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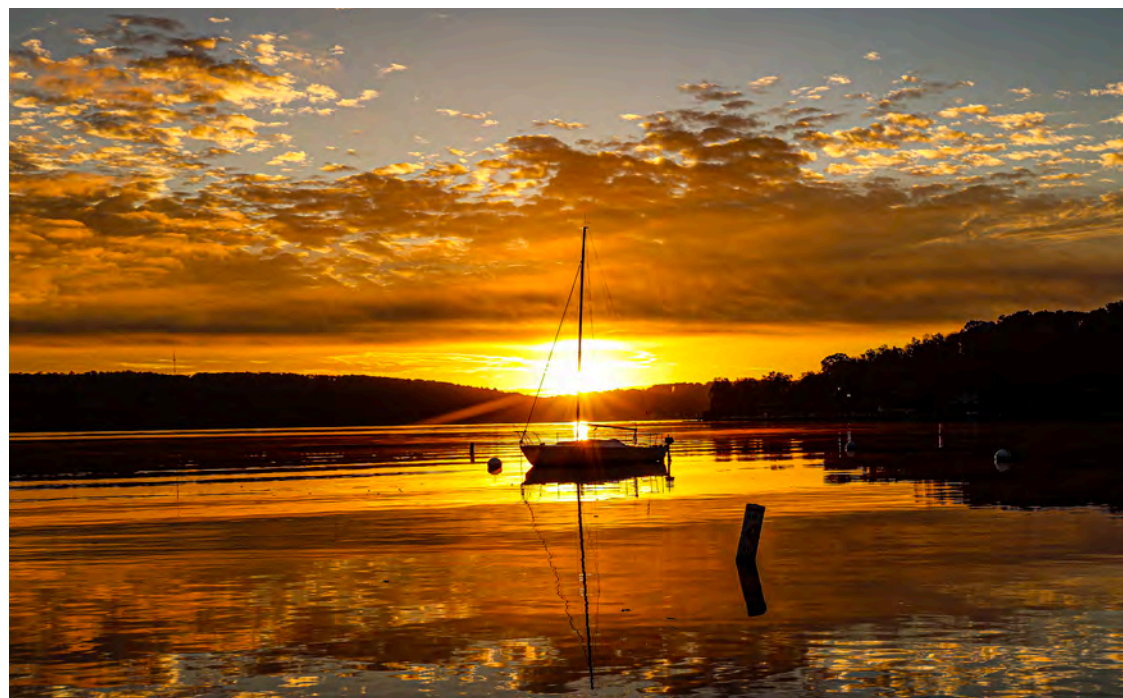
Pollinator Walk & Talk Program at Great Hollow Sat., Aug. 23, 10-11am

Join insect expert, Ben Lee, for a special walk & talk program all about pollinators! Ben will lead us around Great Hollow's grounds and pollinator garden to look for and identify pollinating insects, talk about the best plants for supporting pollinators, and advise on how you can landscape around your home to provide high-quality pollinator habitat.

Please email Ben at <mailto:blee@greathollow.org> to register.

Free for members and non-members. Children are welcome but must be attended by a parent/guardian.

Great Hollow Nature Preserve & Ecological Research Center is located at 225 Route 37 in New Fairfield



New Fairfield sunrise at the marina.

Photo by Kurt Stoffel

NF Senior Center's Chairathon Auction is this Sunday at 1pm

By Sarah Opdahl

NEW FAIRFIELD - The creativity is flowing in New Fairfield, with residents putting time into reinventing old chairs to submit for the "Chairathon," a Senior Center fundraiser. Most will likely have not missed seeing the interestingly decorated chairs around town, which have brought many a smile to passersby.

"We hope that a lot of people show up to bid on the chairs," Senior Center Director Kathy Hull said in a recent town meeting, referring to the many lovely chairs that were contributed for the event. On Sunday, August 17 at 1pm at the Senior Center there will be a live auction featuring an auctioneer with little paddles for bidding. All of the proceeds will benefit the Friends of the New Fairfield Senior Center, whose mission as a nonprofit "is to provide additional funds and community support for programs that benefit and enhance the lives of New Fairfield's older residents."

At NewFairfieldSeniorCenter.org the Chairathon was described as "a townwide event to benefit all of us. Following the themes of Earth Day "Reduce, Reuse," we challenged groups and individuals to take a used wooden chair and make it into something new and appealing. We are so grateful to those friends of the Friends of the Senior Center for taking up the challenge." There are before and after photos posted on the website and a list of all eighteen chair locations—including Gil's Auto and Truck Repair, Olde 37 Patio and Grill, Twister's Ice Cream, Heritage Discount Wine and Liquor, and Luks Realty. Visit the locations to preview the chairs through this Sat., August 16.

Comedy, Music & More at the JCC in Sherman! Fri., Aug. 15, 7:30pm - JCC Comedy Night

Join us on Aug. 15 at 7:30pm for the 6th Annual Steve Bennett Memorial Comedy Show!



Laugh along with some of the freshest comic voices on the stand-up stage, in keeping with the raucous comedy events our longtime resident Steve Bennett organized over the years!

Comedians: Emily Azrael • Dillon Krause • Luz Michelle

• Peter Wong • Tayler Yarish

*a portion of the proceeds from this show benefit the Steve Bennett Memorial Scholarship Fund

Sun., Aug. 17, 1pm - Sunday Speaker Series with the Deer Pond Farm Nature Preserve

Join us at the JCC for our monthly speaker series with guests from the CT Audubon Society's Deer Pond Farm Nature Preserve here in Sherman.

There are 15 miles of trails to explore at this 850 acre land trust. Nature themed programs are offered throughout the year on site and in their classroom. There are numerous bird nesting boxes, a pollinator garden and active forestry management in place. Habitat Enhancement is a key focus of our operations. If we save where the birds live, many

Continued on page 6

NF Housing Opportunities Committee Prepares for September Open House/Annual Meeting

By Sarah Opdahl

NEW FAIRFIELD - At the Tuesday, August 5 meeting of the Housing Opportunities Committee (HOC), members discussed their upcoming open house meeting on Wednesday, September 17. The date will serve as a second regular meeting for the HOC that month and members of housing adjacent boards, commissions, and committees will be invited to provide an update on their slice of affordable housing information. The public is more than welcome to attend, as the group is eager to continue collecting feedback from residents.

HOC Chair Ms. Anita Brown explained that she and Ms. Kath-

Continued on next column

leen DiTullio recently met with the group's housing consultant, Ms. Jocelyn Ayer of The Housing Collective. Ayer suggested that the open house be added to the calendar, also keeping the regular meeting date of Tuesday, September 2 in place for planning and to avoid the hustle and bustle as residents flip to "the structured life of fall." The September 17 date will serve as the group's "annual meeting," which was specified as a goal in the Town's Affordable Housing Plan and will be held in the New Fairfield Community Room, adjacent to the Senior Center. Representatives from the Board of Selectmen, the Zoning Commission, and the Plan-

Continued on page 3

This Week's Birthday Horoscope



LEO / July 23-Aug. 23

Leo, if you are called upon to tell a story or get people to see their common interests, your flair for drama should come in handy. Others will have so much fun being around you.

Look for our Back to School Issues! August 21 and August 28

Advertising is Available on Our Website!

For more information email Advertising@thetowntribune.com

COMMUNITY NEWS

Section One
Pgs. 8-9, 16

Sherman Artists
CLA • Richter Musical
Walk to end Alzheimer's



OPINION PAGES

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Letters to the Editor
TT Teaser
Sudoku

Edward
Jones



HEALTH & FITNESS

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Heart Disease Warning
Walking and Seniors
Prostate Cancer



HOMES & GARDENS

Section Two
Pgs. 1-6

Choosing a Grill
TT Kitchen Corner
Homeowner Gifts



WHAT'S NEW IN SPORTS

Section Two
Pgs. 7-9

NF 12's & 8's
WIN GHVBL
Championships



NEW FAIRFIELD THIS WEEK

New Fairfield Community Calendar

Aug. 14: 7:30pm, Board of Selectmen
Aug. 19: 6:30pm, Margerie Reservoir Trail Advisory Committee Special Meeting – IN-PERSON, Danbury City Hall
Aug. 19: 7:15pm, Conservation Inland/Wetlands Comm. – REMOTE
Aug. 21: 7:00pm, Board of Education
Aug. 21: 7:00pm, Zoning Board of Appeals – IN-PERSON, Library CR
For more information, updates and/or cancellations visit www.newfairfield.org/

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Woman's Club of DBY/NF (WCDNF) Help Children Prepare for Back to School

On July 30, members of the Woman's Club of Danbury/New Fairfield donated essential back-to-school supplies for our area children. This effort, initiated by the club's Health and Wellness Committee worked in partnership with Danbury's Daily Bread Food Pantry.



WCDNF members donated school supplies in the value of \$2,638. These much-needed items will help our community's children be prepared for the start of a new school year.

Our thanks go to all who contributed to the success of this program. WCDNF wishes our community's children a happy and successful school year!

From NF Social Services

New Fairfield's Food Pantry can always use donations and typically welcome practical foods such as: Canned Chicken, Meat or Tuna, Canned Stew or Chili, Cereals – Cold or Hot, Spaghetti Sauce, Pasta, Non-refrigerated fruit juice, Milk - Non-Perishable Box (Parmalat), Canned Fruit or Applesauce, Nuts (all varieties), Crackers/Cookies, Peanut Butter/Jelly, Granola Bars, Laundry Detergent, Deodorant, Shampoo/Conditioner, Feminine Products, Tissues, Toilet Paper and Paper Towels.

Items can be dropped off at the food pantry (NF Senior Center) Mondays and Thursdays, 9am-4pm and Fridays, 9am-2pm. Please call the office at 203-312-5669 to set up a drop off time. Please check the expiration date prior to donating. Expired or Open products have to be discarded.

Please contact New Fairfield Social Services, Cindy White, 203-312-5669 and Sherman Social Services, Lynn Gomez, (860) 354-2414 for more information.

A View from Town Hall

By Melissa Lindsey
First Selectman, Town of New Fairfield

There has been considerable discussion regarding the Town's legal fees from the last fiscal year. While we always work to keep legal costs within budget, these expenses can be difficult to predict. Last year, our legal fees were again over budget. The main contributing factors included (rounded figures):

- Union negotiations - \$30,000
- Freedom of Information & document requests - \$18,000
- Non-union contract adjustments & memorandums of understanding - \$9,500
- Tax appeals - \$5,000
- Personnel issues - \$35,000
- Compliance matters (mainly zoning, wetlands, and health) - \$26,000
- Board & commission matters - \$8,500
- Building project concerns - \$4,000

While it's unfortunate to exceed budget, it's not unusual — this has occurred in three of the past five years. Many of the matters we addressed last year originated in prior years. We take every precaution to ensure our decisions and actions follow the proper processes and procedures.

We anticipate holding a Special Town Meeting within the next few weeks (tentative date: August 28, pending Board of Selectmen approval on August 14). Residents will be asked to vote on:

1. Acceptance of Farview Drive as a Town road
2. Acceptance of three easements along Gillotti Road from a project completed in the 1990s
3. Additional appropriation of \$100,000 from the FY 2023–2024 surplus for road repair
4. Additional appropriation of \$950,000 from the FY 2024–2025 surplus to the medical reserve fund
5. Lease of capped landfill land to Verogy for a solar project, generating approximately \$43,000 in revenue for the Town and Board of Education
6. Update to the Town ordinance on solicitors — increase in license fee and set permitted solicitation hours
7. New Town ordinance to regulate stormwater management

Road Repair:

The \$100,000 appropriation will allow us to fully pave Gillotti Road — work begins August 18 and will be completed before school starts. It also ensures our Department of Public Works has the funding to address other road repair needs throughout the year.

Medical Reserve Fund:

This fund has been underfunded in recent budgets, dropping from over \$3 million in FY 2016–2017 to a \$950,000 shortfall at the close of FY 2024–2025. This appropriation ensures we start the fiscal year on solid footing rather than playing catch-up.

Solar Project:

Under the proposed lease, Verogy will design, build, and maintain a solar photovoltaic system on the capped landfill. The project will generate energy savings of up to \$43,000 annually for the Town and Board of Education.

We are very hopeful that residents will attend these very important meetings and take part in the process.

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Sat 8am - 5pm

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For the Love of the Lake

By Mary Yulo

Summer on Ball Pond is an annual delight. Our small, glacial lake, is home to a healthy ecosystem of flora and fauna, and it's water provides recreational opportunities for swimmers, paddleboarders, boaters, and swimmers each summer season. Friends of Ball Pond is a non-profit organization whose mission is to preserve and protect the lake. Friends of Ball Pond is connected to, and works cooperatively with, the Candlewood Valley Land Trust and the Ball Pond Advisory Committee to achieve their goals.

If you were able to attend Friends of Ball Pond's annual Music Festival on the pond in July, you probably know that there is a unique community of people who care deeply about protecting the lake. In order to do support lake projects, including water testing and invasive plant management, Friends of Ball Pond holds fundraisers each year, such as the upcoming "Shop-Around-the-Pond" tag sale. Please show your support by shopping or by hosting a tag sale and sharing your proceeds with Friends of Ball Pond. If you are interested in joining in our sale, please contact mcy95@hotmail.com and sign up. Be sure to add "tag sale" in the subject line! This sale will be held on Saturday, August 30 between 9 am and 2 pm. In addition, the committee is trying to organize a Friday evening "shopping preview" between 5 and 7 pm. See our ad in the Tag Sale section for updates, and look for signs going up between now and the event.

One last note: algae is an important part of a lake ecosystem. Occasionally, lakes face "algae blooms," where blue-green algae (aka cyanobacteria) rises up through the water column and collects on the surface. There, it is pushed across the lake by wind, sometimes collecting along the shoreline. If there is a blue, green white or reddish skim on the surface, resembling spilled paint, or a condition resembling "pea soup" in the water column, please avoid swimming in that area until the bloom dissipates (usually a few hours). Ingesting water in areas where a bloom is present (especially children and pets who go in the water and then groom their fur) can cause gastrointestinal symptoms. Observe signs in areas where the public can enter the lake. But most of all, enjoy the summer beauty of Ball Pond! If you are interested in joining Friends of Ball Pond, go to our website for membership information: www.friendsofballpond.com

"Junk in a Trunk" Just in time for Fall Decluttering!

Does your garage or basement need a good decluttering? Wouldn't it feel great to get some cash for all the clutter that you don't need anymore? Too busy to get the word out for your own tag or garage sale? Well, you are in luck because the Community Service Club of New Fairfield will hold their popular "Junk in a Trunk" sale on Sat., September 13 (raindate, September 14) at the New Fairfield Senior Center (33 Route 37). This is the largest group tag sale in New Fairfield and it always attracts a huge crowd of shoppers. A donation of \$30.00 will provide a designated space for you to sell your wares from the trunk of your car. The Community Service Club will do all the publicity and what you sell is yours to keep.

If you are interested in reserving a spot to sell your "junk", contact Janet at 203-313-5892. Here is your chance to clean out that clutter, make a little cash for yourself, and support the efforts of a great organization!

The Community Service Club meets the second Tuesday of the month, August through May at 7:30pm. New members are always welcome. For more information contact csc@cscofnewfairfield.com.

HOMETOWN NEWS IS WHAT WE'RE ALL ABOUT!

Mountain View Cemetery Needs Help with Updating Records

Mountain View Cemetery is working on updating our records. If you or someone you know is a plot holder please contact: Charlotte Maher 203-241-9467 or email: mtnviewcem@aol.com

NF HOC

Continued from front page

ning Commission will be asked to present information regarding "what they saw happening" to support affordable housing.

Ayer also encouraged the HOC to invite Mr. Justin Potter, President of the Kent Affordable Housing Committee, to attend and speak about Kent's process, which is very robust in comparison to New Fairfield's. Also, the HOC would likely start the meeting with their "roadshow" that they have presented to several groups in Town. Brown hopes a crowd will "come and hear what we have to say," including what the various town entities' "take is on how they have contributed, what they have done, and what they see us doing going forward." Brown also added that their guest speaker, Potter, is willing to share important details about their successes and real data about financials and more.

Brown is considering best ways to get the word out about the open house/annual meeting, saying that she will do a write up for the Town Tribune and the Town Hall newsletter. Other members, including Ms. Kathy Hull, Ms. Roberta Anderson, and Ms. Liz Yoho, will work to update social media with information about the event, which will be made easier once a flyer is developed with Ayer's help.

Continuing their discussion on social media opportunities, the group agreed that increasing their online presence would be a wise move. One fun engagement involved comical photos of Brown riding in a small car in the 4th of July Parade.

There was a brief update on how the roadshows are progressing, with acknowledgement that it can be tough to speedily get on the local group agendas. Brown expressed that she and others will persevere to hold those road shows. Members also look forward to participating in New Fairfield Day on Sat., September 27.

Brown explained that the New Fairfield Housing Trust ("Trust") is on hiatus for summer but will soon hold their bigger annual meeting on Thursday, September 4. She plans to send out an email blast to all residents who have expressed interest in affordable housing to let them know about the meeting. Brown is hopeful for the future Trust initiatives, saying, "we are working on reinvigorating."

The next regular New Fairfield Housing Opportunities Committee meeting is scheduled for Tuesday, September 2, 7:30pm.

Look For Our Back To School Issues
Aug. 21 and Aug. 28
 To Advertise
 Email: advertising@thetowntribune.com or call (203) 746-4669

PAY ATTENTION !!!! NEW FAIRFIELD / DANBURY RESIDENTS

- The State of CT, the City of Danbury and bad players in NF will destroy a nature preserve, a watershed with wetlands and harm a reservoir for political means.
- The Margerie Trail Advisory Committee is a biased board with a clear political agenda, unwilling to respect or address public concerns and opposition.
- ALL resident voices have now been censured. Public commentary has been removed from the upcoming August meeting.
- NF taxpayers are already paying. Town employee manhours are being utilized to process trail invoices. It's a New Fairfield grant, with Liability Insurance under Town of NF and the NF Board of Education. All for a Danbury owned property.
- Unanswered cost & maintenance questions. Who is financially responsible, and for what?
- NF residents currently have no rights to property/water access. Will access to the property be granted to NF residents for fishing?
- Already plenty of hiking and walking trails in NF and Danbury. Why does NF need another walking trail that will do nothing but harm an entire ecosystem?
- Parking only in Danbury. NF plaza spots are designated for town businesses.
- Be heard - email h.robinson@danbury-ct.gov.
 - o Request public commentary be placed back on the agenda
 - o Request the September 16th meeting scheduled for NF remain as scheduled. Do not allow this project to be fast tracked without your input.
 - o Request a Q&A Item be placed on the September meeting agenda
- Do not tolerate intimidation. This will need to come to a town vote

Margerie Reservoir Trail Advisory Committee (Meeting #16)
AGENDA

When: 6:30 PM – Tuesday, August 19, 2025

Where: Danbury
 City Hall – 3rd Fl – 3C
 155 Deer Hill Avenue

Call to Order
 Roll Call

1. Minutes
 July 22, 2025
2. Invoices
 Invoice # 12011 (B&L Services thru 6.21.25)
3. Communications to the Committee
4. Recommendations
 Danbury City Council & New Fairfield Board of Selectmen
5. Meeting Schedule
6. Adjournment

*Note: This meeting will not include a public comment period.
 The Committee has received extensive public input over the past two (2) years, including at more than fifteen (15) public meetings, online surveys, stakeholder outreach, and comment mapping.
 A comprehensive FAQ Sheet from the Committee addressing concerns is included.

Next meeting of the Margerie Trail Advisory Committee
Tuesday, August 19, 2025 • Danbury City Hall • 6:30pm - get there early
Meeting tentatively scheduled for Tuesday, September 16 at 6:30 – NF Senior Center

- Trail plan presented 6/17/25 available here:
<https://bartonloguidice.mysocialpinpoint.com/margerie-reservoir-trail/margerie-reservoir-trail-home>
- Danbury/New Fairfield Route 37 Corridor Study- <https://westcog.org/wp-content/uploads/2021/06/Rt37-Recommendations.pdf>

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Parks & Rec Programs

Adult Yoga: Package of 4 week sessions available, Wednesdays in Aug./Sept., 5:15pm. In-person at the Sr. Center exercise room or Zoom. Instructor: Lara Ward of Lotus Gardens Yoga

The Art of Tai Chi: Tues. or Thurs. sessions in Aug./Sept., 6pm, NF Sr. Center Exercise Rm. Instructor: Master Ron Statler \$125/6 wks.

AUGUST Camp:

Little Inventors Creativity Camp Aug. 18-21, NF Lib. 10:30am-1:30pm. Grades 2-4. Reg. soon - Spots are filling up!

Beach Passes: Family and Individual Beach Passes are available on-line, at the beach check-in or at the P & R office. Free Golden Passes are also available for ages 65+. Daily pass for residents (and guests) is \$5 and \$10 for non-residents.

NF Beach is open daily 11am-6pm. Open 11am-7:30pm, Aug. 13 & Aug. 20 **Weather and Staff permitting.

Coming Soon... NF Town Fair Day Sept. 27, Memorial Field! Registration forms are available for free vendor spaces, contact our office. Enjoy a day full of food, beer & wine, music, children's activities and more...

* All programs and are subject to change. * P & R is a self-sustaining dept.. Please follow our NF Parks and Recreation FB page or check NF town website parksandrecreation@newfairfield.org or call 312-5633

New Fairfield Free Public Library

A huge Thank You to Our Generous Sponsors with the summer reading program!

Programs:

Toe Tapping Tots: August 15, 22 & 29, 10:15-10:45am and 11:00-11:30am: Jump into music and movement with Miss Adriana and her trusty ukulele! We will sing, dance, and explore the fun of early literacy through rhyme and rhythm. *Ages 2-5*

Afternoon Storytime: August 19 & 26, 4:30-5:00pm: Join Miss Adriana for stories, songs, and crafts at our new afternoon storytime! *Aimed at ages 2-6, but both younger & older kids are welcome to join us. Fun for the whole family!*

Chess Club: August 19 & 26, 5:30-6:45pm: Meet some chess partners and play a few rounds. No instruction will be provided, but boards will be available. No sign up needed. Go to the circulation desk in the main library when you arrive to pick up a board. *Adult*

Lap Sit Story Time: August 18 & 25, 10:30-11:00am. Babies and their caregivers can join Miss Adriana for some great stories, rhymes, and movement activities! *Ages: Newborn to 2 years old.*

Pages and Playtime: August 20 & 27, 10:30-11:00am: Join Miss Carly for a storytime adventure, followed by hands-on exploration at sensory stations! *Aimed at ages 2-6, but both younger & older kids are welcome to join us. Fun for the whole family!*

Knit, Stitch, Share: August 19, 5:30-7:00pm: Connect with fellow fiber enthusiasts while working on your own projects! Bring your work in progress—whether it's knitting, crochet, weaving, or any other fiber art—and enjoy a creative space to share ideas, tips, and inspiration! *Registration not required. Adults*

Friends' of The Library Monthly Meeting: August 14, 10:11:00am: Join us for our monthly get together and help support our library!

Music with Miss Mell: August 14, 10:30-11:00am: Children & their caregivers are invited to join Miss Mell and her wonderful guitar for a half-hour of music and fun! *Ages: 3-5*

Paint your Pet Watercolor Workshop: August 14, 4:30-6:30pm: Bring along a printed 5x7 photo of your pet and in one 2-hour session, Nancy Roman will help you paint a watercolor portrait based on the photo! *Registration required. Teens and Adults Sponsored by the Friends of the New Fairfield Library.*

Lego Club!: August 14, 4:30-5:30pm: Grab a friend and join Miss Adriana for some fun with Legos! We'll learn all about Lego mechanics, compete in exciting building competitions, and bring our imaginations to life with some free-building time. *Ages 6-12*

Short Story Discussion: August 15, 1:00-1:45pm: Join us Fri., August 15 at 1:00pm for a discussion of *Nephilim* by Annette Binder. You will find copies at the front desk. Why short stories? They must achieve what a novel does in 10 pages. What is the theme? Do we have a sense of the character/s? Meet some people and read a work you may not encounter otherwise. Bring lunch, if you'd like.

Video Games Galore!: August 16, 1-3:00pm: Join us for a session of gaming with your friends! Try out a VR headset, jump on the switch and play some Super Smash Bros or Mario Kart, or kick back with some vintage games and crafts! *Ages 8+*

Virtual Author Talk with Casey McQuiston: August 20, 7-8:00pm: Bring an appetite for sizzling drama as we discuss New York Times bestselling author Casey McQuiston's latest romantic comedy, *The Pairing*. Don't miss the live Q&A! Can't make it to the live talk? No problem! Visit library.org/newfairfieldlibrary/archive to view recordings of this talk and all our previous ones.

Registration for all programs is online under the Events tab/Program Calendar & Registration on the library website at www.newfairfieldlibrary.org For more info., please call the library at: 203 312-5682.



HALL RENTAL



If you are looking to rent a hall space for an upcoming function, consider supporting your local **Company A Fire House.**

Our Company A Fire department Hall is maintained by the volunteer membership as a revenue source to help offset operating costs.

Approximately 65 x 55 ft., with a full commercial kitchen and ice machine. Our hall can accommodate large and small parties alike.

It can accommodate up to 214 people with tables and chairs or 459 people standing or chairs only.

This is handicap accessible.

For information about Hall Rental prices and scheduling:

Company A Hall rentals email: NFhallrentalcoa@gmail.com

Company A Hall rentals website: <https://www.nfvfd.org/company-a-hall-rental>

The contact number is 203-312-5730

Acceptable payment methods: cash, check & money order
Checks/money orders would be made out to
"New Fairfield Fire Company A"

The mailing address: P.O. Box 8122, New Fairfield CT 06812

The general NF Fire Co A site is: <https://www.nfvfd.org/about1-c1m6q>

*In addition, general donations to specifically support the Co A firehouse are always welcome.

Donations can be made payable to the "New Fairfield Fire Co A"

& can be sent to P.O. Box 8122, New Fairfield CT 06812

*If you are interested in finding out about becoming a volunteer, please contact 203-312-5719

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New Fairfield Senior Center
Tel: 203-312-5665 Fax: 203-312-5667

Highlights of August 2025

New Fairfield Senior Center offers an in-house lunch program by the Greater Bridgeport Senior Community Café, computer technology help, sewing groups, card groups (including Rummikub and Canasta), Yoga, Tai Chi, Zumba, and Bodies and Motion classes, a Women's Book group, Walking Club, Garden Club and so much more. Friends of the Senior Center meet the 3rd Wednesday of the month at 4pm and The Commission on the Aging meets the 4th Tuesday of the month at 7:30pm. Daily calendars are available at the Center.

Payment options for our classes: checks are preferred but we do accept cash. If you are interested in any of the programs mentioned below, please call the Senior Center at 203 312-5665. You can also visit our website at www.newfairfieldseniorcenter.org.

Zumba: Mondays or Wednesdays at 9:30am. \$30/6-wk. session.

Bodies in Motion: Monday, Wednesday and Thursday at 11am. You will find it fun while focusing on your breathing and improving your balance in order to reduce your risk of falls.

Lunch: Tuesdays, Wednesdays and Thursdays at 12pm. Reservations must be made by Wednesday of the previous week at the lunch reservation cart or by calling the desk. If you don't see your name on the list, add it. \$4 per meal. **Special Sandwich lunch** on Monday. Orders will be taken on Wed., the week prior, and must be paid at the time of order. \$6.

Technology Assistance: Tuesdays and Wednesdays, 1pm. Contact us to schedule your free appointment.

Wheel of Fortune: Mondays at 1pm. You can play either in person at the center or via zoom. If you prefer Zoom, please contact us for an invitation to this meeting.

Stitch by Stitch Quilting: Tuesdays and Fridays, 10am.

Tai Chi/Qigong: Tuesdays at 10am. \$30/6-wk. session.

ChairYoga: Tuesdays, 1pm. \$30/6-wk. session.

Mah Jongg: Mondays and Tuesdays, 1pm. Mah Jongg is a tile-based game that is played by four players.

Investment Club: Tuesdays, 1:30pm.

Pool: Tuesdays. Women's Pool, 12-2pm. Men's Pool, 2-4pm. Class size is limited so sign up today.

Art Class: Wednesdays or Thursdays, 10am. Dominick Tomanelli, a gifted artist, leads this weekly class. \$35/6-wk. session.

Sit n Stitch: Wednesdays, 10am. Novice to experienced knitters.

Sittercise: Wednesdays, 12:30pm. Sittercise is a free 45-minute exercise program designed for use with all levels of ability including the physically challenged.

Cards and Games: Tuesdays, Wednesdays and Thursdays, 1pm.

Cribbage: Wednesdays, 1pm. Cribbage is a card game, traditionally for two or four players that involve playing and grouping cards in combinations which gain points.

Yoga: Tuesdays, 9am and Wednesdays, 5:15pm. Led by instructor Lara Ward. \$30/6-wk. session.

French Class: Thursdays, 9am. \$30/6-wk. session.

Blood Pressure Screening: Wednesdays and Thursdays, 9am-12pm. Come for a free screening of your blood pressure.

Movers and Shapers: Thursdays, 9:30am. \$30/6-wk. session.

Canasta: Thursdays, 1pm.

Continued on next column

Cornhole: Mondays and Thursdays, 3pm.

Basic Spanish: Fridays, 9am. Class led by Tatiana Leon.

Free Form Dance: Fridays, 11am. Class led by Tatiana Leon. Sign up today.

Fair Crafts: Fridays, 1pm. This group gets together every week to work on different crafts that will be sold in October at the Craft Fair.

Grandparents Ice Cream Social: Thurs., Aug. 14, 1pm. We will be hosting a special afternoon for grandparents and their grandchildren. Be sure to call today to schedule a "play date" with your grandchildren.

Chairathon Awards and Auction: Sun., Aug. 17, 1pm. The grand finale of the Friends of the Sr. Ctr. Chairathon will feature awards for the best projects and a lively auction. Come bid on your favorite. Refreshments available.

Intuitive Readings: Mon., Aug. 18, 1pm. These readings are sessions where a professional reader will read your energy vibrations. Readers are usually empaths and healers who are sensitive to other's energy. These people can sense what is going on in your life. Based on the issues they will work with you to empower you. Sign up for your 15 minutes with Courtney Stark for \$15.00.

Walking Club: August 19 at 9:30: Joe's Hill
August 26 at 9:30: Ridgefield Rec. Center

AAA Services: Wed., August 20, 1:30pm. Have you ever wondered what AAA can do for you beyond towing and tire changes. During this brief but informative session, you'll learn how AAA can help with:

- Travel planning and exclusive member discounts
 - Insurance options and financial services
 - Identity theft protection
 - DMV services and more!
- Already an AAA member or simply curious, this presentation is the perfect opportunity to get the most out of what AAA has to offer.

Friends of the Senior Center Meeting: Wed., Aug. 20, 4pm. We are always looking to welcome new members and fresh ideas for projects and fundraising.

Our National Symbol: The Bald Eagle: Thurs., Aug. 21, 1:30pm. Learn all about the soaring spirit of America, the bald eagle. This presentation by Madeleine Eckert, will feature eagles and historical information and eagle information handouts. After the presentation, tour the Hubbel house, the historical house behind the Senior Center.

Movies: Fridays, 1pm. Relax with friends and snacks.

"The Truman Show": Aug. 15. He doesn't know it, but everything in Truman Burbank's (Jim Carrey) life is part of a massive TV set. Executive producer Christof (Ed Harris) orchestrates "The Truman Show," a live broadcast of Truman's every move captured by hidden cameras. Cristof tries to control Truman's mind, even removing his true love, Sylvia (Natascha McElhone), from the show and replacing her with Meryl (Laura Linney). As Truman gradually discovers the truth, however, he must decide whether to act on it

Important numbers to remember:

Senior Center reception area: 312-5665

SweetHART bus reservations: 748-2511 (*Make reservations at least a day in advance*)

Senior Center lunches: 312-5665

Meals on Wheels - 743-5418

The New Fairfield Senior Center seeks to provide opportunities for enrichment and interaction for adults above the age of 60 in an atmosphere of support. Our center has a respectful atmosphere to maximize a sense of wellbeing and health through participation in activities at the Center and in the community.

Travel with the NF Senior Center

Aug. 19: Carole's Kings at Aqua Turf, Lunch and Show & Oct. 1-3: Timeless Treasures in the Adirondacks

Looking to get away? Space is available on Tues., August 19 for Carole's Kings at the Aqua Turf. Lunch and a show \$114. Or this opportunity for a Fall get away; Timeless Treasures in the Adirondacks Wednesday, October 1 through Friday, October 3. \$1,035 pp for double room or \$1,216 pp for a single room.

Call 203-312-5665 or stop by the senior center for more details about these two great trips.



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SHERMAN THIS WEEK

TOWN TRIBUNE (203) 746-4669
EDITORIAL@THE TOWN TRIBUNE.COM

Sherman Community Calendar

Aug. 14: 7:00pm, Commission for the Arts Monthly Meeting
Aug. 18: 12:00pm, School Building Committee Bi-Monthly Meeting
Aug. 18: 7:00pm, Historic District Commission Monthly Meeting
Aug. 19: 7:00pm, Inland Wetlands Commission Monthly Meeting
Aug. 23: 12-8:00pm, Adjourned Town Meeting Referendum
 Visit the Town of Sherman website at townofshermanct.org/ for more information.

Important Info. Concerning the Town of Sherman Referendum to be Held, Sat., Aug. 23, 12-8pm

This Referendum will be held in The Sherman Emergency Services Facility.

Who is Eligible to Vote in the Referendum?

1. Registered voters of the Town of Sherman. (There will be no voter registration after August 22, 2025.)
2. Property owners who are U.S. citizens, 18 years of age or older and who have property assessed at \$1,000 or more on the last-completed Grand List of the Town of Sherman. (The last-completed Grand List of the Town of Sherman is October 1, 2024.)

Absentee Voting in the Referendum.

1. Absentee ballots will be available beginning Tues., Aug. 12, 2025.
2. Absentee ballots must be picked up at the Town Clerk's Office during regular office hours. They cannot be mailed out by the Town Clerk. You may designate certain people to pick up a ballot for you if you cannot do so yourself. Contact the Town Clerk's Office for details.



Veterans interested in receiving information on benefits and upcoming social events may join the Sherman Veteran's list, being compiled by the town's Municipal Veterans' Representative Lynne Gomez.

You don't need to be part of any organization to join the list. Your privacy will be fully protected, as this list is just a way for your Municipal Vet Rep to alert you to upcoming events and benefits. It is not part of the VA. It is not shared with any other agencies.

To join the list, just call Lynne Gomez, Sherman's Municipal Veterans' Representative at 860-799-0245.

Start Now to Review Your Medicare Options

Medicare Open Enrollment runs every year from Oct. 15 thru Dec. 7. It is the one time in the year that changes can be made to your drug plans and the one time in the year you can switch from Original Medicare to a Medicare Advantage Plan and vice versa.

Now is the time to start thinking about your Medicare coverage. Did you like your plan? Did your drug plan work for you?

If not, Sherman Social Services has a certified Medicare Counselor, Lynne Gomez, LMSW, on staff. Stop by and ask questions. We can do a deep dive into your Medicare plans.

During Open Enrollment people on Medicare can:

- Join** a new drug plan for 2026.
- Join:** a new Medicare Advantage Plan.
- Switch:** from Original Medicare to a Medicare Advantage Plan.
- Switch:** from a Medicare Advantage Plan to Original Medicare, and purchase a new drug plan and Medigap plan.

Medicare has lots of moving parts and Sherman Social Services is available to help review them all. Call to discuss or for an appointment at 860-354-2414, ext. 2.

What's Happening at the Sherman JCC

- Fri., Aug. 15, 7:30pm** - 6th Annual Steve Bennett Memorial Comedy Show
- Sun., Aug. 17, 1pm** - Sunday Speaker Series with the Deer Pond Farm Nature Preserve
- Fri., Aug. 22, 6:30pm** - Shabbat Sha-BBQ: Service & Dinner With Temple Shalom
- Sat., Aug. 23, 7:30pm** - Marc Black: Growing Up in the Woodstock Era - Live Music
- Fri., Sept. 5, 6:30pm** - Dinner & Music with Bernie Kaplan and Bill Buffner
- Sat., Sept. 13, 1:00pm** - Layers of Me: A Mindful Art & Sound Journey
- Sun., Sept. 14, 1:00pm** - Sunday Seeker Series with Tal Fagin on Life Coaching and her book, "Sometimes I Think I Suck"
- Sat., Sept. 20, 7:00pm** - MADZ Muzic
- Sat., Sept. 27, 7:00pm** - Mike Latini - Mike & The Mysteries Ride Again Concert

Save the Dates!

- Fri., Oct. 3** - JCC Poetry Showcase: Season of the Witch
- Sat., Oct. 4** - Mallas & Mosrie: Live Music
- Sun., Oct. 5** - Sun. Speaker Series and Film with David Lowenherz
- Sat., Oct. 11** - Cover to Cover: Live Music
- Sat., Oct. 25** - The Funk Express: Live Music

Open Mic Night - Thursdays, 7pm
 MahJongg - Fridays at noon
 Song Swap - last Friday of the month, 7pm
 Yoga with Paul - Saturdays, 9:30am
 Yoga with Oliver - Fridays, 7am
 All levels Yoga with Megan - Monday & Tuesdays, 1:30pm

Please visit our website and sign up for our newsletter to stay updated on all of our events & to purchase your tickets~ www.JCCinSherman.org

Sherman Church to Host Adult & Teen Challenge, Sun., Aug. 17

The Sherman Church will host the fifth annual performance by Adult & Teen Challenge of Moodus, CT., Sunday, Aug. 17, during the 10am church service and at 1pm at the Sherman Town Beach pavilion.

The men will perform and give testimony during the worship service at 6 Church Road and then present an expanded performance at the Town Beach Pavilion.

All are welcome at both events. A second collection for the Mission Moment will be taken during the service for Adult & Teen Challenge. Checks may be sent to the Sherman Church, 6 Church Road, made out to the church with Adult & Teen Challenge in the memo or by credit card online at www.shermanchurch.org under Tithes and Offerings with Adult & Teen Challenge in the comments line.

Summer Programs at Park and Rec

Summer Concert Series

Our Summer Concert Series at the Pavilion at the Town Beach is still going for this year and it is excellent. Watch for rescheduled concerts due to weather.

Sun., Aug. 17- Cripple Creek
Sat., Sept. 6- SCE/Sherman Chamber Ensemble. Bring a lawn chair and a picnic lunch and enjoy some great music. Cripple Creek starts at 4pm and the Sherman Chamber Ensemble begins at 6pm.

Boat Moorings: You can register for the 2026 boating season any Sat. in September at the Park and Rec Office in Town Hall from 9am-11:30am. The lottery for boat slips will be held Oct. 4, 2025 at 10am. You must own a boat to register. Bring a copy of your registration.

After School Program: We are looking for children who need after school supervision in our after school program under the expert tutelage of Christine Celio and Becky Steiger that runs from 3-6pm each day school is in session. Interested in signing up, call Park and Rec.

Pickleball: We have 4 beautiful pickleball courts at Volunteer Field and that there is no pickleball allowed on the tennis courts at Veteran's Field anymore. Your cooperation is greatly appreciated.

Nature Trail: Get a little fresh air and a little exercise and get out of the house and walk our nature trail that goes from the Town Park over the mountain to Colonial Park

For further info. on programs, see our website at shermanct.gov

Summer Office Hours: Mon.-Fri., 9am-2pm • Dir. John Wrenn • Phone 860-354-3629

LocalNews
LocalViews

Each Week in the
Town Tribune
Email: editorial@thetowntribune.com



FROM THE DESK
OF FIRST SELECTMAN
DON LOWE

Much thanks to all who came out to Saturday morning's Town Meeting. That was a lively discussion on an important topic about the Sherman School renovation project. There were differing opinions on some strategies going forward, but nearly everyone attending that meeting wants success, wants Sherman to have a fully functioning school facility.

A project of this type is naturally provocative, and the concern over the project's success brings out those differing opinions. Much of the concern was about the project's owner's rep and this is something that the Board of Selectmen BOS) in conjunction with the building committee is going to take a realistic look at for the betterment of the project.

Just as a reminder, and related to the above paragraph, there is a referendum on Saturday, August 23 from noon to 8pm in Charter Hall on whether to add an additional 2.5 million dollars to the financing of the Sherman School renovation project. Absentee ballots are available in the Town Clerk's office from August 12 to August 22 during regular Town Hall hours.

In other matters, the BOS will bring to a Town Meeting a vote on two changes in our taxation ordinances. One is for disabled and elderly tax relief in which we will be asking voters to approve a higher income threshold for qualifying for it — "higher" meaning a more favorable one to include more taxpayers. The other will be asking voters to approve home and property tax exemptions for veterans who are 100% disabled. The BOS supports both measures and will be asking voters to do the same at a future Town Meeting.

We at Town Hall are sending a heartfelt thanks to the organization, Sherman Cares, for its generosity towards children in Town. This benevolent organization paid for 18 children to attend Summer Camp this summer. Sherman Cares has been a watchful eye and a helpful hand for many who need a little boost, and I am grateful that such good heartedness exists here. If you are in the mood to donate to an organization that directly helps Sherman residents in need, Sherman Cares is a good place to send your dollars.

JCC

Continued from front page

other birds, animals and people benefit too!

We hope you'll come to hear more about this wonderful destination right here in our community and learn more about what you can do to support birds and wildlife in your back yard and beyond!

Happy Trails!

The JCC in Sherman has been a gathering place for the local communities in the Candlewood Lake area and nearby New York towns since 1994.

The mission of the JCCS is to provide high quality educational, cultural, and social programs to Sherman, CT and the surrounding communities serving all people irrespective of age, race, or religion. Made possible with the support of the Department of Economic and Community Development, Office of the Arts, which also receives support from the National Endowment for the Arts, a federal agency

Merryall
CENTER

Upcoming Events at Merryall

Fri 8/15 - Seat of Our Pants

7:30 PM One of CT's most beloved acoustic quartets. Performing folk, pop & American Roots. Benefit for CT Chapter of Casting for Recovery.

Fri 8/22 - The Red Dirt Girls

7:30 PM Sherman's very own harmony driven trio, Missy Alexander, Susanna Marker & Pat Walker.

Sat 9/6 - Caravan of Thieves

7:30 PM If Django Reinhardt, the cast of Stomp and the Beatles had a party: that's the Caravan. Back by popular demand!

MerryallCenter.org
8 Chapel Hill Rd, New Milford



All programs are in person at the Library unless otherwise noted. Please register for any program/event at ShermanLibrary.org/registration-drop-down or contact slprograms@biblio.org.

Adult Programs

Art Show: "Insects From Nature: The Art of Found Objects" by Betsy Duckworth - The featured sculptures created from found objects are based on a combination of biology, fantasy and inspiration. They invite you to look more closely, to discover the wonder in pieces collected and repurposed. The show will be on display at the Library and at www.ShermanLibrary.org until August 27.

Summer Reading Challenge: Now-August 29 - Join the Library Adult Reading Challenge! Earn a raffle ticket for each completed book, ebook or audiobook you check out from the Sherman library. The more you read the more chances you have at winning some great prizes!

Lake Mauweehoo History: Author Talk and Book Signing: August 16, 11:00am: Join the authors of *Lake Mauweehoo History-A Timeless Collection of Stories and Photographs*, John Cilio and Ann Price, as they delve into the captivating past of this enchanting body of water. The event will conclude with a book signing featuring both authors to answer questions. Please register online.

Knitting and Needlecraft Group: August 20, 10:00am. Join the Sherman Library for a monthly knitting/fiber crafts circle. Knitters, crocheters, and stitchers of all skill levels are welcome. This program is in-person at the Sherman Library. Register at ShermanLibrary.org/registration-dropdown or contact slprograms@biblio.org.

Sound Meditation with Inspired Vibrations: August 22, 6:00pm. Join Jeanine Chayka on a journey of relaxation and soul nourishment. With her magical sound therapy, your mind and body can unwind. There are limited spots available. *Registration is required.*

Adult Book Discussion Group: August 22, 7:30pm. *Ministry of the Future* by Kim Stanley Robinson. Discussion led by Stephanie Spinner. Copies of the book are available at the library.

Classic Discussion Group: September 5, 11:00am. *Go Tell it on the Mountain* by James Baldwin. Discussion led by Bernie Kaplan. Copies of the book are available at the library.

Mahjong Club: Every Tuesday, 9:30am. All are welcome from beginners to experts. Socialize with other players as you increase your mahjong skills. Equipment is provided.

Children's Programs

Storytime: Thursdays, 10:30-11:00am. Enjoy stories, songs, and movement activities with Ms. Monica at the library. Recommended for ages 0-4, older siblings welcome. *Registration recommended.*

Summer Reading Challenge: Color Our World, Now- August 15. Stop by the library to pick up a BINGO sheet filled with reading and reading-adjacent activities to complete over the course of the summer for a chance to win prizes. Recommended for children of all ages, from 0-18. *Registration required.*

Teen Summer Reading Book Review: Now-Friday, August 15. Review your latest read and earn a raffle ticket for a chance to win an Amazon gift card. Stop by the library to fill out your Reading Review sheet. Recommended for teens (10+). *Registration recommended.*

Modern Pop Art Experience: Friday, August 15, 3:00pm. American pop artist, Michael Albert, will be at the library for a short presentation and hands-on collage workshop where participants will have the chance to create their own masterpieces. All ages welcome. *Registration required.*

Casting for Recovery Benefit Concert Coming to Merryall Center Fri., Aug. 15

On Friday, August 15, Merryall Center will present the acoustic quartet Seat of Our Pants in a special Benefit Concert for Casting for Recovery, a national nonprofit that supports breast cancer survivors through healing, nature-based retreats. Doors open at 7:00pm, for a pre-concert reception sponsored by the New Milford Tennis and Swim Club and Washington Home Care, LLC. The evening's concert begins at 7:30pm.

"A Casting for Recovery weekend retreat is the chance for women in all stages of their breast cancer journey to celebrate each other, laugh, cry, learn something new, and heal," said Sharon O'Connell, Program Coordinator for Trinity Retreat House located in West Cornwall.

Seat of Our Pants features Carolyn Brodinski (vocals, guitar, dulcimer, mandolin), Mark Hall (vocals, cajon, percussion), Jeff Gorman (bass, harmonica), and Mike Frantzen (fiddle, vocals). SOOP, as the band is affectionately known, is celebrated for its emotional depth, rich vocal harmonies, and ability to uplift audiences with both original songs and unexpected covers. Their music is an eclectic mix of styles, from folk, pop to American roots.

The group has built a loyal fanbase across New England and beyond, performing at venues ranging from intimate listening rooms to regional festivals. Their engaging presence, rich vocal harmonies, and multi-instrumental talents have made them one of Connecticut's most beloved acoustic acts.

Tickets for the August 15 concert are available now at www.merryallcenter.org. Seating is limited in Merryall's historic, intimate venue. Advance reservations are strongly recommended.

Event Details:

Who: *Seat of Our Pants*
When: *Friday, August 15, 7pm*
Where: *Merryall Center, 8 Chapel Hill Road, New Milford, CT*
Tickets: \$25
Available online at www.merryallcenter.org

Mature Lifestyle Sherman Senior Center (860) 354-2414

Save the Date Programs and Events

Ice Cream Social: Friday, August 29, 12:30pm. Come by the Sherman Senior Center for some old-fashioned summer socializing with your friends while we enjoy delicious ice-cream sundaes.

Health & Wellness

Walking Group: M-W-F at 9am at the Sherman Track.

Exercise Class: Tuesdays at 11am. Focuses on balance and flexibility. Free **

Chair Yoga: Thursdays at 11am. Join Lara Ward with full body stretching. Free **

Tai Chi: Fridays at 10:30am. This is a casual video class appropriate for seniors. Free **

Nutrition

Senior Dine Breakfast at American Pie: 9:30am. Initial sign-up paperwork required. Meal Cost \$4 Monday's & Tuesdays (**). **RSVP** at least a couple of days prior.

Senior Café Luncheon: 12pm. Enjoy a hot lunch with your friends, every Wednesday at the Sr. Center. Initial sign-up paperwork required. Cost \$3 **RSVP** at least a week prior. **

Card Games

Pinochle Club: Monday's & Wednesdays 1-3pm. Walk-ins welcomed

Bridge Club: Thursdays 1-3pm. Walk-ins welcomed

Shopping

New Milford Shopping Trip: Wednesday's, 12:30pm. We make stops at Big Y & Aldis. Reserve your ride 2 days prior.

Local Shopping: Thursdays. Call to sign-up to go to Sherman's local businesses.

Programs & Trips

Crafts with Jodi: Tuesday, August 19, 12pm. Join the group for fun, socialization and to tap into your creative side. Jodi will bring material to create decorative boxes.**

Author Talk with Marian Grudko: Thursday, August 21, 12pm. We will be reading chapters from her latest book, *Claudine and the Bridge of Two Hearts*. This is the sequel to the first book, *Claudine: A Fairy Tale for Exceptional Grownups*. **

Cornhole Game: Friday, August 22, 11:15am. Join us for lots of fun and laughter! Transportation provided. **

**Transportation Provided

Email List: If you would like to be added to our list, please email us SeniorCenter@ShermanCT.gov

RSVP Programs: 860-354-2414 Ext 1 or email

Upcoming Programs at Deer Pond Farm



FAMILY NATURE WALK
August 17, 10-11:30am • FREE

Meet us at Deer Pond Farm with Sanctuary Manager/Naturalist Lori Lichtenauer and Diane Nizlek, CT Audubon Naturalist to enjoy a family-friendly nature walk. We will use our senses to explore wildlife habitats, identify plants and animals, and we will discuss how to see the forest for the trees! All ages welcome.

SEPTEMBER FIRST FRIDAY HIKE
September 5, 10am-12 noon • FREE

Step into September with our First Friday Hike! While peak foliage is still a few weeks away, the first golden hints of fall are starting to show. It's the perfect time to get outside and enjoy the quiet beauty of the changing season. Bring a friend, meet fellow nature lovers, and learn more about our environmental projects at the Deer Pond Farm nature preserve.

Register online at ctaudubon.org. Please call 860-799-4074 with any questions or to be put on a wait list for a program.

These programs meet at Deer Pond Farm outside, 57 Wakeman Hill Road in Sherman.

Look For Our Back To School Issues

Aug. 21 and Aug. 28

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THIS WEEKEND AT THE JCC!

Sunday Speaker Series

Deer Pond Farm Nature Preserve

Birding & Conservation Work

The CT Audubon Society's Deer Pond Farm Nature Preserve will help you discover what you can do to support birds & wildlife in your back yard & beyond! Learn more about different habitat enhancement projects that can be seen along their 15 mile trail network!

August 17th

at 1:00pm

Sign Up: 860-355-8050
www.jccinsherman.org
info@jccinsherman.org

Free Admission
Donations Greatly Appreciated

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COMMUNITY NEWS

Sherman Artists “August Light 2025” at the Kent Art Association in Kent, CT, Aug., 8 – 30, Open Hours Thurs. – Sat. 1 – 5pm, Sun. 12 – 4pm



Alibaba Awrang - Thinking

By Linda T. Hubbard

The Sherman Artists Association is hosting a show “August Light 2025” in the Kent Art Association Building, 21 S. Main St, Kent, Connecticut August 8 - 30, 2025. Awards for the best in each category were announced at the opening reception on Friday, August 8, from 6 – 8 pm. There was music by guitarist George Lesiw, refreshments, and lots of artists and admirers. The show is open from August 8 - 30, 2025. Open hours are: Thursday – Saturday 1 – 5pm, Sunday 12 – 4pm. For more information visit: sherman-artists.org.

The judge was Kim Zarney, an illustrator, graphic designer, and advertising agency creative director with a Fine Arts degree in Painting and Printmaking. The awards were:

Best in Show: Alibaba Awrang



Virginia Schaffer - Butterfly Magic

– Thinking Calligraphy

Craft:

Greg Chadwick - Resin and Wood Table

Glass:

1. Kenny Litwack – Buddy Holly Fused Glass

2. Linda Parsloe – Kaleidoscope of Radiance Mirror

3. Linda Parsloe - Green Glass Plate

4. Kathy Peck – Fruit Salad Glass Plate

Sculpture:

1. Linda McMillan Hope is the Thing with feathers Earthenware

Mixed Media:

1. Alibaba Awrang – Thinking Calligraphy

2. Beth Levine – Cave Wisdom Fabric Collage

3. Ely Knowels – Golden Wrinkle Canvas, Fabric, and Plaster

4. Muriel Stockdale – E Pluribus Flag Fabric

Painting (Oil and Acrylic):

1. Carolyn Cohen San Andreas Mixed Media

2. Christina Maschke Silent Solitude Gouache and Colored Pencil

3. Lynn Slonaker After the Storm Oil

4. Doreen O’Connor Cottage Garden Acrylic on Panel

Painting (Watercolor):

1. Virginia Schaffer Butterfly Magic Watercolor

2. Phyllis Chadwick Dandelion Colored Pencil and Watercolor



Kenny Litwack – Buddy Holly

3. Mary Jane Magoon Chilly Walk Watercolor

4. Mary Jane Magoon Tranquility Watercolor

Photographs:

1. Karen Golden Distressed

2. Linda Hubbard Fire Boat

3. John Cleary Great Blue Giselle

4. Tony Gomez Ghostly Dress, Paris

The artists, both established and new, are from Dutchess County, New York, and Fairfield and Litchfield Counties in Connecticut. The Sherman Artists Association is the center for incredible artists and we are delighted to sponsor this event. To learn more about our events and our artists, visit our Facebook page: [ShermanArtists](https://www.facebook.com/ShermanArtists) or our website www.ShermanArtists.org.

Candlewood League of Artists’ Plein Air Outing on August 19 Features Squantz Pond



“Squantz Pond Vista” by Janis Leet, watercolor on paper

It’s not too late to join in the summer fun and paint outside! Summer is the perfect time to capture dramatic shadows, brilliant sunlight, and the array of colors of blooming flowers everywhere!

Grab your paints and brushes and head to Squantz Pond State Park next Tuesday, August 19. From 9:30-12:30 artists and community members from nearby towns will gather to take in the pond’s spacious setting and capture the beauty all around them in paint.

The Candlewood League of Artists is sponsoring this morning’s outing. We’ll meet in the larger grassy parking lot up near the restrooms. That lot is more central to the park: from this location you can choose to go down by the water, settle amid the trees, or hike up the hill for a broader perspective. It’s your choice!

At noon we’ll gather back at the parking lot, find some shade, and share our morning’s work. Group critiques are always helpful: colleagues see things in your painting that you miss. And positive feedback is most welcome!

We’re planning on a good weather day next Tuesday, but if it’s raining on the 19th, we’ll meet at the same time on the 20th. A reminder: pack light and bring a portable chair or stool, some water and sunscreen.

Candlewood League of Artists, the Sherman Artists Association, Gallery 25 in New Milford, and the Richter Association for the Arts are partnering in this summer’s plein air art series. For information about these creative groups, please visit our websites or Facebook pages. We welcome new members. CLA is associated with CAF, a field of interest fund of the New Fairfield Community Foundation, a 501(c)(3) non-profit organization.



Karen Golden - Distressed



Linda McMillan - Hope is the Thing with feathers

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COMMUNITY NEWS

Say My Name! Musicals at Richter's Summer Youth Musical Theater Workshop Presents "Beetlejuice Jr." August 14-16



Beetlejuice JR Company 2025

Musicals at Richter (MAR), now in its 41st season as the longest-running outdoor theater in Connecticut, concludes its 2025 offerings with "Beetlejuice JR.," performed by students from its Summer Youth Musical Theater

Workshop. Presented on the outdoor stage of the Richter Arts Center in Danbury, performances take place under the stars at 8:00 p.m. Thursday, Friday and Saturday evening, August 14-16.

The ghost-with-the-most

comes to the stage in "Beetlejuice Jr.," the frightfully funny musical based on the beloved motion picture turned Broadway phenomenon. Lydia Deetz is a strange and unusual teenager, still grieving the loss of her mother and obsessed with the whole "being dead thing." Lucky for Lydia, she and her father move to a new house haunted by a recently deceased couple and Beetlejuice, a delightful demon with a real zest for life. When Lydia calls on Beetlejuice to scare away anyone with a pulse, this double-crossing specter shows his true stripes, unleashing a (Nether)world of pandemonium.

With music and lyrics by Tony Award-nominee Eddie Perfect and a book by Tony Award-nominated pair Anthony King and Scott Brown, "Beetlejuice" was nominated for eight 2019 Tony Awards including Best New Musical. A viral "sucks-yes" on social media, this musical struck a chord with young theatre lovers who adored its unabashed humor and emotional honesty. It's a wacky theatrical party for all!

Directed by Ciara Cuneo (Patterson, NY) with music direction by Max Abarientos (New Fairfield) and choreography by April Smith (New Fairfield), Musicals at Richter's production of "Beetlejuice Jr." spotlights a talented cast of young area performers.

Featured in the cast are Tori Mostacciuolo (Bethel) as Lydia

Deetz; Mia Roche (Bethel) as Beetlejuice; Jake Zanotti (Danbury) as Lydia's father Charles; Brendan Famularo (Bethel) and Kayla Spagna (New Fairfield) as Adam and Barbara Maitland, the recently deceased previous residents of the house; and Hailey Mott (Bethel) plays Charles's new girlfriend Delia.

Aurora Saxagne (Bethel) portrays Delia's guru Otho and Lana Gibson (New Fairfield) plays a visiting Girl Scout. Charles's potential business partner Maxie Dean is played by Arthur Sawyer-Bacigalupo (New Fairfield) and his wife Maxine is portrayed by Noelle Neville (Bethel). Chloe Rysz (Bethel) takes on the role of Miss Argentina, a deceased beauty queen, and Zoe Talley (Danbury) plays Juno, Beetlejuice's mother who runs the recently dead intake in the Netherworld with an iron fist.

Also featured in the cast in a variety of roles are Maddie Balandia, Livy Caulford, Logan Katkocin, Charlotte Neville and Julie Nilson (Bethel); Emma Hoffman and Addy Pasko (Brookfield); Catalina Alves, Claire Hayes, Kiersten Gillespie, Moira McKinney, Dylan Quintero, Vivian Quintero, Catherine Solano, Maggie Stoneburner and Andrew Williams (Danbury); Addi Karow (New Fairfield); Sky Browne (Patterson, NY); and Daniela Coto-Perez, Dylan Lannon and Charlotte Mayette (Ridgefield).

Molly Tarnowski (New Fairfield) serves as Workshop Coordinator and Sedona Taylor (New

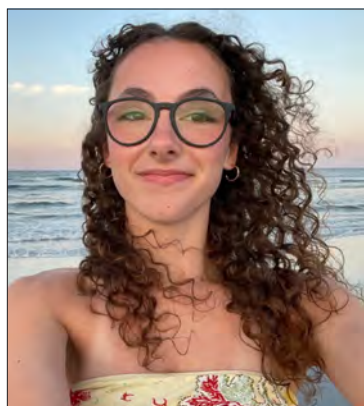


Molly Tarnowski

Fairfield is production stage manager.

"Beetlejuice Jr." is presented through special arrangement with Music Theatre International (MTI).

"Beetlejuice Jr." is performed August 14-16 on the outdoor stage at the Richter Arts Center (next to the Richter Park Golf Course, I-84, Exit 2), 100 Aunt Hack Road, in Danbury. Tickets for this summer youth performance cost \$15 for adults, \$10 for seniors/students (with I.D.) and \$5 for children 10 and under, and may be purchased through the Musicals at Richter website (www.musicalsatrichter.org) or at the door. Grounds open at 7 p.m. for picnicking, with curtain at 8:00 p.m. Audience members are invited to bring their own blankets or chairs for lawn seating; a limited number of chairs are available free-of-charge.



April Smith



Max Abarientos

New Fairfield Dental is thrilled to announce the addition of Dr. Alexandra Halpin to our practice in August 2025.

She will be joining Dr. Quinby in providing exceptional patient care.



Originally from Yorktown, New York, Dr. Alexandra Halpin combines creativity, precision, and compassion in her approach to dentistry. The first doctor in her family, she was drawn to the profession as a way to blend her love for art and working with her hands with a desire to build meaningful relationships with patients.

Dr. Halpin earned her D.D.S. from New York University College of Dentistry, where she completed an elective in Special Patient Care and served as a peer mentor, admissions ambassador, and student representative. She was also selected for NYU's Global Health

Care Leaders Program in Florence, Italy.

She holds a Biology degree with a Chemistry minor from the University of North Carolina at Chapel Hill, where she was a Division I student-athlete and two-time undefeated national champion in field hockey. She also competed in Division I Lacrosse and trained with the USA Field Hockey U19 and U21 National Teams.

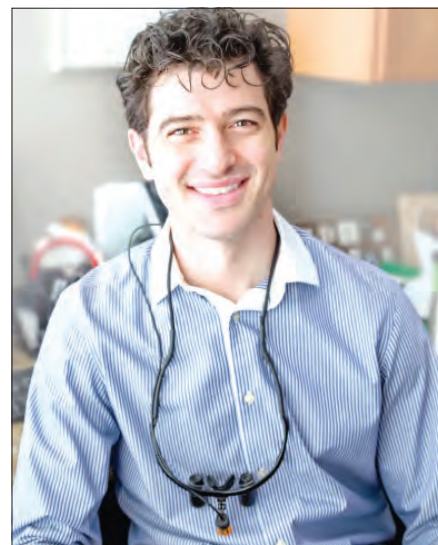
Dr. Halpin completed her General Practice Residency at Danbury Hospital in Connecticut, the same program completed by Dr. Quinby.

Outside of dentistry, Dr. Halpin enjoys playing guitar and piano, cooking, traveling, fishing, and mentoring young athletes and students.



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Published weekly on Thursdays

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Sudoku

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

LETTERS AND OPINIONS

EDITORIAL@THEOWNTRIBUNE.COM

THANK YOU

To the Editor:

We would like to thank Groovin in New Fairfield for sponsoring our recent concert at Memorial Field on August 7th featuring "THE CHASE Band". The community came together and enjoyed a lovely summer evening listening to a mixture of classic songs and old time favorites!

We are a self-sustaining department and these sponsorships assist us in providing free events for residents all throughout the year!

Groovin in New Fairfield hosts 4 music events annually at the Senior Center, which magically turns into a cabaret for singers and song writers to perform for audiences. The next event is Saturday September 27th so be sure to check it out and purchase your tickets on-line or at the door!

Thank you once again to the Groovin in NF organization for sponsoring the band!

NF Park & Recreation

KEEP SHERMAN SCHOOL RENO MOVING

To the Editor:

I write this letter after having attended the August 9th meeting regarding the Sherman School building project. Like many others, I was disappointed when I learned of the need for the request for additional funding for the project that many of us thought was pretty much set at \$42.8M. I chose not to follow the hearsay before I made a decision to accept or reject

Continued on next column

the new request for an additional \$2.5M, hence my decision to attend this meeting. Thankfully, Kerri Merckle, et al, did a wonderful job explaining how they got to this point & why there was a need to request more funding for the project.

Do I wish that they didn't need to make this request? Of course. I also wish that prices for everything I need in my daily life were not as out of control as they are, but that's not a reality. Therefore, since the Town needs to move ahead in some form with this project, we need to realize that prices are up for everything just about on a weekly basis.

My children attended & now grandchildren attend the Sherman School and I've listened year after year for decades, how the Sherman School needs major renovations/repairs. Each time the BOE or Building Committees think they've made successful pitches as to the need for these repairs/renovations, something happens and the Town doesn't support it. Each time there is a push of misinformation or backlash from those who flat out don't want to improve the school. This go-round appears, once again, to have community members bringing up allegations of wrongdoing which will serve no productive purpose for the ultimate outcome of *needing to educate our children in a healthy, appropriate, safe, inviting & permanent building environment*. It's one of the most important assets in Sherman and can not nor should not be neglected any longer. Enough is enough.

Matt Vogt, Chairman of the BOE, shared a concise

Continued on next page



Making Sense Of Investing
FINANCIAL FOCUS
Helen Curtin
Financial Advisor Edward Jones

Does the 4% Rule Still Make Sense for Your Retirement?

You may have heard of the "4% rule" when it comes to retirement. The idea is simple: After you retire, you withdraw 4% of your investment portfolio each year. In theory, this helps ensure your savings last for your lifetime. While this rule can be a helpful starting point, it's not a one-size-fits-all — and it's definitely not a substitute for a plan tailored to your specific needs, wants and wishes.

The truth is, how much to withdraw in retirement depends on factors like when you retire, if you'll work part time, how long you expect retirement to last, your lifestyle goals, inflation and whether you want to leave a financial legacy to heirs. So, the 4% rule should be viewed as more of a guide than a strict rule.

Let's start with age. The 4% rule is often based on someone retiring at 65 and expecting to live until about 92. But if you retire earlier, you may want your portfolio to stretch further. In that case, you might need to start with a lower withdrawal rate, maybe closer to 3%. And if you retire later, you might safely withdraw a little more — perhaps 4.5% to 5% — depending on your financial situation.

Your retirement lifestyle also plays a big role. Are you planning to travel the world or spend more time at home? If you expect higher spending in the early years of retirement, you may need to adjust your withdrawal rate or plan to reduce spending later to balance things out.

Your financial flexibility matters too. If you have less wiggle room with your expenses, rely heavily on your portfolio for income or want to preserve wealth for your heirs, a more conservative approach might be wise. In this conservative scenario, your portfolio withdrawals may be met from interest and dividends. Think of your withdrawal rate as existing on a spectrum from more conservative to less conservative, with your personal situation determining where you land.

Then there's inflation. A well-built strategy usually includes small annual increases in withdrawals to keep up with rising costs — about 2.75% per year. But you don't need to take a raise just because the calendar says so. If the markets have had a tough year or you don't need the extra income, it might be smart to skip an increase. Being flexible can improve the chances your money will last.

It's also important to understand what's known as your "portfolio reliance rate" — how much of your retirement income comes from your investments versus other sources like Social Security or pensions. The higher this percentage, the more conservative you may want to be with withdrawals.

And don't forget the IRS. If you're drawing from a traditional IRA or 401(k), you'll need to take required minimum distributions (RMDs) once you reach age 73. Your RMD for any year is the account balance as of the end of the prior calendar year divided by a life expectancy factor according to the IRS. These RMDs need to be accounted for in your strategy.

The bottom line? The 4% rule is a useful starting point, but it's just that — a starting point. A good financial advisor can help you build a strategy that reflects your age, your goals and your full financial picture. By revisiting your plan regularly and staying flexible, you'll give yourself the best shot at turning your savings into a secure, fulfilling retirement.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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TOWN TRIBUNE OPINION PAGES

LETTERS AND OPINIONS

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Continued from previous page

message about the requested funding which can be found on the Board of Ed website: (<https://www.shermanschool.com/common/pages/Get-File.ashx?key=Yx5aAcbg>) or by reaching out to them at BOE@ShermanSchool.com.

Please take the time to do your homework and think about the impact that a no vote will have on the future steps of this process! It certainly won't get any less expensive. Let's get this passed so the renovation can keep moving along.

Donna Accosta, Sherman

TOWN TRIBUNE LETTER POLICY

The Letters to the Editor section is an opinion forum and is available to all community members who wish to voice their views/opinions. The publication of letters is not an endorsement of any viewpoint by the Town Tribune. The Town Tribune will not print any letters that contain name calling or vulgarity, nor will it print anonymous or known to be pseudonymous letters. Third-party letters will not be published.

Letters should **not exceed 500 words**. Letters exceeding this length will be subject to editing and may not be published in their entirety. The Town Tribune reserves the right to end debate on any topic after both sides have had ample chance to express their views. The Town Tribune reserves the right to reject any letter.

Letter submissions **must always include** full name, physical address, and telephone number for verification purposes. Letters will only be printed with the writers' name and town.

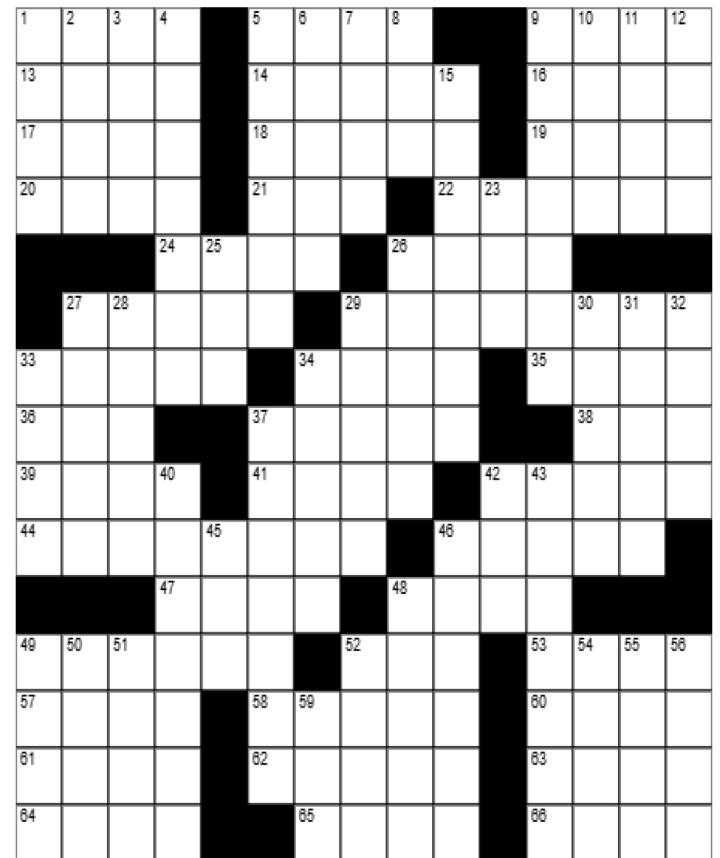
Letters can be emailed (preferred) to editorial@thetowntribune.com or mailed To the Editor, Town Tribune, PO Box 8048, New Fairfield, CT 06812. Deadline for letters is 3pm every Monday. MS

Town Tribune Teaser

Last Week's Answers: Sec. 1 page 15

Across

- 1- ___ Romeo; 5- Corp. VIP, briefly; 9- Forearm bone; 13- Pickle flavoring; 14- Cooperative race; 16- Singer Sedaka; 17- Draft status; 18- Take to the soapbox; 19- Mandlikova of tennis; 20- Swedish import; 21- Put on; 22- Lazy person; 24- "Roots" author Haley; 26- Hoof sound; 27- Big rigs; 29- Meat fat; 33- Mineral used as a gem; 34- Profit; 35- Indian exercise method; 36- Beer; 37- Like some vbs.; 38- Mai ___ (drink); 39- Some digits; 41- Not e'en once; 42- Gastropod mollusk; 44- Aided; 46- You ___ right!; 47- Edinburgh native; 48- Greek portico; 49- Outfielder's yell; 52- Ailing; 53- Costa ___; 57- Fashion; 58- Cruising; 60- Greek letters; 61- Pinot ___ (red wine); 62- Green citrus fruits; 63- Cutty ___; 64- Poems of praise; 65- Equinox mo.; 66- Very, in Versailles;



Down

- 1- Bustles; 2- Director Wertmuller; 3- Bloodsucking insect; 4- Montgomery's state; 5- Wears away; 6- Brand name for a copying machine; 7- Enthusiastic liveliness; 8- Siamese, calico, or tabby; 9- Sad; 10- Foliage unit; 11- Baseball team; 12- Banned apple spray; 15- Shouting; 23- Alley-___; 25- Claiborne of fashion; 26- Old newsman; 27- Goes it alone; 28- Tools for duels; 29- Ventured; 30- Bits; 31- Marsh of mystery; 32- Olympian Devers; 33- Cheerio!; 34- Welcome; 37- All told; 40- Teachers in habits; 42- Sellout sign; 43- Most proximate; 45- ___-fi; 46- Finally!; 48- Shuteye; 49- ___ expert, but...; 50- Well-behaved; 51- "Garfield" drooler; 52- Woe ___; 54- ___-Tass (Russian news agency); 55- Word following child, day, or devil-may; 56- Pops a question; 59- ___ the season...;

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Warning Signs For Heart Disease



Heart disease is the leading cause of death for women, men and people of most ethnic and racial groups, advises the Centers for Disease Control and Prevention. One person dies from heart disease every 33 seconds. Understanding the risk factors for heart disease is the first step toward prevention and management.

There are many things people can do to modify their risk for heart disease, but also some that cannot be changed. Ultimately, education is essential either way, and learning the risk factors for heart disease is vital to such education.

- **Age:** The risk for heart disease increases with age. For men the risk rises after age 45, and for women, it increases after menopause, or around age 55. Aging naturally leads to changes in the heart and blood vessels that increase the likelihood of developing cardiovascular problems, says the National Institute on Aging.

- **Sex:** Initially men are at a higher risk of developing heart disease. However, over time a woman's risk after menopause tends to equal that of a man's. As estrogen levels decline after menopause, fat can build up in the arteries, causing them to narrow, says the British Heart Foundation. After menopause, body weight may increase, which also is a risk factor for heart disease.

- **Family history:** Those with a close relative who developed heart disease at an early age may be at elevated risk.

- **Race:** UChicago Medicine says Black and Hispanic people have an elevated risk of dying from heart disease compared to white individuals.

People may be able to change the following controllable risk factors for heart disease.

- **Hypertension:** Hypertension, also known as high blood pressure, forces the heart to work harder and can stiffen the arteries. This can damage blood vessels over time. Medications and additional lifestyle changes can help seniors combat hypertension.

- **Smoking:** Smoking tobacco can damage blood vessels and reduce oxygen in the blood. Smoking also increases the risk of blood clots. Johns Hopkins Medicine says cigarette smokers are two to four times more likely to get heart disease than nonsmokers.

- **Cholesterol:** High levels of low-density lipoprotein (LDL), known as "bad" cholesterol, contribute to the buildup of plaque in the arteries. This can narrow arteries and restrict blood flow.

- **Sedentary lifestyle:** A lack of physical activity is a risk factor for obesity, high blood pressure and high cholesterol, each of which increases a person's chances of being diagnosed with heart disease.

- **Dental health:** Poor dental health can allow bacteria to enter the bloodstream, which can potentially lead to inflammation that affects heart health.

By understanding risk factors and actively making changes to behaviors that can be modified, people can take strides toward protecting heart health and avoiding cardiovascular disease.

Why Walking Is A Perfect Exercise For Seniors



Aging changes the human body in myriad ways. But even with those changes, seniors' bodies have many of the same needs as the bodies of their younger counterparts.

Exercise is one thing the human body needs regardless of how old it is. But some exercises are better suited for particular demographics than others. Walking, for example, is an ideal activity for seniors, some of whom may be surprised to learn just how beneficial a daily stroll can be.

- **Walking strengthens bones and muscles.** The Mayo Clinic notes that regular brisk walking strengthens bones and muscles. Intensity is important when looking to walking to improve muscle strength. A

Continued on next column

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2015 study published in the journal *Exercises and Sports Sciences Reviews* found that achieving a 70 to 80 percent heart rate reserve during workouts lasting at least 40 minutes four to five days per week can help build muscle strength. GoodRx defines heart rate reserve as the difference between your resting and maximum heart rate, so it's important that seniors looking to walking to build muscle strength exhibit more intensity during a workout walk than they might during a recreational stroll.

- **Walking helps seniors maintain a healthy weight.** Overweight and obesity are risk factors for a host of chronic illnesses, including diabetes and heart disease. The Mayo Clinic notes walking can help seniors keep pounds off and maintain a healthy weight. In fact, SilverSneakers® reports that a 155-pound person burns around 133 calories walking for 30 minutes at a 17-minutes-per-mile pace. A slight increase in intensity to 15 minutes per mile can help that same person burn an additional 42 calories.

- **Walking lowers seniors' risk for various diseases.** It's long been known that walking is a great way for seniors to reduce their risk for cardiovascular disease. In fact, a study published in the *Journal of the American Geriatrics Society* noted in 1996 that walking more than four hours per week was associated with a significantly reduced risk of being hospitalized for cardiovascular disease. How significant is that reduction? A 2023 report from the American Heart Association indicated people age 70 and older who walked an additional 500 steps per day had a 14 percent lower risk for heart disease, stroke or heart failure. In addition, the Department of Health with the Victoria State Government in Australia reports walking also helps seniors reduce their risk for colon cancer and diabetes.

- **Walking boosts mental health.** Researchers at the Harvard T.H. Chan School of Public Health note that replacing one hour of sitting with one hour of a moderate activity like brisk walking can have a measureable and positive effect on mental health. The researchers behind the study, which was published in the journal *Psychiatry* in 2019, saw a 26 percent decrease in odds for becoming depressed with each major increase in objectively measured physical activity.

Walking can benefit all people, but might be uniquely beneficial for seniors. Walking is free, which undoubtedly appeals to seniors living on fixed incomes, and it's also a moderate intensity activity that won't tax seniors' bodies. Such benefits suggest walking and seniors are a perfect match.

Mint Chocolate Mousse

Ingredients:

- 5 ounces dark chocolate (60 to 70 percent cocoa solids), chopped or broken up into smaller pieces

- 4 to 6 chocolate covered dinner mints, chopped

- 4 eggs, separated

- 2 tablespoons sugar

- 4 tablespoons heavy cream

- 1 teaspoon powdered gelatin

- 2 tablespoons chopped chocolate mint sticks, or frosted mint leaves and 1 cup heavy cream, to decorate

- 4 pots or dessert cups, for serving

Directions:

1. Melt the chocolate with the dinner mints over a double boiler or in the microwave. Let cool slightly. Using an electric mixer, beat together the egg yolks and sugar in a large bowl until thick

and mousseliqe, then beat in the melted chocolate-mint mixture.

2. Sprinkle the gelatin over 4 tablespoons water in a small, heatproof bowl and let soak and swell for 2 to 3 minutes. Put the bowl in a pan of simmering water and stir until the gelatin has dissolved. Beat into the chocolate-mint mixture.

3. Working quickly, beat the egg whites in a clean, dry bowl until stiff but not dry, then fold into the chocolate mixture with a metal spoon.

4. Divide the mousse between the pots. Scatter with the chopped mint sticks, then refrigerate until set. Alternatively, whip the 1 cup cream and use to decorate the mousses, along with the frosted mint leaves. Leave at cool room temperature for about 20 minutes before serving.

Safe Medication Management Strategies

Medications are necessary to manage health conditions, improve quality of life and prevent illnesses. According to the National Health Interview Survey conducted by the Centers for Disease Control and Prevention, American adults between the ages of 18 and 64 take an average of 3.9 prescriptions per person per year. Those age 65 and older take an average of 5.1 prescriptions per year.

It is essential to manage medications properly to avoid serious health risks. Medications can interact with one another and cause adverse drug reactions when paired with over-the-counter products and even certain foods and beverages.

Drugs.com reports drug interactions are a major cause of hospitalizations and side effects. A 2024 study published in *Scientific Reports* found that 5 percent of hospitalizations among patients age 65 and older (78 being the median patient age) were caused by side effects associated with polypharmacy (multiple medication use). This underscores the importance of managing medications properly. The following is a guide to help manage medications effectively.

Know your medications

The first step in safe medication use is to be fully vetted about every medication taken. This includes the brand and generic name, dosage, frequency of dosage, timing of taking the drug, how it should be administered, side effects, storage, and interactions. It's important to keep an updated list of all medications taken, including vitamins, supplements and OTC drugs to share with each health care provider at every appointment.

Follow directions

Strictly adhere to the information on the medication label and any instructions provided by the doctor or nurse. Never alter dosage volume or frequency without first consulting a health care provider. Complete a full course of antibiotics even after symptoms improve to prevent antibiotic resistance. Do not share medications with others or take someone else's prescriptions.

Communicate effectively

Open a dialogue with health care providers to get further clarification about medications and questions that come up. Report side effects promptly and inquire about alternative medications that may be available. Also communicate if the cost of a specific drug is prohibitive, as failing to take a medication due to cost can be a health risk.

Keep organized

Utilize an effective system for storing and organizing medications to prevent missed or accidental double doses. Use reminders on smartphones or health trackers to remember when to take medication doses. Always store drugs in their original containers, away from children and pets. Safely discard old medications when the expiration date has passed. Many communities offer drug take-back programs, and the Food and Drug Administration (www.fda.org) provides instructions on how to dispose of certain medications where take-back programs are unavailable.

Ask for help

Anyone who is experiencing difficulty managing medications should reach out to a relative, friend or caregiver service for assistance.

Managing medications safely is a vital component of senior health care.

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Risk Factors For Prostate Cancer

The American Cancer Society reports that prostate cancer is the second most diagnosed cancer in men across the globe. Each year, an estimated 1.5 million men are diagnosed with the disease, which affects the gland surrounding the neck of the bladder in men. Though there's no guaranteed way to prevent prostate cancer, recognition of the various risk factors for the disease may compel men to improve their overall health.

- **Age:** The Prostate Cancer Foundation notes that roughly three in five prostate cancers are diagnosed in men over the age of 65. That makes age among the biggest risk factors for the disease. However, men younger than 65 should know that the rate of prostate cancer diagnoses increases sharply among men in their 50s. According to the PCF, prostate cancer affects roughly one in 457 men under age 50 but increases to one in 55 among men between the ages of 50 and 59.

- **Genetics/family history:** The PCF reports that medical researchers have identified some individual genes that increase a man's risk for prostate cancer. Men with those genes may need to take preventive measures, such as genetic counseling or alternative screenings, that others without them may not need. Family history is another genetic factor that's considered a risk for prostate cancer, as the PCF indicates men with a first-degree relative like a father or brother who have had the disease may be twice as likely to be diagnosed compared to men with no such connection.

- **Race:** Though the reasons why remain a mystery, race is a risk factor for prostate cancer. The PCF reports that one in six Black men will be diagnosed with prostate cancer in their lifetimes while one in eight white men will receive such a diagnosis. Black men also present at a younger age and are more likely to have a more advanced form of the disease at their time of diagnosis than white men.

- **Lifestyle habits:** Lifestyle habits, including diet and whether or not a man smokes, also can increase prostate cancer risk. The PCF notes men whose diets have contributed to them being overweight or obese are at greater risk of developing an aggressive form of prostate cancer than men who are not overweight or obese. Smoking also increases a man's risk of dying from prostate cancer.

Prostate cancer poses a notable threat to men across the globe. More information about the disease can be found at pcf.org.

Tips To Lower Your Cholesterol



Hyperlipidemia, commonly known as high cholesterol, affects many people. According to the Centers for Disease Control and Prevention, approximately 100 million adults in the United States had high total cholesterol levels as recently as 2020. High cholesterol is a significant risk factor for heart disease, which is the leading cause of death worldwide. Although genetics can affect cholesterol levels, lifestyle

choices also come into play. Understanding how to manage one's cholesterol is a powerful step toward better health, and there are many ways individuals can do just that.

- **Make dietary adjustments.** Diet can affect cholesterol levels. However, the Cleveland Clinic says diet only affects about 20 to 30 percent of the cholesterol in a person's blood. The American Heart Association says a diet high in saturated fat can lead to high LDL (bad) cholesterol levels and exacerbate plaque buildup in the walls of the arteries. Saturated fat is found in fatty cuts of meat, butter, cheese, cream, and many baked goods. Choosing leaner options and following a Mediterranean diet can help with cholesterol.

- **Exercise regularly.** Exercise is a powerful tool for cholesterol management. Exercise can help to lower bad cholesterol and triglyceride levels while increasing HDL (good) cholesterol. The AHA recommends at least 150 minutes of moderate-intensity aerobic exercise per week, or 75 minutes of vigorous activity. After a few months of routine exercise, people may see noticeable improvements in their cholesterol levels.

- **Losing weight can help.** Losing weight can help lower cholesterol levels. Excess body weight, particularly around the waist, can negatively affect how the body processes cholesterol. WebMD says every 10 pounds a person is overweight causes the body to produce as much as 10 milligrams of extra cholesterol every day. Losing even 5 to 10 percent of one's body weight can significantly benefit cardiovascular health.

- **Quit smoking and reduce alcohol consumption.** Smoking damages blood vessels and accelerates the buildup of plaque. Excessive alcohol consumption can raise triglyceride levels and affect heart health. Adjusting these habits can benefit the heart in many ways.

- **Explore medical intervention.** Lifestyle changes alone may not be enough for some individuals to reach target cholesterol numbers, especially if genetic issues or other health conditions are contributing factors. A person's doctor may recommend medication. Statins are the most commonly prescribed and highly effective medications for lowering cholesterol. They work by reducing the liver's production of cholesterol and increasing its ability to remove LDL.

Monitoring and addressing high cholesterol is important for overall heart health. Individuals can take a comprehensive approach that includes diet, exercise and potentially medication to keep cholesterol in check.

Foods That Can Benefit Children's Eye Health

Food is more than fuel to keep human bodies moving. Food can be an integral component of a health and wellness routine, particularly when nutritious foods are finding their way onto people's dinner tables.

The right foods can bolster the body in a number of ways, including promoting strong eyesight. That's as true for adults as it is for children, whose eyesight can be bolstered with foods that support eye health. Vitamin A is especially beneficial for eye health, as the American Academy of Ophthalmology notes the retina needs ample vitamin A to turn light rays into images. The AAO also notes that vitamin A helps to keep eyes moist and thus reduces the likelihood that a painful condition known as dry eye will develop. When it comes to using diet to promote healthy vision in children, parents can consider the following eye-friendly foods.

- **Carrots:** WebMD reports that a half-cup of carrots can provide 73 percent of the daily recommended amount of vitamin A. Parents can keep that in mind come snack time, offering youngsters some carrots with hummus or peanut butter if kids are reluctant to eat them on their own.

- **Sweet potatoes:** Sweet potatoes are another excellent source of vitamin A. In fact, the Office of Dietary Supplements reports that a single baked sweet potato

in its skin can provide as much as 561 percent of the daily recommended intake of vitamin A. Kids may be reluctant to eat the skin of sweet potatoes, and parents need not fret, as there's still plenty of vitamin A and additional nutrients when the skin is removed.

- **Cantaloupe:** Cantaloupe is a low-calorie fruit that also packs a nutritious punch. According to the Mayo Clinic, a single cup of cantaloupe contains about 106 percent of the daily recommended value of vitamin A. Cantaloupe also tends to be kid-friendly, as its sweet and refreshing flavor profile makes this round melon a tasty treat for youngsters and adults alike.

- **Leafy greens:** Vitamin A is not the lone booster of eye health. The AAO notes that the antioxidants lutein and zeaxanthin promote a healthy macula, a part of the eye that is important to central, detailed vision. Kale and spin-

ach may not excite youngsters as much as cantaloupe, but each are antioxidant-rich leafy greens that parents can incorporate into weekly meals. One trick is to incorporate spinach into pasta dishes that kids love so much they won't even realize they're eating greens. When serving kale, serve it alongside mashed potatoes and encourage kids to mix the two.

- **Kidney beans:** The AAO notes kidney beans are rich in zinc, which helps to maintain a healthy retina and protect the eyes from light-related damage. Kidney beans are especially helpful because they are rich in copper, which can be depleted by zinc but is necessary for the formation of red blood cells. Kidney beans thus help ensure kids get enough zinc and help to combat the effects zinc can have on copper levels.

Diet can have a notable impact on children's eye health, which makes it vital for parents to serve vision-friendly foods to youngsters.



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RELIGIOUS NEWS AND EVENTS

TOWN TRIBUNE (203) 746-4669
EDITORIAL@THETOWNTRIBUNE.COM

News from

The Congregational Church of New Fairfield ~ United Church of Christ ~

Sunday Morning Worship, 10am. Weather permitting, worship will be in the Garden Sanctuary in the warmer months. We worship in person, but continue to make our Sunday service available virtually as well. You can find our livestream on YouTube. Our channel is Congregational Church of New Fairfield – UCC.

Tuesday Evening Prayer Services will be held Aug. 26 at 7 p.m. All are welcome to attend these in-person services for a time of prayer and reflection. These services will not be livestreamed.

We are an open and affirming congregation and welcome all people. Please join us as we walk on our journey to seek God, to follow Jesus and be empowered by the Holy Spirit. If you have any questions about our services or ministries, please send an email to office@ccnf-ucc.org and we will be happy to forward information or answer questions about participating in worship with us.

The CCNF Thrift Shop will be open on **Saturday, Aug. 16 and 23, from 10am – 1pm.** Our shed is open! You may drop off gently used clothing, shoes and bags at any time. Look for the shed towards the back of the parking lot.

Martha Fairchild Memorial Garden and Columbaria For information on obtaining a niche, visit www.ccnf-ucc.org and click on the listing under “About Us.”

The Congregational Church of New Fairfield is an Open & Affirming Church of the United Church of Christ. We are located at 20 Gillotti Road and can be found at www.ccnf-ucc.org. Email: office@ccnf-ucc.org • 203-746-2865.

We are all at different places in our faith journey – so whoever you are and wherever you are on your journey, you are welcome here!

Sherman Church News Sherman Church to Welcome Adult & Teen Challenge Aug. 17

The Fifth Annual Adult & Teen Challenge performance will take place Sunday, Aug. 17, at 1pm at the Sherman Town Beach pavilion. The group will sing and give testimony at the 10am worship service at The Sherman Church, 6 Church Road, and then perform and give testimony at the beach pavilion. All are welcome.

A New 4pm Sunday School for children and an adult Bible study have begun at the church. All children are invited for the afternoon session from 4-5pm. Adults are invited to participate in Bible study in Fellowship Hall while the children are in Sunday school downstairs.

Rev. John Loring Carpenter will preach Sunday, Aug. 17, at the 10am service at the church. The men of Adult & Teen Challenge will perform and give testimony during the service. Morning Sunday school is on hiatus for the summer. During the worship service, nursery care for children is always available. The church is handicapped accessible. Coffee hour will follow the service in Fellowship Hall.

Save the Date: 24-Hour Prayer Vigil Aug. 23-24. Prayer warriors will sign up for each hour to pray at home or in a group gathering. Guides will be provided.

Women's Bible Study meets Wednesdays at 10am for a brief discussion of the book “30 Promises and Prayers of Hope for Women” published by Freeman-Smith, a division of Worthy Media, Inc. The group is reading a chapter a week. A discussion of Proverbs will follow, and prayer will begin at 11:15 for all who wish to stay. All are welcome.

The Prayer Team continues to accept prayer requests by telephone, and everyone is encouraged to join us Thursdays at 6:45pm from their homes for Prayer in the Parlor. Dial in using this number: 667-770-1484. When prompted, the access code is 357664#.

The Sherman Church is located at 6 Church Road (off Rte. 39) in Sherman. For more info. or questions call (860)354-6114 or email us at info@shermanchurch.org.



To be included in our Religious News and Events page, all copy must be submitted by **Monday 3pm** to editorial@thetowntribune.com

News from New Life Church

We invite **You** to take part in the Worship of our Lord and Savior, Jesus Christ, this **Sunday, August 17, 2025**, at our Communion service at 8:30am or at our Worship Service which is at 10:00am. **Pastor Robb Hewitt** will share his message this week with New Life and New Fairfield entitled: **“Maturity – The Measure of the Full Stature of Christ”** which is based on **Ephesians 4**.

This week Pastor Robb shares that the goal for the Christian is to embody the measure of the full stature of Christ. **So- Let us ALL Seek maturity!**

Also, join us **Every Wednesday morning** for a time of quiet Prayer at 8:00am and **Every Wednesday evening** at 7:00pm for a time of prayer and worship. Each evening service will include a few acoustic praise songs as well as a short message followed by a time of prayer.

VBS is Coming to New Life- August 18-22!
Epic Australian Adventure: An Unforgettable Journey with Jesus!
John 14:6 Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.

What: An Unforgettable Journey with Jesus! We’re going on an epic adventure through Australia, and you’re invited! We’ll encounter amazing animals, lush landscapes, stunning sea life, and wondrous wilderness. And most importantly, we’ll be guided by our Savior, Jesus, who tells us, “I am the way, and the truth, and the life” in our theme verse, John 14:6.

When: August 18-22, 6pm 8pm. Parents may sign their child into the Kid’s meeting and return promptly at 7:55pm.

Time: 6-8:00pm • **Grades:** K thru 5th

Where: New Life United Methodist Church
1 Beaver Bog Rd. in New Fairfield

Register Online: bit.ly/3HjTFxL

Weekly Service Times

Wednesday Prayer, 8am & 7pm
Sunday Communion, 8:30am & Worship, 10:00am
Sunday Children’s Church, 10:15am (Nursery up 5YO, Sunday school 6YO up to 11YO)

Here are some other ways that you can worship with us at 10am: LIVE in-person at New Life, Online (website: new-life-umc.com), Facebook (@NewLifeNewFairfieldCT) or YouTube (<https://bit.ly/3OqIT7A>)

New Life UMC is located at 1 Beaver Bog Rd. in New Fairfield, just 2 miles north of town, off Route 37. Office hours are Mon–Fri, 8:30am–2:30pm.

The Congregational Church of New Fairfield
An Open & Affirming Congregation of the United Church of Christ
You are welcome here!



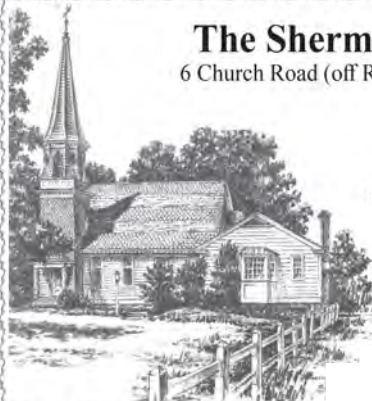
Outdoor Worship Service
Sunday 10 am

Rev. Liz Yoho
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“No matter who you are, or where you are on life’s journey, you are welcome here”

The Sherman Church
6 Church Road (off Rte. 39) Sherman, CT



Worship Services
Sunday 10:00AM

Sunday School and
Adult Bible Study
Sunday 4PM

REV.
J. Loring Carpenter
Pastor

info@shermanchurch.org
www.ShermanChurch.org

Phone: (860) 354-6114

BAHA’I FAITH

Direct your whole effort toward the happiness of those who are despondent, bestow food upon the hungry, clothe the needy, and glorify the humble. Be a helper to every helpless one, and manifest kindness to your fellow creatures in order that ye may attain the good pleasure of God. This is conducive to the illumination of the world of humanity and eternal felicity for yourselves.

For information about the Baha’i Faith, and to receive a free Baha’i prayer book, contact bahaict99@gmail.com

Baha’i Faith website: <http://www.bahai.us/>



**What’s Happening
at St. Edwards
Church**

Here’s what’s going on at St. Edward the Confessor Parish

Summer Hours:
Monday-Thursday | 9:00am-3:00pm
Fridays | Closed

Holy Day of Obligation: *The Assumption of The Blessed Virgin Mary:* Thursday, August 14 at 5:30pm & Friday, August 15 at 9am and 7pm.

Parish Raffle: a significant benefit to our parish. Ticket sales begin after all Masses and will continue this week-end until the drawing occurs on **August 16. \$25 per ticket. Grand Prize is \$40,000!**

Knights 5th Sunday Rosary: Sunday, August 31 after the 11am Mass in the church. Join us as we deepen our connection to the Immaculate Heart of Mary, the Eucharist, and the call for peace in the world. We will be led in song by our talented Music Director, and some of our choir members in the singing of “Immaculate Mary”. Refreshments to follow in the hall.

Upcoming Fall Events:

Knights Sponsored Parish Picnic- Sunday, September 7 from 11:45-2:30 on the church Lawn /Hall. Come and enjoy some food and fun!

Knights Family Pasta Night! Join us to kick off the season. Friday, September 12, 5:30pm in the hall. Menu to include: Baked Rigatoni, meatballs, sausage, salad, garlic bread, assorted beverages and desserts. \$15 per person, children under 12 \$5. Please RSVP to the parish office.

Adult Education: Drop-ins welcome! Takes place in person and on Zoom. Contact Carol Zinser Carol.Zinser@stedwardchurch.org to sign up and receive the Zoom Link for Tuesday evenings.

Fall Programs: Please see registration forms are on our website or in the bulletin www.stedwardchurch.org/Adult-Education

Tuesday Afternoons: Break for August. **Upcoming in September:** The Prophets | Messengers of God’s Mercy Starts September 16, Tuesdays 2-3:30pm in the hall.

Tuesdays Evenings: Break for August. **Upcoming in September:** The Chosen: Season 5: Starts September 16., Tuesdays on Zoom, 7pm.

Wednesday Nights: Break for August. **Upcoming in September:** Luke | The Story of Salvation Fulfilled, Starts September 10, 6:30pm in the hall.

Faith Formation: Call the Faith Formation office with any questions. 203-746-4270. *Registration forms and bills for the new school year have been mailed out.* If you are new to the area and would like to register your child, please contact the Faith Formation Office at 203-746-4270.




Welcome Mass Grades 1-6, September 7, 9:00am Mass. Meeting to follow after in the church.

Welcome Mass Confirmation Gr. 7, September 7, 5:15pm Mass. Gathering to follow in the Hall.

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**ST. EDWARD THE CONFESSOR
CATHOLIC
CHURCH**



21 BRUSH HILL RD., NEW FAIRFIELD
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SATURDAY MASS
4:00PM

SUNDAY MASS
7:30AM, 9:00AM & 11:00AM & 5:15PM

CONFESSION
FRIDAY 9:30AM-10:15AM
SATURDAY AT 3:00PM TO 3:45PM

ADORATION
FRIDAY 9:30AM-10:30AM
1ST TUES. OF THE MONTH - 7PM

Holy Trinity Mass: Sun. 10am (Sherman school cafeteria)

Summer Hours: Mon.-Thurs. 9am-3pm | Fri. Closed
For A Complete Listing Of All Parish Events Check Our Web Site
WWW.STEDWARDCHURCH.ORG

LEGAL NOTICES email by Mon., 3pm to: editorial@thetowntribune.com

**LEGAL NOTICE - TOWN OF SHERMAN
WARNING
ADJOURNED TOWN MEETING
REFERENDUM
August 23, 2025**

The electors and taxpayers of the Town of Sherman are hereby warned and notified to meet in the Sherman Emergency Services Facility on Saturday, August 23, 2025 from 12:00 P.M. to 8:00 P.M. of said day to decide by voting machine the following questions:

QUESTION 1: "SHALL THE TOWN OF SHERMAN APPROPRIATE AN ADDITIONAL \$6,500,000 TO RENOVATE AS NEW SHERMAN SCHOOL, INCLUSIVE OF ITS CENTRAL ADMINISTRATIVE SPACE, AND AUTHORIZE THE ISSUANCE OF AN ADDITIONAL \$2,500,000 OF THE TOWN'S BONDS, NOTES OR TEMPORARY NOTES TO FINANCE THE ADDITIONAL APPROPRIATION, OR ANY LESSER AMOUNT AS MAY BE NECESSARY AFTER DEDUCTING GRANTS TO BE RECEIVED FOR THE PROJECT?"

YES NO

There will be no voter registration after August 22, 2025. Dated at Sherman, Connecticut, this 6th day of August, 2025.

Carol L. Havens
Town Clerk of Sherman CT

**ADVERTENCIA
REFERÉNDUM DE LA ASAMBLEA MUNICIPAL
23 DE AGOSTO DE 2025**

Se advierte y notifica a los electores y contribuyentes del Municipio de Sherman que se reúnan en el Centro de Servicios de Emergencia de Sherman el sábado 23 de agosto de 2025, de 12:00pm a 8:00pm de dicho día para decidir mediante votación por máquina las siguientes cuestiones:

PREGUNTA 1: "¿DEBERÁ EL MUNICIPIO DE SHERMAN ASIGNAR \$6,500,000 ADICIONALES PARA LA RENOVACIÓN DE LA NUEVA ESCUELA SHERMAN, INCLUYENDO SU ESPACIO ADMINISTRATIVO CENTRAL, Y AUTORIZAR LA EMISIÓN DE \$2,500,000 ADICIONALES DE BONOS, PAGARÉS O PAGARÉS TEMPORALES DEL MUNICIPIO PARA FINANCIAR LA ASIGNACIÓN ADICIONAL, O CUALQUIER CANTIDAD MENOR QUE SEA NECESARIA TRAS DEDUCIR LAS SUBVENCIONES QUE SE RECIBIRÁN PARA EL PROYECTO?"

SÍ NO

No habrá registro de votantes después del 22 de agosto de 2025. Fechado en Sherman, Connecticut, este 6 de agosto de 2025.

Carol L. Havens
Secretaria Municipal de Sherman, CT

**LEGAL NOTICE- TOWN OF SHERMAN
PLANNING AND ZONING COMMISSION**

The Planning and Zoning Commission, at their Regular Monthly Meeting on August 7, 2025 made the following decision:

GRANTED: Amendment to an Existing Special Permit- Sherman Library Association- 1 Route 37 Center- (Map-77 , Lot-31) Proposed: To replace an existing stone walkway for safety, all in accordance with submitted marked up survey showing the existing footprint location entitled, "As-Built/ Existing Conditions Map, Prepared for Sherman Library Association, Inc. CT Route 37 and Sawmill Road, Town of Sherman, County of Fairfield, State of Connecticut". Dated: October 8, 2013. Prepared by: Arthur H. Howland & Associates. *Zone D.*

Dated at Sherman, Connecticut this 8th day of August 2025,
Planning and Zoning Commission Ryan Peburn, Chair

**LEGAL NOTICE
TOWN OF NEW FAIRFIELD
ZONING BOARD OF APPEALS**

Notice is hereby given that the New Fairfield Zoning Board of Appeals will hold a public hearing followed by a business session on **Thursday, August 21, 2025**, at 7:00pm in the Community Room of the New Fairfield Public Library located at 2 Brush Hill Road, New Fairfield, regarding the following applications and appeals.

Continued Application # 10-25: Liptak, 11 Deer Run, for variances to Zoning Regulations 3.2.5A&B, 3.2.6B Side Setback to 15', 3.2.6C Rear Setback to 28', 3.2.11, 7.1.1.2 and 7.2.3A,B&E for the purpose of constructing an addition. Zoning District: R-44; Map: 15; Block: 1; Lot: 105.

Continued Application # 15-25: Dunleavy, 8 Glenn Holly Road, for variances to Zoning Regulations 3.2.5A&B, 3.2.6A Front Setback to 23', 3.2.6B Side Setback to 7.4', 3.2.6C Rear Setback to 45', 3.2.11, 7.1.1.2 and 7.2.3A,B&E for the purpose of constructing a deck. Zoning District: R-44; Map: 39; Block: 1; Lot: 73A.

Continued Application # 17-25: Hyman, 52 Lake Drive South, for variances to Zoning Regulations 3.2.5A&B, 3.2.6B Side Setback to 18.5', 3.2.6C Rear Setback to 22', 3.2.8, 3.2.11, 7.1.1.2 and 7.2.3A,B&E for the purpose of demolishing an existing house and constructing a new house and deck within the same footprint. Zoning District: R-44; Map: 20; Block: 1; Lot: 38 & 39.

Continued Application # 18-25: Royal Fern LLC, 335 Route 39, for variances to Zoning Regulations 3.2.5A&B, 3.2.6B Side Setbacks to 12.91' and 18.16', 3.2.6C Rear Setback to 27.5', 3.2.11, 7.1.1.2 and 7.2.3A,B&E for the purpose of revising the setbacks of a previously approved variance for a deck construction. Zoning District: R-44; Map: 2; Block: 8; Lot: 5.

Application # 19-25: Nebinger, 23 Lake Drive North, for variances to Zoning Regulations 3.0.11 Mechanical Equipment for the purpose of legalizing the placement of an above-ground oil tank with a Side Setback to 2'. Zoning District: R-44; Map: 15; Block: 1; Lot: 16&17.

Application # 20-25: DSC Investors 2 LLC, 52 Bogus Hill Road, for variances to Zoning Regulations 3.0.6B Swimming Pools, 3.2.6C Rear Setbacks to 12' (pool) and 28' (house), 3.2.11, 7.1.1.2 and 7.2.3A,B&E for the purpose of demolishing an existing house and constructing a new five-bedroom house with a pool. Zoning District: R-44; Map: 11; Block: 2; Lot: 33.

Regulations Key: 3.1.5 & 3.2.5A&B Minimum lot area; Minimum lot frontage; 3.1.6 & 3.2.6 Minimum Buildings and Structure Setbacks; 3.1.11 & 3.2.11 Minimum lot dimension; 3.2.7 Maximum lot coverage, 3.2.8 Maximum Impervious Coverage, 7.1 Nonconforming Lot, and 7.1.1.1 Nonconforming Improved Lot, 7.1.1.2 Improved Lots Not in Validated or Approved Subdivision. 7.2.3A,B&E Nonconforming use of building or structure, nonconforming buildings or structure.

Joe DePaul, Chairman

Last Week's Teaser Answers

1	A	P	R	O	N	6	E	M	O	T	E	11	S	R	S
14	S	T	A	R	E	15	R	O	B	O	T	18	T	E	A
17	S	A	T	E	S	18	T	O	E	R	R	19	A	N	G
20	T	E	E	N	Y	22	A	T	R	E	E	23			
24	L	E	D	G	E	R	S	28	A	D	O	R	E	S	
29	A	D	O	N	A	I	30	T	A	X	E	D			
32	S	I	L	O	33	E	L	I	T	E	35	D	E	A	D
36	S	T	E	M	40	I	A	M	41	L	A	N	E		
42	O	S	S	O	43	D	E	R	E	K	44	E	T	T	A
46	N	E	E	D	A	48	E	A	R	N	E	R			
50	M	A	N	I	A	C	53	E	P	I	S	O	D	E	
54	E	R	E	C	T	55	R	E	S	T	S				
57	A	M	S	58	S	E	E	R	S	60	L	O	T	S	A
65	N	E	T	66	I	R	E	N	E	67	E	D	I	T	H
68	T	D	S	69	N	Y	L	O	N	70	S	E	E	Y	A



Legal Notices: Your Right to Know 

Please submit **LEGAL NOTICES** by **Monday, 3pm**
to appear in that week's paper to: editorial@thetowntribune.com


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New Fairfield to Promote Alzheimer's Awareness in September



The town of New Fairfield is set to host the 4th annual Paint The Town Purple Alzheimer's Awareness campaign from September 5th through the 21st, 2025. The town and local businesses will paint New Fairfield purple - the color of the Alzheimer's Association - to promote awareness, education, and the resources available for the more than 7 million Americans living with Alzheimer's in this country and their caregivers. The event will kick off with a ribbon-cutting ceremony on Friday, September 5th at 10 am at the New Fairfield Town Hall with First Selectman, Melissa Lindsey. All businesses are welcome. The activities begin on Tuesday, September 9th, with an Alzheimer's Association free presentation of Building Foundations for Caregiving, taking place at the New Fairfield Library at 5:30 pm. Another educational program, Supporting Independence, is scheduled for September 16th, at the New Fairfield Senior Center at 1:30 pm. New this year - an Alzheimer's Book Club highlighting the navigation of Eldercare and Dementia, from the book series Chicken Soup for the Soul, is set for September 16th and 5:30 pm.

The Association will also hold story time at Bright Beginnings and First Step on September 19th (this event is closed to the public).

Local businesses will decorate their shops purple and also hold special events throughout the week. Please stop by any businesses adorned in purple to support the cause!

There are 80 thousand people in Connecticut living with Alzheimer's disease and twice as many caregivers; many are unpaid family members. The vision of the Alzheimer's Association is to live in a world without Alzheimer's and all other dementias. Money raised helps the chapter serve more families in need and funds critical research to find new treatments, ways to manage and prevent this disease.

The Walk to End Alzheimer's is the Association's signature and most significant fundraising event. Based upon the enthusiasm and adoption of Paint the Town Purple by the New Fairfield businesses and townspeople, for the 2nd time, New Fairfield will host the Western CT Walk to End Alzheimer's on Sunday, September 21 at 9 am at the New Fairfield High School Rebels Stadium! Create a team and register at act.alz.org/WesternCT.

If you have any questions about Alzheimer's or another form of dementia, please call the Alzheimer's Association 24/7 Helpline at 1.800.272.3900 or visit our website at alz.org/

Danbury Music Centre Holds Auditions for Nutcracker Ballet, Sept. 12 and 13

Be a part of the Danbury Music Centre's Nutcracker Ballet! All dancers of all levels from age 5 to adult are invited to audition.

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Pros And Cons of Open Concept Floor Plans



Open floor plans that make it easy to move through primary living and entertaining areas have been popular for decades. Open concept floor plans join the dining room, kitchen and living (great) room into a communal space where sight lines are maximized and walls are minimal.

According to JJones Design Co., the origins of open concept floor plans may be traced to the deaf community. An open layout allows for better visual communication and awareness of one's surroundings, and some deaf individuals modified their kitchen and living spaces to facilitate

more room for social gatherings and signing. Nowadays, it's nearly impossible to find a new construction with closed-off rooms. Here's a look at some of the pros and cons of having an open-concept home.

Benefit: Open concept plans make small spaces feel bigger. When smaller homes are broken up by walls, they can seem even smaller. By tearing down walls, one can trick the mind into thinking there is more square footage.

Drawback: The space may feel too large. An open concept floor plan in a large home can make interior spaces feel cavernous. A cozy home can be difficult to achieve with fewer walls.

Benefit: Open concept plans facilitate the flow of natural light. Without walls to break up rooms, homeowners can maximize light coming in through their windows. This also may help to brighten darker rooms that do not

get as much natural light.

Drawback: Privacy can be hard to achieve. Unobstructed views from windows and doors can make it more challenging to create privacy when desired. When window shades are open, passersby can see into a home. Also, sunlight may end up wearing out flooring and furniture throughout the home.

Benefit: Open floor plans allow more space to spread out when entertaining. One of the biggest pluses of open floor plans is that it makes it easier to host crowds. Guests can enjoy the communal space, while hosts can still interact with friends and family even while preparing meals in the kitchen.

Drawback: Homeowners will likely need to do more cleaning ahead of hosting guests, as multiple rooms will be on display. Also, cleanup afterwards may be more arduous since guests have

spent time in multiple spaces.

Benefit: Open concept plans can improve property value. The Spruce note open floor plans are desirable and increase the value of a home by up to 7.4 percent a year.

Drawback: Some home buyers are beginning to shy away from open floor plans. This may have been prompted by stay-at-home requirements during the COVID-19 pandemic, when multiple family members were working and doing school work at home. In that environment, an open-concept layout didn't provide the privacy or distraction-free spaces residents may have needed.

Open floor plans have been around for more than 30 years, but they aren't everyone's cup of tea. The pros and cons of this design style merits consideration when renovating or shopping for a home.

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How To Navigate A Challenging Real Estate Market



Real estate has long been touted as a worthy long-term investment. With that conventional wisdom in mind, young adults often make buying a home one of their first big-ticket purchases. Though real estate remains a potentially lucrative investment, the market for homes has been difficult to navigate for several years running.

High mortgage interest rates and low inventory have left

many buyers feeling priced out of the real estate market. Others may find the competitive nature of the modern real estate market too stressful. No one can predict if or when the real estate market might be less challenging, but the following are some ways those looking for a house can navigate that process.

- **Ready your finances.** It goes without saying that prospective buyers must get their financial affairs in order before they begin shopping for a house. But finding a home in the current market takes time, and some buyers might have let their mortgage preapproval letter expire without realizing it. Others might have experienced a dip in their credit rating as they turned to credit cards to confront inflation. That means buyers who began looking for a home months or even years ago might not be positioned to buy now should they find a home to their liking. Revisit your finances if it's been awhile. Pay off any consumer debt that has accumulated in recent months and reapply for mortgage preapproval if necessary.

- **Be ready to pounce.** Data from the National Association

of Realtors found that the average home spent 32 days on the market before being sold in November of 2024, which was a full week longer than a year earlier. That's good news for buyers, but it still means buyers must be ready to pounce if they find a home and home price to their liking.

- **Hire a real estate agent.** The hectic pace of the modern real estate market can be difficult for anyone to keep up with. But real estate agents keep up with the market for a living, and they can be invaluable resources for buyers whose commitments to work and family are making it difficult to keep pace.

- **Emphasize long-term growth and value when assessing properties.** According to Zillow, the median list price of homes in the United States was just under \$387,000 by the end of January 2025. But buyers must also recognize that 22.4 percent homes sold above list price in that month, according to a Redfin analysis of MLS data and/or public records. Buying a home is more than an investment in a property. It's also in some way an investment in the town where the home is located and in a homeowners' future. So while it can be tempting to buy a home with the lowest asking price, home buyers should also seek homes that figure to experience the best long-term growth in value. Homes situated in safe and welcoming towns with good schools are arguably a better investment than homes with lower sticker prices but no such amenities.

The real estate market has been challenging for buyers over the last several years. Various strategies can help buyers find a home that suits them and their budgets.



TOWN TRIBUNE'S KITCHEN CORNER

Herb Ravioli

Ingredients:

For the dough:

- 14 ounces flour; for pasta
- 2 egg yolks
- 2 eggs
- 1 pinch salt
- 1 tablespoon olive oil

For the filling:

- 7 ounces baking potatoes
- 1 slice stale white bread
- 3 1/2 tablespoons soft butter

- 1 bunch finely chopped chives
- 1 bunch finely chopped parsley

- Sprig chervil
- 4 ounces crème fraîche
- 1 finely chopped shallot
- Salt
- Pepper

In addition:

- Flour for the work surface
- 1 egg white
- 4 1/2 ounces bacon
- 1 bunch chives
- Chervil or parsley, to garnish

for 20 minutes.

3. Finely dice the bread. Heat 1 tablespoon butter and fry the diced bread until golden brown to make croutons. Let cool, then reserve 1 tablespoon of the croutons for serving.

4. Drain and mash the potatoes, let cool slightly, then mix with the rest of the butter, salt, pepper, herbs, croutons, and crème fraîche.

5. Divide the pasta dough in half and roll out thinly into 2 sheets. Put teaspoonfuls of the filling on one of the sheets of pasta, leaving about 2 inches between them.

6. Brush the dough around the filling with egg white. Lay the second sheet of pasta dough on top and press together between the heaps of filling.

7. Cut out the ravioli with a pastry wheel.

8. Drop the ravioli into boiling, salted water and cook for 4 to 5 minutes, then take out and keep warm.

9. Dice the bacon and fry until crisp and brown. Wash the chives, shake dry and snip. Serve the ravioli onto warmed plates, scatter with bacon, chives and croutons and serve garnished with chervil or parsley

1. Combine the flour, egg yolks, eggs, oil, salt, and 2 to 3 tablespoons cold water and quickly knead to a pliable dough. Form into a ball, cover with plastic wrap and let rest for 1 hour.

2. For the filling, peel and quarter the potatoes and cook in boiling, salted water



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How To Choose A Grill That's Best For You



Grilling is a warm weather tradition, particularly when entertaining. Cooking food outside while guests gather and mingle sets a scene for a fun summertime event. It also is a great way to cook meals and avoid heating up the home when outdoor temperatures rise.

Few things match the taste of freshly grilled foods, which can be prepared and cooked to perfection on grills that range from traditional charcoal grills to gas grills and more. The following rundown of grills can help homeowners identify which style is

best for them.

· **Charcoal grills:** Charcoal grills have been around for some time, and they tend to be inexpensive and easy to use. Charcoal grills enable air to enter a manually adjusted intake at the bottom of the grill. Foodies claim that the only way to grill is with charcoal, which imparts a smoky, rich flavor. Charcoal kettle grills are a subset of charcoal grills that are lightweight and portable.

· **Gas grills:** Gas grills either use a propane tank for fuel, or are directly connected to a home's natural gas line to offer

continuous availability of gas. According to The Home Depot, gas grills are prized because they heat up quickly and are very easy to use. Most come with a push-button ignition to light the grill, and heat can be easily regulated with control knobs. Some gas grills also come equipped with side burners, so that food can be boiled or reheated outside while a main course is being cooked.

· **Kamado grills:** Known as ceramic cookers or egg grills, Kamado grills are a more sophisticated version of a charcoal grill, according to Build with Ferguson, a home improvement retailer. While they are still operated similarly to other charcoal grills, the engineered design and ceramic material causes much more regulated and insulated temperatures inside.

· **Wood pellet grills:** Pellet grills bring the best of both worlds of smoking and grilling. Pellets the size of peas are loaded into a hopper and go into a burn pot with an auger. The thermostat and burn pot work electronically to keep the grill at the desired temperature. Pellet grills are good for foods that require longer cook times, like roasts and ribs. Some models allow users to adjust the temperature of the grill and monitor food using a smart-phone app.

· **Electric grills:** As the name implies, these grills are plugged into a nearby outlet. Electric grills are compact and portable, and some are even tabletop models. Electric grills may be ideal for apartment dwellers or those who do not have adequate outdoor space for another type of grill.

· **Smoker:** Standalone smokers are designed to cook foods at low temperatures over long periods of time to produce fall-off-the-bone results. Heat for smokers may be provided by wood, charcoal, electricity, or propane. Wood chips customarily are added for aromatic, authentic flavors. Although charcoal smokers are more traditional, they need to



be monitored quite a bit. Electronic models may have a set-and-forget function that enables less hands-on time around the smoker, much in the way a slow cooker indoors can be set up and left without a need for monitoring.

· **Hybrid grills:** Some grills

marry the convenience of gas grills with the smoky flavoring charcoal grills provide. Others may have a side for gas grilling connected to a charcoal smoker.

A variety of grill styles ensure there's a perfect choice for any home cook.

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Great Gifts For New Homeowners



Homeownership is a goal that many people aspire to. However, a complicated housing market in the United States, marked by high prices and high interest rates, has led the homeownership rate to dip to 65.1 percent in the first quarter of 2025. This decline marked a five-year low, and younger homeowners, particularly those under age 35, have found buying a home particularly challenging, according to the U.S. Census Bureau and the Federal Reserve Economic Data.

Those who have been successful with their homeownership endeavors can benefit from all the help they can get to offset rising costs. The excitement of a new space often comes with a long list of home needs, making

housewarming gifts practical and appealing this holiday season. The following are a selection of items that can benefit any new homeowner.

Practical essentials

New homeowners will need to outfit their homes with basic household items. As repairs and remodeling might be the first tasks to tackle, a high-quality tool kit and some key power tools will be invaluable. Additional practical gifts include a fire extinguisher, smart home devices, a sturdy step stool, and painting equipment.

Kitchen gadgets

Plenty of action takes place in the kitchen, and this room often is referred to as the heart of a home. Upgrading the space

with an arsenal of culinary tools is often slow-going for new homeowners. That's when gifts of a durable coffee maker, a set of mixing bowls, a cutlery set, cast-iron cookware, or stylish serving platters can help get homeowners established.

Cozy corners

A new home may seem stark at the outset. Gifts of creature comforts like throw blankets, lush bedding, luxurious soaps, scented candles, accent lighting, low-maintenance houseplants, or a Bluetooth smart speaker can create a welcoming retreat.

Helping hands

New homeowners likely will appreciate a little help by way of services that can take some of the work off of their shoulders. A gift of lawn care or cleaning services will get the property and home looking its best. For the security-minded, gifting security cameras or access to a remote security monitoring service will be thoughtful. Homeowners who have pools or spas may appreciate a maintenance service that helps with cleaning and water balancing.

New homeowners have much on their plates, so well-intentioned holiday gifts can fill in the gaps as they begin life in their new abodes.

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TOWN TRIBUNE'S KITCHEN CORNER

Mixed Tostadas

Ingredients:

- Oil, for shallow frying
- 14 freshly prepared unbaked corn tortillas
- 1 cup mashed red kidney or pinto beans
- 1 iceberg lettuce, shredded
- Olive oil and vinegar dressing (optional)
- 2 cooked chicken breast portions, skinned and thinly sliced
- 8 ounces guacamole
- 1 cup coarsely grated sharp cheddar cheese
- Pickled jalapeño chiles, seeded and sliced, to taste

Directions:

1. Heat the oil in a shallow frying pan and fry the corn tortillas, one by one, until golden brown on both sides and crisp but not hard.
2. Spread each tortilla with a layer of mashed pinto or kidney beans. Put a layer of shredded lettuce (which can either be left plain or lightly

tossed with a little dressing) over the beans.

3. Arrange chicken slices on top of the lettuce. Carefully spread over a layer of the guacamole and finally sprinkle over the grated cheese.
4. Arrange the mixed tostadas on a large platter and serve immediately, while still warm. Use your hands to eat tostadas, as they are extremely messy.

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Signs Of Potential Electrical Hazards In A Home



Homeowners know that the work of maintaining a home is never done. Cleaning is a daily task associated with homeownership, and such sessions can reveal more than dust buildup or dirty walls and surfaces.

When cleaning a home, homeowners can pull double duty and look for potentially hazardous situations. For example, vacuuming and dusting sessions can present a great opportunity to spot electrical hazards that might otherwise go unseen. With that in mind, homeowners can keep an eye out for these four signs of potential electrical hazards when working around the house.

1. Tingling when touching an electrical appliance: The National Fire Protection Association (NFPA) advises homeowners to call a qualified electrician immediately if they experience a tingling feeling when touching an electrical appliance. The Electrical Safety Office notes experiencing a tingle or the feeling of being shocked is not normal. Homeowners who experience such a feeling should avoid the location and warn others in the home to do the same.

2. Wall outlets that look or feel unusual: Wall outlets do not garner much attention, as many are low enough to be out of sight or even behind furniture. So a cleaning session might be the

only time homeowners will notice issues with wall outlets. The NFPA notes discolored outlets or outlets that feel warm to the touch is a sign of an electrical problem. Various issues can cause outlets to look or feel unusual. An outlet could be short-circuiting or wires could be damaged, and each issue merits the attention of a qualified electrician.

3. Foul odors: An odor that calls to mind burning rubber is another indicator of an electrical problem. Various electrical experts indicate such odors can be indicative of damaged wiring, an overloaded circuit or loose connections, each of which poses a significant safety hazard. The NFPA urges homeowners to contact a qualified electrician immediately if they sense a smell of burning rubber in their homes.

4. Flickering lights: Homeowners won't need to wait until cleaning sessions to notice flickering lights. Such flickering is hard to miss regardless of what residents are doing inside a home. Sometimes lights flicker because of a loose bulb, so homeowners who notice flickering should first turn off the light, let the bulb cool down if need be and then check to make sure it isn't loose. If the bulb isn't loose, then lights could be flickering for a multitude of reasons. A loose connection can cause flickering, as can an overloaded circuit. Homeowners also may not realize that not all bulbs and dimmer switches are designed to work together. For example, modern LED light bulbs often require the installation of specific dimmer switches or the lights won't operate properly. Flickering can result if these products are not compatible. If a home is old, then flickering lights could be due to old wiring that needs to be replaced.

Daily and weekly cleaning sessions can be a good time for homeowners to perform a quick audit of electrical outlets and lights to ensure everything is safe and working properly.



TOWN TRIBUNE'S KITCHEN CORNER

Vegan Chocolate Mousse



Ingredients:

- 2 large ripe avocados
- 1/2 cup unsweetened cocoa
- 6 to 8 tablespoons maple syrup
- 2 tablespoons non-dairy milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon coarse salt
- 1/2 cup fresh berries, for

topping

- 1/4 cup walnuts, crushed, for topping

Directions:

Add avocado, unsweetened cocoa, maple syrup, non-dairy milk, vanilla, and salt to a food processor and puree until creamy. Divide mousse into 4 cups; top with fresh berries and crushed nuts.

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How To Find The Right Contractor For Your Next Home Renovation



Home renovations are significant undertakings. Though some projects require more sizable investments of time and money than others, all merit homeowners' attention and inspire some excitement when pondering the finished product.

A finished product tends to offer more appeal when the project is overseen and undertaken by a professional contractor. Small projects may be in the wheelhouse of skilled do-it-yourselfers, but most homeowners are best served leaving home renovations to the professionals.

Finding the right contractor for a given job is of the utmost importance, and the following are some tips to help homeowners do just that.

Seek word-of-mouth recommendations. Word-of-mouth advertising has long been recognized as an invaluable tool to attract customers, and for good reason. A 2025 report on the state of the roofing industry provided by Roofing Contractor, the official publication for the International Roofing Expo®, found that 79 percent of homeowners identify word-of-mouth

as the top way to find a roofing professional. Word-of-mouth is so valued because homeowners can ask friends or neighbors about their experiences with a given professional in a pressure-free setting. Word-of-mouth also can help homeowners cut down on the pool of potential contractor candidates, which is no small benefit in markets flooded with renovation professionals.

Secure multiple written estimates. It can be time-consuming to speak to multiple contractors and secure written estimates from each one, but such legwork is well worth the effort if the end result is finding the right contractor. Secure multiple estimates even if the first one provided to you is below budget. Multiple estimates allow homeowners to compare what's included, and not included, in each one. Some contractors offering low estimates may not include materials costs or additional factors that will increase the price. Others may seem more expensive initially but may prove more affordable than competitors if their estimates include all of the costs associated with the project. Only a direct comparison of multiple estimates, which should include details specific to the project and an itemized list of what will be

provided and performed by the contractor, can give homeowners an idea of what they're paying for.

Stay local when possible. Hiring local contractors is beneficial for a number of reasons. Hiring locals keeps money in the community and thus supports the local economy. And working with local contractors can make it easier for homeowners to keep lines of communication open. Many projects also require a little post-completion upkeep or even some tweaks, which is more easily accomplished when working with contractors based nearby. And finally, local contractors will be familiar with building codes and other details specific to a given town. That familiarity can ensure a project is done in adherence to codes and not stalled by permit- or inspection-related delays.

Confirm their insurance. Travelers Insurance urges homeowners to confirm a contractor is properly insured and bonded pri-



or to signing a contract. Contractors should be willing to provide a certificate of insurance (COI) that indicates their provider, policy number and coverage limits. Travelers also notes homeowners can contact insurers directly to verify coverage and ensure the policy is current. Never hire a contractor who is uninsured or unwilling to provide proof of insurance.

Hiring a contractor to perform a home renovation may be a leap of faith, but homeowners can take steps to ensure they find the right professional for the job.



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THIS WEEK IN **SPORTS** **SPORTS EDITOR BILL MERRITT**

NF 12U & 8U BOTH WIN GHVBL CHAMPIONSHIPS



Chirido, Dominic Amaturro, Jagger Gonzalez Bottom Row(L to R): Ryan Schwarz, Eddie Falino, Lino Stoja, Josh Wilson, Joe Viccaro, Henri Boucher



The NF 8U GHVBL Champs:

12U YOUTH BASEBALL

12u Rebels Advance to GHVBL Championship Game and WIN! NF BEATS FAIRFIELD NATIONALS, 14-4, in League Semifinal

The New Fairfield 12u Rebels advanced to the Greater Hudson Valley Baseball League championship game after their win on Tuesday night, August 5, with an incredible come from behind win over the Fairfield Nationals.

The Rebels were stifled early due to impressive pitching and defense from Fairfield National, and were trailing 3-1 going into the bottom of the fourth. Colin Flanagan started for the Rebels and kept the game close despite a strong offense on the other side, and Eddie Falino came on to pitch the final two innings, allowing only one hit and one run, to earn the win.

The Rebels worked tough at bats in the early innings to get the Fairfield National pitch count up, and in the fourth the Rebels rallied with two outs by scoring six runs on hits by Josh Wilson, Colin Flanagan, Roman Hennigan, and Ryan Schwarz to go ahead 7-3. Eddie Falino held the Fairfield Nationals to one run in the top of the fifth, and the Rebels continued the onslaught in the bottom of the fifth with hits by Dom Amaturro, Josh Wilson, Eddie Falino, Matt Carlacci, Colin Flanagan, Ro-

man Hennigan, and a walk off hit by Aiden Cleary leading to a final score of 14-4.

Overall, the Rebels had 11 hits out of 25 at bats for a combined .440 team batting average.

The Rebels now move on to the GHVBL championship game on Saturday in Wappingers Falls, NY. The Rebels are going for their third title after having won during both the 8u and 10u summer seasons. Coach Greg Flanagan, along with assistants Greg Schwarz and Mike Viccaro, have the boys primed and are hoping for a big finish before leaving for Dreams Park in Cooperstown next week for the final tournament of their Rebels' Cal Ripken career.

NF 12U WINS GHVBL with a 10-4 VICTORY vs. the 12U Heat Baseball Black

The NF 12s won the Greater Hudson Valley Baseball League on Saturday, August 9, against the 12U Heat Baseball Black. The NF 12U won the GHVBL Championship the 12U Heat Baseball Black.

The 12U Rebels captured their third GHVBL championship as the team had won as 9U and 10U teams.

Row(L to R): Coach Matt Stoja, Coach Michael Viccaro, Coach Greg Flanagan, Coach Greg Schwarz Middle Row(L to R): Matt Carlacci, Aiden Cleary, Colin Flanagan, Roman Hennigan, Vincent

The road to the 12u title started slowly as the team got off to a bumpy start to the summer season; however, after a tough loss in mid-July to Danbury the Rebels "won out" and finished the season with eight straight wins and eleven of their last twelve. In the 12u championship, the Rebels once again received dominant pitching from ace Roman Hennigan, who pitched into the fifth inning and struck out nine to earn his second win of the playoffs. Eddie Falino came on to close it out while striking out five batters for his third save of the playoffs. The Rebels were stellar all around in the championship, and were led by team veterans Colin Flanagan, Ryan Schwarz, Aiden Cleary, Dom Amaturro, and Matt Carlacci on both the offensive and defensive side. Josh Wilson also continued to light up the opposition with his prowess for bunting along with his speed, and Jagger Gonzalez, Joey Viccaro, and Henri Boucher provided an additional spark to the lineup. The Rebels also received additional inspiration from team veterans Vinny Chirido and Lino Stoja, both of whom were in the dugout with the team for the championship game.

For a fifth straight year, the Rebels were led by manager Greg Flanagan who started with the team at their very first 8u practice in 2021. Assistant coach Greg Schwarz was with the team from the beginning as well. Finally, other Rebel coaches over the years have included Mike Vaccaro, Matt Stoja, and John Falino.

The Rebels now move on to Cooperstown for their final tournament as they wrap up their time with New Fairfield Baseball.

Good luck to the team as the players move on to the 90' diamond next season and hopefully continue their winning ways as high school players!

8U YOUTH BASEBALL

NF Rebels 8U Ousts Wappingers Storm, 11-8, on Saturday.

On Saturday, August 9, the NF Rebels 8U defeated the Wappingers Storm, 11-8, at the Robinson Lane Field.

The NF Rebels 8U opened the scoring in the top of the first thanks to four walks. The NF Rebels 8U first got on the board when Dylan Valvano drew a walk, scoring one run.

The NF Rebels 8U added one more run in the second. Matt Sinclair doubled down the left field line on the sixth pitch of the at-bat, making the score 5-0.

A ground out by Landon Sweeney-Stroh extended the NF Rebels 8U lead to 6-1 in the top of the third inning.

Matt Sinclair led things off on the mound for the NF Rebels 8U. The pitcher allowed five hits and three runs over three innings, striking out five and walking two. Dylan Valvano tossed one inning of zero-run ball for the NF Rebels 8U in relief. The hurler gave

up zero hits, striking out one and walking two.

Javier Guiridy and Matt Sinclair each collected two hits for the NF Rebels 8U. Everett Mann and Matt Sinclair each drove in two runs for the NF Rebels 8U. The NF Rebels 8U had patience at the plate, amassing 15 walks for the game. Ben Davidson, John S. Everett Mann, Matt Day, and Dylan Valvano led the team with two walks each.

Ben Davidson and Anthony Garabo each stole multiple bases for the NF Rebels 8U. The NF Rebels 8U ran wild on the base paths, amassing nine stolen bases for the game.

The NF Rebels 8U were sure-handed in the field and didn't commit a single error.

The team won all three of their playoff games after Wednesday, July 30.



The Rebels 12U after their GHVBA Semifinal Win.



The NF 8U after defeating Wappingers Falls.

THIS WEEK IN SPORTS

**SPORTS EDITOR
BILL MERRITT**



Matthew Cusack scores a run for the 9U Rebels.

YOUTH BASEBALL

NF 9U BEATS NEW MILFORD, 17-6

The Rebels 9U baseball team erupted for nine runs in the fourth inning on Monday, July 28, to secure a decisive 17-6 victory over the 9U New Milford Green.

The game was tight early, with 9U Green getting on the board first in the opening frame. The Rebels answered in the bottom half, taking a 3-2 lead on RBI singles from Tristan Petrino, Casey Staszak, and Ryan Monaghan.

9U Green reclaimed the lead in the second inning before the Rebels turned the tide in the third. A five-run rally fueled by just two hits and aided by a costly error that plated three runs gave the Rebels an 8-4 advantage heading into the fourth.

From there, the Rebels' bats caught fire. In the decisive fourth inning, Ryan Labarbera singled to drive in one, Nathan Sullivan doubled in two, Tristan Petrino doubled in one, Casey Staszak doubled in one, Luke Surovy singled in one, and Lorenzo Perri singled, scoring one run, and an error scored two runs, putting the game out of reach.

On the mound, Tristan Petrino earned the start for the Rebels, striking out seven and allowing five runs on seven hits over 3 2/3 innings. Vince O'Brien closed the game in relief.

The Rebels' offense was relentless, collecting 17 hits. Nathan Sullivan, Casey Staszak, Tristan Petrino, Lorenzo Perri, Vince O'Brien, and Ryan LaBarbera each tallied two hits, with Nathan leading the team with three RBIs and a 2-for-3 performance.

The team was aggressive on the basepaths, swiping six bags.

Defensively, the Rebels were flawless, committing no errors. Lorenzo Perri was a standout in the field, recording five plays.

On Friday, August 1, the NF 9U closed out the season with an 11-0 loss at the Dutchess CC in Poughkeepsie against the Wappingers STORM.



Casey Staszak hits a double for the 9U Rebels.

SUMMER YOUTH BASEBALL REGULAR SEASON ENDS

New Fairfield Baseball had seven teams playing in the Greater Hudson Valley Summer league this summer including:

8U: The New Fairfield 8U team finished its 2025 summer season in the GHVBL with a final record of 3-8.

Their final game was on Saturday, August 9, at 9:15 AM EDT at Robinson Lane Field in Wappinger, NY against the Wappinger Storm

9U: The New Fairfield 9U team of coach Mike Petrino finished the summer season with a final record of 7-7, in the 9U D3 division.

The team played its final game of the summer on Friday, August 1, at 6:30 PM EDT at Dutchess CC - Poughkeepsie Friday and lost 11-0. in the 9U D3 division.

The team finished 9th out of the 26 team division.

10U Red: The New Fairfield 10U Red team of coach Rob Flynn finished the summer regular season with a final record of 3-12 in the 10U D4 division.

The team's final game was on Saturday, August 2, at 6:00 PM EDT at Mays Field in Washingtonville against the Hudson Valley Hawks Orange. NF lost 12-0.

10U Blue: The NF 10U Blue team of coach Ken Bennett was 9-7 as of Monday, July 28. The team won their first playoff game on Monday, July 28, at Rogers Park in Danbury against the Hatters, 16-7.

The team then lost on Monday, August 4, at 6:00 PM EDT to Pinebrook in New Rochelle to the YBNR Huguenots, 5-3.

The team finished 10th in the 45 team division.

11U Red: The New Fairfield 11U Red team of coach Anthony Yorio finished the season with a final record of 7-9 in the 11U D3 division.

The team finished 12th in the division of 50 teams.

The team ended the season on Friday, August 8, at 5:45 PM EDT at the New Fairfield HS (50/70/Softball field against the East Coast Athletics with a 5-1 victory.

11U White: The New Fairfield 11U White team.

12U: The New Fairfield 12U team is coached by Greg Flanagan. The team finished the regular season with a 10-4 record and were the first place seed in the division of 29 teams.

The New Fairfield 12s won their last two playoff game on Sunday, August 9, at 1:45 PM EDT at Robinson Lane (50/70 field) against Wappinger, NY the Heat Baseball Black.

On Tuesday, Aug 5, at 6:00 PM EDT at the New Fairfield HS 50/70/Softball field, the Rebels defeated the Fairfield National 12U 14-4 in the division semifinals. (See game report on front page.)

Finally the New Fairfield Rebels 12U D4 team played in the league championship game and won 13-4 on Saturday, August 9, at the Robinson Lane Field in Wappingers Falls, NY, vs. the Heat Baseball Black.

FLASH CROSS COUNTRY

"Flash" X Country's 25th Season Has Begun with "Run & Swim"

The New Fairfield Flash Track



Abby Dossena and Reagan Balint escorted by Flash Alumni Kenny, Katie, Jack, Lily and Cassidy

Country season with the annual Run & Swim program. Boys and girls in 5th-8th grade from Sherman and New Fairfield can join the summer running program on Tuesday and Thursday evenings in the month of August. Young athletes will meet outside 38 Rita Drive at 6 pm.

Participants will get in shape for cross country, or any fall sport, by running the Rita Drive neighborhood and jumping in a pool to cool off at the end. We will engage in warm-ups before all runs. Runners will be assisted by adult and high school athletes and will build endurance and stamina with each practice. Athletes can race up the "Big Mama" hill before concluding with a relaxing dip in the pool.

No experience is necessary for these runs. The Flash is organized like a middle school program, competing with other schools and clubs in the area.

The cost is \$5 per session, or \$20 for the August runs. Parents who have a child running are welcome to join the run at no charge. Registration information is available at <https://nf-flash.sportngin.com/register/form/472420278>.



Lizzie Williams is back for another season of Flash Cross Country



Lizzie Williams, Rylie Roemer and Audrey Vaughan stretching before the ru



Rylie Roemer and Lizzie Williams finish the loop of Rita Drive



Head Coach Mary Simons introduces XC running to Audrey Vaughan

**SEE the NFHS
FALL SPORTS
SCHEDULES
in next week's
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MENS SUNDAY SOFTBALL

WEEK EIGHT

CURRENT STANDINGS

(as reported after last WEEK)

CONE CREW	10-1
ABC FUEL	7-3
STONE CRABS	7-1
SNAP-ON	3-6
YANKEE P&P	3-6
SAINT EDWARD	2-5
MILITIA	2-8
WWS	1-6

The missing game from Week Seven was the 1:00 pm contest at Memorial: Snap On Tools vs. ABC Fuel.

The game reports for the last scheduled week of play on Sunday, August 10, included the following: AT CASHMAN FIELD

Stone Crabs 7 ABC Fuel 5: The Crabs pulled this one out in the bottom of the last. For ABC Kyle Poellot, Adam Freitas and Tony Longiello each had 2 hits.

Scoring by inning
ABC Fuel 320 000 0 - 5
Stone Crabs 102 004 0 - 7

ABC Fuel 8 Snap On Tools 2: The game report for this final game at Memorial Field on Sunday, 8/3 did not arrive in time before presstime. We received it for this week. ABC was led by Mike Azzarito with 3 hits while Steve Green added 2/ Mike Docena's RBI single plated Jesse Schmid for Snap On.

Scoring by inning
Snap On Tools 002 000 0 - 2
ABC Fuel 103 310 x - 8
Snap On Tools 7 WWS 0: Snap On won by forfeit.

The Militia 7 WWS 0: The Militia won by forfeit.

Snap On Tools Militia

Scoring by inning
Snap On Tools Militia

AT MEMORIAL FIELD
Yankee Peddler & Pawn 21 Saint Edward 16: Mike Zurzola led the Yankees with a home run and double. Jim Palardy, Brian Forsberg, Jared O'Connor and Bob Zurzola each had 4 hits with Jared's including a home run. Don Bickelhaupt had 3 hits. Gavin Hausporg and Spencer Hausporg each had 3 hits for Saint Edward with Jud Brady adding a single, a double and a walk.

Scoring by inning
Yankee Peddler 540 426 0 - 21
Saint Edward 830 023 0 - 16

Cone Crew 13 Yankee Peddler & Pawn 1: The Crew's leadoff Chris Carillo had 3 hits and 3 runs scored. John Hoey added 3 jhi with 2 runs scored and 4 RBIs including the RBI single to end the game by the run rule. Ken Santiago added 2 hits with a run scored and 2 RBIs. Yankee Peddler got a first inning triple from Jared O'Connor who scored the Yankee's only run on an RBI single by Brian Forsberg.

Scoring by inning
Yankee Peddler 100 00 - 1
Cone Crew 522 31 - 13

ABC Fuel 20 Militia 2: For ABC Mike Azzarito was 3 for 3 with 3 runs scored, DJ Bruckenthal was 3 for 4 with a home run and 4 RBIs, and Henry Strickrodt was 3 for 4 with a single, double, and triple along with 2 RBIs.

Scoring by inning
ABC. 6 13 0 1 0 - 20
Militia 0 0 2 0 0 - 2

The schedule for next Sunday, 8/17, is scheduled to include:

At CASHMAN FIELD:
9:00 ABC Fuel vs. Stone Crabs
10:20 Stone Crabs vs. Snap On Tools
11:40 Snap On Tools vs. WWS

THIS WEEK IN SPORTS

SPORTS EDITOR
BILL MERRITT



Rob Zurzola of YPP pitching to John Hoey of the Cone Crew at Memorial Field last Sunday

1:00 Militia vs. WWS
At MEMORIAL FIELD:
9:00 YPP vs. Saint Edward
10:20 YPP vs. Cone Crew
11:40 ABC Fuel vs. the Militia
Teams are asked to email their results as soon as possible following their games to <wcpm3@aol.com> and to <ADVERTISING@THTOWNTRIBUNE.COM>

GOLF

LAST CHANCE TO REGISTER for The 36th Annual St. Edward's Golf Classic Monday, August 25, 2025

GOLF REGISTRATION IS OPEN: The 36th Annual St. Edward's Golf Classic will take place on Monday, August 25, 2025 at The Club at River Oaks, Sherman, CT

- Check-In at 8:30am
- Breakfast 9:00am to 9:30am
- Shotgun-Scramble at 9:45am
- Buffet Lunch following Golf at the Club River Oaks
- Welcome Goodie Bags
- 1 Free Drink Coupon per Golfer
- Hole-In-One Prizes on all Par 3s
- 1st Hole-In-One on the 4th Hole Wins \$25,000

This year, 50% of the net proceeds will benefit Special Projects at St. Edward Parish.

We look forward to seeing you at the 36th Annual Golf Classic and "Thank You" in advance for your continued support and participation. The event is limited to the First Prepaid 96 Golfers.

This is a St Edward Knights of Columbus Fundraiser. Due to limited spacing, there will be NO Refunds and NO Cancellations offered.

If you have any questions or need more information, please feel free to email us at: StEdGolfClassic@gmail.com or call: Vic Flagello at 203-500-4667 or John Tomaino at 914-414-3433

FOOTBALL

Rebel Football is BUSY in the SUMMER

The NFHS Football program is busy in the summer.

The team is in the weightroom on Mondays, Wednesdays and Thursdays from 8 am until 10 am.

The team is participating in the Monday passing league at Brookfield HS. All wide receivers, quarterbacks and running backs are there from 5 pm until 7 pm.

Big Man Monday is held weekly with coach Ed Merritt from 5 pm until 6:30 pm.

The upcoming varsity season schedule includes:

- WED 8/27 4:30 PM Scrimmage Boys Football Varsity at Masuk with Abbott Tech/Immaculate at Benedict Stadium Field @ Masuk HS
- FRI 9/12 7:00 PM vs. Prince Tech at New Fairfield High School
- FRI 9/19 7:00 PM vs. Weston at New Fairfield High School
- FRI 9/26 6:00 PM vs. Lewis Mills/Wolcott Tech at Lewis Mills High School
- FRI 10/3 6:30 PM vs. Notre Dame Prep at Sacred Heart University Campus Field
- FRI 10/17 7:00 PM vs. Stratford at New Fairfield High School
- SAT 10/25 1:00 PM vs. Joel Barlow at Joel Barlow High School
- FRI 10/31 7:00 PM vs. Pomperaug at New Fairfield High School
- SAT 11/8 10:00 AM vs. O'Brien Tech at Emmett O' Brien Reg Voc Tech School
- FRI 11/14 6:30 PM vs. Bunnell at Bunnell HS's Mastroni Field
- THU 11/27 10:00 AM vs. New Milford at New Fairfield High School Stadium Field



YOUTH SPORTS Coaches or their representatives are asked to please turn in their weekly game reports and pictures on Sunday evenings no matter how late to wcpm3@aol.com or Advertising@thetowntribune.com so that they will appear in that week's TOWN TRIBUNE.

Do you know a COLLEGE ATHLETE or LOCAL SPORTS PERSONALITY? If yes please share the news with us at the Town Tribune with a photo. Send to WCPM3@aol.com and/or Advertising@thetowntribune.com



The Rebel Seniors last season, the best in school history, included Ryan Gautrau,, Hunter Williams and Owen Kraska who played their last home match against Brookfield.

GOLF

FALL GOLF

With the retirement of coach Jay Greenberg, the founder of NFHS golf, coach Paul Musso becomes the new head coach.

The team celebrated its best ever season last year when they finished with a 10-5 record.

The team will be the first to play an official competition this fall as the NF duffers open the FALL SEASON next week.

The 2025 NFHS Golf season is scheduled to include:

- WED 8/20 3:00 PM vs. Immaculate at Richter Park Golf Course
- THU 8/21 3:00 PM vs. Newtown at Club River Oaks
- TUE 8/26 3:00 PM vs. Pomperaug at Club River Oaks
- WED 8/27 3:00 PM vs. Bunnell Blackhawk Country Club (Old OCC)
- WED 9/3 3:30 PM vs. Newtown at Rock Ridge Country Club
- THU 9/4 3:00 PM vs. Masuk at Whitney Farms Golf Course
- TUE 9/9 3:00 PM vs. Notre Dame Prep at the Club River Oaks
- THU 9/11 3:00 PM vs. Brookfield at Candlewood Valley Country Club
- MON 9/15 3:00 PM vs. Bethel at the Club River Oaks
- THU 9/18 3:00 PM vs. Stratford at Mill River Country Club
- WED 9/24 3:00 PM vs. New Milford at Candlewood Valley Country Club
- THU 9/25 3:00 PM CIAC Golf with Danbury, Fairfield Prep, Glastonbury, Joel Barlow, New Fairfield, Pomperaug, Rocky Hill, Trumbull and Weston at the Orange Hill GC

- MON 9/29 3:00 PM vs. Joel Barlow at the Club River Oaks
- TUE 9/30 3:00 PM vsd. Weston at the Club River Oaks
- MON 10/6 3:00 PM vs. Immaculate at the Club River Oaks

The team roster includes:

Adamchak, Jack	10
Archer, Brian	12
Aurigemina, Jack	12
Cheneski, Colby	12
Farrell, Matthew	12
Kuzio, Aiden	11
Maselli, Sandy	11
McCormack, Austin	12
McInerney, Michael	11
Toth, Brody	11
Yorio, Nicholas	11

Good Luck to the NFHS golfers as their season begins.

2024 NFHS FALL SPORTS LOG

(as reported on 12/1/24)

FOOTBALL	3-7
Subvasity Football	6-3
BOYS SOCCER	9-8-3
JV Boys Soccer	1-1
GIRLS SOCCER	9-7-3
JV Girls Soccer	2-3
FIELD HOCKEY	7-10-3
JV Field Hockey	6-3-3
GOLF	10-5
VOLLEYBALL	6-15
JV Volleyball	0-3
Freshman Volleyball	0-1
GIRLS SWIMMING	1-7
BOYS CROSS COUNTRY	3-10
GIRLS CROSS COUNTRY	13-0

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THRIFT SHOP AT CCFN: Open Aug. 16, 10 am – 1 pm. Congregational Church of NF, 20 Gillotti Road, to the rear of the parking lot. Lots of good quality, gently used and new men's, women's, kids' and baby clothing, shoes and accessories, linens and household items. Fill a bag for only \$15. When cleaning out your closet, please use St. Pauly's Shed. (B) 8/14

HUGE TAG SALE ALERT!

Join us for One Big, Beautiful Tag Sale! When: Saturday, August 16, 9am to 4pm Where: 401 Gage Rd, Brewster NY 10509
Tons of treasures: Glassware, small furniture, tables, desks, sporting goods, tea sets, knickknacks, kayaks, thule items, water sports gear and more.
Everything must go-don't miss out!
8/14

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