

THERE WILL BE NO PRINTED PAPER NEXT WEEK DUE TO THE SENTINEL AWARDS!

THURSDAY, MAY 28, 2026

Publisher@NewCanaanSentinel.com

NEW CANAAN FORECAST

May 29-June 1, 2026

Friday, May 29
Sunshine mixing with clouds; breezy and pleasant
High: 77°F | Low: 54°F

Saturday, May 30
Windy with times of sun and clouds
High: 63°F | Low: 49°F

Sunday, May 31
Pleasant with partial sunshine
High: 72°F | Low: 58°F

Monday, June 1
Mostly cloudy; a couple of afternoon showers possible
High: 69°F | Low: 51°F

Weather Detail

Friday, May 29 — National Heat Awareness Day

High near 70°F, low around 51°F. Friday looks like a pleasant late-spring day in New Canaan, with a mix of sun and clouds and a breeze developing during the afternoon. It is National Heat Awareness Day, though around town the bigger concern may just be whether to bring a sweater for dinner outside after sunset.

Saturday, May 30 — National Creativity Day

High near 65°F, low around 47°F. Saturday turns mostly cloudy and breezy, giving the day more of a football-practice feel than an early-summer one.

Sunday, May 31 — Smile Day and World Parrot Day

High near 69°F, low around 52°F. Sunday stays mostly cloudy, but temperatures rebound a bit and conditions should feel more comfortable by afternoon. It may not be pool weather yet, though it should be good enough for walks through Waveny or a few hours outdoors before the week begins again.

Monday, June 1 — World Milk Day and National Say Something Nice Day

High near 73°F, low around 51°F. Monday opens June on a mild note, with clouds continuing to dominate but temperatures finally leaning closer to summer. By afternoon, New Canaan should feel warmer and more settled, even without full sunshine overhead.

NOTE: There will be no printed paper next week.

POLICE & FIRE

New Canaan Reaches Firefighter Agreement

The Town of New Canaan announced a new four-year agreement with its firefighters. The agreement establishes terms between the town and its fire personnel for the next four years.

FROM TOWN HALL

New Canaan Advances Charter Review

The New Canaan Town Council was scheduled to hold a public hearing Wednesday on the proposed charter revision draft report during a special hybrid meeting at Town Hall. The council was also expected to discuss recommended charter changes and consider confirming Ryan Swedalla's appointment to the Audit Committee for a term ending Dec. 1, 2028. A second public hearing on the draft report is scheduled for June 10.

New Canaan Celebrates America 250

New Canaan will hold a Flag Day ceremony at 3 p.m. June 14 at Town Hall to begin its observance of the 250th anniversary of the United States. The event will include the raising of a new Betsy Ross flag donated by the New Canaan Board of Realtors. More information about upcoming town events is

CONTINUED ON PAGE 8

Waveny LifeCare Breaks Ground on Major Rehabilitation Expansion



Waveny LifeCare Network leaders, donors, elected officials and community supporters gather for a ceremonial groundbreaking at Waveny's Three Farm Road campus in New Canaan. The project will add a 41,000-square-foot rehabilitation pavilion with 30 private rehabilitation rooms and expanded therapy space designed to serve approximately 400 additional patients annually. Photo by New Canaan Sentinel.

BY PETER BARHYDT

Waveny LifeCare Network officially broke ground this week on a major expansion project that leaders say will significantly increase access to short-term rehabilitation and skilled nursing care for New Canaan and the surrounding region.

The project, unveiled during a ceremony at Waveny's Three Farm Road campus, will add a new 41,000-square-foot rehabilitation pavilion featuring 30 private rehabilitation rooms and expanded therapy space designed to serve approximately 400 additional patients annually.

"This represents the culmination of efforts by the community over 50 years to bring healthcare and elder care services to our community," said Kathleen Corbet, campaign chair and former board chair. "That community has gone from serving 70 patients here in the care center to now over a thousand patients a day for all the services that we provide."

The ceremony drew local officials, donors, board members, healthcare professionals, volunteers and residents, highlighting the deep community ties that have shaped Waveny since its founding.

Waveny President and CEO Russell Barksdale Jr. called the expansion an investment in "five-star quality healthcare" at a time when many skilled nursing facilities across Connecticut are closing.

"Across healthcare, the pressures are undeniable," Barksdale said. "Demand is rising, capacity is shrinking, costs are increasing — and yet here we are. Not stepping back, but

stepping forward, investing, innovating and taking responsibility for each other."

The new pavilion will focus on short-term rehabilitation and recovery services, helping patients regain strength and return home safely after surgeries, illness or hospitalization. Plans also include expanded outpatient rehabilitation services for physical, occupational and speech therapy, along with healing gardens, outdoor therapeutic spaces and a rehabilitation roof deck.

First Selectman Dionna Carlson praised the project as both a healthcare and community investment.

"This expansion represents a major commitment to meeting the growing demand for skilled nursing and short-term rehabilitation services," Carlson said. "At a time when demand for post-acute rehabilitation services continues to increase, this investment demonstrates real foresight and leadership."

Carlson also noted that Waveny, New Canaan's second-largest employer, continues to play a significant role in the town's economy while expanding innovative care offerings, including telemedicine infrastructure, energy-efficient systems, EV charging capability and rooftop solar readiness.

State Rep. Tom O'Dea said the project comes at a critical time for Connecticut healthcare.

"Since 2021, 15 skilled nursing facilities have closed here in Connecticut," O'Dea said. "While many organizations are being forced to contract, Waveny has chosen to expand

P&Z Signals Likely Denial of Parade Hill Affordable Housing Proposal

The Planning & Zoning Commission this week signaled it is likely to deny a controversial 14-unit affordable housing proposal at 30 Parade Hill Road after commissioners raised concerns that the application does not qualify for an exemption under Connecticut's affordable housing statute, 8-30g.

Following nearly two hours of testimony and deliberation Tuesday night, commissioners reached a consensus directing town staff and counsel to prepare a formal denial resolution for a June 23 vote.

The proposal, submitted by Garden Homes Fund through attorney Amy Souchuns

of McDermott Reynolds & Glissman seeks approval for a three-story, 14-unit residential building at 30 Parade Hill Road. Five units would be reserved for tenants using housing vouchers coordinated through the Housing Collective, while the remaining apartments would be income-restricted affordable housing.

Much of the commission's discussion centered on whether the project satisfies the legal definition of "assisted housing" required to override New Canaan's affordable housing moratorium under 8-30g.

Commissioner John Kriz repeatedly questioned the applicant's parking rationale

during the hearing, focusing on the proposal's 16 parking spaces for 14 apartments.

"I've looked at many parking studies over the years in this position," Kriz said. "It tends to be, in all cases, 'Well, we have this many units and this many bedrooms and different sizes of the unit and that tends to drive parking needs.'"

Kriz said he struggled with the applicant's argument that the parking supply was adequate primarily because tenants would be restricted by lease to one vehicle per unit.

"I just have a tough time wrapping my mind around the logic there," Kriz said. "It's

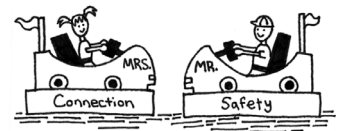
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Connection & Safety

BY JILL S. WOOLWORTH, LMFT

During moments of marital stress, each of us favors either connection or safety. Both are essential to relationships. We typically choose a partner with the opposite priority because we are attracted to his or her complementary personality. Which is your priority? Connectors tend to be effervescent and outgoing. Partners who prioritize safety are usually reliable and steady.

The challenge arises during inevitable disagreements when the one who favors connection pursues an argument the way a dog pursues a bone and the one who favors safety withdraws behind a stone wall. One yells and the other won't talk. The more connectors won't let go, the more partners who prioritize safety retreat. This



Illustrated by Wajih Chaudhry

often escalates into an infinity loop of unhappiness.

Though it is difficult in the moment, when we remember that the "attacker" really wants connection, and the "stone wall" longs for safety, we can shorten our arguments and become allies.

Jordan and Caitlin were at each other's throats until they understood that Jordan was desperate for connection and Caitlin wanted safety. Prior to that, the more Jordan "came after" Caitlin, the more Caitlin "ran away." Seeing each other's need as 100 percent normal changed their perception of each other from hostile to compassionate.

Part Two of Our Mental Health Report

The Sentinel has received a tremendously positive response to John Kriz's two-part examination of mental health, addiction, stigma and care in New Canaan. Part 2 begins on Page 6 this week, continuing a community conversation that has already resonated with readers. In response to requests, next week, we will send both Part 1 and Part 2 together as a stand-alone emailed PDF for readers who want to share, save or revisit the full series.

Honoring Veterans at America's 250th

Medal of Honor
The Grunt Padre's Last Sermon

BY ELIZABETH BARHYDT

My great-grandfather, Charles Henry Webb, was a military chaplain. I still have his field Book of Common Prayer. It is a treasure.

I cannot imagine trying to keep faith in the presence of brutality. Yet military chaplains often did.

There is beauty in that. In the depths of woe... grace. As our nation approaches

its 250th anniversary, we remember the men and women who kept it: those who defended it in battle, steadied it in sorrow, bound its wounds, buried its dead, and carried its highest ideals into the darkest places.

For this chapter in that continuing tribute, we salute a chaplain first brought to my attention by Reverge Anselmo—24th MAU: Vincent

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COLUMN Maybe It Is a Big Deal

The older I get, the more I suspect that those small victories are the ones that deserve the most reverence.

BY ICY FRANTZ

"It's not an important birthday."

"We can celebrate next year."

"It's no big deal."

Those are often our first responses when joy knocks on our door.

And honestly, it makes sense. I have said those words myself many times.

Celebrating takes time — we often think would be better served on the

things we need to do. It can feel hard to raise a glass when the world itself feels heavy. Hard to pause for fun when someone you love is struggling.

And truthfully, sometimes celebration can feel too lavish. Too indulgent. Too privileged.

So, we minimize. Delay. Downplay.

We tell ourselves we

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Why Natives?

The Incredible Value in Native Gardening

By FRANK GALLO

There is a growing movement towards the planting of native plants in gardens instead of using non-natives, and a mounting push towards the removal of invasive species. But, why bother?

Consider the importance of biodiversity and the potential for introduced non-native species to wreak havoc on the environment. Like a balanced portfolio, biodiversity provides stability and balance, whereas non-native plant species often provide little value to local wildlife (See my April 28th article). Their leaves contain compounds that are frequently not digestible or even toxic to our local insects which are critical to a healthy ecosystem. The toxins kill them outright or prevent them from reproducing. Reducing insect diversity causes a ripple effect up the food chain. Limiting insect diversity then limits available food for local birds and other organisms. Non-native plants also compete for water, nutrients, and space with native species. All too often, lacking any local biological controls, they become invasive, taking over habitats, crowding out native plants, and limiting diversity.

So, how can you help to increase biodiversity in your yard? Doug Tallamy, author of *Bringing Nature Home*, *The Nature of Oaks*, and co-author of *The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden*, and many other publications on native landscape design, advocates for reducing lawns and replacing them with more native plants to support local wildlife and to help maintain and increase biodiversity and ecological health. His work has inspired many to create "Homegrown National Parks" to restore native habitats and combat local declines in habitat loss.

The good news is that you don't have to replace the entire lawn with natives to make a positive impact. Even small-scale native plantings can see positive change. Creating one small native garden or section of the garden makes a difference. By providing native trees, shrubs, grasses and/or wildflowers you create habitat, food, shelter, and breeding sites for everything from butterflies to birds, foxes to frogs.

Another plus to using natives is that once established, they are generally more cost effective, requiring significantly less attention and care than non-natives. If everyone took even small sections of their lawns and replaced them with native gardens for butterflies and other pollinators, made a small wildflower or shrubland sanctuary, or just planted a few native oaks or cherries, think of the positive potential effects on local species.

If you are interested in adding native plants to your garden, here is a list of a few suggestions:

Trees

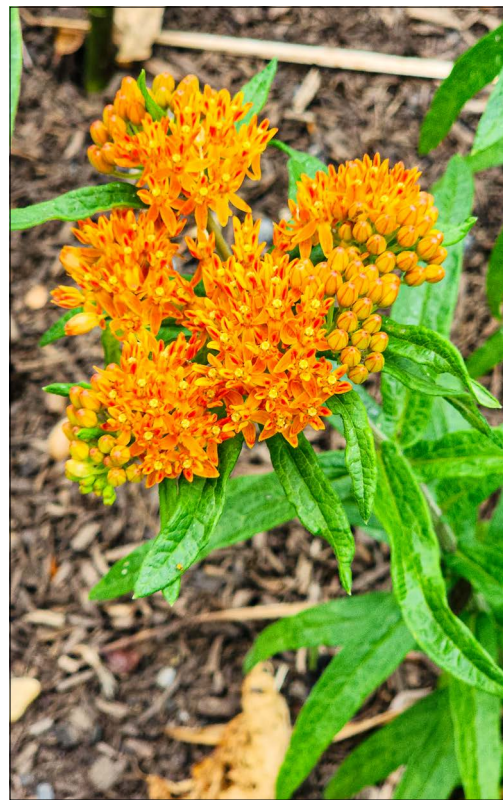
- **Serviceberry** (*Amelanchier canadensis*): A beautiful understory tree that provides fruit for wildlife. **Wild Cherry** (*Prunus avium*) has lovely white-pink blossoms, turns scarlet red in autumn, and provides abundant insects and fruit for wildlife. Use them to replace invasive **Bradford** or **Callery Pear** (*Pyrus calleryana*).
- **Flowering Dogwood** (*Cornus florida*): A classic spring-blooming favorite. Use it as a native replacement for non-native **Kousa Dogwood** (*Benthamia kousa*). There are also many native dogwood shrubs (*Cornus sp.*) that aid wildlife and make great hedgerow cover.
- **Sugar Maple** (*Acer saccharum*), and **Red Maple** (*Acer rubra*): Both support native insects, birds and other wildlife. Their fall colors are spectacular. **White Oak** (*Quercus alba*): Connecticut's state tree is a beautiful canopy tree that is a leader in supporting birdlife. Use any of these trees instead of the invasive non-native **Norway Maples** (*Acer pseudoplatanus*) and all of its cultivars.

Shrubs & Vines

- **Northern Spicebush** (*Lindera benzoin*): Features fragrant leaves and early-spring yellow blooms. Use it as a vibrant native replacement for **Forsythia**.
- **Sweet Pepperbush** (*Clethra alnifolia*): An incredibly fragrant, summer-blooming shrub. Use it to replace invasive **Winged Euonymus** or **Burning Bush** (*Euonymus alatus*).
- **Arrowwood Viburnum** (*Viburnum dentatum*): Offers white spring flowers and blue fall fruit. **Northern Highbush Blueberry** (*Vaccinium corymbosum*): Provides abundant summer fruit that is relished by wildlife and humans alike. Both turn a vibrant red in fall. Use either in place of **Japanese Barberry** (*Berberis thunbergii*) which provides a microclimate conducive to deer (black-legged) ticks.
- **American Wisteria** (*Wisteria frutescens*): A well-behaved, gorgeous native vine. **Trumpet Honeysuckle** (*Lonicera sempervirens*): Is another lovely native vine that produces flowers attractive to hummingbirds and fruits eaten by



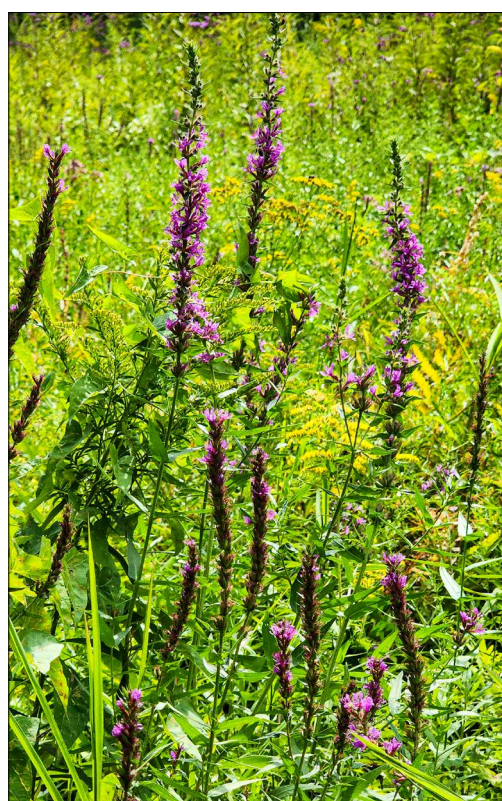
Butterfly Bush (invasive)



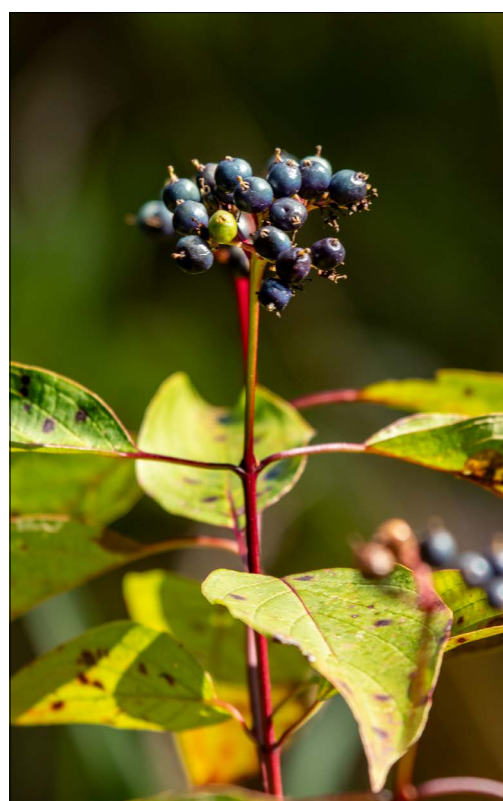
Butterfly Weed (native)



Cardinal Flower (native)



Purple Loosestrife (invasive)



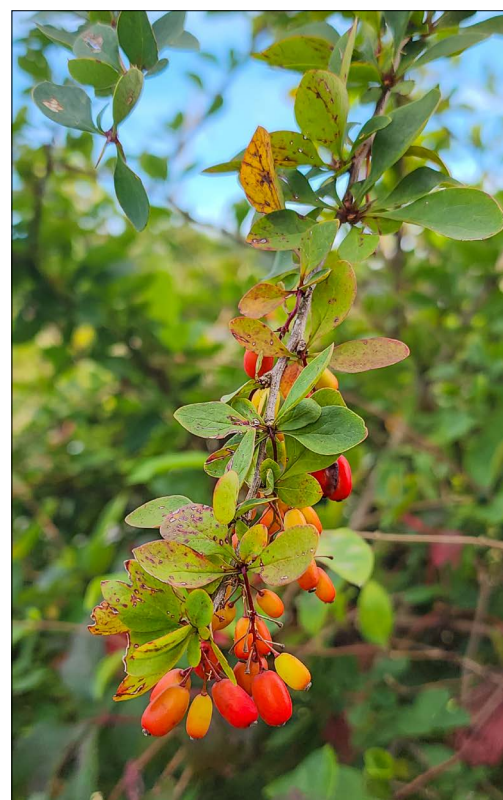
Silky Dogwood (native)



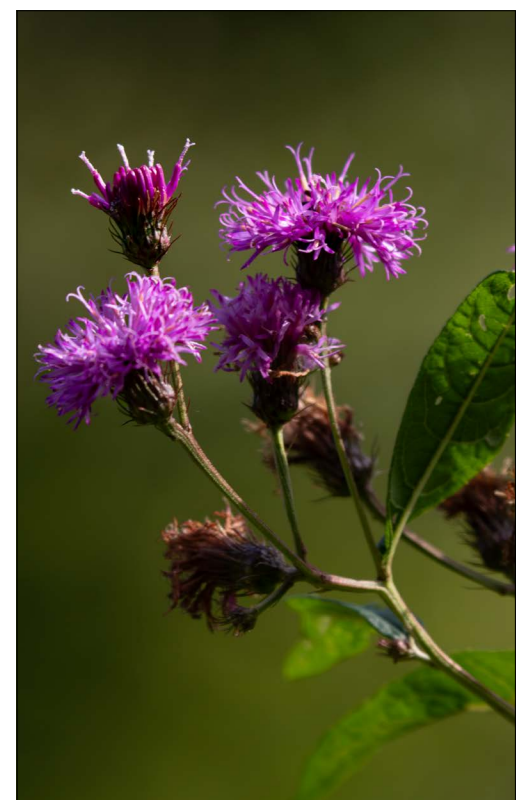
Sweet Pepperbush (native)



Cardinal Flower (native)



Japanese Barberry (invasive)



New York Ironweed (native)

other birds. Swap these for aggressive **Japanese/Chinese Wisterias** (*Wisteria floribunda*/*W. sinensis*).

Wildflowers

- **Wild Red Columbine** (*Aquilegia canadensis*): A spring bloomer that attracts hummingbirds. Use it instead of non-native **Columbine** cultivars.
- **Cardinal Flower** (*Lobelia cardinalis*): Features tall, ruby-red spikes in wet, sunny areas. **New York Ironweed** (*Vernonia noveboracensis*): Moisture tolerant, it can grow to 6 feet and present abundant deep-purple flowers. Use them to replace invasive **Purple Loosestrife** (*Lythrum salicaria*).
- **Butterfly Weed** (*Asclepias tuberosa*): A drought-tolerant milkweed with striking orange blooms. Use it instead of non-native and potentially invasive **Butterfly Bush** (*Buddleja davidii*). Although attractive to butterflies, **Buddleja** provides a sugary treat offering little in the way of real nutrition.
- **Native Sunflowers** (*Helianthus sps.*): Attractive to a variety of pollinators and birds.

A more comprehensive list of native plants and local resources will be available on The New Canaan Nature Center's webpage at: www.newcanaannature.org.

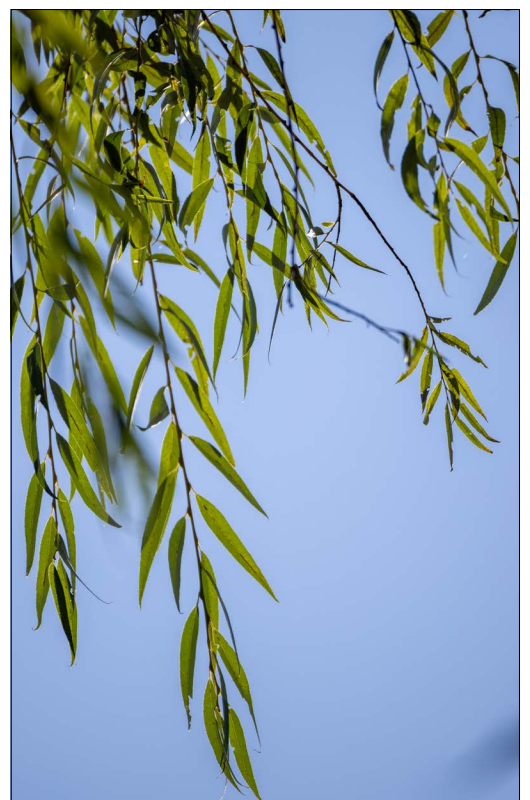
The Connecticut DEEP Native Landscaping Guide also offers suggestions for locally-suited plants and local nursery resources: https://portal.ct.gov/-/media/DEEP/wildlife/pdf_files/outreach/NativeLandscapingpdf.pdf

Remember, plants need specific growing conditions. It's important to have your soil tested before committing to specific plantings. No matter how badly you want a plant in your garden, if the soil isn't right, it won't grow. The Connecticut Agricultural Experiment Stations in New Haven and Windsor offer free soil testing. They test organic matter, texture, a variety of soil nutrients, and PH. Consider soil moisture levels, as well. Visit: [portal.ct.gov/CAES/Soil Office/ Soil Office/Soil Testing Offices Instructions](http://portal.ct.gov/CAES/Soil%20Office/Soil%20Testing%20Offices%20Instructions), for more information.

And, when designing your garden, remember that all natives are not created equal. Some provide more food and resources for wildlife than others. Choosing more productive species will make a significant difference in the diversity you create in your yard. See Doug Tallamy's work for specifics. In the case of trees, keep in mind that native oaks, cherries, and willows provide the greatest resources for wildlife.

Other Local Native Plant Resources

Menunkatuck Audubon Society helped to establish the community run UrbanScapes Native Plant Nursery in New Haven,



Willow sp. (native)

propagates more than 1500 native perennials from plugs and 400 native shrubs to sell each year at: <https://menunkatuck.org/plants-for-sale>.

For more information on gardening with natives see the **Connecticut Botanical**

Sacred Day of Remembrance

By JOHN KRIZ

It might have rained on the parade, but not on the community spirit of gratitude for the sacrifices of so many American veterans.

Town Hall's meeting room was a full house of veterans, first responders, appointed and elected officials, and residents -- all gathered to honor America's war dead.

"We gather this Memorial Day to honor the brave men and women of our armed forces who gave their lives and service to our nation," said First Selectman Dionna Carlson.

"This year's observance carries special meaning as our nation marks the 250th anniversary of the signing of the Declaration of Independence. Two and a half centuries ago, our fathers pledged their lives, their fortunes and their sacred honor to the cause of liberty. Since that moment, generations of Americans have stepped forward to defend those ideals, often at tremendous personal sacrifice."

"We give thanks for the courage, and for the sacrifice, and the deep sense of duty carried by those we honor this day," intoned Kelly Leather Antonson, associate minister of the Congregational



L-R Selectman Steve Karl, VFW Post 653 Chaplain Brian van der Heyden, World War II veteran Frank Gallo -- and veteran of the Battle of the Bulge, and one of the first soldiers to cross the Rhine River into the heart of Germany at Remagen Bridge -- VFW Post 653 Commander Mike McGlenn, First Selectman Dionna Carlson and Selectman Amy Murphy Carroll at the the Memorial Day ceremony in Town Hall.

He observed "the somewhat nagging realization that we wouldn't be here if not for the occurrence of some objectively tragic events"

Church of New Canaan. "May we never grow indifferent to the cost of peace, nor forget the sacred responsibility we carry to build a world marked by compassion, mercy, and care for one another."

Mike McGlenn, commander of Veterans of Foreign Wars Post 653, led the assemblage in the pledge of allegiance, also thanking the 200 volunteers who placed 1200+ flags on veterans' graves in Lakeview

Cemetery the prior weekend. Brian van der Heyden, VFW Post 653 Chaplain, led another prayer, saying "Dear Lord, on this Memorial Day weekend, we remember and give thanks to all

those who have given their lives in the service of our country. They were willing to risk death to protect this land we hold so there, and the American people along

with it. Strengthen and protect all our military personnel who are serving presently and in the future. Protect them in battle, and help them to prosper in times of peace. Watch over their families."

The Memorial Day ceremony's guest speaker was Dan Hogan, a United States Military Academy graduate and former US Army Ranger. He had served two tours in Afghanistan.

Calling Memorial Day "a bit of a contradiction in terms," he observed "the somewhat nagging realization that we wouldn't be here if not for the occurrence of some objectively tragic events," noting that "the dead men and women we honor today died young. They did not die peacefully."

He concluded, stressing, "we realize the cost. Their seat at the dinner table will never be filled. Their mothers will weep. They won't have a chance to mold their sons into men or walk their daughters down the aisle. They won't suffer the slings and the arrows of old age, but they've been forced to pay an immeasurable cost."

Taps was played.



New Canaan Police honor guard at the Memorial Day celebration in Town Hall.



VFW Post 653 Commander Mike McGlenn speaks at the Memorial Day celebration in Town Hall.

NATIVE PLANTS From Page 2

Society's Webpage: <https://www.ct-botanical-society.org/gardening-with-natives/>

The University of Connecticut offers lists of available native perennials, trees, and shrubs with links to local nurseries at: <https://ipm.cahn.uconn.edu/connecticut-native-perennial-tree-and-shrub-availability-list/>

Native Plant Trust is another good resource: <https://www.nativeplanttrust.org/for-your-garden/buy-native-plants-new/>.

Earth Tones Native Plants in Woodbury has a nice variety of natives: <https://www.earthtonesnatives.com/>

Bringing Nature Home: How You Can Sustain Wildlife with Native Plants by Doug Tallamy is another good resource.

Frank Gallo is the Senior Naturalist at the New Canaan Nature Center located at 144 Oenoke Ridge, and the author of Birding in Connecticut - a comprehensive bird-finding site guide. He can be reached at Fgallo@newcanaannature.org. For more on

PARADE HILL From Page 1

sufficient because the applicant has said it's sufficient because of the limitation."

During deliberations, Kriz said the legal issues surrounding the project were more significant than the site design concerns.

"Words matter," Kriz said. "Often it can get very specific words that matter and I think that is the case here."

Commissioner John Engel also focused heavily on parking and safety concerns, saying the site lacked any "margin for error" if residents or visitors brought additional vehicles.

"I think that this is underparked," Engel said during questioning of the applicant.

Engel later delivered an extended critique of the applicant's responses, saying he had initially been enthusiastic about the possibility of smaller-scale affordable housing developments in residential neighborhoods.

"I genuinely wanted to approve this," Engel said during deliberations. "I got excited when they came in the first time and said, 'We have a solution where we can solve affordable housing at a small scale in residential neighborhoods.'"

But Engel said he became frustrated because he believed the applicant resisted meaningful revisions to address parking concerns raised by commissioners.

"All I was really looking for was, 'Okay, we hear you and we'll attempt to work with the town to modify the design to make sure that this is a successful project,'" Engel said. "That's what I want to hear from applicants."

Engel also rejected the applicant's argument that evolving state parking policy justified the reduced parking count.

"Public policy in Hartford is adjusting," Engel said. "Yeah, that may be public policy in Hartford, but I'm worried about New Canaan and that site."

Housing Collective President and CEO David Rich testified that vouchers would be available for the five designated supportive housing units, although he acknowledged broader concerns about future federal housing funding.

"We have vouchers for this development," Rich said. "The limiting factor we have right now is not vouchers. It's units to place those vouchers in here in Fairfield County."

Souchuns defended the parking proposal, arguing that lease restrictions limiting tenants to one vehicle would prevent overflow parking problems.

"We believe that the 16 spaces are adequate," Souchuns said. "It is a term of the lease."

The applicant also submitted four architectural alternatives for the building. Representatives stated that if the application were denied and later approved through court appeal, the original design would move forward.

Garden Homes principal Richard Friedman closed the hearing with an appeal urging commissioners to support the project.

"Connecticut is short 100,000 units of affordable housing," Friedman said. "Change takes place on a micro level with decisions like this one, 14 units at a time."

Friedman emphasized that the project would remain permanently affordable and eventually be transferred to nonprofit ownership.

"There is no ulterior motive behind this project," Friedman said. "It is 100% charitable from conception to completion."

Town counsel advised commissioners that any denial should focus narrowly on whether the proposal qualifies as "assisted housing" under the statute rather than broader neighborhood objections.

The commission is expected to vote on the formal denial resolution June 23.



Japanese Barberry (invasive)



N. Arrowwood Viburnum (native)



Red Oak acorns (native)



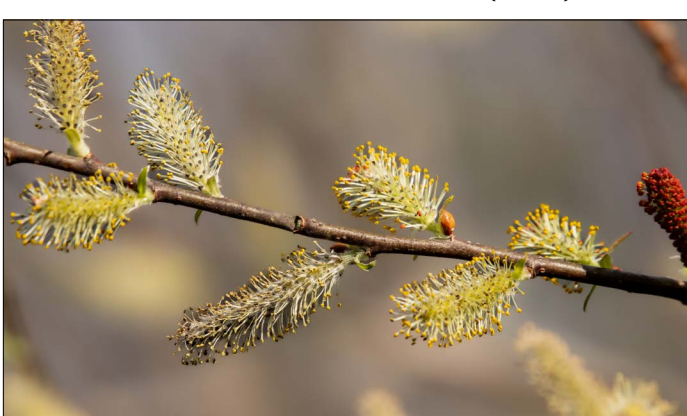
Spice Bush flowers (native)



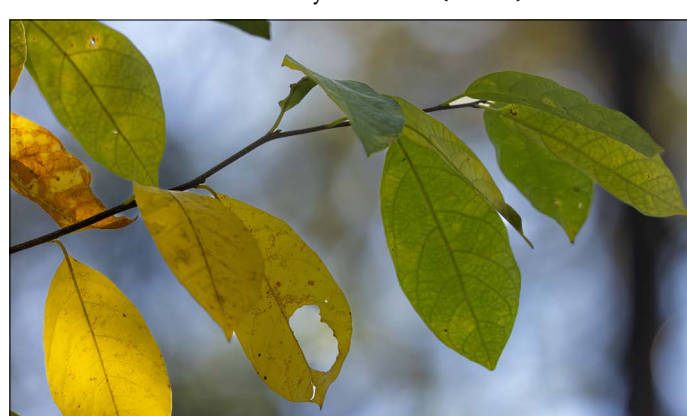
Narrow-leaved Sunflower & Bee (native)



Wild Cherry blossoms (native)



Pussy Willow flowers (native)



Spice Bush leaves (native)

Eat This, Drink That: Burger Beginnings

Recipes, Wines, and a Few Thoughts in Between

By Carl Franco

Memorial Day has arrived, summer has started, and that means it's time to reclaim the grill. While I am more at home behind the stove, the grill does have its allure. There are some serious grillers out there, I am not one of them as I am what you would call a seasonal griller. I know some that will grill all winter long, shoveling a path out to the grill making it accessible in January and February. Spring comes along and it's an entire tune-up from cleaning the jets (if its gas) to scrubbing the grates and I'm sure some fanatics even give it a turtle wave polish. Me? Well I pull off the cover, evict any critters that have made their home, analyze the rust to metal ratio on the grates and I'm good to go.

No matter how you grill, the summer promises a lineup of great grilling recipes yes, but for me it is tradition to start off the season with burgers on Memorial Day. Whether you prefer the ritual of coaxing a charcoal fire to life or you're more inclined to flip a switch and let propane do the work, both paths lead to the same place, a backyard filled with that unmistakable scent of summer.

The burger, in all its simplicity, remains the great equalizer. It doesn't demand much, the first step being right fat-to-lean ratio which the butchers at Walter Stewarts always meticulously provide. Incorporate some salt, pepper and the right amount of heat, and you are on the way to burger perfection. All that is left now are the arguments - Buns toasted or untoasted, pickles or no pickles, Ketchup/Mustard/Mayo or some kind of holy trinity of all three. And this is all before we get into the cheese/no cheese debate which has its own subcategories of American, cheddar and swiss. There are plenty of other burger options to fight over, but lets talk about what to drink.

FWB - Friends With Beer

Not since Anthony and Cleopatra has there been a love story greater than Burgers and Beer. While there are many choices among breweries, I'll once again say you don't have to look much further than your own backyard as there are plenty of local, hyperlocal and regional brews to the lineup. Like tequila, beer is not my usual milieu and thus takes me into unfamiliar territory. Therefore I think the best way to venture into this category is to focus a few of the more popular beer styles.

Pilsner - A crisp, clean lager with a light body and refreshing finish. Originating from Plzen, it features a balance of light malt sweetness and a noticeable but refined hop bitterness. Often slightly floral or spicy depending on hop variety.

Ale -Ale is a type of beer brewed at warmer temperatures, typically resulting in a fuller-bodied flavor with fruity or spicy notes. Ales tend to be more complex



“The burger, in all its simplicity, remains the great equalizer.”

and aromatic, with styles ranging from pale ales to stouts.

Lager- Lager is brewed at cooler temperatures, producing a clean, crisp, and smooth taste. Lagers are usually lighter and more refreshing than ales, making them highly drinkable and widely popular.

Stout- Stout is a dark, full-bodied beer known for its rich, roasted flavors derived from malted barley. It often features notes of coffee, chocolate, and caramel, with a smooth, sometimes creamy texture. Stouts can range from dry and slightly bitter.

IPA (India Pale Ale)- A hop-forward pale ale known for noticeable bitterness, flavor, and aroma from hops. Expect citrus, pine, floral, or resinous notes depending on the hops used. Typically medium-bodied with moderate to high alcohol.

There are other styles of beer, but for those beer novices, these categories should get you started. Now that we have

that covered, lets move onto the burger and wine pairings.

Locked and Loaded

A slice of tomato, a thick slab of red onion, some chunky blue cheese. These are the kinds of toppings that turn a burger into something not only difficult to pick up, but nearly impossible to eat gracefully without unhinging your jaw. Burgers of this caliber call for California Cabernet. From both a flavor and structural standpoint, Cabernet makes perfect sense. A well-made burger and a California Cabernet both bring weight, richness, and bold flavor. When those elements align with the tannins found in most California Cabernets, the combination borders on perfection. The tannins bind with the fat in the hamburger, softening the wine's astringency and making it taste smoother and richer. If you are interested in pivoting a little bit, Zinfandel also makes a terrific pairing with any loaded down burger as they also tend to be bold, fruit-forward, and a little spicy which lines up with the richness of a burger. If your burger has pepper, chili flakes, BBQ sauce, or even jalapeños, Zinfandel's natural peppery kick complements those flavors instead of clashing with them.

Let's Tread Lightly

Brioche bun, Gruyère cheese, and a gentle garnish of microgreens, these elements add a touch of panache to the average burger and often call for a more refined counterpoint. Burgers and Burgundy have long been a favorite pairing, as Pinot Noir works especially well with burgers that are ingredient-driven rather than overloaded with toppings or rich, bold sauces. Pinot Noir's softer tannins won't clash with the meat, making it an excellent choice for those who prefer burgers made with grass-fed or leaner beef. Unlike Cabernet Sauvignon, Pinot Noir remains elegant and restrained, allowing subtler flavors to shine. The wine's earthy notes pair beautifully with mushrooms and caramelized onions, while its freshness

and bright acidity complement a whisper of truffle aioli or fig jam. While Pinot Noir from regions such as Oregon and California works well here too, there is something about Burgundy that simply clicks. So if you prefer a burger with a bit more pedigree, Burgundy is the way to go, being extra careful to keep that pinky finger extended with each bite.

Cluck Yeah!

Chicken and turkey burgers are often

overlooked, but the recipes have actually evolved quite nicely. Since poultry has significantly less fat than beef, many of the better recipes rely on creative mix-ins and also toppings such as slaws, soft cheeses, or lightly dressed peppery greens like arugula. All this means we need wines that can handle both grilled flavors and creamy or acidic toppings. Chardonnay is a reliable choice here and one that I frequently recommend for poultry dishes because of its versatility. It has enough body to stand up to grilled flavors, while its range of styles makes it adaptable to different toppings and sauces. While both European and American styles can work, the smokiness from grilling may nudge me slightly toward a richer American Chardonnay. However, it ultimately depends on how the burger is prepared and what toppings are used. A leaner, more mineral-driven European Chardonnay can be excellent with herb-forward or lighter preparations, while a rounder, lightly oaked version pairs especially well with more indulgent combinations such as smoked cheeses, grilled leeks or buttery sauces all of which may echo some of the deeper, savory notes without overwhelming the poultry.

I know I pack a lot of information into these articles but even with something as simple as a hamburger, I want my customers to know that you can transform the enjoyment of even the most simple meal by your choice of wine, beer or spirit. This is why I always suggest, no matter where you shop to tell them about what you are serving. Anyone can select a wine that pairs with a meal, but it take a little more skill to select one that elevates the meal.

As I reflect on the recent Memorial Day, I am reminded that our casual outdoor get-togethers are much more than lighting the grill. The connection between Memorial Day, community, and relaxing outdoor meals means something special here in our little hamlet of New Canaan. From the parade to the speeches at Lakeview honoring townspeople both past and present who fought for our freedoms, it becomes clear that the day is about gathering, building something familiar, and welcoming summer and our neighbors one burger at a time.

Carl Franco is the proprietor of Francos Wine Merchants.



Burgers and beer — a natural pairing.



There are a variety of wines to suit burgers off the grill.

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The Medical Checklist Every College Parent Needs

By TERESA ALASIO MD



Sending a child off to college is one of those moments that sneaks up on you. One minute you are packing lunches and driving to soccer practice, and the next you are buying extra long twin sheets and trying not to cry in the Target parking lot. As a mom and a physician, I find myself thinking not only about the emotional side of this transition, but the medical side too. College is often the first time our kids are fully responsible for managing their own health, and that shift matters more than most families realize.

Start with a medical check-in

Before move-in day arrives, I encourage parents to schedule a basic medical check-in for their student. This is a good time to review vaccinations, medications, allergies, and any ongoing health concerns. Many colleges require proof of certain immunizations, but beyond the requirements, this is really about helping our kids stay healthy while living in close quarters, under stress, and often sleeping far less than they should.

Know your meningitis vaccines – there are two

One of the most important vaccines to review before college is the meningitis vaccine. Meningococcal

meningitis spreads more easily in dormitory settings where students are sharing bathrooms, dining halls, classrooms, and close living spaces. Although rare, it can become serious very quickly and can be life threatening.

This is also an area where many parents understandably get confused, because there are different meningitis vaccines. Some children received meningitis related vaccines as infants or young children, but those are not necessarily the same ones we are discussing for adolescents and college students. Most teenagers receive the meningococcal ACWY vaccine around ages 11 to 12, with a booster later in adolescence, and many colleges specifically require proof of this vaccine before move-in. The letters ACWY refer to the four major strains, or serogroups, of meningococcal bacteria that the vaccine protects against: A, C, W, and Y.

Families should also ask their physician about the meningitis B vaccine. It is separate from the routine ACWY vaccine and is not universally required by schools, which means some students may never have received it. This vaccine is particularly worth discussing for students who will be living in dormitories, participating in Greek life, or spending time in other close social settings where outbreaks tend to spread quickly among young adults. Students should also be up to date on tetanus, flu, and COVID vaccines, along with their routine childhood immunizations.

Medication logistics matter more than you think

If your child takes prescription medication, now is the time to think

“College is often the first time our kids are fully responsible for managing their own health, and that shift matters more than most families realize.”

through the logistics. Do they know the medication name and dosage? Can they refill it on their own? Do they understand what it is for and how to take it properly? This sounds simple, but many young adults arrive at college without knowing even basic details about their own health care.

Your child is legally an adult at 18

Something else many families do not realize until it becomes urgent: once your child turns 18, they are legally considered an adult. That means their medical records, appointments, and health information belong to them, not to the parent. Even if you are paying the tuition bill and talking to them every day, physicians and hospitals cannot discuss their care with you without your child’s permission. It is worth having an open conversation before college about communication, emergency contacts, and signing any necessary HIPAA forms if your child is comfortable doing so. Many parents are caught off guard by this the first time an urgent situation arises.

Build a simple health kit

I also encourage parents to help students put together a simple health kit before they leave. Nothing fancy. A thermometer, pain reliever, cold medicine, Band-Aids, electrolyte

packets, and basic first aid supplies go a long way. College students tend to ignore symptoms until they feel terrible, and having a few essentials in the room can make a difficult night much more manageable.

Don’t overlook mental health

Mental health deserves just as much attention as physical health. The transition to college is exciting, but it can also feel lonely, overwhelming, and emotionally intense. Even students who seem confident and independent may struggle at times. I think it is important to normalize conversations about stress, anxiety, homesickness, and asking for help before there is a crisis. Parents do not need to solve every problem. You just need to be someone they feel safe calling.

Sleep is another issue that gets underestimated. College culture often celebrates exhaustion as some sort of badge of honor, but chronic sleep deprivation affects mood, concentration, immunity, and decision making. I always tell young adults that taking care of themselves physically is not weakness. It is maturity.

Know where to go before they need to go

One practical step many parents overlook is helping their child

understand how to access medical care on campus before they ever need it. Where is student health located? How do they make an appointment? What urgent care centers are nearby? What pharmacy will they use? These details are easy to sort out ahead of time and much harder to figure out when your child is sick at midnight in a dorm room.

Give them ownership

Finally, I think part of preparing kids medically is teaching them ownership. At some point, they need to begin speaking directly to doctors, understanding their own health history, and learning how to advocate for themselves. College is often the beginning of that shift.

As parents, we spend so many years protecting our children. Sending them off to college is one of the first times we loosen our grip and trust that what we taught them will carry forward. Preparing them medically is not about fear or hovering. It is about giving them tools, confidence, and support as they step into adulthood.

And yes, you can still sneak a few snacks into the car when you help them move in. Some habits are hard to outgrow.

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

Dr. Teresa Alasio is the Physician-Owner and Medical Director of Intentional Self Aesthetics, located in Downtown New Canaan. She is a resident of New Canaan and mom to two boys, one of which will be going off to college at the Manhattan School of Music in the fall.

It takes heart and soul to tell this story: The Town Players of New Canaan present *Once*

The Town Players of New Canaan present the Tony Award-winning musical *Once*, opening June 5 and running through June 21 at the historic Powerhouse Theatre.

This heartfelt and inspiring musical takes audiences to the streets of Dublin, where an Irish musician and an immigrant Czech pianist meet through

their shared love of music. As their friendship deepens, they discover the transformative power of art, hope, and human connection.

Featuring an ensemble cast of 14 actor-musicians from NYC, Westchester, the Hudson Valley, and Hawaii, as well as right here in Fairfield County, *Once* is a uniquely intimate theatrical experience

Filled with emotionally resonant storytelling and a celebrated folk-inspired score—including the Academy Award-winning song “Falling Slowly”—the production promises an unforgettable evening of music and theatre.

in which the cast is also the band. Every performer sings, acts, and plays instruments live on stage. Many members

of this cast have performed the show multiple times. For Marion Stenfort, a French singer-songwriter and

musician based in NYC, this marks her fifth production and her third role. “It takes heart and soul to tell this

story” says Stenfort.

Filled with emotionally resonant storytelling and a celebrated folk-inspired score—including the Academy Award-winning song “Falling Slowly”—the production promises an unforgettable evening of music and theatre.

“What makes *Once* such a powerful show is how deeply relatable its story is through love, truth, heartbreak, and hope,” says director Amy MacRae. “Through music, this cast has brought those emotions into the room together in the most beautiful and honest way.”

Audiences are invited to arrive early. Enjoy live music and beverages in an Irish pub atmosphere in the theatre courtyard, before the curtain rises.

Performances run weekends, June 5 through June 21 at the Powerhouse Theatre. Tickets and additional information are available at www.tpnc.org. Don’t miss the Town Players’ moving and music-filled season finale.

Tickets: TPNC.org

Questions? TICKETS@tpnc.org

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Let's Talk About It, New Canaan: Part Two Mental Health, Stigma and the Courage to Seek Help

Publisher's Note

John Kriz has given *New Canaan* a work of consequence: a sober, generous and necessary examination of mental health, addiction, stigma and care in this town.

We thank John for the seriousness he brought to the topic. We also thank those who spoke with him and, by doing so, served the community: Dr. Bryan Luizzi, superintendent of New Canaan Public Schools; Andrew Gerber, M.D., Ph.D., president and medical director of Silver Hill Hospital; Marcella Rand, LCSW, New Canaan's director of human services and adult and senior services coordinator; Susan Bliss, Ph.D., LCSW, student support coordinator with New Canaan Public Schools; Alex Sullivan of New Canaan Unplugged; Jacqueline D'Loughy, LCSW, youth and family services coordinator with the town's Department of Human Services; Colleen Prostor, executive director of New Canaan CARES; Maureen Asiel, education and program manager with New Canaan CARES; the Rev. Peter Walsh, rector of St. Mark's Episcopal Church; the Rev. Scott Herr, senior pastor at First Presbyterian Church of New Canaan; Lauren Patterson, president of the New Canaan Community Foundation; Russ Barksdale, Ph.D., president of Waveny LifeCare Network; Laura Futterman, N.D., a naturopathic physician in Stamford; and Paul Reinhardt, founder of the New Canaan Parent Support Group.

They spoke from different stations: the schoolhouse, the hospital, the town office, the pulpit, the nonprofit, the home. Together, they helped name what too often goes unnamed.

May is Mental Health Awareness Month. A community worthy of its blessings says this plainly: Not only is there no shame in tending to one's physical and mental health; there is beauty in it. There is wisdom in it. There is strength in it.

BY JOHN KRIZ

The First Step Is Naming the Need

Part I of this two-part series reviewed key behavioral health issues New Canaan residents are facing and the factors driving them.

The reporting showed that behavioral health challenges are widespread in the community and that vulnerability to these challenges is common. They are not going away.

Behavioral health is complex, changing and often exacerbated by co-occurring addictions. Treatment can be arduous, expensive, shifting and sometimes lifelong. Untreated behavioral health difficulties can end in tragedy. Self-treating with substances can lead to a downward spiral.

Where should a resident or family begin?

Stigma and Early Detection

"The low hanging fruit would be, Number One, there is still a negative image from someone having any type of mental health issue," said Dr. Russ Barksdale, president of Waveny LifeCare. Another is early detection.

"There are families in our community who have kids with what I would call severe mental illness," said Dr. Andrew Gerber MD, medical director of Silver Hill Hospital, "who still are afraid to tell anybody that that's what their family members are suffering from. And not just the individual kid, but the whole family is suffering because they feel guilty, they feel scared, they feel embarrassed."

He continued, "If I could get mental health to being something — a regular conversation that everybody shared what was going on with them or their family members. No judgment. We can make a ton of progress."

Behavioral health issues do not improve because they are ignored.

Dr. Gerber said, "It's always true that the earlier you treat, the easier it is to treat. It's never a situation that we say, 'Oh it's got to get worse before we'll do anything.' It doesn't work like that in mental health. It's always 'Let's prevent it from getting worse.' And the treatments are milder, and the treatments are easier," the sooner treatment begins.

As noted in Part I, the first principle is to talk about behavioral health and purge the stigma. The second is to act when help is needed.

Community Connection as Prevention

COMMUNITY CONNECTION AS PREVENTION
How New Canaan residents can find support, companionship, and community

One factor consistently cited as important to behavioral health is community involvement, and the emotional and social support that can come with it. New Canaan offers many places for residents seeking connection: houses of worship, civic groups, charitable organizations and sports groups. Few charitable, civic or faith groups in town are likely to turn away a sincere desire to participate.

Where residents can connect

- New Canaan Human Services**
Provides information on behavioral health resources, support groups, volunteer opportunities, food and housing resources, and financial assistance.
- New Canaan Behavioral Health Alliance**
Provides contacts and information for residents seeking help, from crisis support to assistance finding therapists.
- New Canaan Parent Support Group**
Supports parents and caregivers walking alongside loved ones facing substance use and mental health challenges. Through weekly meetings, educational events, and community outreach, we offer connection, compassion, and a safe place to share the journey.
- New Canaan Library**
Hosts a steady stream of events where residents can learn and socialize.
- Lapham Community Center**
Offers adult programs, including Medicare counseling, health screenings, legal advice, social games, cooking classes, educational talks and bingo. Many are targeted to seniors.
- New Canaan Health Department**
Offers free "Question, Persuade, Refer" suicide-prevention training at least monthly for residents, community groups, students and nonprofits.
- New Canaan YMCA**
Offers activities to promote well-being, including fitness classes, social and hobby clubs, and the Bennett Center for Behavioral Health, a partnership with Jewish Family Services of Greenwich.
- Bennett Center for Behavioral Health**
Offers therapy in a private, welcoming space in the Y's facility for individuals, couples, and families ages 6 through older adulthood.
- New Canaan CARES**
Focuses on the health and well-being of youth and families through programs for elementary through high school students and parent education. It also works to bridge the generational gap between seniors and youth through programs such as Elder Buddies.
- GetAbout**
Provides free rides in New Canaan and surrounding towns for medical appointments. For older residents, isolation and health concerns are serious issues, and GetAbout helps address them.
- Staying Put**
Helps seniors live in their homes and stay engaged in the community as they age by providing supportive services and social connections. Events include luncheons, discussion groups and trips to local attractions.
- Waveny LifeCare & Meals on Wheels**
Waveny LifeCare provides healthcare and living services, including independent living, dementia care, physical therapy and home care. Its dementia day programs can also help caregivers manage the stress of caring for a loved one. Meals on Wheels provides low-cost meals each weekday throughout the year to eligible New Canaan residents so they may continue to live independently in their homes. There is no age restriction.

Community involvement can strengthen behavioral health by reducing isolation, increasing support, and creating more opportunities for residents to be seen, known, and helped.

One factor consistently cited as important to behavioral health is community involvement, and the emotional and social support that can come with it.

New Canaan offers many places for residents seeking connection: houses of worship, civic groups, charitable organizations and sports groups.

Few charitable, civic or faith groups in town are likely to turn away a sincere desire to participate.

The following are places residents can find support, information or companionship:

New Canaan's Human Services Department provides information on behavioral health resources, support groups, volunteer opportunities, food and housing resources, and financial assistance.

The New Canaan Behavioral Health Alliance provides contacts and information for residents seeking help, from crisis support to assistance finding therapists.

The New Canaan Parent Support Group supports "parents and caregivers walking alongside loved ones facing substance use and mental health challenges. Through weekly meetings, educational events, and community outreach, we offer connection, compassion, and a safe place to share the journey."

New Canaan Library hosts a steady stream of events where residents can learn and socialize.

Lapham Community Center in Waveny Park offers adult programs, including Medicare counseling, health screenings, legal advice, social games, cooking classes, educational talks and bingo. Many are targeted to seniors.

The New Canaan Health Department offers free "Question, Persuade, Refer" suicide-prevention training at least monthly for residents, community groups, students and nonprofits.

The New Canaan YMCA offers activities to promote well-being, including fitness classes,

social and hobby clubs, and the Bennett Center for Behavioral Health, a partnership with Jewish Family Services of Greenwich. The Bennett Center "offers therapy in a private, welcoming space in the Y's facility for individuals, couples, and families ages 6 through older adulthood."

New Canaan CARES focuses on the health and well-being of youth and families through programs for elementary through high school students and parent education. It also works to bridge the generational gap between seniors and youth through programs such as Elder Buddies.

GetAbout provides free rides in New Canaan and surrounding towns for medical appointments. For older residents, isolation and health concerns are serious issues, and GetAbout helps address them.

Staying Put helps seniors live in their homes and stay engaged in the community as they age by providing supportive services and social connections. Events include luncheons, discussion groups and trips to local attractions.

Waveny LifeCare provides healthcare and living services, including independent living, dementia care, physical therapy and home care. Its dementia day programs can also help caregivers manage the stress of caring for a loved one.

Meals on Wheels provides low-cost meals each weekday throughout the year to eligible New Canaan residents so they may continue to live independently in their homes. There is no age restriction.

The Groups Coordinating the Response

Many groups in New Canaan are active in behavioral health matters and related issues such as substance abuse, misuse and addiction. Coordination matters.

One leading coordination group is the New Canaan Coalition.

According to Colleen Prostor, executive director, "New Canaan CARES is the state-sponsored Local Prevention Council (LPC) leader for the Town of New Canaan. As the LPC, New Canaan CARES helps to organize and facilitate the New Canaan Coalition — a group of affected families, community organizations, concerned citizens, faith organizations, first responders, government, the recovery community, schools, youth organizations, and treatment centers committed to enhancing the lives of New Canaan youth and families through education, prevention and positive programs.

"The specific goals of LPCs are to increase public awareness of alcohol, tobacco, and other drug prevention and stimulate the development and implementation of local prevention activities primarily focused on youth."

While education and prevention of substance use and misuse by New Canaan youth remain the Coalition's primary focus, that focus has expanded.

"Look where we are today," Ms. Prostor said. "We're talking about behavioral health, substance abuse, mental health, technology, gaming, gambling, suicide prevention and awareness. I mean, it's become so multifaceted... so many co-occurring challenges for children, for parents, for communities, for states, for our country."

Coalition members include New Canaan Public Schools, the New Canaan Chamber of Commerce, New Canaan Library, Silver Hill Hospital, New Canaan's Health and Human Services departments, RAM Council, the Police Department and the New Canaan Parent Support Group, among others.

Another coordinating group is the New Canaan Behavioral Health Alliance, a coalition of more than 30 local organizations working to make it easier for residents to access behavioral health information and resources.

The New Canaan Coalition focuses on town-specific groups, while the Behavioral Health Alliance includes groups with a wider geographic scope. The two groups work to keep each other informed.

The Assessment Program's Role

In mid-2022, the Town of New Canaan launched a behavioral health initiative in partnership with Silver Hill Hospital, then called the Urgent Assessment Program. The word "urgent" has since been dropped to reinforce the message that residents need not wait until a behavioral health issue becomes urgent, and that early intervention and treatment are best. The towns of Weston and Westport have since joined the program.

The Assessment Program provides "New Canaan residents in urgent need of mental health treatment with a timely psychiatric assessment and tailored referral for ongoing care." There is no cost for residents. About 7.5 people have made appointments each month. More than half have been under 19, and two-thirds have been under 30. Residents of all ages may apply.

The goal is to have a face-to-face meeting with the client within 48 hours of initial contact. That meeting is an evaluation involving the client, a staff psychiatrist and a social worker with Silver Hill. The psychiatrist and social worker — and, in some cases, other professionals — then discuss the matter and meet promptly with the client again to share their evaluation and recommend treatment.

Those recommendations may include a psychologist, social worker or psychiatrist. Often, several specialists' names are provided so the client has choices. Silver Hill considers insurance and cost matters as best it can when making recommendations.

This is not a "Here's a phone number. Good luck." approach. The goal is a 'warm hand-off,' with Silver Hill working with the client to ensure the client is contacting therapists and receiving needed care.

Silver Hill also follows up with clients. If the therapist a client chose is not working out, Silver Hill works with the client to find a better placement.

Help can begin with a phone call. And the client retains full control.

Three Families, Three Paths to Care

Editor's Note: The New Canaan Sentinel interviewed several people who used the Assessment Program, either for themselves or for a family member. The interviews are intended to help readers understand how behavioral health challenges affect residents, how the Assessment Program works, and how access to critical behavioral health services in New Canaan might be improved.

Those interviewed requested anonymity, and the Sentinel agreed. Pseudonyms are used, and some identifying details have been withheld or generalized. The stories are real.

The Sentinel is grateful to these interviewees for their honesty in sharing difficult behavioral health experiences. Their stories may encourage residents who are struggling, but have not yet sought help, to do so.

Ingrid: Finding the Right Therapist

Ingrid is a stay-at-home mother in her 40s, married, with several children ranging from grammar school to high school.

She saw that one of her children, who was at Saxe, was struggling with what turned out to be obsessive-compulsive disorder, expressed as difficulty eating food.

Ingrid reached out to the child's pediatrician, who told her about the Assessment Program and suggested some therapists. Ingrid decided to try the therapist route directly. This was after COVID struck, when "therapists were very hard to find. I couldn't actually get into any of the therapists." In addition, "I couldn't find anyone that took insurance, and a lot of the therapists are charging \$300 a session, which if you need to go once a week gets very expensive."

She then discussed her child's challenges with guidance counselors at Saxe, who also suggested the Assessment Program.

She reached out to Silver Hill and was seen within 48 hours.

Ingrid said of the initial meeting, "I thought it was great. Just coming in here, the people we met with, you feel like someone's actually really there to help you."

A virtual therapist who accepted insurance was recommended.

"So we went straight to that, and met with this therapist weekly for nine months. But I ultimately felt like it wasn't the right fit for [my child] down the road. So then I went back to Silver Hill, said "This isn't working. I think [my child] needs to meet with someone in person. [My child] can't sit still through the Zooms. We just need something in person."

Ingrid and her child met with Silver Hill "pretty quickly," and Ingrid was put in touch with the therapist her child is now seeing. Treatment is going well, and the therapist accepts insurance, which Ingrid called "a big thing."

Ingrid is happy with the Assessment Program. Her contact at Silver Hill will reach out and ask how things are going. "And 'It's great.' We feel like, 'this is working.' They do check in. And I do feel like if I get to the point where I have something else, I'll happily reach out and they'll get back to me."

Regarding privacy, Ingrid said, "I was never really concerned about privacy, and [my child is] kind of comfortable with what's going on. It's just been great."

Ingrid said the barriers to care involve therapist supply and finding providers who accept insurance. If medication is needed, a family may need a psychiatrist as well as a therapist, adding expense.

Working with Saxe and its guidance counselors, whom Ingrid called "amazing," has been important.

"I'm very close with the guidance counselors at Saxe, and they have a lot of kids right now with anxiety or mental health worries," she said.

Ingrid also cited "Spaces," which she described as "a therapy program for parents to help manage and help their kids overcome anxiety. It was founded by a doctor up at Yale. So a lot of therapists — all the therapists we've seen — have brought it up. Saxe did a program for parents where they brought parents in."

"I thought that was great," Ingrid said. "There were about eight moms that met every Friday, and it was also just kind of a place to talk about what's going on in a private setting and be able to get help from your peers and then the guidance counselors." Much of the program, she said, helped parents recognize behaviors that can enable a child's behavioral health issues, "and to try to work through

that, so that as a parent you stop enabling it, which can then, in turn, help your child."

The support from other parents facing similar challenges has been important to Ingrid.

"I've quickly found two friends that were going through the same things with their kids. We still send each other hilarious text messages about things that are going on. But you have to have people that you can talk to."

She added: "As the caregiver, you can't be dealing with this all by yourself, or just you and your husband. You have to have people that you can ... Whether I'm calling my friend and I'm saying, 'Hey, what prescription anxiety medicine is your ... Where is he at? What medicine is he on?'"

"I just had someone text me saying, 'My child started it. He's tired all the time. Is that normal?' You need to find people you can talk to."

One recommendation Ingrid has for Saxe is to host "an open door every Friday, just to allow parents to come in and have someone to talk to." She said there will be a reunion soon of her Spaces group "just to get everyone back in the room."

Behavioral health issues involving a child can also affect parents' relationship with each other.

"I feel like the beginning is rough," Ingrid said. "You don't know if you're making the right decisions. It's difficult to watch. It's just hard. You sometimes — and they talk about this in our meetings — you're supposed to both be on the same page, but that doesn't always happen, and that can be hard. You just have different opinions. I also think something else that was said in all these meetings, a lot of it, whether you're a working mom or not, it falls on the mom. That's just the reality."

Although many groups in New Canaan host valuable behavioral health programs, attending them can be difficult for Ingrid. "I got to get to that one. That one's screaming my name," she said. "However, a lot of them are either at 9:30 AM or 7:30 PM and I have [several] kids."

Ingrid summarized her Assessment Program experience this way: "I've brought it up in the meetings I've been in with these other moms. 'Take your kid in and use them. It's a resource that New Canaan residents are so lucky to have, and it's free. So take advantage of it.'" She added that "it's a great place to start because they'll help you find the right type of help you need."

The guidance counselors at Saxe know the program and "work really closely with the Silver Hill Assessment Program," Ingrid said.

"I do think there's a lot of people, not just this town, but there's a whole mental health crisis I think, and it either gets swept under the rug or people don't know what to do, or where to go, or how to handle it," Ingrid said. "And it's better to get it out there and get some help."

George: Therapy Saved My Life

George is a senior citizen who had been suffering from depression.

Just prior to accessing the Assessment Program, George had tried a similar program organized by an area hospital group, but he "did not have a good experience." He was in "a really dark place."

Fortunately he soon learned about the Assessment Program after finding a brochure at New Canaan Library.

George was familiar with Silver Hill, "so when I saw the brochure, I thought, 'Oh, that looks really interesting.'"

He contacted Silver Hill and the response was prompt. "I think I was there the next day," he recalls.

George said of the initial meeting, "They were very nice. I felt very comfortable talking to them."

When he met with Silver Hill he was on Medicare, and finding therapists who accept insurance is "a huge issue."

Silver Hill recommended therapy, as well as medications, which he termed a "tripod" approach.

Was George happy with the provider recommendations Silver Hill made? "Yeah, absolutely."

One of the benefits of the Assessment Program, said George, is because "you're overwhelmed already from your issues, and it's hard to even know where to start."

George continued, noting it "can be intimidating when you're reaching out for help."

"I had reached a point where I was thinking about 'you have to do something, otherwise you're not going to be around for much longer,' said George. "And it was just by luck that I saw the brochure [for the Assessment Program] in the last year. So I kind of think of it as it was meant to be in a way."

"One thing that therapy helped me with when I first started was learning how to do what I should do if I'm going into a dark place: not being isolated, being out among people, being productive, even just in little ways. So to get through the day, you clean out a

"I think a lot of times the issues that you have, you push them down, you don't want to deal with it, you don't know how to deal with it, but you can only push feelings like that...down for so long. They're always going to resurface. So I think the sooner that you could deal with it, the better, because they're not going away on their own. They're not."

closet, you get something done, or you pay your bills... There's lots of tricks they teach you to deal with mental health issues."

Despite the fear of asking for help, "therapy quite honestly saved my life," George said bluntly.

Regarding his views on the Assessment Program, George said, "I can't say enough good things about them."

George is also a supporter of dealing with behavioral health issues quickly, of not ignoring them.

"I think a lot of times the issues that you have, you push them down, you don't want to deal with it, you don't know how to deal with it, but you can only push feelings like that, like any feelings, like anxiety and all that," said George. "You can only push them down for so long. They're always going to resurface. So I think the sooner that you could deal with it, the better, because they're not going away on their own. They're not."

Isabel: The Effects of Bullying

Isabel is a stay-at-home mom in her 40's, and has a child in middle school. She and her husband emigrated from Latin America a number of years ago.

The difficulties started when Isabel's child was in grammar school, and being bullied.

"[Our child's] 'not preppy. So [our child's] not, let's say, the typical New Canaan kid," said Isabel. Rather, the child has a changing, eclectic personal style that is atypical for New Canaan. "And I see every [child] when I drive [our child] to school. Super preppy, super nice and my [child] is not that way. So [our child's] the different kid, and we are okay with that. We always told [our child] 'whatever you want to be, or whatever you want to dress, as long as you're comfortable.' But [our child] stands out a little bit, and that is what everybody sees, 'Oh, you're different.'"

As to the bullying, Isabel said that one student — the "meanest [student]" -- was the leader. "This [student] was so bad," and pushed other students in the class to not speak with Isabel's child. "So [our child] was isolated," suffering in silence.

When this matter did come to Isabel's attention, she promptly contacted her child's teacher, who claimed not to know anything about it. However, the teacher said the bullying details would be added to the child's file, and that as the school year was ending, and the child would be entering Saxe, Isabel's child would not be in the same classroom as the student who led the bullying.

Once at Saxe, Isabel started to feel more upbeat: "Okay, new school, new kids. [Our child's] away from that (bullying) kid. [Our child] didn't have any more problems with the same kid." So far, so good.

However, when Isabel spoke with her child's new teacher at a conference, Isabel was told that "nothing is in the file" about her child's difficulties and the past bullying.

Fortunately, said Isabel, her child was "fine" and the child's "grades never went down." But later that school year, Isabel learned from her child that the child was having "trouble with some [students]."

We said to our child, "Just don't listen to them. You have other friends." But their child said, "No, they are in my classroom and I have trouble with them. I try to ignore, but they are even physical with" me, sometimes kicking and pushing.

Things took a turn for the worse towards the end of the school year.

A "counselor called me and she told me that my [child] had told her that [the child] wants to [self harm], and that she gave [the child] resources of what to do. They made a plan of if [the child] feels ... willing to [self harm] ... who or where to call, or what help to get. And she called me and she told me about the assessment" program at Silver Hill.

Isabel said the Saxe counselor's opinion was the renewed bullying was the cause of the child's distress.

The next day Isabel received a call from the principal that her child had been in an altercation, "and the principal said, '[your child's] not in trouble because we know [you child] defended [themselves] because the other [child] has been bullying [your child] and she (the principal) said they were going to open an investigation.'" Isabel was never informed of results of the investigation. This was towards the end of the school year.

Isabel's child had been informing Saxe staff "every time that anything happened. My [child] went to say to a teacher or to the

counselor and said, 'Hey, today this happened. Today this [student] did this to me, or today [this student] kicked me.'" Isabel had no sense anything was being done by Saxe staff about the ongoing bullying of her child. "They (Saxe staff) never told me anything."

Isabel does not think the bullying of her child was due to the child being Hispanic. "We always ask our kids that if they feel that's something, but no," says Isabel, continuing to note that "we are White, so I always say, until people know my name, or I start speaking," no one would think we're from Latin America.

Given the very worrisome 'self harm' comment from the Saxe counselor, and the altercation the following day, Isabel decided that new, decisive action was required, and she contacted Silver Hill seeking help for her troubled child.

An email and a voice mail to Silver Hill resulted in a call back the next morning. They wanted to start with a private conversation with Isabel's child, which happened that afternoon. After the conversation with the child, Silver Hill met with Isabel and her child two days later, and began making therapist recommendations.

"What I love and I'm so thankful (for) is that, well, I received a call out of the blue, 'Your [child] wants to harm [themselves]. And we haven't ever been to therapy, so I felt like, 'I don't know what to do.' They (Saxe counselor) told me, 'Well, here. It's free for people from New Canaan.' So we came here and then when they told me, 'Yes, we (Silver Hill) really says that [the child] needs to see someone and go into therapy,' they help me. I told them I really want (the therapy) to be part of my insurance."

"So they took my insurance, and what they did that was amazing," Isabel continues. Silver Hill not only sourced therapists who accepted Isabel's insurance, but "they called them. They explained what's happening, and when they felt that it was a good match for my [child], they let me know."

Besides help finding Isabel a therapist for her child, Silver Hill counseled her on resources and methods to use if her child had a crisis needing immediate attention.

Silver Hill "did a really long follow up. They didn't stop sending emails until I said, 'No, [my child has] a therapist. [The child's] fine. [The child's] stable and thank you so much.'"

Does Isabel recommend the Assessment Program?

"Yeah, especially if they don't know anything about therapy, this is a good beginning. I hope nobody needs it, but if it's necessary, it's a good way to understand what is happening with your kid and, from here, where to go. I didn't know what to do. I was in shock. We have never been in therapy...So I felt like, 'there's no one I can ask for help, or to know where to go.' The counselor at school gave this place (Silver Hill) as a start point. So yes, I would really recommend using this. It's free."

Isabel's child is in therapy, and is doing well. The child insisted on a therapist who could really understand the child's middle school and demographic status. No mental health diagnosis has been made. The matters discussed between the child and therapist revolve around how to handle people, and to best manage the social dynamics the child faces — including problematic people.

The child's difficulties were a challenge, and learning experience, for the parents.

"It was more of a shock for him (my husband) because in [our home country where] we grew up, mental health doesn't exist. If you are depressed, just smile more or something like that. But yeah, it was hard for him to understand, but he now is understanding. I keep telling him, 'We're not in [our home country] anymore. You need to understand the kids now, and the culture here, and just be more open about it.' But yeah, at the beginning he thought, 'How does [our child] want to kill [themselves] when [the child] has everything here?'"

Isabel continued, observing, "We are alone in this country. So we have learned to deal with everything," and "that this is our reality," concluding with "Here mental health is an issue, and we need to help our [child]."

Isabel recalled the positive changes in her child from therapy, with both parents pleased with the child's progress, and glad they took the step to seek help. "I always tell [our child] that I'm happy that [they] asked for help," noted Isabel.

"Even if we were shocked or we were angry at the beginning, at the end the most important thing is [our child], and we will help [our child] in any way we can."

How the Assessment Program Works

A New Canaan partnership with Silver Hill Hospital



203-801-2390 | ASSESSMENT@SILVERHILLHOSPITAL.ORG

BY THE NUMBERS

- 7.5 appointments per month
- More than half of participants have been under 19
- About two-thirds have been under 30

WHAT RESIDENTS SAID

- "It's a great place to start because they'll help you find the right type of help you need."
- "It kind of saved my life."
- "If it's necessary, it's a good way to understand what is happening with your child and where to go."

The program was formerly known as the Urgent Assessment Program. The word 'urgent' was dropped to encourage residents to seek help early.
Source: Silver Hill Hospital and reporting for the New Canaan Sentinel series.

Where to Get Help in New Canaan

Local contacts and crisis support

- If it is an emergency**
 - Call or text **988** for the Suicide & Crisis Lifeline
 - Call **911** if someone is in immediate danger
 - In a psychiatric crisis, ask for a CIT-trained officer and clinician
- Silver Hill Assessment Program**
 - Phone: 203-801-2390
 - Email: assessment@silverhillhospital.org
 - Admissions: 1-866-542-4455
 - Web: silverhillhospital.org/assessment-program
 - For New Canaan, Weston and Westport residents: **NO COST**
 - for New Canaan residents.
- New Canaan Human Services**
 - Phone: 203-594-3076
 - Web: newcanaan.info/departments/human_services
 - Support for mental health, substance use concerns and times of crisis.
- New Canaan CARES**
 - Email: caresinfo@newcanaancares.org
 - Web: newcanaancares.org
 - Programs and support for youth and families.
- New Canaan Parent Support Group**
 - Phone: 203-564-6374
 - Email: paul@ncparentsupportgroup.org
 - Web: ncparentsupportgroup.org
 - Weekly support meetings for parents and caregivers.
- New Canaan Health Department**
 - Phone: 203-594-3018
 - QPR info: 203-594-3020
 - Web: newcanaan.info/departments/health/community_health_programs.php
 - Free QPR suicide-prevention training and community health programs.

Check official websites for current schedules and program details.



JOYFUL NOISE

WITH MUSIC BY

ROB MATHES

CONTEMPORARY
CASUAL
EUCHARIST WORSHIP

SUNDAY
May 31, 5:00pm
Reception to follow



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CHRIST CHURCH GREENWICH
254 EAST PUTNAM AVE., GREENWICH, CT



NEWS BRIEFS From Page 1

available on New Canaan's website.

AROUND TOWN

Waveny Welcomes July Fourth Fireworks

New Canaan's Fourth of July fireworks event is scheduled for Saturday, July 4, at Waveny Park, with gates opening at 5 p.m., live music beginning at about 5:30 p.m. and fireworks later in the evening. Entrance passes are required for residents and guests, cost \$40 in advance and \$50 on the day of the event, with sales available online and at designated town locations. Rain dates are Sunday, July 5, or Saturday, July 11; dogs, drones, grills, candles and personal fireworks are prohibited, and a new Sensory Zone will be available at the New Canaan High School soccer fields by Farm Road.

LOCAL BUSINESSES & NON PROFITS

Glass House Celebrates Summer Arts

The Summer Party will take place Saturday, June 6, 2026, at noon at the Glass House, with tickets priced at \$750. The event will include performances curated by SAINT HERON, music by Gio Escobar, a Knoll design installation inside the Glass House, a Max Mara Italian Summer Café, picnic baskets by Elm, beverages from partner vendors, and transportation from Land Rover Darien. The African American Cultural Heritage Action Fund will present a Bar + Lounge in the Auction Tent highlighting its preservation work.

Horizons Welcomes New Summer Leadership

Horizons at New Canaan Country School Executive Director Leanne Tormey departed the program effective May 14 after two years in the role. Berto Nieves, a Horizons alumnus, Senior Program Director for grades 6-9, and teacher and coach at Westhill High School in Stamford, will serve as Executive Director this summer. Elise Lake will lead the Senior Program for summer 2026, while Horizons Board Chair Leigh Kennedy and Vice Chair Susan Barr continue supporting operations as the search for a new Executive Director begins.

PEOPLE IN TOWN

Brothers Honored for Lifesaving Rescues

New Canaan brothers Jayden and Jaxon Grayson were honored May 20 with an American Red Cross National Lifesaving Award for helping rescue at least 30 people from rip currents at East Beach in Westerly, R.I., in August 2024. The rescues occurred as Hurricane Ernesto moved off the New England coast, creating stronger surf and dangerous water conditions. The award was presented at King School in Stamford, where both brothers attended and where Jaxon remains a student.

THE ENVIRONMENT

Edelweiss Returns To Kiwanis Park



Following last week's torrential downpour, a Great Egret known as Edelweiss was seen foraging in the Five Mile River. The bird is a regular visitor to a Kiwanis Park property, along with a Great Blue Heron known as Blueberry. **Photo credit: Betty Lovastik (Thank you Betty!).**

SCHOOLS

NCHS Preschool Program Fosters Growth

New Canaan High School's Child Development I and II electives give high school students supervised, hands-on experience working with children in the district's preschool program. Students plan and lead activities such as reading, crafts, STEM lessons and movement exercises while observing preschoolers' development and documenting their progress for families. The program connects classroom instruction with practical experience in early childhood education while supporting preschoolers' preparation for kindergarten.

St. Luke's Choir Earns Honors

St. Luke's School's Upper School Select Choir earned first place in the High School Mixed Choir 1A category at the Music in the Parks competition. The choir also received a Superior rating, the judges' highest distinction.

NCHS Poetry Fest Celebrates Student Voices

NCHS held its annual Poetry Fest in the Wagner Room on April 23, with students, faculty, staff, parents and community members attending the two-and-a-half-hour event. More than 60 students from all grade levels submitted poems through a Google Form shared by English teachers. Participants read original work, with some students introducing their poems or using props during their readings.

SLS Theater Earns Halo Nominations

St. Luke's School's SLS Theater received 14 Halo Award nominations for its productions of "Fiddler on the Roof" and "A Midsummer Night's Dream." The Halo Awards, presented by Seven Angels Theatre, recognize high school theater programs. Winners were announced Tuesday, May 26, at the Palace Theater in Waterbury.

First Graders Showcase Community Learning

First graders at New Canaan Country School studied community roles through the "Our Self and Others" unit. The project included field trips, guest visits, research, writing, and lessons across multiple subjects. Students presented their work at the Grade 1 Community Helper Expo through speeches, costumes, props, an art mural, and a song.

Students Earn World Language Honors

St. Luke's School recognized 185 Middle and Upper School students with national and regional world language awards in Spanish, French, and Mandarin. The awards came through the National Spanish Exam, the National French Contest, the COLT Poetry Contest, and the AATF's Prix Sandi VanAusdal d'Enthousiasme Pour le Français.

Frogtown Fair Celebrates NCCS Community

New Canaan Country School held its 79th annual Frogtown Fair, a spring picnic that brought together current and former NCCS and Horizons students, families, faculty and staff. Ninth grade students led midway-style activities for younger students, including face painting, donut-eating contests, hockey slap shots and a marriage booth. The event also included hamburgers, hot dogs, watermelon and lemonade, with planning support from parent volunteers, school staff, FLIK Independent School Dining and the Facilities team.

Students Bring Shakespeare to Life

Eighth graders in Elizabeth Carroll's English class at New Canaan Country School studied a scene from Shakespeare's "Romeo and Juliet" by staging it on the Grace House balcony and terrace. The activity incorporated reading, speaking, movement, and performance as part of the class's literature study.

SPORTS

Ninth Graders Win Final Match

New Canaan Country School ninth graders defeated faculty and staff in a volleyball match held in the school gym. Younger students watched from the sidelines as music played and seventh graders started a wave during the game. The match was the final challenge tradition for the Class of 2026.

Softball Seniors Lead New Canaan

New Canaan Softball held Youth Night and Senior Night on Thursday at Orchard Field, honoring seniors Marissa Delcarmine, Lisa Mallozzi, Lauren Fico and Julia Fittipaldi, all of whom began in the town's youth program. More than 100 youth players attended and took part in pregame activities, including standing with the varsity team for the National Anthem, presenting flowers to the seniors and helping hold the flag in the outfield. New Canaan won the game 4-0 and now moves on to the playoffs.

COLUMN

The Mail Arrives, and Arthur Smith Reminds Us All What Service Means



BY FRANK GAUDIO

I am always looking for people who make a place better just by showing up.

That sounds simple. It is not. Showing up with energy, showing up with heart, showing up when it is raining, cold, busy, inconvenient, or nobody is watching—that is the real work. I see it every day at The First Bank of Greenwich. I see it in our customers. I see it in our team. I see it in local businesses that open the door early and close late because somebody needs them. And I see it in Arthur Smith, our mail carrier.

Arthur has been coming through our doors for years. He brings the mail, yes. But that is not all he brings. He brings a hello. He brings consistency. He brings the

kind of presence that tells you somebody takes pride in the route, the people, the job, and the little daily handoff that keeps the day moving.

I love that. I respect that. I notice that.

A bank is full of numbers. Deposits. Loans. Balances. Rates. Deadlines. Forms. But the work, when it is done right, is always about people. I have said this in different ways for years because I believe it: No one is just a number. Whether somebody has \$2 or \$2 million in the bank, that person matters. If you forget that, you fail.

Arthur reminds me of that without saying a word.

The reason I started thinking about this was Fred Afragola: Founder, Director, former Chairman, President & CEO of The Bank of New Canaan. Fred is one of those people who has been around banking, business, and community long enough to know the difference between a transaction and a relationship.

Years ago, he gave me a book called *The Fred Factor*, by Mark Sanborn. It is about

a postal worker who loved his work and turned an ordinary job into something extraordinary.

The book hit me hard. I had to find it again in my office because I wanted to reference it here. It made an impression on me because it was about a person who did not need a title to make a difference. He did not need a corner office. He did not need a microphone. He had a route, a work ethic, and a decision to care.

Fred sent me that book after we first met. In his note, he wrote, “The ‘Fred Factor’ book was given to me many years ago.” Then he wrote that after meeting me and being impressed with my “hard work, commitment and determination,” he wanted to share it with me. At the end, he added, “The book should

be cited: *The Frank Factor*.”

That made me smile. It also made me think.

If there is such a thing as a *Frank Factor*, then I hope it means this: care about people, answer the phone, call back, open doors, connect people, support the local school, buy the flowers, show up at the fundraiser, help the small business, and never act as though community is somebody else’s department.

That is what Fred was telling me. That is what Arthur shows me.

Arthur is not walking into the bank looking for attention. That is exactly why he deserves it. He is part of the daily rhythm of our place. The door opens. The mail comes in. Arthur is there. We say hello. We talk. The day continues. It can look small if you are moving too fast.

But small things are

where community lives.

Greenwich and New Canaan understand this. So do Cos Cob, Stamford, Port Chester, and every neighborhood where people still know the person behind the counter. The strongest communities are not built only by big announcements. They are built by the daily habits of people who care enough to do ordinary work with uncommon pride.

Arthur Smith does that.

Fred Afragola reminded me to see it.

That is why I wanted to write this column. Not because mail delivery needs a public-relations campaign. Not because banking needs another slogan. But because we should be quicker to thank the people who make our lives better.

The mail arrives. Arthur smiles. The bank keeps

moving. The town keeps moving. And if we are paying attention, we remember something important.

Let’s keep the movement. Let’s keep the love going.

Frank J. Gaudio is a winner of the Sentinel award for his outstanding service, going above and beyond to help his clients and the non-profits of our communities when they needed it most. We are eternally grateful.

He has served as the President and Chief Executive Officer of The First Bank of Greenwich since 2015, holds a BBA in Accounting from Iona College and previously served as Chairman of the Connecticut Bankers Association. In his spare time, he enjoys bird watching, live music shows and spending time with his five granddaughters.

ICY FRANTZ From Page 1

will celebrate later – when things are fixed, calmer, clearer, easier.

But life has a way of reminding us that later is never guaranteed.

And maybe that is exactly why celebration matters.

Not necessarily the giant milestone kind. Not fireworks and champagne and confetti cannons and long amusing roasts and toasts.

Although those are important too.

(Happy 60th, Susan).

I think it starts smaller than that.

One day of sobriety.

A perfect reverse corner. For the non-squash players, trust me – this is worth celebrating.

An hour without pain.

A child who made it through a hard week.

Parallel parking on the first try.

A marriage that survived a rough season.

A clean scan.

The warm sun after endless rainy raw days.

Sometimes we have to dig deep for the

things worth celebrating, because not all victories arrive carrying balloons.

Some arrive without fanfare.

And yet they matter enormously.

The older I get, the more I suspect that those small victories are the ones that deserve the most reverence.

When our son Sargeant was a baby, it became clear early on that he would not be reaching the normal developmental milestones that other healthy children achieve. And yes, this was difficult and painful for all of us to accept. But a wise occupational therapist taught us to shift our

to measure my life only by the things I got wrong, and the things left undone.

There is value in acknowledging our own glow ups instead of constantly tracking our missteps, failures, and – another term I have learned from our kids and, frankly, love – dumpster fires.

The glow ups are worth celebrating.

Not because larger problems have disappeared.

But because growth has somehow managed to happen alongside them.

A shift occurs when we start to celebrate the wins, no matter how small. Our brains

What seems routine for one person may be a tremendous victory for another.

expectations and notice the small Sargeant triumphs: turning his head toward the sound of his name, having a day without seizures, responding in some quiet way that reminded us he was there, he was trying, he was a miracle.

She taught us to celebrate that.

And in doing so, she taught me something I have carried ever since: what seems routine for one person may be a tremendous victory for another.

That lesson showed up again years later, in a much more commonplace setting. After a term of academic struggle, one of our sons got a good grade on a small math quiz – nothing epic, nothing anyone else would have framed or posted or even remembered. But for him, it made a difference. It gave him a foothold. And then, almost magically, another good grade followed. He gained momentum.

His teacher told me that success breeds success. I think hope does too. And light has a way of finding more light.

These are not just pretty words. They are truths.

Maybe part of the challenge is changing the narrative we tell ourselves. Learning to count the wins – even the trivial, unimpressive, deeply personal ones that nobody posts about.

Especially those.

Last week, one of our kids came home from his ten-year high school reunion and used the phrase “glow up” to describe a few classmates. People who, in the years since graduation, had grown into interesting, confident adults – maybe even surprisingly so.

Positive transformation.

I had never really heard the term “glow up,” but I liked it.

And so, naturally, I started considering my own glow ups.

A repaired relationship I thought had no legs.

Reprioritizing my time to include the things that actually matter to me.

Learning, slowly and imperfectly, not

rewire and start to look for the good, the success, the light – rather than scanning only for the negative, the challenge, and those dumpster fires.

And then there are the moments with no particular occasion at all: friends or family gathered over dinner, or everyone lounging in sweats watching college lacrosse on a rainy afternoon – yes, I am slightly obsessed – when somewhere along the way we realize this, too, is special.

This, too, is worth noticing.

The thing we first thought of as ordinary is actually extraordinary.

The dogs are smiling and circling the snacks. The mood is relaxed. No expectations. Nothing monumental. Bigger worries may still be waiting for us the next morning.

But for that moment, all is good in our world.

Warm.

Easy.

Full.

Maybe that is what celebration really is.

Not denial.

Not pretending life is easier than it is.

But a deliberate decision to notice that in the middle of it all there is still something worth honoring.

Celebration becomes less about denying hardship and more about refusing to let hardship have the final word.

It is an act of hope.

A small rebellion against despair.

Because it is a big deal.

It really is worth our time.

The Unimportant birthday, the clean scan, the hard week survived, the smiling dogs, the turn of a sick baby’s head to the sound of our voice, the tiny glow up no one else saw – all of it matters.

So, Let’s take the time to celebrate- in small and BIG ways, not because life is perfect, but because something good is still here.

ICY Frantz

The Icing on the Cake

ICY@icyfrantz.net

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Calendar of Events for Your Fridge

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

TOWN MEETINGS

Monday, June 1

[Zoning Board of Appeals](#)

7-9 p.m., Location not posted at time of publication.

Tuesday, June 2

[Board of Selectmen](#)

8:30-10 a.m., Town Hall Meeting Room

[Health & Human Services Commission](#)

9-10 a.m., Town Hall Board Room

[Charter Revision Commission](#)

5-6:30 p.m., Town Hall Board Room

[Planning & Zoning Commission](#)

[Zoning Regulation Subcommittee - Special Meeting Public Hearing](#)

7-9 p.m., Town Hall

Thursday, June 4

[Planning & Zoning Commission \(PZC\) - Zoning Regulation Update Subcommittee](#)

7-8 p.m., Town Hall

Friday, May 29

COFFEE AND CONVERSATION

8:30 - 9:30 AM at the Lapham Center
Sponsored by the New Canaan Sentinel for a weekly community coffee and conversation.

Community Mosaic for Mental Health Awareness

3-5 PM at New Canaan Library, Anderson Terrace

Join in to create a large-scale community mosaic made up of individual messages of hope, support, and connection. Drop in anytime 3-5 pm to write your message, decorate your tile, and add it to the mosaic. Register at <https://shorturl.at/4NkHn>.

New Canaan Museum & Historical Society Annual Gala

6:30-10 PM at the New Canaan Museum & Historical Society

Celebrate New Canaan while honoring Cynthia & Tom Monahan. Join for music, food, and more. Tickets are available at <https://nchistory.org/celebrate-new-canaan-2026/>.

And the World Goes 'Round

7 PM at New Canaan High School

New Canaan High School's award-winning theatre program's final production of the year as it presents *The World Goes 'Round*, a dazzling celebration of the iconic music of John Kander and Fred Ebb. Tickets are available at newcanaanhighschooltheatre.com.

Saturday, May 30

The New Canaan Farmers Market

10 AM- 2 PM at the Lumber Yard Lot, 244 Elm Street

Various local items will be available including specialty food, fresh meat, produce, honey, eggs, and soap. More information is available at newcanaanfarmersmarket.net.

Last Saturdays on the Trail | Spring Show and Tell

10 AM at NCLT Headquarters, 1124 Valley Road

Join Robin Bates-Mason and explore the grounds at 1124 Valley Road as they come to life this spring. Check on the growth of the American Chestnut seedlings, see what is emerging in the Barbara Johansen Pollinator Garden, learn more about the renovation progress of the Headquarters. Finally, head into Browne Preserve after taking in the serenity of the Williams Zen Garden. Register at newcanaanlandtrust.org/events/.

Historic Grainger House + Peony Garden Tour

1 & 2:30 PM with parking at West School, 769 Ponus Ridge Road

The Glass House will, for the first time, open the 1783 Grainger House and its celebrated peony and iris garden for public tours. The house sits on one of New Canaan's earliest registered land parcels and was originally known as the Finch House. Tickets are \$20 and available at theglasshouse.org/whats-on/historic-grainger-house-peony-garden-tour/.

The Great Community Cake-Off

2-4 PM at New Canaan Library, Anderson Terrace

Get your aprons and appetites ready as the library invites you to bake a homemade cake to share with the community. Everyone who brings a cake will be able to sample 8 other servings of homemade cakes. Register at <https://shorturl.at/pTyhU>.

New Canaan Author Sarah G. Pierce | For Human Use

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

Join debut author Sarah G. Pierce to celebrate her new novel, *For Human Use*. It is a twisted tale of modern love that bends every genre, sears itself into your brain, and presents a horrific romantic comedy unlike anything you've ever read before. Sarah will be signing copies of her novel after the event. Register at newcanaanlibrary.org/event/new-canaan-author-sarah-j-pierce-208303.

And the World Goes 'Round

2 & 7 PM at New Canaan High School

New Canaan High School's award-winning theatre program's final production of the year as it presents *The World Goes 'Round*, a dazzling celebration of the iconic music of John Kander and Fred Ebb. Tickets are available at newcanaanhighschooltheatre.com

Sunday, May 31

New Canaan Dog Days

11 AM- 4 PM at the New Canaan Nature Center

Join New Canaan Dog Days for games, activities for pets, and pet supply giveaways. This fundraiser benefits Adopt-a-Dog and supports local community initiatives. More information is available at <https://tinyurl.com/5ecvtspz>.

Ice Cream Social and Antique Car Show

1-3 PM at the New Canaan Museum & Historical Society

Join for the 35th Annual Ice Cream Social. This festive celebration and antique car show will include ice cream as well as cakes and cookies. The town band will play patriotic music and there will be old fashioned games for kids. Free. For more information, call (203) 966-1776.

Tuesday, June 2

Spring Hike's with Tom Turrentine

9:15 AM, meet in NCNC upper parking lot

Join Tom for a hike at Rockefeller State Park, Rockwood Hall Trail. Each hike will meet in the upper parking lot at the New Canaan Nature Center unless otherwise indicated. Register at newcanaannature.org/hiking-club/.

Lunch & Learn: Travel Photography Workshop with Jane Beiles

12-2 PM at the Carriage Barn Arts Center

This class is designed for photographers of all levels seeking to elevate their skills and capture stunning travel moments. Jane Beiles is an acclaimed editorial photographer for publications including *The New York Times*, *Architectural Digest*, and *House Beautiful*. More information and registration is available at carriagebarn.org/event/travel-photo-workshop/.

Movie Screening: Conclave

6 PM at the New Canaan Library, Craig B. Tate

Join for a screening of *Conclave* (2024). Directed by Edward Berger, this film pulls back the curtains on the clandestine election that follows the death of a pope. Register at newcanaanlibrary.org/event/movie-screening-conclave-196704.

Wednesday, June 3

Moneco Advisors Present: Cash Flow Basics

7 PM at the New Canaan Library, Craig B. Tate Conference Room

Dive into what you should be focusing on when it comes to your Cashflow Planning. Because its not always about how much money you make, its about how much you get to keep. Register at newcanaanlibrary.org/event/hold-moneco-188242.

Thursday, June 4

Staying Put in New Canaan's Summer Soirée

6-8:30 PM at Waveny House

Every dollar raised directly supports Staying Put's mission to help older New Canaan residents live confidently at home while staying active, connected, and engaged in the community. Tickets are \$100/person and available at stayingputnc.org/summer-soiree/.

Martha Graham Dance Company Celebrates 100 Years

5:30 & 7 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium

Experience the revolutionary spirit of American modern dance in a performance that celebrates two historic milestones: the Martha Graham Dance Company's 100th anniversary and our national America 250 commemoration. Register for the 5:30 pm

performance at <https://shorturl.at/Lq2aT>. Register for the 7 pm performance at <https://shorturl.at/ASyB5>.

Thursday, June 4 No Sentinel Newspaper

Friday, June 5

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

Once, a musical

7:30 PM at the Powerhouse Theatre

The touching, lyrical musical tells the story of two down-on-their-luck musicians, an angst-ridden Dublin street singer/songwriter who works as a vacuum repairman, and a Czech immigrant who sells flowers in order to support herself and her family. Tickets are available at tpnc.org.

Saturday, June 6

The New Canaan Farmers Market

10 AM- 2 PM at the Lumber Yard Lot, 244 Elm Street

Various local items will be available including specialty food, fresh meat, produce, honey, eggs, and soap. More information is available at newcanaanfarmersmarket.net.

The Summer Party

12-4 PM at the Glass House

The Glass House Summer Party is a gathering for individuals across art, architecture, design, fashion, philanthropy, and more. There will be curated food and drinks, a live performance, and a silent auction. Proceeds support the preservation and programming of this Modernist landmark. Tickets are available at theglasshouse.org/whats-on/the-summer-party-2026/.

Summer Kickoff Concert with Marcus Miller and IWM

5 PM at Grace Farms

Join for a summer concert featuring Marcus Garrick Miller, a celebrated composer, saxophonist, and curator whose work spans jazz, performance, and creative collaboration. Tickets are \$32/members, \$40/non-members, and available at <https://shorturl.at/FxQ8u>.

Groove on the Green Disco

6-9 PM at the New Canaan Library, Merrill Event Lawn

Join for a free music and dance party under the stars featuring DJ Lucas Walters. A food truck will be on-site. Register at newcanaanlibrary.org/groove-green-disco.

Once, a musical

7:30 PM at the Powerhouse Theatre

The touching, lyrical musical tells the story of two down-on-their-luck musicians, an angst-ridden Dublin street singer/songwriter who works as a vacuum repairman, and a Czech immigrant who sells flowers in order to support herself and her family. Tickets are available at tpnc.org.

Sunday, June 7

Draw Until You Drop

10 AM- 5 PM at the Silvermine Arts Center

This is an opportunity for continuous, intensive figure drawing with a model(s) in sustained poses and still life set-ups. This is open to adults 16+ and all skill levels are welcome. Register at silvermineart.org.

Once, a musical

2 PM at the Powerhouse Theatre

The touching, lyrical musical tells the story of two down-on-their-luck musicians, an angst-ridden Dublin street singer/songwriter who works as a vacuum repairman, and a Czech immigrant who sells flowers in order to support herself and her family. Tickets are available at tpnc.org.

Mocktails and Watercolors

2-4 PM at Grace Farms

Enjoy a relaxing summer afternoon outdoors in the Plaza as you paint watercolor landscapes and sip handcrafted mocktails. Find inspiration in summer's shifting light as it moves across the landscape, enjoy the company of fellow painters, and unwind through this one-of-a-kind artmaking experience. Light instruction and guidance will be provided by our educators. Take home your artwork and mocktail recipes. Watercolors, paper, and brushes will be provided. Register at gracefarms.org/event/mocktails-and-watercolors.

Pops In the Park

6-8 PM in Waveny Park

Bring your blanket, chair and picnic and come enjoy an evening of patriotic songs featuring The Norwalk Symphony Orchestra. More information is available at norwalksymphony.org/pops-in-the-park-1.

Tuesday, June 9

What Your Body Knows About Happiness with Bestselling Author Janice Kaplan

12:30 PM at New Canaan Library, Jim & Dede Bartlett Auditorium

New York Times bestselling author Janice Kaplan presents her new book, *What Your Body Knows About Happiness*, with a new twist on how mind-body connections influence how we feel every day. Register at newcanaanlibrary.org/event/hold-janice-kaplan-215184.

Wednesday, June 10

90-Minute Ukulele | American Songs for America 250

1:30-3 PM at New Canaan Library, Jim & Dede Bartlett Auditorium

In this class, you will learn how to hold, strum, and play simple chords, incorporating different genres of music. By the end of class, you will have learned some simple songs that will allow you to continue playing more songs in the future. Register at newcanaanlibrary.org/event/learn-ukelele-america-250.

Thursday, June 11

Find Your Next Read with NovelList Plus

1 PM at New Canaan Library, Craig B. Tate Conference Room

Join reference librarian Flannery to explore NovelList Plus, a readers advisory service that lets users search for read-a-likes, reading recommendations, and offers genre-focused browsing. Register at newcanaanlibrary.org/event/find-your-next-read-novelist-plus-221087.

GODS OF NEW YORK with Journalist

Jonathan Mahler

7 PM at New Canaan Library, Jim & Dede Bartlett Auditorium

Join New York Times Magazine journalist Jonathan Mahler as he presents *The Gods of New York*. More information and registration is available at newcanaanlibrary.org/gods-of-new-york.

Saturday, June 13

The New Canaan Farmers Market

10 AM- 2 PM at the Lumber Yard Lot, 244 Elm Street

Various local items will be available including specialty food, fresh meat, produce, honey, eggs, and soap. More information is available at newcanaanfarmersmarket.net.

Summer Stroll

11 AM at Grace Farms

This walk invites you to notice the shifting signs of the season and discover the vibrant plant and animal life that makes this landscape so special. Please dress accordingly and arrive at least five minutes beforehand. Rain or shine. Tickets are \$12/members, \$15/non-members, and available at gracefarms.org/event/summer-stroll/2026-06-13.

Sunday, June 14

What the Constitution Means to Me Presented by CT Stage Co

2-4 PM at New Canaan Library, Jim & Dede Bartlett Auditorium

Playwright Heidi Schreck's boundary-breaking play breathes new life into our Constitution and imagines how it will shape the next generation of Americans. Starring two-time Tony Nominee Kate Baldwin. Register at newcanaanlibrary.org/event/hold-what-constitution-means-me-ct-stage-149830.

Monday, June 15

The Nature of Gardening at the New York Botanical Garden

7 PM at New Canaan Library, Jim & Dede Bartlett Auditorium

Todd Forrest, Head of Horticulture at NYBG will discuss the ongoing transformation of the Garden and provide insight into how thoughtfully designing, planting, and tending great gardens might be our most effective approach to repairing the damage we have done to nature. Register at <https://shorturl.at/tbZYm>.

Tuesday, June 16

Listening to Women's Financial Concerns

10 AM at the Lapham Center

Join Hillary McGrail for a Q&A session designed to help you tackle your financial questions and align your planning with your personal goals and values by taking an active, confident role in shaping your financial future. Free. To register, please call (203) 594-3620.

Calendar of Events for Your Fridge

Wednesday, June 17

Journey Into the World of Tea | Eastern and Western Tea Culture & Practices

3 PM at Grace Farms
Join Tea Expert Frank Kwei for a deep dive into the differences between Eastern and Western tea culture and practice. As you taste a range of tea varieties from across the globe, learn about the tea itself, the distinct wares in which it's served, how it's presented, and more. Tickets are \$20/members, \$25/non-members, and available at gracefarms.org.

Kate Doerge Presents *Reimagining Grief*

7 PM at New Canaan Library, Jim & Dede Bartlett Auditorium
Author and grief coach Kate Doerge offers five actions that can help ground us when we feel out of control, lift us when we're depleted, and help us process the pain of loss. Register at gracefarms.org/event/kate-doerge-presents-reimagining-grief-209303.

Waveny Summer Concert | Kenn Morr – Original Folk Rock

7:30-9:30 PM at Waveny Park (Back Lawn)
Bring a lawn chair or blanket and enjoy an evening of live music at Waveny Park.

Friday, June 19

"Hearts of Freedom" | Juneteenth Community Celebration

3-7 PM at Waveny House Lawn
S.T.A.R. is proud to host their 5th annual Juneteenth Celebration as a part of New Canaan's America 250 commemoration. There will be live music, children's activities, food trucks, and more. RSVP at star-ct.org/juneteenth.

Saturday, June 20

Hand Pies Around the World: A Delicious Journey Through History

11 AM at the New Canaan Library, Kend Kitchen + Community Room
In this demo-style class, culinary educator and gastronome Lamour Workman traces the fascinating global lineage of the hand pie, beginning with the iconic Cornish pasty. Register at gracefarms.org.

[org/event/hold-cooking-class-193315](https://gracefarms.org/event/hold-cooking-class-193315).

Tuesday, June 23

Stars, Stripes & Horses

5 PM at New Canaan Mounted Troop, 22 Carter St
Join to celebrate the Spirit of America with a patriotic horse-themed afternoon. Experience a riding exhibition, flag themed crafts, and a grooming demonstration. Register at <https://forms.gle/B69sXXX36SDAebec8>.

Wednesday, June 24

Pollinator Pathway

Film Screening:

"The Extraordinary Caterpillar"

1 PM at New Canaan Library, Jim & Dede Bartlett Auditorium
Peek into the world of nature's tiniest superheroes in The Extraordinary Caterpillar, a beautifully shot 60-minute documentary that reveals the vital role caterpillars play in our ecosystems. Register at gracefarms.org/event/hold-pollinator-pathway-film-219732.

Waveny Summer Concert | Gunsmoke – Country Western

7:30-9:30 PM at Waveny Park (Back Lawn)
Bring a lawn chair or blanket and enjoy an evening of live music at Waveny Park.

Thursday, June 25

2026 Annual Firefly Party ~ Fireflies take Flight!

8-10 PM at Colhoun Preserve
Join the New Canaan Land Trust for drinks, desserts, and a night under the glowing light of the fireflies. Tickets are available at gracefarms.org/event/2026-annual-firefly-party.

Saturday, June 27

NC250 Parade

9:30 AM from South Avenue to NCHS
The parade is part of the town's 250th Independence Day celebration. Patriotically decorated floats and bicycles, colonial attired local groups, vintage cars, marching bands, and fife & drum will be in the parade.

Photography Intensive with James Florio

10 AM- 2 PM at Grace Farms

Join Artist-in-Residence and renowned photographer James Florio for an immersive four-hour photography intensive that deepens your ability to see and capture the relationship between land, light, and architecture. Please bring your own camera. Register at gracefarms.org/event/photography-intensive-with-james-florio.

SAVE THE DATE

Wednesday, July 1

Waveny Summer Concert | Mind the Gap – Rock & Roll

7:30-9:30 PM at Waveny Park (Back Lawn)
Bring a lawn chair or blanket and enjoy an evening of live music at Waveny Park.

Thursday, July 2

Fourth of July Mocktails

6:30 PM at Grace Farms
In this special Fourth of July-themed class, follow Chef Leah's recipes to mix vibrant and refreshing beverages. Tickets are available at gracefarms.org/event/mocktails-summer-2026.

Wednesday, July 8

Waveny Summer Concert | Otis and the Hurricanes – New Orleans Funk, Delta Blues

7:30-9:30 PM at Waveny Park (Back Lawn)
Bring a lawn chair or blanket and enjoy an evening of live music at Waveny Park.

Thursday, July 9

Intergenerational String Quartet Concert: 250+ Years of American Music

5 PM at the New Canaan Library, Jim & Dede Bartlett Auditorium
Join Janey & Friends in an hourlong string quartet concert and journey through the diverse landscape of American Musical History. Register at gracefarms.org/event/intergenerational-string-quartet-concert-208503.

Saturday, July 11

New Canaan's Got Talent (Grades 1-12)

2-4:20 PM at the New Canaan Library
Have a special talent? Go show it off at the New Canaan's Got Talent, Talent Show. All children entering grades 1- 12 are welcome to participate in

the show! Children can showcase any talent they choose, from magic tricks to playing an instrument -- no talent is too small! Register at <https://shorturl.at/uIk7r>. Audience registration is available at <https://shorturl.at/X2fDg>.

Wednesday, July 15

Waveny Summer Concert | Doug Allen – Singer Songwriter, Acoustic Pop

7:30-9:30 PM at Waveny Park (Back Lawn)
Bring a lawn chair or blanket and enjoy an evening of live music at Waveny Park.

Wednesday, July 22

Waveny Summer Concert | Finster – 70's to Today's Hits

7:30-9:30 PM at Waveny Park (Back Lawn)
Bring a lawn chair or blanket and enjoy an evening of live music at Waveny Park.

Tuesday, July 28

Fairfield County Dance Festival on the Green

6:30 PM at the New Canaan Library, Merrill Event Lawn
The Thomas/Ortiz Dance Company and East Coast Contemporary Ballet are coming to the library as a part of a series of free outdoor dance performances throughout Fairfield County to enable greater access to the arts and arts education. Please bring your own chairs, blankets, and food. Register at gracefarms.org/event/fairfield-county-dance-festival-green-202572.

Wednesday, July 29

Waveny Summer Concert | The Bookends – 60's and 70's Songs

7:30-9:30 PM at Waveny Park (Back Lawn)
Bring a lawn chair or blanket and enjoy an evening of live music at Waveny Park.

BLOOD DRIVES

Friday, May 29

VFW
465 Riverside Avenue
Westport, CT 06880
11:00 AM – 4:00 PM

Saturday, May 30

Tully Health Center
32 Strawberry Hill Court
Stamford, CT 06902
7:45 AM – 1:15 PM

Monday, June 1

Greenwich

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

Thursday, June 4

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

Support Services & Meetings

Wednesday, June 3 & Wednesday, July 1

Alzheimer's 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. Register at <https://shorturl.at/f2bWL>.

Every Friday

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

Every Saturday

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

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

Lost Then Found NA Meeting

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

Every Monday

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

Adult Child Al-Anon Meeting

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

Every Tuesday

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

Every Wednesday

AA Step Meeting
Wheelchair Access
Wednesdays at 7:30 AM

Congregational Church of New Canaan

Al-Anon Parent's & Newcomer's Mtg.

Wednesdays at 7:30 PM
Silver Hill, Jorgenson House
208 Valley Rd., New Canaan

Every Thursday

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

New Canaan Parent Support Group

7- 8:30 PM
St. Mark's Episcopal Church
New Canaan

OUR NEIGHBORS

Thursday, June 4

Greenwich Sentinel Award Event

6:30-9:30 PM at Christ Church Greenwich
254 E. Putnam Avenue
Join the Sentinel's annual awards event honoring Bobbi Eggers, featuring co-hosts Debra McLaughlin, comedian Jane Condon, and storyteller Bonnie Levison. Tickets are available at gracefarms.org/event/greenwich-sentinel-award/.

Sunday, June 7

Hope in Motion Walk

10 AM at Mill River Park
1010 Washington Blvd, Stamford
This event marks the 30th anniversary of Hope in Motion, bringing the community together to celebrate three decades of impact, resilience, and progress. This meaningful walk serves as a vital fundraising event, supporting programs and services that make a difference for those impacted by cancer. More information and registration is available at gracefarms.org/site/TR?fr_id=1190&pg=entry.

Tuesday, July 14 to Saturday, August 1

Agatha Christie's *The Murder of Roger Ackroyd*
Times Vary at the Westport Country Playhouse
25 Powers Court
Agatha Christie's *The Murder of Roger Ackroyd* is more than just a mystery—it's the gold standard of the genre, widely hailed as “the greatest whodunnit ever written.” In this new adaptation by Mark Shanahan, Dame Agatha's twistiest tale is brought to the stage with all its cunning, charm, and chilling suspense. Tickets are available at gracefarms.org/event/agatha-christie-the-murder-of-roger-ackroyd.

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For Aggie, a Toast and a Thank You

Sometimes a town is held together by people who never announce they are holding it together.

They open the doors. They make the coffee. They remember who came last week and who did not. They know which room works best, which program draws a crowd, which person needs a chair near the front, and which newcomer should be introduced to someone kind.

For 15 years at the Lapham Center, Aggie Aspinwall has been one of those people.

She is still there for a few more days. Her last day is June 8, when she leaves for a new and lovely assignment: Glimma to her first grandchild. At her send-off, there were treats and bubbly, toasts and hugs, stories and laughter. There should have been. A town should know when to stop and say thank you.

No one builds community like Aggie.

Aggie has earned that moment.

When she was interviewed in August 2024, she was asked where she finds her energy. It is a fair question. Lapham under Aggie is not a sleepy municipal outpost. It is alive with dinners, movies, sip and paint evenings, murder mystery nights, Italian for travelers, iPhone editing classes, bridge, canasta, mahjong, theater trips, holiday teas, cupcakes, coffee, and all the small good things that give human beings a reason to leave the house.

Aggie answered with these words: "It's fun every day."

There is the secret. She loves the work.

Not the title. Not the schedule. Not the line item in the town budget. The work. The people. The cheerful problem-solving. The chance to make one resident's day less lonely, another's week more interesting, another's life more connected.

She understands something important about New Canaan. It is a friendly town, but even friendly towns can be hard to enter. People have their circles. They have their bridge friends, their canasta friends, their school-era friends, their dinner-party friends. Then life changes. Children leave. Friends move. A spouse gets sick. A person with a full table can look up and find the chairs fewer.

Aggie notices.

She combats isolation. She does not treat that as bureaucratic language. She treats it as a mission. She wants programs to be free when possible because she does not want only those who can pay for dinner to come. She wants everyone in the room.

That is not programming. That is philosophy.

The great sage Hillel asked, "If I am only for myself, what am I?" Aggie's answer is 15 years long. We are not only for ourselves. We are for the person who has not found her people yet. We are for the man who comes to the lecture and stays for coffee. We are for the widow who joins a class and finds a friend. We are for the volunteer who has knowledge to share and discovers he is still needed.

Aggie says she is always looking for residents willing to share their passions. She believes that everyone has something to give. A retired teacher. A beekeeper. A traveler. Someone with a language, a story, a skill, a memory. She knows that people do not only need services. They need purpose. They need to be asked.

And then she says the line that may be the whole sermon: "You'll find your people."

Aggie first welcomed the *Sentinel* to the Lapham Center and helped this paper find its people. In the beginning she was there. She shepherded, guided, and made us feel better after we made mistakes. Her perspective is beautiful. That is what she helps New Canaan do.

The Lapham Center is, under her care, a place where the town can see one of its better selves: generous, lively, practical, humorous, and humane.

The gratitude remains and we expect to see her around often so that we may keep saying thank you.

Aggie gathers people in and lifts them. New Canaan is better because she does.

Editorial Page

Please note: There will not be a printed edition of the Sentinel next week. We normally take off the week of July 4, but this year we have adjusted our publishing schedule so that we can publish that week in honor of the 250th anniversary. To make that possible, we will not publish next week.

Hartford votes are local votes

To the Editor:

New Canaan voters should judge state housing policy by roll-call votes, not slogans. The decisions that reshape local zoning are being made in Hartford, and those votes now determine whether towns can plan growth through local boards or accept mandates written at the state level.

House Bill 8002, now Public Act 25-1, showed why those votes matter. The bill passed the House during a November 2025 special session, later became law, and requires municipalities to prepare housing growth plans or participate in regional plans. It also changes parking rules, expands fair rent commission requirements, affects commercial-to-residential conversions and ties some 8-30g protections to compliance with the new planning structure.

Those provisions have real local consequences. Downtown New Canaan is not an abstraction. Elm Street, Main Street and the commercial blocks that support restaurants, retailers, offices and local employment depend on zoning rules that preserve active ground-floor uses. Once Hartford weakens local discretion, it becomes harder for residents and local boards to protect the commercial character that supports the town's tax base and daily life.

Supporters describe these bills as housing reforms. Residents should ask a more specific question: Do they create affordable units where towns need them, or do they give developers new ways to bypass local planning? A policy that increases density, reduces parking review or

Weed Street should not become the precedent for using 8-30g leverage to secure a market-rate project with no affordable housing at all.

encourages conversion of commercial property without producing meaningful affordability should not be sold as a solution to the housing shortage.

Representation in Hartford matters because these proposals return year after year. State legislators should be expected to defend local zoning discretion, preserve downtown commerce and support affordable housing that is actually built, counted and maintained. Voters should know whether their representatives supported HB 8002 and how they vote on each related bill.

New Canaan cannot rely only on local boards to protect local planning. The strongest protection is electing state legislators who understand the town, read the bills and vote accordingly..

Maria Weingarten

Great job Affordable Housing Commission!

I would like to thank the Affordable Housing Commission for the thoughtful and well-executed workshop held Tuesday evening at the Lapham Center. Approximately 80 residents attended, reflecting a strong level of community interest in this important issue.

The discussion was both informative and constructive, with residents engaging in meaningful dialogue around the trade-offs associated with where and how additional affordable housing might be developed in New Canaan. It is clear that the Commission has invested significant time and effort over the past several years to better understand these issues and bring the community into the conversation. Their work deserves our appreciation.

Looking ahead, our town will face difficult decisions regarding affordable housing. These decisions will require a clear understanding of the implications and trade-offs involved, as well as a willingness to engage thoughtfully with differing perspectives.

The more broadly and constructively we engage as a community, the more likely we are to reach outcomes that reflect our shared values and priorities.

I strongly encourage all residents to stay informed and to participate in upcoming discussions. The more broadly and constructively we engage as a community, the more likely we are to reach outcomes that reflect our shared values and priorities.

Thank you again to the Commission for its continued leadership and dedication to this effort.

Sincerely, Scott Hobbs

Collective Sigh of Thanks to the Town Council

Dear Editor,

As New Canaan residents enjoy our backyards on this quiet Memorial Day afternoon, the town seems to be breathing a collective sigh of thanks to our Town Council, for passing by overwhelming majority one of the most important quality-of-life ordinances yet: a restriction on commercial gas-powered leaf blowers during the height of summer, from June 1 through Labor Day. Commercial electric-powered leaf blowers can of course still be used all summer.

The ordinance enables homeowners to continue using gas-powered blowers on patios, pool areas, tennis courts and driveways, and lets the town continue using gas-powered blowers for storm clean-up, emergencies, and other necessary situations, while overall creating quieter streets, cleaner air, and healthier working conditions during the months when people most want to enjoy being outside.

To understand why the switch to electric leaf blowers will be such an improvement, it's important to know about the type of sound and pollution gas-powered leaf blowers produce, compared to electric.

Gas-powered leaf blowers spew out one-third of the contents of their gas tanks, aerosolizing the gas itself along with the burned fuel exhaust. The toxic contents of the tank ends up in the air, and on the lawn. Landscaping crews are exposed daily to this discharge, which is linked to asthma, heart disease and cancer.

Electric leaf blowers produce a high-frequency sound that is easily blocked by building assemblies and dissipates rapidly through the air. Gas-powered leaf blowers, on the other hand, emit a pervasive

The ordinance enables homeowners to continue using gas-powered blowers on patios

rumble at a lower frequency. Sound at longer wavelengths travels far and broadly, and easily penetrates physical barriers like doors and windows.

Also, gas-powered leaf blowers stay on continuously – and the noise is unending while a crew is working. Electric blowers can remain off, because they can be switched on or off the moment the operator needs without removing a backpack. It will make sense to keep them inactive to preserve battery life.

Many homeowners are happy to allow landscapers to charge batteries using outdoor electrical outlets while they are working. The electricity cost to recharge a battery is minimal. And for many landscapers, transition to electric is already underway. Companies working in nearby towns with similar restrictions have been adapting for years.

We have needlessly followed maintenance regimes that degrade the livability of our community. There is another way, one our neighboring communities all through Westchester and Fairfield County have chosen. Like so many residents, I am thankful we in New Canaan are joining them in opting for a better quality of daily life.

Jill LaGattuta

Publisher@NewCanaanSentinel.com

LEGAL & CLASSIFIED ADS

LEGAL AD

STATE OF CONNECTICUT TOWN OF NEW CANAAN ZONING BOARD OF APPEALS

NOTICE IS HEREBY GIVEN that the ZONING BOARD OF APPEALS of the Town of New Canaan will hold a Public Hearing on Monday, June 1, 2026 this hearing is scheduled to be a hybrid meeting and will be both in person in the Board Room at Town Hall, 77 Main Street and virtually via zoom at 7:00 p.m. Zoom link will be posted on the calendar at newcanaan.info.

- 148 Richmond Hill Road – Zoning Variance – Upon application of Brian Carey, Landtech, Authorized Agent for Alexander and Ayano Meyers, owner(s), for a Variance of Section(s) 3.5.E to allow a residential addition 19.6 feet from the front property line where 25 feet is required in the B Residence Zone (Map K, Block 10, Lot G7).
- 75 Pheasant Drive – Zoning Variance – Upon application of Stephen Finn, Authorized Agent for Denise B. Finn, owner(s) for a Variance of Section(s) 3.5.F.3 to allow the expansion of a nonconforming three-story structure in the Two Acre Zone at 75 Pheasant Drive (Map 45, Block 226, Lot 27).
- 240 Rosebrook Road – Zoning Variance – Upon application of Michael Murry, Esq., Diserio, Martin, O'Connor & Castiglioni, LLP, Authorized Agent for Matthew Lasko, owner(s) for a Variance of Section(s) 6.5.B.2.b to allow a retaining wall closer than 10 feet from the property line in the Two Acre Zone at 240 Rosebrook Road (Map 39, Block 99 Lot 144).

Luke T. Tashjian, Chairman
Dated: May 21, 2026

LEGAL AD

TOWN OF NEW CANAAN INLAND WETLANDS COMMISSION

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

Permit Number (IW-26-11) issued to Justin J. Aronson and Monica S. Aronson, 536 Ponus Ridge, Map 25 Block 13 Lot 85. Prepare site for construction activities and install all soil and erosion controls. Excavate to build open stairs and areaway patio for access to basement. Add exterior patio at base of new stair to basement opening. Install drain and pipe for areaway and run to daylight. Topsoil and seed all disturbed areas upon completion.

LEGAL AD

Town of New Canaan Town Council Public Hearing/Special Meeting Wednesday, June 10, 2026 7:00 P.M. - Town Hall

Notice

Notice is hereby given that the Town Council of the Town of New Canaan will hold a Public Hearing on the proposed Town Charter Revision Draft report on June 10, 2026 at 7:00 P.M. in the Town Hall Meeting Room.

For more information, go to www.newcanaan.info

LEGAL AD

TOWN OF NEW CANAAN TOWN COUNCIL NOTICE OF PASSAGE

Notice is hereby given that the Town Council of the Town of New Canaan on May 20, 2026 approved the following:

The recommendation from the Board of Finance for a Special Appropriation for the Board of Education Enrollment Account - Approval of a request for a Special Appropriation in the amount of \$360,000. The funds will be used for potential enrollment related expenditures. The source of funds is the General Fund.

CLASSIFIED AD

1,000 sq ft office for rent on Vitti Street in New Canaan. \$1800 per month includes gas and electric. Please contact 203-943-6758

LEGAL AD

TOWN OF NEW CANAAN PLANNING & ZONING COMMISSION PUBLIC HEARING SPECIAL MEETING

Notice is hereby given that the Planning and Zoning Commission (PZC) will hold a Public Hearing and Special Meeting on Tuesday, June 2, 2026, at 7:00 p.m. This hearing is scheduled as a hybrid meeting to be held in the Town Meeting Room at Town Hall, 77 Main Street. Members of the public may attend either in person or via an online system.

- Interested persons may appear and provide public comment on the proposed amendments to the Town of New Canaan Zoning Regulations and the Town of New Canaan Zoning Map.
- The following sections of the regulations are proposed to be amended:
 - Section 2.2 (Defined Terms)
 - All Sections of Article 4 (Business Zones, renamed to Commercial Zones)
 - Creation of Section 5.11 (Conservation and Traffic Mitigation District)
 - Section 6.2 (Parking and Loading)
 - Section 7.6 (Affordable Housing)
- The following changes are proposed for the zoning map:
 - Consolidation of existing two retail zones and four business zones into one retail zone and one business zone.
 - Expansion of the Business Zone to include 182 Main Street, 185 Main Street, and the western portion of the "Park Street Lot" at 77 Main Street.
 - Creation of a "Conservation and Traffic Mitigation District" that will overlay the Retail, Business, Apartment, Multifamily, and B-Residence Zones.

A complete copy of the proposed changes to the Zoning Regulations and Zoning Map, is on file in the office of the Town Clerk, the Planning and Zoning Department, the Town's website: www.newcanaan.info.

Dated: May 14, 2026
New Canaan, Connecticut
Daniel Radman, Chairman

LEGAL AD

May 28, 2026 ADVERTISEMENT FOR BIDS

The Selectmen for the Town of New Canaan, Connecticut, will receive sealed bids for "Lapham Community Center - Façade Repairs Project", New Canaan, Connecticut, until 10:00 a.m. Local Time on Thursday, June 18, 2026, at the First Selectman's 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. Digital Copies of the contract documents must be requested via email joe.zagarenski@newcanaanct.gov

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. Work must be completed within 90 (30 pre-construction - 60 construction) calendar days of Notice to Proceed.

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.

An Affirmative Action/Equal Opportunity Employer. Minority/Women's Business Enterprises are encouraged to apply.

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 TOWN COUNCIL NOTICE OF PASSAGE

Notice is hereby given that the Town Council of the Town of New Canaan at their meeting on May 20, 2026 approved the proposed Ordinance for Gas-Powered Leaf Blowers.

The following is the Approved Ordinance for Gas-Powered Leaf Blowers:

GAS-POWERED LEAF BLOWERS

SECTION 1. DECLARATION OF POLICY

Consistent with the municipal powers granted under C.G.S. §§ 7-148(c)(7), (8) and (10), including the protection and promotion of the public health, safety, convenience, general welfare, peace, quality of life, and property values for the residents of New Canaan, and to facilitate the enjoyment of the natural attractions and tranquility of the Town, it is the intent of this ordinance to set specific controls on the use of gas-powered leaf blowers.

SECTION 2: DEFINITIONS

"Gas-Powered Leaf Blower" means any powered device used to blow leaves, debris, grass clippings, or dust, whether handheld, backpack, mounted, or wheeled, that is powered by an internal combustion engine utilizing gasoline, diesel, or any other similar fuel.

"Summer Season" is defined as the period from the Saturday immediately prior to Memorial Day through Labor Day each year.

"Noise Ordinance" refers to the Town's existing regulations on noise levels, specifically those addressing decibel levels during different times of day (New Canaan Town Code § 36A).

SECTION 3: RESTRICTIONS ON GAS-POWERED LEAF BLOWER USE

1. Restriction on the Use of Gas-Powered Leaf Blowers

a. The use of Gas-Powered Leaf Blowers shall be prohibited within the Town of New Canaan during the Summer Season, as defined in Section 2, unless exempt under subsection (2).

b. The provisions of this ordinance are in addition to, and not in lieu of, any other restrictions set forth in the Connecticut General Statutes and other sections of the Town Code, including but not limited to the Noise Ordinance.

2. Exceptions The following uses are exempt from the restrictions of this ordinance: a. Gas-Powered Leaf Blowers used for emergency or safety purposes;

b. Gas-Powered Leaf Blowers used for storm clean up;

c. Gas-Powered Leaf Blowers used by the Town of New Canaan's Department of Public Works (the "DPW");

d. Gas-Powered Leaf Blowers used by public utility companies to clear debris affecting essential services; and

e. Single Gas-Powered Leaf Blower use by residents on hard or man-made surfaces.

SECTION 4: PENALTIES

1. Violation of Ordinance

a. Violations of the provisions of this ordinance shall be assessed against property owners, who shall be subject to the following penalties:

i. First Offense: A written warning and a notice of violation ii. Second Offense: A fine of \$100

iii. Third or Subsequent Offenses: A fine of the greater

of \$250, or the maximum amount allowed by § 7-148(c) (10)(A) of the Connecticut General Statutes, as the same may be amended from time to time.

b. The fine for each municipal citation shall be payable to the Treasurer of the Town of New Canaan. The issuance, payment, and procedure to contest a municipal citation shall be in accordance with Connecticut General Statutes § 7-152C and the citation hearing procedure in Chapter 11 of the Code of the Town of New Canaan.

2. Enforcement

a. This ordinance may be enforced by the New Canaan Police Department (the "NCPD") and/or any municipal officer or Town employee designated by the First Selectman (the "Designated Officer").

b. The NCPD and/or the Designated Officer are hereby authorized to issue infraction tickets to any resident on whose property occurs a violation of any provision of this ordinance. Each violation shall constitute a separate offense.

c. The provisions of this ordinance are in addition to, and not in lieu of, any other remedies available to the Town of New Canaan under the Connecticut General Statutes and other sections of the Town Code, including but not limited to the Noise Ordinance. The issuance of infraction tickets or municipal citations under this ordinance shall not preclude the exercise of such other remedies. In addition, the Town of New Canaan may seek injunctive relief and monetary penalties for continued and repeated violations

SECTION 7: EFFECTIVE DATE

This ordinance shall take effect on June 1 2026

MEDAL OF HONOR
From Page 1

Capodanno, the Grunt Padre.”

Lt. Vincent R. Capodanno was born on Staten Island on Feb. 13, 1929, the tenth child of Italian immigrants Vincent Robert Capodanno Sr. and Rachel Basile Capodanno. His father died on Vincent’s 10th birthday. Three older brothers served in World War II. Before Vietnam, before the Medal of Honor, before anyone called him the Grunt Padre, his life had already been formed by obligation, prayer, and service. At Curtis High School and later during his undergraduate years at Fordham, he attended daily Mass; in 1949 he entered Maryknoll, the Catholic Foreign Mission Society of America. He was ordained in 1958 by Francis Cardinal Spellman and sent to Taiwan, where he ministered to Hakka-Chinese communities, taught native catechists, distributed food and medicine. Then he requested service with Marines in Vietnam. Maryknoll records note his Taiwan mission and his request to become a Navy chaplain; the Archdiocese for the Military records that he reported to the 7th Marines in 1966 and became a companion to the “Grunts,” living, eating, and sleeping as they did.

He went where they went.

Into mud. Into heat. Into fear. Into the loneliness of nineteen-year-olds at war. Vietnam supplied many hardships and few consolations. The Grunt Padre offered consolation anyway. He established libraries, gathered and distributed gifts, organized outreach programs for villagers, reassured exhausted men, consoled the grieving, heard confessions, instructed converts and handed out St. Christopher medals.

The Marines called him the “Grunt Padre,” which may be the highest theological degree war can confer. He did not minister from a distance. He made hardship sacramental by sharing it.

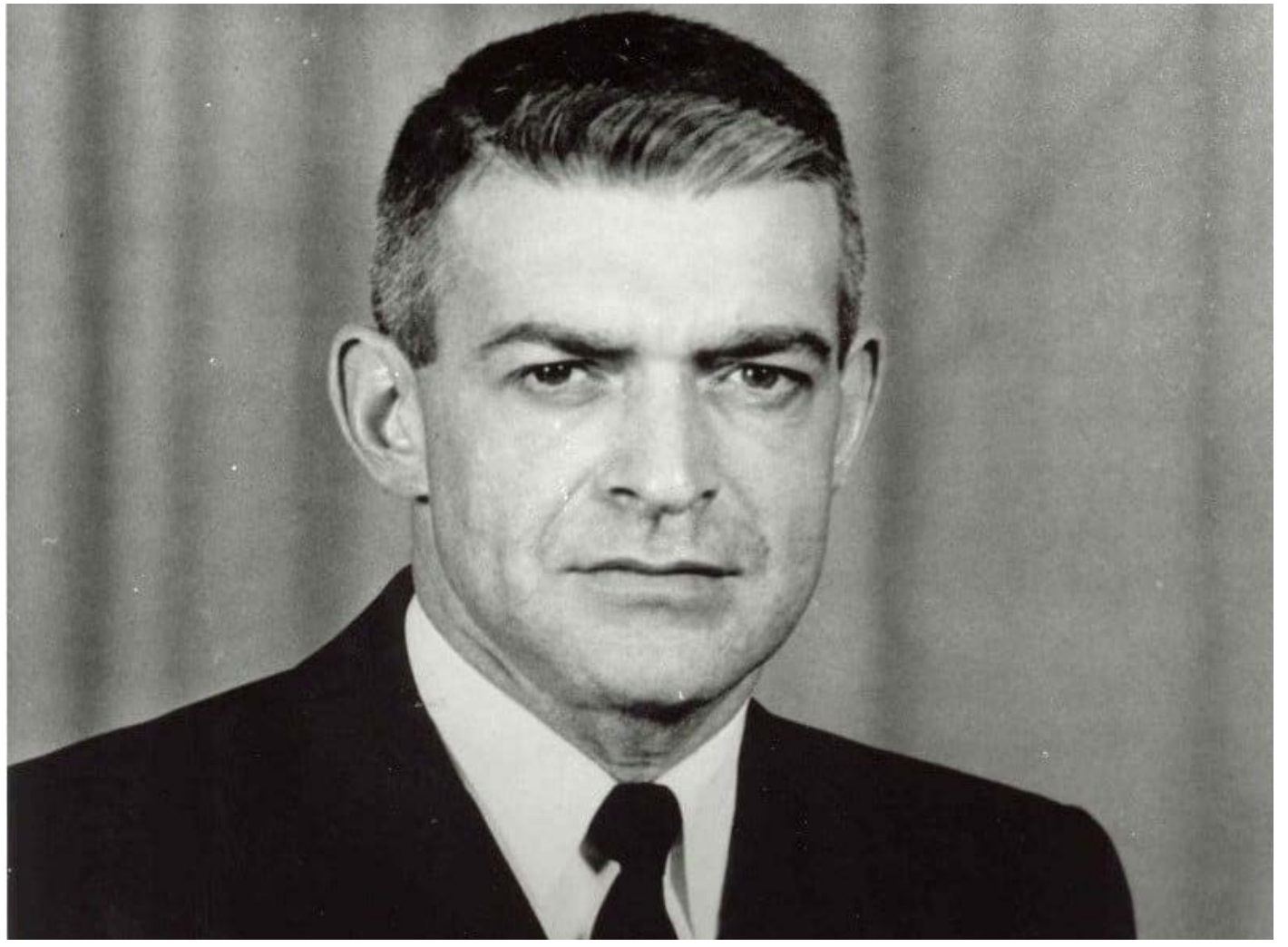
On Sept. 4, 1967, in the valley below Khe Sahn, Operation Swift began in calamity. A Marine Corps battlefield account describes Mike Company, 3rd Battalion, 5th Marines, engaging an estimated 2,500 North Vietnamese troops with roughly 165 U.S. Marines present; the same account remembers the battle as producing extraordinary valor, including that of Capodanno and Sgt. Lawrence D. Peters.

Capodanno was posthumously awarded the Medal of Honor on Jan. 7, 1969, presented at the Washington Navy Yard to his family. He is buried in Staten Island.

The Medal of Honor citation records the act in the formal language of military honor. Capodanno left the relative safety of the command post and ran through open ground swept by fire to reach M Company’s 2nd Platoon. He administered last rites, gave medical aid, encouraged the Marines around him and refused treatment after a mortar round wounded his arms and legs and severed part of his right hand. Then he saw a wounded corpsman in the line of fire of an enemy machine gunner about 15 yards away. He moved toward him and was killed inches from the man he was trying to save.

The wounded corpsman had a name.

He was Armando Garza Leal Jr., a Navy corpsman



He had no rifle. He carried absolution, bandages, and the terrible tenderness of a man who knew that presence itself can be a form of courage.

from San Antonio, 20 years old. According to his Navy Cross citation, Leal had run through fire to reach exposed casualties, treated wounded Marines for two hours between friendly and enemy lines, refused evacuation after being wounded, and continued his work after he was wounded again. When a Marine tried to pull him to cover and was shot in the hand, Leal pushed him away from the assaulting enemy. Then the machine gun fired from close range.

Capodanno saw him.

The priest, already wounded, moved toward the corpsman. The corpsman, already dying, had been moving toward the Marines. Their last acts met in the same narrow field of fire: one man carrying medicine, the other carrying absolution, both refusing the human instinct to save themselves first.

That is worth pausing over. Before Capodanno became the man running toward Leal, Leal had been the man running toward everyone else. The Grunt Padre’s final act was not only an act of sacrifice. It was an answer to sacrifice.

He was unarmed. He could not seize ground. He could not call off the war. He could not make the dead live again.

But he could cross the distance between abandonment and mercy.

So he crossed it.

Capodanno’s memory did not end at the citation ceremony. The first chapel bearing his name was dedicated on Hill 51 in the Que Son Valley soon after his death. He had helped build it. Other memorials followed, including the Capodanno Memorial Chapel at the Navy Chaplains School in Newport, a chapel at Fort Wadsworth on Staten Island, and the USS Capodanno. The Catholic Church opened his cause for canonization in 2006, and the Capodanno Guild says he remains in the first stage of that process: Servant of God.

Capodanno belongs to a small company: the Congressional Medal of Honor Society lists nine chaplains among more than 3,500 Medal of Honor recipients.

His last act of faith on this earth was to run through enemy fire toward a wounded man. His congregation was the dying. His altar was Vietnam’s torn earth.

And his message endures: sometimes faith is a man, already broken, moving forward anyway.

Hit it outta the park

Together let's drive.

KARL CHEVROLET

karldirect.com
261 Elm Street
New Canaan
Conn. 06840
203.966.9508

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LEGAL & CLASSIFIED ADS CONTINUED

LEGAL AD

TOWN OF NEW CANAAN WATER POLLUTION CONTROL AUTHORITY NOTICE OF PUBLIC HEARING ON CHANGE IN SEWER CHARGES

NOTICE is hereby given that the Board of Finance, acting as the Water Pollution Control Authority of the Town of New Canaan, will hold a Public Hearing Tuesday, June 9, 2026 at 6:30 P.M. in the Town Hall Meeting Room or Virtual, to hear public comment on proposed Sewer Fee rates for users who are connected to the New Canaan Sewer System.

Initiated FY2020, for Residential sewer users the Board of Finance changed the previous ad valorem sewer tax to a tiered, flat-rate Sewer Fee system based on varying Residential Categories. For FY2026, a modification to the fee calculation for Residential sewer users was established, based on bedroom count, consistent with good engineering practice, and set at \$155 per bedroom. For FY2027, the proposed Residential sewer user fee is \$160 per bedroom.

Commercial sewer users are assigned to a flat User Fee rate category, or Special Mixed-Use category for mixed use and special focus properties. Based upon the Sewer System’s annual operating budget and needs, the Water Pollution Control Authority APPROVED that Sewer Usage Fees will increase approximately 3-4% from the current fiscal year. The proposed rates for FY2027 are:

	Current	PROPOSED
COMMERCIAL:	FY2026	FY2027
C Category #1	\$900	\$925
C Category #2	\$1,500	\$1,545
C Category #3	\$2,980	\$3,070
C Category #4	\$4,180	\$4,305
C Category #5	\$5,970	\$6,150
C Category #6	\$11,690	\$12,040
* Commercial / Business Condominiums	\$302	\$310

* Commercial/Business Condominiums are assessed a base rate. Occupancy type may result in placement in a higher Category.

Categories for Commercial properties were historically based on estimated annual water consumption as measured by Aquarion Water Company and considering such factors as estimated average daily occupancy, tenant density and the nature of activities conducted on the premises, such as food preparation, bathroom use, showers or other commercial operations.

Commercial users include commercial properties, churches, other non-profits, schools and municipal buildings.

Septage Fee: The Sewer Usage Fee for sewage haulers depositing sewage at the Waste Water Treatment Plant is currently \$105 per thousand gallons of disposal. The PROPOSED fee for FY2027 will remain \$105 per thousand gallons.



Obituaries

BRYAN CROSS

Bryan Andrew Cross, 45, of New Canaan, CT, passed away May 20, 2026, with his family by his side following a courageous and dignified fight with cancer. Bryan is survived by his wife, Samantha (née Van Horn), their daughters Adele (10) and Joslyn (8), father Jeffery Cross of Westmont, Ill., brother William (Julia) of Arvada, Colo., and sisters Molly (James Haunty) of Hinsdale, Illinois, and Anne (Henry Moll) of Brunswick, Maine. He was preceded in death by his mother Patricia Foy Cross (dec'd 2025).

Bryan was born to Jeffery and Patricia in Evanston, Ill. on March 4, 1981, and grew up in Barrington, Ill., the big brother of William, Molly, and Anne. Bryan was a gifted scholar and athlete, earning a bachelor's degree at the University of Chicago in 2003 while also playing as the center for the school's football team. He moved to New York City after graduation with Joshua Dunn, his friend and quarterback on the University of Chicago football team and began a twenty-year career at UBS. Bryan received his Master of Financial Mathematics from the University of Chicago in 2006. Bryan met Samantha at UBS and always liked to say that marrying her in 2008 was the greatest trade he ever made. Two of the happiest days of Bryan's life were when he and Samantha welcomed Adele and Joslyn into their lives, with the Chicago Cubs winning the World Series a close third. In 2023, Bryan left UBS and fulfilled a lifelong dream when he became a math teacher at Fairfield College Preparatory School in Fairfield, CT. Bryan was also a founding moderator of the Fairfield Prep Investors, one of the first high school student-managed investment funds in Connecticut. At the time of his passing, Bryan was pursuing a joint master's and PhD in education from Teachers College, Columbia University.

Bryan is remembered as a fiercely loyal and devoted father, husband, son, big brother, teammate, and friend who could always be counted on to share his time, wisdom, and strength. Bryan always had an answer ready, and the confidence and conviction with which he gave it made you feel assured he was (probably) right. Bryan made no small plans, and his never-ending curiosity for the world and sense of adventure is fondly remembered by the special people he recruited as accomplices and companions in his life. Bryan's well-lived life in pursuit of knowledge, happiness, authentic fulfillment, love, and service to others is an inspiration and reminder of what makes Bryan so special to those who love him.

Visitation will be at Hoyt Funeral Home, 199 Main Street New Canaan, CT, on Sunday, June 7, 2026, from 1:00-4:00 p.m. ET. A funeral mass will be held at Saint Aloysius Parish Catholic Church, 21 Cherry Street New Canaan, CT, on Monday, June 8, 2026, at 11:00 a.m. ET.

The Cross family respectfully requests no flowers be sent. The family asks instead that donations be considered in support of the Bryan Cross Scholarship Fund at Fairfield College Preparatory School, which will honor Bryan's teaching career by providing financial assistance to a student who possesses a demonstrated interest and passion for mathematics and investing. To support the Bryan Cross Scholarship Fund, please visit Fairfield College Preparatory School/Giving and select "Other" as the Declaration and write in "Bryan Cross Scholarship."

NATALIE MACDONALD



It is with great sadness that we announce the passing of Natalie J. MacDonald of New Canaan, CT, and Stuart, Fla., on May 19, 2026. She was 100 years old. Natalie was born

on November 23, 1925, in Boston, Mass., to the late Harold and Anne Jeanne Simpson. She grew up in Scarsdale, NY, and later graduated from Middlebury College. While at Middlebury, Natalie excelled in musical theater and won an audition to become the lead singer for the ROTC dance band. It was through the band that she met her future husband, Walter E. MacDonald, one of the trombone players. Natalie and Walter (Wally) were married in Scarsdale on December 15, 1951. After graduating from Middlebury College, and prior to her marriage, Natalie began her career at CBS Radio in New York City, where she worked on one of the first celebrity talk shows. During her time at CBS, she became acquainted with the legendary broadcast journalist and war correspondent, Edward R. Murrow, who offered her a position as his assistant. Because the role required long hours and weekend work, she ultimately chose to remain with the talk show, passing the opportunity along to a close friend. Nevertheless, she always spoke with great pride about her experience working with him. Additionally, since her job was in New York City, she also would recall the day the Second World War ended, participating in the jubilant celebration in Times Square. Natalie lived a life filled with adventure. Shortly after their marriage, she and Wally drove across the country in a used car given to them as a wedding present by Wally's father. Wally, newly armed with a law degree, was searching for work. Natalie often told the story of how, upon reaching San Francisco, Wally would go door to door looking for employment while she waited for him on a nearby bench. One day, when they were down to their last few coins, Wally came running out of an office building, announcing that he had secured a position in the legal department of Standard Oil of California. That moment marked the beginning of their life in the oil industry. They soon settled in San Mateo, California. While in California, Natalie worked for an orchid grower, launching a lifelong passion for the flowers. She cultivated numerous varieties and continued growing orchids well into her later years. She later became the food and recipe editor for Sunset Magazine. Her first child, Bonnie, was born in California before Wally accepted an assignment in Tripoli, Libya, where the family lived for several years. In her typical fashion, Natalie embraced the experience wholeheartedly. Having studied French at Middlebury, she easily became conversational in Italian and spent much of her time entertaining her husband's business associates and managing the household. When their time in Libya concluded, Wally was transferred to Paris. After the sudden death of her father, Natalie and Wally decided to permanently return to the United States; ultimately settling in New Canaan, Connecticut, when Wally joined Mobil Oil. Natalie and the family continued to travel with him throughout his career there, including extended assignments in Jakarta, Indonesia, and Cairo, Egypt. During their time in New Canaan, Natalie and Wally were overjoyed by the arrival of their son, Bruce, completing their family of four. They spent summers visiting Cape Cod where she loved diving into the ocean at The Beach Club in Centerville, Mass., never deterred by the cold water. She also enjoyed her travel abroad, including repeated trips to Greece and Saudi Arabia. Natalie loved her years in New Canaan and devoted much of her time to community involvement. She served as President of the New Canaan Garden Club and was a member of the choir at the First Presbyterian Church of New Canaan for nearly 50 years. She also loved playing golf at the Country Club of New Canaan, where she was a member for decades.

In 1984, Natalie and Wally built a second home in Sailfish Point in Stuart, Florida. There they enjoyed golf, boating, and an active social life with friends. Sailfish Point became a cherished gathering place for their children and grandchildren, and she always looked forward to their visits. In Florida, Natalie served on the boards of the Atlantic Classical Orchestra, the Florida Oceanographic Society and the advisory board for the Lyric Theater.

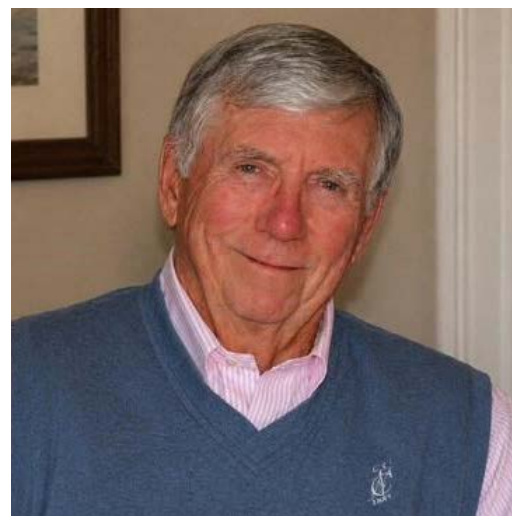
Beyond her family, Natalie's greatest love was her animals. She had numerous dogs and cats, with standard poodles holding a special place in her heart. After years of helping her daughter care for the horses they kept at home, she became an avid dressage rider and spent many long days at the Ox Ridge Hunt

Club, where she had been a long-time board member, improving her skill. It was her love of horses that motivated her to start the New Canaan Bridal Trail Association, along with several horse-loving friends, whose mission was to recut the trails of the 1800s that connected New Canaan to neighboring towns for the enjoyment of the riding community. At the time, it was still quite common to find people riding their horses along the roads and in the fields of New Canaan. Re-opening the trails facilitated more options for local equestrians to enjoy the beauty of surrounding woodlands and provided the basis for many of the New Canaan Land Trust walking trails today. Over time, Natalie became quite accomplished in the sport, though she reluctantly gave up riding at age 92 when her horse, Keira, became lame. She was admired by everyone she knew in the equestrian world. In her final years, much of her affection and attention was devoted to her beloved dog, Pippa, who was always at her side.

Natalie is survived by her daughter, Bonnie McEaney McNamara (Robert) of Stuart, Fla., and New Canaan, CT; her son, Bruce Walter MacDonald (Virginia) of Stuart, Fla.; and her grandchildren, Brendan, Jennifer, Kevin, and Kyle McEaney (Camille), and Conner MacDonald. She was predeceased by her husband, Walter E. MacDonald; and her brother, Harold Simpson. Natalie will always be remembered as a stoic, caring woman, deeply loved by her family and friends. She had a beautiful life. Her positive outlook was infectious, and she lived by the mantra: "Don't worry-things have a way of working out." In lieu of flowers and in memory of Natalie's love for horses, donations can be made to the Equine Rescue and Adoption Foundation in Palm City, Florida, <https://www.eraf.org/>. A celebration of Natalie's life will be held later in the year.

The family is being compassionately cared for by the staff at Hoyt Funeral Home, 199 Main Street, New Canaan, CT 06840.

WILLIAM STOOPS, SR.



William "Bill" Gordon Stoops Sr., age 92, of New Canaan, CT, passed away peacefully surrounded by his loving family on May 17, 2026 following complications from pneumonia.

Bill is survived by his beloved wife of 68 years, Louise. A devoted father and grandfather, his legacy lives on through his children: Cyndy Jones and her husband, Hank, of Chapel Hill, NC; Bill Stoops, Jr. and his wife, Christina, of Darien, CT; Elizabeth Ward of Darien, CT; and Jennifer Burns and her husband, Ned, of New Canaan, CT. He was predeceased by his son-in-law, John Ward.

He will be deeply missed by his eight grandchildren: Kimberly Michels and her husband, Greg; Caroline Jones and her wife, Katie; Sarah Jones, Harry Jones, Tucker Stoops, Nina Stoops, Erik Burns, and Charlie Burns. His grandchildren will always remember their 'Opie' for his unwavering support, his endless family stories, and for being the legendary 'popcorn man' at every family gathering. He also leaves behind one great-grandchild, Leo Michels.

Bill was born on January 12, 1934, in Chicago, Ill. He grew up in Wilmette, Ill., with his parents, Gordon and Betty Stoops, and his sister, Jean. He attended New Trier High School and graduated from Lake Forest College.

On June 29, 1957, Bill married the love of his life, Louise Moser. Soon after, they moved to California, where Bill served in the U.S. Army for two years. Following his military service, the couple settled in Glenview, Illinois, where Bill began a successful career in sales with Hertz Rental Car.

A brief time in Bronxville, New York, marked the beginning of their growing family

with the birth of their first child, Cynthia. They later returned to Glenview, where they welcomed three more children, William Jr., Elizabeth, and Jennifer. In 1968, Bill and Louise made their home in New Canaan, CT, where they raised their family.

It was there that Bill built a distinguished and deeply rewarding career in the automotive industry with Emkay. Known for his integrity, dedication, and genuine connection with people, he earned the trust of colleagues and clients alike. His natural charm, quick wit, and unwavering commitment to service left a lasting impression on all who had the pleasure of working with him.

Bill and Louise built a wide circle of dear and lasting friendships in New Canaan, where they were active members of the Congregational Church, the Field Club in their early years and later the Country Club of New Canaan. Bill found great joy in first cheering on his children and then grandchildren at their many sporting events, with a particular love for hockey; the family spent many happy years as members of the New Canaan Winter Club where Bill was a member of the Senior Men's Hockey team. An avid golfer, and a member of the Connecticut State Seniors Golf Association, Bill cherished time on the course-whether with friends, with Louise, or alongside his children and their spouses-moments that brought him both pride and deep happiness.

A private family service will be held at the Congregational Church Chapel, in New Canaan, CT to honor Bill's life. They are deeply grateful for the outpouring of love and prayers from friends and the community.

In lieu of flowers, donations may be made in his memory to either The Congregational Church of New Canaan or Staying Put of New Canaan.

The Family is being compassionately cared for by the staff at Hoyt Funeral Home 199 Main Street New Canaan CT 06840.

JOHN CLURE

John Mitchell Clure passed away peacefully at home in Clermont, FL, on January 19, 2026, surrounded by his family. He is survived by his three children and their families: Stephanie Carl (John) of Mount Pleasant, SC, Mitchell Clure (Lianna) of Oviedo, FL, and Andrew Clure (Lori) of Newtown, CT. He was predeceased by his beloved wife of over 65 years, Roberta Clure.

Born on May 29, 1935, John grew up in Glen Ridge, NJ, where his love for golf took root at Glen Ridge Country Club. A competitive golfer from his youth winning numerous tournaments, he once represented New Jersey in a national tournament in Ohio, where a young Jack Nicklaus served as his caddy. John carried that passion throughout his life, playing at Woodway Country Club in Darien, CT and on courses across the US and Europe, and passing his love of the game on to his children and grandchildren.

John graduated from the Wharton School of Business at the University of Pennsylvania, where he met his future wife, Roberta. They wed in June 1957, after which John proudly served his country in the US Army. The couple settled in New Canaan, CT to raise their family and became active members of the community. John served as an usher at Saint Mark's Church for over 25 years.

In 1977, after an early career at American Can, John founded A-1 Computer Services, a data management company that grew an impressive roster of regional and national clients. He loved his work and continued until his retirement in 2011, when he and Roberta moved to Florida full time.

John was lovingly known as PopPop to his grandchildren: Tyler, Jillian, Meredith, Whitney, and Miller. He treasured his time with them - bingo, dominoes, golf, cards, movies, and a memorable trip to Disney World. He took a genuine interest in every corner of their lives, showing up for concerts and sports games alike, and even a road trip for a college graduation. They will carry with them always his sharp wit, his humor, and his gift for a good story.

The family extends deep gratitude to his caregivers Lisa, Vidya, and Yasmin for the tender and compassionate care they gave John, and for the peace of mind they gave his family.

John will be laid to rest at Saint Mark's Church in New Canaan, CT on June 6, 2026 at 11:00 a.m.



BY KATE NOONAN

Every Tuesday morning, I roll out my yoga mat, move through an hour of stretching and stillness, and at the end of class, before I even open my eyes, my yoga teacher has quietly placed a small card at the top of my mat. A word. A phrase. A question. It takes about three seconds to read and yet it has a way of settling into my mind and carrying me through the rest of the day.

It is such a simple gesture. And it got me thinking.

If a single line on a card could shift my mindset before I even walked out the door – what might it look like to bring that same intentionality to my lived faith? What if, week by week, I drew from the deep well of the Gospels and found one phrase, one teaching, one mantra to carry with me, something to keep me grounded as the calendar accelerates toward the beautiful, chaotic whirlwind that

is the end of the school year?

Because let's be honest. May and June are a lot. The recitals and the finals, the graduations and the goodbyes, the schedules that were manageable in October and are somehow, now, completely unrecognizable. I think that's what a mantra can do for us. It doesn't solve the chaos. It just gives us somewhere to return to when we get lost in it.

So I started sitting with the Gospels differently. Not reading for narrative, but listening for the phrases Jesus returned to again and again – the teachings he seemed to feel so urgent about that he said them more than once, in more than one place, to more than one crowd. And what struck me was how practical they are. How quietly radical. How, even two thousand years later, they land like a gentle hand on the shoulder.

Love your neighbor as yourself. It sounds almost too familiar now, worn smooth by

repetition. But try actually doing it on a Tuesday when you're running late and someone cuts you off in the school pickup line. Try doing it when a colleague gets credit for something that was yours, or when the neighbor's dog is at it again at six in the morning. Love them as yourself – with the same patience you'd offer yourself on a bad day, the same benefit of the doubt you quietly extend to your own mistakes. That's not a small ask. That's a whole way of moving through the world.

Forgive – not seven times, but seventy times seven. Jesus was not giving us a math problem. He was dismantling the ledger altogether. Because here is what resentment actually does: it doesn't punish the person who wronged you. It stays with you. It becomes weight you carry in your chest, in your shoulders, in the quiet moments before sleep. Forgiveness is not about excusing what happened or pretending it didn't hurt. It is

What is Your Mantra?

“A faith practice isn't a highlight reel. It's a returning – over and over again, back to what we believe, back to who we are trying to be.”

about your own freedom. The moment you set down that weight, something shifts. The heaviness lifts. And suddenly life can be worn like a loose garment – easy on the shoulders, room to breathe, space to move. That is the freedom Jesus was pointing toward. Not a freedom from difficulty, but freedom within it.

Heal. Be generous. Do unto others. These are not complicated instructions. They don't require a theology degree or a committee meeting. They require only that we show up; for the friend who is struggling, for the stranger who needs a hand, to the small daily moments where kindness is a choice we have to actively make. And here is what is quietly remarkable

about these actions: they are symbiotic. What we extend outward has a way of turning back inward. When we show up to heal someone else, something in us is healed too. When we are generous, we are loosened from the grip of scarcity and fear. When we do unto others, we are reminded of our own need to receive. These transactions move in both directions - softening us as we offer them, filling us as we give them away. Jesus was not describing a spiritual life lived in the abstract. He was describing any old Tuesday.

I am going to try something this summer. Each week, I am going to choose one of these Gospel phrases and let it be my card at the top of the mat. A

mantra for the week. Something to return to when I'm frantic or impatient or just a little too inside my own head.

I won't always get it right. Some weeks the mantra may feel like a burden more than a comfort. But that might be the point, too.

A faith practice isn't a highlight reel. It's a returning, over and over again, back to what we believe, back to who we are trying to be.

Back to the card at the top of the mat.

What would yours say?

Kate Noonan, Chaplain, is a Pastoral Associate and 2018 graduate of Yale Divinity.



Worship Directory and Services

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

Church of Jesus Christ of Latter Day Saints

682 South Avenue 203.966.5849

www.ComeUntoChrist.org

Sunday Service: 12 PM

Congregational Church

23 Park Street 203.966.2651

office@godsacre.org

www.godsacre.org

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

Recurring Events:

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

Wednesdays at 9:30 AM: Bible Study

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

First Church of Christ, Scientist

49 Park Street 203.966.0293

christiansciencect.org/newcanaan

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

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

First Presbyterian Church

178 Oenoke Ridge Road 203.966.0002

fpcnc.org

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

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

Saint Aloysius Roman Catholic Church

21 Cherry Street 203.966.0020

www.starcc.com

Service Schedule:

Saturday: Vigil for Sunday at 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:

Fridays 7:30am-5:15pm: Eucharistic Adoration

(September-June)

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

St. Mark's Episcopal Church

111 Oenoke Ridge 203.966.4515

churchoffice@stmarksnewcanaan.org

www.stmarksnewcanaan.org

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

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

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

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

Recurring Events:

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

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

Upcoming Events:

June 7 at 11 AM: Parish Picnic. More information is available on St. Mark's website.

St. Michael's Lutheran Church

5 Oenoke Ridge 203.966.3913

office@stmichaelslutheran.org

www.stmichaelslutheran.org

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

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@umcofnwcanaan.org

www.umcofnwcanaan.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

www.cbcnewcanaan.org

Youtube: https://www.youtube.com/channel/UCoZ2UNa8aHI30_Syp_X0KDg

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

Sunday School at 10:00am

Worship Service at 11:00am

Live Facebook Broadcast 11:30 am

Grace Community Church

9:30am Service @ Saxe Middle School

468 South Avenue, New Canaan

203-966-7600

info@gracecommunity.info

www.gracecommunity.info

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

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

Upcoming Events:

June 13 at 10 AM: Family Mini Golf in Norwalk. Call Grace Community Church for more information.

Talmadge Hill Community Church

870 Hollow Tree Ridge Road; Darien, CT

203.966.2314

talmadgehillchurch@gmail.com

www.talmadgehill.org

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

Recurring Events:

Thursdays at 9:30am: Bible Study

First Saturday at 8am: Men's Group

Second Saturday at 10am: Women's Circle

Chabad New Canaan Jewish Center

137 Putnam Rd

info@chabadnewcanaan.org

www.newcanaanjewish.org

The Chabad New Canaan Jewish Center is dedicated to strengthening and building the New Canaan Jewish Community by offering local Jewish resources that bring more positivity, Jewish education, charitable activity, good deeds and blessing to our lovely town.

We are about Judaism, not affiliation. Regardless of your background, and however you choose to define your level of Jewish observance or identity, the Chabad New Canaan Jewish Center can add spirituality, joy, study, community and connection for you and your family. The programs of the Chabad New Canaan Jewish Center are held in various locations, all located in New Canaan.

Temple Sinai (Reform Synagogue)

458 Lakeside Drive; Stamford, CT 06903

203.322.1649

www.templestainastamford.org

Service Schedule:

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

2nd & 4th – 7:30pm

Recurring Events:

Fridays at 12 PM: Torah Study

Second Saturday at 10:30 AM: Mussar

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

First Saturday at 8 AM: Avodat Haleb Discussion Group

Temple Shalom

300 E. Putnam Ave. Greenwich, CT 06830

203-869-7191

www.templeshalom.com

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

Recurring Events:

Saturdays at 9 AM: Shabbat Study via zoom at <https://zoom.us/j/94358392426?pwd=bFJQem9HWFcxU0EzZUM2VENEZmgYUT09#success>

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New Canaan Men's Club honors Novak with Distinguished Service Award

The New Canaan Men's Club is recognizing Ken Novak with its 2026 Distinguished Service Award, presented annually to a member who demonstrates a commitment to public service through his actions on behalf of the town, the Men's Club and the general public.

In naming Novak as this year's recipient, Ralph Hills, who chairs the awards committee, said: "Ken has shown exceptional dedication, leadership and a

spirit of service during his nine years as a member of the club. Whether it's providing support and companionship to members while in rehabilitation and recovery at Waveny Care Center, or as a six-year member of the town's Community Emergency Response Team (CERT), Ken is always actively engaged in supporting positive outcomes."

At the club's annual luncheon this month, Hills also cited Novak's regular

contributions to local blood drives, how he quietly steps up when donors are needed and his role as co-chair of the Education/Scholar-Read Program, in which he organizes and participates in elementary school reading programs.

By honoring Novak, Hills said the recognition exemplifies how the New Canaan Men's Club's 360 members donate their time and talents to support a range of worthwhile public and

civic organizations.

Beyond his civic activities, Novak served as the club's president during the 2023-2024 term. He is also past chairman of the Cinema Club and continues to serve actively on its committee.

Novak's other club leadership roles include serving as chairman of the Investment Club, where he has implemented creative meeting formats and expanded discussion topics and is a member of

the Technology Committee, where he helps set up and manage the audiovisual systems for the club's Friday meetings, making it possible for members to view sessions remotely if they are unable to attend in person. He also serves on the Book Club Committee, supporting monthly meetings and year-round reading selections.

Beyond committees and volunteering, Ken enjoys many club activities. He is actively involved in Yoga,

Lunch Bunch, Squash, Hiking Club, Amateur Chefs, and the Annual Barbecue, and he proudly marches with the Club in the New Canaan Memorial Day Parade.

He also recruits and annually organizes club volunteers for New Canaan's Earth Day Park Clean-Ups.

"Ken's many contributions and his commitment to service," Hills said, "are an enduring example of how our 360 members contribute to our club and our community."

New Canaan Library Receives 2026 CT State Library Excellence in Public Libraries Award

New Canaan Library has been named one of four recipients of the 2026 CT State Library Excellence in Public Libraries Award, presented by Connecticut State Library.

This award recognizes outstanding public libraries that demonstrate excellence in service, innovative programming, and meaningful community impact. New Canaan Library was awarded this honor in the category of Accessibility and Inclusion, specifically for its

comprehensive and evolving programs for neurodiverse children, teens, and adults, as well as educational and support resources for their families and caregivers.

In addition to designing programs with inclusion and accessibility in mind, the Library offers a well-rounded STEAM curriculum with specialized programming for neurodiverse individuals and their families and caregivers. Programs have included adaptive circus programming,

adaptive art programs, sensory-friendly concerts, adaptive science programs, Library orientations, parenting workshops, and a growing STEAM curriculum for neurodiverse teens and adults. Current offerings include a biweekly book group, monthly MakerLab classes, and quarterly baking classes. Over the past two years, the Library has presented 141 programs designed for neurodiverse community members,

preschool through adult, and their families, caregivers, and educators, serving more than 800 participants from the neurodiverse community. Volunteer and employment opportunities offer another way for neurodiverse teens and adults to fully engage with the Library.

"We are grateful to so many community partners, including the New Canaan Community Foundation, Inclusive Together, the New Canaan Public Schools,

and NeuroSpark+, along with numerous parents, caregivers, and local experts, without whom this work would not be possible," says Rebecca Fox, Manager of Family & Community Engagement. "Above all else, we want this programming to respond to our local community's unique needs. We continue to seek feedback; if there is something that we can do to make the Library and its programs more accessible, we want to know."

"We are thrilled to receive this recognition from the Connecticut State Library and are so proud of our team who are committed to ensuring we provide thoughtful and meaningful programs and services that serve everyone in our community," says Cheryl Capitani, Library Director.

For more information, please contact Jennifer Thompson at jthompson@newcanaanlibrary.org



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NCHS Class of 2026 Celebrates Together at Post Prom

By JULIE O'BRIEN DEASY

From midnight until 4:00 AM two weeks ago, approximately 350 New Canaan High School seniors gathered at Waveny House for Post Prom, a cherished New Canaan tradition. This year's surprise theme, "The Great American Road Trip," transformed Waveny into a cross-country celebration filled with music, games, food, and entertainment.

Waveny House was transformed into a cross-country adventure filled with music, games, entertainment, food, and prizes. Each room was decorated with a different theme representing iconic destinations across the country: New York, Nashville, Las Vegas, Miami, Aspen, and The Jersey Shore.

"Post Prom provides a safe, fun, and inclusive night for all the seniors. Everyone is invited whether you attend prom or not," noted Lindsay Regan, Post Prom Co-Chair. "It's also one of the last chances the seniors have to celebrate as one class before graduation, and it's amazing to see them all together."

This year marked the 67th anniversary of Post Prom, a longstanding New Canaan tradition that began in 1959. Originally called the "Dance-After-The-Dance" and hosted at the Country Club of New Canaan, the celebration later moved to Waveny House, where it has taken place for the past 52 years.

Post Prom is an inclusive, substance-free, and safe celebratory night for the entire Senior class. All seniors are invited, regardless of whether they attend prom or not, and every year almost the entire class attends.

Organized by the New Canaan High School Parent Faculty Association (PFA), the event's theme is a closely-guarded secret. Students arrived at 12:01 AM on May 16 to find every room at Waveny decorated to represent a different American destination, each featuring themed décor, games, and prizes.

In the "Las Vegas" room, students played casino table games, while the gold-star-covered "Hollywood" room featured a red carpet and a mentalist performance involving student volunteers. "Aspen" offered cozy ski-lodge seating around a faux fire with snacks and drinks, while Waveny's back patio was transformed into "The Jersey Shore," complete with boardwalk-style carnival games and pool toys.

Organizing an event of this scale requires months of planning and a large team of volunteers. The Post Prom Committee, made up of senior parents, began planning in the fall, with many families donating time, prizes, and financial support to make the evening possible.

Many New Canaan businesses also donated funds, food, and prizes as a way to support Post Prom, give back to the community, and celebrate the students who have supported their businesses over the years.

This year's sponsors include: Camp Playland, Orthodontic Associates of

New Canaan, Karl Chevrolet, Rhone, Renaissance Partners, Carnegie Prep, TOGS, Steinbrecher Educational Advisors, Christa Kenin @ Douglas Elliman, Sanda's Cleaners, A&N Plumbing, Abercrombie, Burns, McKiernan & Co Insurance, Nola Physical Therapy, New Canaan Dance Academy, Overdrive, Philip Physical Therapy, New Canaan Pediatric Dentistry, Lewis School of Driving, Union 12 Design, Bon Fleur, and Odd Job Landscaping.

Additionally, these local businesses donated food, décor, or prizes to make this night special for our graduating class: American Memories, CrossFit Norwalk, G Albert, Goddess Glow, Joe's Pizza, New Canaan Bicycles, New Canaan Chicken, Pennyweights, Ranch Laurent, Rhône, Rosie's, Salon G, She La La, Taylor's Luggage, Tonk, Vermont Nut Free Chocolates, Walter Stewart's, Wegmans, and Zumbach's.

Waveny House stayed lively until 4:00 AM as students laughed, danced, competed in games, and spent time with friends from across the grade. For many seniors, the evening served as one final celebration together before graduation and the next chapter of their lives begins in the fall.



The "Aspen" room featured ski-themed seating, decor, and warm drinks.



Students entered Waveny to find it transformed into a road-trip themed event.



The back patio of Waveny House was transformed into the "Jersey Shore".

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NEW LISTINGS

Address	List Price	SqFt	Price/SqFt	AC	BR	FB
32 East Hills Drive	\$588,000	864	\$681		2	1
33 East Hills Drive	\$699,990	1,554	\$450		3	1
401 Jelliff Mill Road	\$1,095,000	1,607	\$681	.35	3	1
349 Ponus Ridge	\$1,375,000	1,915	\$718	.65	3	2
493 Valley Road	\$1,595,000	4,322	\$369	2.09	4	3
45 Seminary Street	\$1,595,000	2,455	\$650	.20	3	2
42 Hoyt Street	\$1,695,000	2,842	\$596	.24	3	2
91 Lantern Ridge	\$1,895,000	4,550	\$416	.20	4	3
6 Down River Road	\$2,395,000	3,302	\$725	.25	3	3
67 Weed Street	\$2,395,000	4,706	\$509	.92	5	5
596 Silvermine Road	\$2,895,000	6,373	\$454	4.02	5	4
36 Richmond Hill Road	\$3,395,000	3,802	\$893		3	3
610 Cheese Spring Road	\$3,575,000	5,958	\$600	4.53	4	5
25 Father Peters Lane	\$4,995,000	5,306	\$941	4.60	5	4

FEATURED OPEN HOUSES

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

Address	Price	Day	Time	Broker
36 Richmond Hill Road	\$3,395,000	SAT	1:00 - 3:00 pm	WPSIR
42 Hoyt Street	\$1,695,000	SAT & SUN	11-1pm & 1-3pm	WPSIR
12 Norholt Drive	\$2,250,000	SAT & SUN	11:00 - 1:30 pm	Compass
67 Weed Street	\$2,395,000	SAT & SUN	2:00 - 4:00 pm	Coldwell Banker
197 Bowery Road	\$2,795,000	SAT & SUN	2:00 - 4:00 pm	Compass
596 Silvermine Road	\$2,895,000	SAT & SUN	11-1pm & 2-4pm	Houlihan Lawrence
610 Cheese Spring Road	\$3,575,000	SAT & SUN	1-4pm & 1-3pm	BHS

NEW SALES

Address	Original List	List Price	Sold Price	DOM	BR	FB	Acres
788 South Avenue	\$1,375,000	\$1,375,000	\$1,800,000	12	3	2	1
59 Shady Knoll Lane	\$1,650,000	\$1,650,000	\$1,860,000	18	4	2	1.18
47 Bank Street	\$1,499,000	\$1,499,000	\$1,800,000	6	2	3	
48 Green Meadow Lane	\$2,995,000	\$2,995,000	\$2,850,000	37	5	4	1.35
30 Elm Place	\$3,895,000	\$3,895,000	\$4,400,000	7	5	4	.31
98 Indian Waters Drive	\$4,195,000	\$4,195,000	\$4,195,000	56	5	6	2.07
757 Oenoke Ridge	\$5,500,000	\$5,500,000	\$5,700,000	7	7	6	4

Stamford's Rental Boom and the Condo Consequence



BY JOHN ENGEL

My grandfather grew up on Franklin Street in Stamford. His father published the Stamford Advocate. My grandfather taught in the Stamford public schools. That block is now part of the UConn Stamford expansion.

My parents left for New York. They came back when it was time to raise children, bought a single-family house, and suffered through the commute. That was the deal Stamford offered for generations: leave if you want but come back when you need a yard and a school.

Stamford is renegotiating that deal.

The city has spent 15 years building apartments. Harbor Point alone added more than 4,000 units. Nine more projects are coming: 100 Clinton Avenue, 800 and 900 Long Ridge Road, the former Indeed building on Broad Street, and others totaling roughly 2,500 additional rentals. UConn is adding 350 student beds downtown. The clearly identified new condo pipeline is about 210 units.

The math is not subtle. Stamford is building a rental city. The question is whether that was a choice, or just what happened.

What the data shows

Buyers are hesitating. Renters are still absorbing.

The reason is not hard to find. The new rental buildings are polished. They offer gyms, lounges, garages, package rooms, newer finishes, and train access. An older condo has to compete with that while the buyer also carries a mortgage, taxes, HOA fees averaging \$495 a month, insurance, and the possibility of an assessment.

Single-family homes tell a different story. The median rose from the \$500,000s to near \$700,000, with the average sale in April 2026 reaching \$1,112,167. Houses became the larger wealth builder.

Harbor Point and the 15-year experiment

The story starts in the South End. BLT acquired the Harbor Point redevelopment from Antares in 2008, during the financial crisis, when most developers were retreating. The Lofts at Yale and Towne opened in 2010. By 2012, Harbor Point had nearly 900 residences. By 2017, BLT had built roughly 2,700 apartments. By 2020, the count exceeded 3,400, with more than 600 additional units underway. Today, Harbor Point has more than 4,000 apartments, built one building at a time over fifteen years, absorbing demand that had nowhere else to go in lower Fairfield County.

That absorption was not accidental.



Harbor Point Marina, Stamford's redeveloped south end.

It required a developer willing to hold through a recession, a city willing to commit to a neighborhood that had been industrial waterfront, and a tenant base of young professionals, New York commuters, and empty nesters willing to try urban Connecticut before urban Connecticut was fashionable.

It worked. Stamford's population grew 5.5% from 2010 to 2016 while new rental supply was rising. The South End became a neighborhood. Harbor Point became a model.

The next wave

The next Stamford wave is also mostly rental. Nine identifiable projects stretching from downtown north toward the Merritt Parkway total roughly 2,556 units. They include 100 Clinton Avenue with 471 apartments, 74 Broad Street with 280, 800 Long Ridge Road with 354, 900 Long Ridge Road with 463, 177 Broad Street with 231 apartments in the former Indeed building, and 109 Tresser Boulevard with 305 affordable apartments, among others.

UConn Stamford adds another layer. The university is adding roughly 350 student beds at 1201 Washington Boulevard, bringing total student housing near the Stamford campus to about 1,025 beds for the 2026-27 academic year. Those are downtown residents who use restaurants, coffee shops, trains, sidewalks, and services every day.

The clearly identified new condo pipeline is much smaller, about 210 to 270 units across three projects. Against roughly 2,556 new rentals, that ratio is not an accident. It is a market signal.

What the rental buildings cost

The new buildings are not affordable in the conventional sense. They are polished. Life Time Living advertises apartments from about \$3,500 to \$12,500 per month. The Asher runs from about \$2,593 to \$4,115. Julius runs from about \$2,638

to \$4,778. The Smyth shows one-bedrooms above \$3,100. Stamford Urby starts around \$2,405, with parking extra.

Those prices include newer amenities, maintenance, a walkable downtown, and train access. For a certain tenant — mobile, well-employed, not yet committed to ownership — that bundle is genuinely competitive with buying.

What happened to condos

I reviewed 6,534 Stamford condo sales from May 2016 to May 2026. The median condo price rose from roughly \$300,000 to about \$449,000. Median price per square foot rose from about \$243 to \$371. Median days on market fell from 74 to 17. Annual condo sales peaked in 2021 at 942 sales — the COVID-era ownership surge — and by 2025 had dropped to 542.

Those numbers do not describe a weak market. Stamford condos became more expensive, faster-selling, and more liquid despite 4,000 new rental units competing for the same residents. The condo market absorbed the rental boom and still appreciated.

But it did not keep up with houses. Over the same decade, houses doubled. Condos rose about 50%. That gap is the Stamford split: Houses became the larger wealth-builder; condos remained the lower-cost entry point; and rentals became the growth engine.

The HOA data adds quiet pressure. Median monthly fees rose from about \$384 in 2018 to about \$495 in 2025, roughly 29% in seven years. Not dramatic on its own. Meaningful when stacked against higher mortgage rates, higher taxes, and a rental alternative that bundles maintenance, gym, and concierge into one monthly bill with no assessment risk.

The signal in April's numbers

Something shifted in April 2026. Single-family days on market jumped from 17 to 39 days, a 129% increase. Pending sales are down nearly 24%

year to date. Closed sales are off nearly 18%. New listings rose 32% in April, meaning more sellers came to market while fewer buyers committed.

Buyers are hesitating. The rental buildings are still leasing.

The hesitation is not surprising. Mortgage rates remain elevated. The new rental supply is visible and polished. A buyer weighing a \$700,000 condo with a \$495 HOA, taxes, insurance, and possible assessments against a \$3,500 apartment with a gym and a doorman is running a real calculation, not an obvious one.

Three markets, one city

Stamford now has three housing stories running at the same time.

The first is the apartment story. Harbor Point absorbed more than 4,000 units over fifteen years. The next identifiable wave adds roughly 2,556 more. UConn adds 350 beds. Stamford continues to grow through rentals, absorbing demand from New York, from Fairfield County, and from its own population.

The second is the single-family story. Houses became significantly more expensive. The rolling median moved from the \$500,000s to near \$700,000. Land, privacy, yards, garages, and control became more valuable after COVID, and Stamford's single-family neighborhoods — Shippan, Turn of River, North Stamford, and Newfield — held that value.

The third is the condo story. Condos appreciated, sold faster, and remained far cheaper than houses. They also did not keep pace with houses, and they now compete directly with a rental product that did not exist at this scale a decade ago.

The question Stamford has not answered

New York City is roughly 80% rental. Manhattan does not ask whether residents will eventually own. It assumes most will not, builds accordingly, and prices ownership as a

premium rather than a default.

Stamford is not New York. But it is building like a city that has made its peace with that model: more renters, fewer owners, single-family homes reserved for buyers with the income and appetite to carry them, condos absorbing what remains of the middle.

The next fifteen years will show whether Stamford's ownership ladder stays wide enough for normal buyers, or whether it narrows to two rungs: expensive houses at the top and polished rentals below, with condos carrying what is left of the affordable ownership market.

Why this matters to New Canaan

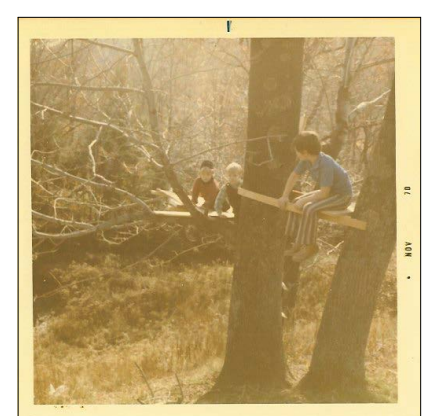
Stamford is not an abstraction for New Canaan residents. It is twenty minutes down Route 106. It has the hospital, the concert venues, the train, the restaurants, the waterfront, and now thousands of new apartments at every price point.

Many of the people who built lives in New Canaan, raised children here, used the schools, paid the taxes, and stayed through the commute are now looking at what comes next. The yard is too large. The house is too expensive to maintain. The kids are gone. Stamford is right there, with Harbor Point on the water, newer buildings downtown, and a rental market that does not require a mortgage, a lawn service, or a capital gains conversation.

Some of them are already there. More will follow.

My grandfather's Stamford assumed you would eventually own. The city being built right now does not make that assumption. Whether that is a loss or simply a change depends on what you needed Stamford to be.

John Engel is a broker with The Engel Team at Douglas Elliman in New Canaan. His earliest memories are of visiting both sets of grandparents in what felt like the wilderness of Connecticut in 1970: his father's parents on the same tidy, manicured acre on Vine Road in Stamford they had been tending since the 1940s, his mother's parents on what seemed like the frontier: four wild acres in the northeast corner of New Canaan, thick, untamed, occasionally swampy. Ah, progress.



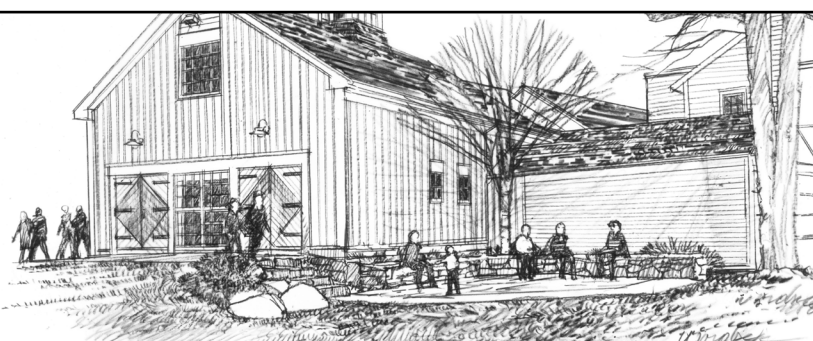
Treehouse, North Wilton Rd, New Canaan, November 1970

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



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