health reasons and had the benefit of being closer to their children, grandchildren and great-grandchildren.

In addition to being a devoted wife, she was a loving mother, sister, aunt, grandmother, and great-grandmother. She was quick with a smile and a laugh. Their home, decorated beautifully for every holiday, was a frequent gathering place for friends and family. She could always be found in the kitchen whipping up a batch of Swedish pancakes, a Jell-O mold or a tray of her famous Rice Krispie treats. She will be remembered for her quiet strength, her boundless generosity, and her ability to make all who knew her feel loved.

She is survived by her loving husband of 65 years, Dennis; their children, Rebecca, Thomas, Amy (Christopher Beldotti) and Sara (Matthew Bechard), 11 grandchildren, and 2 great-grandchildren, and her sister Sandra (Nancy). She was predeceased by her parents, Marilla and Bernard, and the couple's son, Jon as well as her two brothers and three

sisters.

Visitation was held on Wednesday, July 23 at Thomas M. Gallagher Funeral Home, Stamford, CT. A Celebration of Life Service was held on Thursday, July 24 at St. John's Lutheran Church, Stamford, CT.

In lieu of flowers, donations may be made to Waveny Hospice at [waveny.org](http://waveny.org) in Carol Albrecht's memory. To send online condolences to the family, please visit [www.gallagherfuneralhome.com](http://www.gallagherfuneralhome.com)



## Carolyn Albrecht

Carolyn Consolino Albrecht (Evans), age 85, passed away on July 4, 2025 at The Hill at Whitemarsh in Lafayette Hill, PA. Carolyn was born and grew up in Wakefield, MA. Throughout her life she spent many summer days, often with three generations of family, at Crow Island, the family island property, on Little Sebago Lake in Gray, ME. Carolyn graduated from Colby College in Waterville, ME where she was actively involved as President of her Sigma Kappa sorority and Editor of The Echo, Colby's newspaper. Carolyn met her first husband, Joseph T. Consolino, at Colby. Her parents, Arlene Woodman Evans and Harvey Bolles Evans, also met and graduated from Colby. Following Joe's service

in the U.S. Army, Carolyn and Joe raised their four children in Concord, MA before moving to New Canaan, CT. Joe unexpectedly passed away in 1988. Carolyn married Knute C. Albrecht in 1995, and they subsequently resided in Devon and Berwyn, PA.

Carolyn devoted her life to raising her family. She had strong family values and was very involved with all her children in their educational pursuits and many sporting activities. Carolyn was also actively engaged with her communities, serving as President of the PTA for several years at her children's school in Concord, later as an active member of the New Canaan Sewing Group, and numerous volunteer efforts. She especially loved her years of tutoring at-risk youth. She also worked in retail management at The Whitney Shop in New Canaan.

In her early years, Carolyn enjoyed tennis and skiing, and later took up golf. She was passionate about music, particularly classical music, and was an accomplished pianist. Carolyn enjoyed attending church services wherever she lived, and was a member of St. Mark's Episcopal Church in New Canaan, CT and St. David's Episcopal Church in Radnor, PA where she served on both Altar Guilds. While spending part of the year in their Palm Coast, FL home after Knute's retirement, she also attended Trinity Episcopal Parish in St. Augustine, FL. Particular joy came from many children's and grandchildren's frequent visits in Florida. Carolyn was very much a dog person, with English Setters being a favorite breed, and lastly with her best friend, Amber, a golden retriever. She was very fond of taking long walks with Knute or friends, especially along the beach. Carolyn was loved by all, and everyone who met her quickly became a friend.

Carolyn is survived by Knute, her husband of 30 years; children Joseph (Jeff) Consolino, Sarah Murphy (William), William Consolino, and David Consolino (Margaret); 11 grandchildren and one great-grandson; sisters Janet Riester and Faith Evans; as well as many nieces and nephews. She is also survived by stepchildren Christina Wilson (Paul), Skip Albrecht (Nancy), and Laura Albrecht (Judy); 8 step-grandchildren; and 7 step-great-grandchildren.

Carolyn's family especially wants to thank the nursing staff and many others at Mather House at The Hill at Whitemarsh for providing excellent care during her 3 1/2 years there.

A memorial service will be held at 11:00 a.m. on September 20, 2025 at St. Mark's Episcopal Church in New Canaan, CT. Following the service there will be a reception at the Country Club of New Canaan. Carolyn's ashes will be interred in the columbarium at St. Mark's.



COLUMN

# Pausing to Pray for Students this August

By SARAH DUGAL

It's hard to believe that August is upon us; it happened in the blink of an eye, as it often does! While Elm might be empty now, as New Canaanites soak up a final vacation, Vineyard or otherwise, it will soon be brimming with life as a new school year springs into motion.

As someone who serves and supports adolescents in our community, I know the back to school season can be one of mixed emotions, holding both excitement for and anxiety around the year ahead. There's both comfort in a return to normalcy for many, and overwhelm from the many activities that constitute normal. There's familiarity in bus routes and paths in the hallway, and the unknowns of new relational dynamics. There's the beauty of a clean slate and the pressure to uphold a certain reputation.






So, how can we, as supportive adults and members of faith communities, come alongside students in the weeks to come?

Some of us might have the opportunity to be a non-anxious presence, quick to listen and eager to share unconditional love as family members, friends, coaches, teachers & neighbors. What a gift! But we all have the ability to lift up students in our minds and hearts through prayer.

In hopes of providing our community with a simple, practical first-step, Young Life New Canaan is leading the second annual, cross-faith community "Pause & Pray" initiative. If you're unfamiliar,

Young Life is a global, ecumenical non-profit organization that exists to reinforce that adolescents matter through relational youth ministry, create approachable spaces for students to explore faith, and model servant leadership in local communities – all with the hope of creating more spaces where students feel known & loved.

The "Pause & Pray" initiative is simple: anyone & everyone with a heart for students is invited pause and lift them up at some point on



### A Prayer for Students for the 2025-2026 school year


**Prayer for Love**  
We pray that students would come to know and experience Your great love for them. May Your love fill them so fully that it overflows to others in their kindness, gentleness and compassion, transforming our community to look more like your kingdom.

**Prayer for Mattering**  
As students discover, practice & hone their many gifts, we pray they would know that their value is far greater than their accomplishments. May we communicate to students that they matter unconditionally – to You and to us.

**Prayer for Belonging**  
We pray that students would feel welcomed and included in our school communities, just as they are. May You bless them with an unshakable sense of belonging.

**Prayer for Peace**  
We pray for the mental health of our students. For students experiencing anxiety, depression, or any form of despair, we pray that You would be at work through your Spirit and our many community resources to bring them support, comfort and lasting peace.

**Prayer for Safety**  
We pray for physical protection of our students from harm and injury. May You go before them, behind them, and with them, keeping them safe throughout their school days ahead.



Sunday, August 24, before the first day of school for NCPS. Some faith communities include the prayer in their regular worship service; some families pray together for their friends & neighbors over the dinner table; others pin the prayer for the refrigerator as a reminder to pray

for students throughout the year.

Our desire, however, is that the impact would be profound: that not only would we bless students, but that we, as a community, would be blessed as we experience unity in our deeply shared hope that youth would encounter love, mattering,

belonging, peace & safety.

Wherever you find yourself this August, whether in pews, quiet gardens, messy kitchens, bustling offices, or cars in non-stop carpool rotations, we would be honored for you to pray with us:

**"Prayer for Love:** We pray that students would come to know and experience Your great love for them. May Your love fill them so fully that it overflows to others in their kindness, gentleness and compassion, transforming our community to look more like your kingdom.

**Prayer for Mattering:** As students discover, practice & hone their many gifts, we pray they would know that their value is far greater than their accomplishments. May we communicate to students that they matter unconditionally – to You and to us.

**Prayer for Belonging:** We pray that students would feel welcomed and included in our school communities, just as they are. May You bless them with an

unshakable sense of belonging.

**Prayer for Peace:** We pray for the mental health of our students. For students experiencing anxiety, depression, or any form of despair, we pray that You would be at work through your Spirit and our many community resources to bring them support, comfort and lasting peace.

**Prayer for Safety:** We pray for physical protection of our students from harm and injury.

May You go before them, behind them, and with them, keeping them safe throughout their school days ahead."

*Sarah Dugal serves as the Area Director for Young Life in New Canaan. Young Life is a global, ecumenical non-profit that exists to reinforce that adolescents matter through relational youth ministry, create approachable spaces for students to explore faith, and model servant leadership in local communities. To learn more, visit [NewCanaanYoungLife.Org](http://NewCanaanYoungLife.Org).*

## Worship Directory and Services

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

### Church of Jesus Christ of Latter Day Saints

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

### Congregational Church

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

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

#### Recurring Events:

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

### First Church of Christ, Scientist

49 Park Street 203.966.0293  
[christiansciencect.org/newcanaan](http://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](http://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:

**September 7 at 11:30 AM:** Rally Day Picnic. Join for food, fellowship and fun directly following worship service.

### Saint Aloysius Roman Catholic Church

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

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

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

#### Recurring Events:

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

### St. Mark's Episcopal Church

111 Oenoke Ridge 203.966.4515  
[churchoffice@stmarksnewcanaan.org](mailto: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

### St. Michael's Lutheran Church

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

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

#### Recurring Events:

**Thursday 12 PM:** Alcoholics Anonymous

### Trinity Church New Canaan | Darien

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

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

### United Methodist Church

165 South Avenue 203.966.2666  
[frontdesk@umcofnewcanaan.org](mailto:frontdesk@umcofnewcanaan.org)  
[www.umcofnewcanaan.org](http://www.umcofnewcanaan.org)  
Join us for Sunday Worship!  
Sunday Service begins at 10:00 a.m.

Come for uplifting music and a relevant, inspiring message – and stay after for coffee and conversation during Fellowship Time.  
Child care is available for children from infancy through age 5.

### Communitv Baptist Church

174 Cherry Street 203.966.0711  
[cbcnewcanaan@gmail.com](mailto:cbcnewcanaan@gmail.com)  
[www.cbcnewcanaan.org](http://www.cbcnewcanaan.org)  
Youtube: [https://www.youtube.com/channel/UCoZ2UNa8aHI3O\\_Syp\\_X0KDg](https://www.youtube.com/channel/UCoZ2UNa8aHI3O_Syp_X0KDg)  
Facebook: <https://www.facebook.com/CBCNewCanaan/>  
Sunday School at 10:00am  
**Worship Service at 11:00am**  
Live Facebook Broadcast 11:30 am

#### Upcoming Events:

**August 2 from 12-4 PM: Friends & Family Picnic.** Everyone is welcome to join.

### Grace Community Church

9:30am Service @ New Canaan High School,

11 Farm Road, New Canaan  
203-966-7600

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

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

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

**Talmadge Hill Community Church**  
**870 Hollow Tree Ridge Road; Darien, CT**  
**203.966.2314**

[talmadgehillchurch@gmail.com](mailto:talmadgehillchurch@gmail.com)  
[www.talmadgehill.org](http://www.talmadgehill.org)

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

#### Recurring Events:

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

**Chabad New Canaan Jewish Center**  
**137 Putnam Rd**  
[info@chabadnewcanaan.org](mailto:info@chabadnewcanaan.org)  
[www.newcanaanjewish.org](http://www.newcanaanjewish.org)

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

**Temple Sinai (Reform Synagogue)**  
**458 Lakeside Drive; Stamford, CT 06903**  
**203.322.1649**

[www.templesinaistamford.org](http://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](http://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>



# Carriage Barn Arts Center: A Community Treasure Welcomes a Busy Fall Season



For generations, the Carriage Barn Arts Center has been a cornerstone of New Canaan’s cultural life. Nestled in Waveny Park, the historic space is operated by the New Canaan Society for the Arts (NCSA), a nonprofit founded in 1895 by artists and art lovers seeking to celebrate creativity and enrich the community.

That mission remains unchanged more than 125 years later: to promote visual and performing arts, foster education, and provide cultural experiences for all. “The Barn is where art and community come together,” says longtime supporters, pointing to both its storied past and its ever-evolving schedule of exhibitions, tours, and programs.

A Legacy of Creativity  
Originally active at the turn of the 20th century, the NCSA fell dormant for decades before being revived in 1977 by local residents determined to restore the town’s artistic hub. Volunteers transformed a 100-year-old carriage house on the former Waveny Estate into a gallery and gathering place for artists of every discipline. Two decades later, the Carriage Barn became home to the New Canaan Sculpture Group, which converted the basement into a working studio and continues weekly sessions there.

Today, the Carriage Barn’s Betty Barker Gallery hosts eight major exhibitions annually, including four juried shows that draw artists from across the region. Seasonal programs like Art in the Windows — a spring collaboration with downtown businesses — and a high school student showcase further extend the Barn’s reach beyond its walls. Admission to the gallery is free, with a suggested donation supporting ongoing programs.

### What’s Ahead: Tours, Lectures, and Exhibitions

The coming months promise a robust lineup of tours, lectures, workshops, and performances designed to engage both seasoned art patrons and newcomers alike. Highlights include:

- The Frick: Small Group Tour with Professor Page Knox – Wednesday, August 6 at 1:30 p.m.*  
*Art historian Page Knox leads a guided exploration of Old Masterworks by Bellini, Duccio, Rembrandt, and others inside the iconic Gilded Age mansion.*  
*Fee: \$110 members / \$125 non-members*
- MoCA CT Lunch & Tour: Tod Papageorge “At The Beach” – Friday, August 22 at 1 p.m.*  
*Lewis Dérogène, MoCA CT’s Head of Exhibitions, guides visitors through Papageorge’s vivid images of 1970s and 1980s Los Angeles beach life.*  
*Fee: \$40 members / \$55 non-members*
- The Armory Show Tour – Friday, September 5 from 11 a.m.–1 p.m.*  
*Contemporary art specialist Lauren Gargiulo provides insider insights at this major international art fair at the Javits Center.*  
*Fee: \$110 members / \$125 non-members*
- The Frick Reopens: Virtual Lecture with Page Knox – Wednesday, September 9 at 6:30 p.m.*  
*An online presentation covering the museum’s expansion and newly reopened galleries.*  
*Fee: \$15 members / \$20 non-members*
- Chelsea Gallery Walking Tour – Wednesday, September 17 from 11 a.m.–2 p.m.*  
*Art critic Merrily Kerr leads a tour of premier Chelsea galleries followed by a casual walk along the High Line.*  
*Fee: \$85 members / \$100 non-members*
- Workshops, Music, and Family Programs*  
In addition to tours, the Barn’s fall calendar offers immersive workshops and performances:  
*Watercolor Botanical Painting – Saturday, July 19, 10:30 a.m.–1:30 p.m.*  
*Learn watercolor techniques and complete a botanical painting.*  
*Fee: \$75/\$90*  
*Summer Evening of Chamber Music – Tuesday, August 5, 7–8:30 p.m.*  
*Charles Ives Music Festival artists perform works by Vaughan Williams, Beethoven, and more. Tickets: \$25 adults / \$15 seniors / \$10 students*  
*Smart Marketing for All Creatives! – Saturday, September 20, 10:30 a.m.–1:30 p.m.*  
*Workshop with Lauren Clayton on practical strategies to promote your work. Fee: \$40/\$60*  
*Art As Identity: Multimedia Workshop – Saturday, September 13, Noon–3 p.m.*  
*Explore the intersection of art and self-expression with instructor Isadora Gacel. Fee: \$75/\$90*  
*Abstract Painting: The Art of Letting Go – Saturday, October 4, Noon–3 p.m.*  
*Melissa Benedek leads an intuitive approach to abstract art. Fee: \$135/\$150*  
*Exploring Your Vision in Paint with Jonathan McPhillips – Saturday, October 18, 10 a.m.–4 p.m.*  
*A full-day workshop with the renowned landscape artist offering demos and personal guidance.*

The Carriage Barn also continues its popular youth programs, including musical theater camps, summer art adventures for grades K–4, and a fall after-school art series beginning September 4.

Supporting the Arts  
As a nonprofit, the NCSA depends on memberships and donations to sustain its programs. Its fiscal year ends July 31, and community support helps ensure the Carriage Barn remains a vital space for exhibitions, performances, and educational opportunities.

For more details on membership, event registration, or volunteer opportunities, visit carriagebarn.org.

# New Canaan Legal Ads

LEGAL AD

Legal Notice

A certified list of Republican party-endorsed candidates for the Town of New Canaan for election as First Selectman, Selectman, Town Clerk, Treasurer, Board of Assessment Appeals, Board of Education, Town Council and Constables is on file in my office at Town Hall, 77 Main Street, New Canaan, CT, and copies thereof are available for public distribution.

The certified list as received includes fewer names of party-endorsed candidates than the party is entitled to nominate for the following offices:

Office	Number of Names Certified	Number Entitled to be Nominated
Town Council	4	6
Board of Education	3	5

A Primary will be held September 9, 2025, if, for a particular office, the number of party-endorsed candidates plus the number of candidates filing petitions pursuant to Sections 9-382 to 9-450 of the Connecticut General Statutes exceeds the maximum number which the party is entitled to nominate for that office. Petitions must be filed not later than 4:00 p.m. of August 6, 2025. Petition forms, instructions and information concerning the procedure for filing of opposing candidacies, including schedules, may be obtained from:

Joan McLaughlin, Republican Registrar of Voters, Town Hall, 77 Main Street, New Canaan, CT 06840

**CLAUDIA A. WEBER, CMC**  
TOWN CLERK, TOWN OF NEW CANAAN

LEGAL AD

Legal Notice

A certified list of Democrat party-endorsed candidates for the Town of New Canaan for election as Selectman, Board of Assessment Appeals, Board of Education, Town Council and Constables is on file in my office at Town Hall, 77 Main Street, New Canaan, CT, and copies thereof are available for public distribution.

The certified list as received includes fewer names of party-endorsed candidates than the party is entitled to nominate for the following offices:

Office	Number of Names Certified	Number Entitled to be Nominated
First Selectman	0	1
Town Clerk	0	1
Treasurer	0	1
Town Council	4	6
Board of Education	3	5

A Primary will be held September 9, 2025, if, for a particular office, the number of party-endorsed candidates plus the number of candidates filing petitions pursuant to Sections 9-382 to 9-450 of the Connecticut General Statutes exceeds the maximum number which the party is entitled to nominate for that office. Petitions must be filed not later than 4:00 p.m. of August 6, 2025. Petition forms, instructions and information concerning the procedure for filing of opposing candidacies, including schedules, may be obtained from:

Liz Orteig, Democrat Registrar of Voters, Town Hall, 77 Main Street, New Canaan, CT 06840

**CLAUDIA A. WEBER, CMC**  
TOWN CLERK, TOWN OF NEW CANAAN

LEGAL AD

**TOWN OF NEW CANAAN  
INLAND WETLANDS COMMISSION**

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

Permit Number (IW-25-37) issued to Eimeg, LLC, 317 Park Street, Map K Block 10 Lot 915. Prepare site for construction activities and install soil and erosion controls. Remove portion of stonewall and fill, as indicated and allow remaining stonewall and fill to remain. Fine grade and stabilize disturbed areas upon completion.

Members of the public are invited to

**CONNECTICUT DEPARTMENT OF TRANSPORTATION**

**VIRTUAL PUBLIC INFORMATION MEETING**

**State Project No. 0173-0544**  
**Installation of Centerline Rumble Strips on Route 123 (Smith Ridge Rd) and Route 124 (Oenoke Ridge Rd) in New Canaan**

**Tuesday, August 12, 2025, at 6:00 p.m.**

**Learn more & Register:**  
**<https://portal.ct.gov/DOT2025CLRS-NewCanaan>**

The purpose of this meeting is to provide the community with an opportunity to learn about the proposed project. A Q&A session will immediately follow the presentation.

The purpose of this project involves systemically installing centerline rumble strips (CLRS) to reduce the number of roadway departures and head-on crashes.

Right-of-way impacts with the proposed project are not anticipated.

Construction is expected to start in 2026, depending on funding, right-of-way acquisition, and permits. The estimated cost is \$13,000, with 100% state funds.

The public can submit comments and questions during the two-week public comment period following the meeting. Direct comments and questions by Tuesday, August 26, 2025, to **[DOT2025CLRS-NewCanaan@ct.gov](mailto:DOT2025CLRS-NewCanaan@ct.gov)** or (860) 594-2020.

**ACCESSIBILITY**

Non-English translation options will be available on Zoom. The recording will also be posted immediately following the meeting in the list of CTDOT virtual public meetings at **[portal.ct.gov/ctdotVPIMarchive](#)**.

For limited internet access, call (877) 853-5257 with Meeting ID 825 6773 3363. Project information can be mailed within one week by contacting Balazs Szoke at **[TrafficSafety.DOT@ct.gov](mailto:TrafficSafety.DOT@ct.gov)** or (860) 594-2745.

For hearing/speech disabilities, dial 711 for Telecommunications Relay Services (TRS). Request language assistance from CTDOT’s Language Assistance at (860) 594-2109 at least five business days before meeting.



## Vacations and Bears

Its August and New Canaan is emptying out as residents seek their vacation adventures. As we watch the mass exodus, we started reminiscing about our own family vacations when we were kids. You know the ones where your parents packed up the whole family in the station wagon and drove to some far-flung location for a week or two of quality “family time.”

Or better yet, the time you drove as a family all the way across country, which was great, but then you realized you had to drive back home with your brother and sister next to you in the back seat. Now as adults, we remember less the quality time and more the hilarious antics that ensued.

In our family, it was the summer of 1975. I was eight. We were to embark on a family odyssey that would have us travel from Connecticut to Maine to Canada and then home. This trip had been meticulously planned by our parents. My sisters and I were loaded into our Ford Country Squire. My parents were captain and navigator, or more accurately driver and the person who answered all questions and handed out grapes when we were hungry. My two sisters were in the middle seats and I, as the youngest, was in a self-made cave from all the luggage in the way back.

Driving to Maine is something we did of ten as our mother was from Maine and we loved visiting our grandparents in Augusta. This time it was just a provisioning stop for our adventure in Canada. We were going to a family friend’s remote camp. Very remote.

Our mother was concerned about being able to get food. My father thought an extra bottle of Rye was in order. Someone may have mentioned to me in passing that bears regularly visited the camp. My sisters wanted to know if there was electricity. There wasn’t.

When we arrived at the camp after a 10-hour drive from Augusta and 40-minute boat ride across a very large lake I remembered immediately the passing reference to bears and kept my eyes peeled.

Of the children there, I was the youngest. The owner’s sons were my sisters’ ages, so I was a bit of an odd boy out. That did not stop them from trying to terrorize me or, so I thought, at the time.

The owner’s youngest son showed me around the camp and pointed out every bear claw scratching or marking he could find. And it turns out these weren’t just cute little black bears, these were big brown bears, grizzlies. Their marks were everywhere; on the outside of the main cabin where my parents slept, on the bunk house where all the kids slept, on trees. Remember, I was eight.

That first night when it was time for bed my Mother took me to the bunk house with my flashlight to zipper me into my sleeping bag. I was panicked the moment I saw where my bed was, all the way at the far end of the bunk room. My siblings and the others were closest to the door. Of course, my mother was thinking she did not want the older kids waking me up when they came in. What I thought was BEARS! And what would a big hungry grizzly bear like to eat? A little boy! And if I am at the end of the bunk house, he could just reach in through the screen window and grab me before anyone knew.

Somehow my mother got me to bed.

Later that night, the quiet Canadian lake was pieced by the screams of an eight-year-old boy who thought a grizzly bear was trying to break into the cabin and take him home for dinner. Parents came running. What they found were the four older kids scratching on the side of the cabin. Mothers meted out discipline. Fathers went in search of the bottle of Rye. A week in the Canadian wilderness had begun.

Today, we get together and laugh at such memories. I had my revenge later that trip. And it turns out the grizzly bears only visited the camp just before winter looking for food. As you head out of town enjoy the memories you will be making for your children. The Sentinel is going on vacation too. We will see you before school starts with our next issue being August 21st.

# Editorial Page

## Be the Light: New Canaan Vigil Honors Recovery and Remembrance August 27

On Wednesday, August 27th, hundreds of people will gather at the corner of Elm Street and South Avenue to celebrate life – specifically to celebrate life in recovery, and specifically recovery from addiction and the dark side of substance use. As the evening wraps up, we will light candles, pledging ourselves to be light in a world that desperately needs it. The ninth annual Addiction Awareness Vigil will bring together people from all walks of life, in all stages of life, and from all facets of recovery, to remember lives lost, and to give thanks for lives saved. Sponsored by the New Canaan Parent Support Group, the Vigil has grown to be a widely supported community event, and this

year’s theme, “Sharing Stories Saves Lives”, builds on the experience of the past nine years and past themes. NCPSG founder, Paul Reinhardt, has heard hundreds of recovery stories over the years, and he is convinced that this Vigil has made a profound difference in the lives of thousands. A big part of successful recovery is sharing time with others in service, being light in a dark world, and setting an example of joyful living. Sharing stories of recovery gives hope, and hope looks forward. Please look forward, join us at 7:00 pm on August 27, and come to share stories of life, love and hope.

*Eric Thunem*

## Kindness Preserves Our Minds

To the Editor:

Thank you for publishing “It’s How We Treat Each Other.” The editorial raised an urgent point rarely discussed in public debate: hostility and cruelty do not just fray feelings; they erode mental acuity. The science you referenced—chronic stress raising cortisol, shortening telomeres, impairing memory—should alarm every one of us who cares about our health, our families, and the future character of Greenwich.

We often talk about physical wellness in terms of nutrition, exercise, and medical care. Yet your editorial underscores what neurologists and psychologists

have long documented: the brain is acutely sensitive to social environments. Sustained exposure to ridicule, contempt, and verbal aggression literally alters brain structure. Regions responsible for memory and reasoning show accelerated decline when bathed in stress hormones triggered by public nastiness. Over time, what begins as “harmless venting” becomes measurable cognitive damage.

New Canaan prides itself on high academic achievement and professional accomplishment, but these strengths cannot offset the harm of chronic incivility.

A brilliant student exposed to online shaming may see concentration falter. A seasoned professional who absorbs daily contempt in meetings may find decision-making dulled. The degradation is silent but cumulative, and it ripples through families, classrooms, and civic life.

Your call to intervene—calmly, firmly, and consistently—is precisely the antidote. Confronting cruelty is not about politeness; it is about neurological protection. Each time we remind someone, “That’s not how we speak to one another in New Canaan,” we are safeguarding more

than community spirit; we are safeguarding memory, judgment, and the ability to think clearly in the years ahead.

This is why your editorial matters. It reframes kindness from a sentimental ideal to a cognitive necessity. If we want our town to remain not only prosperous but sharp-minded, we must treat civility as public health infrastructure. The choice to speak kindly is a choice to protect the collective mind of New Canaan—today and decades from now.

*Author requested to remain anonymous*

### COLUMN: ON MY WATCH

## What We Are Learning from Comet 31/ATLAS and the World’s Powerful Telescopes



By ANNE W. SEMMES

July of 2025 became historic with the July 1 spotting of perhaps the world’s oldest comet having arrived at great velocity from outside our solar system. It’s also the third interstellar object (ISO) discovered since 2017. It’s been named 31/ATLAS by NASA having been seen by one of NASA’s five world-wide telescopes in its Asteroid Terrestrial-impact Last Alert System, or ATLAS, that watches for space rocks that might be on a collision course with Earth.

But NASA has stated that 31/ATLAS “poses no threat to Earth and will remain at a distance of 160 million miles.” Time to reach out to my astronomer stepbrother Michael Snowden, based in Christchurch, New Zealand. Michael had, three years ago, described for this newspaper five of the most important astronomy projects around the world.

So, what grabs Michael about 31/ATLAS? “You’re looking at material from very early in the universe!” Yes, older than our 4.6 billion years old solar system – with some saying the comet’s velocity could date it back 7 billion years. “What’s exciting is almost certainly it was twisting around another star and got kicked out of its home turf, sailed off in space and finally got sucked into our solar system by gravity from the sun. And it comes in this remarkable hyperbolic orbit. And real interesting to me is that it’s going so close to Mars.”

And located on Mars are those rovers placed there by us. “They’re designed to look at the ground and look at the soil of Mars and the atmosphere,” he said, but he’d recently seen an image of a starfield taken by the rover Perseverance. “Those rovers are able to shoot stars!” So, another avenue to capture images in deep space. And back on Earth, in the Chilean Andes the extraordinary Vera Rubin Telescope is debuting.

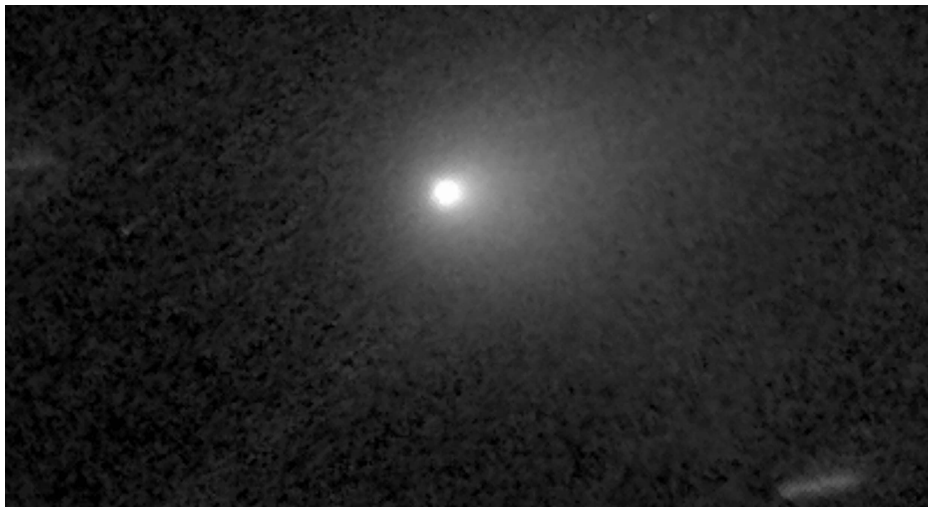
### Vera Rubin Telescope role

Michael cited the Vera Rubin telescope as having “the world’s largest and most powerful camera ever created...it weighs like a ton and goes at the top end of the telescope.” But he noted that telescope “didn’t have a lot of additional adjustments” completed thus that comet was not spotted. That camera recently had its “first light” and had taken the “first images that were remarkably good...and one of the things that popped out were all these asteroids running about.” Yes, that Rubin telescope found 2,104 asteroids in just a few days.

It is those Chilean Andes, the lower mountains, the desert, and the stable atmosphere that make that location so sought after by European and American astronomers. Indeed, it was that Chile-based NASA telescope that found 31/ATLAS on July 1.

Michael also cited the island of Hawaii as “probably the best in the world for its stable atmosphere, with its volcano very rounded.” It was there that the first rogue interstellar comet

*“You’re looking at material from very early in the universe!” Michael Snowden*



Interstellar Comet 31/ATLAS as taken by WFC3 camera on 21 July 2025, 16-18 UT and combining with median blending, the Hubble Space Telescope. Images taken by David Jewitt/NASA/ESA/Space Telescope Science Institute (STScI).

was discovered called Oumuamua, spotted with its cigar shape in 2017, and the second comet 2I/Borisov was discovered in 2019 by the MARGO Observatory in Ukraine.

### Comets up close and personal

Michael then described the differences between comets and asteroids as seen from those telescope images. “I’m speaking from the last 24 hours as things are changing so fast. The Hubble Space Telescope image is the best...You’re seeing a round image which is slightly blurred and with a little bit of dusty elongation... We don’t know if it’s a dusty tail or if it’s gas that’s spewing out.” But “we now know that if it has a tail and something is spewing out, it’s a comet.” Whereas if it’s an asteroid, “They’re just big rocks.”

And what about the size of a comet? “People are scratching their head a bit about the size. I don’t think they really know anything about the size or the age.” Some reports say perhaps “12 miles wide” ... “bigger than the space rock that wiped out the non-avian dinosaurs.” “We need more time. Probably we’ll get a pretty good measurement of the size at some point.”

Michael has a speculation. “The fact that we’ve discovered three comets in such a short period of time suggests to me that once the Vera Rubin telescope with its massive camera is underway, it’ll be finding comets all over the place mixed in with those 2,000 plus asteroids.”

But how long will comet 31/ATLAS be in sight before it returns to the cosmos from whence it came? Its closest path to the sun will be the end of October. “And when it goes behind the sun,” said Michael, “that means a period of blank time where we can look, but it would come out on the other side, and we can resume work on it.” And come December it will be the closest to earth, at 160 million miles.

### Following the path of 31/ATLAS

During those comet visiting days Michael will be on top of developments and discoveries while attending a weekly seminar at the University of Canterbury in Christchurch, run

by planetary astronomer Michele Bannister, Senior Lecturer Above the Bar in the School of Physical & Chemical Sciences. Bannister engages her seminar students individually to share “something interesting” they’ve learned of in our solar system. “They know better than I know what’s going on,” noted Michael, “because they’re all tuned in.” Count in undergrads, grads getting their master’s or doctorate, “one or two professional scientists, and one retired astronomer, me.”

The challenge these students face, Michael shared, “is the quantity of data that’s coming out of those telescopes on a nightly basis.” So, he’s hearing from those students their need to develop technology to examine that data, and “some are working on theses that develop the technology to observe...examine...interpret the data.”

It is astronomers, Michael noted, who have been leading the world “for centuries” in examining the technology of images. “Even the military comes to astronomers for advice on the surveillance of satellites...on any kind of imaging technology, on understanding what our pictures are telling us.” And AI he said is going to “play a big role in the assessment of these images. The students are already working right now before the telescopes are even finished to develop the technology for doing that.”

But now one of the “massive headaches” facing those powerful telescopes’ revelatory images are the smears coming from the growing number of satellites produced by SpaceX and others “because they put streaks across the images. They just saturate the telescope images. But students are working on techniques to deal with those streaks, and that’s a whole story in itself.”

Postscript: The late science fiction writer Arthur C. Clarke’s 1973 novel “Rendezvous with Rama” that addresses a sizeable interstellar starship of intelligent origin entering our solar system will be a film shared Michael Snowden, old time friend of Clarke’s.

Letters to the Editor may be sent to cordelia@sentinelhometownnews.com or submitted through the website at NewCanaanSentinel.com



# St. Michael’s Lutheran Church: Moving Forward

By JOHN KRIZ

When one thinks of St. Michael’s Lutheran Church, the first thing that comes to mind is often that it’s that pretty, classic New England church that anchors the east side of God’s Acre. [www.stmichaelslutheran.org](http://www.stmichaelslutheran.org)

It certainly is that, but if the church’s cheerful new pastor, Rev. Mark Grorud, and friendly, energetic council have anything to say about it, there will soon be much more.

**Church History**

The church sanctuary, built in 1833 and New Canaan’s oldest house of worship, is arguably the quaintest church in town. Originally the home of St. Mark’s Episcopal Church, the ‘high church Episcopal’ influence is clear from the tabernacle and many fabulous stained glass windows depicting a range of Christian scenes and symbols. There is also an excellent organ, a choir loft, and a brass bell in the steeple from an old New York, New Haven and Hartford Railroad steam locomotive that rings loud and true when you pull on the rope, still calling the faithful to worship.

In the early 1960s St. Mark’s was outgrowing its home, and decided to build a new church campus, where it remains. Local Lutherans were looking to establish a congregation, and for \$90,000 bought the church sanctuary and attached educational building, the parking lot behind the sanctuary, and the Ludlow House (also known as the Town Hall, erected in 1825 and used for town meetings for thirty-eight years) near the sanctuary, which was subsequently exchanged with the New Canaan Museum & Historical Society [www.nchistory.org](http://www.nchistory.org) for some adjacent land for additional church parking.

Thus St. Michael’s Lutheran Church, which is now a part of the Evangelical Lutheran Church in America (ELCA) [www.elca.org](http://www.elca.org) took root in New Canaan.

**COVID and Tough Choices**

In 2022, the congregation was facing tough choices. Their beloved pastor, Rev. Derrick Fallon, retired, and a changing series of ‘supply pastors’ filled in, making the congregation feel it was at loose ends. Beyond that, active church membership had been dropping for a decade, and then there was COVID, which was no friend to St. Michael’s or to other houses of worship.

“COVID was just a big kick in the butt,” states Rev. Grorud, bluntly, with the ELCA noting that national church attendance is down by a third post-COVID. Says church member Elizabeth Tobey, “Anytime you change the habit of going [to church] and your community is somewhere else, and you can knit and drink coffee during church on Zoom, and then maybe you don’t do it one week and maybe you can do something else, you just lose the thread.” The church was not financially healthy enough to hire a new full-time

pastor, and “we were sort of up against a wall, really.”

In the words of church council member Ingrid Hollinger, it became clear “that going forward, unless we came up with a better plan what to do, we would just kind of like fade in the sunset and the church would die. Now, the members -- the active members -- were actually very committed to the church and did not want to have this church go under. So there was a will to save the congregation and the church, and have us going forward and look at how we can make this church alive again.”

Adding to the burden was the church’s cash burn rate: The amount of money coming in vs. the amount going out for utilities, insurance, maintenance and the like. Action needed to be taken. The decision was to create a transition team to sketch out options. “It became clear to everyone that we needed a really different solution if we were going to survive as a congregation long term,” says Ms. Tobey.

Many options were considered, including partnering with a not-for-profit or pre-school that needed space, and a deal with a developer.

The core ‘non-negotiables’ were preservation of the congregation and continued use, and protection, of the historic church sanctuary.

Many of the groups the church considered working with “gave lip service to the idea that we could stay, but they didn’t really embrace the idea that they would like us to grow,” says Ms. Tobey. “We were pretty sure a developer could figure out how to make what they want happen, happen. And we did not want to do that. We wanted to be good stewards of our beautiful building and we wanted to find a way that we could stay here and continue to grow as a congregation. So we understood that we were selling our building, but honestly we were looking for a partnership.”

Enter the New Canaan Museum & Historical Society. Early in the process the church reached out to its neighbor to let them know the church’s situation, and the transition planning that was underway. The NCM&HS was interested – not only as a way to expand its campus, but also to preserve a historic church in New Canaan’s historic district, and address potential implications of a property sale and redevelopment.

After much negotiation, a deal was struck. The church’s property was sold to the NCM&HS for \$2.1 million, with St. Michael’s congregation becoming tenants, with a renewable lease. The congregation has use of the sanctuary on Sundays, specified holidays, and periodically for special events, such as weddings and funerals. As well, it has exclusive use of offices for its pastor and a church secretary, plus periodic use of the fellowship hall in the annex. The NCM&HS gets much needed storage space in the annex behind the sanctuary,

the 1987-built parsonage adjacent to the small parking lot behind the church, which has recently been listed for rent, and an expanded campus – plus preservation of the historic 1833 sanctuary. There are regular meetings between the two parties to schedule use of the property. Both parties view the transaction as a ‘Win-Win’.

**New Pastor**

With its financial situation much improved, St. Michael’s congregation was able to bring Rev. Grorud on as a dedicated, albeit part-time, pastor. This was an important step.

Mark Grorud was born in Minnesota, and his father’s family was “poor as poor can be, and lived in a dugout for a while in the prairies in South Dakota.” His grandfather always wanted to be a minister, but died during the Depression while working on a WPA project. However, his dream was fulfilled when his three sons all became ministers. Several other family members have become ministers as well, so “his influence has affected all of us.”

However, ministry was not Rev. Grorud’s first choice. “My first vocational goal was to be a pirate. I thought that would be cool.” But the ministry drew him in, and this self-described Norwegian Pietist from northern Minnesota ended up at a large church near Omaha for 26 years. After that, he was called to work in the ELCA national office, focusing on building relationships with large congregations. After five years of that, he became the pastor of a large church in Omaha, eventually running a church-related charitable foundation. Then a move to Wilton with his wife Caryl, a nurse, to be near their daughter, and retirement.

It didn’t take long for Rev. Grorud to get restless, so he helped at several churches in the area that needed some support, eventually being called to St. Michael’s. He started on May 1.

Services are ‘high church’ Lutheran, with weekly communion and a sung Eucharist. Rev. Grorud is a practical and approachable homilist, whose separate post-Gospel children’s sermon is delivered neither at, nor to, the children, but rather with them.

How does he define his role? “To give them a little encouragement, as much as anything.” The core congregation is very committed, and has “really good people,” but they’ve been through some things and were tired.

**New Vision**

Rev. Grorud’s and the church council’s focus is to “reach out into the community, make themselves known.” He continues, observing, “Most churches are guilty -- especially smaller churches are guilty -- of not promoting themselves. It’s kind of like, ‘Well, we’re here. You can see the steeple. We’re here. We’ll wait for you to show up.’ And I think churches have to promote themselves a bit. I don’t mean

patting themselves on the back, but just letting people know what they have to offer, why they’re here, what they see, what their vision is.”

The church council and Rev. Grorud started with the basics: contacting every person on the congregation list who is not a regular congregant and taking their pulse. “It’s just a matter of encouraging them to be active and find a home. And if not here, how can I help you find a home somewhere,” says Rev. Grorud.

Sunday attendance had been steady at around 25 to 30 people, with no ‘summer slump’, which is unusual in a positive way. Over 80 people attended Easter services, which was a good sign. “The members who are coming are pretty committed to being here,” stresses Rev. Grorud.

During this period of joint reflection and renewal, several strategies are being explored. One is to find a project or nonprofit in the community that the congregation can connect with. Says Rev. Grorud, “It’s always nice when a congregation can be identified as, ‘Oh, you are the church that does this.’ And I think most congregations struggle to find that, but I want to encourage them to keep thinking about that. What is it that will identify you to people in the community? When they hear St. Michael’s Lutheran, what are they going to think about? ... What are we known for? How are we known for serving in the community? And that’s usually a big mountain to climb for congregations.”

Other ideas being considered are creating some community-friendly fellowship groups, and signature charity projects. Church Council member Norma Gerwig stresses ideas to “get youth back into the church.” Ms. Tobey notes the church’s enthusiastic, talented organist, and fabulous organ, and opportunities to leverage these tools and talents in art- and music-friendly New Canaan.

St. Michael’s organist, Alla Borzova, is a music prodigy from Belarus with a doctorate in composition from the Moscow Conservatory. She is also a conductor, pianist and singer.



Rev. Mark Grorud in front of the church, just after services.

She, too, is excited about making greater use of the organ with its 1000+ pipes and trumpets.

One community outreach project that’s been going for decades is a food pantry, with the donations consolidated with nearby Lutheran congregations. Another charitable activity is making school kits containing necessities like soap for those who are in need. There’s also a knitting circle that makes shawls for cancer patients at Norwalk Hospital’s Whittingham Cancer Center. However, these laudable efforts are not broadly known, which curiously goes against the advice of St. Matthew, who notes in chapter 5, verse 15 of his Gospel, “Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house.”

Summing it up, Rev. Grorud says St. Michael’s needs to be “more than just the third white steeple” on God’s Acre.

**Green Shoots**

One of the major ‘good news’ items for Rev. Grorud is that

people do show up every Sunday, noting “if it was depressing to be here, they wouldn’t be here.” As well there is “a fresh spirit, a new energy” running through this cheerful, welcoming congregation.

And beyond that, Sunday attendance is rising. People who have not been seen in a while have started to return. And they’re bringing their kids. One church member notes how the whole ethos and feel of the church is different – in a good way.

Despite this encouraging progress, St. Michael’s Lutheran Church still has some wood to chop. While that might be off-putting to some, the dedicated, energized congregation seems up to the task – excited, even.

Rebirth is a core Christian belief, and that is what St. Michael’s is striving for. There was some great success on that score around two thousand years ago, so they know it can be done, and they’re working to do just that in their little New England church on God’s Acre in New Canaan.



St. Michael's congregants (L-R) Elizabeth Tobey, Norma Gerwig and Ingrid Hollinger in the choir loft, with a view down to the altar -- bright sun highlighting the many stained glass windows.

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# Navigating the Economic and Housing Market Impacts of Trump’s ‘One Big Beautiful Bill’

BY DEKE ROTHFUSS

The passage of the “One Big Beautiful Bill” (OB BB) through the U.S. Senate on July 1 and the House on July 3 and its signing into law by President Trump on July 4 has ignited a wave of emotions across the United States. Individuals and corporations alike are grappling with the implications of this sweeping legislation, which extends the 2017 Tax Cuts and Jobs Act, introduces new tax breaks (e.g., no tax on tips or overtime, increased child tax credit), and cuts social programs like Medicaid and SNAP.

While the promise of tax cuts fuels optimism, the Congressional Budget Office (CBO) projects the bill will add \$3–\$3.8 trillion to the federal deficit over the next decade, raising concerns about inflation, reduced economic growth, and job displacement.

Amid this uncertainty, many are questioning the future of the economy, particularly the housing market. Where will interest rates go? Have we missed the strong housing market? And what does this mean for buying or selling a home?

## Economic Uncertainty and Interest Rates

The OB BB’s tax cuts, such as 100% expensing for R&D and manufacturing, are projected to boost GDP by 4.2–5.2% in the short term and create over 1 million jobs annually, according to the Council of Economic

Advisers. However, the CBO warns that the bill’s deficit spending could drive inflation, potentially pushing the 10-year Treasury yield – currently around 4.3% after peaking at 4.629% in May 2025 – higher as borrowing costs rise.

President Trump’s public pressure on Federal Reserve Chairman Jerome Powell to cut short-term rates adds complexity. While Trump claims inflation is low, proposed tariffs (25% on Mexico/Canada, 10% on China) could add nearly 1% to inflation, per Citi strategists, potentially forcing the Fed to pause rate cuts or raise rates. This could elevate long-term mortgage rates, which are already near 7%, a 20-year high.

The risks are real: higher deficits may erode investor confidence in U.S. debt, as Moody’s May 2025 downgrade suggests, potentially triggering a bond market crisis. Conversely, tariff revenues could offset some fiscal concerns, stabilizing yields.

For now, the economy faces a delicate balance: growth from tax cuts versus inflationary pressures and job displacement risks, particularly in healthcare due to Medicaid cuts affecting 16 million people. Corporate America may also hesitate to invest if tariffs reduce U.S. dollar revenues, leading to workforce reductions and heightened insecurity.

## Housing Market Challenges

The housing market reflects this uncertainty. High mortgage rates and near-record home prices have dampened affordability, a top voter concern. The National Association of Realtors predicts 30-year mortgage rates will hover between 6–7% in 2025, potentially rising if inflation intensifies.

Homes are starting to languish unless they are turnkey, competitively priced, and in desirable locations. Buyer hesitancy is palpable, driven by fears of economic slowdown and job insecurity, while sellers face confusion and angst over declining demand. Have we missed the strong housing market? Likely, yes – but strategic buying or selling remains viable with the right approach.

If you’re considering listing your home, consult a real estate agent with deep local and national market insights. Pricing is critical, but so is marketing your property effectively, especially to buyers relocating from urban centers like New York City. A well-connected realtor can tap into networks in major cities, ensuring your home reaches the right audience. Realistic expectations about pricing and market conditions are essential to avoid prolonged listings.

## NYC Mayoral Election and Real Estate

The upcoming New York City mayoral election in November adds

another layer of uncertainty. The next mayor will face budget pressures from the OB BB’s Medicaid and SNAP cuts, potentially forcing trade-offs between public safety and social programs. A mayor prioritizing safety might boost NYPD funding, but fiscal constraints could limit this unless state or federal aid increases.

Meanwhile, the bill’s tax provisions, like the \$40,000 SALT deduction (phased out above \$500,000 income), may benefit some NYC residents, but the long-term SALT cap after five years at \$10,000 could push high earners and corporations to relocate to low-tax states like Florida. This risks weakening demand for NYC’s commercial and luxury residential properties, potentially stalling price appreciation. Suburban buyers relying on NYC home sales may find less capital to invest if their properties devalue.

## The 10-Year Treasury as an Economic Pulse

To gauge economic confidence, watch the 10-year Treasury yield. Rising yields signal optimism, inflation, and a strong economy, as investors demand higher returns. Falling yields indicate a flight to safety, often tied to economic slowdown or deflation.

With the OB BB’s deficit spending and tariff risks, yields may rise if inflation accelerates, but a loss of confidence could also trigger volatility.

Markets are already turbulent, driven by domestic policy shifts and geopolitical risks. The 10-year yield is a barometer of whether investors lean into riskier assets like stocks or seek safety in bonds.

## What Does This Mean for You?

Is it time to buy or sell? The answer depends on your circumstances and the market conditions.

Buying now is challenging due to high rates, but a well-priced home in a desirable area can be a smart long-term investment if rates stabilize.

Selling requires competitive pricing and a realtor who can market broadly. Holding may be wise if you anticipate rate relief in late 2025.

The key is partnering with an intelligent real estate agent who can demystify local and national trends, reducing anxiety and clarifying your options. In a volatile economy, their expertise is a luxury worth investing in. For now, we’re just talking real estate, but the principles apply to navigating any complex decision in uncertain times.

*Deke Rothfuss is a licensed real estate salesperson at Douglas Elliman working as part of the Engel team in New Canaan, CT. Deke most recently worked at Goldman Sachs & Co for 38 years in NYC, most recently as a VP Municipal Portfolio Manager of SMA’s for high net worth individuals in the GSAM division.*

Submit questions and comments to [John.Engel@Elliman.com](mailto:John.Engel@Elliman.com)

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1455 East Putnam Ave. | Greenwich, CT  
**203-SURGEON (203-787-4366)**  
**specialtysurgeons.com**





# COURAGE & FAITH

## "How America Recovers"

### David Brooks In-person

NYTimes Columnist

The Atlantic Contributor

PBS Newshour Commentator

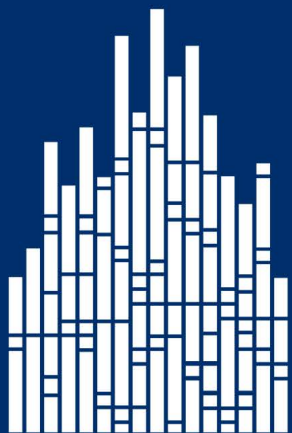
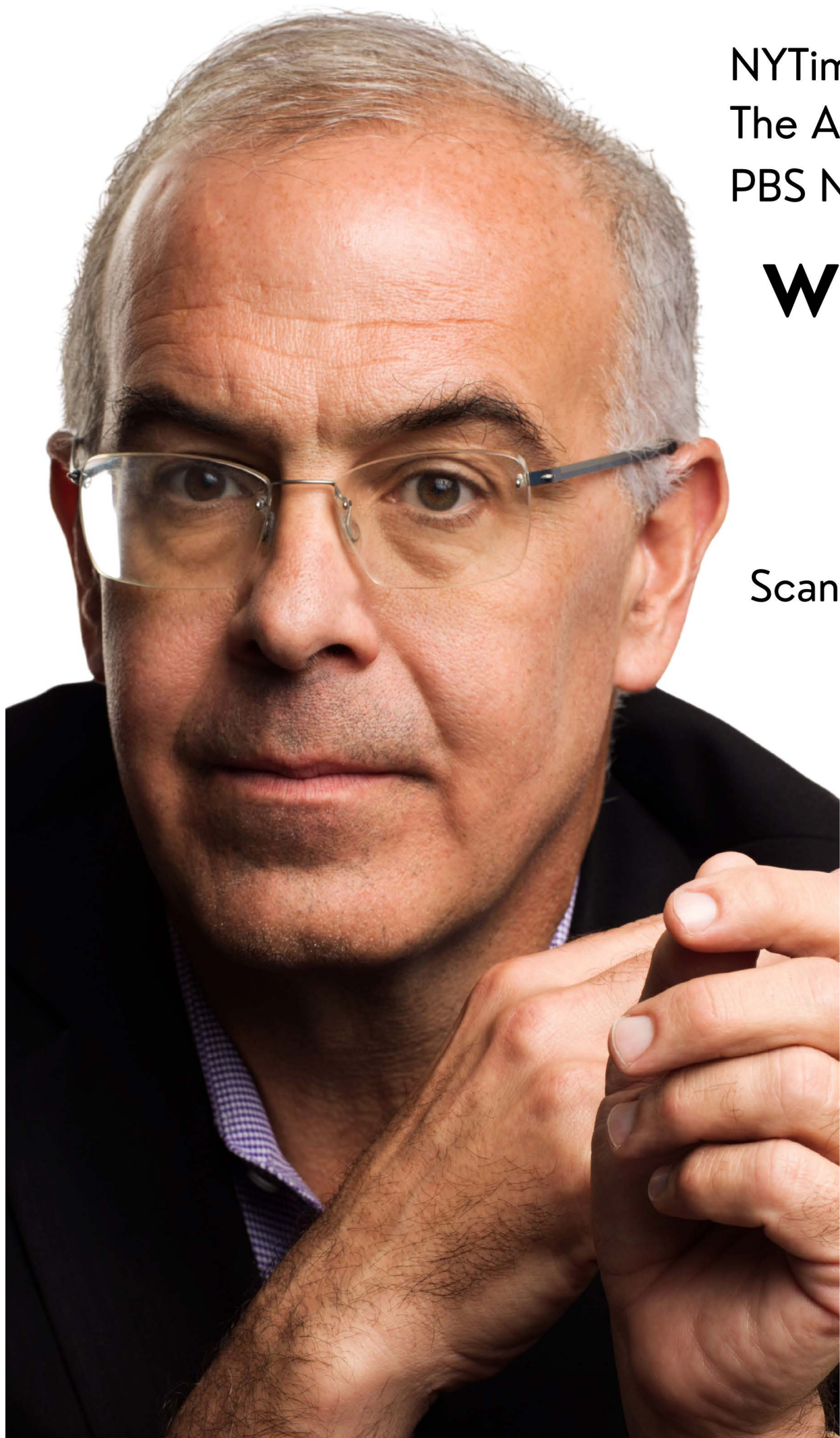
**Wed., Oct. 29**

**6:30 pm**

Tickets: \$20  
Scan or go online



David Brooks is a columnist for The New York Times and a contributor to The Atlantic. He is a commentator on "The PBS Newshour." and his books are all #1 New York Times Bestsellers  
**Wine & Cheese Reception to follow**



SAINT BARNABAS  
EPISCOPAL CHURCH

Courage & Faith Speaker Series

Tickets online: \$20  
[christchurchgreenwich.org](http://christchurchgreenwich.org)



Event location: 254 East Putnam Ave. Greenwich, CT



[illegible]

**CinemaLab.com**



# Calendar of Events for Your Fridge

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

## TOWN MEETINGS

**Monday, August 4**  
[Zoning Board of Appeals](#)  
7-8 p.m., Town Hall Board Room

**Tuesday, August 5**  
[Board of Selectmen](#)  
8:30-10 a.m., Town Hall Meeting Room & via Zoom

**Wednesday, August 6**  
[Parking Commission](#)  
7-8 p.m., Location not posted at time of publication.

**Monday, August 11**  
[Affordable Housing Committee](#)  
7-8 p.m., Town Hall Meeting Room

**Tuesday, August 12**  
[Pension Committee](#)  
11 a.m.- 12 p.m., Location not posted at time of publication.

[Fire Commission](#)  
5-7 p.m., Fire Headquarters, 60 Main Street

[Ethics Board](#)  
7-8 p.m., Location not posted at time of publication.

**Thursday, August 14**  
[Conservation Commission](#)  
12-1 p.m., Town Hall Board Room

[Utilities Commission](#)  
7-8 p.m., Town Hall Board Room

**Tuesday, August 19**  
[Board of Selectmen](#)  
8:30-10 a.m., Town Hall Meeting Room & via Zoom

[EMS Commission](#)  
6-7 p.m., New Canaan Ambulance Building

**Wednesday, August 20**  
[Housing Authority](#)  
5:30-6:30 p.m., Town Hall Board Room

**August 1**  
**NO COFFEE AND CONVERSATION**  
8:30-9:30 AM at the Lapham Center

**Tickets are Now Available to See the Effect**  
Varying Times at the Powerhouse Theatre  
THE EFFECT, by Lucy Prebble, centers on two volunteers, Tristan and Connie, who fall in love during a clinical trial for a dopamine-based antidepressant. Their romance disrupts the trial, leaving their doctors, Dr. James and Dr. Toby, to grapple with ethical questions about their work. The show will run from September 4 through September 14. Tickets are available at <https://tpnc.org>.

**August 2**  
**Family Field Trip to Weir Farm National Historical Park**  
10 AM at Weir Farm  
Weir Farm National Historical Park is a National Park for Art, a place that has been inspiring artists since 1882 when America's most beloved Impressionist, Julian Alden Weir, made this his summer home. Families are welcome to pack a picnic lunch and stay after the activities to have lunch and explore the park more if they wish. Registration will be available July 1 at <https://shorturl.at/gUGru>.

**nAugust 5**  
**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.

**Charles Ives Music Festival Chamber Music Concert**  
7 PM at the Carriage Barn Arts Center  
Opening with a beautiful piece by Ralph Vaughan Williams, “Vocalise”, and the first movement of Beethoven’s String Quartet No. 14, Op. 131, CIMF Artist-Faculty will perform additional solo and chamber works by Nina C. Young and Aleksandra Vrebalov. The CIMF Artist Chamber Orchestra, led by Jacob Joyce will perform works by Paul Frucht and John Adams, all of which traverse multiple musical and emotional spaces. Register at <https://carriagebarn.org/event/charles-ives-chamber-music/>.

**August 6**  
**Shop Smarter With Consumer Reports**  
1 PM at the New Canaan Library, McLaughlin Meeting Room  
This class will show you how to use Consumer Reports to take your shopping skills to the next level. You’ll learn how to access the database from anywhere, browse reviews, compare products, read informative articles, find helpful guides for major purchasing decisions, and more. Register at <https://shorturl.at/bCWCD>.

**Waveny Summer Concert | Dreamin’**  
7:30-9:30 PM on the lawn behind Waveny House  
Bring a chair or blanket and go enjoy a free Waveny summer concert featuring Dreamin’ (50’s and 60’s songs).

**August 8**  
**NO COFFEE AND CONVERSATION**  
8:30-9:30 AM at the Lapham Center

**August 9**  
**Learning with Nature | Extend the Harvest**  
11 AM at Grace Farms  
Join in the Garden to learn which crops to sow for fall harvest, as well as methods of extending the growing season with winter hoops, row covers, and fall plantings. Stroll through the vegetable beds to discover ways to overwinter plants and learn about the variety of cover crops that can aid in preparing the garden for next year. Tickets are \$16/members, \$20/non-members, and available at <https://shorturl.at/U4v4t>.

**August 10**  
**Chef’s Palate | Global Groceries**  
3 PM at Grace Farms  
Join Pastry Chef and Educator Leah Jones to look at and explore everyday ingredients through a global perspective and learn why shopping for groceries locally and cooking seasonal meals can bolster your community while having a greater global impact. Tickets are \$12/members, \$15/non-members, and available at <https://shorturl.at/lxwbr>.

**August 12**  
**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.

**August 13**  
**Waveny Summer Concert | Otis and the Hurricannes**  
7:30-9:30 PM on the lawn behind Waveny House  
Bring a chair or blanket and go enjoy a free Waveny summer concert featuring Otis and the Hurricannes (New Orleans Funk, Delta Blues).

**August 15**  
**NO COFFEE AND CONVERSATION**  
8:30-9:30 AM at the Lapham Center

**August 19**  
**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.

**August 20**  
**Waveny Summer Concert | Fairfield Counts Band**  
7:30-9:30 PM on the lawn behind Waveny House  
Bring a chair or blanket and go enjoy a free Waveny summer concert featuring Otis and the Fairfield Counts Band (Miller, Dorsey, Goodman, Big Band).

**August 21**  
**Magnifying Small Wonders**  
1 PM at Grace Farms  
This facilitated family-friendly program will explore the hidden, and surprisingly beautiful, life of insects and nature. Participants will explore the world we cannot see on our own where the ordinary becomes the extraordinary, and experience the awe of nature’s small wonders. Register at <https://gracefarms.org/event/magnifying-small-wonders>.

**August 22**  
**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.**

**August 23**  
**Learning with Nature | Look at Butterfly Life**  
11 AM at Grace Farms  
In this indoor-and-outdoor workshop for all ages, you will learn about how butterflies indicate a healthy ecosystem, look at host plants for caterpillars, and enjoy summer moments watching butterflies in the landscape. Register at <https://shorturl.at/ymwBR>.

**Creatures of the Night...Hike**  
7:30-9 PM at New Canaan Nature Center  
Join for an interactive sensory night hike adventure and try your hand at our naturalist-led challenges. This program will also include the opportunity to meet a couple of the nature center’s nocturnal animal ambassadors up close and personal. The night will wrap up with roasting marshmallows around the campfire. Registration will be available at <https://newcanaannature.org/night-hikes/>.

**August 26**  
**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.

**August 27**  
**9th Annual Addiction Awareness Vigil**  
6:15 PM at 6 South Avenue, New Canaan  
This outdoor event features live music, tributes, recovery testimonials, resources, and a candlelight vigil led by local faith community leaders. Speeches will begin at 7 pm. Town parking available at both Morse Court and Park Street lots.

**Waveny Summer Concert | Royal Kings**  
7:30-9:30 PM on the lawn behind Waveny House  
Bring a chair or blanket and go enjoy a free Waveny summer concert featuring Royal Kings (Doo Wop Music).

**August 29**  
**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.**

## SAVE THE DATE

**September 3**  
**Waveny Summer Concert | The Short Bus Band**  
7:30-9:30 PM on the lawn behind Waveny House  
Bring a chair or blanket and go enjoy a free Waveny summer concert featuring The Short Bus Band (70’s songs to Today’s Hits).

**September 4**  
**The Effect**  
7:30 PM at the Powerhouse Theatre  
THE EFFECT, by Lucy Prebble, centers on two volunteers, Tristan and Connie, who fall in love during a clinical trial for a dopamine-based antidepressant. Their romance disrupts the trial, leaving their doctors, Dr. James and Dr. Toby, to grapple with ethical questions about their work. The play explores identity, love, and the limits of medicine. Tickets are available at <https://tpnc.org>.

**September 5**  
**Guided Tour of The Armory Show with LG Art Advisory**  
10:45 AM- 1 PM on the lawn  
Join for an exclusive 2-hour guided tour of The Armory Show with Lauren Gargiulo, founder of LG Art Advisory and a respected contemporary art specialist. Held annually at the Javits Center, The Armory Show is one of the most significant international art fairs—bringing together leading galleries, artists, and collectors from around the world. Meet at the check-in desk at the Javits Center. Tickets are \$110/members, \$125/non-members, and available at <https://carriagebarn.org/event/armoryshow/>.

**The Effect**  
7:30 PM at the Powerhouse Theatre  
THE EFFECT, by Lucy Prebble, centers on two volunteers, Tristan and Connie, who fall in love during a clinical trial for a dopamine-based antidepressant. Their romance disrupts the trial, leaving their doctors, Dr. James and Dr. Toby, to grapple with ethical questions about their work. The play explores identity, love, and the limits of medicine. Tickets are available at <https://tpnc.org>.

**September 6 & 7**  
**The Effect**  
7:30 PM at the Powerhouse Theatre  
THE EFFECT, by Lucy Prebble, centers on two volunteers, Tristan and Connie, who fall in love during a clinical trial for a dopamine-based antidepressant. Their romance disrupts the trial, leaving their doctors, Dr. James and Dr. Toby, to grapple with ethical questions about their work. The play explores identity, love, and the limits of medicine. Tickets are available at <https://tpnc.org>.

**September 9**  
**The Frick Re-Opens: An In-Depth Zoom Lecture with Page Knox**  
6:30 PM on Zoom  
Join art historian Page Knox for a one-hour Zoom lecture on the long-awaited reopening of The Frick Collection in New York City. Closed since 2020, the Frick has reopened its doors with a beautifully renovated building and an exciting expansion. Registration is \$15/Carriage Barn members, \$20/non-members, and available at <https://carriagebarn.org/event/thefrickreopens/>.

**September 11, 12, & 13**  
**The Effect**  
7:30 PM at the Powerhouse Theatre  
THE EFFECT, by Lucy Prebble, centers on two volunteers, Tristan and Connie, who fall in love during a clinical trial for a dopamine-based antidepressant. Their romance disrupts the trial, leaving their doctors, Dr. James and Dr. Toby, to grapple with ethical questions about their work. The play explores identity, love, and the limits of medicine. Tickets are available at <https://tpnc.org>.

**September 14**  
**The Effect**  
2 PM at the Powerhouse Theatre  
THE EFFECT, by Lucy Prebble, centers on two volunteers, Tristan and Connie, who fall in love during a clinical trial for a dopamine-based antidepressant. Their romance disrupts the trial, leaving their doctors, Dr. James and Dr. Toby, to grapple with ethical questions about their work. The play explores identity, love, and the limits of medicine. Tickets are available at <https://tpnc.org>.

**September 17**  
**Chelsea Gallery Tour with Merrily Kerr of New York Art Tours**  
10:45 AM, location will be announced one week before event  
Join for an inspiring two-hour walking tour of Chelsea’s premier contemporary art galleries with NYC art insider Merrily Kerr, founder of New York Art Tours. On this private tour, visit approximately seven of the most important and talked-about exhibitions in New York. Tickets are \$85/Carriage Barn members, \$100/non-members, and available at <https://carriagebarn.org/event/chelseagalleries/>.

**September 24**  
**Glass House Presents Women, Modernism, and Philip Johnson**  
6:30 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium  
Learn about architect Philip Johnson's overlooked associations with some of the women who embraced and promoted modernism from the 1930s through the 1950s. Register at <https://shorturl.at/xLEiQ>.

**September 25**  
**The Rotary Club of New Canaan’s 40th Annual Lobsterfest**  
4-8 PM at Waveny House  
How would you like to enjoy your lobster and other meals? Dine in at the Waveny House veranda or order curb-side take away. The menu will include lobster, lobster rolls, beef tenderloin, chicken, vegetarian cheese lasagna and a kid’s meal. More information and tickets are available at <https://www.newcanaanrotarylobsterfest.org>.



# Calendar of Events for Your Fridge

**September 26**

**The Rotary Club of New Canaan’s 40th Annual Lobsterfest**  
4-8 PM at Waveny House  
How would you like to enjoy your lobster and other meals? Dine in at the Waveny House veranda or order curb-side take away. The menu will include lobster, lobster rolls, beef tenderloin, chicken, vegetarian cheese lasagna and a kid’s meal. More information and tickets are available at <https://www.newcanaanrotarylobsterfest.org>.

**September 28**

**Waveny Park Arts Festival**  
10 AM- 4 PM in Waveny Park  
The Waveny Park Arts Festival will feature 50 artist & artisan vendors, live music & entertainment, food trucks, and more. For more information visit <https://carriagebarn.org/2025-artsfest-application/>.

**October 4**

**“Unleash the Artist In You” Painting Workshop with Melissa Benedek**  
12 PM at the Carriage Barn Arts Center  
Join this small group workshop to explore self-expression and a deeper connection with your creative side. It is not about creating a perfect piece of art, it’s about creating from within and finding your own style and direction. Materials included, BYO lunch. Spaces are limited—sign up early to reserve your spot. Tickets are \$135/members, \$150/non-members, and available at <https://carriagebarn.org/event/unleash-the-artist-in-you/>.

**October 11**

**Faster Things – Allman Brothers Tribute**  
7 PM at the Carriage Barn Arts Center  
If you love the music of the original Allman Brothers Band, you will love Faster Things – the Allman Brothers Tribute Band. Faster Things conjures the twin guitar harmonies and searing slide guitar sounds, hammond organ, harmony guitar and unusual time signatures of the original Allman Brothers band with passion. Advance tickets are \$25 and available at <https://carriagebarn.org/event/faster-things/>.

**October 12**

**Library Orientation with Inclusive Together**  
11 AM at the New Canaan Library, Kontulis Family Storytime Room  
New Canaan Library is partnering with Inclusive Together to offer an exclusive Library Orientation for parents/caregivers and their children. This event is designed for those who appreciate a quieter, less crowded environment. Register at <https://shorturl.at/LNcky>.

**October 18**

**“Exploring Your Vision In Paint” Workshop With Landscape Artist Jonathan McPhillips**  
10 AM at the Carriage Barn Arts Center  
Join renowned landscape artist Jonathan McPhillips for a one-day workshop that is open to artists of all levels working in any paint medium. Spaces are limited—sign up early to reserve your spot. Tickets are \$155/members, \$180/non-members, and available at <https://carriagebarn.org/event/jonathanmcpPhillips/>.

**October 19**

**Caffeine & Carburetors**  
7 AM in Downtown New Canaan  
Caffeine & Carburetors is a gathering of automotive enthusiasts, meeting four times a year to enjoy our rides and share them with like-minded gear heads. More information is available at <https://cbo.io/bidapp/index.php?slug=ccjune2025>.

## BLOOD DRIVES

**Saturday, August 2**

St. George/Fr. Germanos Stavropoulos  
Community Center  
238 W Rocks Rd  
Norwalk, CT 06851  
8:30 AM – 1:30 PM  
  
Greenwich Blood  
Donation Center  
99 Indian Field Road  
Greenwich, CT 06830

7:00 AM – 3:15 PM

**Sunday, August 3**

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

**Monday, August 4**

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

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

**Tuesday, August 5**

Norfield Church  
64 Norfield Road  
Weston, CT 06883  
9:00 AM – 2:00 PM

**Wednesday, August 6**

Boy's & Girl's  
Club of Stamford  
347 Stillwater Ave  
Stamford, CT 06902  
8:00 AM – 1:00 PM

**Friday, August 8**

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

**Saturday, August 9**

New Canaan  
Community YMCA  
564 South Ave  
New Canaan, CT 06840  
8:00 AM – 1:00 PM

**Wednesday, August 13**

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

St. Philip's Church  
25 France Street  
Norwalk, CT 06851  
7:30 AM – 1:00 PM

Masonic Lodge DARIEN  
354 Post Road  
Darien, CT 06820  
8:00 AM – 1:00 PM

**Thursday, August 14**

The Westport Library  
Arnold Bernhard Plaza  
20 Jesup Road  
Westport, CT 06880  
10:00 AM – 3:00 PM

**Friday, August 15**

Norwalk Inn & Conference Center  
99 East Ave  
Norwalk, CT 06851  
8:00 AM – 5:00 PM

**Wednesday, August 20**

Green's Farms Church  
71 Hillandale Road  
Westport, CT 06880  
1:00 PM – 6:00 PM

## Support Services & Meetings

**August 6**

**Alzheimer’s Support Group with the Waveny LifeCare Network**  
2 PM at the New Canaan Library, Craig B. Tate Conference Room  
Family members, caregivers, and friends are invited to meet for informative and supportive group sessions to help navigate changes related to memory loss and cognitive decline. Register at <https://tinyurl.com/2mcpxwme>.

**September 3**

**Back-to-School Resource Fair with**

**Inclusive Together**

12-2 PM at the New Canaan Library,  
Join Inclusive Together and New Canaan Library at a Back-to-School Resource Fair for parents and caregivers of neurodiverse children. Meet representatives from local organizations that offer valuable services and programming for children with disabilities and neurodivergent children. Ask questions, make connections, and learn what these organizations can do for you. Arrive any time between 12 and 2, and stay as long as you are able. Register at <https://shorturl.at/k2doA>.

**Every Friday**

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

**Every Saturday**

**AA Meeting-Sober Citizens Group**  
Saturdays at 9:15 AM  
First Presbyterian Church of New Canaan

**AA Meeting-Laundry and Dry Cleaning Group**  
Saturdays at 10:30 AM  
First Presbyterian Church of New Canaan

**Lost Then Found NA Meeting**  
Wheelchair Accessible  
Saturdays at 7 PM  
United Methodist Church (back entrance)

**Every Monday**

**AA Meeting**  
Wheelchair Access  
Mondays at 7:30 AM  
Congregational Church of New Canaan  
**Adult Child AI-Anon Meeting**  
Mondays at 12 PM  
St. Mark’s Church, Youth Room

**Every Tuesday**

**Adult Child Alanon Meeting**  
Tuesdays at 12 PM  
St. Mark’s Parish House, Conf. Room

**Every Wednesday**

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

**AI-Anon Parent’s & Newcomer’s Mtg.**  
Wednesdays at 7:30 PM  
Silver Hill, Jorgenson House  
208 Valley Rd., New Canaan

**Every Thursday**

**AA Big Book Meeting,** Wheelchair Access  
Thursdays at 7:30 AM  
Congregational Church of New Canaan

**New Canaan Parent Support Group**  
7- 8:30 PM  
St. Mark’s Episcopal Church  
New Canaan

## Our Neighbors

**August 13**

**Women and Money Roundtable: How to Make Sense of Today’s Financial Markets**  
1 PM via Zoom  
Join Financial Advisors Julia Strayer and Liz Maccarone for a series of easy-to-follow discussions on how to make sense of today’s financial markets. They will cover the latest market news and how that might affect your financial decisions. Register at <https://shorturl.at/rBZqB>.

**August 15**

**VOICES Preparedness Workshop: Preparing Individuals and Families for an Emergency**  
1 PM Founder Hall  
193 Danbury Road, Ridgefield  
VOICES is offering regularly scheduled, online workshops to provide individuals and families with strategies to prepare in advance of an emergency. Participants will learn the basic components of how to be better prepared at home, work and in the community, whether sheltering in place or evacuating. Register at <https://voicescenter.org/events/preparedness-workshop/08-15-2025>.


**September 5, 6, & 7**


**2025 Norwalk Seaport Association Oyster Festival**  
Times Vary at Veteran's Memorial Park and Marina  
42 Seaview Avenue, Norwalk  
Three days of fun, food, and entertainment on multiple stages, plus a myriad of special events for families and friends. More information and tickets are available at <https://shorturl.at/U9LAI>.

**September 10**

**Women and Money Roundtable: How to Make Sense of Today’s Financial Markets**  
1 PM via Zoom  
Join Financial Advisors Julia Strayer and Liz Maccarone for a series of easy-to-follow discussions on how to make sense of today’s financial markets. They will cover the latest market news and how that might affect your financial decisions. Register at <https://shorturl.at/HA9EO>.

# 9th Annual Community Addiction Awareness








# Vigil

**Wednesday, Aug. 27**  
**7:00 pm**

**6 South Avenue, New Canaan**  
**Music starts: 6:15pm | Rain date: Aug. 28**







Universal Crossword

Edited by David Steinberg

ACROSS

- 1 Action movie features  
8 Long recliners  
15 \_\_\_ Falls  
16 What covers a dome in construction?  
17 Pharma salesperson  
18 Wrap around  
19 Brain division  
20 Ticked off  
21 Singer born Eithne Padraigin Ni Bhraonain  
22 Speck  
24 \*Air current from an engine  
27 Narrow bay  
30 Post cereal inspired by a cookie  
31 Oozy stuff  
32 Dolphin's detection process  
33 What fills a tank ... or fuels a tank  
36 Cold relief medication  
38 Speaker of the House since 2019, and from 2007 to 2011  
40 Be in debt  
41 Pulsate  
45 Crannies' partners  
46 Pink cat in "Garfield"  
47 Bunches of hairs  
48 \*Yogi's companion  
52 A plastic bag is not one

- 53 Kuwaiti leader  
54 Olympic code for Moscow's country  
55 Worship from \_\_\_  
58 Some seasoned sausages  
60 Prime cut  
63 Jeffrey Lebowsky's nickname  
64 Really suffering  
65 Facial features that could aptly be blue?  
66 Gap between neurons  
**DOWN**  
1 Finish  
2 Christmas evergreen  
3 \*San Andreas, for one  
4 Frozen pancake brand  
5 Diet no-no, often  
6 Their bark is silent  
7 Gunk from 6-Down  
8 Diminish in value  
9 Cake associated with good health?  
10 Rainbow, e.g.  
11 Inactive people  
12 Glistened  
13 Simple course at school

- 14 Vapor that cooks vegetables  
20 Catalan artist Joan  
22 Ball club?  
23 Playing softly  
25 \_\_\_ Alamos  
26 Apartment's availability sign  
28 CPR provider  
29 Milan's \_\_\_ alla Scalla  
33 \*Early '90s TV show featuring a Disney dog  
34 Invite for  
35 Spacek of "Tuck Everlasting"  
37 Sodium \_\_\_ (salt)  
39 Albano or Gehrig  
42 Puzzles in which a ewe may mean "you"

- 43 Singles  
44 "I'll \_\_\_ monkey's uncle!"  
46 Rub the wrong way?  
48 Defeats  
49 Nebraska's largest city  
50 Lubricated  
51 Wet, weather-wise  
56 Kukla and Ollie's friend, on old TV  
57 Bit of aquarium gunk  
59 Very, en Espanol  
60 Bro's counterpart  
61 Business connections  
62 Occasion to stay up until midnight: Abbr.

PREVIOUS PUZZLE ANSWER

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

5/12 © 2021 Andrews McMeel Universal  
www.upuzzles.com

Family Time Crossword  
The (K) Clues Are for Kids

Created by Timothy E. Parker

ACROSS

1. (K) Daybreak  
5. Peeve  
8. "Folk" attachment  
12. Coin with a Leonardo da Vinci work  
13. Industrious buzzer  
14. Newspaper section  
15. (K) All the time to come  
17. (K) Important part of a ladder  
18. (K) Thing in a kitchen  
19. (K) Land of the Free letters  
20. (K) Like roads with lots of 27-Across and 30-Down  
21. (K) Cola holder  
23. Mountain goat  
25. (K) Covered in burnt residue  
27. (K) Winter delight  
28. (K) Thing some do on 27-Across  
31. (K) Valedictorian's delivery

33. (K) Font with a slant  
35. (K) Knee protector, on a field  
36. (K) Sound like a wolf  
38. (K) Ruler's creation  
39. Bigfoot relative  
40. (K) Any smartphone game  
41. (K) K.C. pro  
44. (K) "Like it or \_\_\_!"  
46. Where Londoners throw darts  
49. (K) Weave on it  
50. Native of California's largest city  
52. First poker chips  
53. (K) Pay-\_\_\_-view  
54. As dry as a desert  
55. (K) Major college official  
56. Before hidden in "where"  
57. (K) Tiny measurement of PC memory

DOWN

1. (K) Like the ocean  
2. (K) Car  
3. Miserable and pathetic  
4. "... a lender be"  
5. Nile wading bird with a curved bill  
6. (K) Hold on to  
7. (K) Padlock partner  
8. Dr. Seuss creature  
9. Bach composition  
10. (K) First-of-the-month payment, for some  
11. All wound up and jittery  
16. (K) Woman in a convent  
20. (K) Small aquatic amphibian  
22. (K) Sailor's yes  
24. (K) One way to make eggs  
25. Dangerous snake type  
26. Fancy whirlpool locale

27. (K) Fired a rifle  
28. (K) Hard to hold on to  
29. (K) All your relatives  
30. (K) Surface coating that is 28-Down  
32. (K) Master cook  
34. (K) Swiss mountain  
37. (K) The one getting the biggest trophy  
39. Country in southern Arabia  
40. (K) Had pickles dipped in butter  
41. (K) Wearing nice clothes  
42. (K) Sharpen, as a knife edge  
43. Very tiny amount  
45. (K) Beast like Shrek  
47. Wall \_\_\_ (furniture piece)  
48. Foreshadow  
50. (K) Powerful beast  
51. (K) Science class

Can you find the answer to this riddle within the solved puzzle?  
  
Creature of habit?  
  
Look for the answer in next week's paper.

PREVIOUS PUZZLE ANSWER

P	A	C	T		N	E	S	T		S	P	A	
U	T	A	H		O	A	T	H		T	A	B	
M	O	R	E		T	R	E	E		R	Y	E	
A	P	P	R	A	I	S	E	S		E	S	T	
		E	T	C		P	I	C	A				
25	26	S	U	M	E	S		27	S	E	M	I	S
		M	O	W	N		S	I	B		R	E	N
36	P	L	A	T	O		37	R	E	M	A	R	K
		38	T	O	T	S		D	A	M			
41	B	A	T		H	A	I	R	P	I	E	C	E
	A	R	E		E	R	N	E		S	C	O	T
49	S	E	A		R	A	T	S		54	T	H	E
	H	A	M		S	H	O	T		55	S	O	D

Previous riddle answer:  
  
It's a master piece?  
8-D) THESIS

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5/13

My Bad! by Zachary David Levy

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
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
63										64				
65										66				

Horoscopes

Key Astrological Events:

Sun in Leo (all week): Emphasis on self-expression, confidence, and creativity.

Mercury Retrograde in Leo (continues): Slower communication, need for review, potential misunderstandings.

Last Quarter Moon in Taurus (August 1): A time for releasing what isn't working, practical evaluation.

and review. The Last Quarter Moon invites you to release outdated beliefs or assumptions. Mercury retrograde enhances introspection—pause before sharing sensitive thoughts.

Libra (September 23 – October 22)

Friendships and group projects are under review. The Last Quarter Moon asks you to reassess alliances and goals that may no longer align. Mercury retrograde can revive old connections or misunderstandings—be patient in resolving them.

Scorpio (October 23 – November 21)

Career goals come into sharp focus. The Last Quarter Moon helps you evaluate what's sustainable. Leo's solar influence encourages leadership and visibility, but Mercury retrograde warns against overpromising. Edit your plans before unveiling them.

Sagittarius (November 22 – December 21)

Big-picture thinking is highlighted, but Mercury retrograde suggests delays in travel or education plans. The Last Quarter Moon encourages you to refine daily routines to better support growth. Stay adaptable, and use Leo's energy to inspire long-term vision.

Capricorn (December 22 – January 19)

Shared finances or intimate partnerships require review. The Last Quarter Moon urges clear-eyed assessment of debts or commitments. Mercury retrograde can resurface old emotional topics—navigate with patience. Leo's influence boosts courage to address sensitive issues.

Aquarius (January 20 – February 18)

Relationships are spotlighted. Mercury retrograde may bring back old issues or partners for reevaluation. The Last Quarter Moon encourages honest, grounded discussions about needs and expectations. Leo's warmth supports reconnection—when done with care.

Pisces (February 19 – March 20)

Work and health routines demand attention. The Last Quarter Moon highlights small habits ready to be released. Mercury retrograde suggests reviewing schedules for errors or delays. Leo's energy can inspire wellness goals—just go slowly.

Summary for July 31 – August 6:

This week combines Leo season's bold, expressive energy with Mercury retrograde's call for caution and revision. The Last Quarter Moon in Taurus offers a practical moment to let go of what no longer serves you, laying the groundwork for steady growth.

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 chic and graceful (7)  
2 all over, all the time (11)  
3 tells someone what to write (8)  
4 slimmer (6)  
5 drink or ice cream cone size (5)  
6 animals (6)  
7 loud, explosive noise (4)

SOLUTIONS

LE ES NT EL NI  
EGA TAT STS ENT AN  
PR ER ES OM RGE  
LA NG BEA BA DIC

Previous Answers: /ers: 1. KRISTEN 2. SINUS 3. MARRYING  
4. PERMISSION 5. FAILINGS 6. LIBRARIANS 7. GAUZE

8/2

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

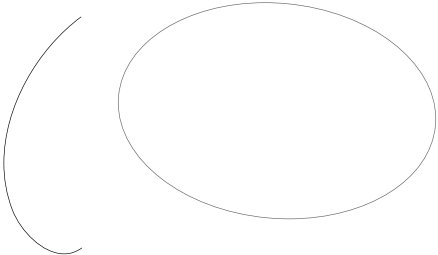
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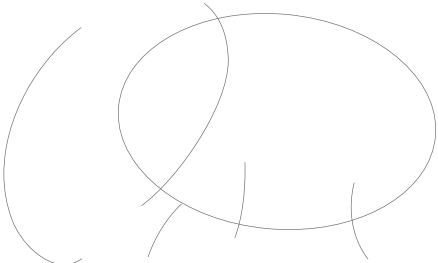


# How To Draw: Step by Step

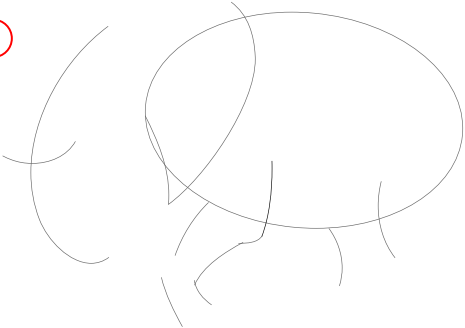
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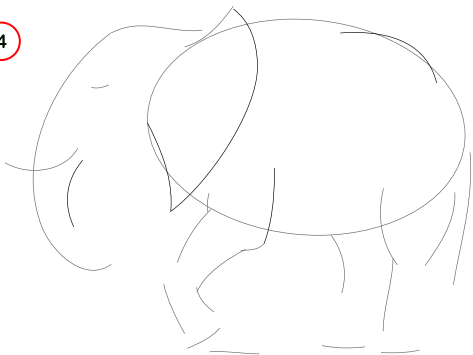
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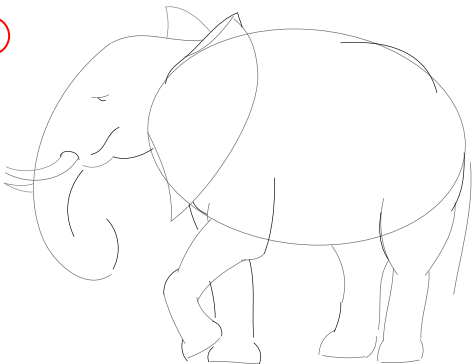
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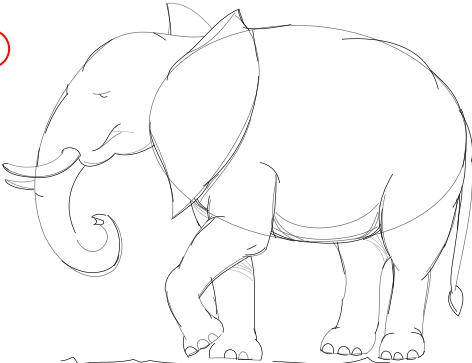
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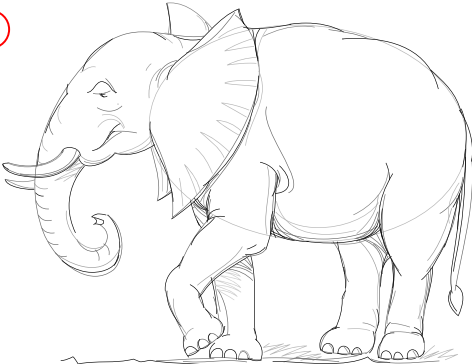
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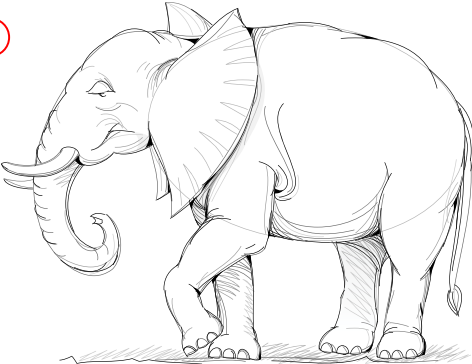
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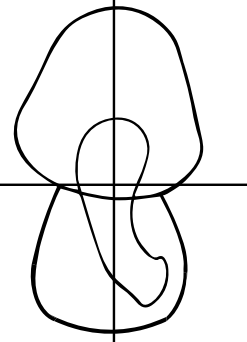
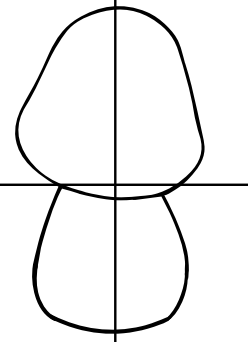


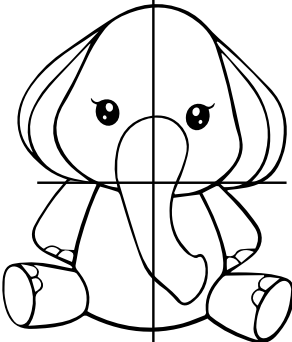
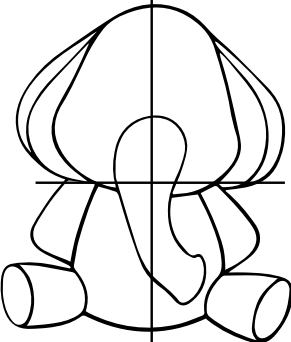
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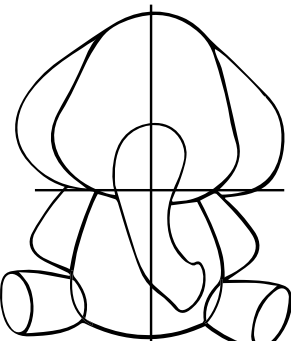
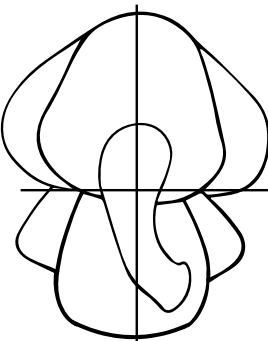


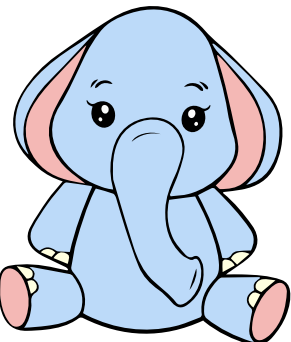
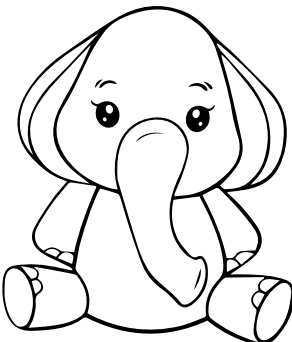
8











## Sudoku for Kids

1		3	4
	4		
			3
4	3	2	

4			3
	1		4
		3	
2	3		1

	3		4
	4		3
3		4	
	1		2

	3		
	4	1	3
4		3	
	1		2

## SUDOKU

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

Easy

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

Hard

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

Very Hard

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

Easy

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

Hard

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

Very Hard

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

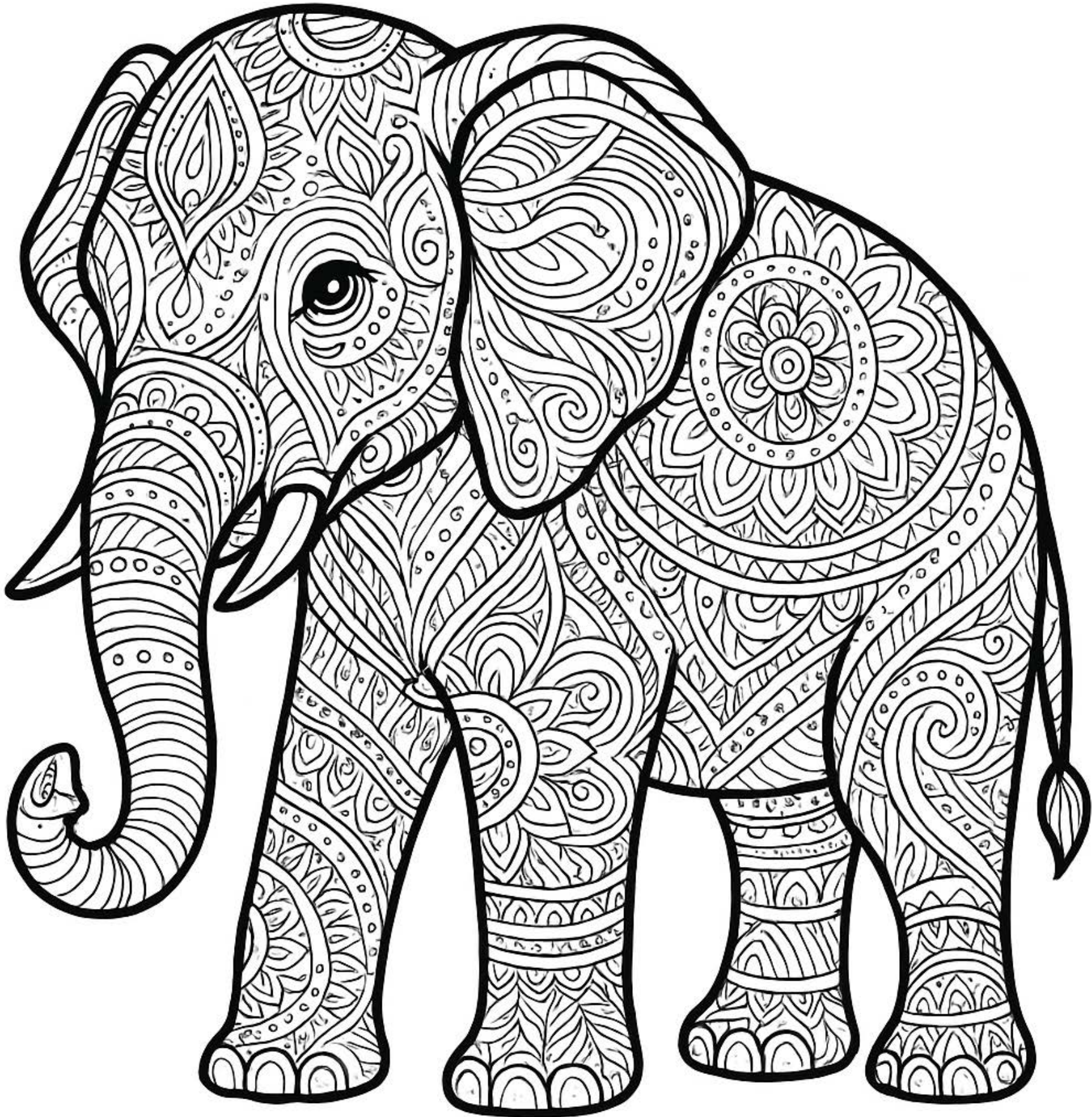
Sudoku answers

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



MANDALA

coloring mandalas is good for your brain!

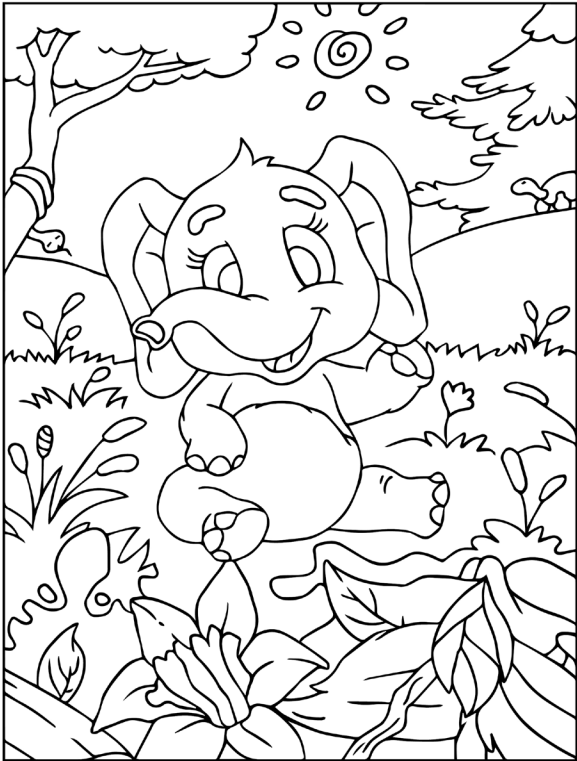
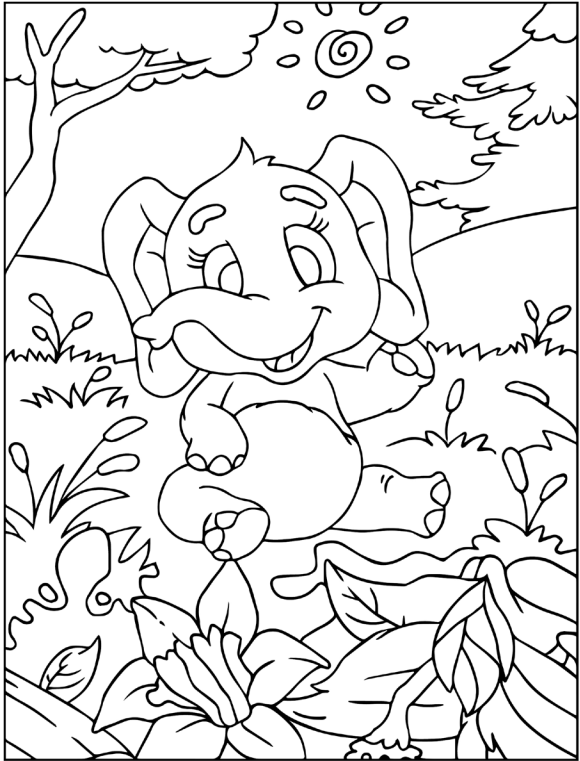


CODEBREAKER

3	4	3	5	6	7	8	6	4	3
11	4	9	6	12	4	3	8	2	13
7	6	10	2	9		17		2	
16		2		19	4		9		8
20	16	14	6	8	2	8	6	4	3
20		21		6		4		22	
16	23	19	6	3	16		24		25
3		25		16	26	17	16	9	8
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13	2	14	18		25		16		18

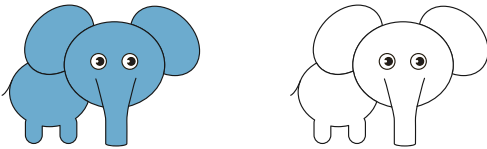
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14	15	16	17	18	19	20	21	22	23	24	25	26

FIND THE TEN DIFFERENCES BETWEEN THE TWO PICTURES



HOW MANY TO THE LEFT. HOW MANY TO THE RIGHT?

left right



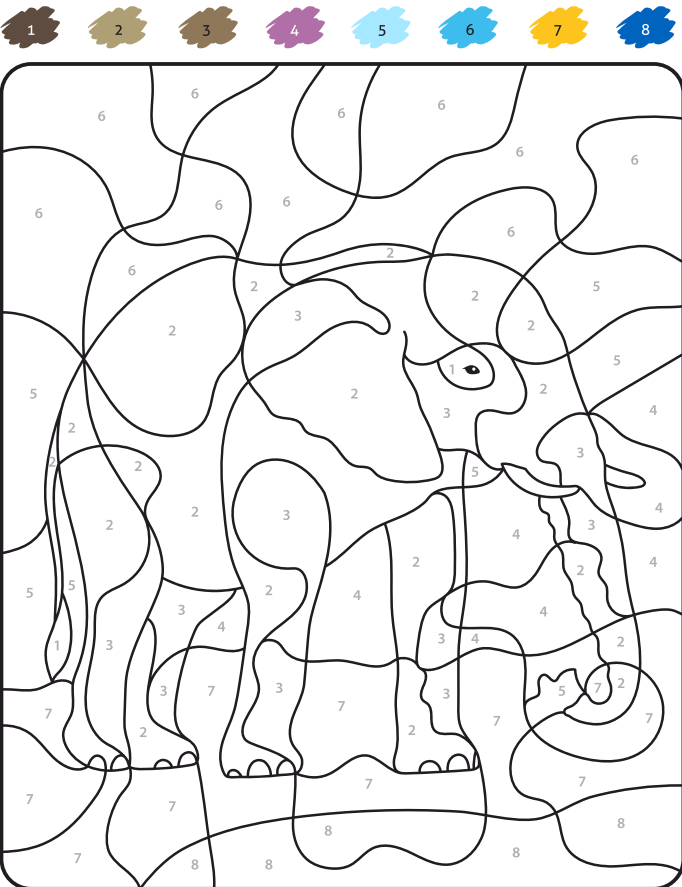
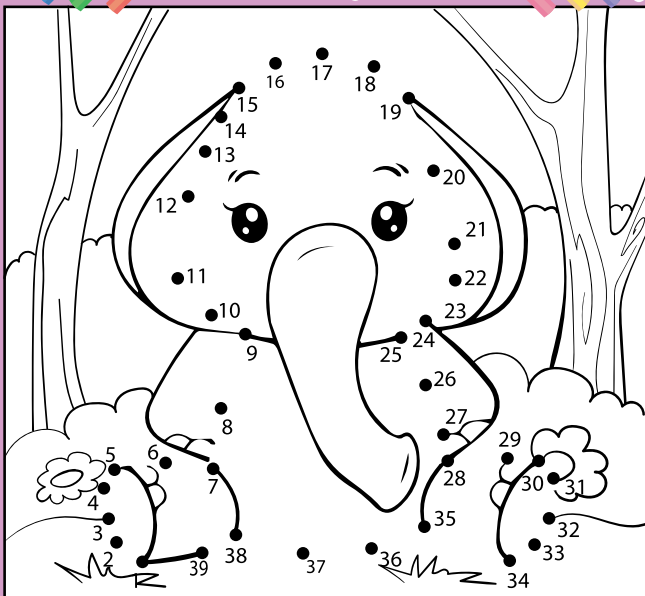
WORD SEARCH PUZZLE

MINI GAME FOR KIDS

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

Dot to Dot

Coloring



Fill in the blanks with correct prepositions from the box

on near next to behind under



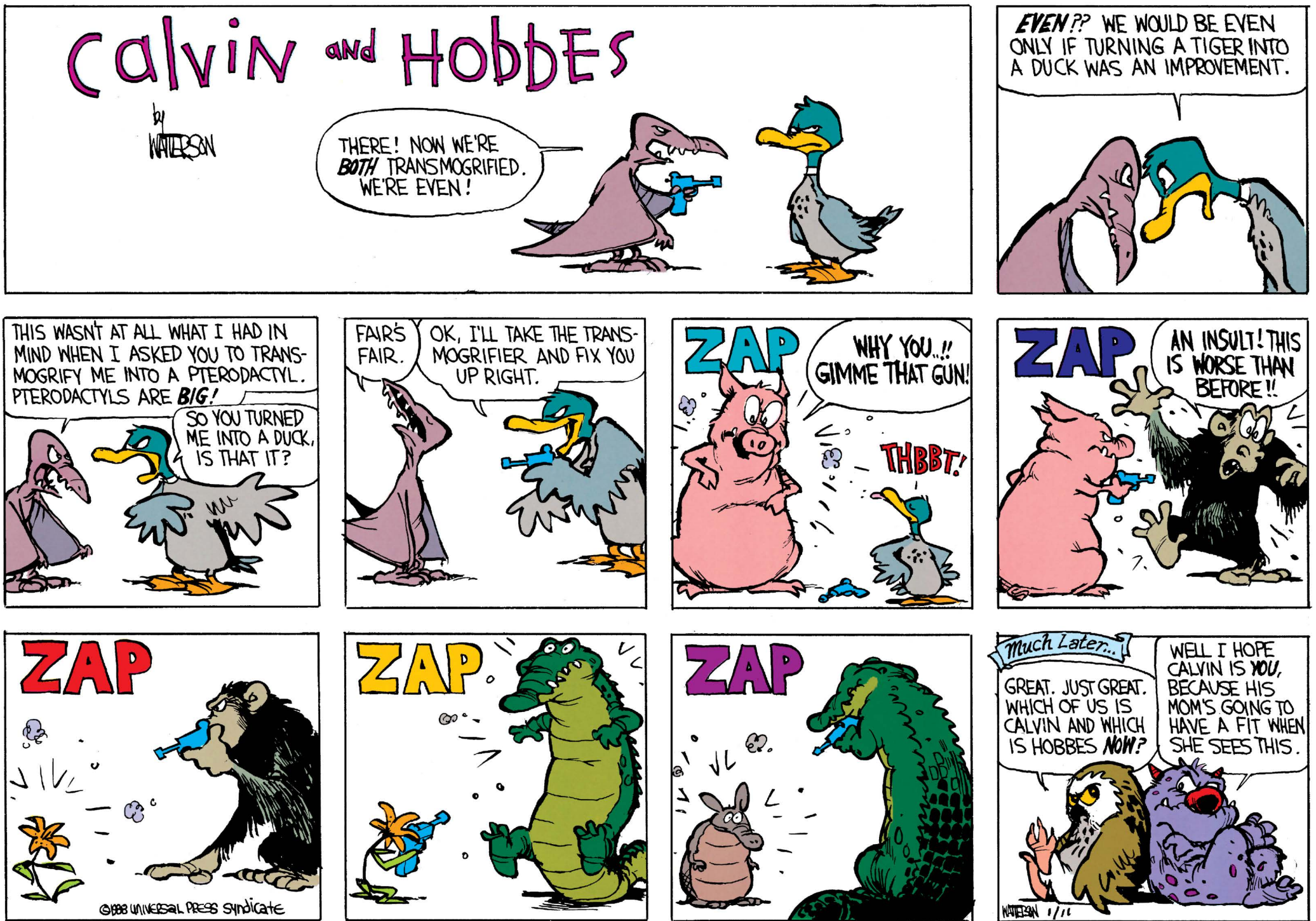
The owl is \_\_\_\_\_ the bed.  
The ball is \_\_\_\_\_ the table.  
The gift is \_\_\_\_\_ the dog.  
The dog is \_\_\_\_\_ the table.  
The ball is \_\_\_\_\_ the bag.  
The cat is hiding \_\_\_\_\_ the bed.  
The bag is \_\_\_\_\_ the table.

Name.....



## EDUCATION

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



## WILDLY SUCCESSFUL: NATURE

# The Healing Power of Nature Will Amaze You

BY JIM KNOX

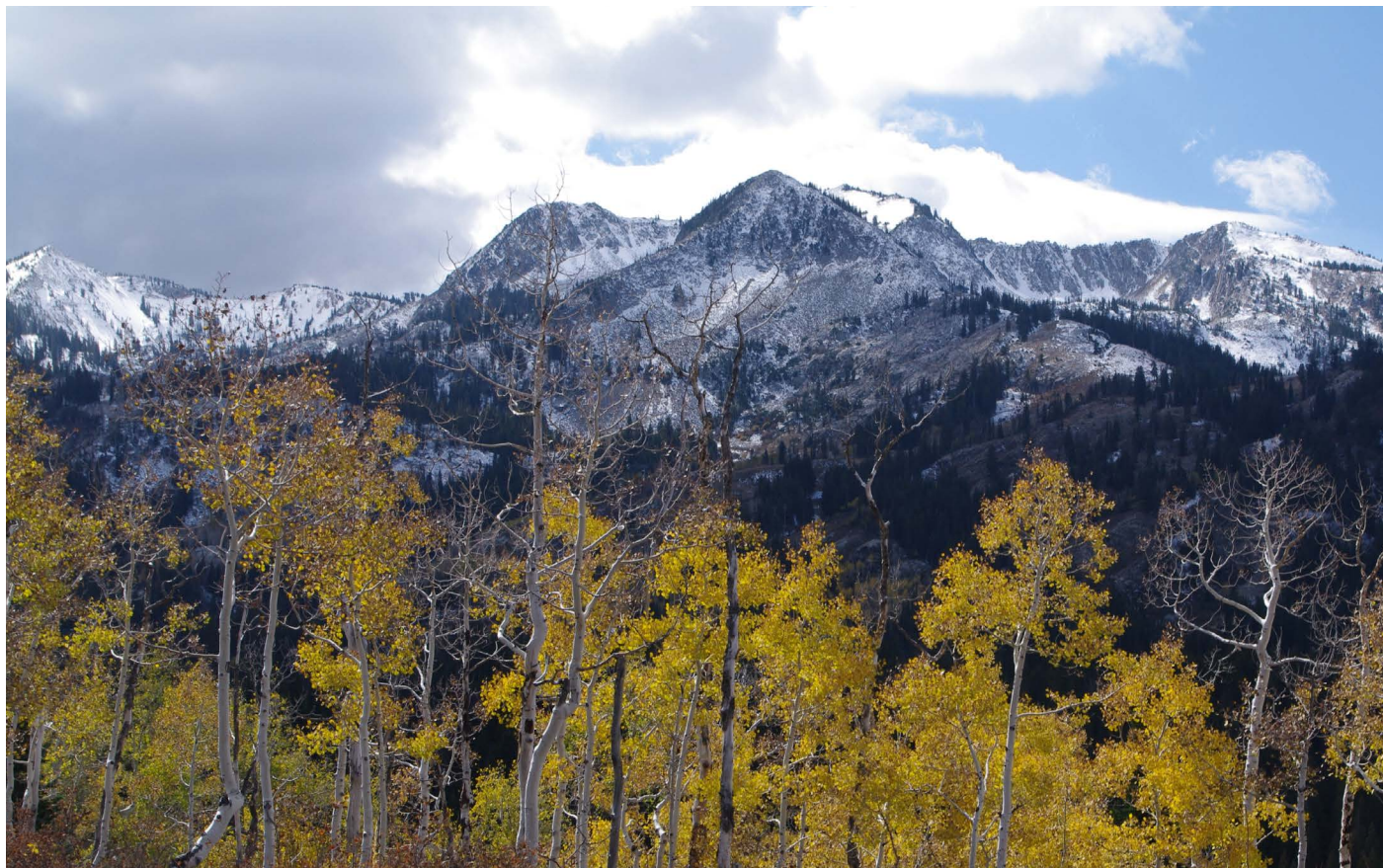
Tennyson's timeless words of, "Nature, red in tooth and claw" portray the wild world and its inhabitants in a harsh, if ever honest light. Though penned more than a century and a half ago, those words ring as true today as they have down through the ages. The wild is no place for the squeamish. That's for certain.

Nature's ever efficient and perfectly calibrated functioning ensures that the world's swiftest, most powerful, agile and resourceful creatures never go home on an empty belly. There is a race—an arms race of hunter and hunted in which stealth and ambush catalyze fight and flight. Unfolding each night and each day, the players in this drama gain and lose in boldest fashion, where life surrenders swiftly to death. The energy is expended—never lost, so that from this very death, life inexorably springs forth.

Yet all is not a binary camp of victor and vanquished. There are innumerable creatures who feel the business end of tooth and claw, horn and maw, to stalk or flee another day. The lioness who suffers the wildebeest's kick, the sea turtle who shrugs the shark's bite, emerge far wiser for the encounter. "Once bitten, twice shy" begins to take on meaning beyond the figurative, don't you think?

Mother Nature has equipped each of her creatures with the unfailling ability to conceal all but the most pronounced injury and illness from the ravenous ranks of her hunters. Yet while they are expert in concealing vulnerability, savagery invariably erupts. It is from such encounters that beasts sustain the scars of battle. Be it a broken tooth or a torn ear, none who attain ripe old age go truly unscathed. For these wild warriors, nature has remarkable strategies for survival. There is a name for this umbrella sheltering the planet's creatures from the storming forces unleashed upon them. We know it as healing. This adaptive protection masks mechanisms we only partially understand.

Nature's healing handiwork comes in many forms and they are all astounding: hyper healing capability in Great White Sharks, closing wounds which would spell the end of other creatures, perpetual



tooth replacement in American Alligators, furnishing more than 4,000 teeth on-demand for a lifetime of battle with rivals and prey alike, and autonomy—the unfathomable regrowth of tails, limbs and digits for select amphibians and reptiles!

There are certain creatures who go a step beyond the ordinary. Creatures who possess abilities which are seemingly impossible. Among them, is one familiar to many. The Green Iguana is an inhabitant of islands and rainforests from the Caribbean to the southern edges of Amazonia, and it may just be the world's most popular pet lizard. Attaining lengths of up to 6.6 feet, and weights of up to 20 muscular pounds, you would think these arboreal reptiles would have few enemies. Despite their size and power, Green Iguanas represent a protein feast for any predator able to bring one down. From the moment they emerge as three-inch hatchlings, they're on the menu.

So how does such a creature fend for itself in the ever-hungry world of the rainforest? Well, you remember "Nature, red in tooth and claw"? I know from experience that the Green Iguana certainly possess both, and uses them extremely well. Yet the big lizard has another defense which is both unexpected and astounding. Like certain amphibian cousins, including Connecticut's Four-

toed Salamander, Green Iguanas are equipped with a trait known as autotomy which literally means “self severing”. This gives them the ability to lose their tails in battles with predators and actually regrow them! Not only will the tail “break” along pre-set fracture points, it will move like a living creature, enticing a ravenous predator to focus on the movement and seize the guaranteed dinner twitching in its paws or jaws, while the stumpy iguana makes a dash for the safety of the nearest tree or river.

Remarkably, autotomy enables the Green Iguana to rapidly regrow the tail. Cartilage will replace bone in the regrowth area, and the texture and color will change a bit, but the tail will assume the same basic form and function as the original. What's more, autotomy is found across the animal kingdom, from snails and spiders, to crabs and lobsters... and at least one known mammal!

Yet nature's healing power doesn't end there. It merely begins. While her physical healing capabilities seem supernatural, it is Mother Nature's ability to heal what we cannot see that is perhaps her greatest gift to each of us. Just as no one is immune to the pain of loss, life's journey exacts a different toll on each of us. There is no one balm for all.

A few years ago, I lost a dear friend who left us far too

soon. On the heels of that loss, I reflected on the times we'd spent—growing up together—along with the fishing, hiking and wilderness camping that filled the summers of our young adulthood.

Not long ago, I took a hike we'd planned to take together, but sadly, had never gotten around to. We were to summit Mount Wolverine in Utah's

Wasatch Range. On a crisp late summer morning, I headed out with a small group. The valley ascent went smoothly. At around 9,000 feet the air thinned and the gradient steepened. Though I prided myself on being prepared, sea level fitness and Rocky Mountain fitness were two different things entirely. I felt the weight of the mountain and

I thought of my friend. Through high school and college, sports teams and weight training—we'd done it all together and never gave up. He was always there for me, never letting me give less than my best...and I did the same for him. I stopped just shy of 10,000 feet when the remainder of my party turned back. I looked down briefly and then up to the summit. When I made the final push that day, I made it for both of us.

The mountain breeze wicked away the heat and dust from the effort and left me feeling fresher than when I'd started. Nature is restorative, reaching us in ways we often can't articulate. Immersion in its soothing greens and blues quite literally lowers our blood pressure. It clears our brains of fog and brims our hearts with hope. While it cannot heal all that we endure, nature is both shelter from, and tonic for, a weary world.

**Jim Knox serves as the Curator of Education for Connecticut's Beardsley Zoo where he directs education efforts for Connecticut's only zoo. A proud Member of The Explorers Club, Jim enjoys sharing his passion for wildlife conservation with audiences in Connecticut and beyond.**



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