

New Milford

NOVEMBER 2025

Living



The Clark Family
*Bringing The Community Together
With A Shared Passion*

POWERED BY
BVM
BEST VERSION MEDIA

Cover Photo by Janet Taub • Planet Photo



MUNICIPALITY

Mayor Pete Bass | Town of New Milford
"The Best Town In The USA!"
860-355-6000
www.newmilford.org
mayor@newmilford.org



HOME HEALTH CARE

Michael Gold | Owner
GeronNursing and Geron Home Care, Inc
"Helping Folks Age in Place...At Home"
35 Years in Business
860-354-7698
michael@geronnursing.com
www.geronhomecare.com



WELL DRILLING & PUMP SERVICE

Mick Foss | Owner
M. O. Foss Well Drilling & Pump Service
45 Years of Well and Water Experience
We're Here to Help! Call Us Today!
860-355-0032
www.fosswellandpump.com
therealmickfoss@gmail.com



PEST AND WILDLIFE SERVICES

Bob Boone | Owner
American Bio-Tech Wildlife Services
"Celebrating 50 Years in Business"
860-355-1231
help@americanbio-tech.com
www.americanbio-tech.com



ALTERNATIVE HEATING & FIREPLACE SALES/INSTALLATION

Forest Gajdosik | Co-Owner
Black Swan Fireside Hearth & Home
"Putting Fire in Homes Since 1979"
203-426-1230
cswan@blackswanhome.com
www.blackswanhome.com



HOSPITAL

Dr. Thomas Koobatian, MD
Executive Director and Chief of Staff
New Milford Hospital/Nuvance Health
"Delivering Personal Care, Without Compromise"
860-210-5000
www.nuvancehealth.org



SCREEN PRINTING/EMBROIDERY

Jill Weiss | Owner
Fat City Screen Printing & Embroidery
"That T-shirt Place!"
Over 40 Years in Business
860-354-4650
jill@fatcityscreenprinting.com
www.fatcityscreenprinting.com



ORTHODONTIST/DENTAL CARE

Dr. Emily O'Keiff | Orthodontist
860-354-6006
Connecticut Top Dentists: 2013-2024
"Happy Patients Are My Specialty"
drokeiff@okeiffortho.com
www.okeiffortho.com



LAW FIRM

Meghan Lyon, ESQ | Partner
Hoekenga, Machado & Lyon, LLC
Hablamos Espanol | Falamos Portugues
860-350-4800
www.hdmlegal.com
meg@hdmlegal.com



FITNESS CENTER

Michelle Nahom | Owner
New Milford Fitness and Aquatics Club
860-799-6880
"Your Fitness Goals-Accomplished!"
michellen@nmfac.com
www.nmfac.com



TREE SERVICE

Shawn Emmons | Owner
Emmons Tree & Landscaping Service
860-355-9709
"Always More Than You Expect"
shawn@emmonstree.com
www.emmonstree.com



PAINTING SERVICES

Craig Thomas | Owner
Preferred Painting
860-717-0652
"Over 25 Years of Painting Solutions"
ct_preferredpainting@yahoo.com
www.preferredpainting.biz



AUTO SERVICE AND REPAIR

Dimitri Koulouris | Owner
Affordable Automotive
Auto Technician for over 40 Years
860-354-2266
rose@affordableautomotive.com
www.affordableautomotive.com



JEWELER

Brad Tranfield | Owner/Gemologist
Robertson Jewelers
860-354-5365
"Dreams Designed Daily"
Fine Jewelry Craftsmen Since 1945
www.robertsonjewelers.com



LET A ROOFER INSTALL YOUR CHRISTMAS LIGHTS

Newbert Contracting, LLC

- Residential & Commercial
- Licensed & Insured • Free Estimates

Dennis A. Newbert
203-733-9395 | Newbertsiding@aol.com



Includes Maintenance, Removal, and Storage

PUBLICATION TEAM

PUBLISHER

Dan Olson
danielolson@bestversionmedia.com

CONTENT COORDINATOR

David Dunleavy
ddunleavy@bestversionmedia.com

CONTRIBUTING PHOTOGRAPHER

Janet Taub
Planet Photo
janet@planet-photography.com
www.planet-photography.com

DESIGNER

Marshall Zak

ADVERTISING

Dan Olson
203.770.1934
danielolson@bestversionmedia.com

FEEDBACK/IDEAS/SUBMISSIONS

Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 25th of each month. Go to www.bestversionmedia.com and click "Submit Content." You may also email your thoughts, ideas and photos to: danielolson@bestversionmedia.com

Any content, resident submissions, guest columns, advertisements and editorials are not necessarily endorsed by or represent the views of Best Version Media (BVM) or any municipality, homeowners associations, businesses or organizations that this publication serves. BVM is not responsible for the reliability, suitability or timeliness of any content submitted, inclusive of materials generated or composed through artificial intelligence (AI). All content submitted is done so at the sole discretion of the submitting party.
© 2025 Best Version Media. All rights reserved.



Dear Neighbors,

Thanksgiving: The best day of the year.

Hard to argue with that. Since 1619 an annual Thanksgiving Holiday tradition was first documented in what is now known as the Commonwealth of Virginia. On December 4, 1619, 38 English settlers arrived aboard the ship Margaret. The landing was met with a religious celebration which was unofficially the first Thanksgiving.

Many iterations and celebrations followed for decades, with several different dates celebrating what we now call Thanksgiving. Some historians differ on the creation and evolution of this great holiday, but most agree that in 1863 President Abraham Lincoln declared Thanksgiving a National Holiday, to be observed on the final Thursday in November. In October 1939 President Franklin D. Roosevelt made a slight change, moving the date to the next to last Thursday of November. This was done to add more shopping days prior to Christmas between the holidays to help the economy. FDR then made it a more permanent date in late December 1941, declaring the 4th Thursday of November as the official Thanksgiving Day, which continues to be observed.

The bottom line is that the 4th Thursday in November is one that many of us circle on January 1st when we check out our new calendar and note important dates for the year. Birthdays, anniversaries, and Thanksgiving are the likely candidates to be circled first.

And this year, November 27 is the day. The best day of the year? My answer is yes.

HAPPY THANKSGIVING!

Dan Olson



Dan Olson
Publisher



David Dunleavy
Content Coordinator



Janet Taub
Photographer



Marshall Zak
Designer



EMPOWERING STUDENTS IN
GRADES K-12 Since 2012

- K-12 Tutoring In All Core Subjects
- In Person and Virtual Options
- 9 Available Tutors With 100 Years of Collective Teaching Experience
- Standardized Test Prep Available SSAT, PSAT, CLEP, APs, SAT, and ACT
- Secondary School Admissions Guidance
- College Admissions Counseling and Prep for Grades 9-12
- Summer College Admissions Boot Camps & SAT Prep Intensive

The Bleachery • 143 West Street Unit 104C New Milford, CT 06776
203.788.5971 • www.accessuccess.com



Pottery, Art, & Crafts Studio

- Pottery Painting
- Fused Glass
- Mosaics
- Canvas painting
- Wheel lessons
- Birthday Parties
- Corporate Events



203-456-6196

createescapestudio.com



Be Our Guest



Welcome from New Milford
Bulls President Danielle LeBrando

The New Milford Bulls Football & Cheer Program has been a staple in New Milford since 1969. It provides kids as young as five an opportunity to explore their passion for football and cheerleading while learning the importance of hard work, dedication, and teamwork. The program focuses not only on the physical growth of its participants, but also on the importance of character building, discipline, and sportsmanship.

I have had the pleasure of being involved with the program since my daughter started cheerleading at age eight, and she is now a junior in high school. I really loved how much fun she had with her friends and how she learned about the importance of teamwork. I am now enjoying watching my son go through the program. He loves it just as much as my daughter did and I see so much growth in him every year both as a person and as a football player.

A dedicated group of volunteers runs the organization. Their passion and hard work ensure that every initiative focuses on fostering an environment where everyone feels welcome and valued.

The football teams compete in a league that challenges athletes to push their limits and improve their skills. Practices are designed not only to improve physical abilities but also to teach strategic thinking. Coaches prioritize safety and proper technique, providing a supportive environment that allows players to excel both on and off the field.

Cheerleading is equally celebrated within the program. Cheer teams focus on strength, flexibility, and teamwork as they prepare both sideline cheers and competitive cheer routines. On the field, the teams focus on creating an energetic atmosphere. Cheer teams also compete in local, state, regional, and, if they qualify, national competitions.

At the heart of the New Milford Bulls program is a commitment to instilling core values in its athletes. Players and cheerleaders learn the importance of respect, integrity, and perseverance.

One of the best aspects of the program is the relationships that form among participants, coaches, and families. Through shared experiences, young athletes form friendships that last a lifetime.

The New Milford Bulls Football & Cheer Program offers much more than just a place to play sports; it focuses on creating an environment where young athletes can thrive. Through commitment and teamwork, the Bulls continue to inspire kids on and off the field. As we look to the future, the program remains dedicated to its mission of ensuring that every child has the opportunity to shine when they are a New Milford Bull.




Aquamarine & Diamond

READER'S CHOICE 2025 LITCHFIELD MAGAZINE FIRST PLACE

ROBERTSON Jewelers

2 Bank Street
New Milford, CT
860 354-5365
Robertsonjewelers.com



Chiarella's
HEATING & COOLING



Mike Chiarella: Owner

Local. Honest. and Reliable Professional

- 30 Years Experience
- 24 Hour Emergency Services
- Army Veteran
- Financing Available



- Air Conditioning Maintenance and Repair
- Boiler and Furnace Maintenance and Repair
 - Air Conditioning Replacements
 - Boiler & Furnace Replacements
 - Water Heater Replacements.

860-799-5511 | www.chiarellashvac.com

M.O. Foss Well Drilling & Pump Service, LLC **Small Town Connections**

By Mick Foss / M.O. Foss Well Drilling & Pump Service



Whether you're new to New Milford or a lifelong resident, none of us live here in our own little bubble. All of us need help with the endless tasks and chores that are constantly being thrust upon us. Being someone that's in the service industry, people are always asking me if I know someone who can help them out with something. I take great pride when someone asks me if I know somebody who can help them out with a specific task. I love being able to say, "I've got a guy/gal" and I can recommend someone who I've met along the way.

Recommendations are the best way to get or give new customers. It is the "old school" approach to doing business. Your reputation precedes you and means everything. If somebody has the faith in you to take care of their friends and family, it's a real reflection of what your customers see in you.

Having a big collection of people in my phone that I feel confident in recommending is one of the best things that I've got in my toolbox. Need a plumber? I got you. Need an electrician? I got you. Mechanic? Painter? Lawyer? Screen printer? I got you. Investment guy? Jeweler? Accountant? Lawn guy? I've got them all. What do need? I dare you to ask! And I would trust them all to take care of you just like they would take care of me and the same goes the other way around. If you find me through one of my friends, you'll be treated like one of my friends. I will do everything I can to take care of you.

A few years ago, a friend of mine asked me to join a local business group. I went with him to see what it was all about, not expecting much. I prefer to actually perform my work, not sit around talking about it. What I stumbled into was a group of people who I had a lot in common with. We're a small group of misfits that decided to plant our flag in the ground and let our community know that "We Are Here". Here to help you, to educate you, here to make where we live a better place.

So, if you're in need of something, I would encourage you to reach out to someone you know, someone who "knows a guy", someone who lives here and works here. Someone who is trying to make our community a better place. That's an integral part of living in a small town. It's important to know the people who came here or stayed here to raise a family, to start a business. The ones who step up and put themselves out there to solve problems and fix things.

I'd encourage everyone reading this to check out Newmilfordbusiness.com to see some of these people and to see what they can do for you.



45 Years of Well and Water Experience

860-355-0032

We're Here To Help! Call Us Today!



MICK AND MIKE FOSS

**Wells, Pumps, Tanks and Filtration,
 Water Emergencies**

399 Litchfield Road New Milford, CT 06776
 FAMILY OWNED AND OPERATED SINCE 1979
www.fosswellandpump.com



Steve, Natalie, Jen, and Wesley

The Clark Family *Bringing The Community Together With A Shared Passion*

By David Dunleavy | Photographs By Janet Taub/Planet Photo

Jen and Steve Clark kept wondering if the storefront on Main Street that sat vacant for more than 10 years would ever come to life again.

The 3,000-square-foot space last housed a CVS Pharmacy, and it bothered Jen that the vacancy was in such a prominent part of town. “I remember going by and thinking that whatever goes in there should have broad and diverse appeal,” she said. “I certainly didn’t think we’d be the ones who would eventually be moving in.”

The prospect of opening a business was gently planted when the founders of BD Provisions opened a store in Newtown in 2018. The zero-waste company specializes in selling quality bulk foods, coffees and other items by weight. Jen loved the concept and any time she was passing through Newtown she would stop at the store. She also followed the company on social media. Then in 2019 a franchise opportunity opened up.

“Over the years I felt I wanted to start something of my own; Oh I’ve had some hair brain ideas over time, but this was different,” said Jen, who graduated from New Milford High School. “I had a good feeling about this. I liked the concept of buying only what you need, so I presented the idea to Steve. He said let’s find out some more information, so we did our homework.”



Newlyweds: October 2006

In December 2020, the Clarks realized their dream and opened up their franchise in that same empty storefront that had sat idle for so long.

The business sells 15 different types of freshly roasted coffee beans that can be ground on site, along with a host of other bulk offerings such as nuts, dried fruit, candies, dried beans and flours that are stored in seemingly endless rows of fiberglass drums.

"Steve roasts every batch of beans that goes into a bin," Jen said. His efforts were rewarded this year when Connecticut Magazine named the store Best Coffee Roaster in Litchfield County. That individual touch goes right along with BD Provision's corporate mission statement - "Nourishing the community one scoop at a time."

Customers can also bring in their own standard Ball jars, which are placed in a receptacle and in turn the customer is given a sanitized jar. All food items, including pasta, cereals and candies such as dark chocolates, licorice and gummi bears, are weighed as customers pay by the pound. The most popular items are candies, chocolates and snacks.

"I absolutely enjoy when people come in and see a candy that they haven't seen since childhood," Jen said. "We do offer something for every generation."



Steve and Jen By The Coffee Roaster: BD Provisions

This isn't the only time the Clarks brought something back to life. Steve, who graduated from Western Connecticut State University with a major in English and a minor in Music, purchased a house on Fort Hill Road in 2000 that was built in 1915 and was in a state of disrepair. Steve said the family who owned it was hoping whoever bought it would bring it back to life. After much sweat the house was completely refurbished. "It's more than just a house for us," Jen said. "We enjoy breathing new life into old things. That house is part of that story."

The house is also home for the Clark's two children, Wesley, 14 and Natalie 12. Over the years Steve, who was involved in technology for the Brookfield and Sherman school districts, has coached both children in soccer through Park and Recreation leagues. Both Wesley and Natalie are second-degree black belts in Tae Kwan Do and Wesley is also a member of the New Milford High School band.



Wesley and Natalie: Buildout on 43 Main Street--Fall 2020



**Nourishing The Community And
Environment, One Scoop At A Time.**

Large selection of bulk foods, freshly roasted coffee, and more!

**Hours: Monday-Wednesday: 10am-6pm
Thursday-Friday: 10am-7pm | Saturday: 9am-6pm**

**43 Main Street, New Milford, CT 06776 "On The Green"
860-799-0100 | www.bdprovisions.com**





Wesley



Natalie

Band also has meaning for Steve and Jen since the couple first met through Jen's brother, who had Steve as his band teacher. The couple's relationship grew after Jen graduated in 2004 from Messiah College - with a major in Elementary Education and minor in French. Her first job out of school was as a fourth-grade teacher in Brookfield and prior to opening BD Provisions she worked in customer service at the Aspetuck Animal Hospital in New Preston.

The Clarks, who have been married since 2006, have enjoyed several family outings in the past year, including driving to upstate New York to view the total solar eclipse. Jen's knowledge of French and France - where she spent a semester as a college sophomore - came in handy earlier this year when the whole family traveled to that country.

The Clarks, however, do enjoy life in New Milford because of its natural beauty, cultural venues and the opportunities to meet many different types of people.

"Steve and I have a passion for bringing the community together. We all eat food, so we share that in common," Jen said. "I just love seeing reunions inside and outside the store. Seeing people connecting with each other."



Outside The Shop: September 2020

Full Service Electrical Contractors

Hantsch

ELECTRIC INC.

Providing electrical contracting for new construction, renovations, tenant improvements, service upgrades, exterior and landscape lighting, retrofits and service installations to residents and businesses.

Servicing Fairfield & Litchfield Counties



SALES & SERVICE DEALER

508 Danbury Road, New Milford, CT 06776

860-354-0148

www.HantschElectric.com




TOWN OF NEW MILFORD

Best Town In The USA!

Mayor Pete Bass

860-355-6000

860-457-4199

(Spanish)



www.newmilford.org

www.newmilfordnow.org

New Milford Proud and Strong!



BARKERY BOO'TIQUE
From my Open Farm, Organic Rawganics, Petal & Stem
...A unique shop for pets and people

Dry, wet, & raw foods, gourmet baked goods to include Birthday cakes, pet apparel, collars, harnesses, bath & grooming supplies, toys and a whole lot more.

Hours: MON-THURS. 10AM-5:30PM
FRI-SAT. 10AM-5PM
SUN. 11AM-3PM

92 Park Lane Rd • New Milford, CT 06776
www.barkerybootique.com

860-210-1312



READER'S CHOICE 2025
LITCHFIELD MAGAZINE
FIRST PLACE



RUTH CHASE FLOWERS
19 Church St., New Milford
(860) 355-1111
RuthChaseFlowers.com



THE RUSTIC COUNTRY BARN

Specializing in Barnwood Furniture
Painted & Distressed Furniture • Country Décor

101 Park Lane Rd., New Milford, CT 06776

860-354-4145
RusticCountryBarn.com
Open Monday thru Saturday 10am-6pm
Sunday 10am-4pm




Dr. Dale Krier DVM, CHPV
"At Home End of Life Care"

Pet Euthanasia In The Comfort Of Your Home
Creature Comforts
Mobile Veterinarian

860-355-0247 • www.drdaiekrier.com



the green spot
design. build. grow.
860-799-5102
Design • Build • Grow

354 Litchfield Road New Milford, CT 06776 | www.thegreenspotnewmilford.com



My 3 SONS GENERAL CONTRACTING LLC

Specializing In All Types Of Home Renovations

- Kitchens
- Bathrooms
- Additions
- Finished Basements
- Decks
- Windows
- General Contracting and much more!

860-488-1880

New Milford, Connecticut | 25 Years Of Experience
www.my3sonsgc.com | jason@my3sonsgc.com



MURPH'S TIRE SHOP
EST. 1968

Serving Our Community for 57 Years!

860-354-2132
www.murphystirect.com
murphystireshop@gmail.com

11 Howland Road New Milford, CT 06776

Salon 27: Seasonal Hair Tips

By Ashley Ayers / Owner / Salon 27

Seasonal Hair Tips For Fall And Winter: Protect Your Locks From The Cold

As the temperatures drop and the air gets drier, it's important to adjust your hair care routine to protect your strands from the harsh elements. Here are a few easy tips to keep your hair healthy, shiny, and hydrated throughout the colder months.

- 1. Hydrate** - Winter air and indoor heating can strip your hair of moisture, leaving it dry and brittle. Use a deep conditioning treatment once a week to restore hydration. Look for products with nourishing ingredients like argon oil for best results.
- 2. Avoid Over-Washing** - Washing your hair too often can strip it of natural oils. During the colder months, aim to wash your hair 2-3 times per week. Consider dry shampoo in between to refresh your hair without over-drying it.
- 3. Trim Regularly** - Winter can exacerbate split ends. Keep your hair looking fresh with regular trims every 6-8 weeks. Even a small trim helps maintain healthy hair and prevents further damage.
- 4. Add Hair Oils** - To combat dryness, incorporate a lightweight hair oil into your routine. A few drops can add shine, tame frizz, and protect against environmental damage.
- 5. Use Heat Styling Sparingly** - Limit the use of heat tools. If you must use them always apply a heat protectant first to prevent further dryness and damage.

With these simple tips, your hair can stay healthy, shiny, and beautiful all season long. If you need a little extra help, call Salon 27 for professional hair treatments tailored to your hair's needs!

SALON 27 STYLISTS



Ashley Ayers
@salon27ct



Shana Flynn
@shana.salon27



Sophie Satmary
@hair.by.sophierose



Michelle Kovatch
@beautiful_by_michelle

Salon 27 is located at 27 Main Street in New Milford, "On The Green"
Ashley Ayers is the owner and also a stylist. To schedule appointments,
call 860-717-4311. www.salon27ct.com

Illustrated below are creations by our amazing stylists:



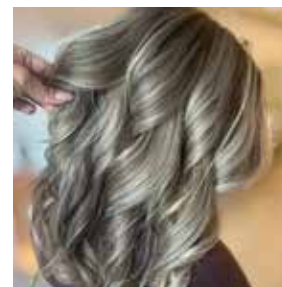
Hair By Ashley A soft and subtle teased highlight



Hair By Shana A teasing technique creating brightness with depth and movement



Hair By Sophie A blended beige blonde highlight



Hair By Michelle A seamless blonde blend



CREATIVE
CUSTOMIZED
COLOR

SALON 27

27 Main St, New Milford,
CT 06776

SALON27CT.COM

 **SALON27CT**



The Right Time For The First Orthodontic Evaluation Is Age 7

By Emily O'Keiff, D.D.S., M.S.



The recommended time for a child's first orthodontic visit is age 7. At first glance, that statement might seem a bit surprising, but there are many reasons that the American Association of Orthodontists recommends a first check-up at a young age.

Sometimes, there are situations where early orthodontic treatment may help parents to avoid more costly, and often more invasive, treatment for their child in the future.

Palatal expansion is a common early phase I orthodontic treatment. It can be used for a variety of reasons. Some children have anterior crossbites, which is when an upper front tooth bites incorrectly, inside the lower teeth. Uncorrected anterior crossbites can lead to gum tissue recession and expensive gum tissue surgeries. Palatal expansion can also correct crowding of the teeth. In some cases of significant crowding, unerupted permanent teeth can become impacted. When this occurs, children are much likely to need full braces later, often with extractions of permanent teeth or the need to see the oral surgeon for expensive procedures to help bring down the impacted tooth (this is called a surgical exposure procedure). It is very common to have a narrow palate, and in some cases, the upper jaw can be so narrow that the upper teeth sit inside the lower teeth, which is incorrect. If this occurs, young children usually have to swing their jaw to one side to create a more comfortable bite. Over time, this can lead to one side of the lower jaw "growing longer" than the other, which creates an asymmetric face.

Palatal expansion works the best when the child is very young, as it places gentle pressure on the growth plate or suture located on the roof of the mouth, underneath the gums (you can feel this suture on the roof of your mouth with your tongue- in children, this suture is open and can be gently stretched further with a palatal expander- in adults, this requires jaw surgery).

Children with underbites should be seen at a very young age, as it has been shown that early treatment (usually with a palate expander and a removable headgear, to be worn only at home) is as effective as future jaw surgery as an adult. It is an easy decision for parents to choose a simple early orthodontic treatment that can be as effective as a future expensive and invasive jaw surgery procedure. Luckily, only 5% of children have underbites, but it should be treated very early when it is discovered.

Children with too much overbite (overbite means that the upper front teeth overlap the lower teeth by far too much) often benefit from wearing a simple removable anterior bite plate. This is a special type of removable upper retainer that holds the front teeth at the correct overlap and allows the molars and bicuspid to begin growing at a faster rate until they also bite at the correct overbite. It is a simple, relatively inexpensive appliance and sturdy enough that it can be worn during school hours (even during lunch and snacks, to prevent breakage or loss) that can lead to a

very significant improvement in vertical overbites. Decreasing overbite helps to decrease wear (and chipping) of the front teeth and can make future braces (or Invisalign) treatments shorter, at a fairly low cost.

Many parents ask if they should wait to see the orthodontist until their dentist recommends it. Children should certainly see the orthodontist when their dentist recommends it, but there is no reason to wait. If parents notice something about their child's teeth or jaws that is a concern to them, it is also a concern to me. I am happy to examine a child, and either allay parents' fears or discuss something that might require a little intervention. For this reason, I do not charge a fee for an initial consultation, as I would rather discover an issue and treat it at the correct time rather than delay for financial reasons. There may be no reason to begin orthodontic treatment. If so, I generally like to follow up with the child on an annual basis, to make sure that everything progresses properly until all the permanent teeth erupt (usually at age 12 or 13).

Not all early consultation visits result in early treatment, but if it's needed, you'll be in the right place to begin.

HAPPY PATIENTS are my specialty!

Time to Work on Your Smile!
Specializing in Orthodontics and
Dentofacial Orthopedics
for Children and Adults

**O'KEIFF
ORTHODONTICS**
EXCELLENCE • COMPASSION • INTEGRITY

Flexible Payment Options
Saturday Appointments Available
Open Full Time, By Appointment

Now Accepting New Patients
860.354.6006

30 Bridge Street, Suite 202 | New Milford



free classes ○ pool ○ swim lessons ○ racquetball courts ○ personal training
massage ○ steam & sauna ○ Child Watch ○ deep cleaning, all day, every day

NEW MILFORD FITNESS & AQUATICS CLUB
130 Grove Street, New Milford, CT 06776
860.799.6880 | nmfac.com



**American Bio-Tech
Wildlife Services
860-355-1231**

Humane and Environmentally Sound Means in the
Control of Wildlife Within and Surrounding
Your Home or Business.

Specialists In The Removal & Prevention of BATS,
WOODCHUCKS, SQUIRRELS, SKUNKS, RACCOONS,
WOODPECKERS, OPOSSUMS.
Chimney Capping Available.

- Licensed by D.E.E.P.
- Fully Insured
- Serving Fairfield, Litchfield & New Haven Counties with
Wildlife Control since 1971
- Reliable, Responsible, Thorough, & Concerned Service
- 20 Year Warranty on Bat Removal Services

45 East Street
New Milford, CT 06776
help@americanbio-tech.com
www.americanbio-tech.com



Tree Removal
Tree Pruning
Stump Grinding
Planting
Plant Healthcare
Tick Spraying

Owner: Shawn Emmons
Arborist License #S-6221

860-355-9709

www.emmonstree.com

**AGRIVENTURES
AGWAY**

Celebrating 25 Years!

Save the Date!
Pet Photos
with Santa
12/6 and 12/7



New Milford 860-354-5673 | Danbury 203-743-7500 | www.agwayct.com

**Fill your bird feeders
for less at Agriventures.**

Not just a farm store... an everyone store!

Nursery - Lawn & Garden - Pet - Farm - Equine - Wood

Pellets - Wild Bird - Winter Supplies - Gifts - And More

Locally owned and operated!

Real Estate Statistics

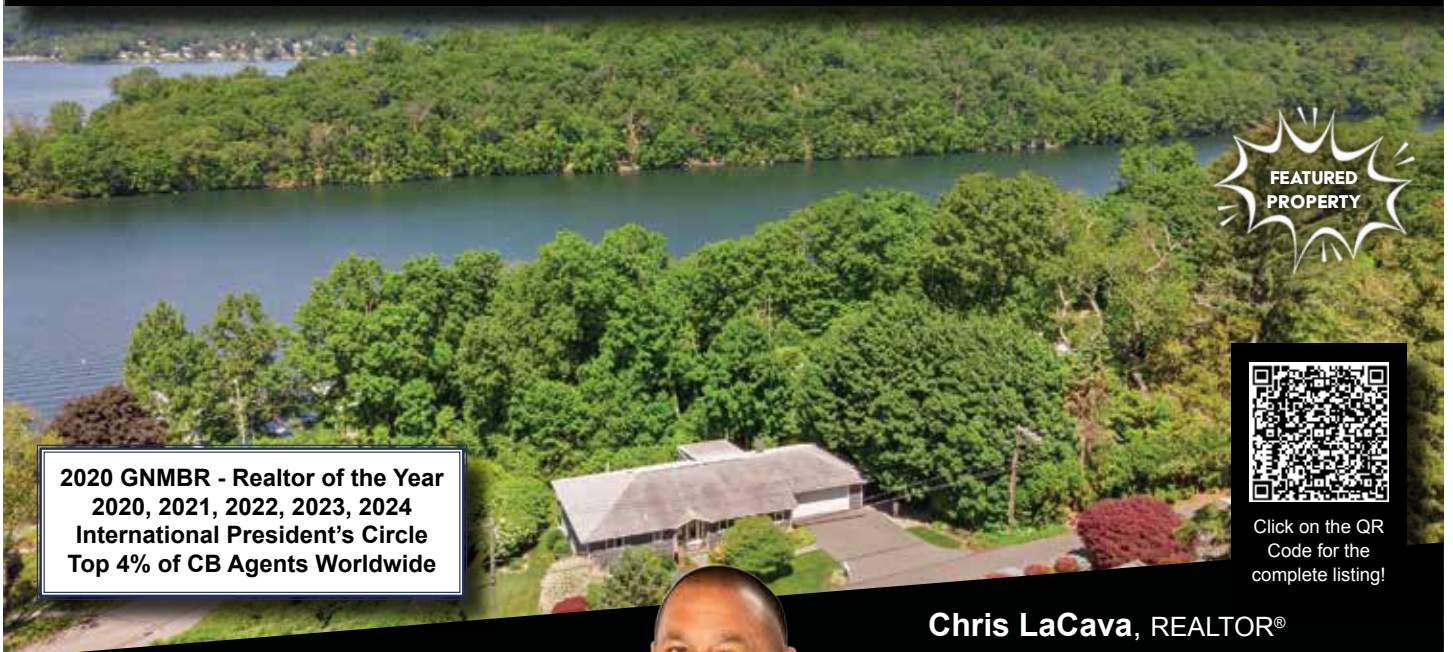
LISTINGS

ADDRESS	SQUARE FOOTAGE	BEDS	BATHS	LIST PRICE	STATUS
1 CEDAR RD DANBURY	1,700	3	2 FULL	\$419,000	CLOSED
24 CORNELL RD DANBURY	1,376	3	1 FULL, 1 HALF	\$375,000	CLOSED
2 OLD ORCHARD LN NEW MILFORD	1,708	3	3 FULL	\$435,000	CLOSED
309 KENT RD NEW MILFORD (LAND)	5.29 ACRES	X	X	\$385,000	UNDER CONTRACT
51 COUNTRY FARM LN NEW MILFORD	2,358	3	2 FULL, 2 HALF	\$599,000	CLOSED
34 POSSUM DR NEW FAIRFIELD	1,276	3	2 FULL	\$350,000	UNDER CONTRACT
30 SULLIVAN FARM NEW MILFORD	1,258	2	2 FULL, 1 HALF	\$425,000	CLOSED
92 CHAPIN RD NEW MILFORD	2,228	3	2 FULL, 1 HALF	\$549,000	ACTIVE
2 SULLIVAN FARM NEW MILFORD	1,736	2	2 FULL, 1 HALF	\$525,000	ACTIVE

ADDRESS	SQUARE FOOTAGE	BEDS	BATHS	LIST PRICE
19 ABERDEEN COURT #64 MIDDLEBURY	1950	3	2 FULL, 1 HALF	\$499,900
6 OWL RIDGE RD WOODBURY	4,832	4	3 FULL, 2 HALF	\$1,150,000
44 SEAN MEADOW DR MORRIS	2,696	3	2 FULL, 1 HALF	\$654,900
89 MUNSON RD WOLCOTT	2,090	3	1 FULL, 1 HALF	\$323,000
214 WELLSVILLE AVE NEW MILFORD (LAND)	1.13 ACRES	X	X	\$50,000
11 MIDDLETOWN AVE WETHERSFIELD	1,359	3	1 FULL, 1 HALF	\$425,000
311 STILL WATER CIRCLE BROOKFIELD	1,741	2	2 FULL	\$570,000
19 CANDLEWOOD SPRINGS NEW MILFORD	2,052	4	2 FULL, 1 HALF	\$619,000
22 VIRGINIA AVE #2B DANBURY	1,072	2	1 FULL, 1 HALF	\$289,000
59 CARLSON RIDGE RD NEW MILFORD	2,270	2	2 FULL, 1 HALF	\$549,000

Best Version Media does not guarantee the accuracy of the statistical data on this page. The data does not represent the listings of any one agent or agency but represents the activity of the real estate community in the area. Any real estate agent's ad appearing in this magazine is separate from any statistical data provided which is in no way apart of their advertisement.

12 Meadow Lane / New Milford, CT / Candlewood Lake Club



**FEATURED
PROPERTY**



Click on the QR
Code for the
complete listing!

2020 GNMBR - Realtor of the Year
2020, 2021, 2022, 2023, 2024
International President's Circle
Top 4% of CB Agents Worldwide

Chris LaCava, REALTOR®

Coldwell Banker Realty

375 Danbury Rd. | New Milford CT 06776

C: 203.417.0320

chris.lacava@cbmoves.com

chrislacavarealty.com

License: Res. 0797638



**COLDWELL BANKER
REALTY**





On The New Milford Green... with *with Jim Delancy And The Stuart M3A1 Tank*

By Dan Olson

It is a typical daily scene on The New Milford Green. Children climbing on what is affectionately known as "*The Tank*" with their parents watching intently. This wonderful scene has been occurring since just after World War II when the Stuart M3A1 made its way to New Milford and found its final resting place on The Green.

Just steps away from the Bandstand, *The Tank* is more than a symbol of our military with the pride our community holds dear. It is a memorial to those who served. American Legion Commander and proud veteran, Jim Delancy takes special delight when the Stuart M3A1 is mentioned. Possibly the most knowledgeable person in the area on the subject, Commander Delancy gave New Milford Living even more insight on the history and information of *The Tank*.

Commander Delancy, a Vietnam Veteran who served as and E5 Staff Sergeant in the Air Force has also served as Commander of the New Milford Veterans of Foreign War (VFW) and was the Connecticut State Commander of the VFW from 2016-2019. He is now Commander of New Milford American Legion Post 31. His continued service has been a valuable asset to our community, including the topic of one of New Milford's most important assets... ***The Tank***.

As the story goes, Charles Robertson, President of the Robertson Bleachery in New Milford housed *The Tank* in a warehouse space on West Street after being shipped to New Milford. The Tank was part of the 1948 Memorial Day Parade, and was then permanently parked on The New Milford Green, a very logical choice. A community meeting place became a local landmark, and even a tourist attraction. And since World War II was just a couple of years removed, the impact was dramatic. And yes, children quickly took to turning this into their own personal playground.

Based on Commander Delancy's expertise, the Stuart M3A1's were built by the American Car and Foundry Company (ACF) in both Berwick, PA and St Charles, MO at a cost of approximately \$33,000. The M3A1's were built in 1941-42. These "Light Tanks" were used in World War II primarily in North Africa and the Philippines. The British soldiers called the M3A1 "Honeys" due

to their smooth ride. The Stuarts were named after J.E.B. Stuart, a Confederate Civil War General. In the later years of WWII these tanks were used for reconnaissance and screening.

The M3A1 was operated by a 4-man crew: a commander, a gunner, a driver, and an assistant driver. Reaching a speed of 36 mph with a gas tank of 89 gallons and a range of 100 miles, the M3A1 got a whopping 1.12 mpg. The weaponry on this light tank was a 37mm M5 Gun (147 rounds), and five 30.06 Browning Machine Guns (estimated 10,000 rounds), which varied from tank to tank.

While Stuart Light Tanks were made by ACF, the larger M5 variants were made by General Motors.

The M3A1 on The Green, at one time allowed for those children to not only climb on top but also explore inside. Commander Delancy recalled, "We used to be able to crawl inside the tank, but it was closed for safety reasons after a young boy got stuck."

In 2020, the Town of New Milford began a long overdue refurbishing of "*The Tank*" and the result was that it looked as though it just rolled off the factory floor. Money was raised with private donations, and the entire project was volunteer. This is another point of pride for our town, and when folks say "I'll meet you on The Green" it means by that amazing looking tank that shines like new.



Stuart M3A1 Tank

Commander Delancy has lived in New Milford his entire life and can always remember "*The Tank*" and has never taken it for granted. "This tank is a part of New Milford history and to this day children from all around still play or sit on the tank making memories. If I could go back in time, I would still climb on the tank. And with Veteran's Day this month, *The Tank's* symbolism is even greater."



O'BRIEN
INSURANCE AGENCY

Our Mission Statement

"We have always and will continue to keep our clients' best interests in mind. Our motto is 'Your Protection Is Our Business,' and that is a statement that we truly live by. We are an independent insurance agency serving our clients for over 20 years. When you contact the O'Brien Insurance Agency, you can be assured that you will receive the professional guidance and protection you deserve."

— Christopher O'Brien, Founder



108 Kent Road New Milford, CT 06776 • 860-350-5505 • cobrien@obrieninsurance.com • www.obrieninsurance.com

The Real Meaning Of Diversification In Investing

By Ivan Shiffman / Financial Advisor / Edward Jones



In the world of investing, we've all heard the phrase, "Don't put all your eggs in one basket." It's solid advice that emphasizes the importance of diversifying your investments. Unfortunately, some people misinterpret this wisdom to mean they should avoid consolidating their investment accounts and keep their money spread across multiple financial institutions, often working with several different financial advisors.

However, when financial professionals talk about diversification, they're referring to diversifying your investment assets, not your accounts. There's a big difference between the two, and confusing them could hurt your financial future.

Scattered accounts may affect costs, paperwork and advice.

When your assets are spread among multiple financial institutions, you could face several drawbacks. First, you're likely paying more in fees than necessary. Multiple providers often mean multiple account fees, transaction costs and mutual fund expenses that can add up quickly. Generally, the more assets you have with one financial provider, the more opportunities you have for reducing or eliminating these costs.

Managing scattered accounts also could create a paperwork nightmare. You'll receive multiple monthly statements and numerous tax forms, making it much harder to see the big picture of your financial health. This complexity can lead to missed opportunities and poor decision-making.

Perhaps most important, working with multiple financial advisors may result in conflicting advice and duplicated investment strategies. Without a comprehensive view of your entire portfolio, each financial advisor may recommend investments that don't work well together, potentially delaying your progress toward reaching financial goals.

There's strength in consolidation. Consolidating your accounts with a single financial advisor offers numerous benefits. You'll have opportunities to develop a closer, more comprehensive relationship with someone who understands your complete financial picture. This financial advisor can provide informed guidance and help eliminate the conflicting advice that may come from working with multiple professionals.

Consolidation also makes it easier to implement a well-diversified portfolio that fits your level of risk tolerance. When all your investments are in one place, you can see exactly how your assets are allocated and make strategic adjustments as needed. It becomes simpler to gauge aggregate investment returns, assess your portfolio assets and rebalance when necessary.

For retirement planning, consolidation can be especially valuable. IRAs at different providers can be consolidated at any time without tax consequences when assets are transferred directly between providers. When you retire, your 401(k) can typically be rolled over into an IRA, streamlining your retirement income strategy.

True diversification still matters. While consolidating accounts makes sense, diversifying your actual investments remains crucial. A good financial advisor will help you carefully build a balanced mix of stocks and bonds appropriate for your age and goals. As you approach retirement, this typically means shifting toward a more balanced portfolio that still provides growth to combat inflation while offering stability and income.

Diversification goes beyond just stocks and bonds. Take bonds, for instance: You can diversify by bond type (municipal, corporate and government), bond maturity (through a strategy called "laddering") and bond sector to spread risk across different parts of the economy.

How to get started. If your retirement savings and investment accounts are scattered among various financial institutions, consider consolidating everything with one trusted financial advisor. The streamlined record-keeping, potential for reduced fees and comprehensive financial guidance can help improve your wealth-building potential while making your financial life simpler to manage.

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

Ivan Shiffman. Edward Jones, Member SIPC


edwardjones.com | Member SIPC



How do your investments measure up?

Let's prepare for your future together.



Ivan Shiffman
 Financial Advisor
 329 Danbury Road
 New Milford, CT 06776
 203-702-7020

EBB-19325-A-E-DA-4 AECSPAD 03/2019



New Milford Hospital: **State Of The Art Outpatient Rehab**

By Alyson Blanck / Vice President of Homecare and Outpatient Rehabilitation / Nuvance Health/Northwell Health

Transforming Care for New Milford - New Milford Hospital is embarking on a significant renovation project to build a modern outpatient physical rehabilitation facility conveniently located on the hospital's second floor. This much-anticipated upgrade is in direct response to the healthcare needs of the local community, ensuring that residents, especially the aging population, can access essential recovery services close to home. The new facility will provide convenient, high-quality care and a smooth patient experience for those recovering from surgery, illness and other medical conditions.

Listening to community needs - The vision for this renovation stems from a comprehensive community needs assessment. The assessment revealed a critical demand for outpatient physical therapy, particularly among older adults in the New Milford area. Many residents undergo joint replacement surgeries and require ongoing rehabilitation to regain mobility and independence. Dr. Thomas Koobatian, Chief of Staff and Executive Director at New Milford Hospital, emphasizes the importance of supporting patients through every step of their healthcare journey.

"Our communities demographics play a significant role in the advancements of our hospital. We have an aging population here in the community and with that comes many folks who are receiving surgeries for joint replacements," he said. "We feel it is tremendously important that we provide those folks with an opportunity to experience their complete healthcare journey, from surgery to recovery, right here at New Milford Hospital."

Conversion and accessibility - Designed for patient comfort and improved access, the new unit will be located conveniently within the hospital campus. The facility is expected to open sometime in December, ushering in a new era for rehabilitation services in New Milford. The hospital's leadership has prioritized accessibility and convenience, ensuring that the unit is easy to reach for all members of the community.

Comprehensive, specialized care - A highly skilled team will drive the success of the new outpatient rehab center as a result of the hospital assembling a dedicated staff for each therapy discipline.

This structured approach ensures that each discipline operates efficiently, with clear responsibilities and a collaborative ethos. The outpatient team will work closely with home health providers, including the Nuvance Health home health provider Western Connecticut Home Care, supporting seamless transitions and continuity of care.

The new outpatient rehab center will provide a full spectrum of therapeutic services, catering to a wide range of recovery needs. Physical therapy will be a cornerstone, helping those recuperating from joint replacements and surgeries. Occupational therapy will assist patients who have experienced strokes or suffered from chronic conditions that affect their ability to perform everyday tasks. Pelvic floor therapy, a key component of the hospital's new Women's Wellness Center, addresses the prevalent issue of incontinence among older women, empowering them to regain independence and quality of life. The addition of speech-language pathology services will round out the center's offerings, supporting patients with communication and

swallowing difficulties. All therapy disciplines will be staffed by certified professionals dedicated to delivering personalized care.

Seamless care and local access - The renovation represents a holistic effort to improve healthcare in New Milford. By bringing outpatient rehab services under one roof, the hospital will bridge gaps in the local continuum of care. Patients will transition smoothly from inpatient stays to outpatient recovery, minimizing disruptions and enhancing outcomes.

A brighter future for local healthcare - "We want to keep care local here in the New Milford Community. Convenience and access are the top priorities for all our physician leaders here," Dr. Koobatian said. "The prospect of our patients being able to drive right up to the hospital and get access to excellent physical therapy while being close to home is our main goal."

With a dedicated team, comprehensive therapy offerings and a patient-centered approach, New Milford Hospital is setting a new standard for recovery and wellness in the region. Community members can look forward to a future where care is not only close to home but also tailored to their unique needs.

For more information about New Milford Hospital, visit www.nuvancehealth.org/locations/new-milford-hospital.

Northwell Health | **Nuvance Health**
Nuvance Health is joining Northwell

Feels good to feel understood

For women, by women — the Women's Wellness Center at New Milford Hospital offers behavioral health services, comprehensive gynecologic care, reproductive care and more for women at all stages of life.

Learn more at nuvancehealth.org/womenshealthnm

Women's Wellness Center
at New Milford Hospital
21 Elm St., 3rd Floor



Growing Up In An Italian Family

By Antonio (Tony) Caldareri / Lucia Ristorante

Growing up in an Italian Family I was surrounded by the aromas of amazing dishes being prepared by my Mother and Nonna. Everything was made from scratch. We didn't buy pasta from a store; we made it. Sausages were made by my Father and Nonno. Rabbits, chickens, and goats were all bought from local farms and prepared in our home, with care. Not to mention the wine that came out of my Father's cold room. Vegetables were grown in the backyard, and what couldn't be grown there was bought from another local farm and canned for year-round use.

So, from a very young age I learned how to hone my craft. I loved to learn from them and eventually put my own twist on things. The recipe I'm going to share with you is one of my Nonna Lucia's favorites. Hope you enjoy it.

PACHERI AL BOSCO

To begin, let me start by saying fresh and local is always better. Luckily for us, we have plenty of grocers to choose from if you can't.



Start by boiling a large pot of well salted water. Pacheri is a large, smooth Rigatoni, that you'll cook until al dente. In the meantime heat a large saucepan over medium high heat. Add to that extra virgin olive oil, sausage, removed from skins, sliced wild mushrooms, cherry peppers, diced tomatoes, garlic and sautee for a few minutes. When that is coming together you'll add a splash of dry white wine, and a bit of chicken stock, but not too much because we don't want soup. Sautee for a few more minutes, add a dash of salt and pepper and a handful of baby arugula. Finish by tossing the cooked pasta into the large sautee pan and mix well, with a bit of the pasta water. To serve, grab your favorite bowl, add the pasta dish and finish with a sprinkle of Parmesan, and bit of fresh parsley.

Voila!

Serves 4

- 3 tbs. extra virgin olive oil
- 1lb Pacheri or Rigatoni
- 1/2 lb. good sausage (sweet or spicy) we use spicy
- 3 good quality plum tomatoes
- 7 baby bella or mixed variety of mushrooms
- 4 pickled cherry peppers sliced
- 4 cloves chopped garlic
- 1/2 cup white wine
- 1/2 cup chicken stock
- 1 1/2 cups arugula
- 1/4 cup parmesan
- Salt and pepper to taste
- Fresh parsley or basil to finish (optional) but I like both.

Antonio (Tony) and Renee Caldareri are the owners of Lucia Ristorante in New Milford. Lucia has been open on Bank Street since 2007. 51 Bank Street, New Milford, CT 06776 www.luciaofnewmilford.com 860-355-5100

Note: This is an encore printing of an article from October of 2020, written by Antonio (Tony) Caldareri for New Milford Living.

L
U
C
I
A

RISTORANTE

51 BANK STREET
NEW MILFORD, CT
860.355.5100

Antonio Caldareri

DINNER
Monday-Tuesday-Wednesday
5pm-9pm
Thursday-Friday-Saturday
5pm-10pm

Sunday
4pm-9pm

LUNCH
Monday-Wednesday-
Thursday-Friday
12pm-3pm





Modern Steakhouse & Historic Bar

Seasonal Specials - Sunday Brunch

Private Dining Room for Parties & Special Occasions

860-799-5606

Sunday-Thursday 11:30 am - 10:00pm

Friday - Saturday 11:30 am - 11:00 pm

Socials: @TheIronRail

Check out our fabulous menu at: www.theironrailct.com

10 Railroad Street
New Milford, CT 06776



Happy Hour

Tuesday - Friday
2pm-7pm
Sunday - All Day

*5 tips
*5 Wings
*5 Well Drinks

Events

Wed - Bingo 6:30-7pm
Thurs - Trivia 7pm
Fri - Live Music 6:30pm
Sat - Live Music 6:30pm
Sun - Brunch 11:30-2pm
Happy Hour All Day

Beer Buckets
(12 per bucket)

*18 Domestic
*24 Import
*24 Seltzers

132 Danbury Road New Milford, CT 06776
860-799-6464 | www.theabbeyct.com

T-W-T: 11:30am-9pm
F-S: 11:30am-10pm
Sunday: 11:30am-9pm



Affordable Automotive Simple Maintenance Critical To The Life Of Your Vehicle

By Dimitri Koulouris / Owner / Affordable Automotive

Affordable Automotive is here to care for your vehicles, either for your family or your business. We take our work very serious with providing the highest in quality technicians, parts and service. We pride ourselves in staying current in the latest technology and tools. We maintain all makes and models, tires, brakes, oil change service, scheduled maintenances, check engine lights: scanning and servicing, air conditioning, heating, suspension, steering, fuel & brake lines, bulbs, wipers, batteries and we can go on and on.

Chances are that your car is the second largest investment next to your home. Care for it properly and it will deliver the performance, lasting value and enjoyment you need and expect. A properly maintained car offers the greatest return on investment by performing safely and dependably for you and your family. Proper maintenance also helps you avoid more costly repairs down the road.

We will start first with a simple oil change. It might sound that it's a simple thing to just have your oil changed but based on today's vehicles they have become much more complicated. The oil is the life of the vehicle; it's like the blood running through our veins. It must be kept clean and replaced in the intervals recommended by the manufacturer. Many vehicles are equipped with a 4-cylinder engine and a turbo. We are learning more and more on how the turbos are working. It is very critical for the life of the turbo to use the proper oil weight and to keep the oil clean for the turbo.

If the Check Engine Light flashes while you are driving, please visit an auto repair shop as soon as possible. It's not a good idea to drive it the way it is. Typically, you the driver will also feel uncomfortable driving the vehicle.

We are getting into the season of beautiful autumn leaves changing color and starting to fall. Wet leaves can be a dangerous mix on the road especially if your tires are worn. It is a service that most of our customers use. We have done our research on the tires that offer the longest mileage and quality at the best price available. We give our customers choices on the price and brand. They make the appointment or while other work is being done on the vehicle, they will get their tires replaced.

"We take pride in servicing our customers and neighbors in the Greater New Milford Area for 26 years. How time goes by when you're having fun....."

– Dimitri and Rose Koulouris



"The Personal Touch in Automotive Service"

Giving Back Program

\$5 from every oil change goes to a local non profit.

- Over 30 Years Experience
- Quality Work
- Affordable Prices

(860) 354-2266

32 Executive Center Dr., New Milford,
on Rte 7
Behind Stop & Shop

 Find us on Facebook



A Muddy Paw—Pet Grooming Experts

By Roger and Shannon Desreuisseau

Established as the oldest operating grooming salon in New Milford, CT, our team of seven groomers, supported by a receptionist and bather, proudly cater to dogs of all sizes, ages, and temperaments. With over 80 years of combined grooming experience, we specialize in all breed cuts, blending expertise with care to deliver top-notch grooming services. Prioritizing quality and efficiency, we ensure every groom exceeds expectations, providing individualized attention for a stress-free experience. Discover why discerning pet owners trust us, where passion meets proficiency, ensuring your furry companions' well-being is in experienced hands.

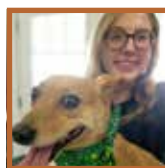
A Muddy Paw Staff



SHANNON & ROGER DESREUISSEAU

Owners/ Groomers

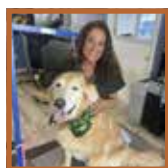
20+ Years Combined Experience
Dog Handling Experts
Favorite Dog Breed-German Shepherds



NICHOLE ZILBERSHTEYN

Groomer

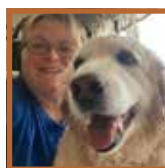
13 Years Experience
Favorite Dog Breed: Pitbull



DEBBIE MILCZARSKI

Groomer

19 Years Experience
Favorite Dog Breed- Siberian Husky



KARA DONALDSON

Bather

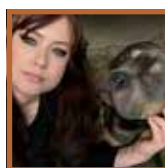
8 Years Experience
Favorite Dog Breed- Golden Retriever



CATHERINE FULTON

Groomer

17 Years Experience
Favorite Dog Breed: Shetland Sheepdog



JESSICA DEIKE

Grooming Apprentice

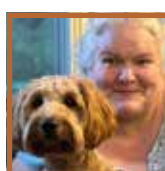
Many Years of Dog Handling
Favorite Dog Breed-Pit Bull



MELISA VERGARA

Groomer

16 Years Experience
Favorite Dog Breed: Border Collie



BECKY BURR PETRO

Receptionist

Lifelong 4H Volunteer
Countless Years in Corporate Positions
Favorite Dog Breed -Australian Shepherd



Roger & Shannon Desreuisseau
860-350-3249 | amuddypaw.com

Hours: 8am-3pm Daily
Closed Wednesday & Sunday

- 7 Groomers with over 80 years of experience
- Passionate/Caring Grooming Services
- Expert Grooming Techniques
- Flexible Scheduling
- Longest Operated Pet Salon in New Milford

860-350-3249 | 259 Danbury Road New Milford, CT
amuddypaw.com | Facebook: amuddypaw | Amuddypawgrooming@gmail.com





STUDENT ATHLETE SPOTLIGHT NEW MILFORD GREEN WAVE

By Dan Olson

Elena Stein and Johnathan DeRoberts have been Varsity Student Athletes for 4 years, an accomplishment in itself. Both have excelled in their respective sports and have also been named Team Captains.

Elena has received All Conference accolades in each season of Volleyball and will likely be seeing her name listed again this year with more honors. She also excels in the classroom and has great plans for her future with a goal of becoming a Child Therapist.

Johnathan is also tracking to have a successful senior season athletically. He has established his goals both for the short and long term. An outstanding student, who will study Supply Chain Management in college, this young man also is committed to his future plans.

It is a privilege to feature Elena Stein and Johnathan DeRoberts this month as excellent representatives of New Milford High School.



ELENA STEIN

- NMHS Class of 2026
- Volleyball and Lacrosse
- 4 Years Varsity Volleyball
- 3 Years Varsity Lacrosse
- Floor Captain-Volleyball
- 2022 All SWC Honorable Mention: Volleyball
- 2023 All SWC 2nd Team: Volleyball
- 2024 All SWC 1st Team: Volleyball
- High Honors
- Executive Club
- Wingman
- Senior Class President 2025-2026
- Youth Volleyball Coach
- Plays Club Volleyball
- College Plans: A Northeast College
- Will Pursue a Degree in Psychology: Would like to be a Child Therapist
- Plans to Play Collegiate Volleyball



JOHNATHAN DEROBERTS

- NMHS Class of 2026
- Golf and Ice Hockey
- Team Captain: Ice Hockey
- 4 Years Varsity Golf
- 3 Years Varsity Ice Hockey
- #1 Golfer on Team
- High Honors
- Executive Club
- Volunteer: ARC Blood Drives & Camella's Cupboard
- College Plans: U of Rhode Island is top choice
- Will Pursue a Degree in Supply Chain Management
- Hopes to Play Collegiate Hockey and Golf



Black Swan Hearth & Gift



The Cold Weather Is Coming!
Make The Smart Choice And Add
the Extra Heat You Need Now

(203) 426-1230

HARMAN DUARRE-FIRE HEAT & GLO heatilator VERMONT CASTINGS

99 Danbury Road New Milford, CT 06776
www.blackswanhome.com



**HOEKENGA
MACHADO
& LYON, LLC**
ATTORNEYS AT LAW

"Salus populi suprema est lex." - Cicero



MEGHAN LYON, ESQ
Attorney

New Milford Office
31 Bank Street 3rd Floor
New Milford, CT 06776

Hablamos Espanol
Falamos Portugues

860.350.4800

Workers' Compensation • Personal Injury
Civil Litigation • Real Estate
Probate • Criminal Defense

www.hdmlegal.com | meg@hdmlegal.com

More Than A Game

By Brice Assie' Head Basketball Coach / New Milford High School



My career began as a walk on at Western Connecticut State University (WCSU), where the odds of making an impact were slim. Instead of being discouraged, I embraced the opportunity to prove myself. Through relentless work, discipline, and a refusal to accept limitations, transformed from an overlooked walk-on into a record setting All-

American. My time at WCSU became a living example of how determination can turn doubt into accomplishment.

From there, basketball carried me far beyond the borders of Connecticut. My work ethic opened doors to professional leagues across multiple countries overseas and into the NBA Development League, where I competed for seven years. Playing professionally required more than talent it demanded adaptability, resilience, and the ability to thrive under pressure in unfamiliar environments. Each season tested my commitment and expanded my perspective, reinforcing my belief in the power of hard work and perseverance.

When my playing career ended; rather than stepping away from the sport, I embraced a new mission: dedicating myself to helping athletes reach, and even surpass, the levels I had achieved. I began working in performance training and high school coaching, determined to pass on my knowledge and experience to the next generation. Along the way, I contributed to programs at Faith Prep, Wooster School, Brookfield High School, and Immaculate High School. Each stop prepared me for my current role as varsity head coach at New Milford High School (NMHS), where I am entering my second season leading the program.

My purpose now extends far beyond my own career. 2016, while working for CSA in New Milford, launched Bricebuilt Performance Training, a program designed to provide athletes with both basketball skill development and sport-specific performance training in strength, speed, and overall athleticism. What began as a vision has grown into a platform that serves athletes across multiple



Brice Assie' With His NMHS Team

sports, helping them sharpen their abilities and build the confidence to succeed competing to earn college scholarships and in life.

As Bricebuilt Performance grew, so did its influence in the community. Athletes from basketball, football, soccer, baseball, and other sports have trained under the program, benefiting from a comprehensive approach that focuses on both performance and mindset. As lead trainer, I have seen Bricebuilt become a consistent source of encouragement for local youth, teaching them not only how to train like athletes but also how to think and carry themselves like leaders.

At NMHS, my coaching staff and I are laying the foundation for a competitive program built on effort, accountability, and unity. For us, coaching is not just about wins and losses, it's about building a culture where athletes learn to trust the process, value their development, and understand that the lessons of basketball apply far beyond the court. Entering my second season as head coach, I see a group of athletes who are buying into this vision and growing both as players and as young men.

Looking ahead, the vision for Bricebuilt Performance Training is expansive. Our goal is to continue growing the number of athletes who train year-round, from fall through spring, ensuring that each one leaves with a stronger skill set, sharper mindset, and clearer path toward college athletics. Our mission is to help athletes develop their repertoire so they can pursue the sport they love at the next level.

At the same time, I am focused on building the NMHS basketball program into one that can contend for both conference and state championships. My goal is to foster an environment where hard work is its own reward and where players recognize that their discipline and effort will pay off—not only in wins but in personal growth.

Ultimately, my dream is about impact. I want to produce not only college athletes but also future leaders who will become successful adults in the community. These young men and women, in turn, will help the next generation of athletes reach or surpass what they have achieved, whether through sports or in life. My journey has come full circle: just as basketball once gave me a platform to grow and achieve, I now dedicate myself to providing that platform for others.

Brice Assie' is in his 2nd year at Head Basketball Coach at NMHS. His birthplace and original hometown are Ivory Coast, Africa. He and his wife Candace, and daughters Leila (5) and Shay (2) now live in Brookfield. Brice was a collegiate Soccer player and All-American Basketball player at WCSU. He played Professional Basketball throughout Europe and South America and in the NBA-D League. He owns and operates BriceBuilt Performance Training in New Milford. Facebook, IG, Twitter: @Bricebuilt.Performance

Marble Dale
PLUMBING & HEATING

"The Standard Of Craftsmanship"



860-354-8242

www.marbledaleplumbing.com
marbledaleplumbing@gmail.com

Serving New Milford and Litchfield County





A Page From My Cookbook

Melomakarona

By Laura Olson

Every Holiday Season, as the scent of cinnamon, orange zest, and cloves drift from my kitchen, I'm transported back to my childhood and the voice of my Giagia (grandmother). For my family, no holiday is complete without Melomakarona, the beloved Greek honey cookies that have become a symbol of love and tradition. I come from a family of Greek roots, specifically, a connection to the Island of Crete, where my Giagia was born.

Melomakarona are spiced syrup-soaked cookies traditionally made during the Christmas season in Greece. They're rich with flavors of orange zest, cinnamon cloves, and soaked in a luscious honey syrup, then topped with crushed walnuts. The word itself has ancient roots, blending Mali, honey, and Makaria, a type of bread offered at funerals meant to bless the dead. Over time, the cookie evolved into something joyous, the sweet reminder of life celebration and spiritual richness.

My Giagia established many Greek traditions in our family, from spanakopita to dolmathes; her food was rich in tradition and love. My own mother, who was German by origin, carried on the Greek spirit in our family.

Fast forward to 1998, when I reestablished this tradition with my own daughter, Ari. A field trip to Ellis Island followed by a food fair at Northville Elementary School inspired us. Ari was in fifth grade and Mrs. Fogel was her teacher. Fond memories. We started baking them together and have continued the tradition many years later.

Most recently, my husband, Dan, and I traveled to Greece. The pastries resonated with my earliest memories of love and happiness. As a Giagia now myself, I have already started sharing these traditions with my grandchildren, Hannah and Peter, so that these recipes of love and family are never lost.

MELOMAKARONA

Makes 45-50 Cookies

INGREDIENTS

Dough

- 1 ½ cups cooking oil
- 1 ½ cups soft butter or margarine
- 1 cup sugar
- ¾ cup orange juice
- 4 tbsp brandy
- 4 tbsp water
- 1 cup farina
- 7 cups flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 ½ cups ground walnuts
- 1 tsp orange zest



Laura Olson
Oia-Santorini Greece



Syrup

- 1 ½ cups honey
- 1 ½ cups sugar
- 1 ½ cups water
- Peel from 1 orange
- 1 tsp cinnamon
- 1 tsp cloves

INSTRUCTIONS

Dough

1. Beat oil, butter, sugar, orange juice, brandy & water together (2-3 minutes)
2. Sift ½ of flour with baking powder and soda
3. Gradually add to mix above
4. Gradually mix rest of flour and farina: add orange zest
5. Shape (oval or round) and bake on ungreased cookie sheet at 350: 25 minutes

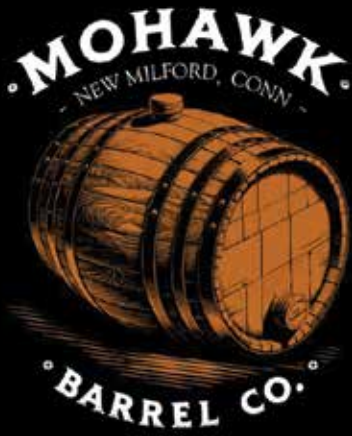
Syrup

1. Boil all ingredients together
2. Remove foam
3. Simmer about 5 minutes

Final Steps

1. Arrange Melomakarona in deep baking pan
2. Pour hot syrup on cool Melomakarona
3. Turn every 15 minutes until cookies are well moist
4. Remove from syrup to cookie sheet
5. Sprinkle top generously with walnuts
6. Place in baking cups or serve as they are





Authentic Whiskey | Bourbon Wine Barrels
Delivery Available

Bill Missonellie
203-470-4603

fatnick1379@gmail.com
www.mohawkbarrelco.com

280 Kent Road New Milford, CT 06776



**Preferred
PAINTING**

**FAST, CLEAN,
PROFESSIONAL SERVICE
RESIDENTIAL & COMMERCIAL**
25 YEARS EXPERIENCE | FULLY INSURED

- INTERIOR/EXTERIOR
- DRYWALL/PLASTER REPAIR
- SMOKE/WATER DAMAGE



(860) 354-1280
www.preferredpainting.biz

"Keeping Our Community Clean, Efficient, & Safe"



**THREE VETERANS
REDEMPTION CENTER**
18 Youngs Field Rd
New Milford, Ct, 06776
(860) 799-5068

RECYCLING CATEGORIES

- Bulky Waste • Mattress Recycling • Electronic Recycling
- Mixed Recycling • Household Waste
- Textile Recycling

Serving New Milford and Sherman

BOTTLE & CAN REDEMPTION

- All Connecticut Residents • Drop-off Service Available
- Fundraiser Services Available

Hours of Operation:

Tuesday, Thursday, Friday - 7:15am-3:15pm
Saturday - 7:15am-3:00pm
Sunday - 9:00am-3:00pm
Wednesday & Monday - Closed

www.nmctrecycling.org | threeveteransllc@gmail.com

Having a *ruff* time Hearing? Let Us Help!

Free Hearing Evaluations & Hearing Aid Check-Ups

Premium Hearing Aids at Affordable Prices

(All major brands including Starkey, Widex, Phonak, ReSound, Signia, & Oticon)



Your local
Hearing
Aid Expert
since 1970!



**In-House Repair • Trial Devices
Wax Removal • Tinnitus Solutions
Custom Hearing & Swim Protection • House Calls
Same Day & Saturday Appointments Available**

Call or Text Today! 203-456-9010

304 Federal Rd, Suite 114 Brookfield, CT • info@qualityhearing.net • www.qualityhearing.net



Mullen Family Dentistry

Since
1973

Dr. David T. Mullen, DDS
Dr. Peter Mullen, DDS



3rd Generation of Dentistry with Over 100 Years of Experience in New Milford

16 Sunny Valley Road New Milford, CT 06776 | 860-354-1400



Proudly Serving New Milford and Surrounding Areas
Your local experts for



Mold Testing and Mold Removal

Contact us today!



203-628-2227



**SCREEN PRINTING
EMBROIDERY**

& Promotional Products

860.354.4650

Since 1980...

Celebrating 42 years as New Milford's hometown printer!



**99 Danbury Road
New Milford, CT**



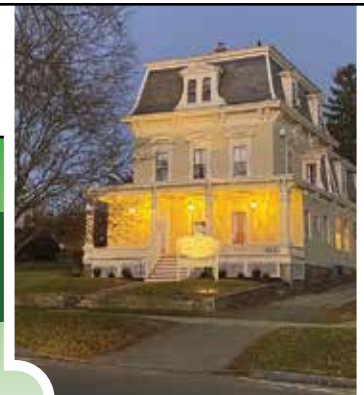
**GeronNursing &
Geron Home Care**

*Specializing in the Care of the Older Person
The Professional Home Care Solution for your Health!*

**We thank our nurses and caregivers for
their continued dedication to our clients.**

RNs • LPNs • Caregivers

42 Main Street | New Milford, CT | (860) 354-7698



Fully bonded, registered and insured | geronhomecare.com