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LOCAL RECAP

News Brief

POLICE & FIRE
K-9 Arrow Marks Third Birthday



K-9 Arrow turned three years old while on duty. During the shift, the dog helped apprehend a burglary suspect, located evidence, and tracked a suspect who fled from a crash. Arrow continued performing routine police work during the incident responses. Photo credit: Greenwich Police Department

FROM TOWN HALL

Greenwich Energy Assistance Programs Now Available

The Greenwich Department of Human Services offers several programs to help eligible residents pay heating and utility bills and prevent service shutoffs during the heating season. Households earning up to 60% of the state median income may qualify for the Connecticut Energy Assistance Program, the Matching Payment Program, and the Winter Protection Program, while Generation Power CT provides emergency assistance to households earning up to 75% of the state median income. Residents can apply or receive guidance by contacting GDHS at 203-622-3800.

Greenwich Marks Rare Disease Day

Rare Disease Day raises awareness for the roughly 300 million people worldwide living with rare diseases. Greenwich resident Alan Gunzburg, who has Adult Refsum Disease that causes peripheral blindness, advocates for disability issues and volunteers locally, including providing eye screenings for

Please turn to page 6



Jill Oberlander served as Greenwich Selectwoman from 2019 until 2021.



Joe Kelly applauds during a slideshow before accepting a lifetime achievement award.

Oberlander, Kelly Each Hope to Succeed Fazio

BY SENTINEL STAFF

Ryan Fazio's decision to run for governor has opened one of Connecticut's most closely watched legislative seats, setting the stage for a competitive race in the 36th State Senate District.

For the past several years, Fazio has represented Greenwich, New Canaan, and portions of Stamford in Hartford, building a profile as a Republican focused on affordability, energy costs, and fiscal discipline. His departure from the Senate to pursue a statewide campaign leaves voters in the district facing a familiar civic moment: the task of choosing the next steward

of a seat that has long carried influence in Connecticut politics.

The communities that make up the 36th District—Greenwich, New Canaan, and the northern neighborhoods of Stamford—share a tradition of local engagement, where residents scrutinize budgets, attend town meetings, and expect their elected officials to approach government with seriousness.

Two candidates have stepped forward so far to make their case. Greenwich Democrat Jill Oberlander, a former member of the Board of Selectmen and a veteran of local government, has entered the race with a record of municipal service that spans more than a

decade. Republicans, meanwhile, are expected to rally behind Joe Kelly, a longtime civic volunteer, former Greenwich Board of Education chairman, and current Board of Estimate and taxation member known for his work building consensus.

Each brings a distinct biography and governing style shaped by years of involvement in the community. Each also reflects a broader conversation unfolding across Connecticut's suburbs, where voters increasingly weigh practical concerns about taxes, schools, infrastructure, and affordability against the shifting currents of national politics.

Oberlander Files Paperwork for State Senate Run

BY ELIZABETH BARHYDT

Jill Oberlander, a longtime Greenwich civic leader, attorney, and former member of the Board of Selectmen, has formed a campaign committee with the Connecticut State Elections Enforcement Commission to seek the State Senate seat in the 36th District in the 2026 election.

Oberlander filed her candidate committee, **Oberlander2026**, on Feb. 27, formally entering what is expected to be an open race for the seat. Her decision follows more than a decade of service in Greenwich government, including roles on the Board of Selectmen, the Board of Estimate and Taxation, and the

Representative Town Meeting.

Her career in public service has focused on municipal finance, environmental policy, and civic engagement. Oberlander served on the Board of Estimate and Taxation, the town's finance board responsible for reviewing and approving Greenwich's municipal budget, where she became the board's first Democratic chair in recorded history in 2018.

In 2019, she ran for First Selectman and joined the Board of Selectmen as the lone Democrat on the three-member body. The Board of Selectmen oversees many of the town's executive functions,

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Kelly Announces Campaign for State Senate

Joe Kelly, a longtime Greenwich civic leader known for building consensus in local government and strengthening community institutions, announced that he will seek election to the Connecticut State Senate in the 36th District.

Kelly said his campaign will focus on restoring a tone of civility and cooperation in public life while advancing the fiscal discipline and community-first approach that has defined his public service.

"Public service should bring people together to solve problems," Kelly said. "Too often politics divides neighbors who share the same goals. I believe we can work with everyone who truly wants to represent all the people,

not just some of the people."

Greenwich First Selectman Fred Camillo said Kelly's reputation as a unifier and community leader made him a natural choice to carry forward the district's tradition of practical leadership.

"As we turn our attention towards the November elections, here in Greenwich, I am proud to support one of Greenwich's biggest champions, and most active volunteers, Joe Kelly," Camillo said. "Whether on the athletic fields, or the halls of local government, Joe can always be counted on to be front and center when duty calls."

Kelly's campaign message reflects

CONTINUED ON PAGE 7

School Bus Tracking Coming to Greenwich Public Schools

BY LAURA KOSTIN

School bus tracking apps are not new, but the ability for parents to track their child's bus will be a feature new to Greenwich Public School families. No date was given for a rollout of the technology, but Superintendent of Schools, Dr. Toni Jones said, "it's coming soon" in her weekly email blast. She also noted, "It would be very helpful on mornings when weather or road congestion impacts bus times."

Currently, there's no way to know whether a child's bus is running on time or if it has encountered delays on a route in the morning or afternoon, unless there is specific information provided to families via a text or email blast.

Neighboring districts

already employ various bus tracking apps. According to their websites, Stamford Public Schools use FirstView, as do Westport and Darien. Norwalk Schools use one called BusZone. The Greenwich Public Schools switched bus companies, from First Student to DATTCO in 2025. Currently, some districts that use DATTCO as their transportation provider utilize an app called My Ride K-12 for bus tracking. However, it's unclear if that's the technology that will be offered to Greenwich families.

Parents seem enthusiastic about the idea. "A bus tracking app is a significant technological step for GPS that offers peace of mind without requiring our kids to be 'plugged in' via phones or watches. To ensure

a smooth rollout, I highly encourage the district to study the successes and challenges other districts have had with the rollout of similar platforms, Chrissy Schwartzstein said. "Bus tracking would give GPS parents confidence that their kids arrived safely to school. Especially on days where the weather is treacherous or questionable, driving your child isn't always an option for every family. But making sure the kids arrived to school safely would bring great peace of mind," said Kerri Gruss.

When asked about the cost associated with a tracking app or the timeline for implementation, Greenwich Public Schools Communications Director, Jonathan Supranowitz declined to provide additional details.

Former Greenwich Resident Mark Teixeira Wins Primary for Texas Congressional Seat

BY SENTINEL STAFF

Former Greenwich resident and former New York Yankees first baseman Mark Teixeira has won the Republican primary for Texas' 21st Congressional District, according to the Associated Press.

With most votes counted early Wednesday, Teixeira defeated four other Republican candidates to secure the GOP nomination. He will advance to the November general election.

Teixeira announced his campaign last August and received endorsements from several prominent Republican leaders.

"This is a huge victory, and I'm truly honored to have such strong support from the people of TX-21. Thank you!" Teixeira wrote in a post on X after the results were reported.

"I'm so grateful to everyone who voted, put in the work, donated, and

especially prayed for us along the way. My amazing family has been by my side every step of the way – my wonderful wife Leigh and our three kids – and I'm blessed by their support as I prepare to serve the country we love," Teixeira added.

Teixeira lived in Greenwich during his years playing for the Yankees after signing an eight-year, \$180 million contract with the team before the 2009 season. The Maryland native helped lead the Yankees to the 2009 World Series championship and finished second in American League Most Valuable Player voting that year. During his time in New York, he was a two-time All-Star and three-time Gold Glove winner.

Teixeira retired from Major League Baseball in 2016 and later worked as a baseball analyst for ESPN in Bristol before moving to Texas with his family.

So What Does 2026 Have in Store for the Economy and the Stock Market?



BY PATRICIA CHADWICK

Normally, at this time of year, I write an economic/stock market column, with both a backward analysis of the year behind us and a forecast of what might be facing us in the incoming year. The invasion of Iran last weekend by the combined military forces of the United States and Israel and the now ongoing conflict

obstruct the geopolitical picture and cast a pall over what the impact might be on economies around the world, in particular here in the U.S. The picture may be different in a couple of days. Note: I am finishing this column in the wee hours of the morning on Wednesday, March 4.

It's wise to keep in mind that Black Swan events are often lurking on the periphery of any assessment of the outlook for the economy and the stock markets. If and when they arrive, havoc is often wreaked, but in varying degrees. Remember September

2008 and the demise of Lehman Brothers, the straw that broke the camel's back of the global financial markets? It took an act of Congress, with the creation of TARP, to prevent a full-blown global financial implosion. A far less virulent example came just last year when President Trump announced his plan for tariffs in early April. He had been proclaiming his intent to raise tariffs, and the market was expecting something, but it was the breadth and magnitude of what came from the White

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Michael Southwick

Welcome Our New Columnist

Rev. Michael Southwick is the priest-in-charge of St. Saviour's Episcopal Church in Old Greenwich, where he leads worship, pastoral care, and parish life at the Sound Beach Avenue congregation. Southwick and his wife, Debby, have lived in Old Greenwich for more than three decades.

Please read his first *Sentinel* column: *Spring Is Coming: Finding Hope in the Silence of Lent* Found on Page 13



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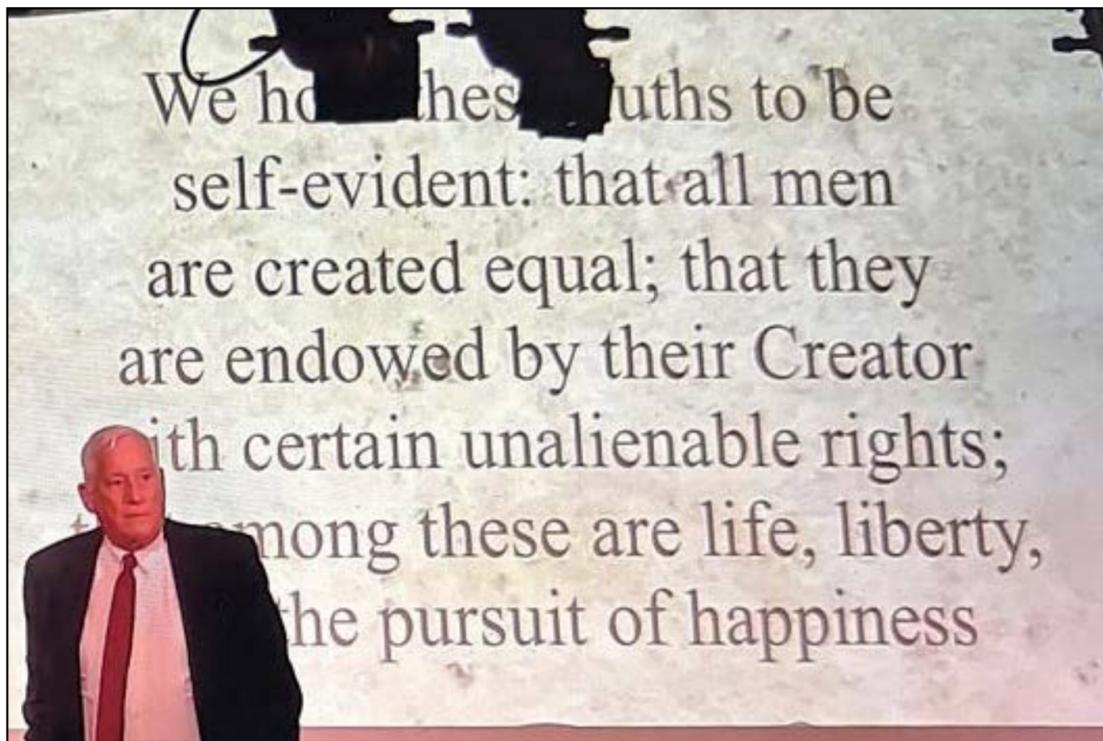
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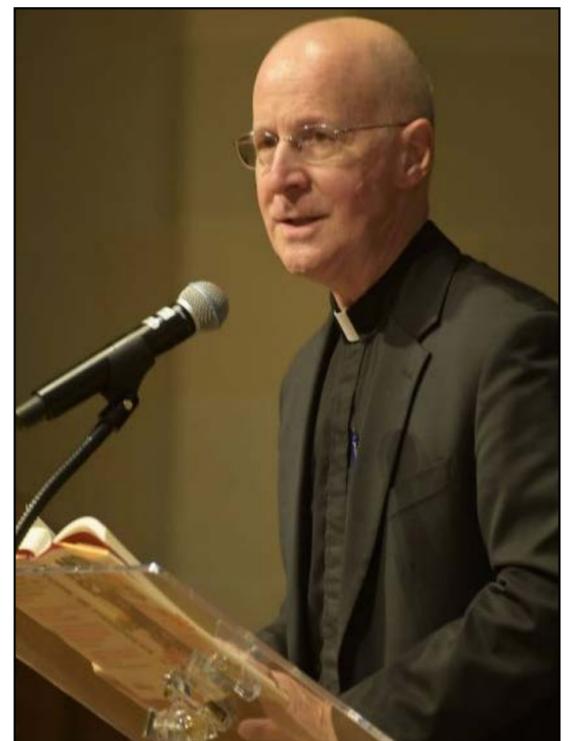
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ON MY WATCH

Finding Healing Words in Tough Times On Our 250-year History and the Time of Lent



Biographer/historian Walter Isaacson addresses the Declaration of Independence at the Berkeley Theater at Greenwich Library. Photo by Anne W. Semmes.



Father James Martin addresses the Courage & Faith audience at Christ Church. Photo by Bob Capazzo.

BY ANNE W. SEMMES

Walter Isaacson Addresses the Declaration of Independence

"We have just entered the 250th year of our country," began acclaimed biographer and historian Walter Isaacson, "and as you also may know, we're not exactly in the perfect mood to have a party." He was standing before a packed Berkeley Theater at Greenwich Library last Wednesday week. "We've become so polarized, so pulled apart," he continued, "that I was hoping if we could all ...go back to our founding documents, that perhaps we could understand the common ground that they fought for back then and maybe help restore a little of it."

Isaacson's newest book, or pamphlet as he called it, is entitled, "The Greatest Sentence Ever Written," which is the second sentence of the Declaration of Independence. It begins, "We hold these truths to be self-evident, that all men are created equal and they're endowed by their creator with certain inalienable rights among them, life, liberty and the pursuit of happiness." Isaacson would spend his hour spelling out how that sentence has lived out in history.

"The sentence wasn't exactly true at that time," he said, "but it became a creed that bound a diverse group of immigrants and pilgrims into one nation, and it defined two great things, our common ground of values and the American dream." He then recalled 50 years ago when he was "somewhat young." "We had also gone through a period just like now. People think we're in a horrible period. But we've been through the Civil War and the McCarthy years," and "we had just gone through Vietnam... we'd gone through Watergate...the assassinations of Kennedys and Martin Luther King." And "after all of these horrible things had happened, Gerald Ford rang a Liberty Bell... We celebrated what Gerald Ford said was a time to heal our 200th anniversary."

"The tall ships probably came up near here... there were bicentennial moments that brought us together. I'm hoping even though it's getting late, that we still have time to celebrate."

But back to that sentence of "We the people." "Those sound like high-flying words,

he noted, "but they actually have a deep sense of meaning...in which each of the people in that social contract were considered to have equal rights." But he recalled journalist Coke Roberts' book, "Remember the Ladies", "about Abigail Adams' letter stating to husband John, 'remember

the ladies' during the writing of the Declaration... be more favorable to them.' And John Adams writes back, 'We know better than to repeal our Masculine systems.' What happens is the sentence has to grow. The sentence is not a sentence that defines what our nation was, but it defines a type of growth that we have 250 years later. We're still growing into this sentence. It becomes a mission statement."

"It requires a balance," he told, "We don't all have to have it all one way or the other, but we know there are contending opinions and we try to find the right equilibrium... If you want to have a land of opportunity in which each new generation can succeed based on their hard work or their talents or whatever, you have to have certain things in the common for everybody... safe streets... good schools... So, with a good enough balance between private property and the commons, you form a foundation where each new generation feels however they were born, they're going to be able to succeed. And that is what gets called the American Dream."

We still have that American Dream, said Isaacson, "But I think it's been challenged lately, which is why we have some of the resentments in our politics... because of the way we've handled things the past 20, 30, 40 years. The commons used to be in many places. I'd go to Fenway Park, we'd all go in the same entrances," but now "certain people get to go through the VIP entrances and get to sit in the skyboxes." When he returns to New Orleans where he teaches at Tulane University, via the airport he told he'd go through TSA pre. But "Democracy is that we all stand in the same line." He then quoted how E.B. White addressed democracy. "And so, in some ways, step by step, we lose that a bit. We have to be aware of why that causes resentments." Isaacson would spell out those developments wherein globalization would "create an enormous boom of wealth over the past 40 years," but "what we didn't focus on is that it hollowed out a whole middle class of people... a whole lot of people who got resentful because they were left behind." He then quoted John Hancock who had signed that Declaration of Independence: "With all those forces contending to divide us, we must all hang together." And "That's what I hope we can renew today," he ended, "This fight for a nation that lives up to its greatest sentence."

Jesuit Priest Father James Martin Addresses Divisive Issues and the Time of Lent

Polarizing issues were also addressed in the latest "Courage and Faith" talk series at Christ Church Greenwich on Valentine's Day. Guest speaker Jesuit priest Father James Martin was introduced by the Rev'd Justin Crisp of St. Barnabas Church sponsors the series. Father Martin would introduce his (30th) book, *Work in Progress—Confessions of a Busboy, Dishwasher, Caddy, Usher, Factory Worker, Bank Teller, Corporate Tool, and Priest.*

It was while Martin was working at GE in Stamford and worshipping at St. Leo Parish that his "discernment" began of entering the Jesuits. And now a New York Times bestseller, told Zabriski, "Father Martin is one of the most influential Christian voices in our country and in the world today. He served as the ABC news lead Vatican commentator and conclave commentator for the election of Pope Francis, Pope Francis's funeral, and for the 2025 conclave that elected Pope Leo XIV."

Father Martin began with humor, "It's not a problem for a celibate male to come and do something on Valentine's Day. We always say the worst days for celibate men are Valentine's Day, and on New Year's Eve - you dunno who to kiss." On with his life, he told of his coming home one night from GE and seeing a documentary on Thomas Merton. "And that changed me." He would spell out his conversion, then open for questions from the hundreds of attendees. The first question was, "You are famous for your longstanding campaign to make the Catholic church more accepting of LGBTQ people. Can you give us a progress report?"

"I'm happy to," he said, "and I apologize for the protesters outside [holding LGBTQ posters]." He spoke of two trends ongoing. "The first trend was Pope Francis - he did more for LGBTQ people than all of his predecessors combined... he's the first Pope ever to use the word gay. He appointed an openly gay person to a papal commission. He told parents not to kick their kids out if they were gay. He met with people who minister to LGBTQ people including myself... he met with transgender people towards the end of his life monthly. The other trend is Pope Leo has said that he wants to continue that approach."

"With that trend," he continued, "as more and more people come out in the Catholic church,

more families are affected, more parishes are affected, more dioceses are affected. Now in the U.S. and in the West more broadly, you see many more LGBTQ outreach programs." But he noted, "That doesn't mean it's that way in the rest of the world - in places like Sub-Saharan Africa and Eastern Europe, it's still very difficult, but we're moving ahead."

Another challenging question came from a woman who spoke of "loving the Catholic church and theologians like Thomas Aquinas and Augustine who helped form me. But as a woman, I still have to face I could never be a priest or a bishop in the Catholic church. In this day and age, why does this exist?"

"It's a source of pain not only for women but men in the church," he answered. "Pope Francis tried his best to have women in what he called incisive roles in leadership... but explicitly there were also parts of the church that were completely opposed to that... The challenge for the Pope is between unity and prophecy." He then described that event of Easter. "The first person to encounter the risen Christ is Mary Magdalene." And from the moment "she encounters the risen Christ at the tomb, and the time that she announces the good news to the rest of the disciples...let's say that's a 20-minute walk or run, Mary Magdalene is the church on Earth because only to her has been revealed the full paschal mystery."

"Father Martin," came the next question, "With the coming of Lent and Ash Wednesday through which we connect with God, how do we hear God speak to us in unexpected moments or hoped for moments?" He answered, "In our prayer and in our daily lives." He noted, "I have this podcast called 'The Spiritual Life.'"

"Lent," he continued, "is a good time to think about ways that God has of speaking to us." He recommended a recent "beautiful thing" said by Pope Leo of what we should give up for Lent: "I would like to invite you to a very practical and frequently unappreciated form of abstinence, that of refraining, from words that offend and hurt our neighbor. Let us begin by disarming our language, avoiding harsh words and rash judgment, refraining from slander and speaking ill of those who are not present and cannot defend themselves. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace."

Design, Nature and the Shape of Modern Life

By Peter Barhydt

In the middle of the 20th century, a handful of young architects arrived in New Canaan with little experience, a new set of ideas and a willingness to experiment. The houses they built would quietly change the way Americans thought about living space.

One of them was Eliot Noyes.

After a recent screening of a documentary about his father, Modernism, Inc., The Eliot Noyes Design Story, Fred Noyes reflected on the unlikely path that brought Eliot Noyes from Harvard classrooms to archaeological digs, and eventually to a career that reshaped both architecture and corporate design.

“My father was in architectural school,” Noyes recalled, “sort of with a bee in its bonnet that there was a lot of stuff going on that people really needed help with, and the architectural school was really addressing stuff that was more like an 18th century.”

At the time, architecture schools still focused heavily on classical traditions — columns, symmetry and historical models that had dominated design education for decades. But the world beyond the classroom was already changing.

Eliot Noyes had originally studied classics and had thought about becoming a painter. But eventually he reconsidered.

“He kind of liked painting and miscellaneous other things,” Fred Noyes said, “and thought he might be a painter, but then realized that there are other people at it — Picasso, Miró, that crew — who were better at it than he was.”

A pivotal opportunity soon appeared. While still a student, Noyes was invited to join an archaeological expedition to Persepolis in Iran, documenting ruins through drawings and watercolors.

“They tapped him on the shoulder and said, ‘would you like to go to Persepolis?’” Noyes said. “And he responded, ‘oh boy, would I ever?’”

The experience broadened his understanding of culture and design. Soon afterward, the famed Bauhaus architect Walter Gropius arrived at Harvard after leaving Germany.

Noyes became one of Gropius’ standout students, absorbing the Bauhaus belief that design should be simple, functional and rooted in modern materials.

That philosophy soon carried him to New York, where he was asked to launch a new industrial design program at the Museum of Modern Art.

“Design is about design,” Noyes said, recalling the spirit of that moment. “It’s not about one thing or architecture.”

World War II interrupted the work. Noyes served as a glider pilot and later worked in Washington during the war. But afterward he returned to design and eventually moved his family to New Canaan.

That decision helped create one of the most remarkable architectural communities in the country.

After building his own house in town, Noyes invited several colleagues to join him. Among them were Philip Johnson, Marcel Breuer, Landis Gores and John Johansen — a group later known as the “Harvard 5”.

“They were young Turks,” Fred Noyes said. “They didn’t have any experience except for a year or something out of school.”

But they were working at a moment when architecture itself was changing.

The war had transformed American society. New materials such as steel, concrete and large sheets of glass were becoming widely available. At the same time, social structures were shifting.

“The war changed everything,” Noyes said.

Architects began designing houses that reflected these new realities — simpler homes that connected more directly with the landscape.

Eliot Noyes’ own home became one of the clearest examples of that idea.

“With these new materials and these new techniques,” Noyes said, “we can think of a house as being part of nature, not against it, but integral with it.”

The house opened itself to the surrounding woods through expansive glass and an arrangement of connected pavilions. Rather than standing apart from nature, the structure allowed its



Glass House by Philip Johnson (exterior) in New Canaan.

“We can think of a house as being part of nature, not against it, but integral with it.” – Fred Noyes



Noyes House in New Canaan.

occupants to experience it — the sound of birds, the changing seasons, even the snow outside the windows.

Yet Noyes’ influence would extend far beyond residential architecture.

Through his work with IBM, he helped create one of the earliest examples of a comprehensive corporate design program. Working alongside IBM chairman Thomas Watson Jr., he helped unify everything from product design to graphics and advertising.

“He develops a program for IBM

which touches on all of IBM’s face,” Fred Noyes said. “It is the graphics, it’s the way the advertisement works.”

Other companies soon followed, including Westinghouse, Mobil Oil and Cummins.

The underlying idea was that design could shape not only objects and buildings but organizations themselves.

Now Fred Noyes hopes to continue that legacy through the Eliot Noyes Center, an initiative intended to bring together thinkers from different fields

to address modern challenges.

The goal, he said, is not to replicate the past.

“If you are looking at Eliot Noyes or Philip Johnson and saying, ‘wow, weren’t they terrific? We ought to be practicing the way they practice,’ the answer is no,” he said. “That was just right for their time.”

Instead, the aim is to carry forward the same spirit of experimentation that once turned a small Connecticut town into a laboratory for modern design.



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A rare Multicolored tanager discovered in the Choco-Magdalena area. Photo by J.H. Muchmore.

What One Man's Wonder Can Do to Save the World's Biodiversity

By ANNE W. SEMMES

Jim Muchmore of Greenwich was the featured speaker at last Thursday night's Pollinator Potluck attended by 60 bird lovers at Audubon Greenwich. Muchmore is a family man with two growing children but his imprint as conservationist is growing with his caring focus on the extraordinary biodiversity of one of the world's 36 hotspots located on the easternmost regions of Panama, Columbia, Ecuador and the northwestern corner of Peru. So, the name for this hotspot area is Tumbes-Choco-Magdalena.

It was in the middle of that hotspot where Muchmore's bride, Molly, insisted that they go on their honeymoon in 2013, he would tell. "So, we drove from Quito, in Ecuador to a place called Refugio Pas De Las Aves [notable for its birding]," and thus the Muchmore's were introduced to a region called Choco, a live-changing experience for Jim Muchmore.

"Jim has worked closely with scientists, NGOs, and local partners," introduced Rochelle Thomas, Audubon Center director, "to raise awareness, support fundraising, and protect critical biodiversity hotspots, particularly within the Tumbes-Choco-Magdalena and tropical Andes regions." Thomas cited Muchmore as "an established graphic and packaging designer" who had "transitioned from the New York City design world into a conservation focused career." Add to that skillset his being an "experienced photographer," newly invited by Thomas to serve on the Center's Greenwich Advisory Board.

By year 2016, after Muchmore had "explored Ecuador a little more... really learning about the Choco region," he began "exploring designs well within



Jim Muchmore addressing the Pollinator Potluck gathering at Greenwich Audubon. Photo by Anne W. Semmes.

"Jim has worked closely with scientists, NGOs, and local partners," introduced Rochelle Thomas, Audubon Center director, "to raise awareness, support fundraising, and protect critical biodiversity hotspots."

conservation," to "put a brand name to the Choco ("Save-the-Choco") and see if we could build awareness through that." He found support from other conservationists and groups like the Rainforest Trust. What came next was to partner with an Ecuadorian organization called Fundacion Jocotoco.

Save-the-Choco kicks off "When we started in 2017," said Muchmore, "we were protecting around 3,000 acres, but today we're at 47,000 acres protected... So, we're creating a corridor from a hundred meters up to 4,000 meters." And "Where that biodiversity really thrives is in the gradient levels," as found from the research of partner Fundacion Jocotoco. "What they noticed is that creating corridors from low elevation to high elevation gives

species the biggest chance of survival... Bird species use the gradients to follow either food or if with global warming they can move up to cooler temperatures and the plants thrive... or if it gets cold, they can move back down. So, the idea was to protect these corridors where it gives the species movement to go up and down in the mountains."

With his photographs, Muchmore would describe that biodiversity that he "fell in love with," in the Choco-Magdalena area, which includes the Galapagos Islands. "And that includes tropical moist, tropical dry forest on the Pacific coast of South America."

A hotspot he told must contain "at least 1,500 species of vascular plants that are endemic to the region." And

what is endemic? "Endemic refers to a species found nowhere else." Such as a Multicolored tanager he saw for the first time alongside a Canadian warbler "a breeding bird here in Connecticut." He's found it "amazing to see that juxtaposition of tropical birds with birds we are familiar."

One of "people's favorites," he told, "is the most stunning (Plate-billed Mountain) toucan species for sure. But in this region, there are over 600 birds recorded," though he believed, "the estimates are much higher. There are over 90 endemic bird species to this area, which makes it one of the highest, if not highest endemic bird regions in the world." He then introduced a Tooth-built hummingbird, also endemic. "You can see its little teeth. It's

a very unique hummingbird." He cited the Columbian Choco as thought to be "the most floristically diverse area in the Neotropics."

Finding orchids and magnolia trees

He showed photos of Slipper orchids "on the cliffs of the Pacific Coast... where the rainforest crashes basically into the ocean and it's hard to believe that orchids can be that close to saltwater." He described Dracula orchids as "really interesting orchids... They hang over and mimic mushroom gills... they're pollinated by flies that pollinate mushrooms." But "unfortunately" with the exotic orchid trade, "it's rare to see them in the wild."

He addressed that biodiversity again. "On a 30-acre plot in Ecuador, they registered 550 species of trees in just 30 acres. All of North America has a thousand species, and Ecuador is about the size of Arizona." Yet "Ecuador has 4,000 species of trees."

Muchmore experienced amazement walking in the rainforest with a park ranger hired away from the lumber industry. "He knows every single tree species in the entire area... He's recorded all the trees for us, but he really took to heart finding the magnolia trees," and in so doing "he counted enough magnolia trees on our protected property to take it from critically endangered to endangered."

"But let's get back to birds," said Muchmore. "Twelve percent of the world bird species are protected at Fundacion Jocotoco and 1,385 species have been recorded." And in three years of migratory bird surveys in those reserves, "We've produced 44 species. Anybody want to guess what the number one counted bird is? "A Swanson's thrush. Number two, a Blackburnian

warbler and Number three, a Canadian warbler [breeding in Connecticut]."

Lodges available for birdwatching

Foundation Jocotoco now has, he stated, 18 reserves throughout the Choco country. "We manage 120,000 acres with our partners." He noted, "You guys are more than welcome to visit any of them. Five of them have lodges to stay at... but these northern and southern parts are pretty common for bird watching groups."

One of those reserves, the Hillstar Reserve, is named for a new bird species discovered in 2017. "It's called the Blue-throated hillstar," said Muchmore who'd managed to photograph it. "I was there when they were all molting. So, none of them were in nice plumage, but there are fewer than 500 of these birds recorded. We were able to react quickly, buying the first pieces of property to protect it."

Importantly, what Muchmore has learned in his Save-the-Choco conservation efforts is the need to "support locals doing the work because this research helps us understand there's extreme endemism necessary to be protected." And "When we're protecting things for orchids, birds, reptiles, amphibians, it all goes back to our migratory birds... We forget that many of our migratory birds spend eight months of the year living there and come to visit us to breed. So, supporting local science helps us protect these birds and understand what areas are threatened and what areas are important to protect."

For more information on Jim Muchmore's biodiversity conservation effort, visit www.savethechoco.com



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THE ORAL HISTORY PROJECT: CELEBRATING AMERICA'S 250TH Greenwich Winters Through the Ages

By MARY A. JACOBSON

The winter of 2025-2026 is one of the harshest ones remembered by many Greenwich residents in a very long time. With thermometers reading zero degrees and wind chill temperatures in the negative double-digits, with ice and over a foot of snow lingering seemingly endlessly, it is a winter. With that in mind, it seems fitting to resurrect the remembrances of numerous past Oral History Project narrators who can recount their winter recollections and perhaps give ours a different perspective.

Horace Bassett, a Greenwich dentist born in 1905, was interviewed in 1976 by OHP volunteer Richard W. Howell. He reminisced about the winter of 1918, one of the harshest in his memory. At that time, coal to heat homes “was delivered to Greenwich by barges, not by railroad... Greenwich harbor was completely frozen, so the barges couldn’t get in (to Steamboat Road). The schools were closed because they ran out of fuel... It froze all the way out to the Captain’s Islands.” Horses pulling sleighs traveled on the ice to the stranded barges to transport coal to Maher Brothers, a coal importer on Steamboat Road.

Being young and carefree, Horace and some friends walked over the ice that year to Island Beach to visit its caretaker there, Fred Metzger. Metzger asked the boys to return the next day with his mail from the Post Office and the teens readily agreed. The next day “it must have been towards the end of the cold spell, because



Milkman Francis Connally delivers in the snow to his customers. Courtesy of Greenwich Library.

the ice was rather weak. My dad happened to be down around Indian Harbor. He saw us out there, met us halfway, and just reprimanded us very severely... Even today I think of what might have been if that ice had

caved in.” Another remarkable year was 1934. William Erdmann, captain of the Island Beach ferry for thirty years, was interviewed in 1975 by OHP volunteer Marge Curtis. As a young man of 24,

he recalled that “in 1934 we had a particularly severe winter. It was a combination of real cold weather and no wind, so the Sound was frozen over.” The ice “got real thick at that time. I skated out to the island

(Island Beach) to visit the Metzger family who were very low on food supplies. I thought to myself, ‘Boy, I’m a dope for ever being out here on skates all alone.’”

The next time he went to

Island Beach, in order to deliver food to the Metzgers, Erdmann put his rowboat on a sled. “I’d pull the boat up on the ice and put the sled underneath it, and I’d walk the rest of the way back in, towing the boat.”

Erdmann had a theory to explain that “awful, heavy ice... That was Depression days, and they just didn’t have much boat traffic, either. So, as long as there was no boat traffic to keep the ice broken up, the ice just got stronger and thicker and thicker and stronger.”

Hugh Dougherty served as dockmaster at Tod’s Point for many years. He was interviewed by Esther H. Smith in 1975 at the age of 72. “We seemed to have much more bitter winters in those days than what you have today, and the Sound would freeze up almost every winter.” He described how, at high tide, along the shore, the ice would “break into cakes and you had what we called ‘cakey.’ Then to get back and forth you had to walk the cakes. I do remember my father being on one and the cake turned over and dumped him in the water... Luckily, we had very few drownings... Old Captain Gardner, who was a very cautious man, warned us if we ever went out to the lighthouse, be sure and take a long sled with us so that if the ice started to get weak at all, you could get on the sled and spread your weight out over a greater area. Then you’d push it along until you got back onto hard ice again.” One of Dougherty’s favorite pastimes was on an iceboat with “a very light frame, with runners on it and a good-sized sail. It did go very fast and it was bitter cold riding on it.”

Cherry Grafton Taylor had somewhat less dramatic, but no less memorable times skating on icy ponds, which she related to OHP volunteer Marjorie Schwier in 1989. “It seemed to me that we had many, many weeks of ice skating and we would take lanterns and skate at night in the moonlight. There’s a pond we used to call Shop Pond where there was an old mill. That was a beautiful place to skate at night when the moon was full and the ice was very thick and black. “Sometimes we would make sails out of an old bedsheet and let the wind take us from one end of the pond to the other.” She, too, had memories of the Blizzard of 1934 “skiing down to Glenville to get milk and eggs.” There was purportedly more than three feet of snow that year in Greenwich and the snowplows couldn’t maneuver. “It was quite a horrendous blizzard.”

Space does not allow us to include the classic nor’easter of 1888 with snowdrifts of twenty feet, or the storm fifty-nine years later in 1947, which dumped 25 inches of snow, again stranding residents with dwindling fuel and food. Yet, with these harsh winters and others to follow, the sense of community and the kindness of Greenwich neighbors to one another have remained notable, steadfast, and true.

The Oral History Project is proud to present blogs derived from its collection of recorded interviews as part of the Project’s celebration of “America’s 250th | Greenwich – Greenwich History is American History.” The OHP is sponsored by Friends of Greenwich Library. Visit the website at glohistory.org. Interviews may also be read in their entirety or checked out at the main library. They are also available for purchase by contacting the OHP office. Our narrators’ recollections are personal and have not been subjected to factual scrutiny. Mary Jacobson serves as blog editor.



Ice boating in Greenwich Harbor. Courtesy of Greenwich Library.



Oxen used to help clear lower Greenwich Avenue, 1888. Courtesy of Greenwich Library.

NEWS BRIEFS

From Page 1

Greenwich Public School students through the Greenwich Lions Club. He also volunteers with Coffee for Good, helping identify employment opportunities for program graduates, and attended the Rare Disease Day event at Greenwich Town Hall with his guide dog. Photo credit: Town of Greenwich



AROUND TOWN

Historical Society Hosts Black History Lecture

The Greenwich Historical Society held a lecture on Feb. 28 to mark 100 years of Black History Month and the upcoming 250th anniversary of the United States. Dr. Frank Mitchell of CT Humanities spoke about Black foodways, domestic labor, and boarding house culture, including the roles of Louisa Brooks and Lucy Davis at Cos Cob's Holley House. The lecture accompanied the exhibition *The Holley Boarding House: Inspiring American Impressionism*, with curator-led tours offered before the talk.

Community Shredding Event Promotes Recycling

The Greenwich Recycling Advisory Board and Greenwich Green & Clean will hold a paper shredding event on Saturday, April 18, from 9:30 a.m. to noon at the Island Beach parking lot. Residents may bring up to four boxes of documents containing personal information for shredding at a cost of \$4 per box; folders, cardboard, plastic, binders, books, newspapers, and magazines must be removed, though staples are allowed. Canned and dried food donations for Neighbor-to-Neighbor will also be accepted.

LOCAL BUSINESSES & NON PROFITS

Women's Health Forum Coming to Greenwich

A women's health forum on evidence-based hormone replacement therapy (HRT) will be held March 31 from 5:30–7:30 p.m. at The J House Greenwich, hosted by The J House Greenwich and The First Bank of Greenwich. The event includes a reception, panel discussion, audience Q&A, light food and drinks, and giveaways, with a portion of proceeds benefiting the Greenwich YWCA. Panelists include women's health nurse practitioner Isabel Bogdan, integrative medicine physician **Katie Takayasu**, and naturopathic physician Kathleen Cannon.

Congressman Himes Discusses Global Security Outlook

Christ Church Greenwich will host a free public discussion with U.S. Rep. Jim Himes (D-CT) titled "Is the U.S. More or Less Secure in 2026?" on Wednesday, March 11 at 6:30 p.m. in the Parish Hall at 254 East Putnam Ave. Himes, who represents Connecticut's 4th District and serves as Ranking Member of the House Permanent Select Committee on Intelligence, will discuss current U.S. security issues including NATO, Russia-Ukraine, the Middle East, the Indo-Pacific, Greenland, and the Western Hemisphere, followed by audience questions. Registration is required due to limited seating, and the event will also be livestreamed.

Focus On French Cinema Returns Sunday

The Alliance Française of Greenwich, in partnership with the Bruce Museum, will present the third U.S. premiere screening of the 2026 Focus on French Cinema season on March 8 at 2:00 p.m. at the Bruce Museum. The program features *The Cost of Heaven* (Gagne ton ciel), a French Canadian drama about a family man whose pursuit of wealth and status disrupts his life. The documentary *Cobalt Miners: The Human Cost of Clean Energy*, about cobalt mining in the Democratic Republic of Congo, will be available online March 9–23.

LWV Greenwich Hosts Civic Dialogue Presentation

The League of Women Voters of Greenwich will host a public presentation by University of Connecticut Associate Professor Tyler Page on Tuesday, March 24 at 7:00 p.m. in the Town Hall Meeting Room at Greenwich Town Hall. The talk will address research on political polarization, shared values across political groups, and strategies for more constructive public dialogue. The event is free and open to the public with registration required through the LWV Greenwich website.

Christ Church Expands Recovery Meeting Space

Christ Church Greenwich hosts free, confidential weekly meetings for individuals and families dealing with addiction and other compulsive behaviors. The Steps-Ahead Renovation campaign is raising funds to create a dedicated 12-Step meeting space with a private entrance in the lower level of the Annex Building on the church campus. Donations to the project are tax-deductible through its 501(c)(3) status, with matching gifts and naming opportunities available.

THE ENVIRONMENT

Friends Of Binney Park Annual Meeting



The Friends of Binney Park will hold its annual meeting on March 17 at 6:45 p.m. at the Sound Beach Firehouse in Old Greenwich, and members of the public are invited to attend. The nonprofit organization supports projects, programs, and volunteer efforts that maintain and improve Binney Park. Attendees will receive updates on the group's work and learn how to get involved. Photo credit: Friends of Binney Park

Camillo Encourages Responsible Dog Ownership

First Selectman Fred Camillo asked residents to clean up after their dogs, saying uncollected waste creates a public health concern. As snow melts at Greenwich Point, he said he has noticed an increase in dog waste being left behind. He urged dog owners to carry waste bags and clean up after their pets.

Greenwich Awarded Grant For Tree Planting

The Connecticut Department of Energy and Environmental Protection awarded more than \$950,000 in Urban & Community Forestry Trees for Communities grants to nine municipal and nonprofit projects across the state, including \$49,536 to Greenwich. The funding will support the Byram Branches initiative, which will plant 100 native trees on public and private properties in the Byram neighborhood, identified as an environmental justice community. The program supports projects that expand tree canopy and includes activities such as planting, maintenance, outreach, and workforce development, funded through the Inflation Reduction Act.

SCHOOLS

Greenwich Schools Recognize March Difference Makers

Greenwich Public Schools Superintendent Dr. Toni Jones announced the March 2026 recipients of the district's "Difference Makers 2.0" award. The monthly recognition honors one staff member from each school and district department for contributions to the school community and is based on nominations from principals and district leadership. This month's honorees include 19 employees working in roles such as teaching, food service, custodial work, administration, and student support across the district.

Greenwich Students Address Food Insecurity

Students at Greenwich Country Day School studied food insecurity and the factors that limit access to nutritious food during the Hungry for Change intersession. As part of the program, they worked with Meals on Main, a nonprofit that prepares and distributes meals. The students helped prepare and serve food during their visit.

Greenwich High Expands Student Support Pantry

Faculty, staff, and the GHS PTA operate a pantry in Folsom House at Greenwich High School that provides food and personal items to students in need. Students can access the pantry on Friday afternoons when school meal programs are unavailable; participation has grown from about 40 students to more than 100. Donations support the program, and additional information is available at vp.programs.services@ghspta.org

SPORTS

Greenwich Advances To FCIAC Final

Greenwich High School defeated Fairfield Warde, 36–31, in the FCIAC Tournament semifinals on March 2 behind 15 points from sophomore Zuri Faison. The Cardinals broke a 22–22 tie after three quarters with a 7–0 fourth-quarter run and held on defensively to secure the win. Greenwich advanced to its first FCIAC final since the 2014–2015 season and will face Staples in the championship game at Fairfield University.

Sacred Heart Eyes NEPSAC Tournament Run

St. Luke's School defeated Sacred Heart Greenwich, 68–54, in the FAA girls basketball tournament final on Feb. 28 at Sacred Heart, ending the Tigers' two-year run as champions. Kendra Foy scored 22 points for St. Luke's, while Harper Williams added 19 and Kamiya Balcombe 16; Sacred Heart was led by Lucianna Parrotta with 20 points and Eva Wilkerson with 16. Sacred Heart, the No. 2 seed in the NEPSAC Class A Tournament, will host Choate Rosemary Hall in the quarterfinals on March 4.

Sandro Scott Reaches 1,000 Points

Greenwich High School senior guard Sandro Scott scored his 1,000th career point during the first half of the Cardinals' 65–58 Senior Night win over Brien McMahon. Scott finished with a game-high 36 points, including 23 in the first half, reaching the milestone in the second quarter. The game was briefly stopped as teammates, coaches, and Athletic Director Peter Georgiou presented him with the game ball.

Brunswick Wins FAA Basketball Championship

Brunswick School defeated King School, 90–61, to win the FAA Basketball Tournament championship on Feb. 28 at Dann Gymnasium. Senior guard Rhaki Lum scored a game-high 23 points, while Brandon Jean and Connor Robinson each added 13 points as Brunswick led 39–22 at halftime and extended its lead in the second half. The victory gave the Bruins an 11–0 FAA record, a 16–9 overall mark, and the program's first FAA Tournament title in three seasons.

Greenwich Captures Another FCIAC Swim Title

Greenwich High School won the 2026 FCIAC Boys Swimming Championship at GHS, capturing seven events and finishing with 540 points before the diving portion of the meet. Ridgefield placed second with 323 points, followed by Wilton with 307, while Darien and Staples rounded out the top five. The victory marked Greenwich's 55th FCIAC title in 56 seasons and extended its championship streak under head coach Terry Lowe's every year since 2008.

Greenwich Tops FCIAC Tournament Seeding

Greenwich High School enters the FCIAC Girls Basketball Tournament as the No. 1 seed after finishing the regular season 18–2 overall and 14–1 in conference play. The Cardinals host No. 8 St. Joseph in the quarterfinals today at 1 p.m. Greenwich secured the top seed after closing the regular season with eight straight wins, including victories over Fairfield Warde and Brien McMahon.

Greenwich Girls Track Earns State Silver

Greenwich High School's girls track and field team placed second at the CIAC State Open Championships in New Haven with 55 points, finishing behind Bloomfield and ahead of Windsor. The Cardinals won the 4×400-meter relay and the 1600 sprint medley relay, while Sophie Passalacqua earned second-place finishes in the 1600- and 3200-meter races and Ella Barber took second in the 55-meter dash. The team will next compete at the New England Championships in Boston.

Brunswick Advances To FAA Championship

Brunswick School defeated Greenwich Country Day School, 72–60, in overtime in the FAA Basketball Tournament semifinal after the teams finished regulation tied 57–57 before a standing-room-only crowd at Dann Gymnasium. The Bruins outscored the Tigers 15–3 in overtime, led by Brandon Jean's 21 points and Rhaki Lum's 15. Brunswick advanced to the FAA championship game against King School.

LOCAL POLITICS

Courpas Seeks Second Legislative Term

State Rep. Tina Courpas (R-149) announced she will seek a second term representing parts of Greenwich and Stamford in the Connecticut General Assembly. She serves on the Housing and Appropriations committees. Courpas, a Glenville resident with a background in investment banking and corporate law, was elected in 2024.

Student Volunteer Scholarship

Student Volunteer Scholarship applications are due April 15, 2026, with recipients announced in May.

By DEBRA McLAUGHLIN

Friends of Nathaniel Witherell is setting the standard for how a community honors service. With the launch of its Student Volunteer Scholarship Program, Friends has taken decisive action to recognize and invest in the high school seniors who faithfully serve the residents of The Nathaniel Witherell, Greenwich's skilled nursing and rehabilitation center.

Founded in 2004, Friends of Nathaniel Witherell exists to elevate the quality of life for every senior and veteran who calls the facility home. Through strategic funding, innovative programming, and hands-on leadership, Friends strengthens daily life inside The Nathaniel Witherell. Now, Friends is extending that leadership beyond today's residents by investing in the next generation of compassionate young adults.

This scholarship is awarded exclusively to students who volunteer at The Nathaniel Witherell - a program created, funded, and administered entirely by Friends of Nathaniel Witherell. It honors graduating seniors who demonstrate exceptional reliability, meaningful engagement with aging adults, and volunteer

service well beyond school requirements. These students do more than log hours; they build relationships. Friends not only recognizes that commitment - it champions it.

Eligible applicants must plan to attend a two- or four-year college, university, or trade school. Applications are due April 15, 2026, with recipients announced in May. Scholarship funds are sent directly to each student's educational institution upon proof of enrollment.

This award represents more than financial support. It reflects Friends of Nathaniel Witherell's firm belief that intergenerational connection transforms communities. By investing in students who choose to serve seniors and veterans, Friends is shaping a culture of dignity, respect, and compassion that will endure far beyond graduation.

The future of elder care depends on leadership, empathy, and action - and Friends of Nathaniel Witherell is driving all three.

To learn more, contribute to the scholarship fund, or apply, visit friendsofnathanielwitherell.org. Follow Friends of Nathaniel Witherell on Instagram @friendsofnathanielwitherell for updates and inspiring stories.

The Force Behind Meals-on-Wheels



Amy Peel, Volunteer Manager, Jeanne Siddell, Finance Manager, and Willow Buscemi, Program Director

The Board of Directors stands firmly behind the exceptional Meals-on-Wheels of Greenwich staff, recognizing that the organization's impact is the result of strong leadership, operational excellence, and unwavering commitment to those it serves.

By DEBRA McLAUGHLIN

Behind every knock on the door and every carefully packed meal stands the highly disciplined, mission-driven administrative team of Meals-on-Wheels, Inc. of Greenwich - the organization that ensures no homebound neighbor is left without nourishment or connection.

While volunteer drivers are the friendly faces clients see, it is the operational leadership of Meals-on-Wheels, Inc. of Greenwich that powers the entire program. Staff members strategically design and manage delivery routes, oversee complex dietary requirements, mobilize and train volunteers, facilitate Blizzard Bags in advance of severe weather, and respond immediately when a client's health or circumstances change. Nothing is left to chance. Precision, accountability, and compassion define the work.

For homebound residents across Greenwich, Meals-on-Wheels of Greenwich is far more than a meal delivery service. It is a critical safety net -

providing daily nutrition, wellness oversight, and reliable human contact. The staff ensures meals arrive on time, community partnerships remain strong, and every client is monitored with care and attention. If a need arises, Meals-on-Wheels responds.

The Board of Directors stands firmly behind the exceptional Meals-on-Wheels of Greenwich staff, recognizing that the organization's impact is the result of strong leadership, operational excellence, and unwavering commitment to those it serves.

Success at Meals-on-Wheels of Greenwich is not measured only in meals delivered - though that number is significant. It is measured in independence preserved and dignity protected. That impact is deliberate. It is organized. And it is driven every single day by a focused team that keeps one of Greenwich's most essential community services strong and responsive.

To learn more about Meals-on-Wheels of Greenwich or to support its mission, visit mealsonwheelsofgreenwich.org or call 203-869-1312.

OBERLANDER From Page 1

including municipal operations, contracts, and appointments.

When her two-year term concluded in 2021, Oberlander reflected on more than a decade of service in Greenwich government during her final meeting on the board.

"I am supremely grateful for the honor of serving the people of the Town of Greenwich on this board for two years and other elected positions for an additional 10 years," Oberlander said at the time. "Public service has been my calling both professionally, and like many in this community, as a volunteer. I thank you for your trust in me."

During her tenure, Oberlander framed her policy priorities around what she described as the "Three E's": environment, education, and economy.

"I've talked a lot about our success on environmental issues throughout these past two years, and also about how much work remains," Oberlander said during her final Selectmen meeting in 2021. "These issues need to be a priority this next budget term, and I hope the First Selectman's budget will include funding to both add a staff person to cover sustainability and energy, which I might add, will pay for itself through cost savings."

She also emphasized the need for planning to position Greenwich for infrastructure investment.

"We can't be shovel-ready for infrastructure improvements if we haven't done the necessary planning work," she said.

On education, Oberlander called for community support for educators and students during a period marked by the COVID-19 pandemic and heightened public debate over school policy.

"This was not the conversation on education that I expected to have going into this term," she said in 2021. "The pandemic changed things, and opened my eyes to the needs of our youth and young adults. Namely, to be in school, in-person, learning with their peers and adults who can identify and address social issues."

She also urged residents to focus on cooperation rather than conflict.

"Knowing that there are different opinions

in how to respond to the challenges of a COVID world, I ask that we not get distracted by divisive tactics, name-calling and threats, but rather band together for the good of our children and our community," Oberlander said.

Economic development was another focus of her work. She advocated for a pedestrian corridor along Greenwich Avenue and supported expanded outdoor dining during the pandemic as a way to support local businesses.

"I advocated for a pedestrian corridor along Greenwich Avenue, and now, we have outdoor dining and more to come," she said at the time. "There's a lot of opportunity to do more to revitalize our community."

Over the course of her service, Oberlander added a fourth theme to the framework she described in 2019.

"A fourth 'E' came about over the last two years," she said in 2021. "We need equitable systems and situational awareness to how we might experience things differently from others. The work on these issues has only just begun."

Town leaders recognized Oberlander's contributions when she left the Board of Selectmen. During her final meeting, she was presented with a Certificate of Recognition from the town and a Greenwich flag by First Selectman Fred Camillo.

Camillo thanked her for her work on the board.

"I've enjoyed working with you, and certainly you've helped push a lot of things forward," Camillo said. "Even when we didn't agree, which was often at times, it was actually good because it showed people that this board wasn't a rubber stamp for anything. I truly appreciate it, and all your counsel the past two years."

Oberlander's campaign for the State Senate seat builds on a record of local service that spans more than a decade. Her work in town government placed her at the center of discussions on budgeting, sustainability initiatives, education policy, and economic development in Greenwich.

She is currently working to secure the endorsements of the Democratic Town Committees in Greenwich, New Canaan, and Stamford, the municipalities that make up the 36th Senate District.

The 36th District seat is expected to draw attention in the 2026 election cycle, and Oberlander's early filing signals the beginning of what will become a closely watched race.

KELLY From Page 1

themes that have guided his years of service in Greenwich: constructive dialogue, fiscal responsibility, and a belief that government works best when leaders focus on solving problems rather than scoring political points.

Those priorities closely align with the work Senator Fazio has championed in Hartford, particularly his focus on affordability, responsible budgeting, transparency and thoughtful policymaking.

"Ryan Fazio has been a strong advocate for affordability and responsible, transparent government," Kelly said. "Those priorities are important to families across the 36th District. If elected, I will continue working to ensure Connecticut lives within its means while strengthening the communities we call home."

Kelly's record in Greenwich reflects that approach. As chairman of the Greenwich Board of Education, he was unanimously elected by a politically divided board and pledged to ensure every voice at the table was heard. The board's decision highlighted Kelly's reputation for bridging divisions and encouraging cooperation among members with differing views.

That approach also helped bring one of the town's most visible community projects to completion. As a Board of Education leader and liaison to the Cardinal Stadium effort, Kelly helped unite town officials, school leaders, community advocates, and donors to complete the long-awaited renovation of Greenwich High School's Cardinal Stadium. The project replaced aging bleachers, added modern facilities, and reopened the stadium to students and residents in 2021, restoring a central gathering place for the community.

During his tenure on the Board of Education, Kelly worked to foster transparency, improve accountability, and encourage a governing style focused on solutions rather than partisanship. He has also served the town as a youth mentor and coach, most notably leading the Greenwich High

School rugby program to nine championships in just ten years while mentoring generations of students and athletes.

Camillo said Kelly's leadership style stands out at a time when many voters are looking for a more constructive path forward.

"Just as important, he serves with a smile and eagerness that is very much welcome in an age where obstruction and division seems to be the preferred method for many who seek office," Camillo said.

For Kelly, the campaign will focus on listening to residents and building a coalition that reflects the shared priorities of the district's communities.

"The 36th District includes people with different viewpoints and experiences," Kelly said. "But we all want strong schools, safe neighborhoods, and a government that respects taxpayers and works responsibly on their behalf."

Kelly said he intends

to continue the tradition of pragmatic leadership that has defined the district's Senate representation.

"Joe proudly follows in the tradition of the 'happy warrior,' and that is needed now more than ever," Camillo said. "Joe will make a great state senator and follow in the footsteps of such noted Greenwich legends as Michael Morano, Benny Benvenuto, Bill Nickerson, Scott Frantz, and Ryan Fazio."

The 36th Senate District includes Greenwich, New Canaan, and portions of Stamford.

Kelly said his campaign will center on meeting residents across the district, listening carefully to their concerns, and building a positive movement focused on results.

"Our communities succeed when people come together with good ideas and a willingness to serve," Kelly said. "That is the spirit I will bring to Hartford."

Additional campaign details will be announced in the coming weeks.



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SPORTS

GCDS Boys Hockey Captures First FAA Championship in Thrilling Overtime Victory



Contributed photos by GCDS Photographer Royce Paris

Greenwich Country Day School's (GCDS) Boys Hockey team secured their first-ever Fairfield Athletic Association (FAA) double championship — capturing both the FAA League Championship and the FAA Tournament Championship in the same season — with a dramatic 4-3 overtime victory against Kingswood Oxford School at Wings Arena in Stamford. It marks the first time in program history the Tigers have claimed both titles.

In the Tournament Championship game, senior goaltender Max Motovylyak was outstanding, stopping 41 of 44 shots. Cullen Carré '29 delivered the overtime golden goal for the win. Logan Mackey '27 scored twice, Henry Schwefel '29 added a goal and an assist, and Jonah Gutman '28 contributed two

assists.

GCDS held Kingswood-Oxford scoreless during all five penalties assessed to the Tigers— an extraordinary feat against a team with the best power play conversion rate in the league.

"This is a team of winners. Plain and simple," says Guy Savage, Head Varsity Hockey Coach. "Whenever they needed to close out a game or their backs were against the wall, this group of young men always found a way to get it done."

Tim Helstein, Director of Athletics adds, "Not only did they win the FAA Regular Season Championship, but to then capture the FAA Tournament Title, both for the first time in the program's history, is what truly sets this season apart."

Greenwich High girls basketball defeats Fairfield Warde, advances to championship



Photo by Dan Utzinger: Members of the Greenwich High School varsity girls basketball team celebrate after defeating Fairfield Warde in the FCIAC Tournament semifinals on March 2, 2026, at Fairfield Ludlowe High School.



Photo by Dan Utzinger: Greenwich's Madi Utzinger on the move with the ball during the team's 36-31 win over Warde.

Unlike its matchup against Fairfield Warde on Feb. 20th, when it rolled to a 32-point win over the Mustangs, Greenwich High School's varsity girls basketball team was embroiled in a tight, tense game versus Warde in the FCIAC Tournament semifinals on March 2nd, with only a few points separating the squads throughout.

Points were, indeed, tough to come by in this defensive minded matchup with a trip to the conference final at stake, yet the Cardinals made enough plays down during crunch time in the fourth quarter to prevail, earning a berth to a game they haven't played in for quite some time.

Sophomore center Zuri Faison scored a game-high 15 points for No. 1-seeded Greenwich, which used a strong defensive effort to edge out fifth-seeded Fairfield Warde in the semifinal-round of

the FCIAC Tournament.

The Cardinals (19-2) advanced to the championship game of the FCIAC tourney, where they will play second-seeded Staples tomorrow (March 4) at Fairfield University. The title game is scheduled to begin at 5:30 p.m. The Wreckers moved on to the conference final by topping sixth-seeded Stamford, 53-41, in the other semifinal-round game. Greenwich is making its first appearance in the FCIAC final since the 2014-2015 season and has not won the FCIAC Tournament championship since the 1987-1988 season.

Senior forward/captain Mikayla Kiernan scored 10 points, including two clutch 3-pointers and sophomore point guard Elsa Xhekaj added seven points for Greenwich, which was tied with Warde at 9-9 after the first quarter and was knotted up with the

Mustangs, 22-22 following three quarters of play.

"It feels really nice to win and to know that we're going to the finals," said Kiernan, who gave the Cards a lift on offense when points were difficult to come by, scoring five of the team's six third-quarter points. "It was definitely a battle."

Coached by David Danko, the Mustangs received 12 points from sophomore Sofia Hardiman. During its recent regular season game versus Greenwich, Warde absorbed a 57-25 loss. The semifinals was a much different scenario, however, as the Mustangs focused on slowing down the game's tempo and played a box-and-one on Faison for most of the game, hoping to control the Cards' overall point total.

"At this point of the year, everybody is a great team," Greenwich coach Megan Wax said. "We knew that going in, we knew

that Dave (Danko) is a great coach and he always has his team well-prepared. We anticipated them slowing them down a little bit, knowing that we're usually pretty good in transition."

"Overall, I'm really proud of their perseverance," Wax said of her squad. "I think we had to try to find alternate ways to score and to stop them defensively in ways that maybe, we haven't used much all year. Overall, they really stepped up."

A basket off an offensive rebound by Hardiman gave the Mustangs a 24-22 lead early in the fourth quarter. Then came the game's pivotal turn. Faison tied the score at 24-24 with a foul shot, the Cardinals converted a layup and Xhekaj made a 3-pointer, putting GHS on top, 29-24.

Faison capped a 7-0 run by scoring from the low post, making

it 31-24 in favor of the Cards with 3:45 remaining in the final quarter, prompting a Fairfield Warde timeout.

"They are a really good defensive team," Faison said of Warde. "I feel like I handled the adversity well though. I'm just glad my team stuck together and didn't let the trouble get to us. We were in our heads for a little bit, but we got out of it."

Faison scored eight second-half points and for the game, made seven of her eight free throw attempts.

"We just had to stick together and play as one," Faison said. "It feels nice to make it to the finals, I'm really proud of how far we've come."

Another basket in the post from Faison gave GHS a 33-24 advantage, then Warde scored five straight points to pull to within 33-29. A key steal by Xhekaj in the final minute helped clinch the Cards' win. Senior guard/forward/captain Madi Utzinger had four points and crashed the backboards hard for rebounds, along with Faison and senior guard/captain Juliette Pelham provided strong defensive play for the victors.

Picture by Dan Utzinger: Cardinals sophomore center Zuri Faison scored 15 points in a 36-31 semifinal win vs. Warde.

"The environment was energetic and loud, so we just had to come together," Utzinger said. "We knew that if we trusted in ourselves, we could pull out the win. We just had to stay together, compact and calm. Because everyone was energetic and we knew that once we picked up our game."

Both teams used a good portion of the 30-second shot clocked during their possessions in the first quarter. Xhekaj swished a 3-point shot from the left shot, tying the score at 9-9 going into the second quarter.

Greenwich, which played man-to-man defense throughout, took a 16-11 halftime behind a 3-pointer from the left corner by Kiernan and a layup from Faison. Though the Cards only managed seven second-quarter points, they bared down on defense, limiting the Mustangs to just one basket for two points.

Picture by Dan Utzinger: Senior forward/captain Mikayla Kiernan sparked Greenwich to victory with her strong shooting.

"That's a great team, so to hold them to such a small amount of points is great," Wax noted. "They did a great job as well. I think it was a pretty low scoring game for an FCIAC playoff."

Warde outscored GHS, 11-6, in the third quarter to forge a 22-22 tie. Senior Ava Feay's 3-pointer knotted the score for the Mustangs going into the final quarter. Kiernan converted a 3-point shot and followed her own shot for

an offensive rebound and basket during the third quarter.

"They are really strong in the middle, which took away our inside game," Kiernan noted. "So, we all had to execute. We all played really well as a team and were able to play well off one another."

The Cardinals best moments offensively, came during their 14-point fourth quarter.

Picture by Dan Utzinger: Greenwich senior Madi Utzinger drives to the basket against Fairfield Warde in the FCIAC semis.

"I think it took some time to adapt to what they were trying to do, but once we figured it out we just tried to push the ball more on transition and tried to play our game even though they were slowing us down," Utzinger said.

Senior Chloe McDonald scored six points on two 3-pointers, while senior Ivy Feay and Rebecca Morris, also a senior, had five points apiece for the Mustangs (14-7).

Greenwich sports a sparkling record of 20-2 entering the FCIAC final versus rival Staples. The Cardinals have won 10 in a row and are having one of their most successful seasons in program history.

"We kind of switched up our defense, but I feel that if we play as a team and communicate, anything can happen," Xhekaj said of the Cards' overall performance. "We talk a lot off the court, we're good friends, so once we get on the court, our communication is fluid and we're able to get steals, fill in the lanes and play well."

Greenwich topped Staples, 55-42, at home on Jan. 23 and is hoping to win its first FCIAC Tournament title for the school for the first time in almost 40 years.

"Going into the finals, we're playing Staples," Kiernan said. "We played them hard during the regular season and we're looking to play them just as hard."

"I'm so excited, I don't think words can describe how happy I am," Utzinger said. "Hopefully, we'll play great on Wednesday."

Said Xhekaj: "It feels amazing, we have a lot of seniors on our team and we're going to miss them. So, it's good to have them go into a big stage on their last year. Hopefully, we come out with a win."

Picture by Dan Utzinger: Greenwich's Elsa Xhekaj passes the ball during the FCIAC semifinals.

"We're happy to represent Greenwich," Wax noted. "As much as we're excited for the moment and the opportunity it brings, we're going to focus on one game, one quarter at a time, which has been our mantra all year — focus on the minute in front of you, the play in front of you and go from there."



GREENWICH SYMPHONY
 Stuart Malina, *Music Director*

Saturday, March 7, 7:30 pm
Sunday, March 8, 3:00 pm

Chen Yi
Shuo
Camille Saint-Saëns
Piano Concerto No. 5
 ("Egyptian")
Johannes Brahms
Symphony No. 1

Adults \$55 Students \$20

Performing Arts Center
 Greenwich High School
 Hillside Road, Greenwich, CT

greenwichsymphony.org



Stewart Goodyear
Piano

Purim at Temple Sholom: Celebrating Strength & Resilience



At Greenwich's Temple Sholom, Purim came alive with tradition, hope, and joy—reminding us that celebration and joy can still shine even in challenging times.

The holiday festivities began March 1 with the synagogue's Super Mario-themed Purim Carnival, which included an inflatable obstacle course, interactive games, face painting, spin art, snow cones, and prizes. Families also prepared

Misloach Manot—gifts of food and drink—to share with friends and loved ones, fulfilling this cherished mitzvah.

On March 2, members of the community gathered for a Children's Purim Shpiel performed by religious school students, followed by family-friendly and traditional Megillah Readings to recount the story of how the Jewish people survived a ruler in ancient Persia who

sought their destruction.

"The Megillah reading on Purim reminds us that faith, righteousness, and courage can alter the course of history, and that God's hidden hand guides those who act with moral conscience," said Rabbi Mitch in a message to the congregation ahead of Purim. "I pray that God's light will help us push back the darkness confronting our world, steady our hearts, and

renew our hope for peace."

Temple Sholom thanks the families, volunteers, and clergy who brought the spirit of Purim to life, reinforcing a collective commitment to resilience, solidarity, and the enduring power of tradition. To learn more about Temple Sholom, visit www.templesholom.com.

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The Story Beneath the Medal



By ICY FRANTZ

ice dancing pulled me in unexpectedly. Suddenly I wasn't watching choreography. I was watching grief. Love. Survival.

Piper Gilles skating through the loss of her mother and her own cancer diagnosis.

Madison Chock and Evan Bates moving with trust built over years.

And beyond Netflix, there are other stories too.

Maxim Naumov honoring his parents killed in a plane crash.

Nick Baumgartner funding his dream while living in a van.

The backstory changes everything. It enlarges the moment. It tugs at empathy.

Growing up, my sister went to two Olympic swimming trials. I saw the early morning practices. The discipline. The smell of chlorine before sunrise. She never made the team — but knowing her story forever changed how I see swimmers step onto the blocks. How I see all Olympians, really.

Stories do that. When we hear emotionally grounded narratives, our brains release oxytocin — the chemical that builds trust and connection. Stories move us past labels and into shared humanity.

Last year, I stood on a stage (terrified) at a local storytelling event inspired by The Moth, whose mission is to celebrate the diversity and commonality of human experience through true stories told live and without notes.

The theme was “calling.” Mine was simple: stay sober

When we hear emotionally grounded narratives, our brains release oxytocin — the chemical that builds trust and connection. Stories move us past labels and into shared humanity.

Please do not interrupt me. I am very busy.

Very busy watching the Olympics from beneath a heated blanket on our family room couch — an elite athletic position requiring exceptional snack endurance and strategic remote placement.

While these athletes have trained for years at altitude, I have prepared by adjusting throw pillows and holding my breath during slow-motion replays.

Still, I am in awe.

The speed. The jumps. The grace. The kind of strength that makes you question whether you have ever truly committed to anything in your life. I sometimes wonder which Winter Olympic sport I could attempt and survive.

There is patriotism too. Watching the flag rise. Hearing the anthem. Feeling, briefly, a shared pride that doesn't require commentary. We need that right now — moments when we can clap together without first checking who someone voted for.

But what undoes me every time are not the medals.

It's the stories.

A docuseries on Olympic

and help another alcoholic.

For 37 years I have told that story in 12-step rooms. What I have learned is this: when someone speaks honestly about fear or failure, something shifts.

Not agreement.

Recognition. Compassion.

I once listened to an elderly man describe riding his motorcycle across state lines after a relapse — wind in his face, shame in his chest.

I have never ridden a motorcycle across state lines. I am not an old man.

But I knew the shame.

And in that knowing, the gap between us closed.

Which may be why Theo of Golden by Allen Levi lingers with me.

Theo purchases portraits — ordinary faces rendered by a local artist — and sets out to find the subjects and gift the paintings to them.

And in doing so, he listens.

The portrait becomes an invitation — not to admire a face, but to honor a life.

Theo isn't collecting art as

much as he is collecting stories.

There is a line in the book that feels almost like a challenge:

Who is that person? What do I know to be true, really true, about that face?

That question is not passive. It requires time. It requires pursuit.

It is the same question we ask when we learn an Olympian's backstory. The same question I asked watching my sister step onto the pool deck years ago. I knew what those early mornings had cost her. Because I knew her story, I saw her differently.

When I heard that David Brooks would be stepping away from his long run at The New York Times, I felt a surprising pang. Not because I always agreed with him, but because he has spent years urging us toward this very posture — to truly see another person. In How to Know a Person, he calls deep listening a moral act.

And maybe that is why the Olympics resonate.

For two weeks, we practice

curiosity over caricature.

We cheer for athletes from countries we cannot locate on a map.

We grieve with a skater honoring his parents.

We admire sacrifice that predates the spotlight.

And because we know their stories, we care.

Not about race or religion or party affiliation — but about the person. The human being standing there. The life beyond the uniform.

Unity does not begin with consensus.

It begins with curiosity.

With the willingness to ask: Who is that person, really?

But listening is only half of it.

Someone has to be brave enough to tell their story.

An athlete carries grief onto the ice.

An elderly man admits to shame.

My sister stands on a starting block after thousands of silent laps.

A woman steps to a microphone and says, “Here is

my truth.”

When we share our story honestly, we offer a bridge.

When we listen generously, we cross it.

And what a gift.

So please excuse the late emails. The missed calls. I am very busy.

I will continue my rigorous training — positioning pillows and adjusting the volume until the closing ceremony.

But what I am really practicing is this:

To tell the truth when it is my turn.

To listen well when it is not.

To honor the life beneath the medal.

Peace may not be built in grand speeches or perfect agreement.

It may be built quietly — between one story told and another heart willing to receive it.

Even from beneath a heated blanket.

Even here.

Icy Frantz
the Icing on the Cake
Icyfrantz.net

COLUMN BY PATRICIA CHADWICK

From Page 1

House that caused the shock and awe. In the span of two days, following Trump's announcement, global markets plummeted, and the S&P500 declined over 11%. The reaction was short-lived, however, in large measure because Scott Bessent, the Treasury Secretary, made a well-founded plea to the President to take a more measured approach. That news turned the stock market around and by year-end, the S&P500 produced a total annual return of 17.9%, on the heels of the two prior years of stellar stock market performance (25% in 2024 and 26% in 2023). Earnings growth in those three years was also very healthy.

The Magnificent Seven, as they have come to be called, (Alphabet, Amazon, Apple, Meta, Microsoft, Nvidia, and Tesla) after several years of significant outperformance, lost some of their luster in 2025 with Nvidia remaining the star of the group. The result was a broader based stock market performance in response to declining interest rates and relatively modest inflation. Continued productivity gains, in large measure the result of expanding use of AI, produced strong earnings growth in the U.S.

Now early in 2026, geopolitical stress is at a high pitch, with the news from the White House that the war against Iran will likely carry on longer than had been anticipated and may even require “boots on the ground.” As threats from Iran brought shipping to a virtual standstill in the Strait of Hormuz, the price of oil has soared to \$81/barrel. Then it quickly began to retreat when the White House provided reassurance that the U.S. Navy will, if necessary, guarantee safe passage for all shipping—oil, LNG, and derivative products produced by the Gulf States—through the strait. The stock market has been on a roller coaster ride, responding to news and to rumor of news. We need to brace ourselves for the likelihood that market volatility will be with us for some time. We've seen this script before and rather than get caught up in the maelstrom of short term stock market responses to fact, rumor and innuendo, it is best to keep an eye on the underlying economic picture which is healthy. Investing is by definition a long-term activity and its success is measured over years and decades, not over days, weeks or months. It requires being willing to sail through rough seas and keeping an eye on the destination. It is a far cry from trading which might best be called a “blood sport.” High risk in nature, its success requires making the right calls over and over again, a superhuman activity. For those who wish to build a nest egg for a retirement that is years away—I'm thinking about 401(k) investors—trading and market timing are a hindrance to long term returns. When the markets are falling, that becomes the opportunity to “average down.” And if there is an employee match, there is almost no

investment-based reason to panic out of the plan.

The U.S. economy is stable. Undoubtedly, there will be industries that face temporary challenges as a result of the war—consumer travel and shipping come to mind, as well as industrial products that need to be imported.

Investing is by definition a long-term activity and its success is measured over years and decades, not over days, weeks or months. It requires being willing to sail through rough seas and keeping an eye on the destination.

It is a far cry from trading which might best be called a “blood sport.”

While the soaring price of oil will lead to a rise in the rate of inflation, it is important to keep two things in mind. Firstly, the U.S. has been a net exporter of oil since 2020, so while prices may rise, the supply is safe; secondly, base inflation is measured in two ways: both with and without the inclusion of food and energy prices. The logic behind that is that, as commodities, both food and energy prices (oil, natural gas and the products that come from them) have a tendency to be volatile. Keep an eye on the “non-food, non-energy” inflation numbers that will undoubtedly be reported for the next few quarters. The base inflation rate (without food and energy) is the one to watch most closely. Productivity gains will continue to be a force for improving earnings, in large measure because the use of AI is expanding across industries. The concerns about AI eliminating massive numbers of jobs over time is not unfounded, but that has been the case with every emerging technology over the course of history. A recent article in The Economist (perhaps the best business magazine in the world) had a thoughtful article entitled: “Stop panicking about AI. Start Preparing.” And its subtitle was: “There is time to adapt and it can be used.”

All in all, despite the Sturm und Drang of the moment, I remain optimistic about the prospects for the U.S. economy and the stock market and have been adding to investments. For those who might fear that the bloom is off the rose with regard to the Magnificent Seven,

one option is to buy the equi-weighted S&P500 index, rather than the capitalization weighted index which is usually what is quoted. Belated Happy New Year!

Patricia Chadwick is a businesswoman and an author. Her first book (2019): *Little Sister: A Memoir*, tells the story of her growing up in a religious community-turned cult in the 1950s

and 1960s. Her most recent memoir (2024), *Breaking Glass*, with the subtitle: *Tales from the Witch of Wall Street*, is a sequel to *Little Sister* and tells of her starting out on the lowest rung of the corporate ladder and succeeding in what was then the all-male bastion called Wall Street. She is working on a third book. www.patriciachadwick.com

Our Bench of Public Service is Deep

The past week has brought a reminder of something Greenwich residents sometimes overlook because it has long been the norm: an extraordinary number of capable people are willing to step forward and serve.

Three candidates have recently announced campaigns for public office—Jill Oberlander, Joe Kelly, and State Representative Tina Courpas. They come from different backgrounds, hold different policy views, and represent different traditions within civic life. Yet together they illustrate a defining strength of this community: Greenwich produces leaders who are prepared, experienced, and willing to shoulder the responsibilities of government.

The announcements themselves mark only the beginning of what will be a long election cycle. But the quality of those entering the arena already offers a reassuring signal about the health of civic life in Greenwich.

Jill Oberlander’s candidacy for the State Senate seat in Connecticut’s 36th District draws on more than a decade of municipal service. An attorney and longtime civic leader, Oberlander has served on the Representative Town Meeting, the Board of Estimate and Taxation, and the Board of Selectmen. Her work has often centered on municipal finance, environmental policy, and economic development.

When Oberlander concluded her term on the Board of Selectmen in 2021, she reflected on her years of service. “I am supremely grateful for the honor of serving the people of the Town of Greenwich on this board for two years and other elected positions for an additional 10 years,” she said at the time. “Public service has been my calling both professionally, and like many in this community, as a volunteer.”

Oberlander’s tenure placed her in the middle of many of the town’s most consequential policy discussions, from sustainability initiatives to education policy during the COVID-19 pandemic. Her candidacy signals a continuation of a career that has been deeply rooted in local governance.

Joe Kelly’s campaign for the same Senate seat reflects a different but equally distinctive path into public service. A former chairman of the Greenwich Board of Education, Kelly has built a reputation for emphasizing cooperation and constructive dialogue in government.

“Public service should bring people together to solve problems,” Kelly said in announcing his candidacy. “Too often politics divides neighbors who share the same goals.”

Kelly’s time on the Board of Education highlighted that approach. He was unanimously chosen to lead a politically divided board, a decision that underscored his reputation as a consensus builder. During his tenure he also helped guide the completion of the long-awaited renovation of Greenwich High School’s Cardinal Stadium, a project that required coordination among town officials, school leaders, donors, and community advocates.

His public life has extended well beyond government. Kelly has mentored students and athletes for years as a rugby coach at Greenwich High School, leading the program to nine championships in a decade while working with generations of students.

While Oberlander and Kelly look toward the State Senate race, State Representative Tina Courpas has announced that she will seek a second term representing the 149th District.

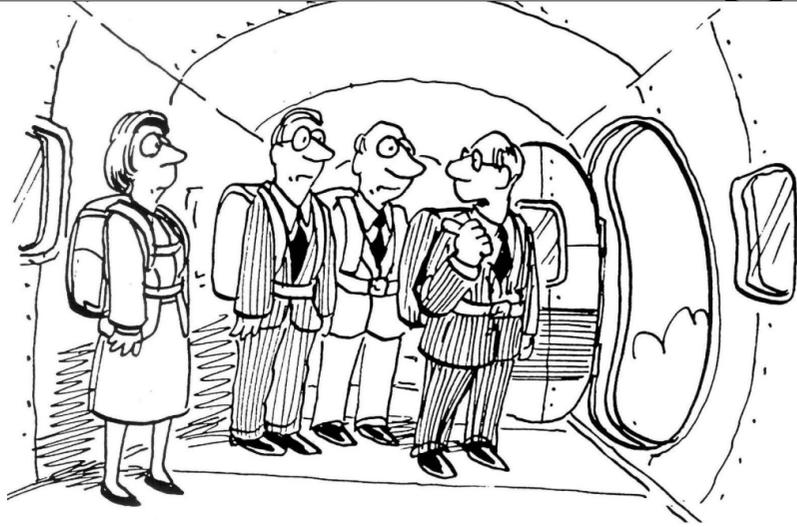
Courpas has been a standout freshman in the House and many see a promising future for the diligent and hard-working legislator.

Courpas has emerged as a prominent voice in Hartford on fiscal discipline, transparency in state budgeting, and local control over zoning decisions. Her professional background includes more than two decades in investment banking and corporate law, experience she has brought to legislative debates involving Connecticut’s finances.

This diversity of experience is precisely what a healthy democracy requires. Greenwich has long benefited from such participation. Its boards, commissions, and elected offices are filled by residents who bring professional expertise, civic pride, and a willingness to devote time to the public good.

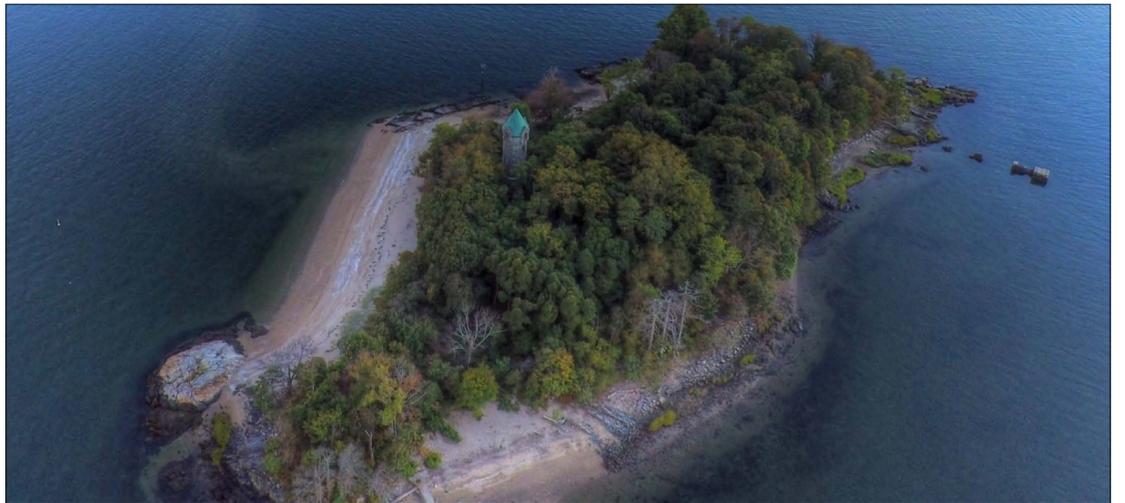
For voters, the coming campaign season will present choices. For the community, the larger fact is already evident: Greenwich remains fortunate to have a deep bench of citizens prepared to serve.

Editorial Page



“Helen, you’re the Team Leader, why don’t you jump first?”

Greenwich Land Trust Awarded Significant Grant to Restore Critical Habitat at Shell Island Preserve



Aerial view of Shell Island taken by Michael Stempien, Greenwich Drone

Greenwich Land Trust (GLT) has been awarded a \$278,314 grant from the Long Island Sound Futures Fund to support the restoration of vital island habitat at Shell Island Preserve. This landmark grant reflects a strong partnership among federal, multistate, and local agencies and will fund a comprehensive, multi-year ecological restoration project on GLT’s only island preserve.

Established in 2005 by the U.S. Environmental Protection Agency’s Long Island Sound Office in partnership with the National Fish and Wildlife Foundation (NFWF), the Long Island Sound Futures Fund supports community-based projects that protect and restore the Long Island Sound. Since its inception, the program has reduced more than 130,000 pounds of nitrogen pollution, restored 862 acres of habitat, treated 212 million gallons

of stormwater runoff, and engaged more than 5 million people in conservation efforts across the watershed.

Shell Island Preserve is a 5.23-acre island located just offshore in Captain Harbor, Greenwich. Once a private summer retreat featuring gardens, cottages, and a historic stone tower, the island has been overtaken by invasive plant species that crowd out native vegetation and degrade habitat quality. Species including Tree-of-heaven (a host for the spotted lanternfly), wisteria, barberry, multiflora rose, honeysuckle, and phragmites now dominate much of the island, displacing native plants and threatening wildlife such as osprey, snowy egret, great egret, little blue heron, and yellow-crowned night-heron — all identified as Species of Greatest Conservation Need in Connecticut’s Wildlife Action Plan.

The Shell Island

restoration project will address these challenges through targeted invasive species removal and the installation of native plant communities. Restoration efforts will focus on coastal island forest, coastal grassland, and dune habitats, improving ecological function and climate resilience while enhancing biodiversity. The project will also support critical nesting and foraging habitat for priority bird species, native pollinators, and other wildlife.

These efforts are supported by partnerships with SoundWaters, Belle Haven Yacht Club, and the Town of Greenwich, which are providing educational programming, transportation, and logistical assistance. SoundWaters will host public spring and fall sails aboard its 80-foot schooner, as well as educational high school trips aboard its research vessel, offering students

and community members firsthand access to Shell Island and its restoration.

“At SoundWaters, we are thrilled to partner with GLT to create meaningful opportunities for students and the public to experience this unique site,” said Leigh Shemitz, President of SoundWaters. “Through public schooner sails and student research vessel visits, the community can learn about the restoration firsthand, right here in Long Island Sound.”

GLT is deeply grateful for their collaboration and shared commitment, which has brought this important conservation effort to life. The project is scheduled to begin in winter 2026 and is expected to take approximately three years to complete. Greenwich Land Trust invites the public to support the restoration of one of Long Island Sound’s most unique and ecologically significant coastal habitats.

EMPLOYMENT AD

Tennis Coach (Greenwich, CT) Prep players for tennis competitions, conduct practice sessions, teach tennis techniques, tactics & mental endurance to all levels. Show tennis skills & physical drills. Coordinate player development programs. Practice partner for highly ranked players. Must have tennis skills of college/pro tennis playing or equivalent. HS diploma & 2 yrs of college/pro tennis playing or similar requirement. Mail resume: The Round Hill Club, Inc., 33 Round Hill Club Rd, Greenwich, CT 06831.

EMPLOYMENT AD

Nanny
Quiet Meadow Care LLC, in Glastonbury, CT, seeks Nanny in Riverside, CT, to care for children in private home by providing support to parents in satisfying children’s physical, emotional, intellectual, and social needs. Resume with references to: QMCLLC1@gmail.com.

Obituaries

Please send obituaries, photos, and service information to Caroll@GreenwichSentinel.com. The Sentinel does not charge for obituaries.

PAMELA OWEN STROBEL

Christ Church Greenwich announced that The Rev. Pamela Owen Strobel, a former Senior Associate Rector of the parish, died earlier this week.

The Rev. Strobel served on the clergy staff of Christ Church from 2000 to 2011, according to a pastoral note from Rector Marek Zabriskie shared with parishioners.

"Dear friends, It is with a sad and prayerful heart that I share with you the news of the death yesterday morning of former Senior Associate Rector, The Rev. Pamela Owen Strobel," Zabriskie wrote.

The church said arrangements for a memorial service are not yet finalized.

"Arrangements for Pam's memorial service are pending and will be communicated in the weekly e-news when confirmed," the announcement states.

Additional information about her life and ministry is expected to be shared once memorial plans are confirmed.



WILFRED CAMERON

Wilfred Maxwell Cameron Jr., a twelfth-generation lifelong resident of Greenwich, passed away on February 27, 2026, at age 84. Bill was born on September 11, 1941, to Wilfred M. Sr & Marie Powers Cameron. Upon graduating Greenwich High School in 1959, Bill answered the call to serve in the United States Navy. After his service, he attended UConn.

For nearly 40 years, Bill worked as a mechanical foreman for MetroNorth and its predecessors. It was here he forged many bonds as he created a family out of colleagues and co-workers, who affectionately called him 'the cooking foreman', based on the many meals he would prepare them. Bill was a true "Renaissance Man", with talents and interests that spanned many fields. He was a gifted painter who often shared his lifelike works with family and friends.

Two of his ship paintings of the USS Little Rock are displayed at the Naval Park Museum in Buffalo, NY.

Bill was a collector of antique bottles and often gave talks at the Greenwich Library on the subject. He is part of the library's oral history series, as well. Reading and history were his

great loves. Bill had an insatiable desire for learning. He was active in local Greenwich civic organizations and was a dedicated volunteer. He served as a warden and a commissioner on the town Shellfish Commission for over 20 years and was most recently Chaplain for the VFW in Cos Cob. He was known for the heartfelt speeches he delivered at community events and funerals.

He was recognized through the years with various awards and accolades, from organizations such as the Daughters of the American Revolution, Veterans of Foreign Wars, an official citation from the State Assembly of Connecticut, and the designation from the town of Greenwich of November 4, 2023 as "Wilfred M. Cameron Day." Bill cherished his time on the water, where his passion for fishing was clear to all who knew him. On June 26, 1971, Bill married his devoted and loving wife, Mary Jane (nee Gilmour). She remained his true companion and greatest supporter throughout their marriage.

In addition to his wife, he leaves behind his cherished sons, Wilfred Maxwell Cameron III "Billy" (Eliana), Jonathan Gilmour Cameron (Shannon) and Leon Phillips Cameron (Jill), and loving grandchildren, Gabriel Arriagada, Ryan, Sydney, Nathaniel and Henry Cameron.

To honor Bill's extraordinary life, family and friends will gather on Thursday 4-8pm at The Fred D. Knapp Funeral Home, 134 Hamilton Ave Greenwich. Service will be held on Friday 10am at The Diamond Hill

Methodist Church followed by interment at Stanwich Congregational Cemetery.



JAMES CHIAPPETTA

April 26, 1938 - February 26, 2026

James William Chiappetta, Sr., a lifelong Greenwich resident, passed away Thursday February 26, 2026 at the age of 87. He was born April 26, 1938 to James Anthony and Adeline Chiappetta. He attended Greenwich High School and was a member of the football team. After high school, James proudly served his country in the United States Airforce. After completing his service, he returned home to Greenwich where he worked in construction, auto parts sales and lastly as a building engineer at 8 Sound Shore Drive. James was a lifelong parishioner at St. Catherine of Siena Church in Riverside, where he was an usher at the Saturday 5 p.m. mass. James had a strong work ethic, but loved spending time at his home with his family and tending to his garden. He was devoted to his beloved wife, Alice, for 66 years, until she passed just a few short weeks ago.

James is survived by his cherished children, Elaine Chiappetta (Mark Williams), James Chiappetta Jr. (Diane) and Kristine Vitola (Paul), and loving grandchildren, Nicole Cunningham (Patrick), James Chiappetta III, Lauren Vitola and Carly Vitola, as well as many beloved nieces and nephews. He was predeceased by his dear sister Rosemarie Lindine and her husband August, and his dear sister in law Christine Chimbo.

To honor his life family and friends will gather on Thursday March 5, from 4-8pm at Coxe & Graziano Funeral Home, 134 Hamilton Ave. A Memorial Mass will be held on Friday, March 6, at 10 a.m. at St. Catherine of Siena followed by inurnment at St. Mary's Cemetery. In lieu of flowers, donations may be made to Disabled American Veterans or a favorite charity.



CAROLYN ANDERSON

Carolyn Ruth Hunt Anderson (1941-2026), a social worker, real estate broker, and published author, died peacefully of natural causes in Darien, CT, on February 24, 2026.

Carolyn was born in Evansville, Indiana, on August 20, 1941, to F. Helen Burnau Hunt and Maurice O. Hunt. In the 1950s, Carolyn spent a summer as an exchange student in Germany and remained lifelong friends with her host family. She first attended Lycoming College, then transferred to Boston University, where she graduated with a degree in Sociology in 1963. She received a Master of Social Work (MSW) from Columbia University in 1965, becoming a licensed social worker and a member of the National Association of Social Work.

While residing at International House at Columbia, she met her future spouse, Gerald L. Anderson; they married at The First Presbyterian Church in the City of New York in 1965. Carolyn and Jerry embarked on a lifetime of adventures. She and Jerry both earned their pilot licenses and flew a Beechcraft Bonanza together. She enjoyed backcountry camping and was an avid skier. She and Jerry learned the fundamentals of viticulture and started a

commercial vineyard on her beloved family farm in Clinton County, Indiana.

Carolyn and Jerry bought a home in Greenwich, CT, where Jerry had lived since high school, in 1967. They raised their two children in the public schools. During those years, Carolyn was active as a den leader for Cub Scouts and a pack leader for Girl Scouts, while also serving on the boards of the Greenwich chapter of the American Red Cross and the American Field Service. In 1972, she wrote "The Complete Book of Homemade Ice Cream, Milk Sherbet & Sherbet" (published by Saturday Evening Press). She later published a book on the Darien, CT, painter, Ruth Ray (1919-1977).

Carolyn loved renovating old houses. In 1968, she received a certificate in Interior Design and Antiques from the New York School of Interior Design. She became a member of the American Society of Interior Designers (ASID) and founded her own design firm, Carolyn Anderson Corporation. In the 1970s, she began renovating houses in New Canaan and Greenwich with her father, Maurice. In 2000-2001, she and Jerry built a custom home from the ground up in mid-country Greenwich.

Her design work led her to become a realtor in the early 1980s. In 1987, she and Jerry co-founded Anderson Associates Ltd., a successful real estate agency in Greenwich. To share their extensive knowledge of the town, they published multiple editions of the Anderson Guide to Enjoying Greenwich. Carolyn was elected to the Board of Directors of the Greenwich Association of Realtors, serving as its President in 2007. In January 2012, Carolyn was inducted into the Greenwich Realtor Hall of Fame.

Carolyn was a member of the First Congregational Church of Greenwich. She was also a member of the Field Club of Greenwich and served on board of the Round Hill Association.

Carolyn was predeceased by her beloved husband, Jerry. She is survived by her brother, Stephen Hunt (Julia); her son, Clifford (Rosanna); her daughter, Gwendolyn (Tod); and her three cherished grandchildren, Morgan, Theodore, and Rowan.

To honor Carolyn's life, family and friends gathered on Sunday, March 1 at Coxe & Graziano Funeral Home, Greenwich. The service of witness to the resurrection took place on Monday, March 2 at the First Congregational Church of Greenwich, Old Greenwich, followed by an interment in the churchyard and a reception in the auditorium.



DOROTHY SUDELL

Dorothy Kiyak Sudell of Greenwich peacefully passed away February 24, 2026. She was born on November 25, 1934 in Port Chester, NY to the late Stephen and Bessie Kiyak. She graduated from Port Chester High School Class of '53. Upon graduation, she held jobs at various companies in the area, meeting her husband of 59 years, Frank, at AMF Corporation (American Machine and Foundry). She retired in 1997 from the Putnam Trust Company of Greenwich after 22 years.

Dottie and Frank were Married in 1961 and together raised 3 children, welcomed 7 grandchildren and 5 great-grandchildren to the world. You could always see them at youth, high school and college lacrosse games; football, soccer, baseball, and field hockey games; and golf and bowling matches. She was so very proud of each and every one of her grandchildren and felt so blessed to be a part of their lives and attend their weddings. Her one regret was she had to leave her family behind, but told us she would look out and protect us all.

Dottie was a member of the Greenwich Bowling League, the Ladies Golf Club at the Griff and had a talent for knitting, painting,

and drawing. She relished holidays and vacations at the Cape with her family always with a martini in hand. She enjoyed baking while passing down polish recipes from her mother and grandmother.

Dottie was predeceased by her husband Frank, her parents Stephen and Bessie Kiyak, her sister Maryanne Kiyak and her beloved grandson Steven Sudell. She is survived by her daughters Charlene MacDonald (Brian) and Debbie Dunster (Will) and son Paul Sudell (Amy). And also by her cherished grandchildren Jim Dunster (Dani), Colin Dunster (Sally), Shawn Dunster (Kylie), Derek Sudell (Jackie), Anne Dunster Strods (Tyler), Tyler Sudell and great-grandchildren Dillon, Skylar, Hudson, Dempsey and Sophie.

A wake was held at Castiglione Funeral Home on Wednesday, March 4. A funeral service will be held at Castiglione on Thursday, March 5 at 10:30 a.m. with burial following at St. Mary's Cemetery, Greenwich.

The family would like to thank Greenwich Hospital ICU and The Mews entire staff for their care and support of Dottie.



JAROSLAW KUZMA

We share with heavy hearts, the passing of Mr. Jaroslaw Claude Kuzma of Greenwich on Feb. 21, 2026.

Born to Ukrainian immigrants Yvan Kuzma and Paraskevia Kaban in Troyes, France, in 1940, he served in the French army during the Algerian War before moving to the US in 1966 to join his brother, Vladimir Kuzma, and sister, Alice Shterban.

He was an auto body specialist, having learned the trade when he was 14, and proudly trained as a Mercedes Benz technician. Many in town knew him from his years at James Freccia Auto Body, and from his daily strolls down Greenwich Ave., where he visited his friends on a daily basis. First for coffee at Au Delices, then a French cafe (wink wink) at Bistro V and a crepe Suzette at Meli Melo. You may have seen him on Bastille Day at the town hall, where one of his proudest memories was raising the French flag.

He was an avid nature photographer who saw the beauty everywhere - in the first light of morning, in leaves catching the sun, and in the colors of Bruce Park every fall. He loved his life in Greenwich and his family is so grateful to the community who brought him so much joy.

He is mourned by his brothers, Vladimir Kuzma (sister-in-law, Daria) of Vineland NJ and Jaropolk Kuzma (sister-in-law, Lily) of Laines-Aux-Bois France; and countless nieces and nephews in the US, France and Australia. He was predeceased by his siblings, Ostap Kuzma, Taras Kuzma, Yvan Kuzma, Alice Shterban; and former spouse, Helene DeRocchi.

The cancer may have overtaken his body, but never his spirit! May his memory be eternal, vichnaya pamyat! Memorial service details to be announced on the Leo P Gallagher (Greenwich) website in the near future.



DANEYSE CASSELL

Daneyse Allcorn ("Dancy") Cassell, known to family and friends as "Dancy," passed away peacefully on February 20,

COLUMN

Spring Is Coming: Finding Hope in the Silence of Lent



By MICHAEL SOUTHWICK

I don't know about you but I'm about finished with this winter. I think perhaps we've been spoiled a bit in recent years by relatively mild temperatures and moderate snowfalls at best. But this winter has been quite different hasn't it. It's has been seemingly much colder and definitely more than enough snow to go around. And yet, as long as this winter has seemed there has always been the comfort and security of knowing that we will soon break into Spring. Day by day the temperatures will rise, the snow will melt, and we'll once again be able to enjoy the beauty that Southern New England holds as we move towards April. Somehow, all of that provides great hope in an otherwise difficult time.

Coinciding with this weather, of course, is also the season that Christians endure each year on the church calendar called Lent. The forty-six days between Ash Wednesday and Easter Sunday that are intended to mirror Jesus' journey through the wilderness following His baptism by John the Baptist in the Jordan River. I think the wilderness is an accurate and powerful image to describe this time. A period when many of us may feel a bit lost, maybe a little lonely and uncertain of what lies ahead. Whether it's in our personal lives or the unpredictable and often disheartening world we live in, there seems to be, not unlike the winter months, more darkness than light; more uncertainty than assurance. And a burning need to find some source of hope that we can turn to and rely upon through it all.

I believe that our faith can provide the same hope as the

certitude of the changing seasons if we'll accept the invitation to be patient and hold fast to the promise that God provides to all of us - that we are loved, we are forgiven, we are not alone, and whatever our circumstances may be, we are enough. Lent provides us with an opportunity to slow our lives down just a bit, quiet the noise swirling around us in this often dark and broken world, set aside the fears and worries that take up so much of our energy and simply be in the presence of God. In the Gospel according to Matthew Jesus instructs us that "whenever you pray, go into your room and shut the door and pray to your Father who is in secret..." Because it's in that intimate silent relationship that we can find comfort in our ever-loving, ever-faithful God and know that we are not alone.

Former Archbishop of Canterbury Rowan Williams wrote about the importance of silence in his book *Being Human - Bodies, Minds, Persons*. Williams suggests that if we are able to find our silence, quiet our minds and our breath long enough, then we are able to create the space necessary for God to enter into our lives more fully. He writes "We want to 'give God a chance' to happen where we are... And if [we are] a place where life is happening then [we are] a place where God is happening." In this way, it becomes much easier, much more hopeful, as we move through the challenges and triumphs that this life constantly provides, to always remember that we are not alone.

There's a concept that is common throughout religious thought called "theodicy" which is essentially the quest to reconcile the existence of an all-powerful, loving God with the inescapable fact of suffering in this world. Said another way, why do bad things happen to good people. And the answer for many of us is that God doesn't promise us that we will never endure sadness, fear, loneliness, or pain. We know these things are frequent visitors in our lives. But what God does assure us is that we will never have to face those trials alone. God will be with us each step of the way on that journey. And

God does not promise us that we will never endure sadness, fear, loneliness, or pain... But what God does assure us is that we will never have to face those trials alone.

within that certainty we can find great hope even when things look their darkest.

In his devotional *My Utmost for His Highest*, Oswald Chambers writes "God does not give us overcoming life - He gives us life as we overcome." For me, these words encapsulate the true meaning of a loving God. Just as a parent can't protect their child from the natural, painful events of this life, be they physical, emotional or spiritual, God's promise to us is that when those things do occur we can rely on the fact that He will be the rock to which we can turn for comfort, love and hope as we weather the storm. My prayer for all of us is that we are able to quiet our hearts, turn down the noise and know that we are not alone. Spring is coming.

Rev. Michael Southwick is the priest-in-charge of St. Saviour's Episcopal Church in Old Greenwich, where he leads worship, pastoral care, and parish life at the Sound Beach Avenue congregation. Southwick and his wife, Debby, have lived in Old Greenwich for more than three decades.

Obituaries, continued

2026, in Charleston, South Carolina. She was 81.

In her later years, Dancy made her home on Spring Island in Okatie, South Carolina, where the preserved beauty of land and water nourished her lifelong love of the natural world. There she became a Master Naturalist and avid photographer, spending hours outdoors observing birds and wildlife. Walks with her were rarely simple strolls; they were lively explorations marked by skyward gestures, careful observation, and shared wonder. Nowhere was her joy more evident than in her role as "G'mom," the name affectionately given to her by her three beloved grandsons - Holden Carson, Kent Carson, and Hugh Murphy Cassell. Being their grandmother was the role she cherished most.

Dancy married her husband and lifelong partner, Michael M. Cassell, on December 29, 1965 after the two met while she was at Hollins College and he at the Virginia Polytechnic Institute. Shortly before Dancy's passing, she and Michael celebrated their sixtieth "diamond" wedding anniversary surrounded by family in Jamaica, delighting in the sea, shoreline, and seabirds Dancy loved. Soon after, Dancy fulfilled a long-held dream in taking a month-long safari with her cousins through South Africa, Zimbabwe, and Botswana, exploring landscapes and wildlife she had always hoped to see.

Prior to her retirement, Dancy enjoyed a nearly 30-year career in real estate, predominantly with David Ogilvy & Associates in Greenwich, Connecticut. Known for her initiative, tenacity, integrity, and attention to detail, she was a consistent recipient of Top Producer awards and earned the respect of colleagues and the trust of clients in the highly competitive Greenwich market. She brought to her profession diligence and sincerity.

Dancy was deeply engaged in the Greenwich community, serving as a Junior League Sustainer, a board member of the Greenwich Exchange for Women's Work, and a docent and board member of the Bruce Museum. She also held leadership roles in her children's schools, including serving as Co-President of the North Street School PTA.

Earlier in her life, when Mike's business took them to Wilmington, Delaware in the mid-80s, Dancy worked for Christ Church Christiana Hundred, and Trinity Parish, as Director of Christian Education. She also worked for the Episcopal Bishop of Delaware, doing Christian Education and Conflict Resolution for parish priests and vestries.

Her work with the Episcopal Church

grounded her family in the traditions of her faith.

Born and raised in Atlanta, Georgia, Dancy attended the Westminster Schools and made her debut at the Piedmont Driving Club. She was the daughter of two World War II Navy veterans, both interred at Arlington National Cemetery. She grew up around boats and along the water and was an avid sailor in her youth, teaching sailing at summer camp. Her love of wind, water, and open sky served as a defining thread throughout her life.

In all her relationships, Dancy comported herself with traditional Southern grace and manners, warmth, humor, a playful spark, and always with a kind smile. She appreciated classical refinement but delighted equally in simple pleasures - including a proud youthful tradition of Sunday evening chili-dog dinners from The Varsity in Atlanta. Her Episcopal faith guided her life and found expression in quiet, daily acts of hospitality: cooking something special, sending flowers, picking up the phone, or writing a thoughtful note simply to brighten someone's day.

Dancy is survived by her husband of sixty years, Michael M. Cassell; her son, Michael M. Cassell Jr., and his wife, Ha Cassell, of Atlanta, Georgia; her daughter, Ashley Cassell Carson, of Atlanta, Georgia; her grandsons, Holden Carson, Kent Carson, and Hugh Murphy Cassell; and her brother, Frank W. Allcorn IV. She was preceded in death by her parents.

She will be deeply missed and lovingly remembered.

In lieu of flowers, and in recognition of her devotion to the Spring Island Trust, the family requests contributions in her name at the following link:

<https://www.springislandtrust.org/sit19/about-us/how-to-give>

A memorial service and celebration of life will be announced at a later date.



MERIWETHER

SCHMID

Meriwether Lewis Cowgill Schmid, 98, a resident of Edgehill, (Stamford, CT) passed away on February 20, 2026, in Stamford, CT. Meriwether was born in New York City, July 16, 1927, to the late William Warwick and Darthea Crocker Cowgill. She graduated from Miss Porter's School in Farmington, CT, and attended New York University. Before marriage, she worked at LIFE Magazine in merchandising, both as a copywriter and a Men's Wear Retail Specialist.

Meriwether's interest in genealogy and family history filled her life. She was made a Fellow of the New York Genealogical and Biographical Society and a Trustee Emerita of the New England Historic Genealogical Society in Boston and also an Honorary Trustee of the Greenwich Historical Society. She was a member of the Colonial Dames (Wethersfield, CT) and the Massachusetts Mayflower Society.

A strong believer in volunteerism, Meriwether also sang with the Grace Notes, serving as President for one term. For a number of years, she answered the phones at Community Answers, serving as Chairman for one term. Moving to the Greenwich Historical Society in 1983, Meriwether served as Genealogy Chairman, organizing an all-day genealogical seminar at Christ Church for ten years. She became a Trustee, then Vice President, President, Corresponding Secretary, "Volunteer of the Year in 2000" and Chairman of the Collections Committee.

In 1957, she married George F. Schmid, Jr. of Montclair, NJ. Later, they moved from New York City to Riverside, CT, where Meriwether was a resident for over 50 years in the same house with additions. In 1962, they built a summer residence in Bridgehampton, N.Y. George Schmid died in 1992. They were blessed with two children, Sarah Briggs Schmid of Shrewsbury, N.J. and Warwick Lawrence Schmid (Wendy) of Bridgehampton, N.Y. Meriwether is survived by two grandchildren, Sara Garfield (Luke) and Chester Schmid. Meriwether was a member of the Riverside Yacht Club.

WILLIAM MCANDREWS

William (Bill) McAndrews, a lifelong resident of Greenwich, died on Sunday, March 1, 2026, after a long illness from complications of amyloidosis and congestive heart failure.

Bill was born on August 30, 1951, in Greenwich Hospital and was raised in the 4th Ward section of Greenwich. Bill

attended the former Saint Mary Elementary School on Greenwich Avenue and was a member of its last kindergarten class in the 1956 - 1957 school year. Bill went on to attend Saint Mary High School and Assumption University in Worcester, Massachusetts where he earned a B.A. degree. Bill taught for one year at Greenwich Catholic School on Stanwich Road. In 1974 Bill began teaching at Saint Mary High School and was there for seventeen years. During his time at St. Mary's, Bill served as Athletic Director, JV basketball coach, class moderator and theater director. In 1978 Bill earned an M.A. from Fairfield University. Also, in 1978 Bill began another long career for the Greenwich Marine Facilities and Operations Division. Over the course of 22 years, Bill worked as Assistant Dock Master, Beach Manager and Beach Crew on Island Beach. When the Diocese of Bridgeport closed Saint Mary High School, Bill was assigned to Trinity Catholic High School in Stamford where he taught until his retirement in 2019. Bill encouragingly called his students his scholars and he was a very devoted, respected and popular teacher.

Bill met the love of his life, his wife, Sandy, when they taught together at Saint Mary High School. They were married on July first, 1989, and made a warm and joyful home in Cos Cob.

Bill is predeceased by his parents, May and Francis McAndrews. He is survived by his beloved wife, Sandy, his brother, Jim (Becky), several cousins, nieces and nephews, a cherished son, Jim Gartner (Jennifer) and the two lights of his life, his grandchildren, Spencer and Lillianne Gartner.

Friends may call at the Castiglione Funeral Home in Greenwich from 4:00 to 8:00 on Monday, March 9. A mass of Christian burial will be held at Saint Michael the Archangel Church, at 469 North Street, on Tuesday, March 10 at 11:00. Donations to the Amyloidosis Research Consortium and the American Heart Association in honor of Bill would be greatly appreciated.

The Sentinel does not charge for obituaries. Every member of the community deserves to be remembered and honored without families facing added financial burdens. Obituaries may be sent to Caroll@GreenwichSentinel.com.

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

Worship Directory and Services

Assemblies of God

Harvest Time Church

1338 King St., 203-531-7778
www.htchurch.com

Worship Services: Sun, 9 & 10:45am. All services are streamed on the church's website and YouTube channel. In addition to Sundays, there are also groups for children and teens on Wednesday evenings. Anchor Night for Young Adults, 3rd Fri of month. *Ladies Gathering: Friday, March 26, 7pm.*

Baptist

First Baptist Church

10 Northfield St.; 203-869-7988
www.firstbaptistgreenwich.com

Sunday Servings: 11:30am, Facebook Live or for Devotion: 11-11:25am (Dial in 701- 802-5355, Access code 360922).

Greenwich Baptist Church

10 Indian Rock Ln; 203-869-2807
www.greenwichbaptist.org

Worship: Sun, 11am (in person and online through Facebook & YouTube). Children Sunday School: 9:30am, ages 9-14y. Adult Bible Study: Sun, 9:30am, Fellowship Hall. Prayer Gathering: Wed, 7pm, Pastor's Office or virtual on Google Meets.

Catholic

Sacred Heart Church

95 Henry St.; 203-531-8730
www.sacredheartgreenwich.org

Mass: Mon-Fri, 7am (in the Chapel); Saturday Vigil, 4pm (in Church); Sunday: 7:30, 9:30 & 11:30am. Confessions: Sat, 3-3:30pm or by appointment. Divine Mercy Prayer Group: Wed, 7-9pm. Prayer Group: Thu, 4-5pm, in the Chapel, 38 Gold St, All are welcome. *Ministry to the Homebound: if you, or someone you know, is homebound and would like a priest visit you, call the Rectory at 203-531-8730. Stations of the Cross: All Fridays during Lent, 6:30pm, in the Church, All are welcome. Stations of the Cross: All Fridays during Lent, 6:30pm, at Church, All are Welcome. Family Mass with Breakfast: Sunday, March 8, 9:30am.*

St. Catherine of Siena & St. Agnes

4 Riverside Ave; 203-637-3661
www.stc-sta.org

* All Masses at St. Catherine of Siena Church are in-person and livestreamed (View our Livestream and recordings here: <https://events.locallive.tv/worship/stc-sta>)

Masses: Saturday, 3-4pm – Confessions (Specific dates confirmed weekly in bulletin.) Vigil Mass, 5pm. Sunday: 7:30am, 9am (Family Mass), 10:30am (Traditional Mass), 5pm (Teen Mass), all at St. Catherine's Church). Masses in other Languages: French Mass - 2nd Sunday of the month, 11am. Italian Mass - 3rd Sunday of the month, both at St. Catherine's Chapel. Spanish Mass, 6:30pm, St. Catherine's Church. Daily/Weekdays: Mon, Tue, Thu & Friday: 7am – Daily Mass, St. Catherine's Church; 5:15pm – Daily Mass, St. Catherine's Chapel. Tuesdays: Rosary, 6pm, St. Catherine's Chapel. Wednesdays: Adoration of the Blessed Sacrament, 8:30am-4pm, St. Catherine's Church. Sacrament of Reconciliation: Sat. 3:30pm. *Ongoing: Food & Essentials Drive for Neighbor to Neighbor (there will be a car or SUV with an open trunk in the parking lot across from St. Catherine's church on Tuesdays, 9-11am. Join Music Ministries for choir rehearsals – Traditional, Contemporary, Teen, Cherub, Family Mass Choir - contact Music Director, Dr. Liya Petrides at music.director@stc-sta.org with questions. Volunteer Opportunity: Share Your Time and Compassion! Our Parish Partners Ministry of Hope is seeking kind-hearted volunteers to support our homebound parishioners. To sign up or learn more, please contact Jeannemarie Baker at (203) 637-3661 (ext. 375) or ParishPartners@stc-sta.org. New Book Club for Moms: Wednesdays through April 1, 7:15pm, momsstcath@gmail.com. St. Catherine's Players presents "Godspell": March 6, 8pm; March 7, 7pm & March 8, 2pm, 203-637-3661 x327, scp.ludus.com. Diocesan Men's Retreat – Radical Discipleship: Saturday, March 14, 8am-3pm, St. Catherine of Siena Church in Trumbull.*

St. Mary Church

178 Greenwich Ave.; 203-869-9393
www.stmarygreenwich.org

Public Mass: Sun, 9, 10:30am, 12:15 & 5:15pm. Sat Vigils: 4 & 7pm (Spanish). Daily: Mon-Fri, 12:05pm (Church doors will open from 10am-3pm). Confessions (English): Tue: 7-8pm; Sat: 3-3:45pm. Eucharistic Adoration: 1st Fri of the month: 12:30-5pm. *Lent: Stations of the Cross – Fridays of Lent, 7pm, in the Church; Via Crucis en Español – Fridays of Lent, 7pm, in the Church; Sacrament of Reconciliation – Confessions heard in the Chapel: Fridays, 11:30am; Saturdays, 4-5pm; in Spanish, 6-6:45pm; Monday, March 30, 6-8pm. Adoration: Fridays, 10am-3pm.*

St. Michael the Archangel

469 North St.; 203-869-5421
www.stmichaelgreenwich.com

Mass: Saturday Vigil Mass: 5:15pm. Sunday Masses: 8am, 9:45am, 12pm, 5:15pm. Daily Masses: Mon-Sat, 9am. *SVigil Mass Third Sunday of Lent: Anointing of the Sick: Saturday, March 7, 5:15pm. Third Sunday of Lent Mass: The Woman at the Well: Sunday, March 8, 8am. Put Your House in Order; end of life considerations: Saturday, March 14,*

9:45am. Corporal Work of Mercy – deliver pre-packed groceries to elderly residents at 245 King Street, Port Chester, NY: Saturday, March 14, 9:50am. Fourth Sunday of Lent Mass: The Man Born Blind: March 15, 8am.

St. Timothy Chapel

1034 North St.; 203-869-5421

Mass: Saturday Vigil Mass, 4pm. Sunday Mass, 11am.

St. Paul Church

84 Sherwood Ave.; 203-531-8741
www.stpaulgreenwich.org

Mass: Mon-Thu: 8am; Sat: 4pm (Vigil); Sun: 7:30, 9:30 & 11:30am. Confessions: Daily, 7:30am; Sat, 3-3:45pm. Mass on Holy Days: Vigil: 5:30pm, 9am & 12:15pm. Visit the website for information regarding the Bereavement Group (twice monthly) and weekly volunteer opportunities at the Don Bosco Kitchen and Food Pantry with the St. Paul Mercy Volunteers. All masses are available via livestream through the website. *Evenings For Married Couples: 1st Thu. of every month, 7:30pm. Fridays in Lent: Candlelit Stations of the Cross, every Friday, 5:30pm, followed by soup & bread in the Parish Center, all are welcome. Irish Soda Bread Bake Shop Sale: After Masses on March 7 & 8, if you would like to donate an item such as Irish Soda Bread, Scones, or an Irish Tea Cake, please contact Debbie Parker at 203-898-5999.*

St. Roch Church

10 St. Roch Ave; 203-869-4176
www.strochchurch.com

Mass: (Reservations and/or for viewing via live streaming): Mon-Fri: 7:30pm; Sat: 5pm; Sun: 7:30am (Concelebrated for Previously Scheduled 9:30am Mass Intentions), 10:30am, 12pm (Spanish). Mass Intentions: consult the bulletin for time. *Lent: Sunday Masses: Sat, 4pm Vigil; Sun, 7:30am, 10am & 12pm (in Spanish). Weekday Masses: Mon-Fri, 6pm. Confessions: Mon-Thu, 5:30-6pm; Fri, 5-5:30pm; Sat, 3-3:45pm; Sun, 11:30am-12pm. Fridays: Confessions, 5pm; Stations of the Cross, 5:30pm; Mass, 6pm; Stations of the Cross (in Spanish), 7pm. Following the Mass, all are welcome to a Lenten soup in the basement. Adoration: 1st Fri, 9am-5pm.*

Christian Science

First Church of Christ, Scientist

11 Park Pl; 203-869-1555
christiansciencet.org/greenwich

Sundays: Church and Sunday School at 10:30. Weds. 7:30pm testimonies of healing. Call # for all services 203-680-9095 code 520520. Reading Room 333 Greenwich Ave. M-F 1:00-5:00 203-869-2503. Bibles, Science and Health with Key to the Scriptures, children's books, and more. *Sunday Sermons: March 8: Man. March 15: Substance.*

Community

First Church of Round Hill

464 Round Hill Rd; 203-629-3876
www.firstchurchofroundhill.com

In-person worship: Sundays, 10am. *Sunday worship at 10am – March Schedule – All are invited and welcome: March 8: Third Sunday in Lent. March 15: Fourth Sunday in Lent. March 22: Fifth Sunday in Lent. March 29: Palm/Passion Sunday – Blessing and Distribution of Palms.*

Round Hill Community Church

395 Round Hill Rd; 203-869-1091
www.roundhillcommunitychurch.org

Weekly Sunday Worship services in the Sanctuary at 10am or online at roundhillcommunitychurch.org anytime. Children's Worship (grades K-5) meets during the 10 am service. Please call the Church Office or visit the website for the most up-to-date information, events, and schedules. *Tools for Aging Well, 2nd Wednesday of the Month, 11am-12pm, Sanctuary. Round Hill Art & Craft Studio: Mondays, 1-4pm. Youth Movie Night & Dinner for Middle and High School Students Gathering: Friday, March 6, 5:30-8:30pm, Bring your friends, Contact Leticia at 860-519-8595 or Lillian: Lillian@roundhillcommunitychurch.org. Nurturing the Spiritual Child – An Inter-Generational Workshop with Dr. Meryl Sole: Sunday, March 15, 2-4pm, free event, but space is limited, RSVP to: vidisha@roundhillcommunitychurch.org.*

Congregational

The First Congregational Church

108 Sound Beach Ave; 203-637-1791
www.fccog.org

Worship: In-Person & Virtual: Sundays, 10am. Live-streaming on YouTube and Facebook, and broadcast on WGCH (1490 AM). Connect during the week: Friday: Friday Email Blast (sign up by calling the church office); Church school before worship most Sundays, 9am for preschoolers through grade 6. Online programming available via Zoom. A joyful community diverse in spiritual backgrounds and beliefs.

North Greenwich Congregational

606 Riversville Rd; 203-869-7763
(Instagram photos and videos @north_greenwich_church)

Worship Service: Sun, 10:30am, in person.

Second Congregational Church

139 E Putnam Ave; 203-869-9311
www.2cc.org

Sunday Worship, 8:30 & 10:30am. Livestream available for 10:30am service. Children's Chapel during 10:30am worship. Follow us on Facebook & Instagram: @2CCGreenwich. All are welcome here! *St. Patrick's Day Potluck: Sunday, March 22, after worship & then walk over to watch the parade! Vacation Bible School: Friday, April 3, 9-11:30am, Registration required.*

Episcopal

Anglican Church of the Advent

606 Riversville Rd; 203-861-2432
facebook.com/greenwichanglican

Service: Sun, 9am, Holy Eucharist. Sunday School during academic year.

Christ Church Greenwich

254 E. Putnam Ave; 203-869-6600
www.christchurchgreenwich.org

Holy Eucharist: Sundays, 8am, In-person only, Chapel. Messy Church Eucharist: every Sun, 8:45am, In-person only, Parish Hall. Holy Eucharist: 10am, In-person or livestream, Main Sanctuary, Children's Chapel during the service. Choral Evensong or Sung Compline: In-person or livestream, 5pm. Wednesdays: Preach and Teach Eucharist (new time for this midweek service), 12:15pm, In-person only Chapel. Thursdays: Choral Evensong, 6:30pm, In-person or livestream, Main Sanctuary. *Friday Bible Study with Rev. Tim Hamlin: Fri, 10am. Messy Church Eucharist: Sun, 8:45am. Bagels & Bibles: Sun, 10:05am. Sacred Ground Group Discussion Series: Mondays, March 16, 30; April 13, 20, 27; May 4, 11, 6:30pm, on Zoom. Randall Atcheson In Concert: Friday, March 6, 1:30pm. Organ Recital with Jonathan Vaughn: Saturday, March 7, 5-6pm. Volunteer to pack DOMUS lunches: Sunday, March 8, after Messy Church. Sunday Forum: The Rev. Canon Nicholas Porter: Sunday, March 8, 11:15am. Joyful Noise with Anna Jacobson: Sunday, March 8, 5pm. Centering Prayer Monday, March 9, 12pm. A Discussion with Congressman Jim Himes, "Is the U.S. More or Less Secure in 2026?": Wednesday, March 11, 6:30pm. Fire & Friends Women's Gathering Thursday, March 12, 7pm. Grapes & Grains: Thursdays, March 12, 19, April 16, 23, 30 & May 7, 4:45pm. Sunday Forum: Deacon Robert Henry – "Matteo Ricci: The First to bring Christianity to China": Sunday, March 15, 11:15am. Choral Evensong for Lent: Sunday, March 15, 5pm.*

St. Barnabas Episcopal Church

954 Lake Ave.; 203-661-5526
www.stbarnabasgreenwich.org

Holy Eucharist: Sundays at 10AM (in person and livestreamed). Our exciting Sunday School programs for kids and youth take place during the 10am service: Children's Church for kids 4-8 years old, and YC (Youth Church) for those 9+. Children are also welcome in church for both services, and childcare is provided all morning in our nursery. Sundays also feature joyful preaching by our clergy, Father Justin and Rev. Phoebe, and beautiful music by our director of music, Marnus Greyling, and the St. Barnabas Choir. Come experience the joy of the God of Jesus Christ. Visit us in person, on our website, and on social media (Instagram: @st.barnabasgreenwich). Small church feel - Big church experience.

St. Paul's Episcopal Church

200 Riverside Ave.; 203-637-2447
www.stpaulsriveriside.org

Worship: Sundays, 10:15am (in person and streaming). Coffee hour immediately following worship service in Selleck Hall. Sunday School (including frolic Fatih class for toddlers 2+) in the Children's Chapel downstairs – drop-off starts at 10am. Ongoing: Neighbor-to-Neighbor food drive box by office door. Pick-up is every Thursday morning.

St. Saviour's Episcopal Church

350 Sound Beach Ave; 203-637-2262
www.saintsaviours.org

Worship: Please join us every Sunday for Holy Eucharist at 10am (in person and on Zoom). Coffee Hour immediately following our worship service. Please visit our website for the Zoom link and to sign up for our Newsletter. Come and See!

Jewish

Chabad Lubavitch of Greenwich

75 Mason St.; 203-629-9059
www.chabadgreenwich.org

Please visit our website for details on Shabbat services, classes, programs and more. *Soul Spa: The Five Books of Miriam: Uplifting Feminine Voices: Sat, 10am-12pm, on Zoom. Unlocking the Jewish Prayerbook-Opening the Liturgy: Sun, 5-6pm. Chabad Annual Gala: Thursday, March 26, 6:30pm.*

Congregation Shir Ami

One W. Putnam Ave; 203-274-5376
www.congregationshirami.org

All services, programs and celebrations are available online via Zoom. *Kabbalat Shabbat: Fridays, 7-9pm, First Presbyterian Church. Soul Spa - Meet the Midrash: Saturdays, 10am, through Aug. 9, on Zoom. Shabbat Service: Friday, March 6, 7-9pm, First Presbyterian Church of Greenwich.*

Greenwich Reform Synagogue

92 Orchard St.; 203-629-0018
www.grs.org

Join Rabbi Gerson and Cantor Rubin every Friday, 6pm for Shabbat Services, and once a month for Tot Shabbat, 5:30pm. All in person services are also live streamed on Zoom.

Temple Shalom

300 E. Putnam Ave.; 203-869-7191
www.templeshalom.com

Services - In-person and virtual Friday night Shabbat services, 6:30pm & Saturday morning Shabbat services, 10:30am. *Together Shabbat for Young Families: Friday, March 6, 5:30pm. Sisterhood Shabbat & Luncheon: Saturday, March 7, 10:30am. Game Night: Mah Jongg & Canasta: Monday, March 9, 7pm. Women's Musar: Mindfulness in Jewish Texts: Wednesday, March 11, 6:30pm.*

Lutheran

St. Paul Lutheran Church

286 Delavan Ave.; 203-531-8466
www.firstpaul.com

Sunday Divine Service: 9am. Sunday Bible Study: 10:30am. Wednesday Dinner: 5:30pm. Wednesday Bible Study: 6:30pm.

Methodist

Diamond Hill United Methodist

521 E. Putnam Ave.; 203-869-2395
www.diamondhillumc.com

In-person & Online Worship Service every Sunday, 10am, followed by a time of Fellowship. Wednesday Noonday Prayer & Wednesday Evening Bible Study. (Details at diamondhill.com).

First United Methodist Church

59 E. Putnam Ave.; 203-629-9584
www.fumcgreenwich.com

Virtual Sunday Worship: 10am. Sunday School – Lunch and Learning Bible: 12pm. Sunday Korean School: 1-4pm, Education Building.

Bethel African Methodist Episcopal

42 Lake Ave.; 203-661-3099

Worship via teleconference: Sun, 11am and until further notice (Dial-in number: 425-436-6380, Access code: 612220).

Nondenominational

Stanwich Church

202 Taconic Rd.; 203-661-4420
www.stanwichchurch.org

Sunday Morning Worship Service: 9am & 10:45am. Kids Ministry for grades 5 and under, and Student Ministry for grades 6 & above, are offered. Live stream and recorded media are available at stanwichchurch.org. We'd love to meet you here!

Center for Spiritual Development, NSAC

293 Sound Beach Ave; 203-637-4615
www.Center4SpiritualDev.org

Sunday Service (hybrid: in-person & virtually on zoom): 7pm. Virtual Children's Lyceum (ages 5-14): 3rd Sunday of the month, 10-10:40am. Healing Service: 3rd Thursday of the month, 7-7:30pm. (Email Albertsonpcc@gmail.com for registration and Zoom Links). *Guided Meditation: Tuesday, March 10, 9-9:45am, Free, All are welcome. Virtual Course Spiritual Mediumship Mondays, March 9-April 13, 7-9pm, via zoom, \$120, Contact CSDPastor@gmail.com to register.*

Trinity Church

5 River Rd. (Office); 203-618-0808
www.trinitychurch.life

All are invited to Trinity's morning Worship Service at 10am every Sunday. We meet at the Hyatt Regency, 1800 E Putnam, Old Greenwich. Kids programs are offered for up to 5th grade and Youth programs are available for middle & high schoolers. Livestream and recorded messages can be viewed at www.trinitychurch.life. Hope you can make it!. *Women's Breakfast: Saturday, March 7, 9-11am. "Feed My Starving Children" Food Packing Event: Saturday, March 7, 3-5pm.*

Presbyterian

First Presbyterian Church

1 W. Putnam Ave.; 203-869-8686
www.fpcg.org

Worship: Sundays, 10am. *Lent & Holy Week: Lenten Wednesdays: March 11, 18 & 25, 5:30pm, Soup dinners in fellowship hall, 6:30pm - Services in the chapel.*

Grace Church of Greenwich

89 Maple Ave.; 203-861-7555
www.gracechurchgreenwich.com

Worship: Sundays, 10am, The Boys & Girls Club of Greenwich, 4 Horseneck Ln. & 4:30pm, Woman's Club of Greenwich, 89 Maple Ave. Church Lunch: 1st Sunday of every month, 12-2pm, Boys and Girls Club of Greenwich. Prayer Meeting: 3rd Sunday of every month, 10-10:30am, Boys and Girls Club of Greenwich. All are welcome. *Prayer Meeting: Sunday, March 15, 11:15-11:45am.*

Living Hope Community Church

38 West End Ave; 203-637-3669
www.LivingHopect.org

Worship In-person & online (LivingHopect.org/livestream): Sundays, 10am. *Forum for Fathers: Are you a man with or who has kids or family members with ADHD? We meet Sundays at 9am at the church to pray, seek God, and encourage each other. Contact Todd.klair@gmail.com for more information. Body Life Basics Body Life Basics: Sunday, March 8, 8:30-9:45am. Creating a Connection Culture Creating a Connection Culture: Wednesday, March 11, 7-8:30pm.*

REAL ESTATE

NEW SALES

TIMOTHY AGRO, GREENWICH STREETS TEAM, 203.461.5964

| Address | Original List | List Price | Sold Price | DOM | BR | FB | Acres | SqFt |
|-----------------------|---------------|--------------|--------------|-----|----|----|-------|--------|
| 9 River Road 408 | \$650,000 | \$650,000 | \$610,000 | 126 | 1 | 1 | 0 | 1,069 |
| 23 Pemberwick Rd | \$695,000 | \$695,000 | \$755,000 | 14 | 2 | 2 | 0.14 | 1,169 |
| 55 Locust Street B | \$849,000 | \$849,000 | \$965,000 | 14 | 3 | 3 | 0 | 1,796 |
| 333 Palmer Hill Rd 2D | \$900,000 | \$900,000 | \$1,051,000 | 8 | 2 | 2 | 0 | 1,668 |
| 11 Rockland Place | \$960,000 | \$960,000 | \$970,000 | 22 | 3 | 2 | 0.23 | 1,268 |
| 51 Forest Avenue 67 | \$1,200,000 | \$1,200,000 | \$1,125,000 | 35 | 2 | 2 | 0 | 1,271 |
| 33 Guilford Lane | \$1,645,000 | \$1,645,000 | \$1,595,000 | 127 | 4 | 3 | 0.23 | 2,146 |
| 1050 King Street | \$1,975,000 | \$1,895,000 | \$1,920,000 | 125 | 4 | 3 | 2.13 | 3,264 |
| 44 Northfield Street | \$2,395,000 | \$2,395,000 | \$2,450,000 | 9 | 4 | 3 | 0.27 | 2,285 |
| 5 Whitney Drive | \$2,650,000 | \$2,650,000 | \$2,550,000 | 86 | 4 | 4 | 4.58 | 4,447 |
| 8 Tinker Lane | \$3,250,000 | \$3,100,000 | \$3,000,000 | 208 | 6 | 5 | 2.07 | 6,635 |
| 15 Deepwoods Lane | \$3,450,000 | \$3,300,000 | \$3,180,000 | 126 | 4 | 4 | 0.34 | 4,382 |
| 68 Orchard Drive | \$3,850,000 | \$3,850,000 | \$3,825,000 | 12 | 5 | 4 | 0.57 | 4,930 |
| 258 Riverside Avenue | \$3,895,000 | \$3,895,000 | \$3,880,500 | 42 | 5 | 3 | 0.63 | 3,647 |
| 44 Indian Head Road | \$3,995,000 | \$3,995,000 | \$4,650,000 | 6 | 4 | 4 | 1.72 | 4,097 |
| 11 Langhorne Lane | \$19,500,000 | \$19,500,000 | \$17,370,000 | 114 | 8 | 12 | 8.79 | 26,454 |
| 24 Conyers Farm Drive | \$25,000,000 | \$25,000,000 | \$23,000,000 | 188 | 6 | 6 | 25.5 | 12,312 |

FEATURED OPEN HOUSES

Data Compiled by Rob Pulitano (203) 561-8092

| Address | Area | Price | Day/Time | Broker |
|-------------------------|---------------|-------------|---------------|------------------|
| 17 Maple Drive | Old Greenwich | \$2,195,000 | Sun 12-2 PM | BHHS New England |
| 93 E Middle Patent Road | Greenwich | \$1,650,000 | Sat 12-2 PM | Compass |
| 1 Old Church Road #1 | Greenwich | \$2,495,000 | Sun 12-2 PM | Compass |
| 51 Glen Road | Greenwich | \$2,999,999 | Sun 2-3:30 PM | Douglas Elliman |
| 3 Putnam Hill #2C | Greenwich | \$780,000 | Sun 1-3 PM | Sotheby's |
| 395 Taconic Road | Greenwich | \$1,395,000 | Sat 12-2 PM | Sotheby's |

NEW LISTINGS

TIMOTHY AGRO, GREENWICH STREETS TEAM, 203.461.5964

| Address | List Price | Price/SqFt | SqFt | AC | BR | FB | Area |
|---------------------------|-------------|------------|-------|------|----|----|---------------|
| 5 Hervey Street | \$885,000 | \$583 | 1,519 | 0.12 | 3 | 1 | Byram |
| 41 Chapel Street | \$975,000 | \$497 | 1,961 | 0.12 | 4 | 1 | Pemberwick |
| 15 Walker Court | \$1,275,000 | \$692 | 1,842 | 0.38 | 3 | 2 | Glenville |
| 626 W Lyon Farm Drive 626 | \$1,650,000 | \$739 | 2,233 | 0 | 3 | 3 | Glenville |
| 115 Lake Avenue | \$2,750,000 | \$893 | 3,081 | 0.18 | 4 | 4 | South Parkway |
| 92 Hillcrest Park Road | \$2,795,000 | \$837 | 3,339 | 1 | 5 | 3 | Old Greenwich |
| 145 Porchuck Road | \$3,195,000 | \$759 | 4,209 | 2.01 | 5 | 4 | North Parkway |
| 98 Lewis Street | \$3,995,000 | \$1,316 | 3,035 | 0.08 | 4 | 4 | South of Post |
| 40 Howard Road | \$4,995,000 | \$870 | 5,744 | 4.4 | 6 | 5 | North Parkway |

Two Blizzards Slow February 2026 Market



BY MARK PRUNER

How much do two major snowstorms and a near record extended cold period affect sales? The answer is a good deal. We saw above average sales in January 2026 as we carried over 58 contracts from the end of December 2025. By the end of January, many of these contracts had closed. We added some 28 contracts in February, but with sales and we were down to 41 contracts by the end of January. This big drop in contracts pushed January 2026 sales above our 10-year pre-Covid average.

Our 37 January sales looked like good news, and it was for those reports that missed that our contracts had taken a nosedive. Then came February and weeks of cold weather and a lot of snow. This kept inventory off the market. Yes, inventory went up in January and February, but it was starting from record low levels. What the snow and cold caused was a drop in people listing their houses in a market that had motivated buyers.

For many buyers their motivation couldn't overcome blizzards and snow up to your knees. Our sales in February dropped to only 21 sales, compared to 25 sales in February 2025. A small drop,

but a big drop from our 10-year average sales of 32 February. The result was that our February 2026 sales were down 34%.

Despite the drop in sales, our contracts actually eked up 2 from 50 contracts last year to 52 contracts this year. This was because those brave buyers who did venture into the snow were really motivated. You can see this when you look at our days on market for contracts signed in February. The average was only 47 days on market. In January, we saw 147 DOM for January deals. Not only were there fewer, but more motivated, buyers; these buyers had the cash.

Whither the mortgage contingency

The mortgage contingency deal has almost disappeared. Of our 52 contracts at the end of this February, only 5 of them had a contingency, not even 10% of our outstanding contracts. To be fair, 16 of the remaining 47 pending contracts had previously had a contingency. But at least half of those 16 prior contingent contracts likely weren't mortgage contingencies. As the contingencies were either removed in days or not for several months.

When I was a real estate attorney, back in the 90's the standard mortgage contingency was for 45 days. This was because the unhurried buyer, often hadn't even talked to their banker, or even chosen a banker, until the contract was signed. They need a month and a half to

fill out the paperwork, answer the innumerable questions that came back and actually get a mortgage commitment letter.

This is not the case today. Lots of mortgage contingencies are down to 30 days. Not only are they a third shorter, but today's prepared buyers are removing mortgage 30-day mortgage contingencies in 21, or even 14 days. These buyers are doing this because they know that the majority of competing buyers, they are going up against have the cash or are underwritten pre-approved for a loan.

This means that the buyer has worked with their banker to fill out every form, provide all of their background information and responded to every query their banks underwriting department has made. The bank only needs to see a signed house purchase contract and a house appraisal to do the deal. The time for getting these two things completed is more like 14 days.

Smart agents are also pushing their buyers to keep the contingency period as short as possible. Previously, if a buyer had a signed contract with a mortgage contingency, they were in the driver's seat. The buyer could decide to exercise the contingency and terminate the contract and get all of their deposit back or waive the contingency and close the deal. All this time, the seller was bound while waiting for the buyer to decide whether they wanted to go forward or not.

Today, it's not so clear cut.

Only over \$5 million, do we have more than 4 months of supply.

Our inventory is so low, that we are seeing more buyer's and agents asking to see listings that are under a contingent contract. Then if this new potential buyer likes the house, they will put in a higher back-up offer. This ups the pressure on the previous buyer that is under contingent contract. The buyer can still ask for a mortgage contingency extension, but they may not get it, given the seller can make more money going with the back-up offer. The seller gets back some power.

We are even hearing of highly motivated second buyers offering to pay the second buyer a go-away fee. It's not common, but it's something that we now discuss with second buyers in this lowest-inventory market ever.

How tight is the market?

For the full market, we are looking at only 3.6 months of supply. From \$1 - 1.5 million we have 0.9 months of supply. Only over \$5 million, do we have more than 4 months of supply. Even above \$5 million, we have record low MoS, with 4.3 MoS from \$5 -6.5 million and 6.4 MoS over \$10 million. Throw in the 6 contracts that we have pending over \$10 million and the ultra-high-end months of supply drops to 5.1 months of supply. One of the lowest we have ever seen for the high-end of the market.

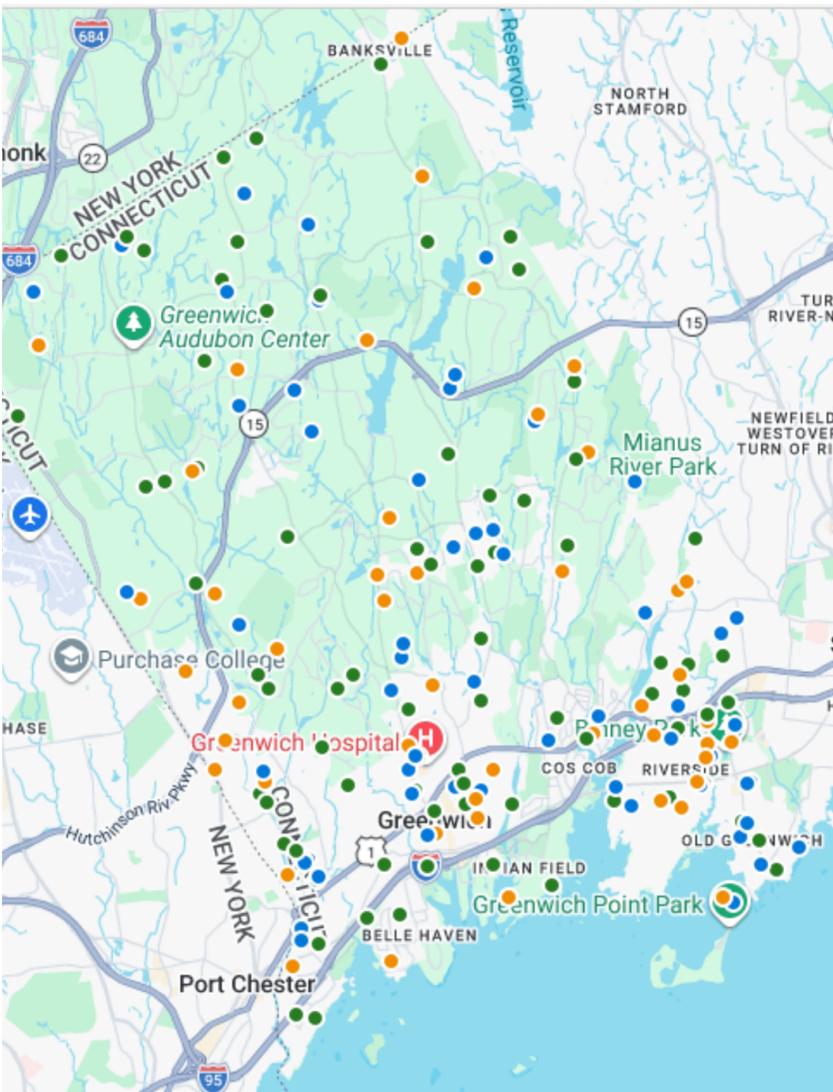
The good thing is that while we have little inventory, it is spread out throughout the town as are the contracts. The hot areas as usual are in Old Greenwich south of the village

and central Greenwich. In OG-SOV, you have two choices at \$4.5 million and \$6.25 million. In downtown Greenwich, you have three choices: two from \$3 - 4 million and one at \$7.7 million. We also have another 25% or so private listings spread throughout the town. Even with that it's still a very tight market.

I'm hoping that while sales and inventory are well below normal, that once we get rid of this snow, we will have a release of snow-delayed inventory. And even more buyers getting out and making deals.

Stay tuned ...

Mark Pruner is a co-founder of the Greenwich Streets Team at Compass. He can be reached at 203-817-2871 or mark.pruner@compass.com.



Our market was spread evenly throughout town. (Green dots active, orange are contracts and blue are sold.)

PERGOLESI STABAT MATER

HANDEL

Organ Concerto in d minor with Chamber Orchestra

Sunday, March 22 | 3pm

St Barnabas Greenwich

954 Lake Ave, Greenwich

soprano **Christi Bye**
mezzo soprano **Barbara Zay**
conductor **Marnus Greyling**

Experience the sublime masterpiece that is Pergolesi's Stabat Mater with a baroque chamber ensemble.

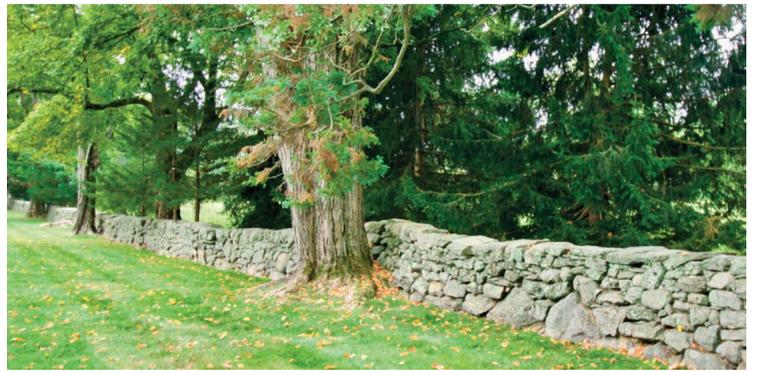
Tickets on eventbrite
or email aarango@stbarnabas.org



Discover Timeless Elegance.

For the first time since its construction in 1939, the historic Beinecke estate is on the market, offering an unparalleled opportunity to own a piece of Greenwich history.

Listed at \$35 million, this 66-acre estate remains a rare example of preserved architectural and environmental heritage amidst the modern era's relentless development.



Commissioned by renowned business magnate Edwin John Beinecke, this 9,300-square-foot Georgian Colonial mansion is a masterpiece of architectural design and landscape planning. With grand 10-foot ceilings, custom wood paneling, and multiple fireplaces, the mansion embodies the elegance and grandeur of early 20th-century elite homes. Designed with both luxury and functionality in mind, the estate boasts a harmonious integration of indoor and outdoor spaces, featuring panoramic views of the meticulously maintained gardens.

A Legacy of Land Conservation and Architectural Beauty

Originally part of Cragholme Farms, the estate's agricultural roots date back to at least 1934. The estate has preserved several original structures, including a barn circa 1900, caretaker's cottage, greenhouses, and small animal stables. These underscore the estate's long-standing commitment to land conservation that continues to define the property.

Exquisite Landscape Design by Renowned Architect Rudy J. Favretti

The estate's landscape, designed by celebrated landscape architect Rudy J. Favretti, reflects a unique blend of aesthetic beauty and environmental stewardship. Recognized by the Smithsonian Institute, Favretti's work on the estate includes formal terraced gardens, man-made ponds, and private trails, all seamlessly integrating the grounds

into their natural surroundings. His designs preserve the historical and environmental essence of the land, making 10 Cliffdale Road a living piece of history.

Stewardship and Preservation: A Commitment to History

Under the careful stewardship of John R. and Barbara G. Robinson since 1982, the estate has been meticulously preserved, aligning with mid-20th-century movements in historic preservation. The Robinsons' have maintained the estate's architectural integrity.

An Opportunity to Own a Legacy

At a time when rapid development threatens to erase historical landmarks, this estate is a reminder of a different era — at the intersection of luxury and conservation. Owning the Beinecke estate means becoming a part of a legacy, where architectural beauty, environmental stewardship, and history converge.

Explore the Opportunity

Don't miss this unique opportunity to own a piece of Greenwich's storied past. Experience the timeless elegance and historical significance of 10 Cliffdale Road. Contact Peter Janis today to schedule your private tour of this extraordinary estate.

10 Cliffdale Road, Greenwich, CT 06831

10CliffdaleRoad.com



Meet Peter Janis: Trusted Real Estate Partner

Top-Ranked Agent in Connecticut

Peter Janis is consistently ranked as a top agent for Berkshire Hathaway HomeServices New England Properties in Connecticut — he was number one just last quarter — for a good reason. He is uniquely committed to building long-term relationships that often last a decade or more.

Local Expertise and Experience

As a Greenwich native with over 25 years of real estate experience, Peter brings a deep understanding of the local market. He has worked with buyers, sellers, developers, and investors, offering invaluable guidance for the real world.

Community-Focused

Living in North Mianus with his wife and three children, Peter enjoys fishing, hiking, and embracing Greenwich's close-knit community lifestyle. He knows Greenwich extremely well.

Strong Relationships

Peter's extensive knowledge of home construction and renovation, paired with his strong relationships with skilled local tradespeople, equips him to help his clients long after the sale has been completed, giving home-buyers an exceptional level of comfort and follow through.

Superior Negotiation Skills

His focused negotiation skills facilitate swift, successful transactions. Peter believes in personal service. He knows his clients well, often working with them over decades and multiple moves. Experience the difference.



Peter B. Janis

SALES ASSOCIATE

LIC# 10401245658, LIC# RES 0758273

203.249.1013

peterjanis@bhhsne.com

136 East Putnam Avenue
Greenwich, CT 06830



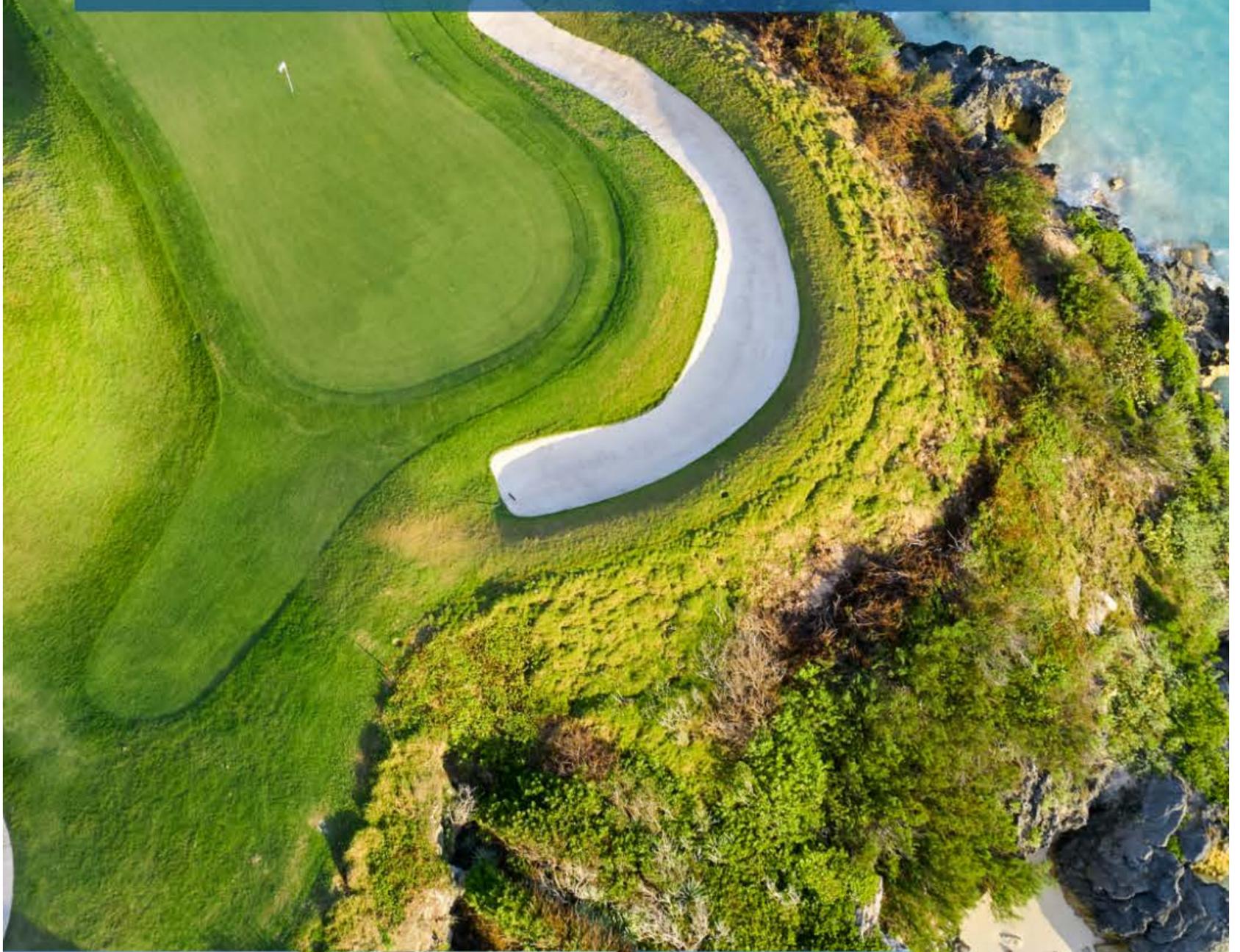
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Experience thoughtful comfort (no middle seats!), and genuine island hospitality on every flight.



BERMUDAAIR
Holidays

BermudAirHolidays.com

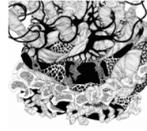




RIVERSIDE'S BARRY HOFFMAN TO RECEIVE OUTSTANDING MUSIC EDUCATOR



MIDDLE SCHOOL STUDENTS STEP INTO THE WOODS THIS WEEK



"WILD LEAVES" OPENS MARCH 12 AT FLINN GALLERY



MEGAN EMILY ELY OPENS PORTALS TO LIMINAL WORLDS

A Century of Creativity: Silvermine on the Leading Edge of Art

By LAURA MCCORMICK

Like a diamond in the rough, the Silvermine Arts Center is one of the area's best-kept secrets. Tucked away in the historic Silvermine section of New Canaan, it is a veritable gold mine of art and a treasure for arts and culture enthusiasts.

Since 1908, Silvermine has been a magnet for artists. Luminaries such as Milton Avery and Helen Frankenthaler exhibited there; the New York Philharmonic performed on its grounds, and dance icons Merce Cunningham and Alvin Ailey taught there, building its reputation as a cultural force.

While Silvermine has evolved significantly from a single barn to a five-acre campus, it is more vibrant than ever as it builds on its founding ideals of nurturing artists, fostering education, and making art accessible to everyone. It boasts a remarkably broad array of art disciplines in the region, providing exceptional opportunities for artistic expression and exploration. The Center's School of Art has more than 4,500 annual enrollments, its Guild of Artists has over 300 juried members, and its five galleries present contemporary art, affording a dynamic venue for community programs, lectures, and film screenings.

On a recent visit, CEO Barbara Linarducci and Board Co-Chair Rose-Marie Fox discussed the programs and why the Arts Center continues to thrive.

"Our broad range of art forms, coupled with our academic discipline, is unique," says Linarducci. "We offer contemporary art, printmaking, digital photography, ceramics, jewelry, and even bronze casting. Our instruction covers the fundamentals while giving students a pathway to proficiency and innovation."

Silvermine supports a lifetime of artistic development through more than 1,100 courses, workshops, and youth programs serving students from early childhood through their nineties. Members and visitors are even encouraged to bring young children to the galleries, fostering an early appreciation for art.

"And our influence is not just on our campus," Linarducci adds. "We believe the arts have the power to shape and strengthen every aspect of a community. Our Community Outreach and Partnerships deepen our relevance. We are proud of our Art Partners Program, which reaches over 2,000 at-risk urban youth annually with curriculum-



Silvermine's 2026 Instructors Salon

"Our instructors and artists are constantly pushing boundaries and exploring what is happening in culture and society. That creativity, coupled with their passion, keeps Silvermine vibrant."

Rose-Marie Fox

based arts education. As arts education faces increasing pressure in schools, we remain committed to ensuring access."

For Fox, a key aspect of Silvermine's relevance comes down to passion: "Our instructors and artists are constantly pushing boundaries and exploring what is happening in culture and society. That creativity, coupled with their passion, keeps Silvermine vibrant."

On View at Silvermine

Unveiled on Valentine's Day, *The Power of Love*, on view through March 13, is an inspiring celebration of love as an active, generative force that heals, connects, uplifts, and

transforms.

Viewers are invited to experience works that explore love as an energy that moves between individuals and community, emphasizing the way artists communicate through color, form, light, texture, and process. Each artwork includes interpretive materials that illuminate the artist's intentions and process.

"The exhibition explores love as a creative and connective force," says Gallery Director Roger Mudre. "The interpretive elements offer visitors a deeper understanding of how artists translate emotion, experience, and ideas into visual form."

In partnership with the

New Canaan Library, *The Silvermine Effect: A Century of Creative Community*, on view at the library through March 23, celebrates the Art Center's legacy of artistic innovation, education, and cultural impact. Visitors will encounter a vibrant narrative of creativity, demonstrating how Silvermine has shaped lives and continues to expand access to the arts.

"This exhibition showcases how we thrive, from inspiring artists in the discovery of innovative ideas to giving

students of all ages and backgrounds the chance to find their creative voice," says Mudre. "We are grateful to New Canaan Library for helping us share the Silvermine Effect with the broader community."

Kicking off March 21 is the 2026 Instructors Salon, featuring work produced by the Center's esteemed instructors.

Blueprint for the Future

Silvermine is committed to maintaining its vibrant and supportive arts community

that enriches the lives of artists, students, and the public at large.

Rather than chasing trends, Silvermine's leadership emphasizes continuity, artistic rigor, and community engagement as guiding priorities.

"Silvermine has always been a place where artists, students, and the public intersect," Linarducci says. "That sense of creative community remains at the core of who we are and how we continue to evolve."



Child views art at Silvermine



Barbara Linarducci, Rose-Marie Fox, Roger Mudre in gallery

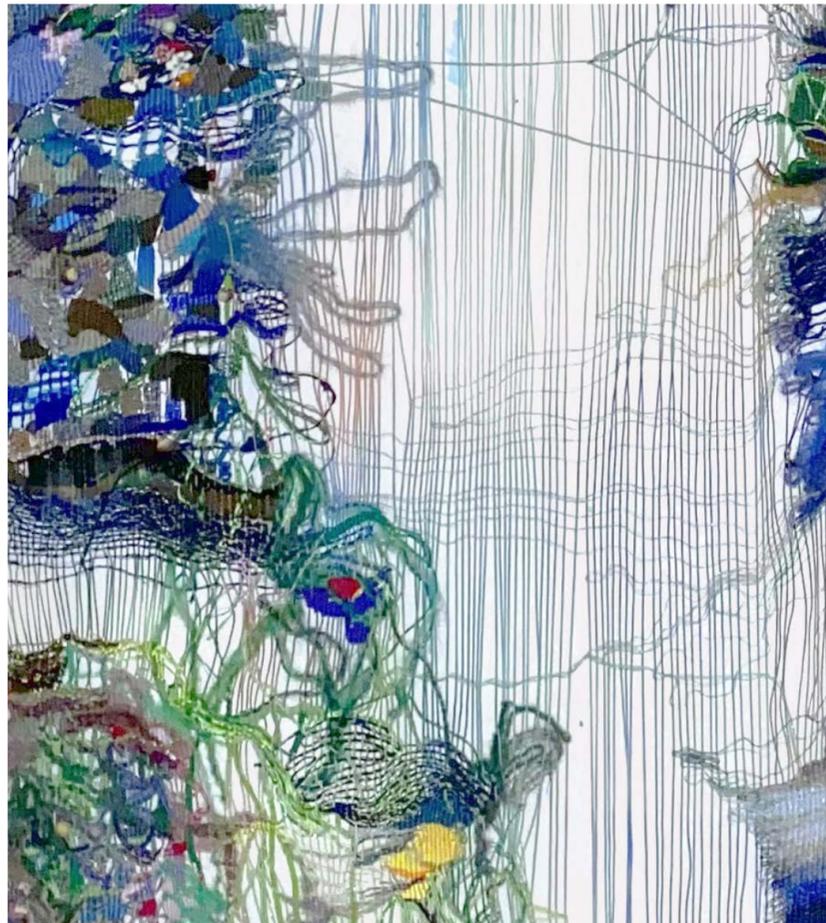


Silvermine Power of Love opening

“Wild Leaves” Opens March 12 at Flinn Gallery



Katie DeGroot, *Lean in II*, 2023, watercolor on paper



Maggie Nowinski, *Cicatrix Bulb*, 2023, ink on paper

BY AMELIA WOODHOUSE

Spring arrives at the Flinn Gallery on March 12 with *Wild Leaves*, a group exhibition featuring Yura Adams, Katie de Groot, Maggie Nowinski, and

decay. Rather than depict specific vistas, the artists translate lived encounters with landscape into painting, weaving, drawing, and installation.

Yura Adams, based in the Berkshires, works across painting, sculpture, and

walks near her home in upstate New York, later arranging them in the studio as the basis for watercolor compositions. Over time, she began staging the branches in configurations that suggest gesture and relationship.

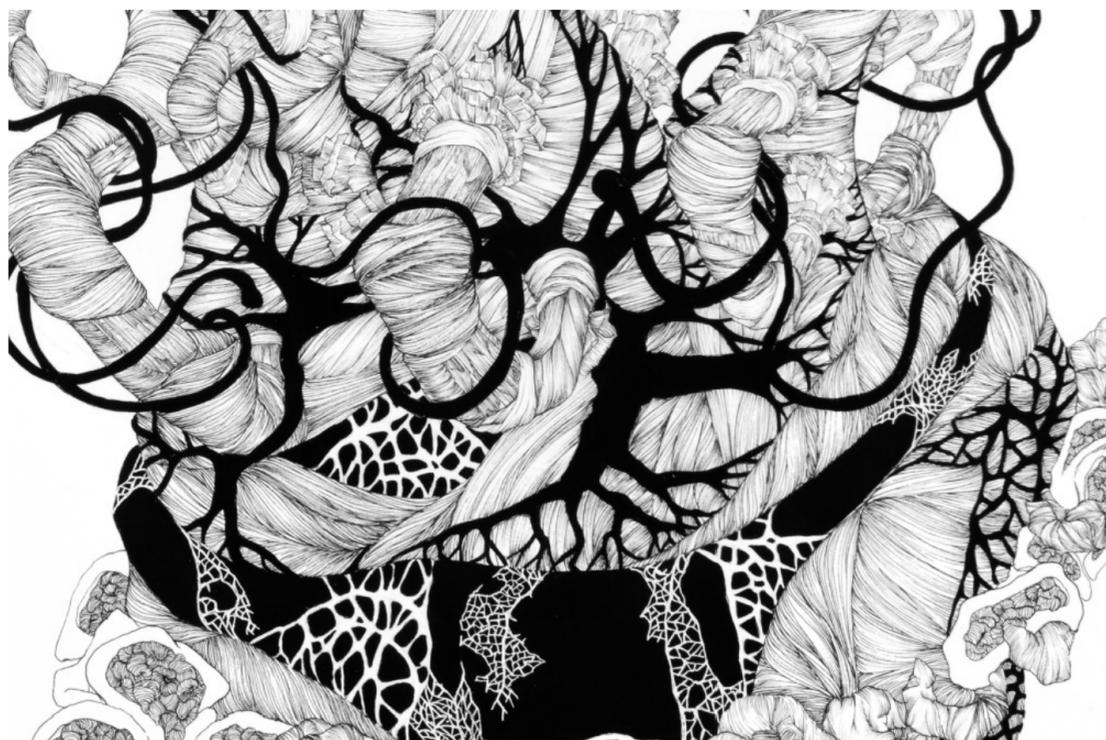
to natural ecosystems and draws on Kesi silk weaving, an intricate technique dating to the Tang Dynasty. Each weft thread is woven separately, producing detailed, luminous surfaces. Qiu often works intuitively, selecting colors and materials as the

ink drawings of hybrid human-botanical forms and large-scale installations that extend into the viewer’s space. “I identify with them, I am repulsed by them and ultimately, I am curious to witness these forms emerge,” she says of her imagined organisms, which explore adaptation and survival.

An opening reception will be held Thursday, March 12, from 6 to 8 p.m. An artist talk is

2 p.m.

The Flinn Gallery, a nonprofit organization sponsored by Friends of Greenwich Library, is located on the second floor of the library at 101 West Putnam Avenue. The gallery presents five curated exhibitions each season. Admission to exhibitions and related programs is free. Hours are Monday through Wednesday 10 a.m. to 5 p.m., Thursday 10 a.m. to 8 p.m., and



Jacqueline Qiu, *Lulling*, 2024, Kesi silk weaving (silk and mixed fibers)

Jacqueline Qiu. On view through April 28 at the Greenwich Library, the show brings together four artists whose practices grow from sustained engagement with the natural world.

Curated by Kirsten Pitts and Isabelle Schiavi, *Wild Leaves* takes its title from a poem by Patti Smith. The exhibition centers on abstraction as a means of conveying seasonal change, shifting light, wind, growth, and

installation. Her studio practice draws from close observation of her rural surroundings. “My habitual scrutiny of the natural world has caused me to fall under the thrall of the beauty of my surroundings,” Adams writes. Her paintings blend memory, imagination, and subconscious response, building layered surfaces that suggest weather systems and organic movement.

Katie de Groot gathers fallen branches and limbs during

“Having spent many years now looking at trees and forests, I am continually amazed at their individuality, adaptability, and perseverance within a connected society,” she says. Visitors to the Library may recognize her name from *Promenade of the Trees*, the three-panel installation commissioned in 2024 for the main Reading Room.

Jacqueline Qiu creates woven works using materials connected

piece unfolds. “My art practice is the interface between my inner landscape and the outer world,” she explains, describing her process as a rearrangement of forms drawn from daily observation.

Maggie Nowinski, a multimedia artist, incorporates drawing, installation, performance, and sound into her practice. Inspired by outdoor walks, she produces

“Having spent many years now looking at trees and forests, I am continually amazed at their individuality, adaptability, and perseverance within a connected society.” – Katie de Groot



Yura Adams, *Bluebirds Move On*, 2024, oil on linen

scheduled for Sunday, April 19, at Sunday 1 to 5 p.m.

Middle School Students Step Into the Woods This Week



Cast members rehearse a full-ensemble number against a painted forest backdrop ahead of this week’s performances of *Into the Woods Jr.* Photo courtesy of Whitby School.

A white cow on wheels stands center stage, its rope halter looped gently over one ear, as a middle school actor kneels to meet its gaze. Behind them, a floor-to-ceiling forest backdrop washes the Performing Arts Center in bands of green and rose. Fluorescent tape marks spike floors across the black stage floor. Rehearsal is underway for this week’s Middle School

musical, *Into the Woods Jr.*

Students in fifth through eighth grade will present the youth adaptation of Stephen Sondheim and James Lapine’s 1987 Broadway musical on Thursday, March 5, and Friday, March 6, with both performances beginning at 6 p.m. in the Performing Arts Center. Fifth and sixth graders perform Thursday evening; seventh and eighth graders take

the stage Friday. Tickets must be reserved in advance, with a limit of six per family.

Licensed through Music Theatre International, *Into the Woods Jr.* condenses the original full-length production into a 60-minute version crafted for middle school performers. The musical intertwines well-known fairy tales – Cinderella, Little Red Riding Hood, Jack of

beanstalk fame, and Rapunzel – with the story of a Baker and his Wife who seek to lift a Witch’s curse. To do so, they must gather four items: a cow as white as milk, a cape as red as blood, hair as yellow as corn, and a slipper as pure as gold.

Sondheim’s score remains intact in its musical sophistication, even in abbreviated form. Songs such as “Giants in the Sky,” “I Know Things Now,” “Agony,” and “Children Will Listen” anchor the production, offering young performers opportunities for solo work and layered ensemble harmonies.

During a recent rehearsal, cast members moved briskly between scenes, resetting props and adjusting spacing under the direction of faculty and student stage managers. A pair of princes rehearsed their exaggerated lament. Ensemble members traced choreography in soft-soled sneakers. The Witch’s entrances drew focused

“Lines are polished, harmonies settle into place, and cues sharpen as students carry a Broadway classic into the hands of the next generation.”

attention, her presence shifting the energy of the room.

The production features flexible ensemble casting, allowing a broad group of students to participate in principal and supporting roles. Painted woodland panels and a cottage façade establish the fairy-tale setting, while minimal set pieces keep transitions fluid.

Originally premiering on Broadway in 1987, *Into the Woods* earned multiple Tony Awards, including Best Score. Its exploration of wishes and their consequences has secured a lasting place in American

musical theater repertoire. The Junior adaptation preserves that narrative arc while tailoring length and orchestration for school productions.

As opening night approaches, the forest backdrop has become a familiar horizon for the cast. Lines are polished, harmonies settle into place, and cues sharpen. On Thursday and Friday evening, those rehearsal markings on the stage floor will give way to a full audience, as students carry a Broadway classic into the hands of the next generation.

How a Community Finds Its Strength

On any given week in Greenwich, a rehearsal room fills with a mix of ages and professions. A middle school violinist tunes beside a retired attorney in a community orchestra. A high school actor runs lines with a parent who returned to the stage after decades away. A local business owner reviews lighting cues after closing up shop. The arts gather people who might otherwise never meet and ask them to work toward a shared result.

Teamwork in the arts rests on clear, steady principles. Preparation shows respect for others. Listening strengthens the whole. Reliability builds confidence. These habits sustain a jazz ensemble, a school musical, a church choir, a gallery installation, and a town festival alike.

Before any curtain rises, coordination unfolds quietly. Directors align schedules that span sports practices, work travel, and family commitments. Stage managers track cues with precision. Designers translate ideas into fabric, lumber, and light. Students practice after homework is finished. Adults rehearse after long days at the office. Volunteers organize ticket tables and greet guests. Each role carries weight. When commitments are honored, the result feels cohesive.

For young people, the arts often provide a first experience of true interdependence. In a school production, one missed entrance shifts an entire scene. In an orchestra, one section sets the tone for another. Students learn that individual effort affects friends and mentors alike. They discover the value of arriving prepared, offering encouragement backstage, and accepting direction with focus. These lessons shape character long after graduation.

Adults benefit from the same structure. Community choruses, theater companies, and art leagues rely on members who balance creative work with careers and family life. A physician sings tenor on Tuesday evenings. A teacher paints on weekends. A grandparent sews costumes for a spring musical. Shared responsibility transforms limited time into meaningful accomplishment.

Clear purpose anchors every successful ensemble. Whether presenting a Bach recital, staging a contemporary drama, or curating a student exhibition, participants understand the goal. That clarity allows each person to shape a contribution accordingly. A percussionist counts measures with care. A set builder checks measurements twice. A young dancer studies choreography until muscle memory forms. Attention to detail signals commitment to the collective outcome.

When the final note sounds and applause fills the room, the reward belongs to everyone who contributed—onstage, backstage, and in the audience.

Trust develops through repetition. Weekly rehearsals foster familiarity across generations. A seasoned performer offers guidance to a newcomer. A teenager brings fresh energy to a long-standing group. An experienced stage crew member teaches safe rigging techniques to a student volunteer. These exchanges create continuity and mutual respect.

Greenwich benefits from venues that invite this collaboration. Historic churches resonate with choral music. School auditoriums host student-led productions that draw full houses of families and neighbors. The library's gallery walls display work from emerging and established artists side by side. Maintaining these spaces requires coordinated stewardship. Boards plan improvements. Donors contribute resources. Volunteers lend hours. Audiences attend. Participation at every level sustains the cycle.

The arts also cultivate leadership in varied forms. Leadership appears in a conductor's baton or a director's vision. It also appears in the student who organizes sectionals, the parent who coordinates carpools, and the volunteer who ensures programs are printed on time. Effective teams recognize these contributions and encourage growth.

Adaptability remains essential. Weather alters performance schedules. Illness changes casting. Budget constraints inspire creative solutions. A resilient team responds with problem-solving and steady focus. Youths observe adults navigating challenges with composure. Adults witness young performers rising to unexpected responsibility. Shared experience builds confidence across age groups.

Audience members hold a place within this team as well. Attendance communicates encouragement to students stepping onto a stage for the first time and to seasoned performers refining their craft. Conversations in lobbies and galleries extend the experience. Financial support through

ticket purchases and sponsorships reinforces stability. Showing up forms a practical expression of belief in local culture.

The habits formed through artistic collaboration carry into daily life. Dependability strengthens families and workplaces. Attentive listening improves classrooms and civic meetings. Shared accountability deepens trust. When young people and adults create together, they practice the skills that sustain a healthy community.

The arts demonstrate, week after week, that collective effort yields enduring results. A standing ovation reflects months of shared preparation. A successful exhibition represents coordinated planning. A thriving cultural calendar reveals sustained participation from residents of every age.

When the final note sounds and applause fills the room, the reward belongs to everyone who contributed—onstage, backstage, and in the audience. That shared achievement carries forward into the next rehearsal, the next exhibit, the next season. In that steady rhythm of collaboration, a community finds both its voice and its strength.

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ARTS & THEATER CALENDAR

GREENWICH LIBRARIES

Friday, March 6

7 p.m.

Friends Friday Films: "Wild Nights With Emily." Berkley Theater. cgibbs@greenwichlibrary.org

Saturday, March 7

11 a.m.

Friends Children's Series: Science, Engineering & Art, A Juggler's Perspective. Berkley Theater. 203-622-7940. children@greenwichlibrary.org

Monday, March 9

7 p.m.

An Evening of Irish Music with Irish-American Fiddler Brian Conway. Perrot Memorial Library. Free. Register. 203-637-1066. adultprogramming@perrotlibrary.org

Tuesday, March 10

1 p.m.

Knit-Flicks: The Banshees of Inisherin. Cos Cob Library Community Room.

4:30 p.m.

ARTscape: Alma Thomas. Children's Constellation Room.

5:30 p.m.

Poetry Open Mic. Marx Family Black Box Theater.

7 p.m.

POET'S VOICE with Marie Howe. Marx Family Black Box Theater.

Wednesday, March 11

5 p.m.

Opening Reception: Western Middle School Art Show. Byram Shubert Library Community Room.

Thursday, March 12

7 p.m.

Celebrate St. Patrick's Day with the Lynn Academy of Irish Dance. Byram Shubert Library Community Room.

Friday, March 13

10 a.m.

Greenwich Townscape Collage Session. 2nd Floor Meeting Room.

4 p.m.

Ashforth Family Concert: Fiddle and Strum A Musical Storytime with Carla Fabiani and Friends. Cos Cob Library Community Room.

7 p.m.

Friends Friday Films: "Roofman." Berkley Theater. cgibbs@greenwichlibrary.org

Saturday, March 14

10:30 a.m.

Music with Tom Weber. Marx Family Black Box Theater. 203-622-7940. children@greenwichlibrary.org

Sunday, March 15

2 p.m.

So You Wanna Read a Play? 2nd Floor

Meeting Room.

FLINN GALLERY

Thursday, March 12

6 p.m.

"Wild Leaves" Opening Reception. Flinn Gallery, 101 West Putnam Ave.

Through Tuesday, April 28

"Wild Leaves" exhibit. 203-622-7947. flinn-gallery.org

BRUCE MUSEUM

Saturday, March 7

1 p.m.

Art Adventures: Ants! (Ages 4 & up). Free with admission. No reservations required. Also held Sunday, March 8. brucemuseum.org

Sunday, March 8

12:30 p.m.

French-Language Tour of Georges Braque: Tactile Space. Free with admission. Reservations required.

2 p.m.

Cinema at the Bruce: Focus on French Film presents: The Cost of Heaven. Registration required.

Tuesday, March 10

10 & 11 a.m.

Bruce Beginnings: Down in the Dirt (Ages 2 1/2-5). Free with admission. No reservations required. Also held Wednesday, March 11.

5 p.m.

Experiences at the Bruce Following Process: Collaborations in Paper. Registration required. \$16, members; \$20, non-members; \$12, college students.

Wednesday, March 11

10 a.m.

Bruce Beginnings Junior: Underground Explorers (ages: 12 Months-30 Months). Free with admission. First come, first served.

Saturday, March 14

11 a.m.

Museum Movers: Yoga for Kids (Ages 3-6). Free with admission.

1 p.m.

Science Solvers: Rollercoasters (Ages 4 & up). Bruce Museum. Free with admission. No reservations required. Also held Sunday, March 18.

Through Sunday, May 10

Leonardo Drew: Alchemy. Bruce Museum. brucemuseum.org/exhibitions

Through Sunday, May 17

Ants: Tiny Creatures, Big Lives. Bruce Museum.

Through Sunday, June 28

Gisela Colón: Radiant Earth.

GREENWICH HISTORICAL SOCIETY

Sunday, March 8

12 p.m.

Spring in Bloom! Paper Flowers & the Art of Floral Arranging.

Monday, March 9

1 p.m.

Greenwich Historical Society & Greenwich Botanical Center: Family Floral Fun Series: Flower Crowns for Families Workshop. GBC, 130 Bible St. \$35/Crown/GBC or GHS Member Member; \$40/Crown/Non Member. Register. greenwichbotanicalcenter.org/upcoming-events

Through Sunday, March 8

"The Holley Boarding House: Inspiring American Impressionism" exhibition. 203-869-6899. greenwichhistory.org/holley-house-impressionism

Wednesdays, Thursdays & Sundays

12 - 4 p.m.

Greenwich Historical Society Guided Exhibition Tours - docents will be leading visitors through the Permanent Collections Gallery and Special Exhibitions Gallery. 203-869-6899. greenwichhistory.org/event/guided-exhibition-tours-4

Fridays

12, 1:30 & 3 p.m.

Behind the Scenes Archival Collections: Ephemera. Greenwich Historical Society. greenwichhistory.org/ghs-events

CONCERT & CAKE

Friday, March 6

1:30 p.m.

Concert & Cake Series: Randall Atcheson, piano. Christ Church Greenwich. Free. RSVP. concertandcake.org

GREENWICH HIGH SCHOOL

Friday, March 6

7:30 p.m.

"12 Angry Men." Greenwich High School - Blackbox Theater.

Saturday, March 7

5 & 8 p.m.

"12 Angry Men." Greenwich High School - Blackbox Theater.

ST. CATHERINE'S PLAYERS

Friday, March 6

8 p.m.

St. Catherine's Players: "Godspell." St. Catherine Church, 4 Riverside Ave. 203-637-3661 x327. scp.ludus.com

Saturday, March 7

7 p.m.

St. Catherine's Players: "Godspell."

Sunday, March 8

2 p.m.

St. Catherine's Players: "Godspell."

SUBMISSION LINK — EXCLUSIVELY FOR THE ARTS SECTION

Schools, theaters, individuals, everyone who loves art! To share upcoming exhibitions, performances, readings, or community arts events for coverage consideration,

please submit details (date, time, location, description, and contact information) through our Arts Section Submission Link:

<https://www.greenwichsentinel.com/artsand-theater-section/>



The Snow Storm, published by Currier & Ives (active 1857-1907), presents a winter landscape animated by daily life. A man guides his team through freshly fallen snow while children play nearby, suggesting endurance, routine, and recreation within the season's severity. The hand-colored lithograph on ivory wove paper reflects the firm's popular 19th-century genre scenes of American rural life. The work is in the collection of the Art Institute of Chicago. See the full story on seven artists' depictions of snow in this week's main section.

Poetry Open Mic Comes to the Marx Family Black Box Theater March 10

By EMMA BARHYDT

Greenwich Library will host a Poetry Open Mic on Tuesday, March 10, from 5:30 to 6:30 p.m. in the Marx Family Black Box Theater, giving twelve writers the opportunity to read original work in five-minute slots before the evening's Poet's Voice program.

Registration is required for seating, with 48 seats available. Doors open at 5:00 p.m., and prospective readers will sign up in person upon arrival. Slots are assigned on a first-come, first-served basis. After the twelve scheduled readings are filled, organizers will create a waitlist

and may accommodate additional participants if time permits.

A moderator will manage the program, and a designated timekeeper will monitor each five-minute interval to ensure the evening remains on schedule. Because the Open Mic is presented in tandem with the Poet's Voice event that follows, organizers are limiting readings to poetry. As with all library programs, the venue's guidelines apply: no politics, profanity, or promotional content.

The format reflects a balance between openness and structure.

Five minutes provides enough time for a complete poem or a short sequence, while allowing multiple voices to be heard within a single hour. Equal time for each reader establishes a level field, whether the participant is stepping to the microphone for the first time or returning with new work.

The Marx Family Black Box Theater, known for its flexible staging and close audience configuration, lends itself to spoken-word events. The space allows for direct engagement between reader and listener, an element central to the open mic tradition. Unlike workshops

or classroom settings, the format places the emphasis on performance – on the delivery of language in real time.

The Open Mic precedes Poet's Voice featuring Marie Howe and Jesse Paris Smith. Attendees planning to remain for the featured reading must register separately for both events. The sequencing creates a continuous evening of poetry, beginning with local participants and culminating in a nationally recognized poet and a cultural advocate whose work bridges literature and music

By design, the event moves efficiently. At 5:30 p.m., the first

In a single hour, twelve local poets will step forward, each given five minutes and the full attention of the room.

name will be called. By 6:30 p.m., the twelfth reader will conclude, and the room will transition to the next program.

For those interested in participating, early arrival is

essential. For those attending as audience members, advance registration secures a seat. The structure is clear, the guidelines established, and the microphone ready.

Berkley Theater Hosts Community Reading of Hamnet March 15

Residents will have the opportunity to step into a script themselves on Sunday, March 15, when the Berkley Theater hosts a community play reading of Hamnet by Lolita Chakrabarti. The event runs from 2 to 4 pm in the theater's second floor meeting room and is open to adults, seniors, and teens.

The reading will be led by Performing Arts Librarian Travis Milliman, who will offer a brief introduction before participants begin. The format

is round-robin, with attendees taking turns reading roles aloud and collectively moving through the full-length play. Organizers welcome actors of all abilities, and no prior performance experience is required.

Chakrabarti's Hamnet is adapted from Maggie O'Farrell's bestselling novel of the same name. Set in Warwickshire in 1582, the story centers on Agnes Hathaway and her relationship with a young William Shakespeare. Agnes, portrayed as a natural healer with a strong

The story has drawn renewed attention through its recent film adaptation, which has received multiple Academy Award nominations.

intuitive connection to the world around her, builds a family life with Shakespeare as he begins to find his path in the theater.

As Shakespeare travels to London to establish himself professionally, Agnes remains at home raising their three

children. The narrative shifts when the plague claims their 11-year-old son, Hamnet. The play examines how each parent confronts grief and how that loss shapes the creative work that follows. The story has drawn renewed attention through its recent film adaptation, which has received multiple Academy Award nominations.

The March 15 event offers participants the chance to engage directly with the text in a collaborative setting. By reading aloud together, attendees will

explore character, pacing, and dialogue as the historical drama unfolds in real time.

Registration is currently open. Those who register and provide an email address receive a confirmation message. Organizers encourage community members interested in theater and literature to reserve a spot in advance.

The reading begins at 2 pm and concludes at 4 pm in the Berkley Theater's second floor meeting room.

Riverside's Barry Hoffman to Receive Outstanding Music Educator Award at Woolsey Hall

The Young Artists Philharmonic will honor Barry Hoffman, orchestra teacher at Riverside Elementary School and Music Director of the Symphony of Westchester, with its Outstanding Music Educator Award during its March 15 concert at Yale University's Woolsey Hall.

The recognition places a Greenwich public school teacher on one of the region's most prominent stages. The March 15 program is part of the Philharmonic's 65th season and will feature its youth ensembles performing under the direction of its artistic staff.

"Barry Hoffman embodies the very essence of what this award celebrates, a lifelong dedication to nurturing musical excellence and access for all," said Rainer Busch, President of the Young Artists Philharmonic. "Through his innovative teaching, his leadership of the Symphony of Westchester, and his heartfelt outreach to young and underserved communities, he has not only shaped

musicians but has enriched our cultural landscape. We are thrilled to honor him as an Outstanding Music Educator and to celebrate a career that continues to inspire the next generation of artists."

Hoffman has served as orchestra teacher at Riverside Elementary School since 2002. In that role, he introduces students to string technique, ensemble performance, and the discipline required for group musicianship. Prior to his tenure in Greenwich, he taught strings at every public school level, from pre-K through high school, in districts across New York and Connecticut.

He earned a Bachelor of Arts in Violin Performance and a Master's degree in Music Education from the Manhattan School of Music. His advanced conducting studies include work at SUNY Purchase with Thomas Cockrell, as well as private study with John Miner and David Gilbert.

Hoffman has also contributed to the professional

field of music education through writing and conference presentations. He is the author

of more than a dozen articles on string pedagogy and general music education published in Music Educators Journal, Teaching Music Today, The Instrumentalist, and American String Teacher. Based on that work, he has led workshops at statewide music education conferences, most recently at the 2025 Balanced Mind Conference in East Meadow, New York.

In 1996, Hoffman founded the Symphony of Westchester, a professional orchestra that presents an annual four-concert

series at Iona University in New Rochelle. The ensemble, which ranges from 35 to 60 musicians,

has commissioned works by composers including Jon Deak and Charles Griffin. Through the Symphony, Hoffman has developed a range of outreach initiatives. These include an Annual Jazz Institute for Homeless Children, established in 1999; a Composers of the Future program that ran from 1999 to 2020; and a Young Artist Concerto Competition launched in 2014. A recent collaboration pairs Symphony musicians with the New Rochelle High School Orchestra for joint rehearsals

and performances. In 2014, Hoffman presented a children's lecture at the Tanglewood Music Festival in Lenox, Massachusetts, on the role of the conductor. He recently received a live tribute before a full session of the U.S. Congress from Congressman George Latimer, representing New York's 16th Congressional District, recognizing his contributions to community and education.

The Young Artists Philharmonic serves young musicians ages 7 to 18 in Fairfield and Westchester Counties. Its programs include three orchestras, a flute choir,

and chamber music offerings. Students rehearse on Sundays and perform throughout the season under the guidance of experienced conductors and masterclass artists. Alumni have continued their studies at leading conservatories, and some have built professional careers in music.

The March 15 concert at Woolsey Hall will recognize Hoffman's decades of work in public school classrooms and on the podium, highlighting a career that has linked local music education with regional performance opportunities for young artists.

Megan Emily Ely Opens Portals to Liminal Worlds

By Emma Barhydt

Mystical surrealist painter Megan Emily Ely will present *Dream Mirrors: Reflecting Portals of Ethereal Visions* from April 1 through April 30, 2026, at the Gertrude G. White Gallery at the YWCA in Greenwich. A public reception is

“Each painting functions as a threshold, inviting viewers to consider how perception shapes the reality they experience.”

scheduled for Saturday, April 11, from 2 to 4 p.m.

The solo exhibition features a series of oil paintings conceived as “mirror-like portals,” each centered on a surreal interior or landscape. Ely structures the works around thresholds—arched openings, reflective surfaces, tiled floors—that draw the viewer inward. Animals, botanical forms, panes of glass, and metallic elements recur throughout the series, creating layered compositions that merge natural imagery with architectural precision.

According to the exhibition statement, the paintings explore liminal space and the subjective nature of perception. Scenes unfold with deliberate symmetry and spatial depth, often anchored by checkerboard floors that recede toward distant horizons. Figures and creatures appear poised within carefully constructed environments, lending the work a contemplative stillness.

Ely works in oil, building surfaces that emphasize light and reflection. The framing devices within each canvas function visually as mirrors, reinforcing the exhibition’s title and thematic focus on how reality is filtered through individual experience.

An American artist, Ely studied at the Fashion Institute of Technology and has exhibited in galleries and art fairs in the United States and internationally. Alongside her studio practice, she has held a long-standing role as a design director at Estée Lauder, working in New York’s prestige beauty and fashion industries. In Greenwich, she serves in an advisory capacity to the Greenwich Arts Council.

The exhibition also supports the host institution’s broader mission. Twenty percent of all sales from *Dream Mirrors* will be donated directly to the Greenwich YWCA.



Dream Mirror, oil on board, 20 x 16 inches, 2026. A white rabbit pauses on moss-covered steps before a luminous, mirror-like portal set within a wooded landscape.

The Gertrude G. White Gallery, located within the YWCA building, continues its schedule of rotating exhibitions featuring regional and national artists. *Dream Mirrors* will be open to the public during regular YWCA hours throughout April.

Metropolitan Opera Bass Mikhail Svetlov Brings Global Stage to North Greenwich Church

North Greenwich Church welcomed Metropolitan Opera bass Mikhail Svetlov for a free public concert on Sunday, February 22 at 4 p.m., drawing an audience to its sanctuary at 606 Riversville Road.

Svetlov’s international career began at Wexford Festival Opera. From that early engagement, he moved steadily onto the world’s major stages, building a repertoire rooted in the great bass roles of Russian and Italian opera.

Known for the range, beauty, and penetrating dark timbre of his voice, along with a commanding stage presence, he soon became a company principal at the Bolshoi Theatre in Moscow.

During his tenure there, he performed the title role in Boris Godunov, Gremin in Eugene Onegin, Mephistopheles in Faust, Zaccaria in Nabucco, Ferrando in Il Trovatore, Sobakin in The Tsar’s Bride, Dodon in Le coq d’Or, Dosifey in Khovanshchina,

King René in Iolanta, Mendoza in Betrothal in a Monastery, and Galitsky in Prince Igor. His work extended beyond Moscow to Opera Holland Park as Archibaldo in L’amore dei tre re, Kentucky Opera as Fiesco in Simon Boccanegra, the Caramoor Festival as the Grand Inquisitor in Don Carlo, and Festspiele Bregenz as Zaccaria. He also appeared as Boris Godunov and Don Basilio in Il barbiere di Siviglia at the Chaliapin Opera Festival in Russia, and in Stravinsky’s Les Noces with the Orchestra of Santa Cecilia in Rome.

A Grammy Award nominee and winner of Italy’s Viotti International Competition, Svetlov has received two Telerama Awards in France. His career has included performances at Covent Garden, Carnegie Hall, Arena di

Verona, Deutsche Oper Berlin, Teatro Colón and the Metropolitan Opera, where he has sung Varlaam in Boris Godunov and roles in The Nose and Prince Igor.

Previous seasons have brought him back to Nabucco in Verona and Genoa; to the title role in Verdi’s Attila, Banquo in Macbeth, and Lorenz in the U.S. premiere of Mathis der Maler with New York City Opera; to Don Basilio, Colline in La bohème, and the Commendatore in Don Giovanni; to Mephistopheles with Houston Grand Opera, Opera de Bellas Artes in Mexico, Palm Beach Opera and New Zealand Opera; to the Grand Inquisitor with Deutsche Oper Berlin and Bayerische Staatsoper; to Sparafucile in Rigoletto in Hamburg and Montreal; and to Ferrando in Il Trovatore at the

From Wexford to the Bolshoi to the Metropolitan Opera, Mikhail Svetlov has built an international career that now resonates within the walls of North Greenwich Church.

Salzburg Festival.

Critics have followed his trajectory closely. La Presse in Montreal called him “a sensation,” while Opera News described him as “an astonishing performer.”

Sunday’s program in Greenwich placed that global résumé within the close acoustics of a local sanctuary. The late-afternoon concert offered area residents an opportunity to hear

a voice shaped in the great opera houses of Europe and the United States within a community setting.

The performance was presented free of charge, with reservations coordinated through the church office. North Greenwich Church has periodically hosted concerts and cultural programs, opening its historic space to professional artists and local audiences alike.



Svetlov is known for his expansive bass repertoire, including roles such as Boris Godunov, Zaccaria in Nabucco, and Mephistopheles in Faust. Photo courtesy of Mikhail Svetlov.



Mikhail Svetlov, principal soloist of the Bolshoi Theatre and the Metropolitan Opera. Photo courtesy of Mikhail Svetlov.



The six students of the "Playing with the Blues: Indigo Dye & Shibori Workshop:" L to R Liz, Paige, Erin, Laura Gilbert, Sophie, Monica, and Anne. Photo by Allison Good.

Who Knew That Wondrous History of and Art of Things Indigo Blue?

BY ANNE W. SEMMES

Last Saturday afternoon Laura Berkowitz Gilbert held up in her hand a small plant sporting a small green leaf, with seeds, before six curious women signed onto a workshop at the Greenwich Botanical Center entitled, "Playing with the Blues: Indigo Dye & Shibori Workshop." Two hours later from their "playing" with the indigo dye coming from that flowering green leaf species, *Persicaria tinctoria*, they would each produce a thing of beauty, a bandana of their own design.

Gilbert, based in Guilford with her Tocco Studio – "creating naturally dyed fiber art and home goods," brought her enthusiasm with her. Tocco means in Italian 'to touch' as

her goods are "very tactile." She grows that indigo blue plant known also as Japanese indigo and she's been to that Japanese island of Shikoku, "where all of the indigo is grown." "They create a kind of fermented leaf... like a compost, and it takes them four months to process the indigo... they're turning the leaves and have these enormous batches of leaves. It's quite labor intensive... they're pounding it, they pulverize the leaves, then roll these little balls and bake them." All of that to get that indigo powder.

Having learned the Japanese art of shibori Gilbert would introduce to the six women, a "resist-dyeing" technique of how to imprint dazzling designs into that indigo dyed cloth.

Spread across a table before her was an array of wooden tools of popsicle sticks, clothes pins, and metal clamps to employ upon a cloth to bring forth those designs. On another table sat a number of large, indigo-infused vats where those pinioned cloths, those bandanas would be dipped.

"So, shibori means to ring or press together," she told, "We're creating a resist - wherever there's a tight bound area that's going to impede the dye to coming into the fiber. That's where you get that play of the contrast of the color of the cloth... So, there's different ways of creating resist... you're folding the cloth ... you get more channels to allow the dye to penetrate... You're going to hold the folds with a clip," or secure those popsicle sticks with rubber bands. "You don't have to think too much about it, you will get something really beautiful."

But while everyone was busily folding this and that way and compressing their cloths with wooden tools, they were hearing Gilbert expound on the deep history of indigo across the world, tracing to ancient times. "Since textiles and dyes are pretty perishable," she said, "there aren't a lot of artifacts for the history of indigo." For decades, Egyptians were thought to be the originators, "because burial cloth with indigo was found in the tombs, in the pyramids... about 4,000 years ago... But very recently they found some crudely woven pieces in a cave in Peru around 12,000 BC." Then came the finding "a few months ago in a cave in the country of Georgia "these pebbles that revealed the production of indican, which is the precursor of indigo, dating 32,000 years ago... It might've been used for textiles or for paint. But what it shows is that they knew the process of taking this plant and extracting the pigment from it - that technology was known all this time. Very exciting."

And then it was indigo dying time. "So, this is the indigo vat and this is the drip bucket... So, each time you're putting something in and swirling it around, you're introducing some oxygen... and when you're dripping it [over the drip bucket], that would be introducing oxygen. Are you squeezing it?... What I learned from one of the Japanese master dyers, it's all about the squeezing... So, if you're using the wooden tools, it's harder to squeeze everything, but you just do the best." So, after the squeezing, you place your cloth bundle atop the table and its "already looking blue. So, you just kind of want to open [those folds] to expose as much as possible to the atmospheric

Having learned the Japanese art of shibori Gilbert would introduce to the six women, a "resist-dyeing" technique of how to imprint dazzling designs into that indigo dyed cloth.

oxygen."

"That dying process would include three dunking's, and "to get that really dark color... You don't want to bring it up. If it was above the surface, it would start oxidizing... I'll just bring it up so you can see. It's like a yellowish green." Then you leave it there [atop the table] for 10 minutes until you don't see any more green."

"To be a master dyer," she told, "you have to consistently get these gradations of color. It's very difficult to get. In Mali, there's a whole kind of cosmology and mythology around it. It's a very spiritual practice... they have 12 shades... And each color has its own beautiful name. So, the first, the palest of blue is called 'The Blue of Nothingness.' And the darkest, that's practically black is 'The Glued Midnight.' It's just so beautiful."

Closer to home, Gilbert told another tale of those pre-revolutionary days when the production of indigo, especially in South Carolina, was their number two export "that made fortunes for a few families. It was very profitable to export because it was so light, when you create the powder or the cakes from it, you could put a lot of it on the ships, because their main customer was the British industrial industry. It became very coveted - and everyone loves blue. But it was so labor intensive, when the revolution came, they lost their main customer, the British Empire." And then "as more slaves were imported, cotton became replaced as one of the main exports." The British Empire would turn to other parts of their empire, to India, "where indigo grows like a weed, and they forced a lot of the farmers there to stop growing rice to grow more indigo, so it led to a lot of famines because there wasn't enough food for them."

By 3:15 Gilbert's indigo dye workshop was coming to a close, as each participant began to unfold their indigo designed bandanas. There were spider web designs, triangles, squares, snowflakes, and lots of dots. "I love it, I love it!" shouted one of the six indigo dye first time designers, holding her creation up for all to see.

For more information about Laura Berkowitz Gilbert, visit her website at toccostudio.com

Her favorite two places to buy indigo dye are:
Botanical Colors <https://botanicalcolors.com>
Maiwa <https://maiwa.com>



Displaying her design Allison Good, Programming, Membership & Events Manager of the Greenwich Botanical Center. Photo by Anne W. Semmes



Students immerse their bandana folds into the indigo dye vats. Photo by Anne W. Semmes.



An array of tools of popsicle sticks, clothes pins, and metal clamps to employ upon a cloth to bring forth a design. Photo by Anne W. Semmes.



Thursday, March 5, 2026

SPOTLIGHT on FAMILIES

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GAMES AND PUZZLES



CROSSWORD PUZZLES



YOUR HOROSCOPE



WHAT TO DO: COMPREHENSIVE COMMUNITY CALENDAR

Calendar of Events for Your Fridge

FRIDAY, MARCH 6

10 a.m.
Foodshed Forum: Meet the Makers: Greenwich's Artisanal Food Community, a panel discussion. Sam Bridge Nursery & Greenhouses, 437 North St. Free. 203-585-3431. thefoodshednetwork.org/foodshed-forum-2026

10 a.m.
The Women's Health Revolution. Townhouse, 35 Church St. esse.care/events

1 p.m.
Coffee & conversation with Selectwoman Rachel Khanna. Coffee for Good, 48 Maple Ave. greenwichdemocrats.org/event/coffee-with-selectwoman-rachel-khanna

1:30 p.m.
Concert & Cake Series: Randall Atcheson, piano. Christ Church Greenwich. Free. RSVP. concertandcake.org

3:30 p.m.
Boys & Girls Club of Greenwich: American Red Cross Lifeguarding Course for Teens & Adults. BGCG Pool, 4 Horseneck Lane. \$300 (financial aid available). operations.daxko.com/programs/redirector.aspx?cid=5354&pid=17155&sid=461248

3 p.m.
FeederWatch Fridays. Greenwich Audubon Center. All Ages. Free. Register. audubon.org/events?view_type=row&location=Greenwich%20Audubon%20Center

4 p.m.
Bite Club: DIY Ice Cream (Ages 7-13). Perrot Memorial Library. Free. Register. perrotlibrary.org

7:30 p.m.
"12 Angry Men." Greenwich High School - Blackbox Theater, 10 Hillside Rd. \$10. ghs.greenwichschools.org/student-life/theater-productions

8 p.m.
St. Catherine's Players: "Godspell." St. Catherine Church, 4 Riverside Avenue, Riverside. 203-637-3661 x327. scp.ludus.com

SATURDAY, MARCH 7

10 a.m.
Greenwich Tree Conservancy: Wag & Woods Walk. Mianus River Park, Cognewaugh Road Entrance. Free. Register. greenwichtreeconservancy.org

10 a.m. - 2 p.m.
Greenwich Community Garden Plot Sign-up Days for Armstrong Court Community Garden or the Bible Street Community Garden. Cos Cob Firehouse, 2nd floor, at 200 East Putnam Ave. greenwichcommunitygardens.org

11 a.m.
"Tea Party with Brielle" Storytelling Session with Author Jacqueline Regano. Petite Maison Kids, 71 Greenwich Ave. 203-769-1116.

12 p.m.
Boys & Girls Club of Greenwich: American Red Cross Lifeguarding Course for Teens & Adults. BGCG Pool, 4 Horseneck Lane. \$300 (financial aid available). operations.daxko.com/programs/redirector.aspx?cid=5354&pid=17155&sid=461248

1 p.m.
Art Adventures: Ants! (Ages 4 & up). Bruce Museum. Free with admission. No reservations required. Also held Sunday, March 8. brucemuseum.org

5 & 8 p.m.
"12 Angry Men." Greenwich High School - Blackbox Theater, 10 Hillside Rd. \$10. ghs.greenwichschools.org/student-life/theater-productions

7 p.m.
St. Catherine's Players: "Godspell." St. Catherine Church, 4 Riverside Avenue, Riverside. 203-637-3661 x327. scp.ludus.com

7 p.m.
Greenwich St. Patrick's Day Dinner Dance - Installation of Parade Grand Marshal. Knights of Columbus Hall, 37 West Putnam Ave. greenwichhibernians.org

7:30 p.m.
Greenwich Symphony Orchestra concert featuring Stewart Goodyear, Piano. Performing Arts Center at Greenwich High School. 203-869-2664. greenwichsymphony.org

SUNDAY, MARCH 8

10 a.m.
iNat with a Naturalist. Greenwich Audubon Center. Free. Register. audubon.org/events?view_type=row&location=Greenwich%20Audubon%20Center

10 a.m. - 3 p.m.
Junior League of Greenwich Women's Conference. Townhouse. greenwich.jl.org

11 a.m.
Pen Women of Greenwich Exhibit opens. Les Beaux Arts @ Round Hill Community Church, 395 Round Hill Rd. On view through Thursday, May 7. 203-869-1091.

12 p.m.
Spring in Bloom! Paper Flowers & the Art of Floral Arranging. Greenwich Historical Society. greenwichhistory.org/ghs-events

12:30 p.m.
French-Language Tour of Georges

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Braque: Tactile Space. Bruce Museum. Free with admission. Reservations required. brucemuseum.org

1 p.m.
Greenwich Art Society: Drawing & Painting Skills for the Serious Young Artist - Ages 9-12 (4 Sundays). In Studio, 299 Greenwich Ave. Register. greenwichartsociety.org

1 - 4 p.m.
Greenwich Community Garden Plot Sign-up Days for Armstrong Court Community Garden or the Bible Street Community Garden. Cos Cob Firehouse, 2nd floor, at 200 East Putnam Ave. greenwichcommunitygardens.org

2 p.m.
St. Catherine's Players: "Godspell." St. Catherine Church, 4 Riverside Avenue, Riverside. 203-637-3661 x327. scp.ludus.com

2 p.m.
Cinema at the Bruce: Focus on French Film presents: The Cost of Heaven. Bruce Museum. Registration required. brucemuseum.org

3 p.m.
Boys & Girls Club of Greenwich: American Red Cross Lifeguarding Course for Teens & Adults. BGCG Pool, 4 Horseneck Lane. \$300 (financial aid available). operations.daxko.com/programs/redirector.aspx?cid=5354&pid=17155&sid=461248

3 p.m.
Greenwich Symphony Orchestra concert featuring Stewart Goodyear, Piano. Performing Arts Center at Greenwich High School. 203-869-2664. greenwichsymphony.org

MONDAY, MARCH 9
9:15 a.m.
Qigong Class @ Perrot. Perrot Memorial Library. Free. Register. 203-637-1066 x15. judys@perrotlibrary.org, perrotlibrary.org

1 p.m.
Greenwich Historical Society & Greenwich Botanical Center: Family Floral Fun Series: Flower Crowns for Families Workshop. GBC, 130 Bible St. \$35/ Crown/GBC or GHS Member; \$40/Crown/Non Member. Register. greenwichbotanicalcenter.org/upcoming-events

2 p.m.
CT Ceramics Circle lecture: An Introduction to Eighteenth-Century French Soft-Paste Porcelain. On Zoom. Register. cceramicsc.org

7 p.m.
An Evening of Irish Music with Irish-American Fiddler Brian Conway. Perrot Memorial Library. Free. Register. 203-637-1066. adultprogramming@perrotlibrary.org, perrotlibrary.org

TUESDAY, MARCH 10
9:30 a.m.
Perrot Memorial Library: Perrot Walks at Binney Park. Meet outside the front entrance of the Library. Free. 203-637-1066 x15. perrotlibrary.org

10 & 11 a.m.
Bruce Beginnings: Down in the Dirt (Ages 2 1/2-5). Bruce Museum. Free with admission. No reservations required. Also held Wednesday, March 11. brucemuseum.org

1 p.m.
Open Knitting Drop-In Program. Perrot Memorial Library, 90 Sound Beach Ave. Free. 203-637-1066. adultprogramming@perrotlibrary.org, perrotlibrary.org

1 p.m.
Webinar: The State of Modern Youth: Navigating Screens, Substances & Pressures. Online. Free. Register. rs9fo.share.hsforms.com/2R5ur5VdtRImT-vbbIEAbWJw

1 p.m.
Women's Business Development Council: WBDC Ignite Grant - How to Calculate Projections. Online. Register. ctwbdc.org/class-listings

4:15 p.m.
Debate Club (Ages 9-13). Perrot Memorial Library. Free. Register. perrotlibrary.org

5 p.m.
Experiences at the Bruce Following Process: Collaborations in Paper. Bruce Museum. Registration required. \$16, members; \$20, non-members; \$12, college students. brucemuseum.org

6 p.m.
Purls of Wisdom knitting class. Perrot Memorial Library. Free. Registration is required. 203-637-1066. adultprogramming@perrotlibrary.org, perrotlibrary.org

6 p.m.
Boys & Girls Club of Greenwich: American Red Cross Lifeguarding Course for Teens & Adults. BGCG Pool, 4 Horseneck Lane. \$300 (financial aid available). operations.daxko.com/programs/redirector.aspx?cid=5354&pid=17155&sid=461248

WEDNESDAY, MARCH 11
8:30 a.m.
Greenwich Chamber of Commerce: CT State Comptroller Sean Scanlon Breakfast & Briefing. Greenwich Water Club, 49 River Rd. \$30, members; \$50, prospective members. business.greenwichchamber.com/events

10 a.m.
Bruce Beginnings Junior: Underground Explorers (ages: 12 Months-30 Months). Bruce Museum. Free with admission. First come, first served. brucemuseum.org

10 a.m.
Native Bee Diversity. Greenwich Land Trust, 370 Round Hill Road. Register. gltrust.org/upcoming-events

10 a.m.
Greenwich Tree Conservancy & Greenwich Botanical Center: Introduction to Tree Pruning. GBC Gallery - Main Building, 130 Bible St. Register. greenwichtreeconservancy.org

11 a.m.
Retired Men's Association of Greenwich: Neal S. Wolin "Geopolitics and Global Economics." Christ Church Greenwich, 254 East Putnam Ave. & on Zoom. Free & open to all. greenwichrma.org

3 p.m.
Boys & Girls Club of Greenwich: American Red Cross Lifeguarding Course for Teens & Adults. BGCG Pool, 4 Horseneck Lane. \$300 (financial aid available). operations.daxko.com/programs/redirector.aspx?cid=5354&pid=17155&sid=461248

THURSDAY, MARCH 12
10 a.m.
Friends of Greenwich Point: vine cutting at Tod's Point - volunteers needed. RSVP. info@friendsofgreenwichpoint.org

12 p.m.
Women's Business Development Council (WBDC): Accessing Capital for Your Business. Online. Register. ctwbdc.org/class-listings

1 p.m.
Women's Business Development Council: WBDC Ignite Grant Information Session. Online. Register. ctwbdc.org/class-listings

2 p.m.
Mindful Mothering Support Group. YMCA of Greenwich. Free & open to the community. greenwichymca.org/events

3:45 - 4:45 p.m.
Read to a Dog (Drop-in program - All Ages). Perrot Memorial Library, 90 Sound Beach Ave. Free. perrotlibrary.org

FRIDAY, MARCH 13
3 p.m.
FeederWatch Fridays. Greenwich Audubon Center. All Ages. Free. Register. audubon.org/events?view_type=row&location=Greenwich%20Audubon%20Center

4 p.m.
Creative Ventures: Beaded Snake Rings (Ages 7-13). Perrot Memorial Library, 90 Sound Beach Ave. Free. Register. perrotlibrary.org

6:45 p.m.
Evening Woodcock Watch (Ages 6 &

up). Greenwich Audubon Center. \$15. Register. audubon.org/events?view_type=row&location=Greenwich%20Audubon%20Center

7 p.m.
Katsual Dance Fitness Pop-Up Class. YMCA of Greenwich. Free & open to the community. RSVP. greenwichymca.org/events

SATURDAY, MARCH 14
9 a.m. - 5 p.m.
America's Boating Club: Safe Boating Course. Public Safety Complex, 11 Bruce Place. Register by March 8. usps.org/cgi-bin/nat/eddept/800/getreg-formx.cgi?C-20764

10 a.m.
Greenwich Conservation Commission: Vernal Pool Walk. Pomerance Park 101 Orchard St. Register. signupdate-nus.com/go/10C049A8A822A6FDC16-62451697-vernal?useFullSite=true#/

10:30 a.m.
Residential GreenRoof: A Sustainable Landscape Option. Greenwich Botanical Center, 130 Bible St. \$30/Member, \$40/Non-Member. greenwichbotanicalcenter.org

11 a.m.
Museum Movers: Yoga for Kids (Ages 3-6). Bruce Museum. Free with admission. brucemuseum.org

12 - 2 p.m.
Youth Open House. YMCA of Greenwich. Free & open to the community. RSVP. greenwichymca.org/events

1 p.m.
Science Solvers: Rollercoasters (Ages 4 & up). Bruce Museum. Free with admission. No reservations required. Also held Sunday, March 18. brucemuseum.org

1 p.m.
Birding at the Bruce Museum with Greenwich Audubon - a tour of the neighboring Oneida Sanctuary. Meet at the Bruce Museum Lobby. Free. RSVP. brucemuseum.org

1 p.m.
Nest Box Building Workshop (Ages 6 & up). Greenwich Audubon Center. \$40. Register. audubon.org/events?view_type=row&location=Greenwich%20Audubon%20Center

6:45 p.m.
Evening Woodcock Watch (Ages 6 & up). Greenwich Audubon Center. \$15. Register. audubon.org/events?view_

type=row&location=Greenwich%20Audubon%20Center

SUNDAY, MARCH 15
10 a.m.

Teen Conservation Crew. Greenwich Audubon Center. Register. audubon.org/events?view_type=row&location=Greenwich%20Audubon%20Center

7:30 p.m.
YMCA of Greenwich: The Healthy Youth Athlete Webinar with ONS. Free. us02web.zoom.us/j/89676114096 (Meeting ID: 896 7611 4096)

SUNDAYS, THROUGH APRIL 12

8 - 11 a.m.
Friends of Greenwich Point: Safe Roads Sundays program at Tod's Point kicks off. Traffic will be restricted to the main parking lots to allow for walkers, joggers, bicyclists, skaters & all outdoor enthusiasts. friendsofgreenwichpoint.org

THROUGH SATURDAY, APRIL 25

"POP Goes The World!" The Art of Bernano & Vinci. Greenwich Art + Design, 7 East Putnam Ave. GreenwichArtAndDesign.com

SATURDAYS, THROUGH MAY 2

9:30 a.m. - 1 p.m.
Sam Bridge Winter Farmers' Market. Sam Bridge Nursery & Greenhouses, 437 North Street. sambridge.com/farmers-market

MONDAYS

7 - 8:30 p.m.
Acting Technique with Sachi Parker MacLaine (Recommend for Ages 18+). Arch Street 2.0, 255 Field Point Rd. 203-629-5744. info@archstreet.org

2nd TUESDAY of the Month
6:30 p.m.
Byram Veterans Association Bingo Nights. Association Hall, 300 Delavan Ave. Must be 18 years and older to play. Hot dogs & Chips for sale, cash bar & free dessert. 203-531-9846.

WEDNESDAYS, THURSDAYS & SUNDAYS

12 - 4 p.m.
Greenwich Historical Society Guided Exhibition Tours - docents will be leading visitors through the Permanent Collections Gallery and Special Exhibitions Gallery. 47 Strickland Rd. 203-869-6899. greenwichhistory.org/event/guided-exhibition-tours-4

FRIDAYS & SATURDAYS

12, 1:30 & 3 p.m.
Behind the Scenes Archival Collections - Docent-led Tour. Greenwich Historical Society. Adults, \$15; Seniors/Students, \$10; Ages 6-18, \$10; Members/children under 5 & Active military/Blue Star, Free. 203-869-6899. greenwich-history.org/book-a-tour

MONDAY - FRIDAY

3:30 - 6:30 p.m.
Arch Street Homework Heroes - Free after school tutoring (6th-12th grade). Arch Street Teen Center, 100 Arch St. info@archstreet.org, archstreet.org

TUESDAYS:

5 - 7 p.m.
Lighthouse, a Program of Kids In Crisis: LGBTQ Youth Group Meeting. On Zoom. Free. Open to all LGBTQ Youth & allies. 203-661-1911. lighthouse@kidsincrisis.org, kidsincrisis.org/get-help/lighthouse

WEDNESDAYS:

12 - 2 p.m.
Waste Free Greenwich's Food Scrap Recycle Program: Drop off scraps at Round Hill Community Church, 395

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Sudoku for Kids

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|---|---|---|---|---|---|
| 6 | | 5 | 3 | | 2 |
| | | 4 | | | 1 |
| 1 | | 6 | | 3 | |
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SUDOKU

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Very Hard

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Very Hard

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COLORING MANDALA



Sudoku answers

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| 4 | 8 | 1 | 2 | 3 | 5 | 7 | 9 | 6 |
| 7 | 5 | 6 | 8 | 9 | 4 | 3 | 2 | 1 |
| 2 | 3 | 9 | 6 | 1 | 7 | 8 | 5 | 4 |
| 1 | 8 | 7 | 4 | 6 | 2 | 5 | 3 | 9 |
| 5 | 9 | 4 | 1 | 7 | 8 | 6 | 3 | 2 |
| 6 | 4 | 1 | 7 | 3 | 8 | 5 | 2 | 9 |
| 3 | 2 | 8 | 6 | 5 | 9 | 4 | 1 | 7 |
| 8 | 7 | 5 | 2 | 4 | 1 | 9 | 6 | 3 |
| 9 | 6 | 4 | 1 | 7 | 8 | 6 | 3 | 2 |
| 2 | 3 | 9 | 6 | 1 | 7 | 8 | 5 | 4 |
| 1 | 8 | 7 | 4 | 6 | 2 | 5 | 3 | 9 |
| 5 | 9 | 4 | 1 | 7 | 8 | 6 | 3 | 2 |
| 6 | 4 | 1 | 7 | 3 | 8 | 5 | 2 | 9 |
| 3 | 2 | 8 | 6 | 5 | 9 | 4 | 1 | 7 |
| 8 | 7 | 5 | 2 | 4 | 1 | 9 | 6 | 3 |
| 9 | 6 | 4 | 1 | 7 | 8 | 6 | 3 | 2 |
| 2 | 3 | 9 | 6 | 1 | 7 | 8 | 5 | 4 |
| 1 | 8 | 7 | 4 | 6 | 2 | 5 | 3 | 9 |
| 5 | 9 | 4 | 1 | 7 | 8 | 6 | 3 | 2 |
| 6 | 4 | 1 | 7 | 3 | 8 | 5 | 2 | 9 |
| 3 | 2 | 8 | 6 | 5 | 9 | 4 | 1 | 7 |
| 8 | 7 | 5 | 2 | 4 | 1 | 9 | 6 | 3 |
| 9 | 6 | 4 | 1 | 7 | 8 | 6 | 3 | 2 |
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Universal Crossword

Edited by Jared Goudsmit

ACROSS

- 1 Type of boat in "The Old Man and the Sea"
- 6 Black gunk
- 9 After-school helper
- 14 Group of judges
- 15 Primate such as Dr. Zaius
- 16 Egyptian dam city
- 17 Act overdramatically
- 18 Arroz ___ leche
- 19 Knightley of "Colette"
- 20 Starts of French cabarets?
- 23 "Big Little Lies" ailer
- 24 Nintendo console
- 25 Off-___-wall
- 28 "Billy, Don't Hero" ('70s song)
- 31 (I'd like to speak now)
- 34 Most intense point in a story
- 36 Last word in a story
- 37 Disco performed while doing the limbo?
- 39 Union's foe
- 41 Ear: Prefix
- 42 Dark green superfood
- 43 Digit used to beat a drum?
- 48 "Parks and ___" (Amy Poehler show, casually)
- 49 Like a beefcake
- 50 Fuss
- 51 "The A-Team" actor
- 52 Capital of Japan?
- 53 Icky stuff
- 55 "Absolute garbage water," per Ted Lasso
- 57 Big baseball events ... and a hint to 20-, 37- and 43-Across
- 64 "This is so sad, ___ play Despacito" (meme)
- 66 Owed
- 67 Gwangju's region
- 68 Ocean explorer
- 69 #MeToo or Mesozoic
- 70 Doctor going to work sick, e.g.
- 71 Use a debit card
- 72 Biodegrade
- 73 "Cheep" homes?

DOWN

- 1 Architect's deet
- 2 "___ Sutra"
- 3 Privy to
- 4 "Get the stick, Rover!"
- 5 Phoebe Waller-Bridge series
- 6 Crunchy Tex-Mex food
- 7 Each
- 8 Ask for more Time?
- 9 Get sick, quaintly

- 10 App downloader
- 11 "Make me do it"
- 12 Rowing tool
- 13 Genetic messenger
- 21 NYC neighborhood near Greenwich Village
- 22 "Awesome!"
- 26 Big rig
- 27 Anticipate
- 28 Words before an expiration date
- 29 "Again!" at a concert
- 30 Apple consumers?
- 32 Award quartet for Rita Moreno
- 33 Insects drawn to light
- 35 Kind
- 38 Boxing round

- 40 Texter's "Also ..."
- 44 Defensively alert
- 45 "Butt out," briefly
- 46 Tiny arachnid
- 47 Force the door open
- 54 Further on in years
- 56 Love to bits
- 58 Yoked beasts
- 59 Bread in Brussels
- 60 Beat the ___ (keep cool in the summer)
- 61 Cupid : Rome :: ___ : Greece
- 62 "I'll Cover You" musical
- 63 "Simon ..."
- 64 Spots for Spotify, say
- 65 Back talk

PREVIOUS PUZZLE ANSWER

| | | | | | | | | | | | | | | |
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Think Twice by Desiree Penner and Jeff Sinnock

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Horoscopes

Horoscope: March 5-11, 2026

This week falls in Pisces season, a period of heightened intuition, emotional insight, and creative sensitivity. Pisces energy encourages compassion, reflection, and dissolving barriers between head and heart. The week follows a total lunar eclipse (Blood Moon) in Virgo on March 3, a powerful lunation that emphasized releasing old patterns related to routine, health, and perfectionist tendencies. Eclipse energy can linger for up to six months, prompting ongoing adjustments, especially in areas where clarity was gained on March 3. Throughout March, Mercury remains retrograde in Pisces, influencing communication with nuance, inviting deeper listening and introspection before firm commitments are made. This week unfolds in the softer, more intuitive currents of Pisces energy, encouraging deliberate expression and emotional honesty.

Weekly Forecast by Sign

Aries (March 21 - April 19)

Creative and professional cycles continue to refine after the eclipse. This week invites emotional clarity within your ambitions. Practical advice: before launching new plans, pause for reflection – thoughtful insight now strengthens long-term purpose.

Taurus (April 20 - May 20)

This week focuses on connection and inner security. Conversations with loved ones may carry deeper meaning than usual. Practical advice: embrace heart-to-heart talk to reinforce trust and shared values, especially where past misunderstandings linger.

Gemini (May 21 - June 20)

Your communication sector remains nuanced under Pisces and Mercury retrograde. This week benefits from reflective listening and gentler phrasing. Practical advice: slow down before responding – clarity comes from calm examination rather than speed.

Cancer (June 21 - July 22)

Home and domestic rhythms may invite tenderness, care, and practical nurturing. Use this week to adjust routines that support emotional well-being. Practical advice: plan one small change to your daily life that brings comfort or clarity.

Leo (July 23 - August 22)

Intuition is strong now. Trust your instincts when dealing with shared resources or joint commitments. Practical advice: before making decisions involving others' contributions or expectations, communicate your needs with compassion and precision.

Virgo (August 23 - September 22)

The recent eclipse in your sign marked a turning point. This week continues the evolution of emotional awareness and self-worth. Practical advice: refine how you express your boundaries – gentle honesty fosters mutual respect.

Libra (September 23 - October 22)

Social bonds and friendships may feel emotionally meaningful. Pursue shared experiences that foster connection and support. Practical advice: revisit conversations you paused earlier this month with openness and curiosity.

Scorpio (October 23 - November 21)

Learning, travel, or long-range plans gain clarity through reflective insight this week. Practical advice: slow down your pace to listen and absorb information – understanding deepens before action.

Sagittarius (November 22 - December 21)

Financial and value matters invite emotional attunement. Practical advice: review budgets or spending plans with awareness of both heart and logic, especially where intuition flags hesitation.

Capricorn (December 22 - January 19)

Partnerships take on deeper resonance. This week is ideal for meaningful dialogue that honors both roles in the alliance. Practical advice: speak your intentions clearly and listen to understand, not merely to reply.

Aquarius (January 20 - February 18)

Daily routines and wellness may benefit from compassionate recalibration. Practical advice: schedule mindful breaks, nourishing habits, or small emotional checkpoints – your peace of mind supports productivity.

Pisces (February 19 - March 20)

This is a week of heightened intuition and emotional depth. Mercury's retrograde invites you to gather your thoughts before expressing them. Practical advice: journal your feelings and revisit them before sharing; this builds clarity and protects connection.

Summary:

March 5-11 guides you through emotional refinement, compassionate communication, and thoughtful expression under Pisces season. The influence of the recent lunar eclipse continues to illuminate areas ripe for release and realignment. This is a week to listen more deeply, speak with intention, and ground intuition with practical clarity.

Family Time Crossword

The (K) Clues Are for Kids

Created by Timothy E. Parker

ACROSS

- 1. Dinner discards
- 5. What X marks
- 9. (K) Paid athlete, briefly
- 12. (K) Not cluttered at all
- 13. (K) Fruit with green pulp
- 14. What attorneys practice
- 15. Important musical notation (2 words)
- 18. Initial phase
- 19. Was relentless, as a storm
- 20. (K) Soft throw
- 22. (K) Guy's girlfriend
- 23. (K) Comics or video games, for two
- 26. Habitation of wild animals
- 28. Newspaper commentary page
- 32. Sweets and candy

- 35. Carry by hand
- 36. Dedicatory poems
- 37. (K) "We ___ happy with this, right?"
- 38. Convent lady
- 40. Airwaves broadcasting regulatory grp.
- 42. Eyeglasses
- 45. Pond organisms
- 49. Toddlers (3 words)
- 53. Japanese currency unit
- 54. (K) Decays
- 55. Wet bar?
- 56. (K) Bighorn's mom
- 57. (K) Work a pacifier
- 58. TV production award

DOWN

- 1. (K) Not at all tricked by
- 2. (K) Horse's restraint

- 3. Glasgow hats
- 4. (K) Super-strong building material
- 5. (K) Glide down a snowy mountain
- 6. (K) Peppa or Porky
- 7. "To thine ___ self be true"
- 8. Heavy pageant prop
- 9. (K) Sink-stopper
- 10. (K) Not common
- 11. Was obligated to
- 16. (K) Was a thief
- 17. (K) Eagle part
- 21. (K) Breakfast meat
- 22. (K) "Good ___!" (Charlie Brown's catchphrase)
- 23. (K) Perform
- 24. (K) Tigger's pal
- 25. Dynamite stuff

- 27. "I thought ___ help"
- 29. (K) Green edible veg
- 30. Goof
- 31. (K) Easter egg colorer
- 33. (K) Backyard border
- 34. (K) Film award
- 39. Consumers
- 41. (K) Nearby
- 42. Eyelid bump
- 43. "That almost ran over my foot!"
- 44. Fish-eating raptor
- 46. Snatch
- 47. Eve's man
- 48. Catch a glimpse of
- 50. (K) Not me or them, then who?
- 51. And so on, for short
- 52. (K) One way to get an answer

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

Sticks around the house?

Look for the answer in next week's paper.

PREVIOUS PUZZLE ANSWER

| | | | | | | | | | | | |
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Previous riddle answer:

Every relative? 24-D) EACH

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| 53 | | | | 54 | | | | 55 | | | |
| 56 | | | | 57 | | | | 58 | | | |

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

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7 LITTLE WORDS

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

CLUES

- 1 well-rounded (8)
- 2 common jam flavor (5)
- 3 without dissent (9)
- 4 1973 Eagles classic (9)
- 5 defeat (8)
- 6 like lightning storm noise (10)
- 7 not these (5)

SOLUTIONS

- _____
- _____
- _____
- _____
- _____
- _____
- _____

| | | | | |
|-----|-----|-----|-----|-----|
| AN | BAL | GRA | OUS | UNA |
| PE | DES | TH | DER | VAN |
| THO | OUS | CED | PER | QU |
| SE | ISH | UN | ADO | NIM |

Previous Answers: TRUDGES 2. SAFDIE 3. PORTENTOUS 4. SKITTISH 5. CHEEKBONES 6. POLICE 7. LUMINARY 7/31

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THE HOUSE AT POOH CORNER BY A.A. MILNE

CHAPTER III

IN WHICH A Search Is Organized, and Piglet Nearly Meets the Heffalump Again

Pooh was sitting in his house one day, counting his pots of honey, when there came a knock on the door.

"Fourteen," said Pooh. "Come in. Fourteen. Or was it fifteen? Bother. That's muddled me."



"Hallo, Pooh," said Rabbit.

"Hallo, Rabbit. Fourteen, wasn't it?"

"What was?"

"My pots of honey what I was counting."

"Fourteen, that's right."

"Are you sure?"

"No," said Rabbit. "Does it matter?"

"I just like to know," said Pooh humbly. "So as I can say to myself: 'I've got fourteen pots of honey left.' Or fifteen, as the case may be. It's sort of comforting."

"Well, let's call it sixteen," said Rabbit. "What I came to say was: Have you seen Small anywhere about?"

"I don't think so," said Pooh. And then, after thinking a little more, he said: "Who is Small?"

"One of my friends-and-relations," said Rabbit carelessly.

This didn't help Pooh much, because Rabbit had so many friends-and-relations, and of such different sorts and sizes, that he didn't know whether he ought to be looking for Small at the top of an oak-tree or in the petal of a buttercup.

"I haven't seen anybody today," said Pooh, "not so as to say 'Hallo, Small,' to. Did you want him for anything?"

"I don't want him," said Rabbit. "But it's always useful to know where a friend-and-relation is, whether you want him or whether you don't."

"Oh, I see," said Pooh. "Is he lost?"

"Well," said Rabbit, "nobody has seen him for a long time, so I suppose he is. Anyhow," he went on importantly, "I promised Christopher Robin I'd Organize a Search for him, so come on."

Pooh said good-bye affectionately to his fourteen pots of honey, and hoped they were fifteen; and he and Rabbit went out into the Forest.

"Now," said Rabbit, "this is a Search, and I've Organized it——"

"Done what to it?" said Pooh.

"Organized it. Which means—well, it's what you do to a Search, when you don't all look in the same place at once. So I want you, Pooh, to search by the Six Pine Trees first, and then work your way towards Owl's House, and look out for me there. Do you see?"



"No," said Pooh. "What——"

"Then I'll see you at Owl's House in about an hour's time."

"Is Piglet organized too?"

"We all are," said Rabbit, and off he went.

As soon as Rabbit was out of sight, Pooh remembered that he had forgotten to ask who Small was, and whether he was the sort of friend-and-relation who settled on one's nose, or the sort who got trodden on by mistake, and as it was Too Late Now, he thought he would begin the Hunt by looking for Piglet, and asking him what they were looking for before he looked for it.

"And it's no good looking at the Six Pine Trees for Piglet," said Pooh to himself, "because he's been organized in a special place of his own. So I shall have to look for the Special Place first. I wonder where it is." And he wrote it down in his head like this:

ORDER OF LOOKING FOR THINGS

1. Special Place. (To find Piglet.)
2. Piglet. (To find who Small is.)
3. Small. (To find Small.)
4. Rabbit. (To tell him I've found Small.)
5. Small Again. (To tell him I've found Rabbit.)

"Which makes it look like a bothering sort of day," thought Pooh, as he stumped along.

The next moment the day became very bothering indeed, because Pooh was so busy not looking where he was going that he stepped on a piece of the Forest which had been left out by mistake; and he only just had time to think to himself: "I'm flying. What Owl does. I wonder how you stop——" when he stopped.



Bump!

"Ow!" squeaked something.

"That's funny," thought Pooh. "I said 'Ow!' without really oo'ing."

"Help!" said a small, high voice.

"That's me again," thought Pooh. "I've had an Accident, and fallen down a well, and my voice has gone all squeaky and works before I'm ready for it, because I've done something to myself inside. Bother!"

"Help—help!"

"There you are! I say things when I'm not trying. So it must be a very bad Accident." And then he thought that perhaps when he did try to say things he wouldn't be able to; so, to make sure, he said loudly: "A Very Bad Accident to Pooh Bear."

"Pooh!" squeaked the voice.

"It's Piglet!" cried Pooh eagerly. "Where are you?"

"Underneath," said Piglet in an underneath sort of way.

"Underneath what?"

"You," squeaked Piglet. "Get up!"



"Oh!" said Pooh, and scrambled up as quickly as he could. "Did I fall on you, Piglet?"

"You fell on me," said Piglet, feeling himself all over.

"I didn't mean to," said Pooh sorrowfully.

"I didn't mean to be underneath," said Piglet sadly. "But I'm all right now, Pooh, and I am so glad it was you."

"What's happened?" said Pooh. "Where are we?"

"I think we're in a sort of Pit. I was walking along, looking for somebody, and then suddenly I wasn't any more, and just when I got up to see where I was, something fell on me. And it was you."

"So it was," said Pooh.

"Yes," said Piglet. "Pooh," he went on nervously, and came a little closer, "do you think we're in a Trap?"

Pooh hadn't thought about it at all, but now he nodded. For suddenly he remembered how he and Piglet had once made a Pooh Trap for Heffalumps, and he guessed what had happened. He and Piglet had fallen into a Heffalump Trap for Poohs! That was what it was.

"What happens when the Heffalump comes?" asked Piglet tremblingly, when he had heard the news.

"Perhaps he won't notice you, Piglet," said Pooh encouragingly, "because you're a Very Small Animal."

"But he'll notice you, Pooh."

"He'll notice me, and I shall notice him," said Pooh, thinking it out. "We'll notice each other for a long time, and then he'll say: 'Ho-ho!'"

Piglet shivered a little at the thought of that "Ho-ho!" and his ears began to twitch.



"W-what will you say?" he asked.

Pooh tried to think of something he would say, but the more he thought, the more he felt that there is no real answer to "Ho-ho!" said by a Heffalump in the sort of voice this Heffalump was going to say it in.

"I shan't say anything," said Pooh at last. "I shall just hum to myself, as if I was waiting for something."

"Then perhaps he'll say, 'Ho-ho!' again?" suggested Piglet anxiously.

"He will," said Pooh.

Piglet's ears twitched so quickly that he had to lean them against the side of the Trap to keep them quiet.

"He will say it again," said Pooh, "and I shall go on humming. And that will Upset him. Because when you say 'Ho-ho' twice, in a gloating sort of way, and the other person only hums, you suddenly find, just as you begin to say it the third time—that—well, you find——"

"What?"

"That it isn't," said Pooh.

"Isn't what?"

Pooh knew what he meant, but, being a Bear of Very Little Brain, couldn't think of the words.

"Well, it just isn't," he said again.

"You mean it isn't ho-ho-ish any more?" said Piglet hopefully.

Pooh looked at him admiringly and said that that was what he meant—if you went on humming all the time, because you couldn't go on saying "Ho-ho!" for ever.

"But he'll say something else," said Piglet.

"That's just it. He'll say: 'What's all this?' And then I shall say—and this is a very good idea, Piglet, which I've just thought of—I shall say: 'It's a trap for a Heffalump which I've made, and I'm waiting for the Heffalump to fall in.' And I shall go on humming. That will Unsettle him."

"Pooh!" cried Piglet, and now it was his turn to be the admiring one. "You've saved us!"

"Have I?" said Pooh, not feeling quite sure.

But Piglet was quite sure; and his mind ran on, and he saw Pooh and the Heffalump talking to each other, and he thought suddenly, and a little sadly, that it would have been rather nice if it had been Piglet and the Heffalump talking so grandly to each other, and not Pooh, much as he loved Pooh; because he really had more brain than Pooh, and the conversation would go better if he and not Pooh were doing one side of it, and it would be comforting afterwards in the evenings to look back on the day when he answered a Heffalump back as bravely as if the Heffalump wasn't there. It seemed so easy now. He knew just what he would say:

Heffalump (gloatingly): "Ho-ho!"

Piglet (carelessly): "Tra-la-la, tra-la-la."

Heffalump (surprised, and not quite so sure of himself): "Ho-ho!"

Piglet (more carelessly still): "Tiddle-um-tum, tiddle-um-tum."

Heffalump (beginning to say Ho-ho and turning it awkwardly into a cough): "H'r'm! What's all this?"

Piglet (surprised): "Hullo! This is a trap I've made, and I'm waiting for a Heffalump to fall into it."

Heffalump (greatly disappointed): "Oh!" (After a long silence): "Are you sure?"

Piglet: "Yes."

Heffalump: "Oh!" (nervously): "I—I thought it was a trap I'd made to catch Piglets."

Piglet (surprised): "Oh, no!"

Heffalump: "Oh!" (Apologetically): "I—I must have got it wrong, then."

Piglet: "I'm afraid so." (Politely): "I'm sorry." (He goes on humming.)

Heffalump: "Well—well—I—well. I suppose I'd better be getting back?"

Piglet (looking up carelessly): "Must you? Well, if you see Christopher Robin anywhere, you might tell him I want him."

Heffalump (eager to please): "Certainly! Certainly!" (He hurries off.)

Pooh (who wasn't going to be there, but we find we can't do without him): "Oh, Piglet, how brave and clever you are!"

Piglet (modestly): "Not at all, Pooh." (And then, when Christopher Robin comes, Pooh can tell him all about it.)

While Piglet was dreaming this happy dream, and Pooh was wondering again whether it was fourteen or fifteen, the

Search for Small was still going on all over the Forest. Small's real name was Very Small Beetle, but he was called Small for short, when he was spoken to at all, which hardly ever happened except when somebody said: "Really, Small!" He had been staying with Christopher Robin for a few seconds, and he started round a gorse-bush for exercise, but instead of coming back the other way, as expected, he hadn't, so nobody knew where he was.



"I expect he's just gone home," said Christopher Robin to Rabbit.

"Did he say Good-bye-and-thank-you-for-a-nice-time?" said Rabbit.

"He'd only just said how-do-you-do," said Christopher Robin.

"Ha!" said Rabbit. After thinking a little, he went on: "Has he written a letter saying how much he enjoyed himself, and how sorry he was he had to go so suddenly?"

Christopher Robin didn't think he had.

"Ha!" said Rabbit again, and looked very important. "This is Serious. He is Lost. We must begin the Search at once."

Christopher Robin, who was thinking of something else, said: "Where's Pooh?"—but Rabbit had gone. So he went into his house and drew a picture of Pooh going on a long walk at about seven o'clock in the morning, and then he climbed to the top of his tree and climbed down again, and then he wondered what Pooh was doing, and went across the Forest to see.



It was not long before he came to the Gravel Pit, and he looked down, and there were Pooh and Piglet, with their backs to him, dreaming happily.



"Ho-ho!" said Christopher Robin loudly and suddenly.

Piglet jumped six inches in the air with Surprise and Anxiety, but Pooh went on dreaming.

"It's the Heffalump!" thought Piglet nervously. "Now, then!" He hummed in his throat a little, so that none of the words should stick, and then, in the most delightfully easy way, he said: "Tra-la-la,

tra-la-la," as if he had just thought of it. But he didn't look round, because if you look round and see a Very Fierce Heffalump looking down at you, sometimes you forget what you were going to say. "Rum-tum-tum-tiddle-um," said Christopher Robin in a voice like Pooh's. Because Pooh had once invented a song which went:

Tra-la-la, tra-la-la,
Tra-la-la, tra-la-la,
Rum-tum-tum-tiddle-um.

So whenever Christopher Robin sings it, he always sings it in a Pooh-voice, which seems to suit it better.

"He's said the wrong thing," thought Piglet anxiously. "He ought to have said, 'Ho-ho!' again. Perhaps I had better say it for him." And, as fiercely as he could, Piglet said: "Ho-ho!"

"How did you get there, Piglet?" said Christopher Robin in his ordinary voice.

"This is Terrible," thought Piglet. "First he talks in Pooh's voice, and then he talks in Christopher Robin's voice, and he's doing it so as to Unsettle me." And being now Completely Unsettled, he said very quickly and squeakily: "This is a trap for Poohs, and I'm waiting to fall in it, ho-ho, what's all this, and then I say ho-ho again."

"What?" said Christopher Robin.

"A trap for ho-ho's," said Piglet huskily. "I've just made it, and I'm waiting for the ho-ho to come-come."

How long Piglet would have gone on like this I don't know, but at that moment Pooh woke up suddenly and decided that it was sixteen. So he got up; and as he turned his head so as to soothe himself in that awkward place in the middle of the back where something was tickling him, he saw Christopher Robin.

"Hallo!" he shouted joyfully.

"Hallo, Pooh."

Piglet looked up, and looked away again. And he felt so Foolish and Uncomfortable that he had almost decided to run away to Sea and be a Sailor, when suddenly he saw something.

"Pooh!" he cried. "There's something climbing up your back."



"I thought there was," said Pooh.

"It's Small!" cried Piglet.

"Oh, that's who it is, is it?" said Pooh.

"Christopher Robin, I've found Small!" cried Piglet.

"Well done, Piglet," said Christopher Robin.

And at these encouraging words Piglet felt quite happy again, and decided not to be a Sailor after all. So when Christopher Robin had helped them out of the Gravel Pit, they all went off together hand-in-hand.

And two days later Rabbit happened to meet Eeyore in the Forest.

"Hallo, Eeyore," he said, "what are you looking for?"

"Small, of course," said Eeyore. "Haven't you any brain?"

"Oh, but didn't I tell you?" said Rabbit. "Small was found two days ago."

There was a moment's silence.

"Ha-ha," said Eeyore bitterly. "Merriment and what-not. Don't apologize. It's just what would happen."

An Incredibly Rare Prairie Denizen



BY JIM KNOX

In 1981, in Meeteetse, Wyoming, a ranch dog by the name of Shep made history by rediscovering a species which had been declared extinct. The day after Shep's encounter with the creature, his owners, John, and Lucille Hogg, discovered its small carcass and the story of this creature—and it's amazing return from the extinction. With no idea as to the identity of the animal, they brought it to the town's taxidermist who correctly identified it as a mammal presumed lost by all—the Black-footed ferret.

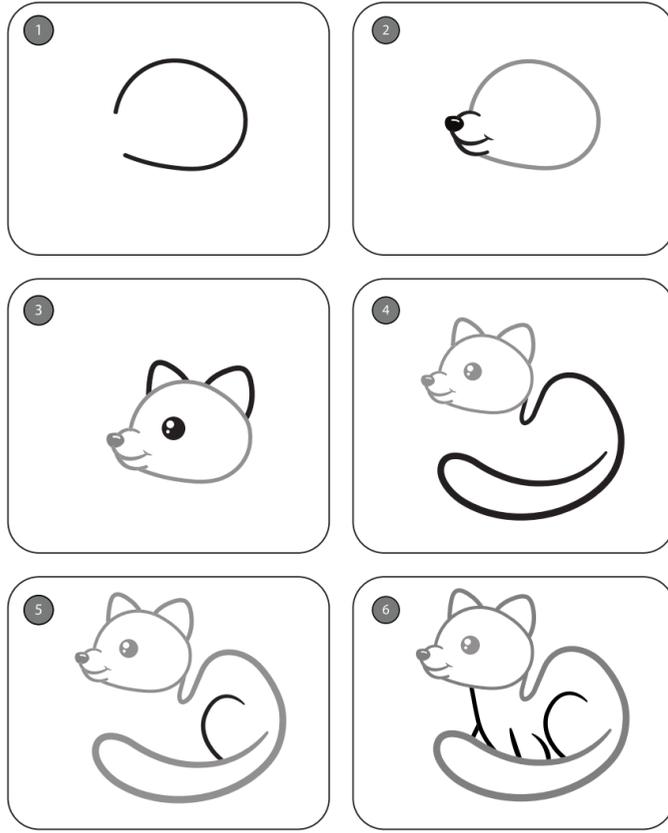
The Black-footed ferret, *Mustela nigripes*, is a member of the weasel family, and represents this group as North America's sole ferret species. With its Latin name meaning, "black-footed weasel," it is well-named. Possessing a long, slim build, this shy carnivorous mammal reaches just 2.5 pounds in weight and 24 inches in length and bears a characteristic golden coat, black feet, a white snout, and an unmistakable black "bandit's mask". So just how did this obscure little creature pass into seeming extinction and reappear before our eyes?

The story of the Black-footed ferret is one which parallels the "Taming of the American West". As a highly specialized solitary nocturnal carnivore which relies on prairie dogs for its very survival, the ferret's fate is inexorable linked to that of its rodent prey. With prairie dogs accounting for fully 90% of its diet—and excavating the very burrows utilized by the ferret, the ferret's fortunes follow those of the prairie dog. As ranchers settled the American West, they converted wild prairie to range land for domestic stock and commenced a campaign of extinction on the prairie dog. With burrows dotting the land to the horizon, and each one of them representing a potential broken leg for a cow or sheep, prairie dog eradication campaigns proliferated, becoming the driving force behind the disappearance of the ferret. Poisoning and trapping took its toll. As prairie dog colonies disappeared and fragmented across the American West, the specialized habitat



The Black-footed Ferret

In 1981, in Meeteetse, Wyoming, a ranch dog by the name of Shep made history by rediscovering a species which had been declared extinct.



needs the ferret required vanished, and with them, the ferret.

Originally found across 12 western states and neighboring habitat in Canada and Mexico, the ferret's range and population contracted precipitously throughout the twentieth century until, by 1971 the ferrets were restricted to one small declining population. When the last captive ferret died in 1979, the species was feared extinct.

So why is this little carnivore vital to the health of the prairie and, by extension, to its human neighbors? As herbivores, prairie dogs feed on prairie grasses and other plants, stimulating new growth and spreading seeds, promoting biodiversity of plant species and environmental balance and resilience. Additionally, the rodents' droppings fertilize these vast wild grasslands. As carnivores, the ferrets keep prairie dog populations healthy by preying upon disease-sickened individuals, thus serving as a driving engine for these ecosystem engineers. Healthy ferret populations equate to healthy prairie dog populations, which results in a healthy prairie ecosystem. Furthermore, such healthy populations limit the potential spread of species-sylvatic diseases, such as Sylvatic plague.

Though sad in one sense, the

freshly killed ferret deposited at the feet of the Hogg Family was anything but tragic for the species. With a correct identification of the mystery creature came a startling reversal of the ferret's fate. This discovery led the U.S. Fish and Wildlife Service (USF&W) to enact an immediate intensive conservation program for the ferret—without a moment to spare.

When the last known wild population of this species in Mellette County South Dakota was hit by a wave of Canine distemper, further reducing this foundering population from 129 ferrets to a mere 18 animals, a crucial moment had been reached. With such a vulnerable population, the USF&W made the difficult decision to bring these animals—the last known members of their species—in from the wild and place them under human care.

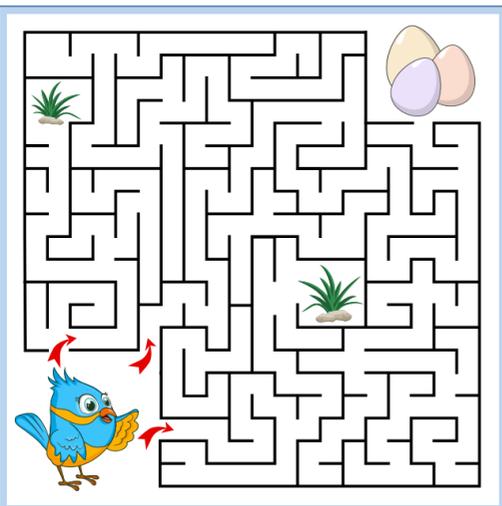
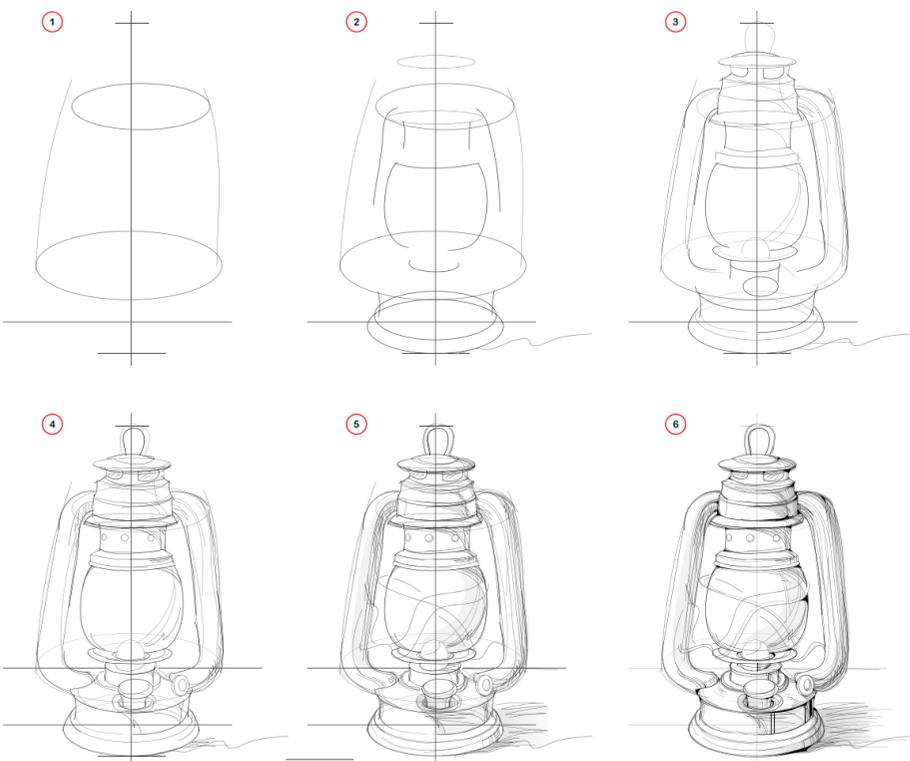
Joined by a coalition of collaborating tribal, state, and federal agencies, as well as nonprofit partners, the Service has led the efforts to save the species. The captive breeding efforts at five accredited zoos are led and bolstered by the Service's National Black-footed Ferret Conservation Center in Wellington, Colorado. Scientists reintroduce captive-bred ferrets at 28 selected western sites, including Canada and Mexico, monitor them, and work to reduce threats facing this imperiled species. With several hundred animals roaming 8 western states, Mexico, and Canada and a population of 280 ferrets in the captive breeding program, the species is moving in the right direction, but with a threshold of 3,000 animals needed for a secure wild population, the ferret has a long way to go.

With the ferret anchoring the prairie ecosystem it evolved to shape, the 130 unique species of plants and animals within that system are afforded biological protection and stability.

In 1981, who would have thought that a single ranch dog would be responsible for saving a species and protecting an ecosystem ranging from Canada to Mexico? With time comes wisdom, and often hope, for even the world's rarest creatures.

Jim Knox is the Curator of Education for Connecticut's Beardsley Zoo and serves as a Science Adviser for The Bruce Museum. He has a passion for sharing his work with endangered species here in Connecticut and beyond.

GRAB YOUR SKETCH BOOK



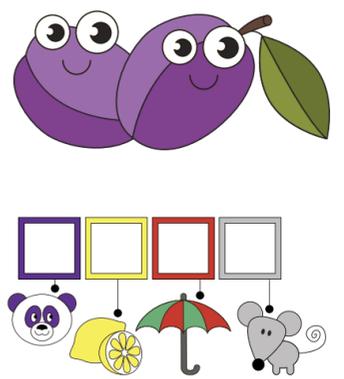
WORD SEARCH PUZZLE | MINI GAME FOR KIDS

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Quince, Quartz, Quiver, Quill, Quilt, Queen, Question

FIRST LETTER



Round Hill Rd. roundhillcommunitychurch.org/news/composting-at-rhcc
6 - 7:30 p.m.

Arch Street Teen Center High School Support Group for boys: Stress, Success, and Teenage Setbacks - moderated by Executive Director Kyle Silver. 100 Arch St. Register. Kyle@archstreet.org. archstreet.org
6:30 p.m.

NAMI-CAN (Child and Adolescent Network) Online Support Group - for parents and primary caregivers of children & adolescents, under age 21, with behavioral and emotional issues. Free. namisouthwestct.org/online-support
THURSDAYS:
8 a.m. & 4 p.m.

Tai Chi Basic Moves. First Congregational Church of Greenwich, 108 Sound Beach Ave. Registration required. Tuition is paid as a donation made directly by the participant to abilis, Neighbor to Neighbor, or the First Congregational Church. experiencetaichi.org
5 - 7 p.m.

Kids In Crisis Lighthouse LGBTQ Youth Group Meeting - open to all LGBTQ youth in middle & high school. Wilton Historical Society, 224 Danbury Rd, Wilton. Free. 203-661-1911. lighthouse@kidsincrisis.org. kidsincrisis.org/get-help/lighthouse
EVERY FRIDAY & SATURDAY:
8 a.m. - 12 p.m.

Book Exchange - choose from a huge selection of books. Holly Hill Recycling Center. Free, or, donate books. (Open every Fri & Sat. books4everyone.org

GREENWICH LIBRARIES: greenwichlibrary.org
Friday, March 6
10 a.m.

Toddler Storytime. Cos Cob Library Community Room. 203-622-6883.
11:15 a.m.

Qi Gong. Online. greenwichlibrary.libcal.com/event/16413191
3:30 p.m.

Introduction to Mahjong: 5-Week Series. Marx Family Black Box Theater. greenwichlibrary.libcal.com/event/15320639
7 p.m.

Friends Friday Films: "Wild Nights With Emily." Berkley Theater. cgibbs@greenwichlibrary.org
Saturday, March 7
9:30 a.m. - 1:30 p.m.

AARP Tax Help 2nd Floor Meeting Room. greenwichlibrary.libcal.com/event/15107765
10 a.m.

Family Gaming. Cos Cob Library Community Room. 203-622-6883.
10:30 a.m.

Hatha Yoga for Adults with Inger. Byram Shubert Library Community Room. 203-531-0426.
11 a.m.

Friends Children's Series: Science, Engineering & Art, A Juggler's Perspective. Berkley Theater. 203-622-7940. children@greenwichlibrary.org
11 a.m.

Technology Help. Learning Lab. 203-625-6560. csherman@greenwichlibrary.org
1 p.m.

3D Printing Certification. Innovation Lab. 203-622-7979. innovationlab@greenwichlibrary.org
2 p.m.

Chess for All with Ian. Byram Shubert Library Community Room. 203-531-0426.
Monday, March 9
11:30 a.m.

Blood Pressure Screening. Community Room #5.
1 p.m.

Byram Book Club: Miss Morgan's Book Brigade by Janet Skeslien Charles. Byram Shubert Library Community Room.
1 p.m.

PrintLab: 3D Printing Studio. Innovation Lab.
4:30 p.m.

Book Wizards Book Club. Cos Cob Library Rotunda.
Tuesday, March 10
10 a.m.

Spanish Storytime. Cos Cob Library Community Room.
1 p.m.

Knit-Flicks: The Banshees of Inisherin. Cos Cob Library Community Room.
4:30 p.m.

ARTscape: Alma Thomas. Children's Constellation Room.
4:30 p.m.

Gentle Yoga with Kristin. Byram Shubert Library Community Room.
5 p.m.

New Yorker Stories Discussion Group. Online.
5:30 p.m.

Poetry Open Mic. Marx Family Black Box Theater.
7 p.m.

POET'S VOICE with Marie Howe. Marx Family Black Box Theater.
Wednesday, March 11
10 a.m.

Early Walkers. Cos Cob Library Community Room.
10 a.m. & 1 p.m.

Career Coach - Tips for Resumes Workshop. Main Greenwich Library.
11 a.m. & 1 p.m.

Baby Lapsit. Cos Cob Library Community Room.
11 a.m.

Storytime with Patty (Birth - Pre-K). Byram Shubert Library Community Room.
1 p.m.

LaserLab: Design & Create. Innovation Lab.
5 p.m.

Opening Reception: Western Middle School Art Show. Byram Shubert Library Community Room.
6 p.m.

SCORE Presents: Launch Your Brand: Effective Brand Strategies for Marketing & Sales. Marx Family Black Box Theater.
Thursday, March 12
10 a.m.

Japanese Storytime. Cos Cob Library Community Room.
10:30 a.m.

Volunteer Training: Adopt-a-Shelf. Main Greenwich Library.
11 a.m.

Sensory Storytime (Storytime Lottery). Children's Constellation Room.
1 p.m.

Community Sound Healing Session Cos Cob Library Community Room.
4 p.m.

Tai Chi Games for Kids & Family with Ken Dolan. Byram Shubert Library Community Room.
4:30 p.m.

Barbara's House Book Club. Community Room #5.
6 p.m.

Flinn Gallery Opening: Wild Leaves. Flinn Gallery.
7 p.m.

Celebrate St. Patrick's Day with the Lynn Academy of Irish Dance. Byram Shubert Library Community Room.
Friday, March 13
10 a.m.

Toddler Storytime. Cos Cob Library Community Room. 203-622-6883.
10 a.m.

Greenwich Townscape Collage Session. 2nd Floor Meeting Room.
4 p.m.

Ashforth Family Concert: Fiddle and Strum A Musical Storytime

with Carla Fabiani and Friends. Cos Cob Library Community Room.
7 p.m.

Friends Friday Films: "Roofman." Berkley Theater. cgibbs@greenwichlibrary.org
Saturday, March 14
9:30 a.m. - 1:30 p.m.

AARP Tax Help 2nd Floor Meeting Room. greenwichlibrary.libcal.com/event/15107765
10:30 a.m.

Music with Tom Weber. Marx Family Black Box Theater. 203-622-7940. children@greenwichlibrary.org
10:30 a.m.

Standard Card Games for All. Byram Shubert Library Community Room. 203-531-0426.
11 a.m.

Technology Help. Learning Lab. 203-625-6560. csherman@greenwichlibrary.org
1 p.m.

3D Printing Certification. Innovation Lab. 203-622-7979. innovationlab@greenwichlibrary.org
1 p.m.

Cloak and Dagger Book Club. Cos Cob Library Community Room. 203-622-6883.
Sunday, March 15
2 p.m.

So You Wanna Read a Play? 2nd Floor Meeting Room.
3 p.m.

Little Olympians: Skiing. Marx Family Black Box Theater.

GREENWICH HOSPITAL: greenwichhospital.org/events
888-305-9253
Saturday, March 7
9 a.m.

CPR Friends & Family (Infant/Child). 38 Volunteer Ln. \$70. For discount information call 888-305-9253.

NEIGHBOR-TO-NEIGHBOR: ntngreenwich.org
Everyday, all day

• 24/7 Food Drive Collection site at North Greenwich Congregational Church, 606 Riversville Road. The weatherproof bin is located outside of the Parish Hall.

• Greenwich Reform Synagogue, 92 Orchard St., Cos Cob. Tuesdays, 9 - 11 a.m.

Food Drive (drive-thru) at St. Catherine of Siena's parking area across the street from the rectory entrance, 4 Riverside Ave. (Non-perishable foods, personal care products, large sized diapers (5 & 6) and pull-ups, and knit hats (hand knit or store bought).
Thursdays, 10 a.m. - 12 p.m.

Food Drive at St. Paul's Episcopal Church parking lot, 200 Riverside Ave.
RED CROSS BLOOD DRIVE: redcrossblood.org
Friday, March 6
10 a.m. - 3 p.m.

Stamford Hospital, 1 Hospital Plaza, Stamford.
Saturday, March 7
7 a.m. - 3:15 p.m.

Jill and John Coyle Blood Donor Center, 99 Indian Field Rd., Greenwich.
8 a.m. - 1:30 p.m.

United Church of Rowayton, 210 Rowayton Ave., Norwalk.
10 a.m. - 2 p.m.

American Red Cross, 40 Saw Mill River Road, Upper Level 3, Hawthorne, NY.
Sunday, March 8
7 a.m. - 3 p.m.

Jill and John Coyle Blood Donor Center, 99 Indian Field Rd., Greenwich.
9 a.m. - 2 p.m.

Jewish Community Center, 1035 Newfield Avenue, Stamford.
Monday, March 9
11 a.m. - 7 p.m.

Jill and John Coyle Blood Donor Center, 99 Indian Field Rd., Greenwich.
11:30 a.m. - 4:30 p.m.

Westchester Medical Center - Taylor Pavilion South, 100 Woods Rd., Valhalla, NY.
Tuesday, March 10
11 a.m. - 7 p.m.

Jill and John Coyle Blood Donor Center, 99 Indian Field Rd., Greenwich.
8 a.m. - 1 p.m.

Hilton Stamford Hotel & Executive Meeting Center, 1 First Stamford Place, Stamford.
1 - 6 p.m.

First Congregational Church of Darien, 14 Brookside Road, Darien.
Wednesday, March 11
9 a.m. - 5:15 p.m.

Jill and John Coyle Blood Donor Center, 99 Indian Field Rd., Greenwich.
Thursday, March 12
7 a.m. - 3 p.m.

Jill and John Coyle Blood Donor Center, 99 Indian Field Rd., Greenwich.
Friday, March 13
11 a.m. - 4 p.m.

United Church of Rowayton, 210 Rowayton Ave., Norwalk.
Saturday, March 14
7 a.m. - 3:15 p.m.

Jill and John Coyle Blood Donor Center, 99 Indian Field Rd., Greenwich.
Sunday, March 15
7 a.m. - 3 p.m.

Jill and John Coyle Blood Donor Center, 99 Indian Field Rd., Greenwich.
Monday, March 16
11 a.m. - 7 p.m.

Jill and John Coyle Blood Donor Center, 99 Indian Field Rd., Greenwich.
11 a.m. - 4 p.m.

First Presbyterian Church Stamford, 1101 Bedford St., Stamford.

TOWN MEETINGS: greenwichct.gov/calendar
Friday, March 6
3 p.m.

FS Arch Street Task Force Meeting. Virtual via Zoom.
Monday, March 9
9:15 a.m.

ADA & Advocacy Advisory Committee for People With Disabilities Meeting. Zoom Webinar.
10:30 a.m.

Architecture Review Committee (ARC) Sign-Meeting.
3 p.m.

Energy Management Advisory Committee Meeting. Mazza Room.
8 p.m.

RTM Full Meeting.
Tuesday, March 10
11:30 a.m.

FS Operations Planning Committee Meeting. Mazza Room.
12 p.m.

FS Diversity Advisory Committee Meeting. Virtual via Zoom.
1 p.m.

BET Budget Committee. Town Hall Meeting Room.
5:30 p.m.

Shellfish Commission Regular Meeting.
Wednesday, March 11
10 a.m.

BET Debt & Fund Balance Policy Committee. Town Hall Meeting Room.
1 p.m.

BET HR Committee. Mazza Room.
7 p.m.

Architecture Review Committee (ARC) Regular Meeting.
7 p.m.

Historic District Commission Regular Meeting. Mazza Room.
7 p.m.

PZBA Meeting.

Thursday, March 12
10 a.m.

BET Audit Committee.
10:30 a.m.

Board of Selectmen Meeting. Town Hall Meeting Room and Virtual via Zoom.
1 p.m.

BET IAC Committee.
6 p.m.

Safe Streets Greenwich Public Meeting #2. Cone Room.
Friday, March 13
3 p.m.

FS Arch Street Task Force Meeting. Virtual via Zoom.

SAVE THE DATE:
Thursday, March 19
6:30 p.m.

Stepping Stones Museum for Children's "Game On!" Beer, Wine and Food Tasting Party. steppingstonesmuseum.org
Sunday, March 22
2 p.m.

Greenwich St. Patrick's Day Parade. Greenwich Avenue. greenwichhibernians.org
Thursday, March 26
5 p.m.

Friends of the Byram Shubert Library: Spring Social. \$45/person. byramshubertlibrary-friends@gmail.com
Friday, March 27
6:30 p.m.

"Rockin' The Ruby" Greenwich EMS 40th annual fundraiser. Greenwich Country Club. greenwichems.org/events/rockin40
Saturday, March 28
10 a.m. - 3 p.m.

Junior League of Greenwich Women's Conference. Townhouse. greenwich.jl.org
6 p.m.

Person to Person (P2P) Rising Together Benefit. Hyatt Regency Greenwich. p2pHelps.org
Thursday, April 9
6:30 p.m.

Greenwich Library's annual Peterson Business Award Dinner. Greenwich Hyatt Regency Hotel. greenwichlibrary.org/peterson
Saturday, April 11
6 p.m.

Habitat for Humanity CFC Annual Gala: House of Fashion. Hyatt Regency Greenwich. habitatcfc.org/news-events/event-calendar/gala.html
Sunday, April 12
5 p.m.

Generation Impact: The Big Give 2026. generationimpact.org
Thursday, April 16
11:30 a.m.

Neighbor to Neighbor Spring Luncheon. Greenwich Country Club. ntngreenwich.org
Wednesday, April 22

Boys & Girls Club of Greenwich Youth of the Year Celebration. Rebecca S. Breed Clubhouse, 4 Horseneck Ln. bgcg.org/events-news/events.html/title/youth-of-the-year-celebration
Friday, April 24
12 p.m.

Stand Against Racism. Greenwich Town Hall. ywcagreenwich.org/events/stand-against-racism-3
6 p.m.

Horizons at NCCS - "The Sky's The Limit!" Horizons Benefit. Abigail Kirsch at The Loading Dock, Stamford. one.bidpal.net/horizonsbenefit2026/welcome
Saturday, April 25
7 p.m.

Abilis Diamond 75th Anniversary Gala. Hyatt Regency Greenwich. e.givesmart.com/events/MDd
Tuesday, April 28

Greenwich United Way's Sole Sisters Annual Luncheon. greenwichunitedway.org/event/sole-sisters-luncheon
Thursday, April 30
6 p.m.

Domus Cocktail Event: Cultivating Tomorrow. 100 Harbor Dr., Greenwich.
Friday, May 1
6:30 p.m.

Alzheimer's Association Celebrating Hope Gala. Delamar Greenwich Harbor. e.givesmart.com/events/L5N
Saturday, May 2

Bruce Museum Gala. Riverside Yacht Club. brucemuseum.org
Thursday, May 7
11 a.m.

YWCA Greenwich's Old Bags Luncheon. Belle Haven Club. ywcagreenwich.org

• Art to the Avenue. greenwich-arts council.org/art-to-the-avenue
Friday, May 8
7 a.m.

BIC Annual Spring Benefit Breakfast. Hyatt Regency Greenwich. BIC.org/benefit-breakfast
Tuesday, May 12
5:30 p.m.

The WorkPlace's Dress For Success EmpowerHer Celebration. Boca Oyster Bar, Bridgeport. workplace.org
Thursday, May 21

Greenwich Academy Commencement.
Thursday, May 28
9 a.m.

Children's Learning Centers of Fairfield County (CLC) 10th Annual Golf Outing. Stanwich Club. bit.ly/CLCGolf2026
Thursday, June 4
6 - 9 p.m.

Greenwich Sentinel Award Cocktail Reception. greenwichsentinel.com
Saturday, June 20

Swim Across America - Fairfield County: "Make Waves to Fight Cancer." swimacrossamerica.org/fc
Friday, Sept. 5
6:30 p.m.

Boys & Girls Club of Greenwich 'Heads & Tails' benefit. e.givesmart.com/events/ILB/

Our Neighboring Towns
FRIDAY, MARCH 6
7 p.m.

Connecticut's Beardsley Zoo: Frogwatch Training Session. Hybrid: At the Zoo & Online. Free with suggested donation. beardsleyzoo.org
7:30 p.m.

Curtain Call presents "A View From the Bridge." The Kveskin Theatre, 1349 Newfield Ave., Stamford. Performances: Fri & Sat, 7:30pm, & Sun, 2pm (Jan. 25). curtaincallinc.com
SATURDAY, MARCH 7
10 a.m.

Norwalk Stamp Show. Norwalk Senior Center, 11 Allen Rd., Norwalk. norwalkstampclub.com
1 p.m.

Women in Wine Tasting. Zachys Wine & Liquor, 30 Midland Ave., Port Chester, NY. eventbrite.com/e/1983040610849
7:30 p.m.

Orchestra Lumos: American Gems. Palace Theatre, 61 Atlantic St., Stamford. orchestralumos.org/american-gems
SUNDAY, MARCH 8
3 p.m.

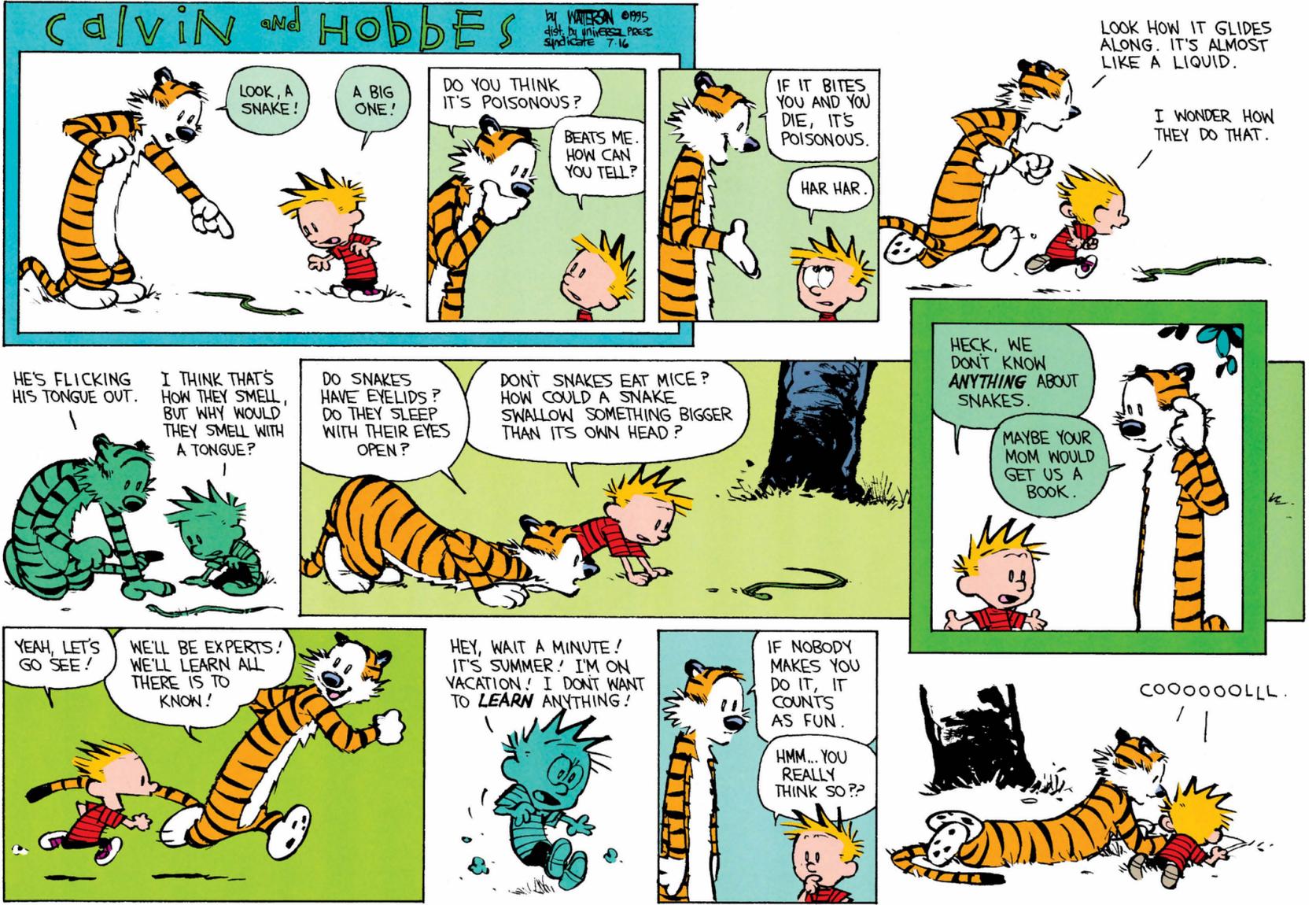
Orchestra Lumos: American Gems. The Quick Center, 1073 N. Benson Rd., Fairfield. orchestralumos.org/american-gems
4 p.m.

Charis Chamber Voices Fauré Requiem. First Presbyterian Church, 178 Oenoke Ridge, New Canaan. \$25, GA; \$20, seniors; \$15, students. charisvocals.com
SATURDAY, MARCH 14
3 p.m.

Mermaid Theatre of Nova Scotia: Billy Goats Gruff and Other Tales. The Performing Arts Center-Purchase College, 735 Anderson Hill Rd., Purchase, NY. artscenter.org/events

EDUCATION

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



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SENIOR LIVING GUIDE

2026

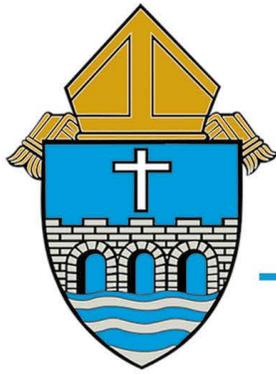
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to pay warm tribute to accomplishments and to the life — not death — of a loved one.*

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that are a sustaining source of comfort to the living.*

*A cemetery is a history of people — a perpetual record of yesterday
and a sanctuary of peace and quiet today.*

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Author — Mary Lou Brannon
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Telomere Health, Strength Training, and Slowing Biological Aging

By Dr. Katie Takayasu

In integrative medicine, we often talk about the pillars of health that extend far beyond what's on the surface: nutrition, sleep, stress resilience, connection, and movement. These pillars don't just shape how we feel today - they influence how we age on a cellular level.

A fascinating new study out of Brigham Young University brings this concept into sharp focus. Researchers evaluated 4,814 U.S. adults and measured the length of their telomeres – the protective caps on our chromosomes that shorten as we age. Think of telomeres like the plastic tips at the ends of your shoelaces: when they wear down, the lace begins to fray. Similarly, when telomeres shorten, our cells are more prone to dysfunction, disease, and premature aging.

Here's what the researchers found:

Adults who engaged in regular strength training had significantly longer telomeres than those who did not.

Just 90 minutes per week of strength training was associated with the equivalent of 3.9 years less biological aging.

More was better - participants who strength trained the most had the longest telomeres of all.

These results are remarkable because they show that the benefits of strength training go far beyond muscle tone or metabolic health. On a deep cellular level, strength training may help preserve youthfulness, vitality, and resilience.

From an integrative medicine perspective, this makes sense. Resistance training reduces inflammation, improves insulin sensitivity, supports a healthy metabolism, and increases lean muscle mass - all of which are associated with less oxidative stress and slower biological aging. In fact, muscle itself acts like an endocrine organ, releasing beneficial myokines that protect our DNA and mitochondria.

At Wellness Insights, I encourage patients to view strength training not as an activity reserved for bodybuilders, but as an investment in longevity. For people in midlife, it's one of the best tools we have to preserve bone density, support hormonal balance, optimize cardiometabolic health, and enhance our independence as we age.

On a deep cellular level, strength training may help preserve youthfulness, vitality, and resilience.

Where to Begin

Start small: Two to three sessions per week is enough to see measurable benefits.

Focus on form: Bodyweight movements, resistance bands, or medium weights are powerful starting points.

Pair with protein: Your muscles need building blocks - prioritize 30g of protein per meal.

Integrate, don't isolate: Combine strength training with whole-food nutrition, restorative sleep, and stress management for maximum longevity impact.

The science is clear: by protecting your telomeres through lifestyle, you are protecting your future self. Strength training isn't just about building muscle - it's about building a longer, healthier life.

Citation: Bates, C. J. (2024). Strength Training and Telomere Length in U.S. Adults: Evidence from NHANES Data. Biology, 13(11), Article 883. <https://doi.org/10.3390/biology13110883>

Dr. Katie Takayasu is a board-certified family medicine physician and licensed acupuncturist who practices integrative medicine at Wellness Insights. She integrates traditional Western medicine with evidence-based complementary therapies, including acupuncture, botanical medicine, nutrition, mind-body medicine and lifestyle optimization, with a focus on women's health, perimenopause, fertility, pregnancy-related conditions and pain management. She completed her Family Medicine residency at Columbia University/New York Presbyterian, serving as Chief Resident, and later pursued fellowship training in Integrative Medicine through Stamford Hospital and the University of Arizona, along with medical acupuncture training at SUNY Downstate Medical Center.



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Atria SENIOR LIVING

Navigating the Journey *By Russell R. Barksdale, Jr., PhD*

It is a conversation many families postpone—often until time is no longer an ally. A spouse notices subtle changes. An adult child senses something is “off” during weekly phone calls. A parent insists everything is fine—until it unmistakably isn’t. As a loved one’s needs begin to evolve, families are faced with a difficult and deeply personal question: How do we protect dignity and quality of life while ensuring safety, stability, and appropriate support?

Too often, this dialogue is delayed out of fear—fear of causing offense, fear of eroding independence, fear of acknowledging that circumstances have changed. The consequence is frequently a crisis: a fall, a medication error, or an unexpected hospitalization. Decisions that deserve deliberation and collaboration are instead made hastily, under emotional duress, in emergency rooms rather than around kitchen tables.

There is, however, a better path—one that begins with recognizing change early and selecting care models designed to anticipate the future, not merely react to the present.

The Quiet Signals

Rarely does a single dramatic event announce the need for additional support. More often, the indicators emerge quietly.

Social withdrawal is frequently the earliest sign. A once-engaged parent stops attending gatherings or loses interest in familiar routines. Loneliness follows, and research consistently demonstrates that social isolation accelerates both physical decline and cognitive impairment.

Nutrition offers another important clue. An empty refrigerator, increasing reliance on packaged foods, or unexplained weight loss

or gain may signal that grocery shopping and meal preparation have become overwhelming. Medication management presents even greater risk: missed doses, double dosing, or confusion about prescriptions remain among the leading causes of emergency room visits for older adults.

Add to this diminished personal grooming, difficulty with bathing or dressing, increased falls, or a home that is no longer maintained—and a clearer picture begins to form. These are not failures of will or character. They are signals of changing needs.

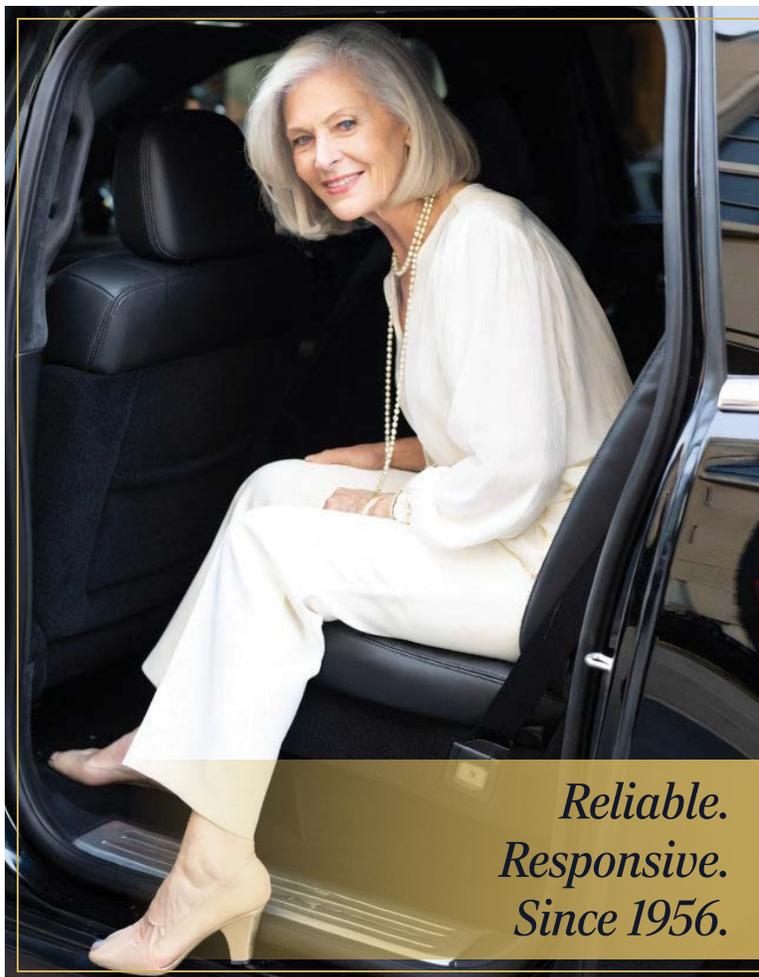
*Care is deeply personal.
Its design should be as well.*

Community as Preventive Care

For many families, the idea of moving a loved one from home can feel like a profound loss. Yet thoughtfully designed senior living communities are not institutions. Quality design does not refer to architecture or polished lobbies; first impressions can be deceiving and are not always reflective of the depth of care provided. True quality lies in the ecosystem—one built around connection, wellness, engagement, and proactive support.

In these environments, residents benefit from daily social interaction, meaningful activities, and chef-prepared meals tailored to individual medical and nutritional needs. Physical movement and

CONTINUED ON PAGE 6



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cognitive engagement are seamlessly integrated into everyday life. Families gain peace of mind knowing that support is available early—before small concerns escalate into emergencies.

However, not all senior care options are created equal—and this is where families often make their most costly mistake.

The Risk of a Single Solution

Many families begin their search by focusing on a single licensed option—assisted living, memory care, home care, or skilled nursing. Each serves an important purpose. Yet selecting one in isolation assumes that needs will remain static. They rarely do.

A standalone solution may address today’s challenge while leaving families unprepared for tomorrow’s reality. As needs evolve, families are forced to start over: new assessments, new caregivers, new environments. Each transition compounds stress and increases the risk of decline.

Sales-driven placements can unintentionally reinforce this cycle. The more critical questions are not “Does this work today?” but rather:

- What happens when needs change?
- How long will financial resources last?
- Is the organization nonprofit or for-profit?
- Who owns the building—and who operates the building under a lease agreement? There can be three corporations for one license—owners of the building who lease to an operator and a management company, who operates the company on behalf of the operator. Each level must generate a profit margin.
- If leased by the operator, what are the annual escalators, and how will they affect future rate increases?

Also, visiting communities during evenings and weekends often reveals far more than marketing materials ever will.

Why a Continuum of Care Matters

A true continuum of care is designed with change in mind. It allows individuals to transition seamlessly—from in-home support to independent living, enhanced living, assisted living, memory care, and skilled nursing—without leaving a trusted environment. Care teams already know the individual, their medical history, choices and preferences. Transitions are thoughtful and measured, not rushed or disruptive.

Planning Is an Act of Love

Choosing senior care is not about giving something up; it is about gaining stability, connection, and foresight. It’s also about peace of mind. The most compassionate decisions are rarely reactive. They are made early, intentionally, and with the understanding that care—like life itself—is a journey, not a single destination.

Families who choose a full continuum of care are not merely solving for today. They are safeguarding tomorrow—ensuring that dignity, familiarity, and quality of life remain constant as needs evolve.

Care is deeply personal.
Its design should be as well.

At Waveny LifeCare Network, leadership is defined by more than operational excellence—it is rooted in guidance, education, and meaningful engagement with our community. Waveny CEO Russell R. Barksdale, Jr., PhD, MPA/MHA, FACHE regularly contributes his expertise to The New Canaan Sentinel, offering insightful commentary on healthcare, aging, and the values that shape compassionate, person-centered care. Dr. Barksdale’s perspectives draw on decades of experience leading mission-driven organizations and reflect a deep understanding of both the challenges and opportunities present in today’s healthcare environment.

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A Smoothie Called “The Cure” That Just Might Live Up to Its Name

By Elizabeth Barhydt

A smoothie developed by Darien integrative medicine physician Dr. Katie Takayasu promises more than a refreshing drink. Known as “The Cure,” the blend combines organic fruits, vegetables and plant-based ingredients designed to support gut health and balance the body’s microbiome. The smoothie is offered through Barvida and was developed in collaboration with Dr. Takayasu.

I tried one this week. The first surprise was the flavor. Despite a list of ingredients that reads like a nutrition seminar, the drink tastes closer to dessert than a health tonic. Barvida describes it as a “strawberry-pineapple mint julep.” Either way, it is refreshing, slightly sweet and layered with bright fruit and mint.

The morning after trying it, I woke up feeling terrific—clear headed, energetic and in a notably good mood. Whether coincidence or careful nutritional design, the experience made the drink’s name feel less like marketing and more like a hypothesis worth testing again.

The smoothie is built to function as a meal replacement. It delivers about 20 grams of plant protein and roughly 15 grams of fiber. According to the product description, the goal is to provide a macro-balanced option that nourishes digestion while keeping people satisfied.

Protein plays a particularly important role as people age. Nutrition researchers have noted that

older adults do not synthesize protein as efficiently as younger people, meaning we often need higher-quality and more of it to maintain muscle mass and metabolic health. A smoothie delivering 20 grams of protein helps meet that need.

The ingredient list is extensive but intentional. Organic strawberries provide vitamin C, antioxidants and fiber. Pineapple contributes bromelain, an enzyme associated with digestion and anti-inflammatory effects. Avocado adds monounsaturated fats and potassium, creating a creamy texture that balances the sharper fruit flavors.

Vegetables round out the base. Cucumbers and celery add hydration and nutrients including vitamins K and C while keeping the drink light. Fresh mint sharpens the flavor and is often associated with digestive support.

Fiber plays a central role in the formulation. Psyllium husk, known for its soluble fiber, supports regular digestion and may help stabilize blood sugar. Mesquite powder, derived from mesquite tree pods, contributes protein, fiber and minerals including calcium and magnesium while adding a subtle nutty sweetness.

Natural sweetness comes from organic maple syrup and tart cherry juice. Tart cherry juice is associated with antioxidant and anti-inflammatory properties and has been studied for benefits in sleep and muscle recovery.



The smoothie’s creamy base comes from almond milk and coconut yogurt, both dairy-free ingredients that provide additional nutrients.

Protein comes from a blend of plant sources which provide a complete amino acid profile while remaining free of common allergens.

Dr. Takayasu, who practices integrative medicine, focuses much of her work on the relationship between nutrition and overall health. Her practice combines traditional Western medicine with complementary approaches including nutrition, botanical medicine, acupuncture and lifestyle medicine.

“The Cure” reflects that philosophy. For those looking for a practical takeaway, the drink manages a rare balance. It reads like a wellness formula but tastes like a treat.

Barvida is located in Darien, New Canaan, and Greenwich. www.thebarvida.com

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Understanding Hospice: What Families Often Wish They Knew Earlier

By JP Muir

Families usually begin looking into hospice during a moment of crisis. A hospitalization, a sudden decline, or a physician explaining that treatment options are limited often leads to hurried decisions and unfamiliar terminology.

One of the most common things we hear afterward is simple: “I wish we had understood this sooner.”

Hospice is not the absence of care. It is a change in the goal of care. When an illness can no longer be controlled, the priority becomes comfort, clarity, and time together.

Many people assume hospice is only for the final days of life. In reality, patients often benefit most when hospice begins earlier. Pain and breathing symptoms can be managed before they escalate, medications are simplified, equipment is delivered to the home, and families receive guidance so they

Tutu Olomola, RN, our President and Administrator with over 20 years of nursing experience, notes that the reassurance this provides is significant.

“Knowing support is available brings a sense of calm,” she says. “Families can focus on being present rather than managing a medical situation alone.”

Comfort does not mean heavy sedation or withdrawal from life. Comfort means controlling pain, easing breathing, addressing anxiety, and allowing meaningful moments to occur without medical urgency dominating the room. It often allows more conversation, not less.

In addition to hospice, our team also provides Medicare covered home health nursing and therapy for patients recovering from illness who may still be pursuing treatment. For others who are not hospice

medical decisions they were never trained to make.

My own family experienced this personally. The difference between a chaotic passing and a calm one was not advanced technology. It was preparation, communication, and steady guidance.

Families often worry they will be alone at critical moments. Hospice teams are available at all hours, but equally important is teaching families what is normal. Confidence replaces fear when people understand what they are seeing.

There is also flexibility. Some patients stabilize and even improve with supportive care. Hospice is not a permanent decision. If a condition changes, a patient may leave hospice and resume treatment.

After living in Greenwich for more than 25 years, I have seen how strongly people value remaining in familiar surroundings. Photographs, favorite chairs, and everyday routines provide comfort that cannot be replicated elsewhere.

Hospice allows care to come to the patient rather than the patient repeatedly going to care.

What I hope families understand is this: hospice does not shorten life and it does not prolong suffering. It guides a natural stage of life with as much comfort, dignity, and support as possible.

The conversation is difficult, but learning about hospice earlier does not force a decision. It simply gives families options before they need them urgently.

And in nearly every case, knowledge brings relief.

And in nearly every case, knowledge brings relief.

are not navigating uncertainty alone.

Carol Rogers, RN, who leads our hospice program and has more than 35 years of nursing experience, often explains that education is as important as treatment.

“Families are less afraid when they understand what is happening,” she says. “We help them recognize normal changes so they are not reacting to every moment with worry.”

Another common misconception is that hospice requires leaving home. Most hospice care actually takes place in a patient’s residence or assisted living community. Medicare covers hospice services, including nurses, aides, medications related to the illness, medical equipment, and emotional support for both patient and family.

eligible but want symptom relief and guidance, we follow a palliative approach focused on comfort and support alongside ongoing medical care.

Some families also want additional presence beyond what Medicare hospice provides. In those cases, private nursing and home health aide services can supplement care so patients may remain safely at home even during periods of greater need. The intention is continuity rather than multiple disconnected providers entering the home.

Across Fairfield County, the most peaceful experiences share a similar pattern. Expectations are explained clearly. Symptoms are managed early. And families have permission to simply sit with their loved one rather than feeling responsible for

JP Muir is a Greenwich resident of 25 years and founder of Greenwich based Health Care Connectors, a Medicare approved and accredited home health and hospice program serving Fairfield County. Contact information: www.HealthCareConnectors.com | 203-489-0919 | info@HealthCareConnectors.com

Edgehill | Where Life Meets Style

With a rich 25+ year history of excellence, Edgehill is an award-winning continuing care retirement community in Stamford, near Greenwich. Residents enjoy a sophisticated lifestyle that combines comfort and engagement with a vibrant array of cultural, wellness-focused and philanthropic opportunities.

The Edgehill difference is evident in every aspect of daily life. From the elegantly designed landscaping to the impeccable service provided by a dedicated team of experienced associates, every detail reflects a commitment to quality. “What I like best about Edgehill is the camaraderie of the people and the support of the wonderful associates,” shared resident Joan W.

Independent Style

Residents embrace the joy of maintenance-free Independent Living at Edgehill with a wide variety of beautifully designed one- and two-bedroom floor plans. Thoughtfully appointed residences feature private balconies or outdoor terraces, generous living areas and luxury finishes like stone counters and full kitchens. With pets’ welcome and ample storage included, Edgehill’s apartment homes are where cherished routines continue, and new memories begin.

Culinary Style

Dining at Edgehill is led by Director of Food and Beverage Jay Shankar and Executive Chef Anthony Napolitano, where they transform daily meals into memorable experiences. Residents savor inventive, nutritious and delicious cuisine, served in an upscale yet welcoming atmosphere.

Chef Anthony brings expertise in technique, flavor and the art of comfort and indulgence, crafting menus that are as satisfying as they are imaginative. Jay ensures that service, presentation and ambience are flawless, creating dining experiences that residents look forward to every day. “What I

Edgehill’s reputation for award-winning style and exceptional living is best appreciated in person.

really love is that, after having raised three active boys, I do not have to cook anymore. The food is wonderful. The camaraderie of the dining room is great,” shared resident Mary G.

Equally important is the emphasis on choice and personalization. Residents can select gourmet dishes that reflect their tastes and dietary preferences, ensuring that every meal feels tailored and special. From intimate dining rooms to elegant communal spaces, the culinary offerings at Edgehill elevate everyday living to an art form.

Active Style

“I am blessed that I have a lot of friends who have chosen to come to Edgehill just as I have. There are so many things that we can be engaged in. I have wanted to participate in everything that is available here.” – Resident Bobbie H.

Edgehill offers a wealth of opportunities for intellectual, cultural and social engagement. Residents can participate in wellness programs, fitness classes, lectures and cultural excursions, all designed to stimulate mind, body and spirit. The community also offers easy access to the culture in nearby Greenwich and the excitement of Manhattan, allowing residents to maintain a vibrant, connected lifestyle.

Residents at Edgehill continue to lead lives of meaning through hands-on philanthropic and volunteer opportunities that foster connection and purpose. From participating in the Social Action Committee and organizing community donation drives to supporting local nonprofits, arts organizations and regional outreach initiatives, residents remain actively engaged beyond the campus.

Award-Winning Style

Edgehill has once again been recognized by U.S. News & World Report, earning Best Continuing Care Retirement Community, Best Independent Living, Best Short-Term Rehabilitation and Best Long-Term Care. These distinctions reflect the exceptional lifestyle and extensive range of services available.

With Edgehill’s Lifecare plan, residents have priority access to the continuum of care, including Assisted Living, Memory Care, Sub-Acute Rehabilitation and Skilled Nursing, at a more predictable cost. This plan offers peace of mind to both residents and their families. Couples benefit from the assurance that if one partner requires a higher level of care, the other can continue enjoying the comfort of their Independent Living apartment.

Edgehill’s on-campus Sub-Acute Rehabilitation program offers expert, short-term recovery in a comfortable, familiar setting. Residents receive personalized therapy plans delivered by skilled clinicians specializing in post-hospital recovery, orthopedic rehabilitation and restorative care. Individuals can focus fully on healing while staying within the community they call home.

Schedule a Personal Visit

Edgehill’s reputation for award-winning style and exceptional living is best appreciated in person. A visit to the campus is the ideal way to tour the beautifully designed apartments, explore amenities and experience the warmth and attentiveness of associates firsthand.

Schedule a tour today to see why Edgehill is more than a community; it is a place to call home.

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—Resident Bobbie H.



Independent Style

With a rich history of excellence, Edgehill residents enjoy award-winning service from a dedicated team of associates. Edgehill’s Lifecare plan provides priority access to the continuum of care at a more predictable cost, offering residents and their families peace of mind.

Schedule a personal tour.
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Meadow Ridge | Distinctive Senior Living

Located in Fairfield County, CT, Meadow Ridge is a distinctive continuing care retirement community for discerning individuals seeking a fresh perspective on senior living. The scenic landscape spans 136 acres nestled among rolling hills, natural woodlands and open meadows for the best of Connecticut country living. Conveniently located, you have access to a wealth of local amenities like restaurants and pharmacies, allowing you to enjoy the best of Senior Living in Connecticut.

From the moment you arrive, Meadow Ridge feels distinct. Stepping into the stunning three-story atrium, filled with natural light, the community is designed for connection, engagement and refined living. The rhythm of life here is fueled by opportunities to connect, learn and grow.

“It’s luxury living in a beautiful setting. We live a very free and relaxed lifestyle. That’s just as it should be.” – Resident Mary Madelyn A.

Residences Designed for Living Well

Apartment homes are thoughtfully designed, beautifully appointed and some of the largest residences of any senior living community in Connecticut. Floor plans range from 850 to an expansive 2,600 square feet and are available in one-bedroom, two-bedroom and two-bedroom with den layouts, allowing residents to choose the space that best suits their lifestyle.

Each apartment home features premium finishes throughout, including fireplaces, crown molding, stone countertops, high-end appliances, custom closets and fully monitored call systems for added peace of mind. Private patios or balconies extend the living space outdoors, offering tranquil views of the surrounding landscape. These well-designed homes make it easy to entertain family, add your personal

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touch and enjoy everyday life.

Refined Wellness, Inside and Out

Life at Meadow Ridge is rich with opportunity for connection and wellness. From swimming laps in the indoor heated saltwater pool to refining your short game on the putting green and chipping area or teeing off at Ridge Range (Meadow Ridge’s state-of-the-art golf simulator), you can enjoy an abundance of amenities and activities designed to support an active and engaged lifestyle. A fully equipped fitness center, group exercise classes and outdoor tennis, pickleball and bocce courts further support strength, balance and vitality.

Wellness is at the heart of daily life. Whether relaxing in the light-filled atrium, browsing the well-stocked library, tending to plants in the Laurel garden, taking a morning walk along scenic paths or visiting Bark Ridge dog park with a four-legged companion, there are countless ways to engage the mind, body and spirit.

Equally important is time to unwind. The on-site spa offers a tranquil retreat for relaxation and renewal with offerings such as massages and facials, while the salon provides convenient personal care for your hair and nails just steps from home. Alongside a full calendar of social clubs, educational programs and cultural experiences, Meadow Ridge creates an environment where residents can explore new passions, nurture well-being and build lasting connections with neighbors who share similar values. “Meadow Ridge has such a rich diversity of people. Everyone has lived such interesting lives; you always hear wonderful stories at dinner,” shared

resident John S.

A Dining Experience That Delights

Dining at Meadow Ridge is an experience to savor. Under the direction of Executive Chef Tom Villa, each meal is expertly crafted using fresh, locally sourced ingredients and inspired culinary techniques. Residents enjoy restaurant-quality cuisine served in the elegant formal dining venue or the casual Bistro setting, with menus that change seasonally and accommodate a variety of preferences and dietary needs.

The Height of Senior Living

Meadow Ridge has consistently been recognized by U.S. News & World Report as one of the nation’s best continuing care retirement communities. As a Lifecare community, Meadow Ridge offers residents unparalleled peace of mind, providing access to the full continuum of care at a more predictable cost—should needs change in the future. This Lifecare promise allows residents to focus on enjoying today, confident that tomorrow is thoughtfully planned for.

Distinctive Care at Ridge Crest

Ridge Crest is the health center at Meadow Ridge where the Assisted Living, Mind & Memory Care, Sub-Acute Rehabilitation and Skilled Nursing neighborhoods are located. Residents and patients at Ridge Crest experience exceptional care and comfort, with personalized, licensed support from a familiar, friendly and experienced team.

Experience Meadow Ridge for Yourself

We welcome you to experience all that Meadow Ridge has to offer with a personal tour. Enjoy a gourmet lunch and guided viewing of the spacious and elegantly appointed residences. Discover what makes Meadow Ridge a distinctive Lifecare community.

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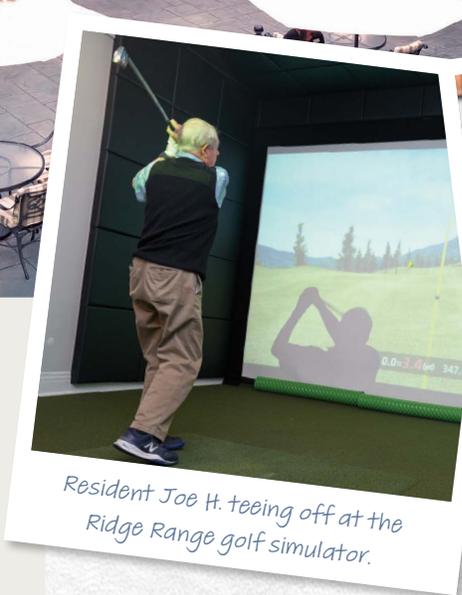
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“There’s a real sense of community at Meadow Ridge. The amenities are amazing, and the food is fantastic. There’s quality care here; should my mom need it, that gives us great peace of mind.

— Greg Z., son of resident Ingrid Z.



Resident Joe H. teeing off at the Ridge Range golf simulator.



Resident Bob T. exploring his artistic side in the activities room.

Picture the pinnacle of senior living.

Meadow Ridge offers a refined, maintenance-free lifestyle with exceptional service and wellness-focused living. Whether practicing your swing at Ridge Range, socializing in our three-story atrium or exploring creative pursuits, there’s always something to enjoy. With our Lifecare plan, residents also benefit from access to the continuum of care at a more predictable cost.

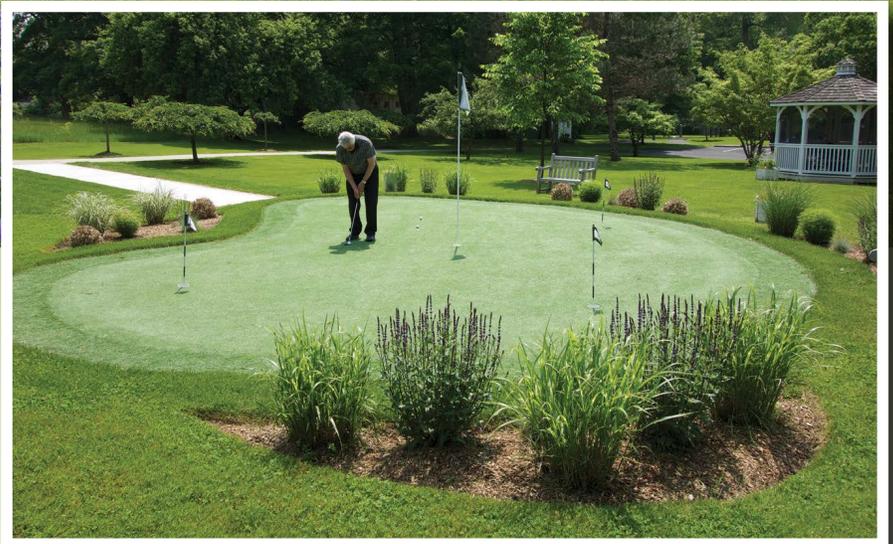
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A Thoughtful Next Chapter at Parsonage Cottage

There often comes a time when daily routines and household responsibilities prompt an important question: Is my current living situation still the best fit for the lifestyle I want going forward?

Or, just as often, we find ourselves asking the same question about an older adult in our lives. Whether conversations happen in person or over video calls, these moments can bring clarity about changing needs, safety, and the desire for greater connection and support.

Experts consistently advise that the smoothest transitions happen when individuals begin exploring options and planning ahead, rather than waiting until a sudden health event or crisis forces quick decisions. Taking time now to understand what independent senior living communities offer allows decisions to be made thoughtfully and comfortably, rather than under pressure.

In Greenwich, many people discover that Parsonage Cottage offers the right balance of independence, connection, and support for this next chapter of life.

Parsonage Cottage partners with residents in maintaining independence within a warm, welcoming environment. Choosing a residence is more than selecting a new address; it's about finding a place where life continues to be engaging, social, and fulfilling. Here, residents enjoy a lifestyle designed to help them thrive—surrounded by caring staff, supportive leadership, and neighbors who quickly become friends and community.

Comfort and convenience are part of daily life. Bright, well-appointed rooms with private baths and accessible features provide ease and dignity, while housekeeping removes everyday burdens. Residents gather for three nutritious meals prepared daily with fresh, seasonal ingredients, and special dietary needs

receive individual attention. Coffee, snacks, and social hours create natural moments for connection throughout the day.

Life at Parsonage Cottage also means staying connected—to friends, loved ones, and the larger Greenwich community. An extensive network of community partners brings energy and engagement into daily

active and confident, while casual recreation areas invite friendly competition and daily enjoyment.

Equally important is peace of mind. Residents live independently while knowing attentive support is available if needs change. It is a balance of freedom and

Life at Parsonage Cottage also means staying connected—to friends, loved ones, and the larger Greenwich community.

life. Students from Greenwich Country Day School regularly visit to spend time with residents through crafts, trivia, and shared activities that create meaningful intergenerational connections. Partnerships with organizations such as the Greenwich Botanical Center also provide opportunities for gardening programs, nature-based activities, and seasonal projects that residents enjoy throughout the year.

The social calendar ensures there is always something to look forward to: arts and crafts, games and brain challenges, music, themed events, movie nights, and gatherings with neighbors. Worship services, discussion groups, and both virtual and in-person programs keep minds active and spirits engaged.

Outdoor spaces are equally inviting, with landscaped grounds, walking paths, gardens, rocking chairs, and terraces that encourage fresh air and conversation. Fitness and wellness opportunities—such as chair yoga, meditation, dance, and other instructor-led programs—help residents stay

reassurance—living fully today while feeling secure about tomorrow.

For those considering a move for themselves or someone they love, this may be an especially good time to explore the opportunity. Parsonage Cottage currently has limited availability—a rarity for this sought-after residence—offering a unique chance to join the community without a wait. Scheduling a tour now allows individuals and families to make decisions comfortably and proactively rather than under urgent circumstances later.

What many discover is that moving to a community like Parsonage Cottage is less about change and more about gaining something new: freedom from daily worries, richer connections, and more time to enjoy the people and activities that matter most.

At Parsonage Cottage, residents truly live life their way—supported by community, connection, and comfort as they begin their next chapter.

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TEAM AT COMPASS



Compass Plus



Seniors & Real Estate: Planning the Next Chapter

By Dena Zarra, GRI®, Certified Senior Advisor (CSA®)

Real estate decisions later in life are rarely just about property.

Greenwich has a mix of historic homes, waterfront properties, and strong village communities making these moves often reflect deeper needs such as independence, safety, financial security, and peace of mind.

As a Certified Senior Advisor (CSA®) and Graduate, REALTOR® Institute (GRI®) designee, I can help seniors and their families navigate these transitions with clarity and compassion. Whether you are planning or facing an immediate move, understanding your options, and having the right professional support makes all the difference.

Planning well in advance is incredibly helpful. Even when a move may be years away, early conversations allow seniors to stay in control of their choices, explore multiple options, and avoid making rushed decisions during stressful moments. Importantly, the guidance I provide through my CSA training comes at no additional cost, it's simply part of how I serve my clients.

Greenwich Real Estate Market

Greenwich continues to stand apart as one of Fairfield County's most sought-after markets, offering everything from in-town neighborhoods and coastal communities to extremely high-end enclaves with private associations. Its proximity to New York City makes Greenwich especially attractive to buyers seeking space, privacy, and quality of life while remaining connected to Manhattan.

Today's inventory remains extremely low, creating strong demand across nearly all property types. In today's market, homes at every price point can perform well when positioned and priced correctly.

Downsizers are increasingly drawn to smaller homes, condominiums, and residences closer to village centers such as Greenwich, Old Greenwich, Riverside, and Cos Cob, were accessibility and convenience matter most.

For seniors, this creates meaningful opportunity. Many longtime homeowners hold substantial equity, making strategic timing and preparation especially important. Homes that are thoughtfully positioned tend to achieve excellent results, while properties needing updates can benefit from targeted improvements if the owner is willing and able.

Compass Concierge

Compass Concierge is available if needed. Compass Concierge allows homeowners to make strategic improvements before selling, with Compass covering the upfront costs and getting repaid at closing, helping maximize value without out-of-pocket expenses.

Compass Private Exclusive

In some cases, Compass Private Exclusives provide a discreet way to test the market before going public an appealing option for homeowners who value privacy. Compass Private Exclusives offer a private way to introduce your home to serious buyers within the Compass network before going public, providing discretion and helpful market insight.

The Growing Senior Population and Expanding Services in Greenwich

Greenwich continues to see growth in its senior population, increasing demand for specialized services. These services can include healthcare and home modifications to financial planning, elder law, and housing support. As more residents age in place or consider downsizing, access to knowledgeable professionals becomes increasingly important, and I'm supported by a trusted network of qualified resources to help ensure every transition is handled with care, expertise, and efficiency.

Why Seniors Decide to Move

- Large homes becoming difficult to maintain
- Stairs or layouts no longer supporting mobility
- Desire to simplify daily living
- Health changes requiring safer environments
- Wanting to be closer to family or medical care
- Using home equity to support retirement or care

Housing Options for Today's Seniors

Aging in Place – Home modifications such as main-level living, walk-in showers, improved lighting, and wider doorways can extend independence.

- **Downsizing** - Smaller homes or condominiums reduce upkeep while maintaining autonomy.
- **55+ Communities** - Active adult communities offer amenities, social connection, and low-maintenance lifestyles.
- **Assisted Living and Continuing Care** - These provide increasing levels of support while preserving dignity and quality of life.

Why Senior Real Estate Requires Specialized Expertise

A senior move is not just a transaction.

As a Certified Senior Advisor (CSA®), I'm part of a very small group of real estate professionals who have completed extensive training across multiple disciplines, including aging, health, family dynamics, and financial transitions.

For seniors and their families, this level of specialized training is invaluable. It ensures decisions are guided not only by market knowledge, but by a true understanding of life-stage needs, resulting in smoother transitions and greater peace of mind. Providing CSA-informed guidance is

simply part of my commitment to my clients, and something I find both rewarding and meaningful.

In addition to this training, I've built a trusted network of Greenwich and Fairfield County professionals, including legal and financial advisors, contractors who help prepare homes for sale, downsizing specialists, movers, and care providers. I also maintain a national referral network of CSA®-designated professionals.

My role is to bring all these moving parts together, so clients aren't managing everything on their own, taking some of the stress out of the situation as possible.

This is where my real estate expertise, combined with the strength of my team, makes a difference. A senior-focused approach includes:

- Honest property evaluations
- Strategic preparation to maximize value
- Guidance on what truly needs repair or renovation before selling
- Access to Compass Concierge when appropriate
- Referrals to vetted professionals
- Support in identifying appropriate housing and care options
- Clear communication throughout the process

The Emotional Side of Selling

Selling a longtime home often means closing a deeply meaningful chapter, one filled with decades of memories. Through personal experience, I understand how emotional this transition can be. My role is to be here with patience, compassion, and steady support, helping make the process feel as comfortable as possible, and manageable every step of the way.

Start the Conversation Early

Don't wait for a crisis. Even if a move is years away, starting the conversation early helps seniors remain in control of their choices. I'm here to listen, share thoughtful guidance from real-life experience, and provide support whenever you're ready.

About the Author

Dena Zarra is a REALTOR®, Certified Senior Advisor (CSA®), and GRI® designee, and one of the principals of the Greenwich Streets Team at Compass Connecticut.

The Greenwich Streets Team principals also include Russell Pruner, CRS®, GRI®, known for his extensive national referral network, and Mark Pruner, who holds a law degree and frequently works with homeowners facing complex legal and family situations. Team members Timothy Agro and Felipe Dutra further support clients.

Contact Dena Zarra, GRI®, CSA® by Call or Text: 203-943-2357 or Email: dena.zarra@compass.com for A Complimentary Senior Housing Strategy Session

Staying Active, Fit, and Connected at the YMCA

By Liz Whitney

Maintaining a healthy lifestyle—by staying active, social, and connected—is important at every stage of life, especially as we age.

In an era where many older adults may face increased loneliness or health challenges, the New Canaan YMCA offers a supportive community. The Y recognizes that aging well isn't just about longevity; it's about quality of life: staying active, forming meaningful relationships, and having opportunities to stay connected to the community. Through its welcoming atmosphere and variety of programs and activities specifically designed for older adults, the Y is here for seniors in the New Canaan community.

With healthy aging at the forefront, there are many opportunities for older adults to stay active, build healthy routines, and remain socially connected through the Y's ForeverWell initiative. Members of all ages fill the Y's group exercise classes, which combine fitness with community and camaraderie. Featuring over 100 weekly classes, there are options for

every fitness level, including classes specifically designed for older adults, such as chair yoga, qigong, and aquatic fitness.

In addition to group classes, our community's seniors can often be found playing a game of pickleball, swimming, building strength in the Wellness Center, and chatting with friends over coffee in Dante's Café. The Y also hosts special events for the whole family, where grandparents, parents, and kids can come together to enjoy Grandparents' Day, Family Dinner Night, Family Field Day, family swim time in the pool, and more.

While physical activity is important, socialization and connection play equally important roles in supporting our health and well-being as we age. The Y's monthly ForeverWell lunch and learn events provide social opportunities for older residents to come together, meet new friends, and enjoy guest speakers and activities on a range of engaging topics. Throughout the year, many local organizations and businesses partner with the Y to inform, enrich, and bring the community together through this program.

"I've been a member on and off at the New Canaan YMCA for about 45 years, and it's been such a wonderful experience for me. There are so many programs I've participated in, and the benefits are unbelievable. One of the wonderful programs that the Y has here is ForeverWell, a lovely program that gives me the opportunity to network and where I've met so many friends," shared a Y current member.

The Y also offers specialized chronic disease programs, providing support and community for older adults facing a variety of health conditions. Cancer survivors reclaim their strength through a 12-week, small-group physical and well-being program that has benefited over 200 individuals in the community. Individuals with Parkinson's disease come together at the Y for various activities, including exercise and cycling-based programs. The Y's highly effective diabetes prevention program is a lifestyle program that supports individuals with prediabetes. Adults with arthritis can also increase flexibility, range of motion, and balance through the Y's arthritis aquatics class. The Y's most

recent addition to its chronic disease support programs is a blood pressure monitoring program designed to help adults reduce high blood pressure.

In addition to these specialized programs that promote physical health, the Y also hosts various health lectures throughout the year through its partnership with Stamford Health. Lecture presentations cover topics such as breast cancer, healthy aging, fall prevention, heart health, stroke awareness, and more.

The Y serves as a place where seniors can stay physically active and socially connected through a variety of programs and activities offered in a supportive community. To learn more about senior programming at the New Canaan YMCA, including its ForeverWell initiative, visit www.newcanaanymca.org. Financial assistance is available for membership and program fees. Learn more at www.newcanaanymca.org/financial-assistance.

Liz Whitney is the Director of Marketing & Communications at the New Canaan YWCA.



WHERE THE COMMUNITY COMES TOGETHER

The New Canaan YMCA is where our community's seniors come together to have fun, stay physically active, form meaningful relationships, and remain connected to our community.



STAY ACTIVE, STAY FIT, & STAY CONNECTED AT THE Y

- 100+ weekly group exercise classes for all ages and abilities including classes specially designed for seniors
- Adult sports including pickleball, basketball, volleyball, and badminton
- Lap and therapy swimming
- Chronic disease support programs for those with Parkinson's, prediabetes, high blood pressure, and cancer survivors
- Monthly lunch and learn events on a range of engaging topics through the Y's ForeverWell program
- Special events for the whole family throughout the year
- Financial assistance available for membership and program fees

Island Meanders and Gentle Swings: A Bermuda Escape for 55+

Long before the sun sets over the Atlantic, Bermuda has already won over even the seasoned traveler's heart. A beautiful tapestry of pink-sand beaches, pastel villages and leisurely ways of life, this island archipelago is a perfect match for visitors seeking relaxation with a touch of adventure.

For those whose ideal vacation blends scenic strolls with world-class golf, Bermuda delivers wonderfully varied experiences. Their signature Railway Trail National Park alone represents some of the island's natural charm. What once was a railroad path linking east to west has evolved into an 18-mile network of multi-use trails that traverse lush landscapes and coastal reaches untouched by cars. The rail bed that once carried the "Old Rattle and Shake" train now invites walkers and cyclists alike, with several sections that range from easy 1- to 4-mile stretches – ideal for those who prefer to explore at a gentle pace. Be prepared to find occasional slopes, scenic benches and glimpses of coastal life from these winding paths, as well as hidden beaches and flowering greenery that call for slow, attentive travel.

Some 55+ visitors find it easiest to sample the Railway Trail a section at a time – for instance, beginning near Somerset or Hamilton and setting a half-day schedule with stops at picturesque bays or historic relics along the way. Pack comfortable walking shoes, water and a camera: Bermuda's Railway Trail isn't just a path, it's a quiet invitation to recalibrate to island time.

After a morning enjoying the Railway Trail's serenity, it's time to explore another of Bermuda's great passions – golf. Though a relatively small island, Bermuda boasts an outsized reputation among golfers, and several courses provide the convenience of golf carts for travelers who prefer not to walk every fairway.

Among accessible, beautifully maintained courses that welcome visitors is Ocean View Golf Course, a scenic nine-hole course perched above the sparkling Atlantic. Cart rentals are available here, making it a great choice for those who want to enjoy Bermuda's famed greens without the strain of a long walk between holes.

For a more classic Bermuda links experience, Port Royal Golf Course is a must-

play stop. Designed by Robert Trent Jones and regularly hosting professional tournaments, this 18-hole layout showcases ocean breezes and rugged views, with carts available on weekends and holidays for those who request them.

Bermuda is now just a few hours away from Fairfield County with nonstop service three times weekly from convenient and uncrowded Westchester airport. Bermuda's flag carrier BermudAir is currently offering 20% off fares for summer travel, from May 1 through August 31, when booked by March 16 using the promo code 'SUMMER20' at check-out at www.flybermudair.com. Hotel and golf packages are available also at www.bermudairholidays.com.

Pairing the Railway Trail's unhurried island exploration with afternoons on Bermuda's inviting golf greens gives 55+ travelers the best of both worlds – soulful landscape hikes and spirited rounds under swaying palms. Whether you're pedaling along a shaded rail path or teeing off beside turquoise waters, Bermuda insists you slow down, soak in every view, and let each moment linger just a little longer.

AGING BETTER, TOGETHER

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Concrete Steps to Take to Stay in Your Home

By Mimi Santry

Interview with Bob Moore of Collins Accessibility Solutions

There is often a turning point for older people when they recognize that their home is no longer working for them. Accessibility and safety are often key factors. It might be a steep driveway that is now a barrier to taking walks in the neighborhood or getting the mail. The deep bathtub that was once a place of relaxation now looks like a death trap. Doorways and hallways may feel too narrow, especially if the individual is using a wheelchair or rollator. That grand staircase that made the house look stately is now insurmountable. The list goes on.

I have many clients that want to stay in their beloved home, but safety ultimately becomes the deal breaker.

Wouldn't it be great if there was a solution? I reached out to Bob J. Moore, VP of Collins Medical Solutions, an industry expert who I know is a trusted resource for many eldercare advisors and hospital discharge planners.

Collins Accessibility Solutions is a division of Collins Medical Equipment located in Bridgeport. Family owned and operated; the company has been in business 94 years. Originally a soda fountain and drug store, the business has changed considerable and now focusses almost entirely on providing home medical equipment and serving as an "Age in Place Specialist". Bob and his team act as consultants and contractors for families who want to make changes that will increase safety and maintain independence in the home.

Prevention - When I asked Bob what steps families can take to stay in their homes longer, I shouldn't have been surprised by his answer---it wasn't renovate---it was prevention. Bob started his career as a physical therapist---he is very focused on holistic solutions. "Prevention is the first thing. I stress to my clients that the best way to avoid a crisis is

by maintaining their strength, flexibility and overall health. Seniors need to be very mindful to stay active, stretch regularly, and see their physician religiously. They need to be disciplined about taking their meds, getting their blood checked every 3-6 months to make sure their body is tolerating the meds, and asking for a comprehensive med review annually. It is common for physicians to add prescriptions ---but often the care team doesn't suggest stopping a prescription. Many seniors would benefit from a careful review of all their meds and supplements"

Other factors that keep seniors healthy are proper hydration, nutrition and regular socialization. Isolation has been cited by the U.S. Surgeon General as having a health effect equivalent to smoking a pack of cigarettes a day. Prevention also includes removing clutter and tripping hazards such as small rugs and cords.

Home Modifications - Physical alterations to the home are the next line of defense. Bob says his team will do a complimentary evaluation of the home, often by video, and suggest modifications. "Eighty percent of falls occur in the bathroom, and the next highest incidence is on the stairs. Those are two major areas where we focus our attention." Using the Collins in-house team of contractors, homeowners can add grab bars, widen doorways, and create walk-in showers. They can modify bathtubs so that access is easy for those who are mobility-challenged. Kitchens can be modified to accommodate a wheelchair. Collins is certified to install electronic stair lifts (they now match your décor) and they regularly work with a licensed elevator specialist, if that's the preferred solution. They can install ramps so that folks using wheelchairs or those unable to manage stairs can still enter their homes.

Technology - Adding technology to the home care also

There is often a turning point for older people when they recognize that their home is no longer working for them.

enhance safety ---particularly for individuals living alone. Adding fall and motion detection sensors can improve oversight of patients and shorten the response time to a crisis. Enhancing lighting and having it triggered by motion is also helpful in fall prevention. Creating an emergency card to be displayed on the refrigerator can also be a life saver. There are several options. Vial of Life is an emergency template that you fill out that "speaks for you when you can't speak or don't feel well". Another option is a digital App by a company called tendercare (full disclosure - I consult with their team on matters of senior care). Personal information is uploaded to a secure digital vault, and this info is used to create an emergency ready file. With a quick scan of a QR code, EMTs

can see information on the patient including health conditions, implants, allergies, blood types, current list of medicines, and important contacts. This radically improves the first responder's ability to provide the correct intervention.

In summary, aging is inevitable but needing to move out of one's home is not. Families can prolong their independence and stay in their homes longer if they take certain concrete steps including staying healthy, decluttering, modifying the home to be more accessible and adding smart technology. We are grateful to Bob Moore and Collins Accessibility Solutions for his wisdom on this topic.

Mimi Santry is an eldercare and senior living advisor and owner of Assisted Living Locators.

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Fueling Smarter for Cardiometabolic Health

By Natalie Gould

What Is Cardiometabolic Health?

Cardiometabolic health refers to how well the heart, blood vessels, and metabolic systems work together to regulate blood sugar, cholesterol, blood pressure, body fat, and inflammation. Strong cardiometabolic health lowers the risk of conditions like heart disease, type 2 diabetes, stroke, and metabolic syndrome and supports steady energy, hormonal balance, and long-term vitality.

Fueling Smarter

Instead of focusing on a specific diet or rigid rules, cardiometabolic health is best supported by a flexible, protein-forward, fiber-rich approach to eating. Each meal is an opportunity to stabilize blood sugar, support heart health, and reduce inflammation by combining lean protein, high-fiber carbohydrates, and healthy fats while staying mindful of overall energy intake.

This approach prioritizes consistency over perfection, emphasizes food quality alongside calorie balance, and supports long-term metabolic health without extremes or restriction. The most supportive eating pattern prioritizes:

1. Lean Proteins

Adequate protein helps stabilize blood sugar, preserve lean muscle mass, and support metabolic rate. All of these are critical for insulin sensitivity and long-term heart health. Lean protein sources provide satiety without excess saturated fat, helping manage both appetite and cholesterol levels. We recommend 0.7g - 1g per pound of ideal body weight.

Examples include: Poultry (chicken, turkey); Seafood (wild salmon, cod, shrimp, scallops); Dairy (eggs and egg whites, low-fat Greek yogurt or cottage cheese); Plant-based options (tofu and legumes)

2. Whole-Food, Fiber-Rich Carbohydrates

Fiber-rich carbohydrates such as vegetables, fruits, beans, and whole grains slow digestion, reduce blood sugar spikes, improve cholesterol, and nourish the gut microbiome. These foods support cardiometabolic health by improving insulin response and lowering chronic inflammation, especially when they replace refined carbohydrates. We recommend a minimum of 25g of fiber per day for women and 35g per day for men.

Examples include: Non-starchy vegetables (leafy greens, broccoli, artichokes, green beans, Brussels sprouts); Starchy vegetables (potatoes and sweet potatoes); Beans and lentils; High-fiber fruits (berries, apples, pears, kiwi, avocado); Whole grains (oats, quinoa, farro, or high-fiber breads)

3. Heart-Healthy Fats

Unsaturated fats from foods like olive oil, nuts, seeds, avocado, and fatty fish help improve lipid profiles and reduce cardiovascular risk. Rather than avoiding fat altogether, cardiometabolic health improves when saturated fats are balanced with, and often replaced by, fats that support vascular function and inflammation control.

Examples include: Fruit oils (olive oil, avocado oil, flaxseed oil); Nuts and seeds (walnuts, almonds, pistachios, pecans, pumpkin seeds, flaxseeds, chia seeds); Fatty fish (salmon, mackerel, sardines, black cod, anchovies)

4. Overall Calorie Balance

Even high-quality foods can work against cardiometabolic health when intake consistently exceeds the body's needs. Maintaining an appropriate calorie balance supports healthy body fat levels, particularly visceral fat, which plays a major role in insulin resistance, blood pressure, and inflammation.

5. A Simple Plate Formula

½ plate vegetables + ¼ plate lean protein + ¼ plate fiber-rich carbohydrates + a thumb-sized portion of healthy fats for flavor

This structure helps naturally regulate blood sugar, appetite, and energy intake, all key drivers of cardiometabolic health.

Natalie Gould, NBC-HWC is a National board certified HEALTH + WELLNESS COACH at Wellness Insights.

Knee'd To Know: Advancements in Surgery

By Dr. Isaac Livshetz

It is estimated that about 1 million total knee replacement surgeries are performed in the U.S. each year, with approximately 75% of those done for patients over the age of 65.

It is also estimated that “millions” of American seniors are choosing instead to live with knee pain. An inexact number, to be sure, and one that obscures the simple fact that, in most cases, settling for co-existing with easily corrected pain is not necessary.

The leading reason for knee surgery in seniors is osteoarthritis. The most common type of arthritis, OA occurs when the cartilage that lines your joints is worn down or damaged, causing the bones to rub together when using that joint. Other reasons include irreversible damage from fractures, ligament tears, and other injuries, and the failure of medications, injections, or physical therapy to supply the necessary relief.

Studies have shown that nine out of 10 patients wait too long to have knee replacement surgery, which can prolong and complicate recovery. While it may be true that no one likes the idea of getting surgery, such concerns may be tied to dated perceptions of how knee surgery actually works today.

New advancements in technology have transformed the way knee replacement surgeries are performed, with improved outcomes and faster recovery.

Nothing I see on an X-ray is going to say, “You must have knee replacement surgery.” Instead, the patient must consider the level of pain, how it limits their function, and whether they’ve tried such other remedies as weight loss, medications, injections, and exercise.

BETTER GET MAKO

Incredible advances in knee surgery have increased the appeal of the procedure. A particular game-changer is MAKO Robotic-Arm Assisted Surgery, which allows for

improved precision both preoperatively and in real time.

Knee replacement surgery involves removing the damaged cartilage and bone and resurfacing the joint with a durable implant made of metal and polyethylene. The

narcotics, which results in a much faster path to healing.

I am a proponent of a protocol for pain management that combines various classes of medications, pain management techniques, and other palliative methods

These newer implants allow the bone to grow into the implant and form a solid bond without the need for cement.

MAKO robotic arm assists the surgeon in very precisely shaping the bone and placing the latest-generation implants that effectively fuse with the bone.

Modern implants have a more biologic fixation by integrating into the bone rather than being cemented in. With a traditional implant, cement is used to hold the implant in place. But that cement degrades with time, allowing the implant to loosen, which could lead to another surgery down the road.

These newer implants allow the bone to grow into the implant and form a solid bond without the need for cement. We expect that they will provide a more durable and long-lasting knee replacement.

All of this begins a few days before surgery, when my team and I review a virtual 3D model of the patient’s knee to determine the exact position and orientation of the implants. Then, with the robotic arm, we can adjust the bone cut and implant position in 0.5-degree increments, to balance out the knee during surgery, which makes it feel as natural as possible.

MINIMIZING MEDS

The robotic-assisted surgery allows us to exercise more pain control, minimize blood loss during surgery, and use fewer—if any—

to target different pain pathways. By using multimodal analgesia, we have made great advances in managing pain after surgery. The approach provides a synergistic effect, which means we can better control pain with lower doses of medications, sometimes eliminating narcotic medications altogether.

Our highly tailored regimen often gives patients the confidence to walk within hours of their surgery. Because we’re getting patients up and moving so quickly, we don’t need to prescribe strong blood thinners; instead, they are usually asked to take a baby aspirin rather than something stronger.

In addition, most patients go home to recover, sometimes on the same day as the surgery. A return to “typical” activity can take four to six weeks, depending upon the patient’s adherence to a proper exercise and therapy plan.

Dr. Isaac Livshetz, Orthopedic Surgery, Adult Reconstruction, Hip and Knee Surgery at White Plains Hospital

Dr. Isaac Livshetz is a fellowship-trained orthopedic surgeon at White Plains Hospital who specializes in joint replacement of the knee and hip. To schedule an appointment in White Plains/Harrison or New Rochelle, please call 914-849-7897.

on growing old(er)

By Icy Frantz

I woke up old.

Just yesterday, in my mind, I was young; not quite a girl in her teens or twenties or even a young bride, but maybe a new mom toting little children, strollers, and car seats, with the capability of balancing a toddler on one hip, a coffee in a free hand, and looking great while doing it.

Or perhaps I am closer to the more seasoned mom of teenagers, sometimes ornery, dressed in yoga pants and running shoes, cheering on the sidelines of an athletic field.

But this morning, when I woke up in a home eerily quiet save for a snoring dog, I suddenly realized that something had shifted. Surely it didn't happen overnight...but it felt that way.

I have always had a number in my head - an age that would confirm that I am indeed still young - and although I have moved that goalpost a few times over the course of countless birthday cakes with candles that have given off increasingly hazardous heat, this morning there was no ignoring it.

Now, one could say that age is just a number, or that relatively speaking, I am still younger than some (and of course this is true; I am sure at 65, 70, or 75 - if I am so lucky - I will think I had no business writing this piece), but there comes a time when the warning signs are deafening. And although my hearing is not what it used to be, I can hear them, and I am forced to accept the inevitable.

Instagram algorithms have determined that content such as anti-aging miracle creams promoting radiant wrinkle-free skin and garments that hold in unwanted bulges will increase my user satisfaction. It takes me longer to scroll through the years to find 1965 in the drop-down menu on applications. Seeing a sign for senior parking, I had to ask my husband - does this apply to us? The signs, both physical and abstract, are there.

I was reading a magazine at the doctor's office (a place that I now frequent more often - not because I am sick, thankfully, but because as we get older our health demands more time, more tests, and more attention) and landed on a piece about middle age. The author, a newly minted 40-year-old, was complaining about becoming middle-aged, and I wanted to scream, "Not at 40!"

I was 40 when I gave birth to our daughter. I was 40 when I ran a marathon. I was also 40 when I started to wear readers -

0.25 strength! - that I needed at night because, as my ophthalmologist told me then, my eyes are perfect, but the muscles that help them focus are weary after a long day of everything that a 40-year-old does.

These days, those muscles are weary when I wake up, and it's not limited to those around my eyes. And where I once needed very weak readers, I now have an entire restaurant routine that includes stronger ones, the flashlight on my iPhone, a magnifying card, and - worst case scenario - an offspring that can read the menu to me.

I have spent the last month in physical therapy; as we age, our muscles need more too - more planks, more crunches, more stretching - and we need to be more aware of the mechanics of sitting at a desk or driving a car. In essence, we need to do more for less return (if we were a stock, our future would be questionable). It turns out my mother was right: posture does matter. And as I have learned, we can even tweak our back while sleeping - that just doesn't seem fair.

Perhaps it is a good thing that we no longer have small children to watch over, because being older takes an enormous amount of time (not to mention being tough on a back tweaked in slumber). Note to my children, though - said back will be happily sacrificed for grandchildren.

I told a friend I was writing a piece about growing older and she made me promise that I would mention the mysterious advent of chin hairs that accompany aging, so here you go...chin hairs. This is for you, friend.

And while chin hairs are living their best life, the hair on our head begins to retreat like an army in the throes of defeat, and if you are like me - not gifted with a thick mane to begin with - it's important to hold onto what we've got (even if it's thinning).

And though our hair may be thinning...the rest of our body is not.

Now, the physical part of getting older has its challenges - it can feel like we are running on a treadmill that is increasing in speed with the bright red emergency kill switch tempting us - but the emotional part requires deep reflection.

When Kirstie Alley died at the age of 71, a friend told me she saw this headline - "Kirstie Alley Lived a Good Long Life" - and thought, 71?! That would mean 15 more years for me, and there is just so much still to do.

We begin to think of our bucket list and realize that, where we once kicked that can of

dreams down the lengthy block, there is now less block. So, we take action.

And knowing that there is less time, we can hone into what is personally important - people and places we love - and learn to let go of the rest.

At the age of 95, my rebellious grandmother let go of the laws that no longer applied to her. She would park her car anywhere - in front of a store, the beauty parlor, the no parking and tow away zones - it didn't matter. In her mind, she had earned the right to break a few rules.

I may not be 95, but age does give us some freedom to buck the system; some constraints and guardrails we felt when we were younger evaporate. We care less about what others think and lean into what we want. I mean, if we ruin our reputation, we have fewer years to live with the shame, right?

I had a coach in high school - an older, wiser man I adored - and he used to say, "Age before beauty," and walk onto the squash court in front of me. Well, Ronnie, I'm first in now, too. You taught me how to enjoy that honor.

Thankfully, I can look back on my youth and hold tight to those awesome memories. When I could stay up to midnight and wake up spritely the next day or get out of a low-riding sports car with my knees intact or walk into the pantry and recall exactly what I set out to find.

I saw a quote in an article in The New York Times and I think it is applicable here: "Expiration dates are not expiration dates." The piece was about food, but it made me think - do we ever become irrelevant, past our prime, bruised and forgotten? I think not. In fact, there are many foods that simply improve with age - time is what is needed to enhance flavor, to allow for the many facets to blend and marinate, which ultimately results in an exceptional and enriched dish.

So, together with the soups, stews, sauces, cheeses, and wine, I am on my way to becoming an exceptional and enriched dish. And that is not so bad.

"Wrinkles only go where the smiles have been." - Jimmy Buffett

Editor's Note: Our friends at the Society of Professional Journalists awarded this column by Icy Frantz a First Prize. It was first published in the Sentinel newspaper and we reprint it here for your enjoyment.



BOTH HIPS REPLACED. HOME THE SAME DAY. THAT'S EXCEPTIONAL.

Jaime was told he would need two hip replacements, several months apart, which meant time away from work and family. Dr. Jakub Tatka at the White Plains Hospital Center for Orthopedics & Spine Surgery performed a minimally invasive anterior approach to replace both hips in just two hours, and the expert team had him walking out of the hospital that day.

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