



LOCAL NEWS BRIEFING

POLICE AND FIRE

Burglaries Under Investigation



New Canaan police are investigating two recent residential burglaries involving forced entry through broken glass and, in some cases, ladder access to second-floor bedrooms and closets. Officials said homes that have been listed for sale may be more vulnerable because photos and floor plans can remain available online. Residents are urged to remove outdated property images when possible and report any suspicious activity. Photo credit: New Canaan Police Department.

Fireplace Safety Tips

New Canaan's Fire Marshal is reminding residents to follow fireplace safety steps, including storing ashes in a covered metal container, and keeping the damper open during use. Officials also recommend waiting at least 24 hours before closing the flue and burning only dry hardwood without using accelerants. Residents should maintain chimneys regularly and ensure smoke and carbon monoxide detectors are working.

Clear Vents Outside Home



KEEP CLEAR

New Canaan's Fire Marshal warns that snow and ice can block exterior vents for heating systems and appliances, which can restrict airflow and lead to carbon monoxide buildup indoors. Residents should check vents after storms, clear them carefully, and keep at least 2 to 3 feet of space around openings. Officials recommend contacting a professional if vents repeatedly freeze or become obstructed. Photo credit: Town of New Canaan.

LOCAL BUSINESSES AND NONPROFITS

Strangers Book Signing

On January 27, the New Canaan Library held an event with author Belle Burden to discuss her memoir *Strangers with Elm Street Books* providing book sales and a signing.

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For Print Subscription Delivery Questions or Holds

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Please note that there will be no Sentinel Community Coffee on January 30. We will return to the Lapham Center for our regular Community Coffee on February 6.

More Severe Weather on the Way



Two figures stretch out across fresh snow at Waveny Park, turning a winter storm into a small act of joy. As temperatures dropped and schools closed, residents across New Canaan stepped outside to mark the moment—sledding, walking, shoveling, and, in this case, making snow angels on one of the town's most familiar open spaces. The scene reflects a shared pause, brief and unscripted, as daily routines gave way to a rare weekday snowfall. The Sentinel extends thanks to everyone in New Canaan who sent in snow day photographs. The response was generous, wide-ranging, and thoughtful. Each image captured a different corner of town and a different way of spending an unexpected day at home. We are grateful for the time readers took to share what they saw and how they spent the day. Every submission was terrific. A selection of reader photos appears on pages 2 and 3.

BY EMMA BARHYDT

New Canaan is settling into deep cold, snow piled along curbs and sidewalks, and the sense that the season is not finished making itself known.

After the major storm that swept through the Northeast earlier this month, the region has moved into an extended pattern of locked-in cold air. As meteorologists have been emphasizing, storms do not need perfect conditions to produce snow when the atmosphere is already primed. The ground is cold, the air

is cold, and any system that rides up the coast has a ready-made environment for winter weather.

In his latest analysis, weather forecaster Ryan Hall, whose forecasts are remarkably accurate, pointed to a growing signal for another East Coast storm developing as the calendar turns toward February. The broader setup is familiar: reinforcing cold pressing south from Canada, energy sliding out of the Great Lakes, and moisture gathering along the Gulf and Atlantic. When those pieces align, the result can be a classic

coastal storm—a nor'easter-type system that may intensify quickly offshore.

Hall stressed that the details are still shifting, and that no one model run should be taken as final at this stage. But the consistency of the signal itself is what has forecasters paying attention. Guidance continues to suggest a storm organizing along the coast late this weekend into early next week, with coastal Connecticut very much in the area to watch.

Hall noted that even if the low center

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Aging Well, Right Here in New Canaan

BY TERESA ALASIO

If you're in midlife, you have probably noticed some subtle changes in how your body feels. Maybe your energy dips more easily, or your sleep has become lighter than it used to be. Little aches might appear in places that never bothered you before. You are not imagining it, and you are not alone.

In my practice, I often hear from people around New Canaan who share the same goal. They want to stay active, sharp, and confident in their bodies for the years ahead. They want to enjoy their lives fully, not cautiously. The encouraging truth is that healthy aging does not depend on extreme workouts or complicated diets. The most powerful habits are often the simplest, and our town is a wonderful place to build them.

Strength: Your Foundation for Independence

One of the most important pillars of longevity is physical strength. After about age forty, adults naturally lose a few

percent of muscle each decade. That process, called sarcopenia, affects balance, metabolism, and independence.

The best way to slow it down is through regular strength training. You do not need heavy weights or hours at the gym. Start small with bodyweight squats, chair stands, planks, or light dumbbells two or three times a week. Resistance bands are another great option at home. Even short, steady sessions build stronger muscles and bones and help you move with confidence.

Here in New Canaan, we have access to excellent local options. The New Canaan YMCA and several small fitness studios offer welcoming classes that focus on proper form and gradual progress. The benefits appear quickly as your posture improves, your balance steadies, and everyday activities feel easier.

Sleep: The Body's Built In Reset

Many people tell me that

their sleep has changed as they get older. It may be lighter, more interrupted, or less refreshing.

Quality sleep is essential for recovery because it repairs tissues, balances hormones, and strengthens memory.

Try keeping your bedtime and wake time consistent, even on weekends. Turn down the lights about an hour before bed and put away screens early since bright light suppresses melatonin, the hormone that helps you feel sleepy. Keep the bedroom cool and quiet, and limit caffeine or alcohol close to bedtime.

If restless nights continue, talk with your healthcare provider. Issues such as sleep apnea, thyroid imbalance, or stress can quietly interfere with rest, but they are very treatable when identified.

Nutrition: Eat to Support Energy

You do not need a perfect diet to age well. What matters most is eating in a way that supports your energy and long term health. I often tell my

patients to think of nutrition as an investment in tomorrow instead of a restriction for today.

Try to include protein at every meal, such as eggs, fish, poultry, beans, or tofu. Add colorful fruits and vegetables for antioxidants that reduce inflammation and keep you feeling full. Include healthy fats from olive oil, avocado, and nuts to protect your heart and brain.

Do not forget about hydration. Water supports digestion and joint health and helps keep fatigue at bay. The New Canaan Farmers Market makes it easy to find fresh, local produce year round, connecting good nutrition with community support.

Movement: Keep It Natural and Consistent

You do not have to think of movement only as exercise. It can simply be part of how you live your life. Gardening, walking the dog, or strolling through town all count.

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Boundaries Are Like Cells

BY JILL S. WOOLWORTH, LMFT

A healthy cell in our bodies allows in what is nourishing and keeps out what is unhealthy. An unhealthy cell doesn't have that ability, which can lead to cancer. Boundaries work similarly in human relationships. All of us have had our boundaries violated, some more seriously than others. We can guard against being permeable to toxic relationships by paying

close attention to what we allow into and exclude from our lives. Our health depends on it.

Unhealthy friends may call frequently for advice or to complain repeatedly about the same thing. They may tell us that we are the only one who understands. Our egos can be easily seduced. After months or years of listening and being frustrated that nothing changes, we accumulate toxicity. Limiting our contact to common

courtesy—occasional phone calls, cards, and texts—is hard, but life-giving. Our friend will find other sources of support.

He or she may or may not become healthier, but you definitely will.

Gray did everything he could for his friend Nick, but Nick's requests for money and his ranting about problems didn't end. Gray felt discouraged and stressed after their conversations. After several years, Gray ended



Illustrated by Wajih Chaudhry

their friendship when occasion, but he is wary of he moved to a new city. engaging beyond a casual He still talks to Nick on check-in

Your Charter...Your Survey

New Canaan's Charter belongs to its residents. It defines how the town governs itself, how authority is assigned, and how accountability is enforced. The Charter Commission has opened a public questionnaire, and residents should take the time to complete it. The survey is at <https://www.surveymonkey.com/r/8QXBNNK>.

Readers will find an editorial on page 6 that discusses what charter revision is and why it shapes daily civic life long after the debates fade. Page 10 provides in-depth reporting on the commission's work, including how members are weighing elected versus appointed boards and soliciting public input.

COLUMN
May the Day Be with You



BY ELIZABETH BARHYDT

There's an Irish phrase that came over the radio Sunday morning, just as we were pouring coffee and watching the snowfall build: go raibh an lá leat — *may the day be with you*.

It was said by a woman hosting WFUV's "A Thousand Welcomes," right between a fiddle reel and a ballad about leaving Ireland to come to America. We had the volume low, the windows were bright, and the world outside was disappearing by the hour.

The storm came exactly as expected. We'd had plenty of warning. The fridge was full. The woodpile stacked. The roads were closed. There was nowhere to be but here.

Our four-month-old black lab—who's still trying to figure out stairs—was curled on the couch, deeply asleep. One paw over her face. The fire in the fireplace had been going since before breakfast. Outside, snow flakes fell in the millions every minute, erasing the shape of the woods. Inside, we watched.

The feeders by the window were crowded with birds—cardinals, bluebirds, little flashes of red and blue moving fast between branches. They seemed methodical and certain. They knew what they needed, and they didn't waste time getting it.

The soup was already going in the kitchen, simmering under a fogged lid in the slow cooker. The kind that makes the whole house smell like something good is coming.

And then my daughter walked into the room with a cookbook and said, "I think we have what we need to make sticky buns." Her brother offered to help. They pulled ingredients from the pantry—some planned, some improvised—and worked the way you do when the day is yours. No rush. Lots of messiness and laughter.

That's the thing about snow days.

They don't ask you to do much. They just give you time. And if you're lucky, they give you each other.

The whole family was home. No errands. No appointments. Just room to move around each other, to talk, to read, to stay in the kitchen longer than necessary. It reminded me what snow days really give children—not just a break from school, though they're grateful for that—but something really important to them: the joy of choosing how the day unfolds, with the people they love.

Read? Bake? Play with the dog? Color in the *Sentinel*? Make a snowman? Sled down the back hill?

It's not about avoiding school. It's about belonging to the day.

And maybe that's what we forget in our normal pace—how much joy lives in the unscheduled, the slow, the simple. Sometimes it's a snowball or a mixing bowl or a leash in a child's hand.

Sometimes it's sitting by the fire while Irish music plays and the puppy sighs in her sleep.

There's something rare about hearing everyone's voice at once, in the same room,

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Lucas Cohen enjoys sledding down the neighbor's yard!



Bailey, an American Cocker Spaniel loves the snow!
Laurel Road New Canaan CT



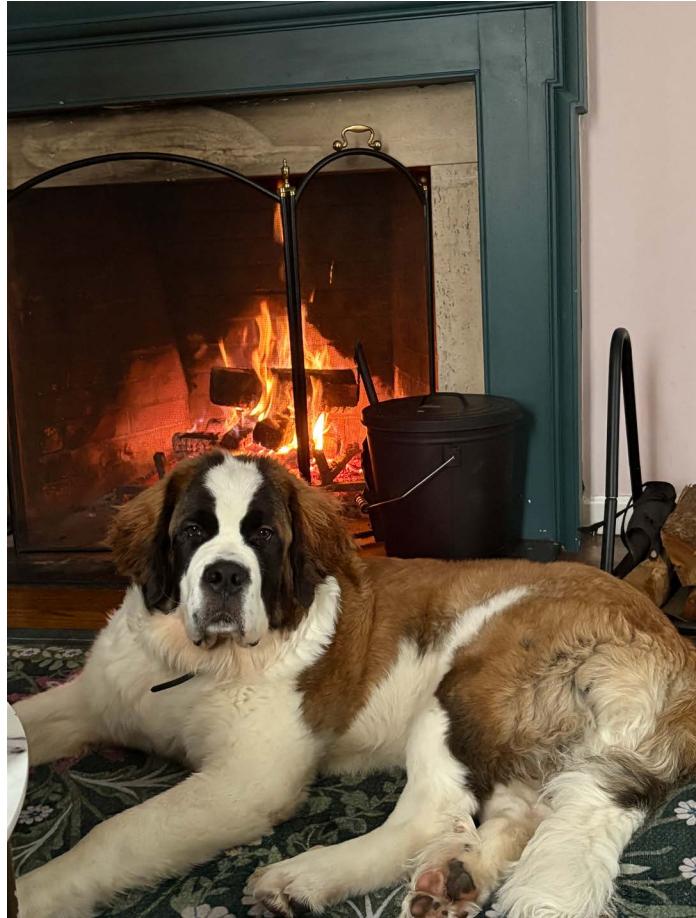
Willow of New Canaan chasing her ball through the snow.
Photos by Rene Ley of New Canaan, Ct



Jack Strong our black lab age 5 sporting icy fluff after his first romp in deep, deep snow. He wants in please! Photo from: Barbara Strong



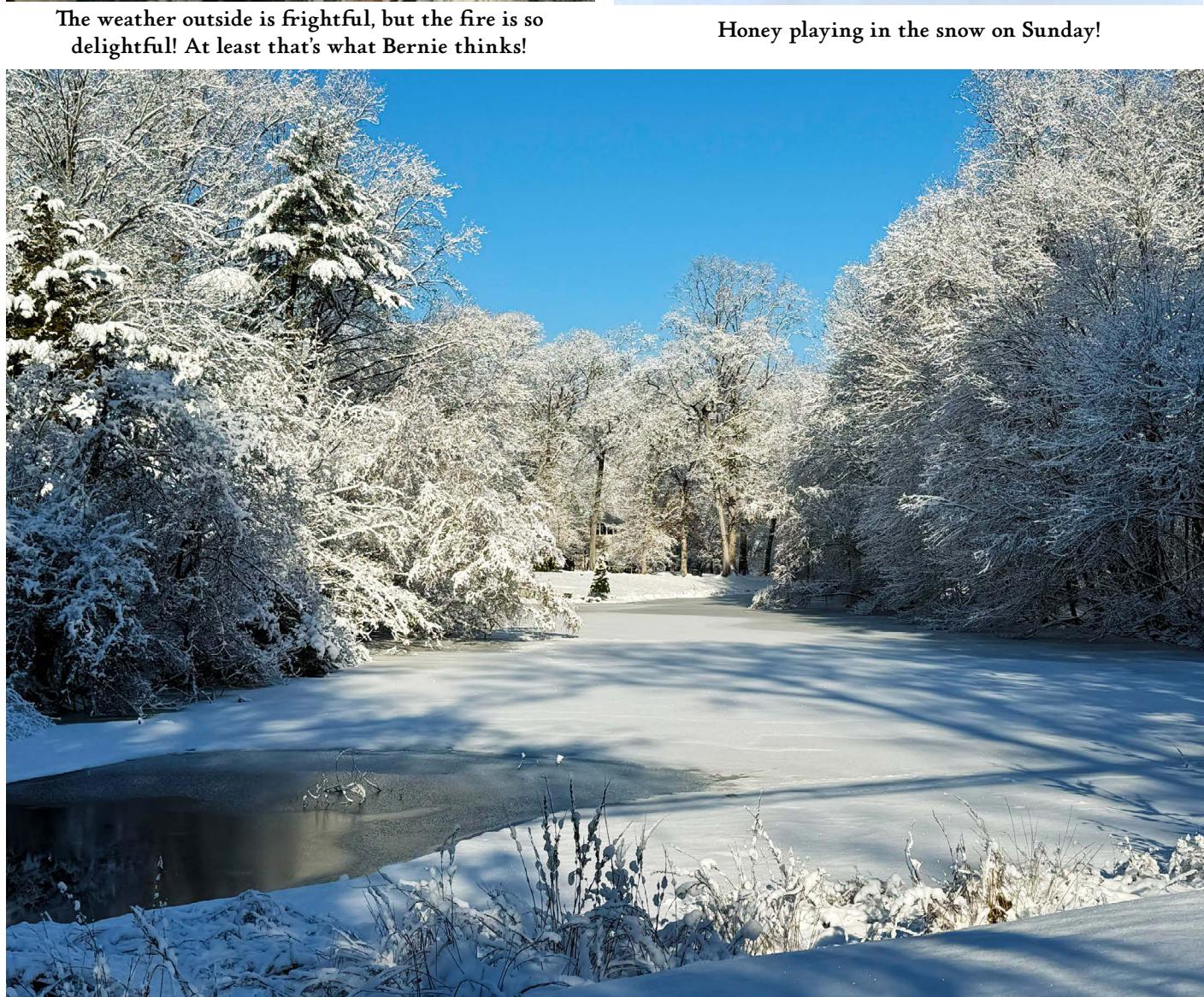
Daughter Melissa and dog Jack her best bud checking out the early snow fall as the backyard becomes a wonderland down to Silvermine Pond. Photo from: Barbara Strong



The weather outside is frightful, but the fire is so delightful! At least that's what Bernie thinks!



Honey playing in the snow on Sunday!



Marvin Ridge Road, New Canaan

**MORE
THAN
JUST
A DRY
CLEANER**

FABRICARE
-MORE THAN JUST A DRY CLEANER-

COLUMN BY BETH BARYDT CONTINUED From Page 1

without the push of a clock. And there's something even rarer about not needing to fill the silence. Just letting it hold.

Don't get me wrong—we believe in showing up. Parent meetings, volunteer shifts, planning committees, church suppers, field days, town votes—we've done them all, and we'll keep doing them. There is something vital in being part of the daily rhythm

of a place: stepping in, helping out, being counted. It's how we stay connected to our neighbors, how we pass along what we know, and how our children learn that belonging isn't just a feeling—it's a responsibility.

But every now and then, it helps to pause. To remember that being involved doesn't always mean being in motion. Community is built in busy seasons, yes—but it's also deepened in quiet ones. Around a kitchen table. During a walk with a friend. While reading the same newspaper as your neighbor across town. Sometimes presence is the most generous form of participation we have. And on days like this—when the snow keeps us close—it's good.

Outside, the plow passed again. We knew exactly what it was. Church bells chimed faintly in the distance. No one moved to check the time.

We stayed in.

Snow fell, soup simmered, sticky buns rose, and we were together.

The day never asked us to do more than that.

Go raibh an lá leat.

May the day be with you.

It was. I hope it was with you too.



Suzie and Andy Veitch had this handsome visitor both Saturday and Sunday during our snowy weekend.



Playground fun: Tate and Jonny Ellingson



Well fed in New Canaan, by Scott Herr.



Snow Day at Waveny Park



Marvin Ridge Road, New Canaan



Que at the bird feeder.



We cancelled the BBQ!



Bergen and Tate Ellingson in a Snowy fort



Mill Road, New Canaan - Sunday Funday

BY FRANK GALLO

Amherst Island, Ontario, February 1984. It was -5° and nearing dusk. Trudging back through the deep snow with icicles hanging from my beard, I was the last to return to the warmth of my friends' minivan. Rounding a corner, I noticed a Great Gray Owl perched on a post in a field about a hundred yards away!

Great Grays are rare visitors to the northeast from the boreal forests of Canada and the western U.S. In most years few make it into the Northeastern U.S., so I'd come specifically to try and see one, along with Northern Hawk Owl, Boreal Owl, and Snowy Owl, the other Arctic and boreal breeders that seldom reach our area. Several of each were wintering in Ontario.

As I watched, the owl began bobbing its head up and down and side to side staring in my general direction. (I'm a big to be on the menu, but...) Suddenly, it seemed to lock onto something, launched itself from its perch, and flew towards me. When it was 20 yards away, it hovered over a three-foot snow drift, plunged feet first into it, and grabbed something. Slowly, it reached down with its bill and came up with a plump vole (a mouse-like rodent with a short tail) dangling from its beak. It glanced at me, then swallowed it whole.

Remarkably, the owl heard the vole from 80 yards away, was able to pinpoint exactly where it was under three feet of snow, and then caught it, all by hearing alone. I was awestruck. We stared at one another for a minute or two before it flew back to its perch, belly full, and I continued to the warm van a changed man.

Great Grays inhabit regions of the boreal forests of Canada and higher latitudes and elevations in the western U.S., which are consistently snow-covered. They and other owls have remarkable adaptations attuned to their environments and generally

The Owls of Winter



Frank Gallo

Great Gray Owl Hovering. All photos by Frank Gallo unless otherwise noted.

nocturnal habits. Their facial disk acts like a parabolic microphone to focus sound into asymmetrical ears - one is higher and differently shaped than the other - allowing them to triangulate prey by sound. Modified wing feathers with frilly fringes break up airflow over their wings making their flight nearly silent. They can maneuver deftly through trees at night using eyes packed with light-sensitive rod cells; eyes that are so large relative to their head size that in comparison humans would need roughly grapefruit-sized eyes to compete. Their eyes are tubular, which helps to enlarge an image on their retina, and encased in a hard sclerotic ring rendering them immobile. To compensate for the inability to move their eyes, they have 14 neck bones, twice the number in our necks. This allows them to turn their heads 270 degrees and look over their backs. Their eyesight is so sensitive that they can detect a mouse across a football field using starlight.

Talons for catching prey and a sharp beak for tearing complete the package of these formidable predators. I've always loved owls. One of my earliest memories is of a Barred Owl perched in a neighbor's apple tree in New Canaan. When I was in my teens, local owl expert, Julio de la Torre took me under his wing and taught me to do what he coined "owl prowls," where we would go out and call-in owls for others to see. When I first worked at New Canaan Nature Center from 1990 to 2005, he and I would lead public owl prowls at the Center. I practiced my Screech and Barred Owl calls for hours behind closed doors.

The tradition continues with our Owl Moon Night Hike scheduled for Saturday, January 31, from 7-8:30, where participants meet our captive owls used for education, then venture out with us to try to find owls on our grounds. I hope you can join us. Registration is required at

<https://newcanaannature.org/night-hikes/>

When I was in college, my professor, the famous naturalist, Dr. Noble Proctor (Doc), took our ornithology class owlining in the backwoods of North Branford at 3 a.m. We were walking along a secluded street towards a cemetery where Doc hoped to show us an Eastern Screech Owl, our smallest "tufted" owl. I was walking alone; two women were well up in front of me quietly talking, and Doc and the class a bit behind me. As we approached the cemetery, there came a blood curdling scream from within it that made the hair on my neck stand up. I froze. The two women shot past like a bullet, and I could hear the rest of the class stampeding away down the street. Doc quietly sauntered up and said,

"What do think? Barred Owl?" I responded, "I was going to go with axe murderer, but sure, Barred Owl, let's go with that." We slowly approached the cemetery, and he turned on his flashlight. In his beam was a Barred Owl perched quietly on a branch as if he'd been waiting for us. Doc explained that male Barred Owls will sometimes scream during courtship. Owls. You bet! I was hooked.

At that time, I'd yet to see a Snowy Owl, the most likely, and perhaps the most beautiful, of the boreal and Arctic nesting owls to regularly reach our area, and I was determined to see one. So, I did some research and learned that although their cousin the Great Gray Owl is our tallest owl, with females reaching 33" in height, Snowy Owls are the heaviest, weighing in at 3.5 to 6.5 lbs., and have the longest wingspan, topping out at 6 ft. They nest on tundra in Arctic Canada and Alaska and across the Arctic worldwide and usually lay 4-5 eggs on the ground but can lay as many as 13 when food is abundant. Females and young of both sexes are white with black bars, and older adult males are nearly pure white. On the nesting grounds,

males often perch near the nest on a high spot overlooking their territory. In years with a summer of bountiful food and successful breeding, Snowy Owls, especially young birds of the year, disperse south into the U.S. On occasion, they have made it as far south as Texas and Florida but are generally restricted to the more northern states. When the first reports of Snowy Owls in Connecticut started that year, I hightailed it to Stratford with a friend and we found one perched in a tree in Great Meadow Saltmarsh near Sikorski Airport!

In Connecticut, we can see Snowy Owls from late October to March/April, and rarely into May, often on coastal dunes and marshes and occasionally inland on open farmland. Not surprisingly, a large white owl is quite an attraction, and people will flock to sites where these owls occur. Unfortunately, this can lead to issues for the owl. As many owls visiting our area are young and inexperienced hunters, they are under a great deal of stress and often struggle to survive. Disturbance by enthusiastic viewers trying to get that selfie, or approaching too closely forcing them to fly, can cause them to starve. There have even been incidents where someone approaching an owl too closely flushed it into oncoming traffic where it was hit and killed. So, please enjoy these wonderful birds from a respectable distance. (If they perk up, you're too close). Certain owl species are no longer reported for fear of disturbance.

When the snow arrives, my thoughts often turn to owls, especially, the owls of the Arctic and boreal forests - Great Gray, Hawk, Boreal and, of course, Snowy, the species I hope to reconnect with each winter! Perhaps this will be another "owl year" when these beautiful Arctic predators venture south, and I'll take yet another pilgrimage into the frozen north to see them!



Nick Bonomo and his Great Gray Owl pal - Montreal



Northern Hawk Owl with its long woodland hawk-like tail.



Great Gray Owls can be quite tame. It landed on a tripod near the author. Photo by Nick Bonomo



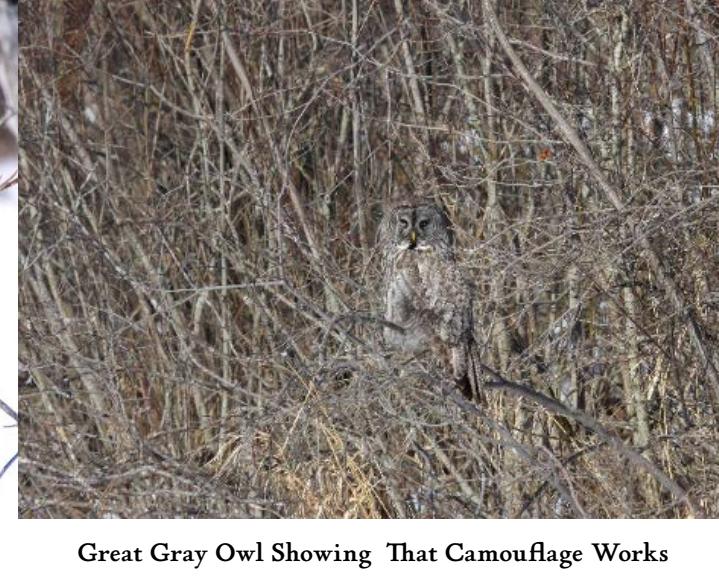
Great Gray Owl Locking onto Prey



Great Gray Owl Perched



Great Gray Owl Hunting



Great Gray Owl Showing That Camouflage Works



Barred Owl - the smaller cousin of Great Gray Owl



Snowy Owl - Our heaviest Owl at 3.5-6.5 lbs.



Great Gray Owl Showing Their Large Facial Disk



Snowy Owl showing its 6' wingspan.

New Canaan Rams Sports Varsity Roundup

By CHRISTOPHER DEMUTH

Boys Hockey

The New Canaan boys hockey team put together another impressive week, winning both games and allowing just one goal total.

On Saturday, the Rams earned a 4-0 non-conference win at Barrington. New Canaan set the tone early with two first-period goals, added two more in the second, and controlled play throughout the game. Strong defense and steady goaltending kept Barrington off the scoreboard the entire night.

New Canaan followed up with a 2-1 conference win at Greenwich on Tuesday. The Rams struck twice in the opening period and then focused on protecting the lead. Greenwich scored once, but New Canaan stayed disciplined

and closed out the win.

Girls Hockey

The New Canaan girls hockey team continued its solid play with a road win on Tuesday.

The Rams defeated West Haven 2-1 in a non-conference matchup. The game stayed close from start to finish, with both teams trading chances. New Canaan stayed calm under pressure and made the key plays needed to secure the victory.

Boys Basketball

The New Canaan boys basketball team played two very different games and came away with a split.

On Tuesday, the Rams lost 55-37 at Ludlowe in a conference game. Ludlowe built momentum early and maintained its lead, making it difficult for New Canaan to mount a comeback. Despite

the loss, the Rams continued to compete through all four quarters.

New Canaan responded Friday night with a 66-55 home win over Warde/Ludlowe in non-conference action. The Rams played with better flow on offense and showed improved defensive intensity. Strong second-half play helped New Canaan pull away and finish the week on a positive note.

Girls Basketball

The New Canaan girls basketball team faced a tough conference test at home on Tuesday.

Ludlowe defeated the Rams 45-37 in a closely contested game. New Canaan stayed within reach for much of the night and showed good defensive effort. However, Ludlowe's consistency down the stretch made the difference in the final score.

Date	Team (School – Gender – Sport)	Opponent	Score
1/23	New Canaan – Boys – Basketball	Wilton	New Canaan 59 – Wilton 56
1/21	New Canaan – Boys – Hockey	Fairfield Prep	New Canaan 1 – Fairfield Prep 2
1/24	New Canaan – Boys – Hockey	St. Joseph	New Canaan 8 – St. Joseph 0
1/23	New Canaan – Girls – Basketball	Wilton	New Canaan 44 – Wilton 31
1/23	New Canaan – Girls – Hockey	Brewster	New Canaan 2 – Brewster 1
1/17	St. Lukes – Boys – Basketball	Millbrook	St. Lukes 58 – Millbrook 63
1/19	St. Lukes – Boys – Basketball	Holderness	St. Lukes 50 – Holderness 70
1/17	St. Lukes – Girls – Basketball	St. Frances Academy	St. Lukes 50 – St. Frances Academy 75
1/21	St. Lukes – Girls – Basketball	Wilbraham and Monson Academy	St. Lukes 73 – Wilbraham and Monson Academy 70
1/20	St. Lukes – Girls – Squash	Masters School	St. Lukes 5 – Masters School 2

New Canaan Indoor Track at Wilton

By CHRISTOPHER DEMUTH

The New Canaan indoor track and field teams delivered a strong performance at the Wilton FCIAC qualifiers on January 17, turning in standout results across sprints, distance races, hurdles, and field events. With athletes competing in nearly every discipline, the Rams showed balance, consistency, and a strong performance from both rookie underclassmen and returning upperclassmen leadership.

From dominant distance performances to personal records in the sprints and steady results in the field, New Canaan has set themselves up as a strong force in the FCIAC conference moving into the full swing of the season.

Boys Team Delivers Dominance in Distance Events

Senior Ryan Monohan anchored the boys' team with a remarkable night, winning three separate distance events and setting the tone for the meet. Monohan captured first place in the 1000 meters, 1600 meters, and 3200 meters, showcasing both speed and endurance.

His 1000-meter win was especially impressive, as he controlled the race from the early stages and finished decisively. He followed that performance with a strong victory in the 1600 meters, where he maintained a smooth pace throughout. Monohan closed out his night by taking first in the

3200 meters, completing a rare triple win that highlighted his versatility and conditioning.

Boyd Cousley backed him up with an excellent series of performances. Cousley placed near the top in the 1000, 1600, and 3200 meters, recording season-best marks in multiple events. His consistency across races gave New Canaan valuable points and showed the team's strength in the longer distances.

Additional depth came from Cooper Smith, Michael Cantu, Jake Tirana, and Samuel Dunn, all of whom competed well in the 1000 and 1600 meters. Several runners posted personal records, a strong sign as the season continues to build.

Boys Middle Distance

The boys' 600 meters was another highlight, with multiple Rams finishing in the top half of the field. Sean Deasy led the group with a strong seventh-place finish and a personal record, while Matthew Sisser followed closely behind. Senior Niko Nikeas rounded out the trio with a solid performance that added to the team's overall talent.

In the 300 meters, New Canaan showed impressive range. Anthony Westhead placed near the front of the field, setting the pace for the Rams, while Max Volanakis followed with a season-record performance. Willem Wrede and Brandon Barua also competed well, helping New Canaan place multiple runners across the event.



Boys Sprint

The boys' 45-meter dash was one of the most crowded events of the meet, and New Canaan filled the results sheet with a long list of competitors. Charlie Koch led the Rams with a strong finish and a personal record, followed closely by Willem Wrede and Luke Gencarelli, both of whom also ran season-best times.

Younger athletes made their presence felt as well. Freshmen Leandro Bardales, Avery Kerchoff, William Dougherty, and Henry Wexler all competed with strong performances. Several posted personal records, signaling positive development early in their high school athletic careers.

Boys Hurdles and Field Events

In the 45-meter hurdles, Peter Tsapralis delivered one of the boys' top technical performances of the day, finishing second overall with a personal-best time. His race execution was sharp and controlled, earning him a spot near the top of the standings.

Tsapralis also contributed in the pole vault, where he placed second with a personal-record clearance. His performance provided a major boost in the field events and demonstrated his versatility.

Luke Gencarelli added another strong result for the Rams by placing second in the high jump, clearing 5 feet, 6 inches. Gencarelli also competed in the sprints, making him one of the most well-rounded athletes of the meet.

In the shot put, Conor Deasy led the boys with a personal-record throw, while Cannon Nardini followed with his own best mark. Christopher DeMuth and William Ntiri rounded out the group, each showing well, showing improvement.

Girls Team Matches Intensity with Top Finishes

The New Canaan girls team delivered an equally strong performance, highlighted by wins,

podium finishes, and impressive depth across multiple events.

In the 1000 meters, Lola Gonzalez claimed first place with a dominant performance. She established her position early and held steady through the final laps, giving New Canaan a major victory on the track.

The 600 meters proved to be one of the team's strongest events. Grace Pellicci finished second overall with a smooth and consistent effort, while Andra Doneit followed with a solid fifth-place finish. Freshmen Charlotte Skidmore and Evelyn Langworthy both recorded personal records, another example of young runners stepping up.

Girls Sprint Events

The girls' 45-meter dash featured a large group of Rams, with Tate Salerno leading the way and earning a personal record. Julie Frangione and Abigail Greenhut followed closely behind, both also setting personal bests. Several freshmen, including Gemma Diotte, Amelie Mitra, and Casey Tobin, gained valuable experience while competing against a deep field.

In the 300 meters, New Canaan turned in one of its strongest collective performances of the meet. Grace Pellicci finished second with a personal record, while Kate Frangione placed third, also with a personal best. Salerno, Diotte, and Greenhut all ran season-best times, showing improvement across the board.

Girls Hurdles and Field Events

The girls' 45-meter hurdles was a major highlight. Kate Frangione won the event with a season-record time, followed closely by Milana Hutchins in second place, who also set a season best. Jules Huang placed seventh with a personal record, while Elle Thompson and Anna Trofimova rounded out the group.

In the pole vault, Frangione continued her strong meet with



Senior Throwing Captain Conor Deasy in the shot put event.

a second-place finish, while Julie Frangione placed third and set a season record. Jules Huang added another personal record in the event, further contributing to the team's field success.

Milana Hutchins delivered an excellent performance in the high jump, finishing second with a season-record clearance. Her effort added to an already strong night that included her hurdles result.

In the shot put, Cambree Plater led the Rams with a fourth-place finish and a personal-record throw. Abigail Greenhut also posted a personal best, continuing her strong all-around meet.

Gemma Diotte represented New Canaan in the long jump,



Girls Pole Vault.

NCCM Brings Schubert's "Trout Quintet" Feb. 5 & 6

By LOIS SANDBERG

A chamber music favorite, Franz Schubert's joyful Piano Quintet in A major "The Trout" will highlight New Canaan Chamber Music's winter concert which will include a showcase of solos performances by individual world-class musicians assembled by Andrew Armstrong, Founder and Artistic Director of New Canaan Chamber Music.

The concerts will be held Thursday, February 5, 3pm, and Friday, February 6, 7 pm at the First Presbyterian Church in New Canaan at 178 Oeno Ridge. Tickets are available at www.newcanaanchambermusic.org.

Schubert's "The Trout" is sunny, melodic, and uplifting. One of his happiest works, it is instantly memorable and a favorite for chamber music audiences and musicians alike. The nickname comes from the melody that is bright, flowing, and playful – just like a darting fish. It was written in 1819 when Schubert was just 22 years old.

The program also will include individually acclaimed musicians in solo performances including music by Serge Koussevitzky, Rebecca Clarke, William Grant Still, and Arvo Pärt. They are Double Bassist Marguerite Cox, a returning favorite musician in demand throughout the United States; Violinist Kevin Zhu whose young career has taken him to renowned concert halls across the globe; Violist Emma Wernig, a rising star on the international

stage; and Cellist Sterling Elliott, a new generation star acclaimed for his joyous musicianship.

Andrew Armstrong is a virtuoso pianist and is also Artistic Director of the USC Beaufort's Chamber Music Series as well as Columbia's "Andy & Friends," presented by the SC Philharmonic. He was recently interviewed and played live on WSHU public radio based in Fairfield, CT, and his performances are heard regularly on stations across the country and on National Public Radio, and WQXR, New York.

The final concert of the season will be Thurs., April 16 at 3pm Fri., April 17 at 7pm, "Clarinet Meets Classical Accordion!" with Yoonah Kim, clarinet, Ryan Corbett, accordion; Andrew Armstrong, piano.

Celebrating its 5th year, New Canaan Chamber Music has become a thriving new addition to the concert scene. It also provides growing and inclusive programs of outreach with the Children's Concerts and programs during the year that bring great music to seniors, youth orchestras, and local schools in New Canaan, Stamford, and Norwalk. NCCM is a 501c3 non-profit organization.

The Music Program
Valse Miniature, for Double-Bass and Piano by Serge Koussevitzky
Viola Sonata Impetuoso – ma non troppo by Rebecca Clarke
Mother & Child, arr. for Cello and Piano by William Grant Still
Fratres – "Brothers," for Violin and Piano by Arvo Pärt

Intermission

Piano Quintet in A Major, D. 667, "The Trout" by Franz Schubert



New Canaan Sentinel

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What Works

New Canaan is considering revisions to its town charter, and it is a big deal. It really is. The charter is the constitutional architecture of municipal life – a governing document that affects how power is distributed, how decisions are made, and how accountability is enforced. The consequences of change are real and enduring. They will affect our daily life in large ways and small. The New Canaan Sentinel will offer a series of editorials in the coming months, scrutinizing both the charter itself and the work of the Charter Revision Commission (CRC), which has been tasked with this important undertaking. We welcome letters to the editor from readers, because self-government thrives only when the governed are alert and engaged.

To inaugurate this public conversation, we turn to the remarks of Selectman Steve Karl, who spoke at a CRC hearing on January 21. Mr. Karl – also a former chair of the Town Council, a businessman, and philanthropist – offered words of praise about prudent governance and institutional continuity. Novelty is too often mistaken for progress. Mr. Karl's remarks (*below in italics and lightly edited*) are a bracing defense of a long-known wisdom: that what endures may do so because it works.

If you can imagine: A place with historically low taxes, premier public schools, education programming that's second to none, and superior graduation rates that lead to the top colleges and universities in the country. Parks and open spaces that rival any in the state. Well-maintained sidewalks, streets and bridges. Well-funded and prioritized emergency services with both paid personnel and volunteers. A downtown that bustles with activity and is so beautiful that it looks like a Hollywood movie set. A vigorously protected look and feel of architecture that balances the needs of conservation with reasonable and thoughtful development. A place where you have annual community events and traditions that bring the community together including concerts, parades, caroling and fireworks. A place with an unprecedented level of philanthropic giving from its successful and extremely well-educated population, and a volunteer spirit that's omnipresent in the local culture.

You would say to yourself, "Oh my God, where is this place? I would love to live there. I would do anything to live there!" And guess what? We live there every day. And we take it for granted.

There are 169 towns in Connecticut. The overwhelming majority would exchange their charter for New Canaan's without hesitation. And yet, some now propose structural changes here, often citing what is done in other towns. But New Canaan's success is not the result of mimicry. It reflects institutional design adapted to local expectations and sustained by disciplined governance.

Mr. Karl recalled the town's founding in 1801 and the charter's adoption in 1935. Those who crafted the framework understood what too many reformers forget: that power, once reallocated, resists recall. Today, the Board of Selectmen executes, the Town Council legislates, and the Board of Finance and Planning & Zoning oversee and safeguard. These roles are complementary and bounded. Together, they form a structure of accountability. To "modernize" this structure without a clear problem is to engage in speculative architecture.

Some propose electing boards currently appointed. That change would recalibrate incentives. Appointment favors expertise, continuity, and discretion. Elections favor visibility, mobilization, and often, grievance. Complex duties—zoning, budgeting, planning—do not benefit from political fashion or public theatics. Electoral contests in such realms tend to elevate those most agitated, not most qualified.

A structural error embedded now cannot be easily reversed.

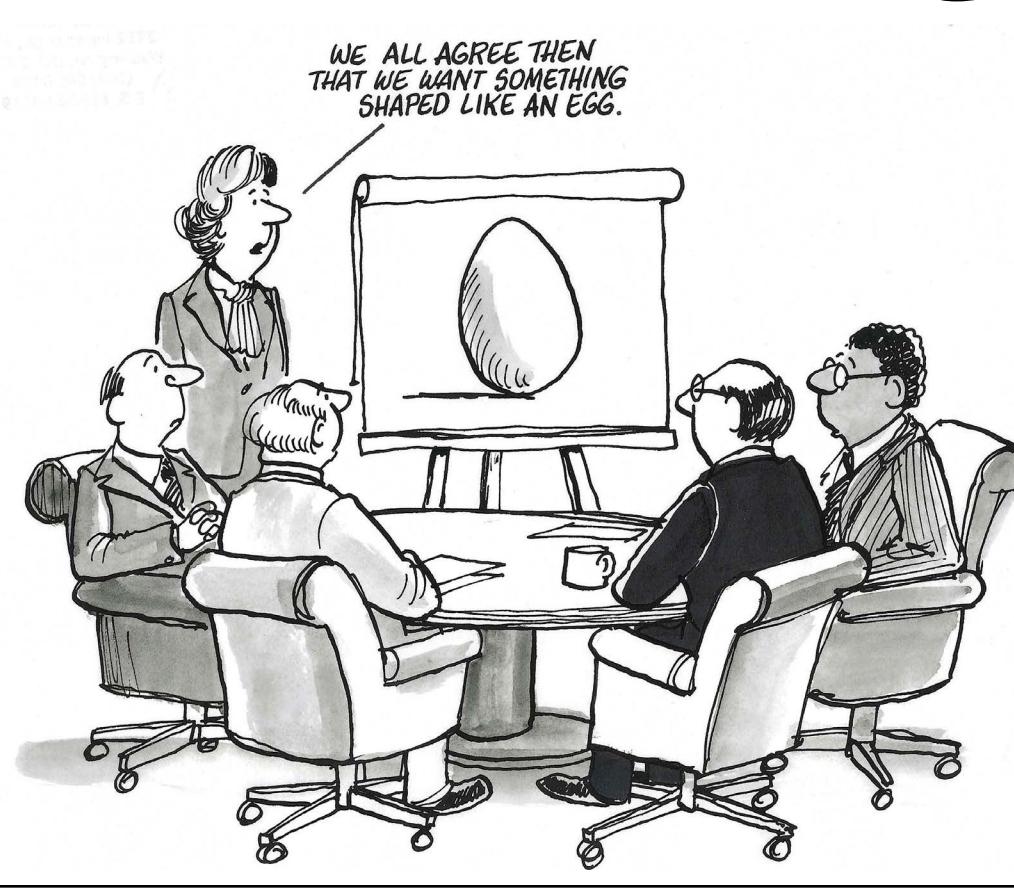
New Canaan's charter has proven its adaptability. In recent years, it has accommodated the creation of an audit committee, a board of ethics, a blight review committee, and a local affordable housing body. These additions occurred within the existing framework—without displacing core institutions or inviting chaos.

Some technical updates may be required to bring the charter into compliance with current state and federal laws. These should be made. But they are refinements, not a rationale for overhaul.

Charters exist to channel power, not amplify it. Their purpose is to protect the public from whim, impulse, and opportunism. Where a governing document has delivered institutional balance, community cohesion, and effective service, the threshold for change must remain high.

Let those who seek revision offer evidence of failure. In the absence of that, stewardship demands restraint.

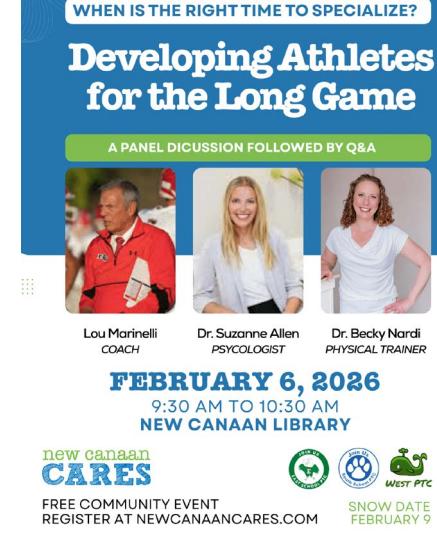
Editorial Page



Youth Sports Pressure and Burnout

New Canaan CARES, in partnership with the East, South, and West Elementary School PTCs, will host a parent education program focused on the growing pressure surrounding youth sports and early specialization. The event, titled Developing Athletes for the Long Game: Balancing Performance, Health, and Well-being in Youth Sports, will take place on Friday, February 6 from 9:30 to 10:30 a.m. in the Jim and Dede Bartlett Auditorium at the New Canaan Library. A snow date is scheduled for February 9 at the same time and location.

Designed for elementary school parents and caregivers from both public and private schools, the program responds to community feedback highlighting confusion, anxiety, and stress around decisions related to youth sports participation. The discussion will explore how sports have changed over



the past several decades, the impact of pressure and burnout on children and families, and how to support healthy physical and emotional development while helping children discover their interests.

The panel will feature New Canaan High School Football Coach Lou

Marinelli, a legendary figure in the community with nearly 50 years of coaching experience, along with clinical psychologist Dr. Suzanne Allen of The Parenting Pair and physical therapist Dr. Becky Nardi at Wellness Insights & Concierge Physical Therapy.

Together, the panelists will offer perspectives on sports specialization, injury prevention, mental health, rest and recovery, unstructured play, and the realities of college recruitment. The format will include a moderated discussion followed by time for audience questions.

Event Details:

Date: Friday, February 6

Time: 9:30 a.m.

Location: New Canaan Library

Snow Date: Monday, February 9 at

9:30 a.m.

Legal Ads

LEGAL AD

January 29, 2026

ADVERTISEMENT FOR BIDS

The Selectmen for the Town of New Canaan, Connecticut, will receive sealed bids for "Pave 2026 - New Canaan Park Street and Playhouse Parking Lots", New Canaan, Connecticut, until 10:00 a.m. Local Time on February 12, 2026, at the Department of Public Works Office, Town Hall, 77 Main Street, New Canaan, CT, 06840, at which time and place all bids will be publicly opened and read aloud.

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

Bidders attention is called to the requirements as to the conditions of employment to be observed and to the requirements for the prompt commencement and completion **of the work**. No bidder may withdraw his bid within 90 days after the actual date of the bid opening.

The Town reserves the right to reject any and all bids or any part thereof, to waive defects in the same, or to accept any proposal or any part thereof deemed to be in the best interest of the Town of New Canaan, Connecticut.

All bidders are requested to note that the award of this Contract is subject to the following conditions and contingencies:

- 1) The approval of such governmental agencies as may be required by law.
- 2) The appropriation of adequate funds by the proper agencies.

TIGER MANN, DIRECTOR OF PUBLIC WORKS

TOWN OF NEW CANAAN, CONNECTICUT

LEGAL AD

TOWN OF NEW CANAAN

NOTICE OF PUBLIC HEARING

Notice is hereby given that a meeting of the Town Council of New Canaan will be held at 7:30 p.m. on Monday, February 9th, 2026 in the Town Hall Meeting Room at New Canaan Town Hall, 77 Main Street, New Canaan, CT, and via Zoom.

For the following purposes:

To consider, hear public comment upon and take action on a proposal to lease a portion of the Town-owned parcel of land at 28 Grove Street for outdoor employee parking. The public hearing is intended to meet the public hearing requirement of Connecticut General Statutes Section 7-163e.

AND

To consider, hear public comment upon and take action on a proposal to lease the building known as The Playhouse, located at 93 Elm Street, New Canaan for a theater operator. The public hearing is intended to meet the public hearing requirement of Connecticut General Statutes Section 7-163e.

WEATHER From Page 1

stays out to sea, the snowfall footprint can still expand inland depending on how much moisture gets pulled northward and how strong the wind field grows. That distinction is critical for Fairfield County, where small shifts in storm track often determine whether the impact is minor or more

disruptive.

Locally Friday is expected to be brutally cold, with highs near 15 degrees and overnight lows close to 5, and wind chills dipping below zero. Saturday remains bitter, with temperatures struggling to reach the upper teens. By Sunday, attention turns to the chance of snow, with early projections suggesting a light accumulation in the one-to-three-inch range, though New Canaan has already seen how quickly totals can rise when a storm overperforms.

Hall's discussion of model blends suggests the potential for several inches along parts of the coastal Northeast if the storm's precipitation shield grows. That keeps the focus on the weekend into early next week, when even a moderate snowfall would be layered onto existing snowbanks and very cold pavement, creating difficult travel and persistent icy conditions.

What is not in question is the cold. Arctic air is pressing south, keeping temperatures well below seasonal averages into early February.

The larger takeaway for is not a specific inch count several days out, but the pattern itself: winter has tightened its grip here, and the atmosphere remains active. With cold air entrenched and another coastal storm signal strengthening, residents should expect the next week to bring continued winter disruption potential – likely from a series of smaller events layered onto an already harsh season.

Fire Extinguishers: What You Need to Know

By JOHN KRIZ

Editor's Note: This article is based on interviews with New Canaan's Fire Chief Albert Bassett and Fire Marshal Paul Payne, and focuses on fire extinguishers for the home.

What are the types of fires and fire extinguishers?

Typical home fires are 'A, B or C fires': 'A' for combustibles like wood, paper or fabric; 'B' for cooking oils and grease – kitchen fires of these items are the most common household fires – and 'C' for electric, such as an outlet or something plugged into it.

The best fire extinguisher for the home is a so-called A,B,C multi-purpose extinguisher, which can tackle these typical home fires. You find them at most hardware stores.

The fire extinguishers you often see on TV with a big funnel at the end that emits a huge white cloud are called carbon dioxide extinguishers, and they only are effective against class B and C fires.

They work by cutting off the oxygen feeding the fire. They tend to be used by firefighters or in commercial settings such as a commercial kitchen, with their big hot oil fryers.

What's in an A,B,C multi-purpose extinguisher?

It's a powder of baking soda and some other chemicals that coat whatever is burning and smother it.

How big an extinguisher does one need for a typical home?

A so-called one pound extinguisher should suffice. This means a pound of stuff in the extinguisher to smother the fire.

And how many do I need?

Probably two or three.

Where should I put them?

Definitely one in the kitchen, preferably hung on a wall near a door to the outside. Why? If you end up

needing a fire extinguisher, you want easy, quick access (do not keep it in a cupboard!), and you want it near an escape route if it comes to that. Think of it this way: there's a small fire in the kitchen. You first call 911, then rush for the extinguisher. By the time you get there, the fire is much bigger. At that point the best choice is likely to just leave, and get everyone else out of the house, too. Plus most home fires are in the kitchen, and time counts. You should also consider putting one in the basement, and maybe in the garage or workshop.

If there is a fire what should I do first?

Call 911. One you've done that, and you think the fire is not so big or fast moving that you need to promptly skedaddle, get the extinguisher and use it.

How long until the extinguisher empties when in use?

For a one pound extinguisher, about 30 seconds.

Thirty seconds?! Is that enough?

Yes, probably. Most fires will be extinguished after 2-3 seconds of use by an extinguisher. Note that extinguishers are best suited for so-called 'incipient fires,' meaning ones that just started. If the fire has really spread and engulfed nearby items, get out!

OK, I am holding the extinguisher. How do I use it?

Think PASS: Pull the safety lock; it's usually a ring, pin or plastic wire. Aim the nozzle at the base of the fire. Squeeze the trigger. Sweep from side to side.

Is the extinguisher heavy? Does it 'kick' when used?

A one pound extinguisher is not very heavy, with no 'kick'. However, you might want to have one hand on

Fire Extinguishers in the Home

THE RIGHT EXTINGUISHER FOR THE JOB

Burning materials are grouped into classes based on the item burning. Each class requires a specific extinguisher.

Letters and symbols identify the class of fire they can extinguish. Using the incorrect extinguisher can spread the fire or cause injury.

Households are best protected by a multipurpose extinguisher (ABC or BC).



HOW TO USE A FIRE EXTINGUISHER

PASS

Pull the pin in the handle **A**im the nozzle at the base of the fire **S**queeze the lever slowly **S**weep from side to side

DECISION TO FIGHT THE FIRE

Always call the fire department first (9-1-1).

Do you know what is burning (class), have the proper extinguisher?

Has everyone left the house or area of the fire?

Do you have an easy path to an exit?



A Class A - Common combustibles wood and paper. (water or ABC)

B Class B - Flammable liquids, solvents, cooking oils. (ABC, BC, CO2)

C Class C - Energized electrical equipment

D Class D - Combustible metals

K Class K - Commercial cooking oils

the handle and trigger, and another on the bottom, to help steady and aim it.

How close to the fire should I get?

It depends on how comfortable you are given the circumstances. An extinguisher can shoot 20 feet. You want to be as close as you can. Try starting from a bit of distance, and then move closer. But note this: If you're at all uncomfortable, just get everyone out of the house and wait for the cavalry to come. (You did call 911, right?)

OK, the fire is out. So all clear?

No! You did call 911, right? There is a thing called 'flashback', when the still hot, but not burning, oil or paper reignites. Let the firefighters check things out and ensure all is safe.

OK, I used my extinguisher. Is it still good?

No. While there might still be powder inside, it will be depleted, and the internal

pressure has been weakened. It's really a single-use item. Take it to the transfer station and put it in metal recycling. And buy a new one.

What about using good old water?

Water can work well with wood and paper fires, and especially fires in couches and mattresses because the water will soak in and reach the interior of the item. Never use water on a grease or electrical fire. The burning grease will float, and perhaps spill, making things worse. And water on an electrical fire can cause electrocution. Use the ABC extinguisher on those. And call 911!

I've had a fire extinguisher for a few years. Is it still OK?

Probably. The date of manufacture is usually inscribed on the bottom or side of the cylinder. Assume 10-12 years is a useful life.

Also check the dial and ensure the arrow measuring pressure in the cylinder is in the green zone. Also, at least once a year take the extinguisher and gently shake it for a minute or two until you feel the powder inside moving. Why? The powder will settle over time, and it needs to be loose for maximum effectiveness.

I am still unsure how to safely and effectively use a fire extinguisher. Does the fire department hold classes?

Yes! The fire department welcomes civic and community organizations, and groups of neighbors,

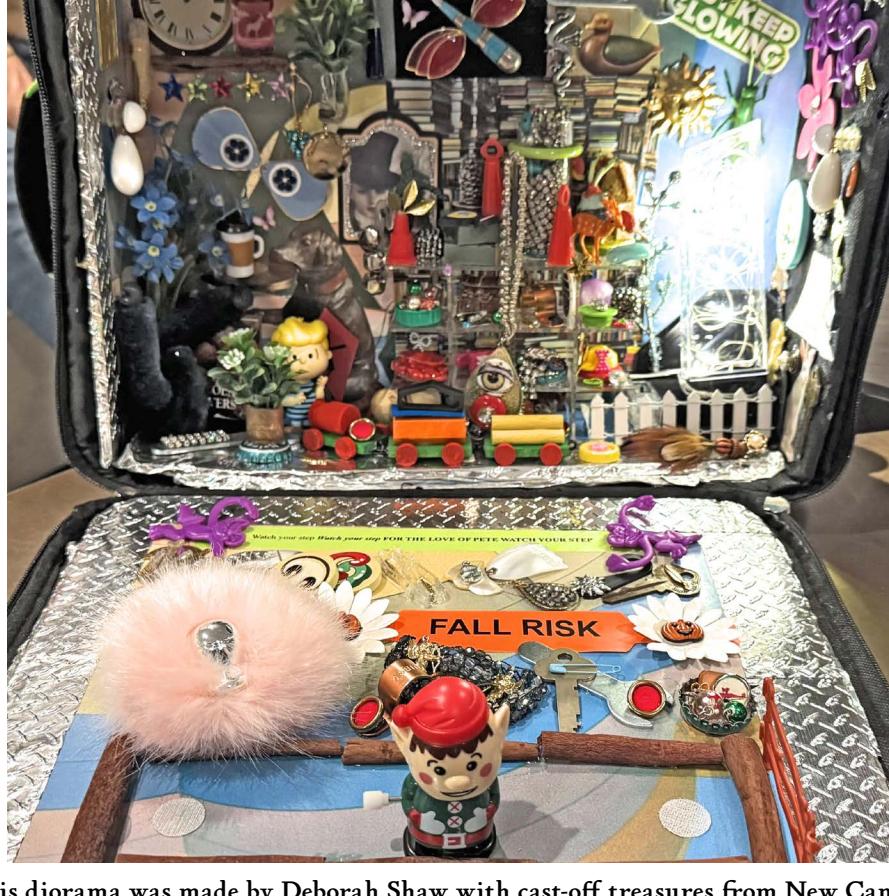
to arrange hands-on fire extinguisher training with firefighters. Just contact Chief Albert Bassett at 203.594.3140 or at [albert.bassett@newcanaanct.gov](mailto:bassett@newcanaanct.gov)

I want to protect my family. Does the town provide fire safety inspections for my home?

Yes! Fire Marshal Paul Payne performs these at no cost to homeowners. In 2025 he conducted about 100 such inspections, making suggestions on fire safety issues from chimney cleaning, to safe cooking methods to fire extinguishers. Just contact him at 203.594.3030 or at paul.payne@newcanaanct.gov

Stay Safe, New Canaan

Swap Shop Treasures



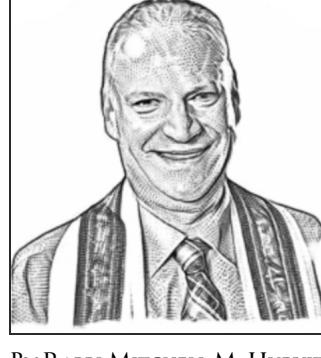
This diorama was made by Deborah Shaw with cast-off treasures from New Canaan's Swap Shop. Ms. Shaw, one of the volunteers who operate the Swap Shop, says it depicts her artistic vision of what the Swap Shop looks like. The Swap Shop, sponsored by local environmental charity Planet New Canaan, is in the town's transfer station, and accepts new and gently used goods, with people dropping off and picking up items for free. The goal is to give usable items a new life and keep them out of the waste stream.

By John Kriz.



Fire Chief Albert Bassett, with Fire Marshal Paul Payne standing by, demonstrates the proper use of a typical fire extinguisher for the home. Inside that big cloud of powder is a small metal ash bucket the Chief filled with some wood and set ablaze. Note his distance from the fire source, and how the powder in the extinguisher is being expelled. It took maybe two seconds to fully extinguish this small, incipient fire. Remember to aim at the base of the fire, and sweep side to side.

The Divine Ledger: Our Individual Book



By RABBI MITCHELL M. HURVITZ

Once upon a time, young Hebrew School students participated in an art project.

Their teacher had asked them to create their own personal siddur and write personal prayers on their pages.

Each child was encouraged to pour their heart and imagination into their project. The students enthusiastically used glitter, stickers, markers, and crayons on their pages as they wrote their own prayers.

Common words appeared amidst the children's prayers:

- Thank you
- Help

- Protect
- Peace
- Love...

The rabbi came to the classroom to observe the prayer project in action.

One young girl came up to the rabbi with her small hands sprinkled with glitter. She asked:

"Rabbi, does God hear us when we pray?"

The rabbi smiled broadly and answered the child confidently:

"Yes. God hears us when we pray."

But the child was not content with the answer. She didn't know the exact source of her problem, but she somehow innately understood something about human nature.

She felt the truth that most of us have an outward, public voice and an inward, private voice.

So the little girl asked the rabbi:

"Does God hear what we say when we are not praying aloud?"

The rabbi, a little less confidently, replied:

"God hears us then, too."

But then she asked a follow-up question that stopped the rabbi in his tracks:

"If God listens when we pray, and also listens the rest of the time, then which does God believe?"

Which voice does God believe? The ultimate test of our spiritual integrity is whether prayer is merely a performance or truly a preparation.

An ancient Midrash teaches that God possesses: "An eye that sees, an ear that hears, and all our deeds inscribed in the Book of Life that God holds."

Often, we imagine that this Divine ledger is kept at a distance, and our final entry will be written only at the end of our days. But Judaism asserts that the Book of our Life is very near, and every word we speak and every deed we perform is "inscribed" into the person we are becoming.

Also, with God, we are never "off the record" when it comes to living a sacred and meaningful life. And, if any of our words or actions are not fit to be witnessed

by others or by God, then they are not fit to be acted upon at all.

With our individual Book of Life, we are always "on the record" and continually shaped and measured by the moral boundaries that guide us.

The primary pillars of our soul's architecture are compassion, humility, and kindness.

God does not expect us to be perfect.

We are human and flawed.

But God does expect us to strive to be better and to move ever closer to the person we can become, because each of us is created in the image of God.

The goal of our Judaism is to serve as a bridge that can help us close the gap between who we are when we pray and who we are the rest of the time.

The prayerful bridge often feels most visible in the synagogue, where we pray. But our prayerful bridge extends everywhere we go, and we take the time to self-examine how we are doing and where we might improve.

God's commandments serve as

a moral compass that guides us on our journey through our limited days. And God's mitzvot are much more than a list of rules to be observed.

Each mitzvah is God's invitation to enter into a meaningful covenantal relationship through our everyday actions, infusing daily life with our sacred intentions and actions.

When we succeed in deepening our prayerful connection with God and embrace our life's obligations, we discover the meaningful engagement with God and others that we most seek.

The best way to travel our life's path is with a posture of ever-present compassion, humility, and kindness.

Ultimately, God cares not only for our thoughts and words, but also for the sacred actions we perform.

Our prayers help us pull out God's compass and be best guided toward our final destination.

We can all pray that along our life's path, we use God's guidance well and possess the compassion

to notice when and where others are in need.

When this occurs, we can then possess the humility to recognize that we are the ones God is calling on to respond with the required lovingkindness to act for the sake of those in need.

Our prayerful utterances can become the signposts by which we can best sanctify our days.

Shabbat Shalom,

Rabbi Mitch

Temple Sholom's Senior Rabbi

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

Worship Directory and Services

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

Church of Jesus Christ of Latter Day Saints

682 South Avenue 203.966.5849

www.ComeUntoChrist.org

Sunday Service: 9:00 AM

Congregational Church

23 Park Street 203.966.2651

office@godsacre.org

www.godsacre.org

Sunday Services: 8:00 AM and 10:00

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

Recurring Events:

Tuesdays at 9:30 AM: Women's Bible

Study

Wednesdays at 9:30 AM: Bible Study

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

First Church of Christ, Scientist

49 Park Street 203.966.0293

christiansciencect.org/newcanaan

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

Wednesday Testimony Meeting:

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

First Presbyterian Church

178 Oenoake Ridge Road 203.966.0002

fpcnc.org

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

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

Upcoming Events:

February 1 at 11:30 AM: Join speaker Dr. Georgette Bennett for an Adult Forum. All Are Welcome. Childcare will be provided and a light lunch will be served.

February 5 & 6: New Canaan Chamber Music Concert. Tickets available at <https://newcanaanchambermusic.org/tickets/>.

Saint Aloysius Roman Catholic Church

21 Cherry Street 203.966.0020

www.starcc.com

Service Schedule:

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

Sunday: 7:00 a.m., 8:30 a.m. 10:00 a.m.,

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

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

Saturday: 7:00 am

Recurring Events:

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

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

Saturday 8:30am: St. A's Healing Rosary Prayer Group

St. Mark's Episcopal Church

111 Oenoake Ridge 203.966.4515

churchoffice@stmarksnewcanaan.org

www.stmarksnewcanaan.org

Sunday Services: 8:00am: Indoor

Holy Eucharist Rite I; 9:00am: Outdoor

Holy Eucharist Rite II; 10am: Indoor

Holy Eucharist Rite II (Live Stream also available on the St. Mark's website). Coffee Hour follows the 10am service.

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

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

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

Recurring Events:

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

First & Third Wednesdays from

6-7:30pm: Youth Group

Upcoming Events:

February 28 at 6 PM: The professional members of the St. Mark's Choir will delight everyone with their talents in a program of solos from operas, oratorios, and musicals, as well as entertaining works for vocal ensemble. A festive reception will follow.

St. Michael's Lutheran Church

5 Oenoake Ridge 203.966.3913

office@stmichaelslutheran.org

www.stmichaelslutheran.org

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

Recurring Events:

Thursday 12 PM: Alcoholics Anonymous

Trinity Church

New Canaan | Darien

1800 E. Putnam Ave, Old Greenwich

203.618.0808

info@trinitychurch.life

www.trinitychurch.life

Join us Sundays at 10 a.m. at Greenwich

Hyatt Regency 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. The service is also available on livestream via YouTube, Sundays at 10:00 a.m.; learn more at www.trinitychurch.life.

United Methodist Church

165 South Avenue 203.966.2666

frontdesk@umcofnewcanaan.org

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.

Sunday School for ages 3 through high school. Child care is available for children from infancy through age 5.

Recurring Events:

First Sunday at 8:45 AM: All men are invited to our monthly Men's Breakfast – a time of warm fellowship, good food, and meaningful conversation as we grow together in faith and friendship.

Community Baptist Church

174 Cherry Street 203.966.0711

cbcnewcanaan@gmail.com



Obituaries

PATRICIA GENUARIO



spirited, sociable, with the right amount of *savoir-faire*." Shortly after graduation, she married Thomas Douglas Soutter and embarked on a life of partnership, family, community, and creativity.

While Tom served shipboard in the US Navy out of Coronado, CA, Ginny taught nursery school and diagnosed reading disabilities. In Charlottesville, VA, while Tom studied law, Ginny taught kindergarten and served as administrator to the UVA campus newspaper. After six years in New York, Tom joined Textron; Ginny and Tom moved their young family to Barrington in 1968.

As she raised three children, Ginny also served actively in the League of Women Voters and Save the Bay, the local PTA, and on Democratic political campaigns locally and nationally. In Providence, she was committed to women's literacy, serving as a board member and prolific fundraiser at Dorcas Place Adult and Family Literacy Center (before it became Dorcas International). She worked for years championing sex education and family planning at Planned Parenthood Rhode Island.

Ginny was a longtime Associate of the Rhode Island School of Design Museum, with a special love of Pendleton House, and over the course of fifty years supported historic preservation in Barrington, Providence, and Warren.

She brought style and a great eye to all that she did. She and Tom enjoyed a lifetime of travel, including decades of sailing with close friends. She was a graceful athlete and one of the world's foremost animal lovers, at her happiest with a dog or a cat on her lap. She enjoyed living in Warren since 2014, and was a seasonal resident of Little Compton.

Ginny's friendships were deeply important to her, from childhood and Navy days through collaborating in parenthood, from exploring ideas and the world together through providing companionship in widowhood. Ginny and Tom were proud to raise their children among a host of families who loved the outdoors, treasured learning, served community, and prized independent thinking. Those family friendships, and values, endure across three generations.

Above all, Ginny loved her family. She and Tom shared a joyful marriage of 57 years before Tom's death in 2013. Ginny took boundless pride from her three children, six grandchildren, and their partners: Sam and Carline Soutter, Hayley Soutter and fiancé Matt Hoey, Emily and Sawyer Umstead, Eliza Soutter; Andy and Maureen Soutter, Madeline and Johnny McNamara, Christopher Soutter; Hadley and Peter Arnold, Josie Arnold and fiancé Gus Sigel. Ginny cherished her sister Alice Fink, of Newton Centre, MA, and Alice's family.

In lieu of flowers, tributes may be made to the Soutter Family Fund at the Rhode Island Foundation: https://rif.fcsuite.com/erp/donate/create/fund?funit_id=3060

SALLIE DOWD

Dec 15, 1950 - Jan 12, 2026

Sallie Proctor Dowd, age 75, passed away unexpectedly and peacefully on the evening of January 12, 2026. She had recently been diagnosed with heart problems and was undergoing testing to determine the best intervention.

Sallie lived with her husband of thirty-four years, Ken Dowd, at Bishop Gadsden Retirement Community. Before moving to Bishop Gadsden seven years ago, the Dowds lived in Spring Island, SC, London, UK, and New Canaan, CT.

Sallie was born December 15, 1950, in Winston-Salem, NC, the daughter of Dr. and Mrs. Richard Proctor. She graduated from Salem Academy, was an honors graduate of Vanderbilt University, and received her MBA from Emory University Goizueta School of Business. Prior to her position as an investment advisor with Mitchell Hutchins in New York City, Sallie was an investment banker at Nations Bank/Bank of America in Charlotte, NC. She also counselled adolescents as a therapeutic assistant on a psychiatric inpatient unit at the Medical University of South Carolina in Charleston, SC. Her strong work ethic and spirit of adventure provided other interesting employment experiences, among them crewing on a shrimp boat and staffing the Augusta National Pro Shop during the Masters Tournament. Sallie loved spending time in the NC high country and was a terrific dancer including clogging to bluegrass or other traditional folk music.

Sallie and Ken were passionate lovers of golf and played courses around the world. They also loved boating during their summers at Christmas Cove, ME. Sallie was an avid sports fan, especially of Wake Forest basketball where both her father and brother attended, and read her weekly *Sport Illustrated* with much pleasure. Ken and Sallie were patrons of the arts and supported many charities with their time and donations.

Sallie's love of family, her loyalty to life-long friends,

and her zest for life sustained her through many medical challenges. She could find humor in the direst of circumstances and rarely failed to bring laughter to those around her with her great stories and presence.

She is survived by her husband, Ken; her brother, Rick Proctor (Brenda); her niece, Ellie Proctor (Riley), and her nephew, Harley Proctor (Whitney). She is also survived by her stepchildren Warren Dowd (Caroline), Libby Dowd, and Sara Wells (Tom). Sallie especially enjoyed her 7 step-grandchildren, and 3 step-great-grandchildren.

A memorial service will be held at the Chapel at Bishop Gadsden on Tuesday, February 3 at 11 am, with a reception to follow. In lieu of flowers, the family asks that donations be made to the Bishop Gadsden Employees Fund. Click on link, go to Project Designation tab, and then Employee Appreciation fund. <https://bishopgadsden.givevirtuous.org/Donate>

THERESA MERCER



Theresa Dora Mercer, age 79, passed away peacefully surrounded by loved ones, leaving behind a legacy of love, devotion, and family. She was born on November 28, 1946, in New Canaan, CT, the first daughter of the late Benedetto Soccia and Anna Luciano.

Theresa attended Brien McMahon High School and went on to work in accounting for most of her career. After retiring, she fully embraced the role she cherished most, being the heart of her family. She found her greatest joy spending time with her children, grandchildren, and great-grandchildren. Theresa loved watching countless hours of her grandsons sporting events, cooking traditional Sunday dinners, and enjoying shopping trips with her daughters and granddaughter. In recent years, she especially treasured time spent with her great-grandchildren, delighting in their laughter and milestones and showering them with endless love.

Theresa is survived by her daughters, Kim Soccia of Stamford, and Robyn Dumas and her husband Steven of Norwalk; and her son, Keith Mercer and his wife Francine of Norwalk. She is also survived by her beloved grandchildren: James Jr. (Michelle), Gianna (Stephen) and Anthony Soccia, Hunter and Jake Dumas, Kyle, Owen, Ryan, and Evan Mercer. She leaves behind three beautiful great-grandchildren: James III, Sunny, and Jolie Soccia.

Theresa is also survived by her brother, Joseph Soccia, and his wife Tisha of Stratford, CT, her brother-in-law, Barry Alpert of Texas and Angelo Forte of Rye, NY, as well as many nieces and nephews.

She was predeceased by her parents and step-mother, her brother (Vincent Soccia), and her two sisters (Rosemary Alpert and MaryAnn Forta).

Theresa will be remembered for her warmth, strength, and unwavering love for her family. Her presence will be deeply missed, but her memory will live on in the hearts of all who knew and loved her.

There's family would like to extend their gratitude to the doctors, nurses and staff of Norwalk hospital.

Calling Hours were held on Friday, January 23, at Collins Funeral Home, Norwalk, CT. A Mass of Christian Burial was celebrated on Saturday, January 24, at St. Matthew Church, Norwalk, CT. Interment was private.

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 Carroll@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.



Patricia "Dee" Genuario, 95, passed away peacefully on January 20, 2026, surrounded by her loving children and grandchildren.

Dee was predeceased by her husband and the love of her life, Vincent L. Genuario. She was the only child of Madeline and Frank Weaver. Born in Norwalk, Dee later lived in New Canaan, where she raised her three daughters, before she and her family returned to East Norwalk, where she spent the later years of her life. She also cherished spending her winters in her home in Jupiter, Florida.

Dee graduated from Norwalk High School in 1948, where she was a cheerleader, and later from the Berkley Secretarial School in New York in 1949.

A truly gifted hostess, Dee loved to entertain. Her home was always the heart of family gatherings and friendships, filled with love, warmth, and laughter. She found great joy in cooking, shopping, playing bridge, boating, traveling, and being with those closest to her. She served on the Women's Board of Norwalk Hospital and was a lifetime member of The Shore & Country Club, where she also served on the Women's Board.

To all who knew her, Dee will be remembered for her grace, strength, kindness, and timeless elegance.

Dee is survived by her devoted daughters Maria (Mark) Lilliedahl, Cindy (Chuck) Walsh, and Sandy (Jim) Tomaselli; her grandchildren Kelley (TJ), Marissa (Marc), Brian (Elizabeth), Megan (Dan), James (Joseph), Kristen (JB), and Keelin (Andre); and her beloved thirteen great-grandchildren, whom she adored with all her heart.

Calling hours were held Thursday, January 29, at Magner's Funeral Home in Norwalk, CT, followed by a prayer service. Interment was private.

In lieu of flowers, donations may be made to St. Jude Children's Research Hospital or the Wounded Warrior Project.

VIRGINIA SOUTTER



Virginia Hovenden Soutter, known as Ginny, died at home on Monday, January 12, 2026 at age 91, surrounded by family.

Born June 12, 1934 to Thomas H. and Ann (Shaffer) Hovenden, Ginny was raised in New Canaan, CT with her younger sister Alice. Ginny was a 1952 graduate of the Low Heywood school where she played three varsity sports, and a 1956 graduate of Skidmore College, where her classmates remembered her as "our smiling satirist....

NEWS BRIEFS CONTINUED From Page 1



Chat and Chew



The New Canaan Nature Center recently hosted Mary Stichter of The Cutting Garden for a Chat and Chew program. Stichter offered guidance on how to start or refresh a garden. Photo credit: New Canaan Nature Center.

Rotary Retirement Party



Recently, the Rotary Club recently held a retirement party for longtime members Valerie Connolly and Ann Cheney, both past presidents, who are retiring from their careers and moving out of state. Photo credit: New Canaan Rotary Club.

SCHOOLS

NCNC Hiking Group

On January 23, the New Canaan Nature Center's hiking group explored four New Canaan Land Trust trails. Photo credit: New Canaan Public Schools.

Rotary Lunch at Lapham



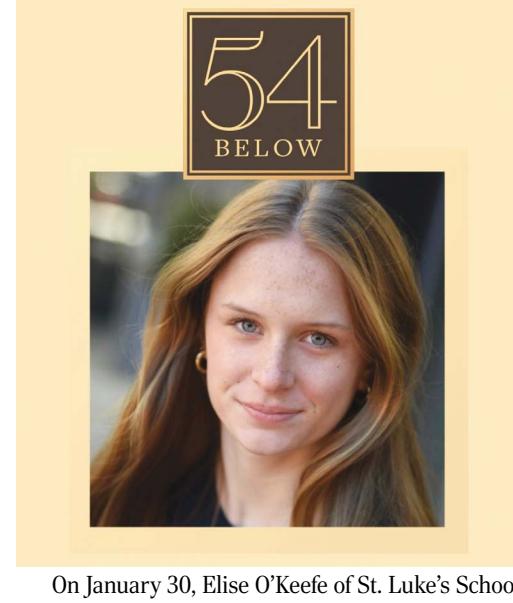
The New Canaan Rotary Club recently held a lunch at Lapham featuring Tucker Murphy, the town's administrative officer. She discussed plans for New Canaan's semi quincentennial celebration, including a parade, volunteer events, and a July 4th Family Fourth at Waveny. Pictured L-R: Tom Ferguson and Tucker Murphy. Photo credit: New Canaan Rotary Club.

Updated NCHS Rules



On January 20, New Canaan High School introduced new "Off and Away" rules requiring phones, smartwatches, and headphones to be powered down and stored during the school day. Devices are only allowed in the cafeteria and library, unless teachers approve use for specific lessons. Officials said the policy aims to reduce distractions and is a step toward a fully phone-free campus by 2026-27. Photo credit: New Canaan Public Schools.

SLS Student Performing at 54 Below



On January 30, Elise O'Keefe of St. Luke's School '27 will perform at 54 Below in New York City as part of a gala benefiting the French Woods Festival of the Performing Arts. She will sing Broadway selections with other French Woods alumni and current Broadway performers. Photo credit: St. Luke's School.

SLS JServe Program



Last week, St. Luke's School ninth graders participated in JServe, a program focused on service and community engagement. Students worked with local nonprofits on projects related to insecurity and developed action plans. The week ended with presentations to classmates, faculty, and staff. Photo credit: St. Luke's School.

ACROSS CT

IKM Recall

The FDA announced a nationwide recall of more than 100 metal cookware items distributed by IKM after testing found lead levels that could leach into food during normal use. The recall includes specific aluminum and brass pots and pans. No illnesses have been reported, and consumers are advised to stop using the cookware and return it for a refund. More information is available at <https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/ikm-recalls-product-because-possible-health-risk>

Pecorino Romano Recall

The FDA upgraded a nationwide cheese recall after select Pecorino Romano products from the Ambriola Company tested positive for listeria. The recalled cheeses were distributed in November, with some expiration dates extending into 2026. The products were shipped to retailers in multiple states, including Connecticut and New York. More information is available through the FDA recall notice at <https://www.fda.gov/safety/recalls-market-withdrawals-safety-alerts/ambriola-company-issues-recall-cheese-products-because-listeria-health-risk>.

Arrowroot Biscuit Snacks Recall

Gerber issued a nationwide recall of its arrowroot biscuit snacks after concerns they may contain plastic. The recall covers 5.5-ounce packages produced between July and September 2025 and sold across the United States. Gerber said the action was initiated by its arrowroot flour supplier, which is no longer working with the company. No injuries or illnesses have been reported, and Gerber said no other products are included in the recall. Customers are advised to return the affected items to the store where they were purchased. More information is available at <https://news.gerber.com/news/gerber-products-company-announces-voluntary-recall-of-limited-batches-of-arrowroot-biscuits-out-of-an-abundance-of-caution-due-to-potential-presentation-of-foreign-material-following-supplier-recall>.



New Canaan Chamber Music

Andrew Armstrong, Artistic Director

Schubert's Trout Quintet



Kevin Zhu, violin



Emma Wernig, viola



Sterling Elliott, cello



Marguerite Cox, double-bass



Andrew Armstrong, piano

Thursday, February 5, 3:00 PM
Friday, February 6, 7:00 PM

First Presbyterian Church of New Canaan



Tickets at newcanaanchambermusic.org

AGING WELL CONTINUED From Page 1

New Canaan makes daily movement easy. Walk the trails at Waveny Park, take a loop through Irwin Park, or explore the GreenLink Trail on a sunny morning. Bring a friend to turn it into social time. The key is consistency. Moving a little every day keeps joints flexible, circulation strong, and moods more positive.

Connection: The Overlooked Medicine

Good relationships are one of the strongest predictors of a long, healthy life. Social connection lowers stress, improves mood, and even strengthens the immune system.

Connection does not require a packed social calendar. It can be as simple as meeting a friend for coffee, having lunch after volunteering, or chatting with a neighbor during a walk. Local programs such as Staying Put in New Canaan and the Lapham Community Center offer activities that make it easy to stay engaged and involved. A few meaningful interactions each week can have lasting benefits.

Brain Health: Keep Learning

The brain thrives on novelty. Continuing to learn and explore keeps neural pathways strong and helps preserve cognitive function with age.

Read a new author, pick up a hobby, try a language class, or explore a creative skill you have always wanted to learn. Even small changes, such as listening to a different kind of music or trying a new recipe, can challenge the brain in good ways. Curiosity is a powerful tool for mental well being.

Be Proactive About Health

Preventive care is one of the most effective

ways to protect your well being. Stay current with checkups and screenings for blood pressure, cholesterol, bone health, and cancer as recommended by your provider. Discuss your mental health too. Anxiety, irritability, or low mood can appear quietly during midlife but can be managed effectively with guidance and support.

Awareness builds confidence. Knowing your health numbers and understanding your body helps you make informed choices before issues become problems.

Redefining What It Means to Age Well

Healthy aging is not about chasing youth. It is about maintaining vitality, strength, and joy through every stage of life. It means having enough energy to enjoy your days, moving with steadiness, and staying connected with others.

Here in New Canaan, we have every opportunity to live that way. Our parks encourage movement, our community organizations promote engagement, and our neighbors inspire us to keep showing up for one another. Aging well is less about adding years to life and more about adding life to those years.

The way you care for yourself today sets the tone for the years ahead. Small choices, made consistently, truly matter.

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

Dr. Teresa Alasio is the Medical Director and Owner of Intentional Self Aesthetics located in Downtown New Canaan. She resides in New Canaan with her family and has been spotted running the trails in Waveny Park on many occasions.

WHEN IS THE RIGHT TIME TO SPECIALIZE? Developing Athletes for the Long Game

A PANEL DISCUSSION FOLLOWED BY Q&A



Lou Marinelli
COACH



Dr. Suzanne Allen
PSYCHOLOGIST



Dr. Becky Nardi
PHYSICAL TRAINER

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REAL ESTATE DASHBOARD

REAL ESTATE DASHBOARD EDITOR

John Engel | John Engel@Elliman.com

REAL ESTATE DASHBOARD CONTRIBUTOR

Robyn Bonder | Robyn.Bonder@Elliman.com

NEW SALES

Address	Original List	List Price	Sold Price	DOM	BR	FB	Acres
205 Main Street #48	\$1,395,000	\$1,395,000	\$1,372,000	22	3	3	
216 White Oak Shade	\$1,795,000	\$1,695,000	\$1,625,000	84	4	3	0.48

NEW LISTINGS

Address	List Price	SqFt	Price/SqFt	AC	BR	FB
101 Parade Hill Road	\$1,199,000	1,404	\$854	.19	3	2
148 Ramhorne Road	\$2,895,000	4,634	\$625	2	5	4
58 Lambert Road	\$3,095,000	2,631	\$1176	2.13	1	2
56 Kimberly Place	\$3,295,000	4,665	\$706	.27	6	4
119 Harrison Avenue	\$4,195,000	5,722	\$733	.37	5	5

If 'Dear Abby' Sold Houses



By JOHN ENGEL

Dear Abby's advice column is more than 70 years old and still read by 110 million people in 1,400 newspapers. This week, I'm using that format to answer the most common Google questions about moving to Connecticut.

Dear John E:

I'm paying \$7,000 a month in rent in Manhattan. Everyone says Connecticut is "cheaper," but then I hear about high taxes and

expensive towns. Is Connecticut actually less expensive than New York, or is that suburban myth?

- Overpaying Renter

Dear Overpaying Renter:

Income Tax. If you live in Connecticut and work in New York City, you still pay New York State income tax. What you eliminate by leaving the city is the New York City local income tax of up to 3.876%. For most NYC commuters, that city tax is the real income tax difference.

Housing. \$7,000 a month is \$84,000 a year in rent. Zero equity. In Fairfield County, that same payment can often support ownership of a \$1.3M to \$1.7M home, building your equity instead

of your landlord's.

Property taxes on a \$1.5M home:

New Canaan: about \$17,000-\$18,000

Darien: about \$16,000-\$17,000

Westport: about \$19,000-\$20,000

Wilton: about \$25,000

Westchester County: \$28,000 to \$40,000+ is common on comparably-priced homes.

Nassau County: \$25,000 to \$38,000+ is common.

Bottom Line: Compared to Westchester or Nassau, Fairfield County property taxes are often \$5,000 to \$20,000 per year lower on a comparable \$1.5M home – on top of the elimination of New York City's 3.876% city income tax.

Dear John E:

I'm moving to Connecticut but still need to commute to Manhattan. Which towns actually make sense, and which ones look good on paper but are brutal in real life?

- Tired Commuter

Dear Tired Commuter:

Greenwich: ~45-50 minutes. Four stations. Express every 20-30 minutes. Parking: 2,700 spaces.

Stamford: ~45-55 minutes. Main express hub, every 10-20 minutes. Parking: 2,000 spaces.

Darien: ~55-65 minutes. Two stations. Few expresses. Parking: 1,630 spaces.

Norwalk: ~60-70 minutes. Three stations. Few expresses. Parking: 1,000 spaces.

New Canaan: Two stations. Add 10-20 minutes for the branch line transfer in Stamford. Typical door-

to-door 70-85+ minutes. Parking: 1,300 spaces. You always get a seat in the morning!

Bottom Line: Compared to Fairfield or Darien, Wilton is comparable to Fairfield County at the top end.

Wilton / Redding / Ridgefield:

Danbury Branch or drive-to-train.

Often 75-95+ minutes.

Weston / Easton / rural towns: No stations. You are driving to the Westport or South Norwalk train.

Bottom line: If you're in Manhattan three to five days a week, Greenwich, Stamford, Darien, and Norwalk are the true commuter towns. Go inland or onto a branch line, and you're trading price and space for 20-40 extra minutes each way.

Thinking of driving? Be on I-95 or the Merritt Parkway before 7 a.m., or you'll wish you were on the train. In Fairfield County, rail share is 10% to 15%. In New Canaan, it's roughly double that, and it's higher still in Greenwich and Stamford. Census data shows:

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**SENTINEL
FOUNDATION**

Thursday, January 29, 2025

SPOTLIGHT on FAMILIES

Brought to you by the Sentinel Foundation and its generous donors.



GAMES AND PUZZLES



CROSSWORD

PUZZLES

YOUR
HOROSCOPEWHAT TO DO:
COMPREHENSIVE
COMMUNITY
CALENDAR**Calendar of Events for Your Fridge**

vita-free-tax-preparation-l61828.

Tuesday, February 3**Paper Flower Workshop with the Green Vase**

2-4 PM at the Carriage Barn Arts Center
Join Livia Cetti of The Green Vase and learn how to create stunning paper roses. These beautiful blooms are crafted to last forever and showcase the art of handmade paper flower making. This two-hour class is a wonderful opportunity to learn this unique art form. Tickets are \$150/members, \$165/non-members, and available at <https://carriagebarn.org/event/green-vase2/>.

Open Tech

2-4 PM at the New Canaan Library, McLaughlin Meeting Room
If you need help with email, smartphones/tablets, social media, or accessing our digital library, stop by for one-on-one support from a tech librarian. Tech assistance is limited to 20 minutes per session and is provided on a first-come, first-served basis.

Movie Screening: The Princess Bride

6 PM at the New Canaan Library, Craig B. Tate Conference Room
Directed by Rob Reiner, this classic tale of love and adventure is one of a kind. As a grandfather reads to his sick grandson the story of Buttercup and her true love Wesley, the audience is transported into a world of sword fighting, monsters, miracles, and (of course) true love. Register at <https://tinyurl.com/59sx6vj>.

Legislative Priorities in CT: Session Kickoff with our Legislators

6:30 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Connecticut's Legislative Session begins on Wednesday, February 4th. Our local legislators will share their priorities for the current legislative session in Hartford, hear your concerns, and answer questions regarding the issues facing our state. Register at <https://shorturl.at/YmkHp>.

Wednesday, February 4**Demystifying AI**

12 PM at the Lapham Center
This AI presentation will demystify artificial intelligence by defining AI in plain language, exploring its main forms—from classic machine learning to cutting-edge large language and agent models—and tracing its evolution and practical uses both in enterprise and daily life. Free. To register, call (203) 594-3620.

The Impact of Federal Policy on Nonprofits and Our Communities

6:30 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Join the New Canaan Community Foundation for a timely conversation with nonprofit leaders on what's changing and what it means for New Canaan. Register at <https://www.newcanaanlibrary.org/event/impact-fed-policy>.

Thursday, February 5**Blossom Hill Annual 'For the Love of a Child' Galentines Event**

11 AM- 2 PM at the Country Club of New Canaan
Start Valentine's week with purpose at this annual fundraiser. Guests are invited to drop in with friends for an afternoon of connection and giving, featuring a curated selection of vendors and artisans perfect for Valentine's shopping. All proceeds will support the organization's mission of education for peace, transforming the lives of displaced and at-risk children and youth globally. Tickets are \$50 and available at <https://blossomhill-foundation.org/galentine/>.

Introduction to YouTube

2 PM at the New Canaan Library, Craig B. Tate Conference Room
Join reference librarian Flannery to learn the basics of navigating YouTube. In this class, cover how to search for specific content, create video playlists, and protect your privacy while enjoying the information YouTube has to offer. Register at <https://www.newcanaanlibrary.org/event/youtube-class-l94347>.

Valentine's Bottle Painting, Evening workshop with Ashley McNeal

6:30 PM at the Carriage Barn Arts Center
Join for a fun and social evening with



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friends and take home a unique keepsake for Valentine's Day. Unleash your creativity with artist Ashley McNeal, who will guide you through designing and painting a bottle of your choice—whether it's champagne, prosecco, wine, or another favorite. Tickets are \$25/members, \$30/non-members, and available at <https://carriagebarn.org/event/valentines-bottle-painting/>.

the communal energy of West African performance traditions. All ages are welcome. Register at <https://www.newcanaanlibrary.org/event/west-african-music-dance>.

Sunday, February 8**Mad Hatter Valentine's Tea Party**

12 PM at the New Canaan Museum & Historical Society

Join for the third annual Mad Hatter's Tea Party. This family friendly event will include tea sandwiches, hot beverages, sweets, craft projects and other surprises. Tickets are available at <https://nchistory.org/3rd-annual-mad-hatter-valentines-tea-party/>.

Computer Basics: Digital Privacy

2 PM at the New Canaan Library, McLaughlin Meeting Room

In this class, you will learn strategies and tools to help control what information about yourself you leave online. Topics covered in the class include how to find and change privacy settings, choosing internet browsers and search engines, basic tech security, and more. Register at <https://tinyurl.com/2ncfbazc>.

Chef's Palate | The Science of Flavor

3 PM at Grace Farms

Engaging each of the five senses, join Grace Farms to experience the flavor building blocks that create the food you love during this deep-dive into the science behind taste. Tickets are available at <https://gracefarms.org/event/the-science-of-flavor-2026>.

Classical Argentine Guitar: Music & Stories with Carlos Pavan

4 PM at the Carriage Barn Arts Center

Learn about the history and culture of Argentinian Classical Guitar during this unique afternoon recital. Sample some wines from Argentina, then get swept away in the stirring and dramatic music of Carlos Pavan interspersed with anecdotes from his travels and musical experiences. The Argentine Born/Brooklyn based chamber music composer skillfully blends Argentine tango & folklore rhythms with classical and jazz concepts. Tickets are \$35 and available at <https://carriagebarn.org/event/argentine-guitar-carlos-pavan/>.

Monday, February 9**VITA Free Tax Preparation**

10 AM- 5 PM at the New Canaan Library, Craig B. Tate Conference Room

Get your 2025 taxes filed for free at New Canaan Library through SimplifyCT. This service helps get you the Federal and state benefits that you need. More information and registration is available at <https://www.newcanaanlibrary.org/event/vita-free-tax-preparation-l61829>.

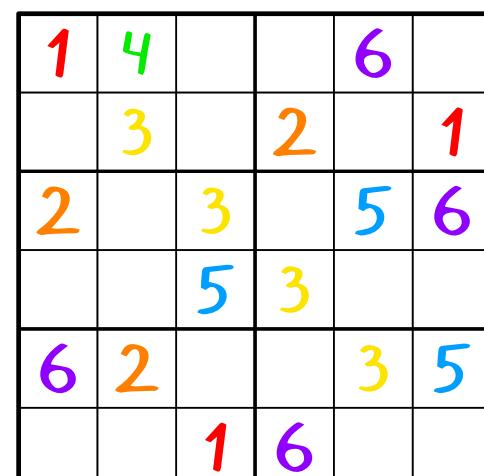
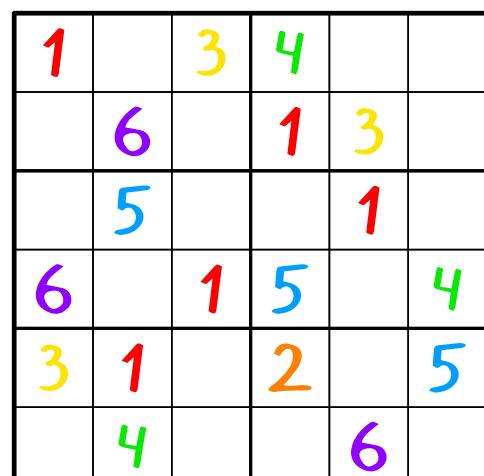
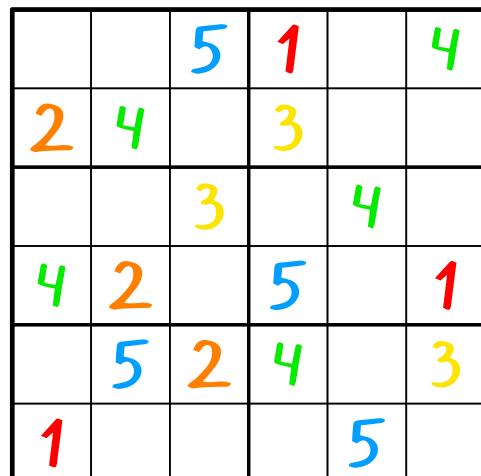
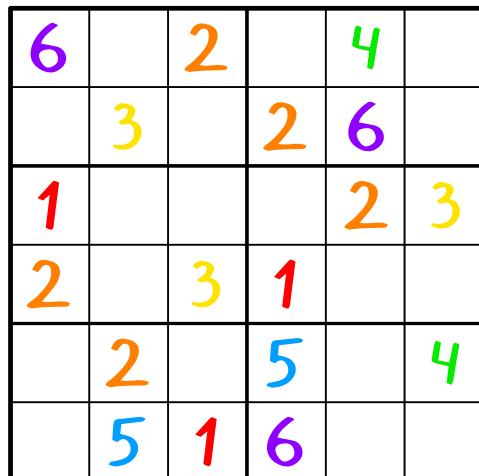
Chair Yoga

11:30 AM at the New Canaan Library, Jim & Dede Bartlett Auditorium

With the support of a chair, this gentle Chair Yoga class will help you improve postural alignment, maintain pelvic mobility, reduce muscle tension and gain strength through flowing movements and focused breathing. Register at <https://www.newcanaanlibrary.org/event/chair-yoga>.

CALENDAR CONTINUES ON PAGE 7**Submit new items to cordelia@sentinelhometownnews.com**

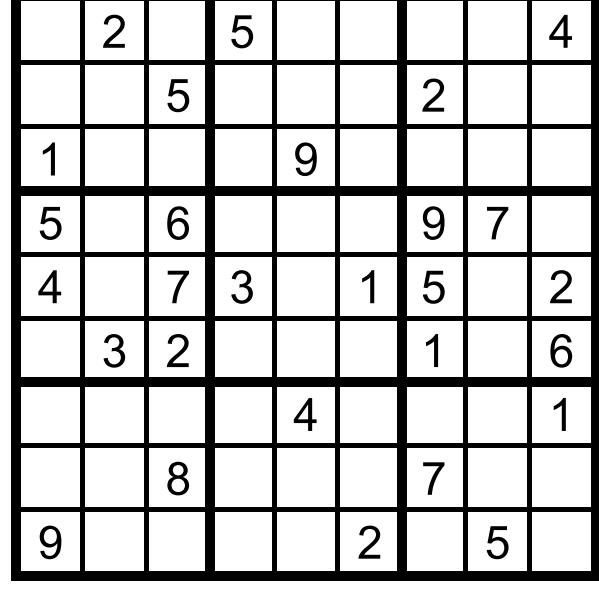
Sudoku for Kids



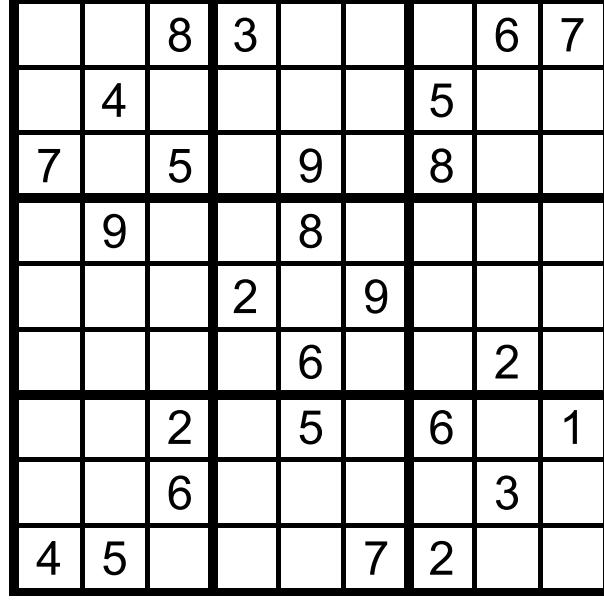
SUDOKU

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

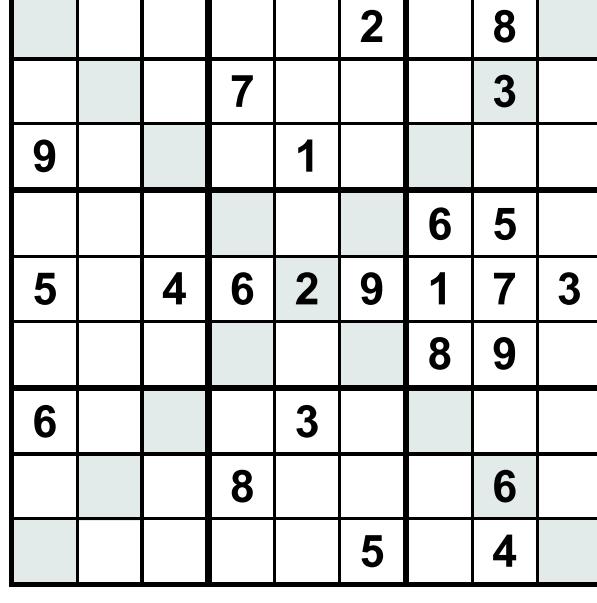
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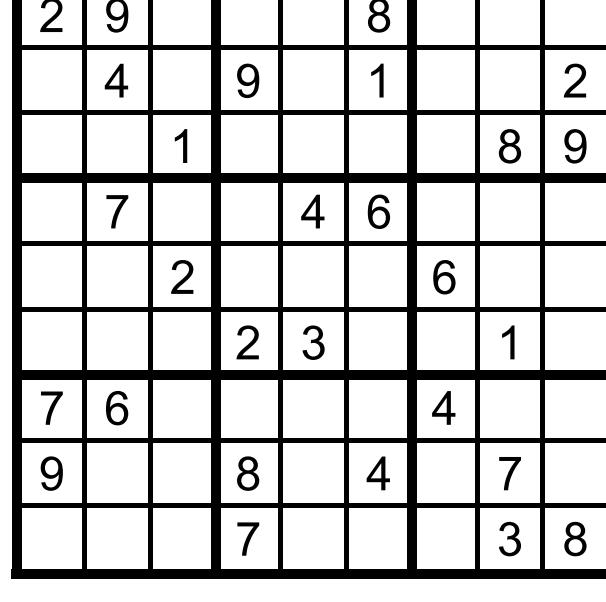
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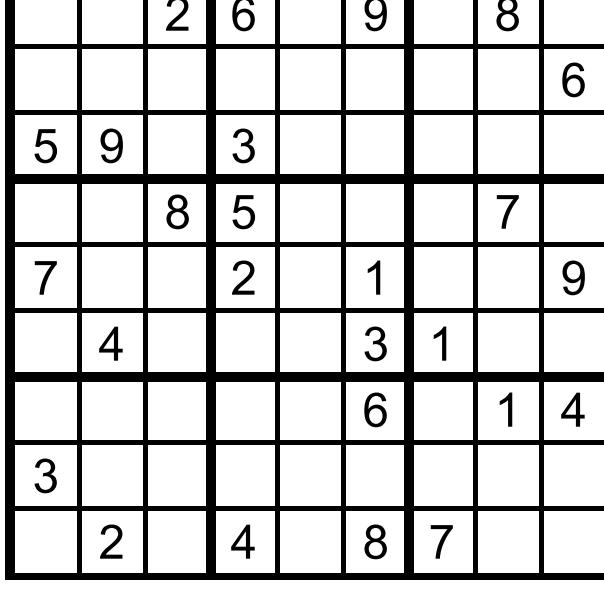
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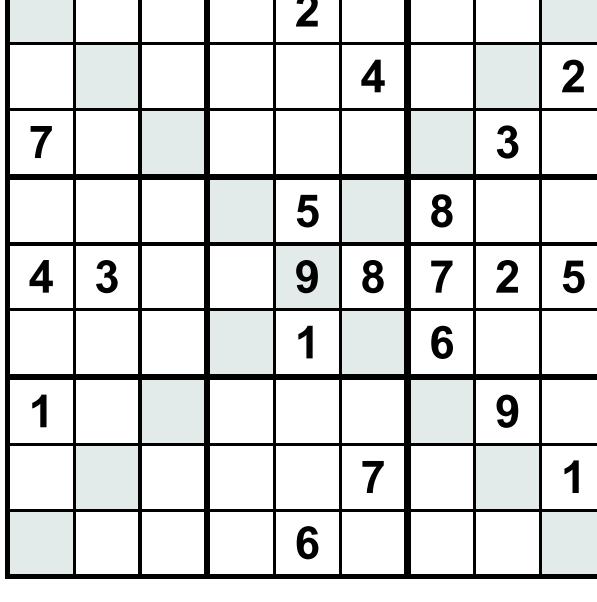
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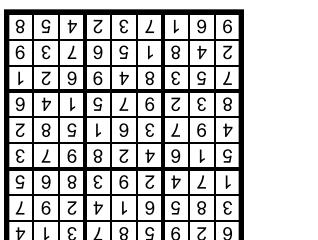
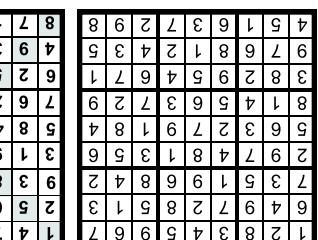
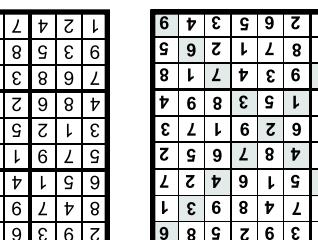
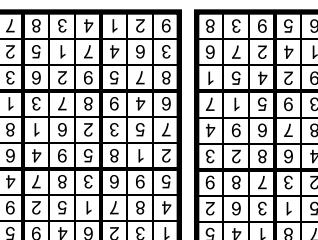
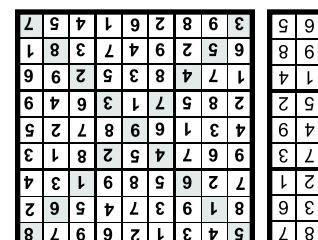
Very Hard



Coloring Challenge



Sudoku
answers



Universal Crossword

Edited by David Steinberg

ACROSS

1 "Don't go!"
 5 "Yippee!"
 8 ___ Man
 (Village People hit)
 13 Where you live
 14 Animal shelter event
 17 ___ Spunk-meyer cookies
 18 "It" or "Us"
 19 Is in the past?
 20 Drenched
 21 Sunisa with three Olympic medals
 22 Didn't turn off
 24 Pyramid and dodecahedron, e.g.
 27 Shaq's last name
 28 Lil ___ X
 30 Nocturnal bird
 31 Tender cut of meat
 32 ___ Mubarak!"
 33 Live, in a TV studio
 35 "Keep this simple"
 39 Suboptimal performance, to a coach
 40 Greek goddess of dawn
 41 Maker of Hurricane Drift sandals
 42 Org. that confiscates liquids
 43 Person seeking intelligence

44 Asked for cat food, maybe

45 "Eh, might as well"
 47 Small rumbling
 49 Filmmaker Aster
 50 Gung ho
 52 Grizzlies' org.

54 Pol position?

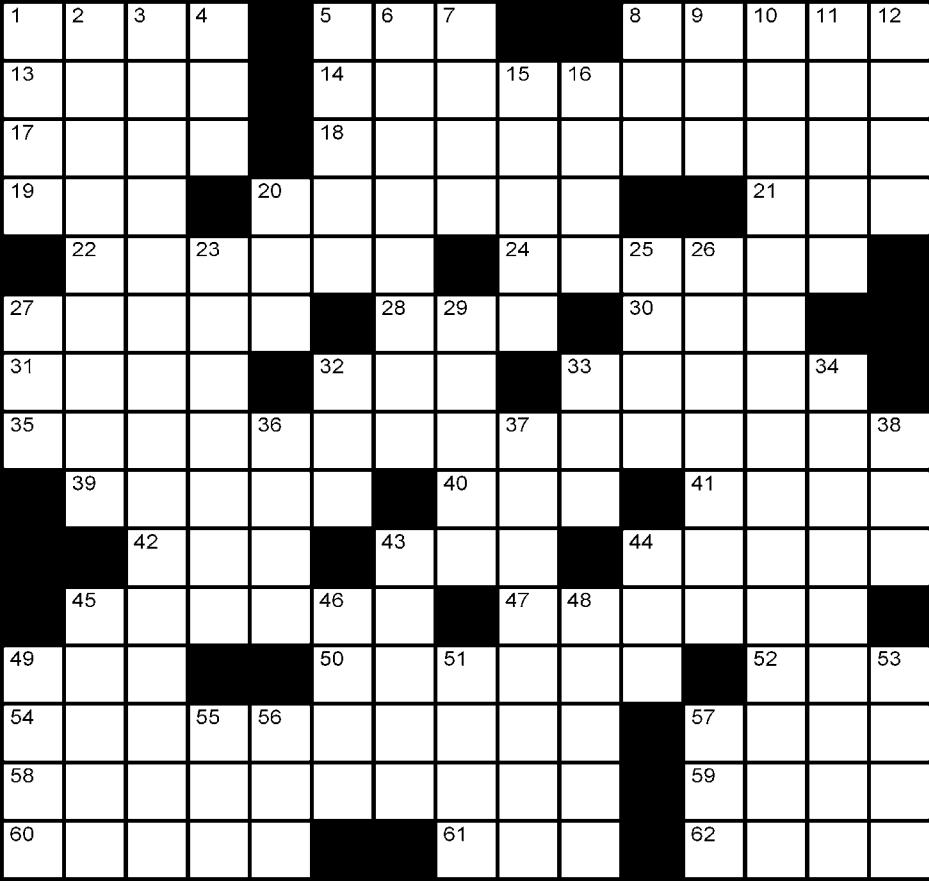
57 Vows beneath a chuppah

58 Class covering the Bronte sisters, casually**59** High point**60** Donkeys**61** None in particular**62** Word after "language" or "liberal"**1** ___-and-tell**2** Absolute beginner**3** "Do my eyes deceive me?"**4** Agreeable answer**5** "Yippee!"**6** "Oklahoma!"**7** Peppermint patty brand**8** Spoil the look of**9** DOJ agency**10** Feeling when watching the northern lights, perhaps**11** Bagels' centers**12** "I take re-sponsibility"**15** French ___ (coffee-making device)

16 Big fuss
 20 Mo. city with a soccer club in the MLS, as of 2023
 23 Daydreamer's invention
 25 Name that anagrams to 31-Across

26 "Gimme those"**27** Out of style**29** TV spot seller**32** Palindromic name in Genesis**33** "Ex's & ___"**34** Vessel on the Seine**36** Middle Eastern country that's 82% valleys and desert

37 Cars for kids?
 38 Small amount
 43 Secret supply
 44 "I've seen better"
 45 Songbirds with a silent first letter
 46 Bauxite, hematite, etc.
 48 Shabby
 49 Sailing along?
 51 Cate Blanchett's role in "Thor: Ragnarok"
 53 Doesn't just assume
 55 The "A" of 57-Down
 56 "___ the season ..."
 57 Optimus Prime beverage

PREVIOUS PUZZLE ANSWER7/14 © 2023 Andrews McMeel Universal
www.upuzzles.com**7/15 Universal Freestyle 81** by Matthew Stock and Rafael Musa**Horoscopes****Horoscope: January 29–February 5, 2026**

This week bridges innovative Aquarius season with celestial shifts urging personal clarity and emotional insight. A Waxing Gibbous Moon builds toward the Full Snow Moon on February 1, illuminating priorities, relationships, and what needs expression in your life.

On January 26, Neptune entered Aries for the first time in 160 years, adding a long-term current of dream-to-action energy through 2039 that will shape how signs envision and manifest their intentions.

Mars continues its transit through Capricorn's Shravana Nakshatra (through February 14), enhancing discipline, listening skills, and the ability to mentor or guide others – though overthinking and ego clashes may also arise.

Weekly Forecast by Sign**ARIES (MAR 21 - APR 19)**

Your ambitions gain spiritual momentum now that Neptune resides in your sign. Continue refining goals begun earlier in January, especially as the Full Snow Moon on February 1 spotlights how you're seen publicly. Practical advice: articulate your vision with both passion and precision; clear goals support real progress.

TAURUS (APR 20 - MAY 20)

Partnerships and shared goals are highlighted. The evolving lunar light asks you to evaluate what you give and receive. Practical advice: speak frankly about expectations and embrace flexibility; honesty fosters deeper trust and aligns long-term intentions.

GEMINI (MAY 21 - JUN 20)

Communication and curiosity remain central. Aquarius season encourages open dialogue and new perspectives. Practical advice: use the Full Moon's energy to share insights with others – especially ideas that have matured since early January. Clear expression now supports stronger bonds.

CANCER (JUN 21 - JUL 22)

Home life and emotional foundations continue to deepen. The Snow Moon illuminates your domestic priorities – comfort, security, and meaningful connection. Practical advice: organize surroundings for peace and invite loved ones into calm, grounding moments.

LEO (JUL 23 - AUG 22)

Creativity and romance feel energized. Venus in Aquarius supports unconventional expressions of affection or shared creative projects. Practical advice: prioritize time for joyful collaboration – whether playful or purposeful – that enhances connection rather than competition.

VIRGO (AUG 23 - SEP 22)

Daily routines and responsibilities benefit from strategic refinement. Mars through Shravana

LIBRA (SEP 23 - OCT 22)

Balance and harmony in relationships are highlighted as the Snow Moon illuminates your partnership sector. Practical advice: clear-eyed conversations about needs and boundaries strengthen mutual understanding. Embrace compromise without losing your own center.

SCORPIO (OCT 23 - NOV 21)

Inner resources and emotional resilience rise to the surface. The Moon's approach to fullness encourages careful review of what you hold close. Practical advice: tend to financial and emotional security with transparency – today's clarity supports wiser choices.

SAGITTARIUS (NOV 22 - DEC 21)

Social connections and community involvement may feel energized. Aquarius season stimulates networking and idea exchange. Practical advice: attend to relationships that support dreams and long-term aims; the Full Moon helps you see who champions your growth.

CAPRICORN (DEC 22 - JAN 19)

Work and obligations gain momentum this week. Mars in Capricorn emphasizes discipline and mastery, while the Snow Moon can reveal where your effort yields the greatest return. Practical advice: take pride in progress rather than perfection; consistent effort now builds stronger outcomes.

AQUARIUS (JAN 20 - FEB 18)

Your season continues under vibrant cosmic currents. Communication flows fiercely, and deep conversations are more revealing than usual. Practical advice: be direct but compassionate in exchanges; authenticity enhances connection and supports individual expression.

PISCES (FEB 19 - MAR 20)

Inner world and intuition deepen. Jupiter retrograde emphasizes emotional attunement and reflection. Practical advice: allow quiet time to integrate insights, especially as the Full Moon highlights subconscious needs. Trust your instincts, but balance them with grounded action.

Summary:

January 29–February 5 blends Aquarius-driven insight with the Snow Moon's illumination of priorities. Neptune's historic entry into Aries energizes long-term personal vision, while Mars in Capricorn sharpens discipline and listening. This week supports clear communication, thoughtful planning, and refined emotional awareness.

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 used your car's horn (6)

2 Donatello or Rodin (8)

3 breaking off in bits (8)

4 sounded like a hen (7)

5 made money (6)

6 focus in OOTD post (6)

7 impromptu, like a hoops game (6)

SOLUTIONS

CKL	CH	SC	HON	PT
KED	NG	FIT	IP	ED
OR	EA	CA	UL	ED
RN	KUP	OUT	PIC	PI

Previous Answers: CHIPPER 2. FINGER 3. STORYTELLER

4. SCUFFED 5. CRUMMY 6. SECONDHAND 7. BALL

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

Lock up on top?

Look for the answer in next week's paper.

PREVIOUS PUZZLE ANSWER

Previous riddle answer:

It looks like a C for carpenter?

44-A) CLAMP

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

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explained to Tigger that he mustn't mind what Eeyore said because he was always gloomy; and Eeyore explained to Piglet that, on the contrary, he was feeling particularly cheerful this morning; and Tigger explained to anybody who was listening that he hadn't had any breakfast yet.

"I knew there was something," said Pooh. "Tiggers always eat thistles, so that was why we came to see you, Eeyore."

"Don't mention it, Pooh."

"Oh, Eeyore, I didn't mean that I didn't want to see you—"

"Quite—quite. But your new stripy friend—naturally, he wants his breakfast. What did you say his name was?"

"Tigger."

"Then come this way, Tigger."

Eeyore led the way to the most thistly-looking patch of thistles that ever was, and waved a hoof at it.

"A little patch I was keeping for my birthday," he said; "but, after all, what are birthdays? Here today and gone tomorrow. Help yourself, Tigger."

Tigger thanked him and looked a little anxiously at Pooh.

"Are these really thistles?" he whispered.

"Yes," said Pooh.

"What Tiggers like best?"

"That's right," said Pooh.

"I see," said Tigger.

So he took a large mouthful, and he gave a large crunch.

"Ow!" said Tigger.

He sat down and put his paw in his mouth.



"What's the matter?" asked Pooh.

"Hot!" mumbled Tigger.

"Your friend," said Eeyore, "appears to have bitten on a bee."

Pooh's friend stopped shaking his head to get the prickles out, and explained that Tiggers didn't like thistles.

"Then why bend a perfectly good one?" asked Eeyore.

"But you said," began Pooh—"you said that Tiggers liked everything except honey and haycorns."

"And thistles," said Tigger, who was now running round in circles with his tongue hanging out.

Pooh looked at him sadly.

"What are we going to do?" he asked Piglet.

Piglet knew the answer to that, and he said at once that they must go and see Christopher Robin.

"You'll find him with Kanga," said Eeyore. He came close to Pooh, and said in a loud whisper:

"Could you ask your friend to do his exercises somewhere else? I shall be having lunch directly, and don't want it bounced on just before I begin. A trifling matter, and fussy of me, but we all have our little ways."

Pooh nodded solemnly and called to Tigger.

"Come along and we'll go and see Kanga. She's sure to have lots of breakfast for you."

Tigger finished his last circle and came up to Pooh and Piglet.

"Hot!" he explained with a large and friendly smile. "Come on!" and he rushed off.

Pooh and Piglet walked slowly after him. And as they walked Piglet said nothing, because he couldn't think of anything, and Pooh said nothing, because he was thinking of a poem. And when he had thought of it he began:

What shall we do about poor little Tigger?

If he never eats nothing he'll never get bigger.

He doesn't like honey and haycorns and thistles.

Because of the taste and because of the bristles.

And all the good things which an animal likes

Have the wrong sort of swallow or too many spikes.

"He's quite big enough anyhow," said Piglet.

"He isn't really very big."

"Well, he seems so."

Pooh was thoughtful when he heard this, and then he murmured to himself:

But whatever his weight in pounds, shillings, and ounces,

He always seems bigger because of his bounces.

"And that's the whole poem," he said. "Do you like it, Piglet?"

"All except the shillings," said Piglet. "I don't think they ought to be there."

"They wanted to come in after the pounds," explained Pooh, "so I let them. It is the best way to write poetry, letting things come."

"Oh, I didn't know," said Piglet.

Tigger had been bouncing in front of them all this time, turning round every now and then to ask, "Is this the way?"—and now at last they came in sight of Kanga's house, and there was Christopher Robin. Tigger rushed up to him.



"Oh, there you are, Tigger!" said Christopher Robin. "I knew you'd be somewhere."

"I've been finding things in the Forest," said Tigger importantly. "I've found a pooh and a piglet and an eeyore, but I can't find any breakfast."

Pooh and Piglet came up and hugged Christopher Robin, and explained what had been happening.

"Don't you know what Tiggers like?" asked Pooh.

"I expect if I thought very hard I

should," said Christopher Robin, "but I thought Tigger knew."

"I do," said Tigger. "Everything there is in the world except honey and haycorns and—what were those hot things called?"

"Thistles."

"Yes, and those."

"Oh, well then, Kanga can give you some breakfast."



But the more Tigger put his nose into this and his paw into that, the more things he found which Tiggers didn't like. And when he had found everything in the cupboard, and couldn't eat any of it, he said to Kanga, "What happens now?"

But Kanga and Christopher Robin and Piglet were all standing round Roo, watching him have his Extract of Malt. And Roo was saying, "Must I?" and Kanga was saying "Now, Roo dear, you remember what you promised."

"What is it?" whispered Tigger to Piglet.

"His Strengthening Medicine," said Piglet. "He hates it."

So Tigger came closer, and he leant over the back of Roo's chair, and suddenly he put out his tongue, and took one large gollop, and, with a sudden jump of surprise, Kanga said, "Oh!" and then clutched at the spoon again just as it was disappearing, and pulled it safely back out of Tigger's mouth. But the Extract of Malt had gone.



"Tigger dear!" said Kanga.

"He's taken my medicine, he's taken my medicine, he's taken my medicine!" sang Roo happily, thinking it was a tremendous joke.

Then Tigger looked up at the ceiling, and closed his eyes, and his tongue went round and round his chops, in case he had left any outside, and a peaceful smile came over his face as he said, "So that's what Tiggers like!"

Which explains why he always lived at Kanga's house afterwards, and had Extract of Malt for breakfast, dinner, and tea. And sometimes, when Kanga thought he wanted strengthening, he had a spoonful or two of Roo's breakfast after meals as medicine.

"But I think," said Piglet to Pooh, "that he's been strengthened quite enough."

A Deep-Water Eel With a Pelican-Like Jaw



By JIM KNOX

"What would you like to see?"

"Really? Anything?" I asked incredulously.

The question hung in the air waiting for me to direct our gracious host to any number of rare, obscure, or even extinct species, housed in the museum's vast collections. Like a kid with an all-access fast pass to Disney, I brimmed with excitement.

My mind raced, went blank, then raced again as I considered the possibilities before me. As a zoological curator, I could not have stood in a more revered, and enviable location on the planet. Along with a colleague, I looked out on the archives of the Ichthyology Collection of the Harvard Museum of Comparative Zoology. Possessing one of the world's largest collections of zoological specimens—the museum houses a staggering 21 million specimens and is consistently ranked among the finest natural history museums in the world.

Numerous living and extinct species vied for my attention, each more compelling than the last. A thought flashed and I spoke up.

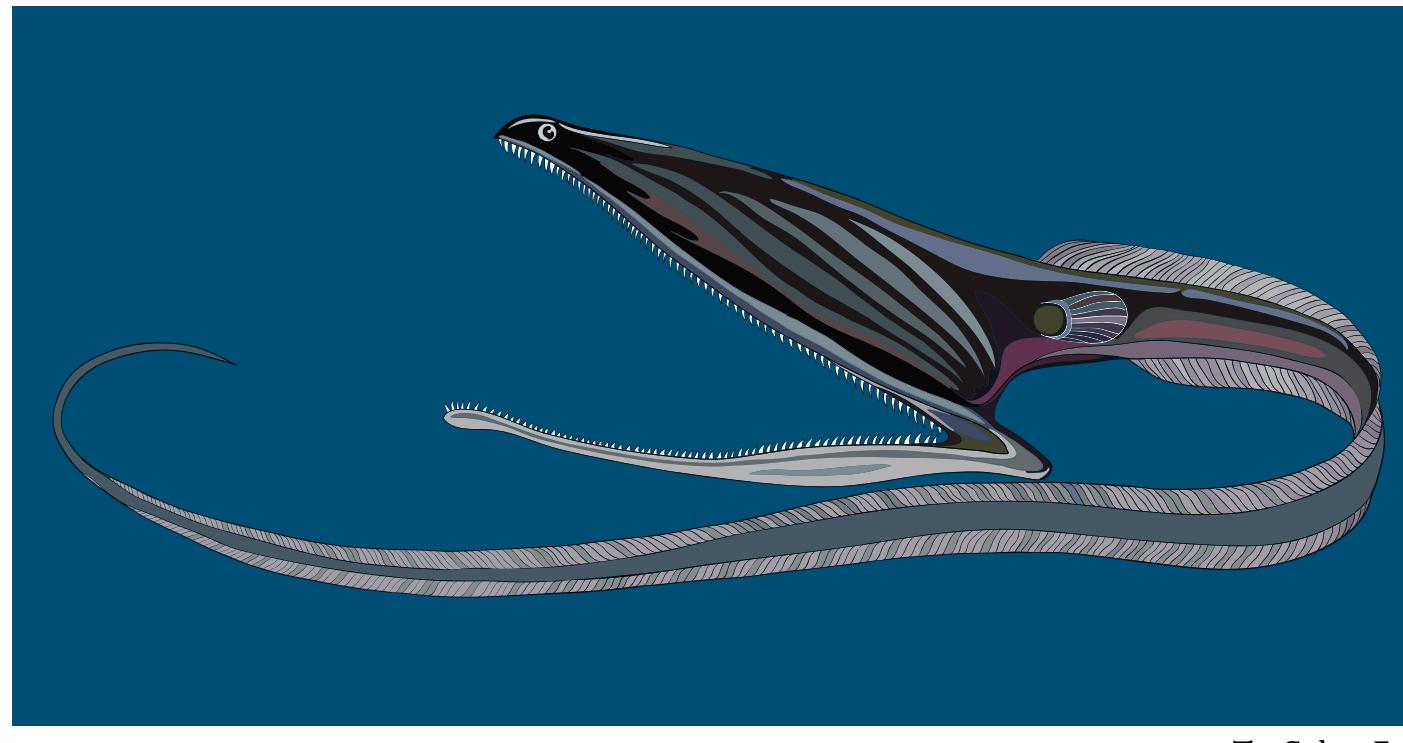
"Do you have any Gulper eels?" I asked naively.

"Gulper eels, really?" our curatorial host asked in surprise.

"Yes, would that be possible?" I asked with greater excitement.

"Absolutely," he responded after a moment. "It's just that I can't remember ever getting a request for Gulpers. These guys are one of my favorites!" he shared with a proud smile.

My colleague and I followed our two hosts into the archives, eventually hooking a left into the stacks of shelves within the zoological labyrinth. There,



The Gulper Eel

Creatures that can capture and consume prey larger than themselves in one giant gulp are rare indeed.

at chest level on one of the reinforced hardwood shelves, sat hundreds of huge, thick glass jars housing thousands of preserved specimens collected from the world's waters over the centuries.

With casual familiarity he identified the 5-gallon vessel and he reached inward to open it. He produced an extended pair of forceps and deftly probed for a moment before producing a small creature from the amber liquid. I examined the juvenile creature minutely.

The Gulper eel, Pelican eel, or Umbrella-mouth eel, *Eurypharynx pelecanoides*, is a bizarre creature by most standards. Named for its superficial resemblance to pelicans, and ranging from 3 to 6 feet at maturity, these deep-sea fish inhabit the world's temperate oceans at depths ranging from 1,600 to 26,000 feet. At such depths, ocean creatures employ various strategies for predator avoidance and prey capture. Possessing a unique complement of adaptations for capturing prey, these elongated blackish-greenish colored predators utilize

phosphorescence for luring prey. With a pink glowing photophore, or light-emitting organ, the Gulper cruises the depths in search of prey.

With intermittent flashes of red light, the eel draws the attention of crustaceans, squid, and fish. With tiny eyes adapted for detection of the faint light of its prey, the Gulper is able to approach the prey with whips of its slender

tail. Once within range, the eel employs its namesake adaptation, a giant hinged, gulping pouch-like mouth.

With a quick lunge and expulsion of water, the Gulper traps its prey within its enormous pouched, lower jaw. The structure and function of this gulping jaw and extendable pouch is remarkable. Taking up approximately 1/3 of

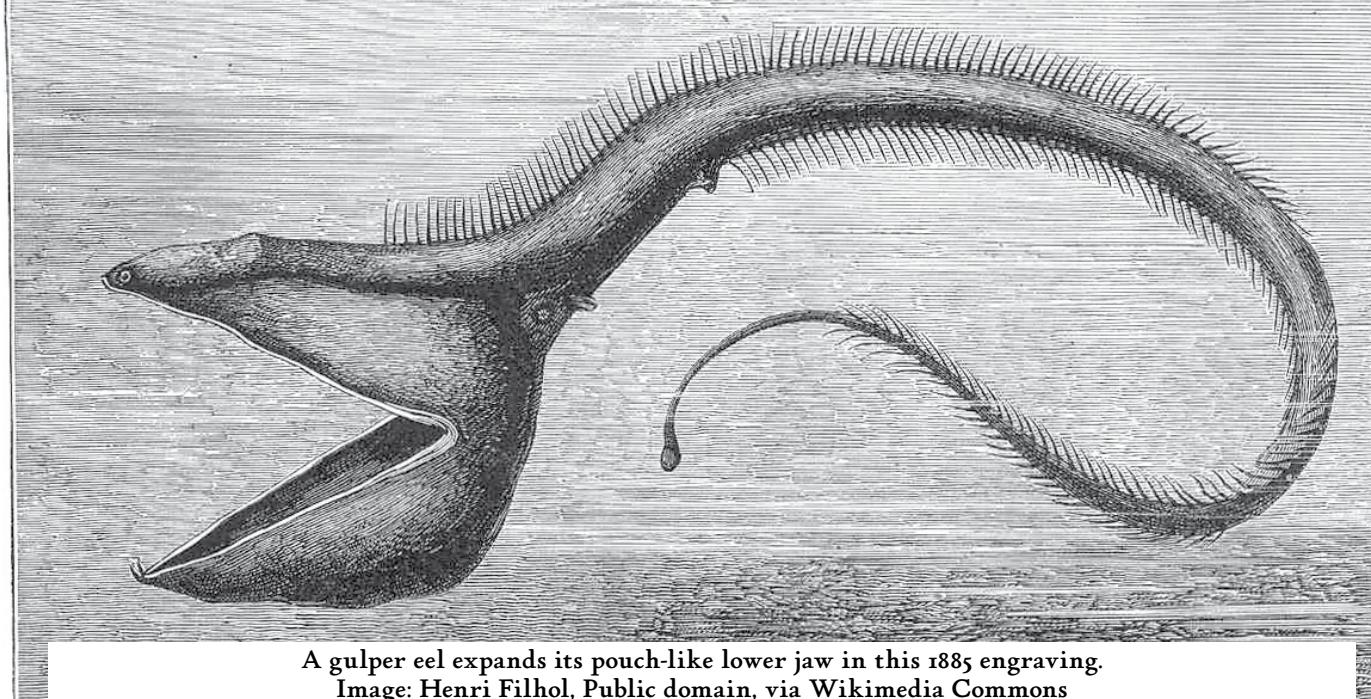
the creature's length and exceeding its body's bulk, the jaw is formidable, enabling the Gulper to engulf and consume prey far larger than itself. Now, let that sink in for a moment because in the animal kingdom where amazing feats are the rule, the Gulper's ability is exceptional. Creatures that can capture and consume prey larger than themselves in one giant gulp are rare indeed. This trait comes in handy in the deep sea where prey is scarce, and prey encounters may be sporadic at best. This confers a huge survival advantage to the alien-looking eels.

While the Gulper is just

one of the many known deep sea creatures, with more than 80% of our planet's oceans unexplored, it seems we are in store for a many more to come. In fact, each year an average of 20,000 new species are discovered by science! That staggering figure hints at the sheer volume of species unknown to science and hints at the likelihood of new discoveries about known species.

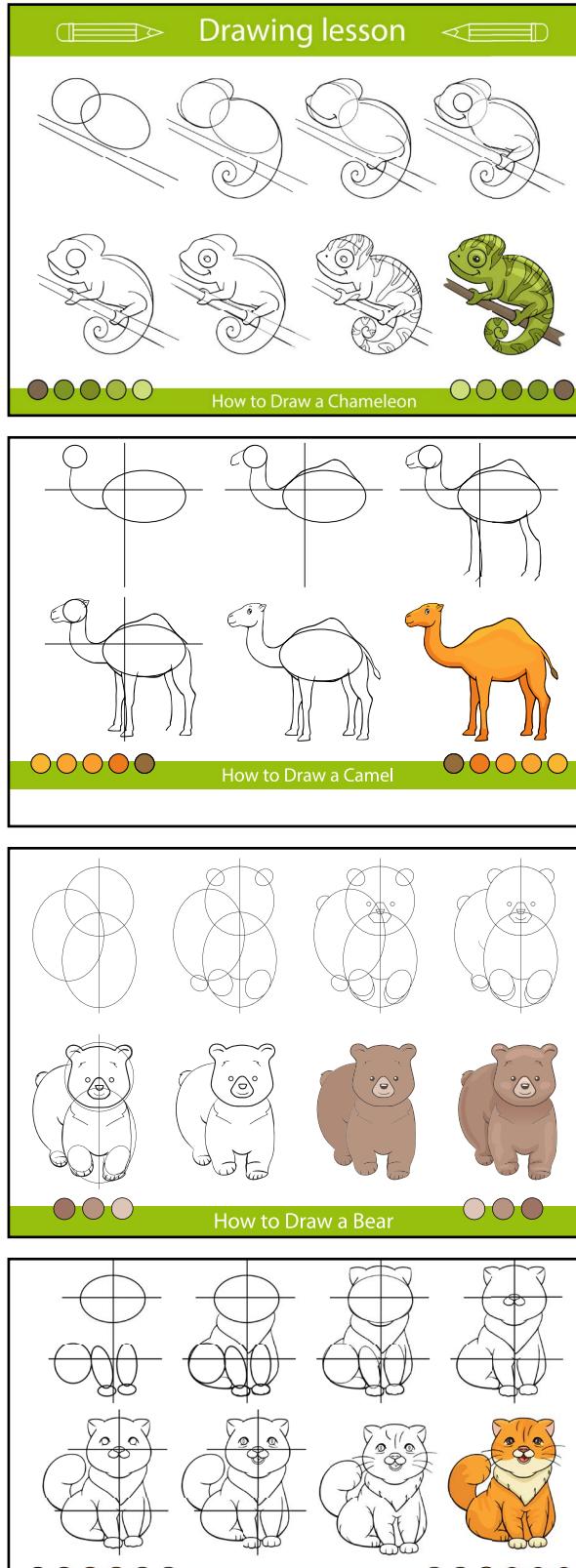
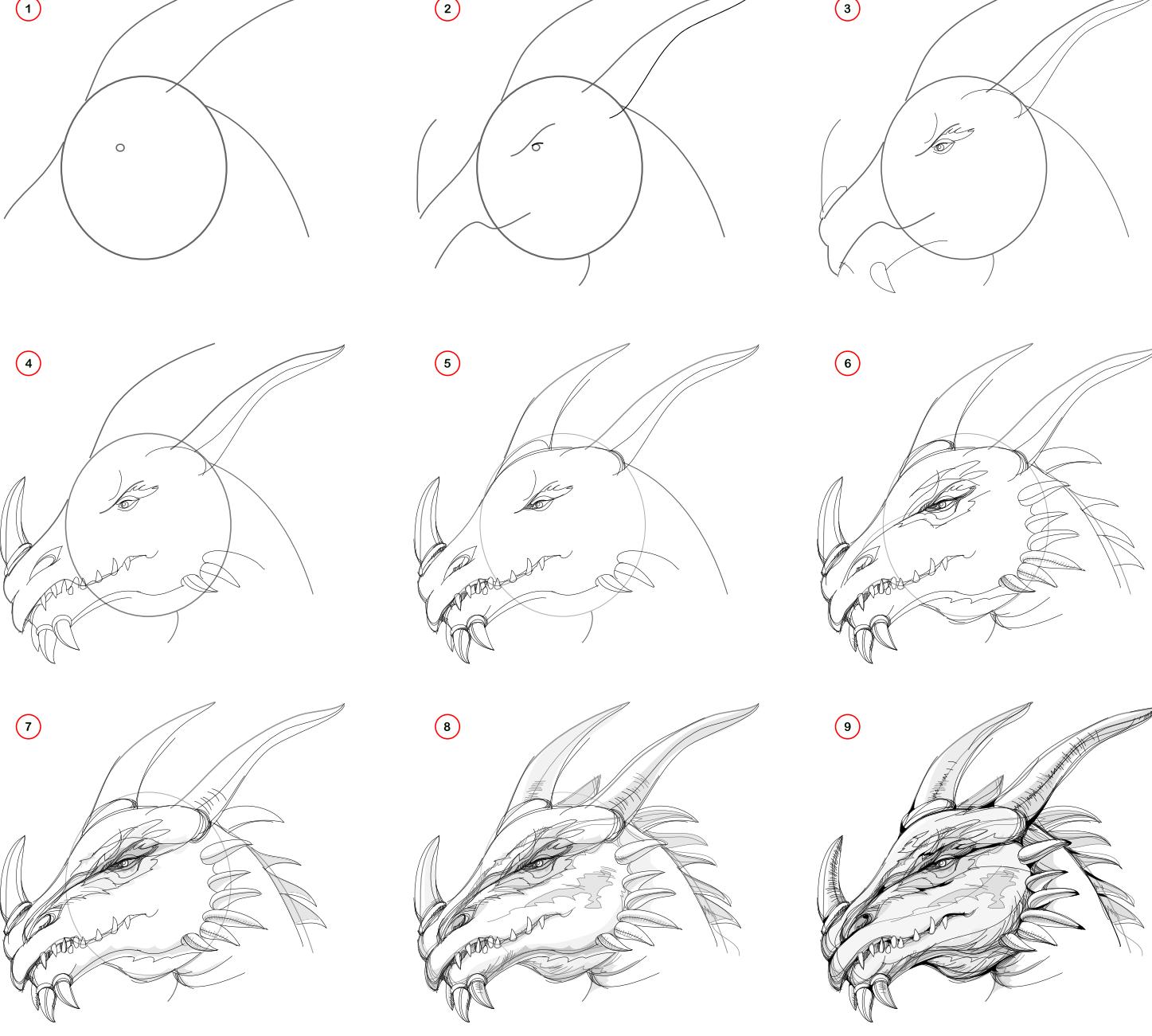
Research institutions such as the Harvard Museum of Comparative Zoology open a window on the natural world. By providing us with scientific data from precise dates and locations from around the world, they enable us to identify the historical presence, rarity, abundance, and diversity of the creatures in their collections. This in turn enables scientists to gauge means of conservation. With between 90-99% of the world's estimated species unknown to science, such knowledge of the past is essential to protect the known wild world, and to safeguard what still awaits discovery.

Jim Knox serves as the Curator of Education for Connecticut's Beardsley Zoo and as a Science Adviser for The Bruce Museum. His passions include studying our planet's rarest creatures and sharing his work with others who love the natural world.



A gulper eel expands its pouch-like lower jaw in this 1885 engraving.
Image: Henri Filhol, Public domain, via Wikimedia Commons

GRAB YOUR SKETCH BOOK step by step



Calendar of Events for Your Fridge continued

org/event/chair-yoga-180322.

Tuesday, February 10

Flower Arranging with Juliet Howe of Twigs Design
11 AM at the Lapham Center
In this hands-on workshop, Juliet will guide you through echo-friendly, approachable floral design techniques, sharing some of her favorite tips and creative strategies as you craft your own unique arrangement. Containers and choice of fresh flowers will be provided. Participants are asked to bring clippers, if possible. \$50/person. To register, call (203) 594-3620.

South Indian Breakfast & Sweet Delights

11 AM at the Lapham Center
Experience the comforting flavors of South India with this breakfast-themed class. Learn to make Idli, soft and fluffy steamed rice cakes, served with a hearty lentil stew (Sambar) and fresh Coconut Chutney. To end on a sweet note, prepare Carrot Halwa, a traditional dessert. \$60/person. To register, call (203) 594-3620.

Lunch & Learn with Mary Frances Malone, and The Town Players of New Canaan on the History of Valentines Day

12 PM at the New Canaan Museum & Historical Society
Bring your sandwich, soup or snack and join for a Lunch & Learn session. On this special day, Mary Frances Malone, along with The Town Players of New Canaan, will delve into the History of Valentine's Day. Discover the stories behind the celebration through engaging narratives and performances. Register at <https://shorturl.at/F5Llt>.

Open Tech

2-4 PM at the New Canaan Library, McLaughlin Meeting Room

If you need help with email, smartphones/tablets, social media, or accessing our digital library, stop by for one-on-one support from a tech librarian. Tech assistance is limited to 20 minutes per session and is provided on a first-come, first-served basis.

The Attwood Lecture: Simon Winchester Returns with The Breath of the Gods

7 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Attend the Attwood lecture discussing "The Breath of Gods". Register at <https://shorturl.at/WNuPs>.

Wednesday, Feb 11

Blood Sugar & Blood Pressure Clinics

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

Cooking & Crafting: Valentine's Edition

4 PM at the Carriage Barn Arts Center
Celebrate Valentine's Day at this festive hands-on workshop for kids ages 7-13! Participants will learn to make heart shaped sugar cookies from scratch, chocolate dipped strawberries and design custom packaging to take home their edible treats. Tickets are \$55/members, \$60/non-members, and available at <https://carriagebarn.org/event/cooking-crafting-valentines/>.

Thursday, Feb 12

Valentine Calligraphy Card Workshop

10 AM at the Carriage Barn

Arts Center

In this relaxed, mindful workshop, participants will create and hand-letter Valentine's Day greeting cards using modern calligraphy techniques. The class is beginner-friendly and designed for anyone curious about calligraphy, with no prior experience required. All materials are provided. Tickets are \$65/members, \$75/non-members, and available at <https://shorturl.at/ohBAO>.

Clever and Crafty with Tricia

1 PM at the Lapham Center
Join Tricia to create felt needling penguins. Free. To register, call (203) 594-3620.

Tech Workshop with Cooper Young and George Geist of Good Kid Tech

2 PM at the Lapham Center
The program will begin with a fifteen-minute presentation on a tech-related topic, followed by time to answer your personal tech questions. Free. To register, call (203) 594-3620.

Ask the Attorney with Nedder and Associates

2-4 PM at the Lapham Center
An attorney from Nedder and Associates, LLC will be available for a free, private, fifteen-minute consultations to answer your legal or financial questions. Please call (203) 594-3620 to schedule your appointment. No drop-ins.

Implementing AI Responsibly in Your Organization

6:30 PM at the New Canaan Library, Craig B. Tate Conference Room

AI is already showing up in many workplaces, often without clear rules, policies, or guidance. This presentation explores how professionals can use AI responsibly without creating legal, ethical, or reputational risk. Register at <https://shorturl.at/X8UCS>.

Free Medicare Counseling

By appointment at the Lapham Center

Dick Neville is a CHOICES certified Medicare counselor providing free, objective, person centered assistance about Medicare options and related benefits. Sessions are offered free of charge to New Canaan residents and Town employees. Call (203) 594-3620 to schedule an appointment, no drop-ins.

Friday, February 13

Valentine's Bingo

11 AM at the Lapham Center
Play bingo and win prizes with a Valentine's Day theme. Free. To register, call (203) 594-3620.

Health Talks with Shannon and Ellen

11 AM at the Lapham Center
Meet up with Shannon and Ellen from the Health Department for coffee, conversation and snacks. These engaging discussions will help improve your mood and your health. To register, call (203) 594-3620.

Saturday, February 14

Yoga and Sound Bath

9 AM at the Carriage Barn Arts Center

This Gentle Yoga and Sound Bath will engage both body and mind to help melt away the stresses of the week and start your weekend right! Tickets are \$40/person and available at <https://shorturl.at/f4ZHD>.

Wednesday, Feb 18

Recognizing Cognitive Biases and Building Healthier Thinking Habits

10:30 AM at the Lapham Center
Join Gabriel Corredor for an engaging presentation on how

confirmation bias, the spotlight effect, and loss of aversion quietly influence our decisions - and how understanding them can help us think more clearly, act more confidently, and connect more effectively. Free. Coffee and treats will be served. To register, call (203) 594-3620.

Thursday, Feb 19

Understanding Hospital and Subacute Evaluations: Purpose, Process and Patient Benefits

11 AM at the Lapham Center
Ever wonder why hospitals and subacute care facilities conduct so many tests and evaluations? Join Kathy Collins to learn about the purpose behind these assessments, how they help ensure safety, guide treatment and support recovery. Free. To register, call (203) 594-3620.

Friday, February 20

Winter Drop in Movie | Wicked

11 AM at the Lapham Center
Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. Free.

Polar Bear Picnic

5:30 PM at Grace Farms
Join the Polar Bear Picnic, and have breakfast for dinner. After enjoying a meal, take part in winter-inspired crafts and games. Tickets are \$24/members, \$30/non-members, and available at <https://gracefarms.org/event/polar-bear-picnic-2026>.

Sunday, February 22

Celebrate Lunar New Year

2 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium

Usher in the Year of the Horse with dance and choir performances, food, and crafts from a number of Asian traditions. Local organizations and New Canaan community members will give insight into New Year's customs. This drop-in program is ideal for the whole family. Register at <https://www.newcanaanlibrary.org/event/celebrate-lunar-new-year-191325>.

Tuesday, February 24

How to Use My Rec with Kathy Collins

11 AM at the Lapham Center
If you've used MyRec to register for a program at Lapham only to find out when you come to the program that you were not registered, this talk is for you. Join Kathy to learn how to use this system to register for all your Lapham programs and activities. Review step-by-step how to create an account, browse programs, add choices to your account, register and receive confirmation. Free. To register, call (203) 594-3620.

Wednesday, Feb 25

Blood Sugar & Blood Pressure Clinics

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

Saturday, February 14

Yoga and Sound Bath

9 AM at the Carriage Barn Arts Center

This Gentle Yoga and Sound Bath will engage both body and mind to help melt away the stresses of the week and start your weekend right! Tickets are \$40/person and available at <https://shorturl.at/f4ZHD>.

Wednesday, Feb 18

Recognizing Cognitive Biases and Building Healthier Thinking Habits

10:30 AM at the Lapham Center
Join Gabriel Corredor for an engaging presentation on how

people who undertook them. She will be in conversation with photographer Jane Beiles. Register at <https://carriagebarn.org/event/flashes-of-brilliance-photography-book-talk/>.

Theatre website.

Tuesday, March 24

The Art of American Independence: Beyond the Declaration

12 PM at the New Canaan Museum & Historical Society
Bring your sandwich, soup or snack and learn from Robin Hoffman, of Artscapades. ArtScapades has developed a special lecture which ties in with the 2026 celebration of the 250th anniversary of the signing of the Declaration of Independence. Tickets are available at <https://shorturl.at/tHR43>.

Thursday, Feb 26

From Bloom to Canvas: The Flowered Press Workshop

10 AM at the Carriage Barn Arts Center

Discover the art of pressing flowers and transforming them into beautiful, one-of-a-kind works of art. In this special two-part workshop led by artist Marguerite Alpert, participants

will learn both traditional and contemporary techniques for preserving botanicals and using them creatively. Tickets are \$195/members, \$205/non-members, and available at <https://carriagebarn.org/event/flowered-press-workshop>.

Friday, April 17

Breeches & Bowties Spring Gala

Time to be announced at the Wee Burn Country Club
Join the New Canaan Mounted Troup at their 2026 Spring Gala with guest speaker Drew Doggett. Tickets will be available at <https://newcanaanmountedtroop.org>.

Thursday, May 7

NCNC Annual Lecture & Luncheon

11:30 AM- 2 PM
Additional details will be provided as the event approaches.

BLOOD DRIVES

Monday, February 2

Agudath Sholom Synagogue
301 Strawberry Hill Avenue
Stamford, CT 06902
10:00 AM – 3:00 PM

Greenwich

Reform Synagogue

92 Orchard St

Cos Cob, CT 06807

1:30 PM – 6:30 PM

Wednesday, Feb 4

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

Support Services & Meetings

Monday, February 2

Hands-Only CPR and AED Training by New Canaan EMS

6:30 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium

Learn Hands-Only CPR from New Canaan EMS and save a life. Hands-Only CPR focuses on chest compressions (which keeps the blood flowing to vital organs) and the use of an Automatic External Defibrillator (AED) when available. Register at <https://shorturl.at/eoFwp>.

Wednesday, Feb 4

Alzheimer and Dementia Support Group with the Waveny LifeCare Network

2 PM at the New Canaan Library, McLaughlin Meeting 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.

Attendees can find guidance, offer support, and ask questions in a safe environment. Register at <https://shorturl.at/4dbTT>.

Thursday, Feb 19

Understanding Hospital and Subacute Evaluations: Purpose, Process and Patient Benefits

11 AM at the Lapham Center
Ever wonder why hospitals and subacute care facilities conduct so many tests and evaluations?

Join Kathy Collins to learn about the purpose behind these assessments, how they help ensure safety, guide treatment and support recovery. Free. To register, call (203) 594-3620.

and support recovery. Free. To register, call (203) 594-3620.

Friday, February 20

Suicide Prevention Training: Question, Persuade and Refer

11 AM at the New Canaan Library, McLaughlin Meeting Room

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

Every Friday

AA Speaker Meeting

Wheelchair Access

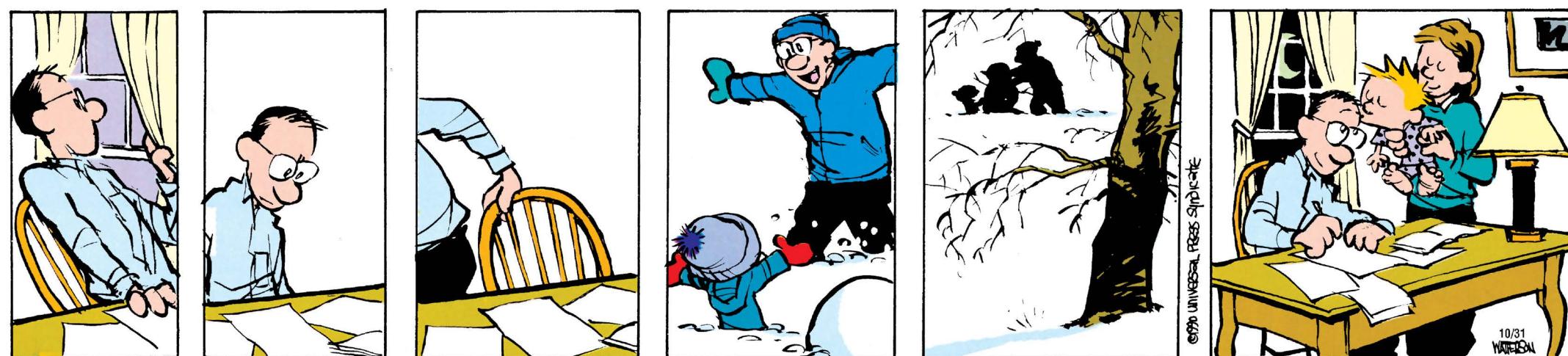
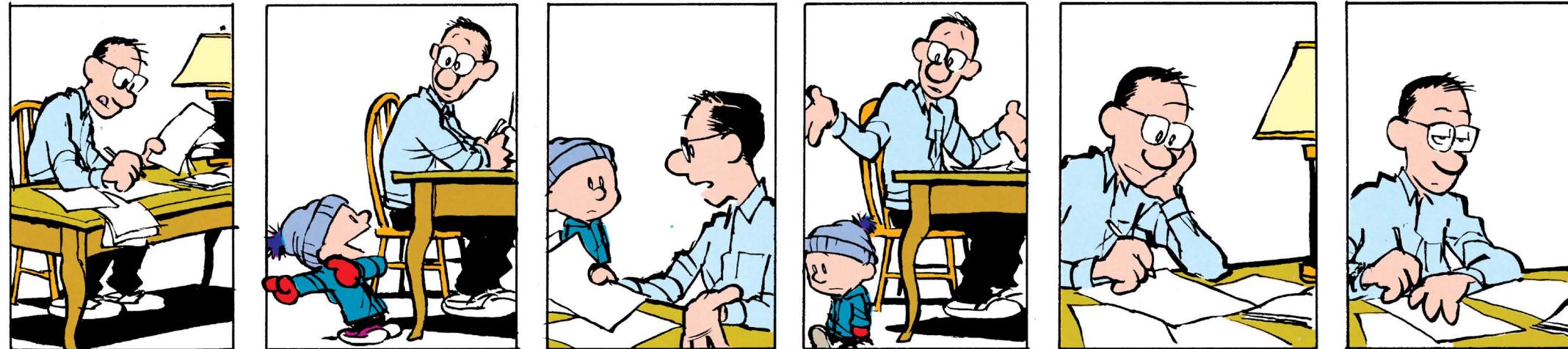
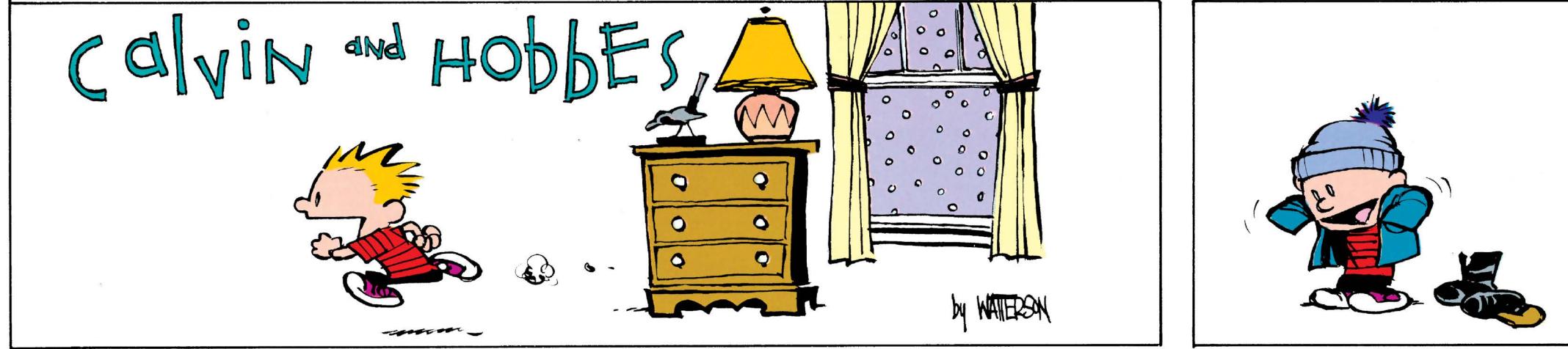
Fridays at 7:30 AM

Congregational Church of New Canaan



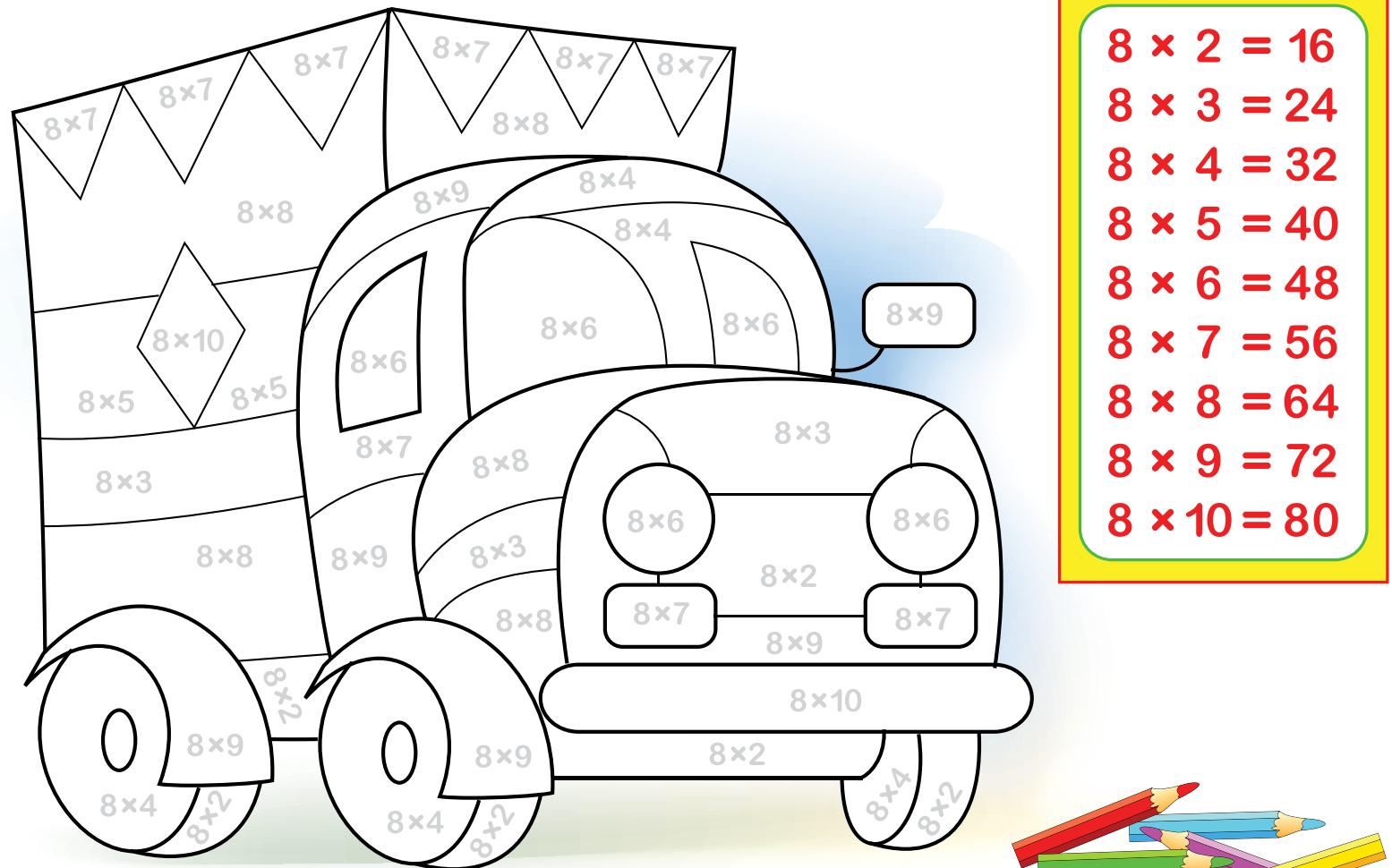
ON EXCELLENCE IN EDUCATION

From the Greenwich Sentinel Foundation: the weekly newsletter from educators to Greenwich parents.



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BLACK	16	
RED	24	
GRAY	32	
PURPLE	40	
LIGHT BLUE	48	
YELLOW	56	
DARK BLUE	64	
GREEN	72	
LAVENDER	80	



$\text{flower} + \text{flower} = 6$
 $\text{flower} + \text{flower} + \text{flower} = 5$
 $\text{flower} + \text{flower} + \text{flower} = 9$
 $\text{flower} + \text{flower} - \text{flower} - \text{flower} = \boxed{?}$

$\text{strawberry} = 8$
 $\text{apple} = \text{strawberry} - 6$
 $\text{pear} = 3 + \text{apple}$
 $\text{strawberry} - \text{apple} + \text{pear} = \boxed{?}$

HOW MANY?

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

FIND 10 HIDDEN OBJECTS IN THE PICTURE

