

Takeaways from Lamont, Fazio tax returns

By Ella Napack
STAFF WRITER

The tax returns released last week by Gov. Ned Lamont and his Republican challenger state Sen. Ryan Fazio made one thing clear: Their yearly earnings are widely different.

Both Greenwich residents shared their tax returns with CT Insider, providing a window into the financial profiles of the two candidates for governor. The returns are far from a complete picture of their total wealth or net worth, showing only annual income, capital gains, dividends and tax deductions.

But with Election Day less than 10 days away, the tax re-

turns provide voters with a look at the last few years of earnings and taxes for Lamont and Fazio.

Here are five things to know about the tax documents.

Their incomes differ sharply

Lamont shared returns from 2022 to the present, while Fazio released returns from 2023 onward.

Lamont is independently wealthy. His family's wealth dates to the early 20th century and his great-grandfather

Thomas W. Lamont, a partner of banking icon J.P. Morgan. The returns show Lamont earned millions more than Fazio each year.

Lamont reported \$64.8 million in income since 2022, the vast majority each year from investment income. Fazio reported \$328,904 since 2023, all of which was derived from salaries, and none from investment income.

In 2025 alone, Lamont earned \$17 million. Fazio's only reported salary that year was the nearly \$51,000 he made as a state senator.

Lamont reported income of \$6 million in both 2022 and 2023. Lamont earned the most

Taxes continues on A7



Arnold Gold/Hearst Connecticut Media
Gov. Ned Lamont and state Sen. Ryan Fazio shake hands after a gubernatorial debate at WFSB in Rocky Hill on Thursday.



Dan Haar/Hearst Connecticut Media
Political science professors Hélène Landemore, left, of Yale University, and Michael Morrell, of the University of Connecticut, are helping to run the Connecticut Citizens Assembly. They are shown at a session of the assembly at the Omni Hotel in New Haven in August. The assembly of 100 randomly chosen citizens issued its recommendations Monday.

100 citizens make pitch for property tax reform


Dan Haar
COMMENTARY

A group of 100 citizens who worked all summer to address the state's crisis of rising property taxes is calling for highway tolls, a so-called millionaires tax, regionalized schools, a new look at whether nonprofit organizations should remain exempt from local taxes and a limit on state mandates that add costs for cities and

towns.

Those are five of the 10 recommendations by the Connecticut Citizens Assembly, a panel that met numerous times under the purview of the Connecticut Conference of Municipalities and the office of the state comptroller, Sean Scanlon.

These action items will now go to the General Assembly, where

these ideas have aired in one form or another with enormous controversy in recent years. Tolls and regional schools, in fact, form a sort of double-sided third rail of politics in Connecticut.

Other proposals from the citizens group include indexing state aid for local schools to inflation; finding new ways to con-

Haar continues on A7

Do you want better sleep? What you eat, when you eat it matters

By Tracey O'Shaughnessy
STAFF WRITER

If you've ever tried to go to sleep after a belly full of pepperoni pizza and a few beers, you may have found yourself tossing and turning — and longing for a do-over.

Not only is such a meal likely to result in heartburn and other digestive ills, but you'll have trouble getting to sleep, according to the Sleep Foundation.

But a better diet, properly timed, could actually help you fall asleep and have better quality sleep, according to a new study published in Nature. The study found

that diets higher in fiber were associated with slightly more deep and REM sleep and a lower nighttime heart rate.

That doesn't surprise Dr. Steven Thau, a sleep specialist at Hartford HealthCare. "If you are eating high-fiber foods, you will probably sleep better compared to somebody who eats a steak or a big bowl of pasta," Thau said. Because fiber is indigestible "it doesn't force the digestive tract to use energy to break down a lot of material. Because, after all, the gut has to sleep as well."

Such a diet is healthier for

Study continues on A7



Courtesy of Jacob Wackerhausen/Getty Images
The foods you eat could affect the quality of your sleep, doctors say.

Judge calls for trial on cognitive testing for older docs

By Liese Klein
STAFF WRITER

Yale New Haven Hospital's mandatory mental fitness tests for doctors over age 70 will be scrutinized in an upcoming trial, a Bridgeport judge ruled on Friday.

The federal Equal Employment Opportunity Commission sued the hospital in 2020 alleging age discrimination for the testing, which was launched that year to screen out older doctors who may be losing their mental sharpness.

The case is being watched nationwide as employers seek to expand cognitive testing in a workforce where people often work into their 70s and beyond. Currently, mandatory age-related screening for cognitive issues is limited to professionals in aviation and law enforcement, with some industries imposing mandatory retirement ages.

Both sides in the EEOC lawsuit had asked for a decision prior to trial, but U.S. District Judge Kari Dooley said in her ruling that many of the facts in the case had been disputed by opposing experts over the years, requiring more courtroom debate.

Yale New Haven Hospital has argued that the age tests are needed to ensure

Testing continues on A4

Daylight saving time ends Sunday

By Dan Amarante
NEWSROOM METEOROLOGIST

Connecticut is about to trade some afternoon sunshine for a brighter ride to work. Daylight saving time ends this weekend, bringing sunsets before 5 p.m. but offering some relief to commuters who have been leaving home before sunrise.

The change happens Sunday, Nov. 1, when clocks move back one hour at 2 a.m., returning to 1 a.m. and putting Connecticut back on Eastern Standard Time. Halloween on Saturday will mark the final sunset after 5 p.m. this year, offering trick-or-treaters some lingering daylight before the clocks fall back.

For anyone who enjoys an evening walk or getting yardwork done after work, the adjustment may feel abrupt. But there is an upside on the other end of the day: sunrise shifts from after 7 a.m. to shortly after 6:20 a.m.

What time will the sun rise and set?

Here's how the weekend change looks in three Connecticut cities:

Hartford: Saturday's sunrise is 7:21
Daylight continues on A7