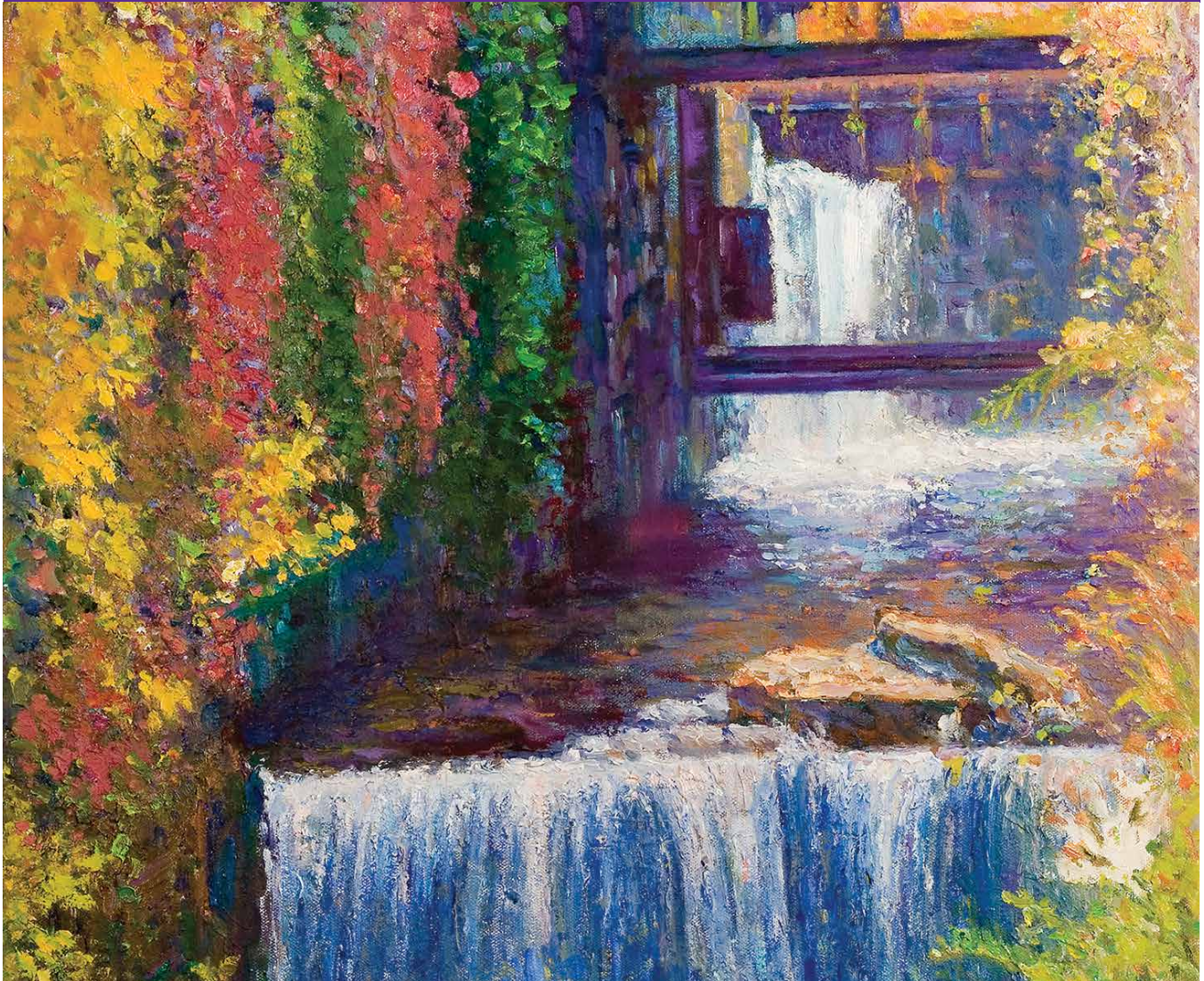


FREE

SHELTON *Life*

COMMUNITY & BUSINESS NEWS

MAY 2020
VOLUME 27, ISSUE 1



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SHELTON COMMUNITY & BUSINESS NEWS

Welcome from the Editor



This issue highlights the story of a historic Shelton treasure, the canal locks, located at the end of Canal Street. They were built in 1867 to allow boats to be

moved from the upper to the lower river after the construction of the dam. Hydropower was in turn provided to the many factories built along the river. Factories were thriving during this early period. Since then, the factories have closed and remained in a state of neglect. We wish to preserve this part of Shelton's history and will be concentrating our efforts to retain it as a historic site. Any comments you may have, are appreciated. ~ Fred Ruggio, Editor

COVER: Painting of the Shelton Locks by Helen Musante
See story on page 3

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Economic Development Commission
Fred Ruggio, Chairman
c/o Shelton Economic Development Corporation
475 Howe Avenue, Suite 202
Shelton, CT 06484, (203) 924-2521
a.miner@sheltonedc.com • sheltonedc.com
www.cityofshelton.org

Editor
Fred Ruggio, Chairman
Economic Development Commission

Associate Editors
Aleta Miner, SEDC
Kate Marks
Karen McGovern
Pat Carey
Doug Dempsey
In Memory
Fred Musante, Sr., (1922-2009)

Design & Layout
Q Company Communication, Shelton, CT



Dear Shelton Residents and Businesses:

Crazy times indeed. Everyone's life has been affected by the Coronavirus Pandemic as our daily routines have been significantly, albeit temporarily altered. Hopefully, you have all had the opportunity to spend quality time with your loved ones. I am optimistic we are starting to see our way clear and things will return to normal in a short period of time.

City government has continued to function in these trying times. City Hall has remained operational and able to conduct work through a combination of reduced office hours, appointments and remote means, such as shared computer networks and teleconferencing. Other departments, such as Public Works and Trash and Recycling pickup have continued to operate on a regular schedule. Of course, our first responders – Ambulance, Fire, Police, and Emergency Medical Services have kept up their vigil watch.

The editors of the *Shelton Life* have continued their exemplary work and were able to publish this latest edition even in these trying times. Throughout the edition you will find important community news, updates to many of our ongoing development programs, and interesting stories about local residents and businesses. One such resident, the late Helen Musante, had spent decades of her life painting beautiful portraits of Shelton. It is appropriate to reprint these beautiful paintings to remind us of the beauty of our city.

On behalf of the City of Shelton, I would like to commend a Shelton business, Modern Plastics, for their efforts to support our first responders and medical community. Modern Plastics took it upon themselves to retrofit their operations to support the production of face shields. Kudos to this great company for "stepping up" when the community needed it most.

In closing, I would like to acknowledge the Shelton Farmers Market which is opening for "online" purchases of fresh produce, adjusting their operations to accommodate the safety of our residents and community. The city has shown its resilience in the face of this pandemic, and I am certain we will become a stronger community as result.

On behalf of the entire City of Shelton, I wish our residents good health as we move forward with our lives.

Very truly yours,

Mark A. Lauretti
Mayor, City of Shelton



The Balanced Plan for Shelton's Future
Vision to See, Faith to Believe, Courage to Do...

© Michael Connelly, "The Closers"

American Ingenuity at Work Helping the World with the Pandemic



Excerpts reprinted with the kind permission of the Shelton Herald, Brian Gioiele

A Shelton company that normally provides medical-grade plastic devices has retrofitted its plant to produce face mask shields to help emergency workers fighting COVID-19.



Bing Carbone, President

Modern Plastics on Long Hill Cross Road, along with their sister companies, are now turning out a significant number of plastic face mask shields per day. They have been in contact with health care facilities throughout the country, according to Bing Carbone, a Shelton

resident and president of the 75-year-old company.

"The pandemic is unsettling for everyone, and I'm no different," said Carbone. "I think we are all having trouble sleeping at night and anxiety levels are high, but we are Americans and have been through so many things in our country's history."

"I think this country has truly come together during this pandemic crisis. American ingenuity is at work this very moment. We will solve this crisis, and we will be a better nation as a result... that, I am very confident of," Carbone said.

The plastic face mask shields are used by first responders, doctors, nurses, health care professionals and other industries where an added layer of protection is required.

"While the production of face shields has subsided to lower, but still significant levels, we're still very involved in the manufacturing of other COVID-19 products like Plexiglas Acrylic Physical Barriers. The

company makes acrylic sheets, which are turned into buffet covers, sneeze guards, operating room protection barriers and other physical contact barriers

We have been contacted by health care facilities from every state at this point. We are inundated, but we are fulfilling order requests. We have an incredible staff of dedicated employees that have been working nonstop."

The masks have become symbolic of the international treatment effort and need to be in the hands of the professionals working on the front lines as soon as possible, Carbone said. "If I was in that industry, I wouldn't dream of treating patients without one of these,"

added Carbone, "and that's the very problem we are facing now. There is a massive shortage. It's terrifying, I can imagine, to not be wearing one of the face mask shields. This product is never going away. It will be the new norm."

Modern Plastics has been deemed an essential business by the federal government, Department of Defense and large strategic global medical device suppliers. The company normally supplies high performance and medical grade plastics for implant in the human body.

Carbone said manufacturing the face masks is dif-

continued on page 21



Remembering Helen Noel Musante Artist's Work Lives On

Former Shelton resident, the late Helen Noel Musante, at the age of 60+ and at the encouragement of her daughter Laura, enrolled at Fairfield University for a course in drawing. The shock of dealing with nude models passed quickly. After all, what has a mother of six not seen?

After studying with several teachers and exploring with most media and art styles, Helen became known as the Artist Laureate of Shelton. Many have seen and admired her work. Eight covers of the Shelton Life Annual Report displayed original painted scenes of Shelton. Four have been recognized by the State of Connecticut as "Best in Class" and two of these were judged "Best in State among all Cities." Helen has had each painting framed (at her own expense) and donated them to the city where they are displayed in the Mayor's office.

As her skills improved and her imagination runneth over, she created more and more remarkable works. She certainly represented wonderful examples of the many, many talented and dedicated residents. As the Musantes were known to say "People are, of course, our greatest asset."

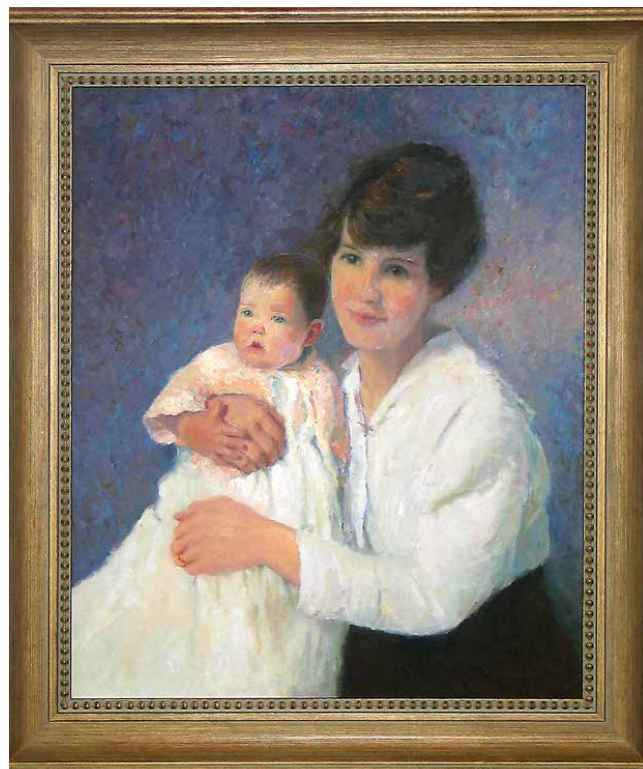
After the passing of State Representative Richard O. Belden in 2007, Helen was commissioned to paint his portrait. This painting can be found in the Mayor's office as well.

Helen was married to Fred Musante who was the Chairman of Shelton's Economic Development Commission for many years. Fred passed away in 2009 and Helen in 2018. The *Shelton Life* editors salute both of them for their contributions to the city and felt in light of all that is going on, it would be wonderful to showcase our beautiful city once again through the eyes of this amazing artist. ♦

continued on pages 4 & 5



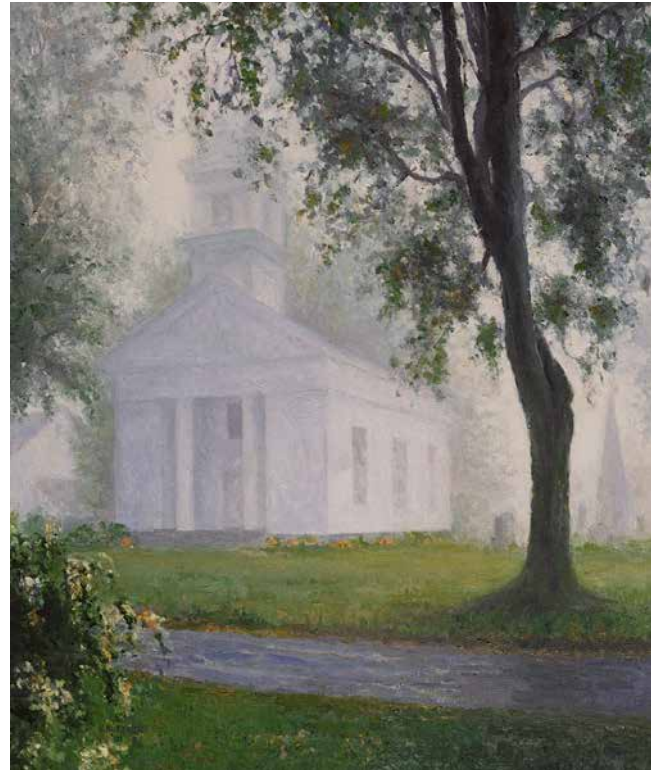
Helen Noel Musante



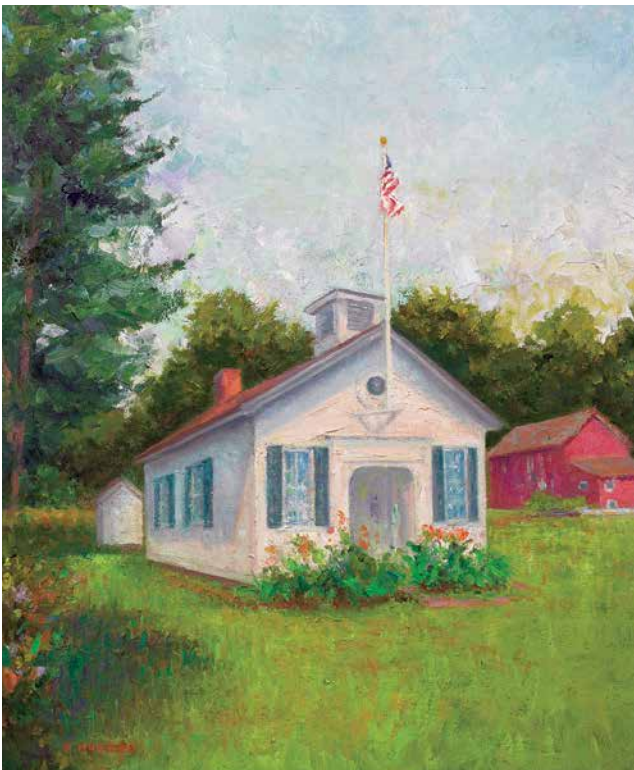
COMMUNITY NEWS



Strawberry Picking at Jones Family Farm



White Hills Baptist Church



Old School House at Shelton Historical Society



Huntington Green

SHELTON COMMUNITY & BUSINESS NEWS

COMMUNITY NEWS



Canal Street



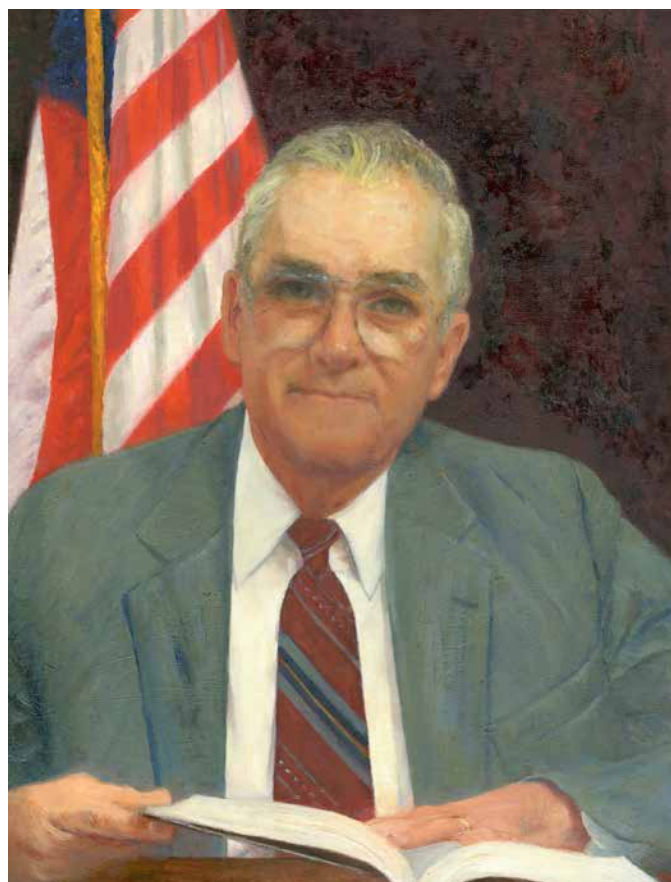
Old Barn in White Hills



Christmas at Jones Family Farm



Pierpont Building on Howe Avenue



State Representative Richard O. Belden

History Center Annual Meeting Healthcare in the 19th Century

The Shelton Historical Society celebrated the 50th anniversary of its founding during 2019 by hosting several events throughout the year which culminated in its Annual Meeting on Sunday, February 2, 2020, held at Huntington Congregational Church. President Martin Coughlin welcomed members and guests and conducted a brief business meeting; officers were elected, those stepping down from the Board of Directors were acknowledged, and an overview of the budget was presented.

After Society business was out of the way, Carolyn Ivanoff, retired local high school assistant principal, author, and independent historian, presented the program, "Every Man (and Woman) His Own Doctor...Health Care in 19th Century America." The talk was illustrated with slides that provided the background and history of medicines and their uses and abuses. Frequently, medicines and treatments that were prescribed for curative purposes often did more harm than good. Certain "cures" might have contained mercury, opium, lead, arsenic, and alcohol. Bloodletting was an early method to alleviate many ailments, and until the 1840s with the discovery of chloroform and ether, surgery was almost non-existent. According to Ms. Ivanoff, alcoholism and consumption (tuberculosis) were the "scourges" of 19th century Americans, along with many other curable diseases today, which stalked the Victorian world. Death by disease was a constant in the 19th century. Thankfully, because of advances in medicine and technology, 21st century Americans can watch their children grow to adulthood and many illnesses that killed millions are now manageable and survivable.

After the program, attendees lingered to enjoy homemade soups, desserts, and socializing. A booklet, "The First Fifty Years, a History of the Shelton Historical Society," compiled by long-time secretary Joyce Donnelly, was available for members.

Annual meetings of the Shelton Historical Society are free and open to the public and usually held on



the last Sunday in the month of January unless noted otherwise. For information visit

www.sheltonhistoricalsociety.org.

The Shelton Historical Society is a non-profit organization that maintains the six historic structures that comprise the Shelton History Center at 70 Ripton Road. The Society depends on volunteers to accomplish its mission to preserve elements of the community's history in order to create lasting and

meaningful connections between Shelton's past, present and future generations through education, maintaining a museum with its collections, and providing a voice in the community regarding matters of historical significance. Volunteers are especially needed to help present programs and a training session is being formed. If you may be interested in volunteering or for further information, please call (203) 925-1803. ♦



Carolyn Ivanoff presented the program, "Every Man (and Woman) His Own Doctor...Health Care in 19th Century America."

Plumb Memorial Library Changes Continue at the Library

The positive changes continue at the Plumb Memorial Library. A collaboration among the City of Shelton, the Library Board, the Friends of the Library, the library staff and private donations have resulted in changes that will not only improve library service now, but will impact the library and what it has to offer the people of Shelton for decades to come.

If you have been to the Plumb Memorial in the past year for a program or meeting, chances are good that you have already enjoyed the improvements in the renovated Meeting Room. Not only is it clean and bright with a new kitchen, but the technology that was included in the updates is being used on a daily basis.

The second phase of the renovation, which includes the library foyer, the Children's Department and the staff area has been completed. Gone are the worn carpets, the moldy ceiling tiles and the broken shelves. In their place are bright, energy efficient lights, sturdy new shelving and new, functional furniture. As a staff, they are truly delighted to see the reaction as patrons come into the department for the first time. They thank all of the library visitors for their patience as they underwent this project.

Of course, one of the main objectives of the Library Board and the staff is to provide access and service to everyone who comes through the doors. The first big step towards this goal was to work with the city to get an elevator in the building. Working with the city and Mayor Lauretti, the elevator was put in place in the back of the library. The number of handicapped spaces have doubled in the back of the building and included an ADA compliant ramp.

The next project that furthers the goal of ADA compliance throughout the building is to have the public restrooms updated. Leveraging grant money with the funds coming from the State and city, will help meet this objective.

As part of the Strategic Plan that was developed last year, the Plumb Library will continue to update, streamline and renovate in the near-term future. Changes are already underway upstairs in the Adult Department. Staff has been weeding out old and unused materials, cleaning up the areas as they go and shifting collections around to make better use of



Newly Renovated Children's Department

the space available.

The Teen Department is now where the magazines once were. In time staff will demarcate the area to make it more "Teen Friendly" with designated computers and furniture. In the meantime please check out the changes currently being made – the collection has had an overhaul with new series and media being added.

The magazines and newspapers have been moved to the beautiful Reading Room to truly make it a quiet sanctuary to work, catch up with news in periodicals, or simply sit and enjoy a good book.

The Books CD and music CD collections are now where the teen books once were. Staff is now calling this area the Media Room. There are study tables, and plenty of room to browse the popular audiobook collection.

At the Huntington Branch, they have had big changes as well. They are delighted to welcome Jessica Prutting as the new Children's Librarian. Please stop in and welcome her and check out all the adult and children's programming now being offered at the busy Branch Library.

It's an exciting time to be a part of all these positive changes as the city moves forward. Please let the staff know what you think. They welcome suggestions and comments. ♦

Black Garlic

Do you know?

Contributed by Guy Beardsley, of Guy's Eco-Garden, Shelton

Raw garlic, as everyone who has tasted it can agree, is nutritious but known for its strong flavor and bite. It is mainly used in cooking emitting a distinctive aroma. But what is black garlic?

Guy Beardsley, owner of Guy's Eco-Garden, will tell you black garlic is fabulous! The process to make black garlic is rather simple: raw garlic cooked for 12 days (288 hours) at a temperature of 80-86 degrees Fahrenheit. The cooking is done by air circulation in a special container which maintains the humidity. The raw garlic bulbs sit on shelves and the circulated, heated air cooks them without any dehydration. As a result (after 12 days), the garlic turns black, stays soft, the sugars are transformed, the "bite" is eliminated and the nutrition is increased.

People describe the flavor as being like that of soft molasses, candy figs and even jasmine.

By consuming one or two cloves of black garlic per day, studies have shown the human immune system is enhanced. In cases of colds and infections the benefits are more preventative than corrective. Mr. Beardsley commented a couple of years ago, one of his customers, a nurse, ate black garlic every day and was the only one in her department to avoid getting a cold or the flu the whole winter.

But how do you keep and use black garlic? Black garlic will keep for a week at room temperature, if kept in a dark, closed container. Above all, it should be placed where it will stay moist, since much of the nutrition is retained in the oils. Black garlic can be used as a substitute for raw garlic to provide the greater health benefits mentioned above. It will add a greater depth of flavor to cooking. You can also enjoy black garlic by popping a clove in your mouth.

All garlic is known to have many health benefits.



Tests have shown the following:

- Reduces inflammation
- Boosts immune function, creating relief from allergies and more
- Inhibits the growth of 14 different cancer cells
- Helps treat type 2 diabetes

- Helps heal the liver from alcohol damage
- Stimulates white blood cell activity necessary for fighting colds and infections

In the case of black garlic, allicin, which is the component for giving raw garlic that strong flavor, is diminished in the cooking process. The strong flavor and odor-causing properties are eliminated. It has been analyzed by a farm in Wisconsin that raw black garlic contains more milligrams of calcium, phosphorus and protein than raw garlic. (Source: Blue Fortune Farm, Lake Mills, Wisconsin.)

Most supermarkets and some local Farmer Markets offer black garlic. You just might want to give it a try! Further information can be found at www.naturallivingideas.com. ♦



Expose Your Kids to the Great Outdoors

By Jane Bakker, Housatonic Valley Association Communications Manager



Father and daughter enjoy a leisurely paddle on the Housatonic River

Spring is in the air -- and in these challenging times, spring is the perfect time to enjoy nature with your children. Nature soothes. Nature teaches. And that's exactly what the Connecticut Department of Energy and Environmental Protection (DEEP) had in mind when in 2006 it launched No Child Left Inside® for the health and well-being of children, for the future of environmental conservation, and for the preservation of the beauty, character and communities of the great State of Connecticut.

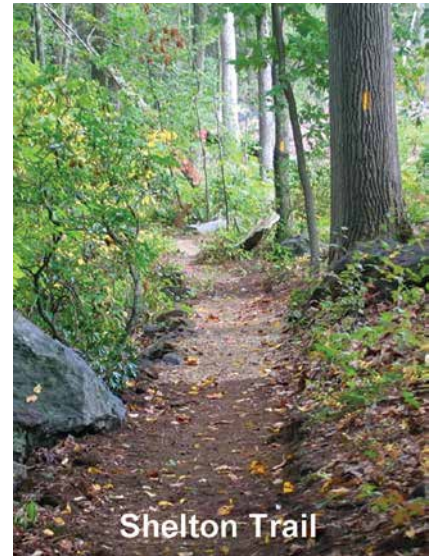
And Shelton has so many wonderful outdoor places to explore. But instead of being outdoors riding bikes and climbing trees children are staying

indoors playing video games, surfing the web, watching TV and texting.

Break this trend and take them for a dip in the Housatonic River at Indian Well State Park. Grab your fishing rod and chase trout near the Derby Dam. Launch a canoe from

Sunnyside Park. Find a meadow or explore Shelton's 1,400 plus acres of public open space. Visit one of the local farms. Pack a picnic and walk along the Far Mill River. Find a creek and make a splash.

Being stuck indoors is not good for kids. Playing outside and enjoying nature is. The publisher of Richard Louv's book *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*, says: "As children's connections to nature diminish and the social, psychological, and spiritual implications become apparent, new research shows that nature



Indian Well Trail

COMMUNITY NEWS

can offer powerful therapy for such maladies as depression, obesity, and attention deficit disorder. Environment-based education dramatically improves standardized test scores and grade-point averages and develops skills in problem solving, critical thinking, and decision making. Anecdotal evidence strongly suggests that childhood experiences in nature stimulate creativity."

Many people who enter careers in environmental science cite a lifelong love of nature inspired in childhood by a cool dip in a nearby river or the discovery of their first mountain laurel fort. Being outdoors is good for kids. It's also good for society. Threats to the environment demand that the next generation of community leaders and decision-makers understand the effects of climate change on our water, our forests, our wildlife and even our backyard gardens. Our future leaders must be prepared to address significant societal concerns precipitated by these changes.

Connecticut is already dealing with the effects of climate change. Rainfall studies show that we are receiving more water when we don't need it and less water when we do. This means more frequent floods punctuated by longer periods of drought. The only way to sustain the health of our rivers and drinking water is to carefully manage the watersheds that replenish these water supplies. This will take informed, committed leadership.

The Housatonic Valley Association's education programs takes students outdoors to the river and engages them in looking for macroinvertebrates (aquatic insects) which can identify whether the

river is clean or has a pollution problem. Some aquatic insects won't live in polluted water so when they find those, they know that the river is not polluted. They thoroughly enjoy doing this and may eventually become future environmental leaders to assure we have sufficient clean water in the future. HVA also organizes hikes and canoe trips throughout the river valley.



Girl with aquatic bug

The DEEP's website suggests exposing youngsters to the following:

- Splashing in clean water and breathing clean air
- Digging and planting seeds in healthy soil and watching what grows
- Climbing a tree and rolling down a grassy hill
- Skipping a stone across a pond and learning to swim
- Following a trail and camping under the stars
- Catching a fish, listening to songbirds and watching an eagle in flight
- Discovering wildlife in their backyard
- Soaking in the beauty of a sunrise and sunset
- Finding a sense of place and wonder in this ecosystem we call Earth
- Becoming part of the next generation of environmental stewards.

So grab your children and head outdoors. Go for a paddle. Explore the woods. Build a fort. Take a dip. Make a splash. Inspire your kids. And have fun. For more info, check hvatoday.org. ♦



Dad shows his youngster swans on the lake.



Enjoy the outdoors and follow these simple steps to #KeepSafeOutdoors:

1. Use appropriate social distancing by staying at least six feet from others (when you pass someone on a trail, yield and allow plenty of space);
2. If you get to a place that is already crowded, leave and find another place to go;
3. Keep your germs to yourself (cough or sneeze into your sleeve, and if you are not feeling well, stay at home);
4. Be careful about what you touch (and don't touch your eyes, nose, or mouth); and of course,
5. Wash your hands with soap and water for at least 20 seconds as often as possible (at least before and after you go outdoors).

SHS Athletic Director John Niski Michael's Cup Athletic Director of the Year

Reprinted with the kind permission of the Shelton Herald



John Niski

Unified Sports is an inclusive sports program that unites Special Olympics athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) as teammates for training and competition.

Shelton's own, John Niski, has been named Michael's Cup Athletic Director of the Year for his contribution to the

success of the Unified Sports.

"At its core, Unified Sports is what a high school athletic experience should be all about," Niski said. "Kids pull together, they play hard but also have fun, sharing expertise and love of sports with their classmates. Anyone who has been to a Unified Sports or Special Olympics event at some capacity, you walk away with a feeling that is unlike any other in the world. From the athletes, to the partners, to the coaches, to the fans everyone walks away knowing that this is good stuff."

"I clearly have really great people around me that make me look good. My Unified coaches, Karen Devonshuk and Mike Gambardella, along with the Athletic Secretary Brenda Hansen are the best in the business. Their commitment to Unified Sports is really what makes the experience for our Unified athletes and partners so positive."

Niski came aboard as athletic director when the Unified Sports program at Shelton was in its infancy. "Unified Sports at Shelton was already in its first year when I took over as athletic director (in 2004), right around there," Niski said. "It came as an outgrowth of the relationship that Shelton High School and its staff members had with (then-opened) Ripton School."

"Tracy Nolan-Hussey, who was a special education teacher there, was a big proponent of getting the Unified Sports program started. She was involved

heavily with Connecticut Special Olympics with her students. The Unified program was a natural follow up to the Special Olympics program. Tracy did just an amazing job."

Niski earned a Bachelor of Science degree in Industrial Arts Education from Central Connecticut State University in 1985, and that year began an 18-year career teaching Technology Education at Shelton High. He received his Master of Science Information Technology in 1990 from Southern Connecticut State University. In 2000, Niski was presented with his Professional Certificate in Education Administration at Sacred Heart University.

"As the Unified program went along it was promoted more," Niski said. "More kids became interested and we expanded it to include basketball, track and cheerleading. Then Mike Gambardella with track and Karen Devonshuk with basketball got involved as coaches in track and basketball. They do just a tremendous job of running our programs. I support them as much as possible and give them as much help as I can." There are up to 40 athletes/partners involved in any school year.

Devonshuk said: "John is very deserving of this honor. His continued and unfailing support of Unified Sports at Shelton High and steadfast willingness to host CIAC and SCC Unified Sports events is second-to-none. John Niski is an outstanding, caring, compassionate man and we are very proud and lucky to have him as our athletic director."

"John is always first to say, 'Yeah — we'll host a track meet/basketball tournament/ soccer tournament. No problem.' His enthusiasm for all our events is so contagious that one cannot help but be drawn into our wonderful world of Unified Sports."

"John has always been supportive of all the sports and the athletes at Shelton High School, but I do believe he truly shines when it comes to our Unified programs. Our Unified program is nationally recognized and the CIAC's selection of Shelton High for the Michaels Cup Best High School Program for 2019 could not have been done without him."

"Coaching Unified Basketball and Unified Track & Field, along with my co-coach Michael Gambardella,

continued on page 14

LOCAL BUSINESSES

Rehabilitation Associates, Inc. A Comprehensive Therapy Center

Rehabilitation Associates, Inc. began in 1979 as a comprehensive therapy center that provides physical therapy, occupational therapy, speech pathology, clinical social work, and nutrition services. Although there are offices in neighboring towns, Shelton's growth and proximity to local highways made it an easy decision to open another location at 555 Bridgeport Avenue in 1994.

At Rehabilitation Associates all therapies are provided on a one-on-one basis by a licensed therapist. They provide the highest quality care in the most affordable fashion, treating all patients with respect and dignity. Patients may choose between in-office and telehealth visits for all services.

Rehabilitation Associates offers many specialty rehabilitation programs. They include sports medicine, orthopedics, work-related injuries, post-concussion, vestibular, lymphedema, post-stroke, pediatrics, hand therapy, treatment of diabetes and eating disorders, memory disorders, swallowing, voice therapy, vocal wellness and the Lee Silverman Big and Loud® Program for the treatment of Parkinson's disease.

Rehabilitation Associates' pediatric speech therapy



includes treatment for expressive and receptive language disorders, auditory processing disorders, articulation, phonological disorders and delays, fluency/stuttering, voice, tongue thrust and feeding.

Their clinical social worker specializes in a variety of different areas, including, but not limited to, depression, anxiety, grief, and change of life transitions. The clinical

social worker also is now able to conduct TeleHealth sessions. These TeleHealth counseling sessions may be conducted remotely using a home computer or mobile device for patient convenience.

For many services a doctor's prescription is required. However, in the case of physical therapy and clinical social work, Direct Access allows treatment without a prescription and is covered by most insurances. Rehabilitation Associates participates with all insurance companies.

The office is open Monday through Thursday from 7:30 AM until 7:00 PM and Friday from 7:30 AM until 5:30 PM. They are closed Saturday and Sunday.

For further information on what programs and services are offered, call (203) 922-1773 or visit their website at www.rehabilitationassociatesinc.com. ♦



Shelton Farmers Market 2020 Opens Online



Shelton resident and marketing team member, Meg Hyndman, is the new market administrator of the Shelton Farmers Market. Meg stated, "The board is



excited to be able to expand the market this season with new and returning vendors. We are planning to add a meat and dairy vendor along with changes, some big and some small." The board voted (as an Association) to remove the daily fees imposed on the vendors allowing for the opportunity to expand to other potentially interested vendors. It was also decided the market will remain a "producer-only" for farmers but will be loosening some restrictions to let in more bakers, crafters and makers.

The goal for the upcoming season was to have four market festivals; but things are on hold at this time due to the pandemic.

So, for the safety of all those involved, the Shelton Farmers Market is moving to an online market. What does this mean? Each week the market will offer a few pre-arranged "market boxes" to choose from featuring select items from each of their vendors. For example, they would have a market breakfast box that would contain: a carton of eggs, a pack of bacon, a bag of granola, a half-gallon of milk and fresh herbs. This box would be listed for sale on their website at the beginning of the week.

Customers have the right to reserve their box and pick it up at the Farmers Market Building, 100 Canal Street in downtown, during their regular market hours on Saturday from 9:00 AM until 12 Noon. There will be a few different styles of "pre-arranged" boxes offered as well for instance a "vegan box", a recipe specific box, a meat and dairy box, a produce box and a full market

box. A few of the market's vendors will be able to offer and add on to the boxes for instance if you wanted to add an extra bag of granola or a tub of guacamole.

The Association of the Shelton Farmers Market believe this is the safest option for the current health crisis, and they also think it will be a really fun way to support our local farmers.

They hope you will continue to support the market during this time and hope it will not be too far off when the Market can open publicly.

For further information on this year's upcoming Market or information on how to become a vendor, please visit sheltonctfarmersmarket.com or their Facebook page. Feel free to email the sheltonctfarmersmarket@gmail.com.

Meg added "All agree that the safety and well-being of people in the community is of the utmost importance, and we want to ensure that correct safety procedures and guidelines are being followed. The bottom line is that the community knows the Market will be available to them with fresh local produce and goods. The board also wants to thank the Mayor and his administration for the continued support of the Market!" Hopefully the 2020 season will be a success!

Mission: The mission of the Shelton Farmers Market Association is to create, promote, and operate an open-air farmers market in downtown Shelton that will provide access to fresh, nutritious food, encourage community activity in Shelton's downtown, and stimulate public interest and awareness in local farm products, thereby supporting local agricultural producers in Connecticut. ♦

continued on next page



COMMUNITY NEWS



For more information contact:
Connecticut Department of Agriculture
450 Columbus Blvd., Suite 703
Hartford, CT 06103
www.CTGrown.gov



CROP	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Apples									
Asparagus									
Beans									
Beets									
Blueberries									
Broccoli									
Cabbage									
Cantaloupe									
Carrots									
Cauliflower									
Cherries									
Cucumbers									
Eggplant									
Garlic									
Greens									
Herbs									
Leeks									
Lettuce									

CROP	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Mushrooms (year round)									
Nectarines									
Onions									
Peaches									
Pears									
Peppers									
Plums									
Potatoes									
Raspberries									
Spinach									
Strawberries									
Summer Squash									
Sweet Corn									
Tomatoes									
Greenhouse Tomatoes									
Turnips									
Watermelon									
Winter Squash									

Niski, continued from pg. 11

is something that I wouldn't trade for the world. Teaching our athletes new skills and watching them use those skills when competing at tournaments and meets is an experience that is wonderful to be part of. I won't lie, we do have our challenges, but those challenges are erased when we see the joy on our kids' faces when they make a basket, win a race, or jump farther than they ever have before. Coaching Unified Sports is a most rewarding endeavor. John, Mike, the kids, and I complement each other to make a great team. I love working with all of them."

Niski appreciates the support from Shelton's students. "We have a ton of kids that are involved in the program," Niski said. "When we have events, students come out to support their classmates. How cool is that? Myself and my coaches do as much as possible to support the program and to provide an experience to our athletes and their partners so that they can

have the same experience as all our athletes."

"Last year when we received the Michael's Cup Award for the best program in the state, that was just fantastic. That speaks to everyone in the program, to the support we get from the administration, from the Board of Ed, I mean everyone wants to support it. For this year for them to pick me, well that is humbling. It is not me, it is all the good people I have around me. They make me look good. Someone has to be the pretty face."

NOTE: The Michaels Achievement Cup exists to honor CIAC Member schools that provide exemplary athletic programs. The Cup was created in the 1980s as the brainchild of Roy Michaels, the owner of Michaels Jewelry, in an effort to recognize outstanding athletic programs. The program recognized yearly winners since that time and then in 2008 transitioned directly to CIAC oversight of the program. ♦

Shelton's Canal System and Historic Canal Locks Restoration Being Planned



The Housatonic River has played an important role in the growth and development of the City of Shelton. Many people do not realize that Shelton and Derby were major shipbuilding and fishing ports. These industries made way, however, with the construction of the Ousatonic Dam and the Shelton Canal which ran the length of one mile, to what is now the Route 8 Commodore Hull Bridge.

The Ousatonic Dam and Shelton Canal were constructed in the late 1860s to power new factories which led to the rise of industrial Shelton. The dam is now called the Derby-Shelton Dam. Derby is on the



COMMUNITY NEWS

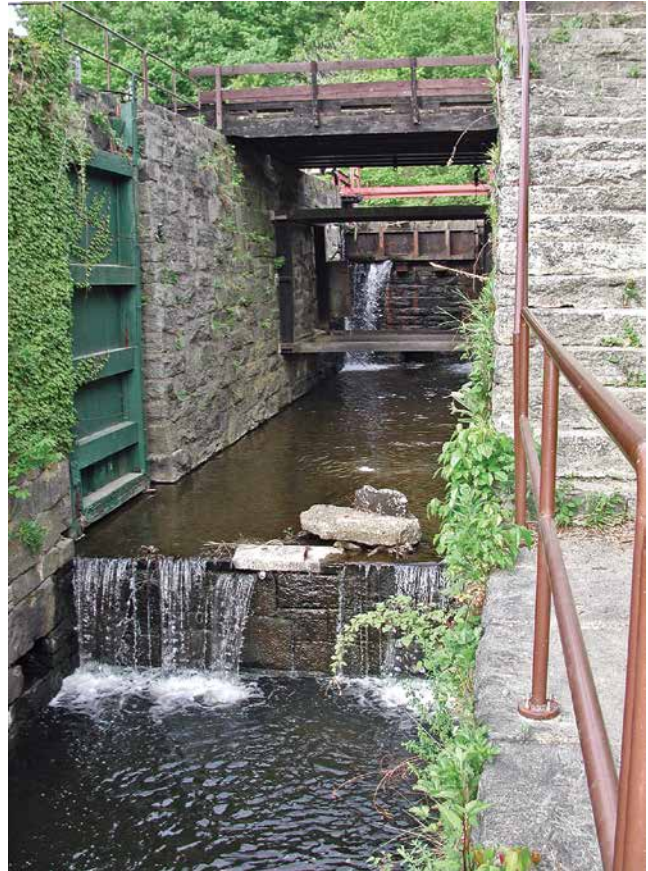
east side of the Housatonic River, and Shelton is on the west. The introduction of the Shelton canal system and the use of water to create hydropower fueled the industrial revolution and supported Shelton's growth for more than 80 years.

The theory behind this system of power generation was genius. The Ousatonic Dam and corresponding canal system was built to an elevation higher than the river. Water was then gravity fed through a series of tunnels which passed a water wheel, powering a turbine and creating hydropower to machinery through a series of shafts, pulleys and belts located within the various industrial buildings along Canal Street. Each factory tapped into the canal with a tunnel. The canal and dam were so important that the town took its name after Edward Shelton, the primary mover and backer of the Oustaonic Dam Company.

As electric technology evolved, public utility companies were able to provide reliable and affordable electricity and deliver that power to local industry. Eventually, factories along Canal Street began to utilize this new source of power rendering the canal system obsolete. By 1947, many property owners began reclaiming the land dedicated to the canal by filling in entire canal sections and transforming the area into other uses such as parking lots.

Remnants of the canal still exist at the northern end of Canal Street. The remaining canal is 1,200 feet long and 50 feet wide, totaling approximately 1.5 acres. It rests on a six-acre piece of riverfront property owned by a hydroelectric company (McCallum Enterprises) which operates the dam and is open to the public under their federal licensing agreement. There are picnic tables, views of the Housatonic River and dam, and steps leading to the water. Public access is at the north end of Canal Street. The

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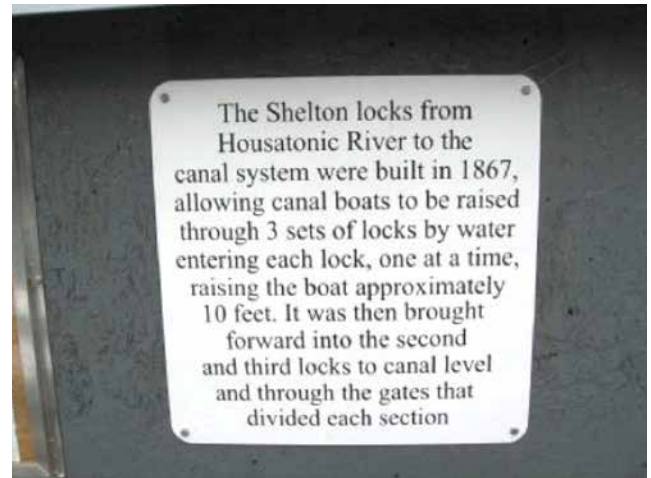
Locks, continued from pg. 16

canal and locks were last used by boats in 1973.

By looking at the current condition of the Shelton Canal System, it is hard to imagine the impact that this historic marvel once had on the lives of everyday citizens of Shelton. Gone are the factories, gone are the days of the railroad cars unloading freight and feed, and gone are the mass of workers walking from their homes to their places of employment.

What we are left with though, are the memories, photographs and the history. After 140 years, the area between the Derby-Shelton Dam and Wooster Street is getting a second look. The area of focus is marked by some very interesting elements, including the primary canal and the historic canal locks bordered on one side by the Housatonic River and by the Housatonic Railroad's Maybrook Line on the other. The canal locks allowed boats to be raised through three sets of locks by water entering each lock, one at a time, raising the boat approximately 10 feet. It was then brought forward into the second and third locks to canal level and through the gates that divided each section. Although this system will no longer be used, to restore what remains would be a true illustration of Shelton's historic past.

The canal is filled with silt and overgrown with invasive brush and trees, while the canal locks are in disrepair and non-functional. This is hardly an area that invites public use. However, the area holds much promise. The Shelton Economic Development Corporation, along with the City of Shelton's Conservation Commission and the Shelton Historical Society, are teaming up to create a plan to celebrate the history of the Shelton's industrial past through the historic preservation of the canal lock system,

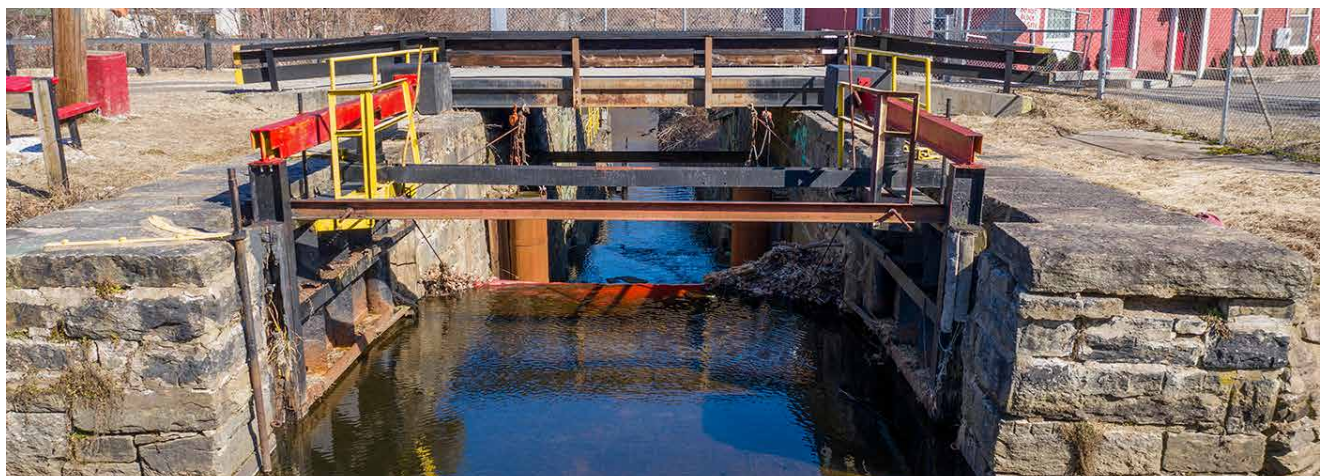


Derby Hydroelectric Plant
McCallum Enterprises I, LP
FERC License #6066-CT
Further information call 203-386-1745

conduct an environmental restoration of the remaining canal sections, and extend public access to support hiking, fishing and canoeing / kayaking along the river.

The planning team has already garnered support of the major landholders which includes McCallum Enterprises and Primrose Companies. Future conversations will be held with the Housatonic Railroad to consider creating a walking trail along the Maybrook Line from Wooster Street to Indian Well State Park. ♦

NOTE: The City of Shelton's Economic Development Commission authorized a drone flyover of the historic canal and locks systems. The video can be seen on the Shelton Economic Development Corporation's website at www.sheltonedc.com



LOCAL BUSINESSES

Gaetano's Deli and Market Arthur Avenue Comes to Shelton

Gaetano's Deli is an Arthur Avenue style deli and caterer located in Monroe, Westport, Stratford, and now most recently Shelton. Gaetano's Market offers more with prepared meals and fresh meats.

Owners Guy Catalano and Milanno Ukehaxhaj started working together almost 25 years ago at Bronx's famous Arthur Avenue...the "real" Little Italy. They learned the old-fashioned deli business from some of the best.

They then brought their experience to Stratford, Connecticut over 20 years ago. The owners make everything homemade including their amazing fresh mozzarella daily. They have the freshest bread delivered from the Bronx's Addeo and Madonia bakeries and carry a large assortment of imported and domestic cheeses and cured meats including Boars Head. These ingredients are combined to make amazing dishes and sandwiches that can stand up to the best Italian kitchens.... furgettaboutit!

Gaetano's gift baskets are perfect for holidays, corporate gifts, bereavement or any special occasion. Their baskets start at \$75 and include panettone, extra



Owners Milanno Ukehaxhaj and Guy Catalano



virgin olive oil, balsamic vinegar, pasta, cookies, tomatoes, cheese and more. Gift cards are also available.

Guy and Milanno have four locations in Connecticut — Stratford, Monroe, Westport and now Shelton. The owners will tell you with all that Shelton offers, especially along Bridgeport Avenue, it was an easy decision to open another store. Conveniently located off Route 8, Exit 12,



Gaetano's Deli and Market can be found in the new CX Crossing Plaza. Catering is also available. You can call ahead or visit their website at gaetanosdelis.com. They are open seven days a week.

Come see them and experience a true Arthur Avenue Style Italian deli and caterer. You will understand why they have been given the honor of being called "number one" in Connecticut! ♦

At a Place Called Burritts Rocks

Submitted by Teresa Gallagher, Natural Resource Manager

"Burritts Rocks" is another one of Shelton's old place names that goes back to the time of the first white settlers, in the same vein as Nells Rock and Coram. The name eventually fell out of use and was only recently rediscovered while researching past deeds for the border between Birchbank Mountain and Indian Well State Park.

The rocky river slope once called Burritts Rocks imparts a rugged character to the blue-blazed Paugussett Trail. Hikers need to carefully watch their footing as they pick their way across the rocks and in one place need to use their hands to scramble over boulders. The trail here is reminiscent of the Appalachian Trail in Northwest Connecticut.

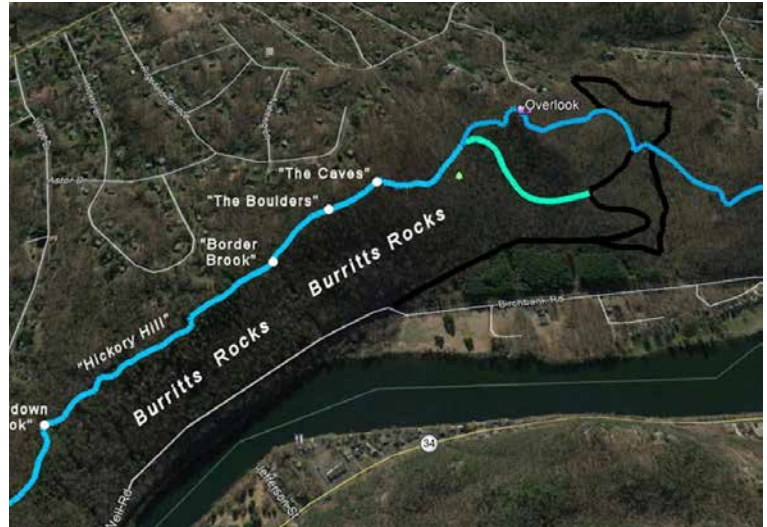
Shelton's earliest land deeds typically gave a description of a "certain piece of land" by referencing the neighborhood or a local landmark where the property was located. The deeds from the 1800's for



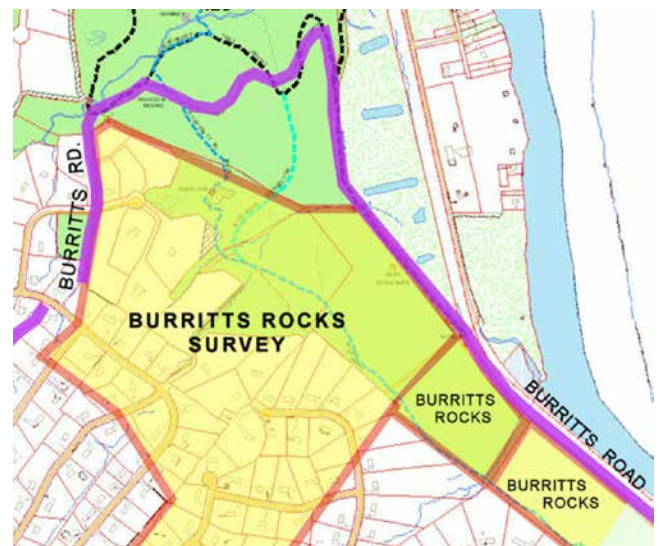
The Burritts Rocks section of the Paugussett Trail reminds hikers of the Northwest hills of Connecticut.

land located on either side of what is now the boundary between Birchbank Mountain and Indian Well State Park described the properties as being "at a place called Burritts Rocks." The spellings for Burritt varied through the years, but "rocks" was always plural.

How large was this place once called Burritts Rocks? Shelton History Center unearthed a clue in the form of a "field book and table of Burritts Rocks, including David H. Booth...and Agur Hubbells land." The



survey notes encompassed multiple properties totaling 100 acres and may have been commissioned by the Ousatonic Water Company, who was buying large tracts of land along the river in the 1800s. Distances were in "rods" (one rod equals 16.5 feet). When the boundary of this perimeter survey was recreated on paper, it fit nicely just to the north of the previously identified "Burritts Rocks" properties (see map below).



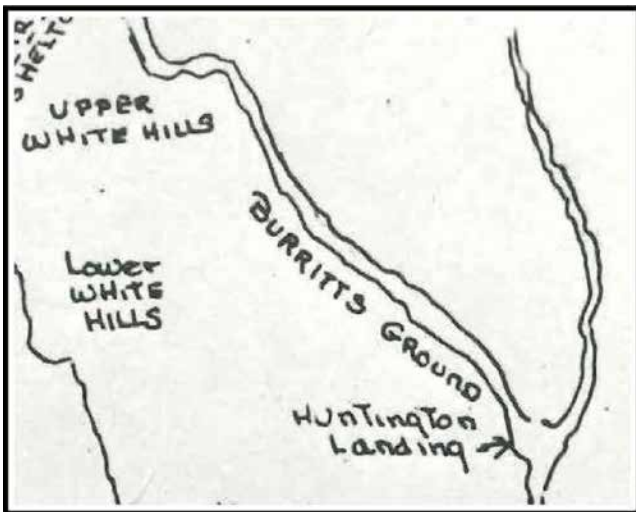
Areas identified in historical deeds and surveys as "Burritts Rocks" and the old Burritts Road aka Burritts Ground Road.

COMMUNITY NEWS

That area does have a tremendous amount of rock, most of it slick and covered with moss. There are bedrock ledges, giant boulders the size of small buildings, swarms of boulders the size of various kitchen appliances, and hillsides of small rocks jammed together so tightly there is no soil between them, just voids. The rock has been a special challenge for trail designers and hikers alike. The Paugussett Trail doesn't go directly through the worst of the boulder field, but skirts the edges. Going through the middle of the boulder field would be impossible. In addition to the slick, mossy boulders, there are deep crevices and voids, a serious hazard.

We'll probably never know precisely what Burritts Rocks originally referenced. Was it the ledges, perhaps seen by ships sailing up river? Or just the long rocky slope, unsuitable for farmland?

The Burritts were early Stratford settlers and the family name became attached to a number of features along the Housatonic River. One early map of Shelton shows "Burritts Ground" covering the west bank of the Housatonic River between downtown Shelton and Indian Well State Park. Indian Well Road was originally called Burritts Road or Burritts Ground



Road. This road once descended the riverbank from East Village Road and was a way for farmers up in the White Hills to get to Burritt's Ground along the Housatonic River, which was still tidal and functioned as a primary means of transport. A shipyard was located near Indian Well. The white-blazed hiking trail at Birchbank Mountain follows this old road up the riverbank.

One of the early Stratford Burritt descendants,

Peleg Burritt, appears to have settled in Shelton when it was still part of Stratford. Peleg's descendent Blackleach Burritt was born in Shelton and was interesting enough to merit his own Wikipedia entry. In addition to having a memorable name, Blackleach Burritt was a mover and shaker in a religious movement called the "Great Awakening" in the late 1700s.



The Paugussett Trail takes hikers across Burritts Rocks.



Large boulders near the top of Burritts Rocks form small caves

Natural History: The bold geology of Burritts Rocks explains this local landscape drama. The boulder field was created when the Housatonic River undercut a rock formation called the Straits Schist Basal Member. This rock formation contains weak marble layers and at one time there was a marble kiln located nearby. Marble is unusual for this part of the state, but common in the northwest hills, which is one reason why hiking through Burritts Rocks can feel similar to hiking in Kent. The marble tends to dissolve out of the rock, weakening the formation so that it breaks easily into slabs and chunks. The rock formation continues across the river at Laurel Lime Ridge in Seymour, "lime" being another name used for marble.

The water seeping out of the cool, dark, northeast-facing slope carries traces of marble, allowing plant

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Burritts, continued from pg. 20

species to thrive that normally could not grow in Shelton. The lower parts of Birchbank Mountain are known for spring wildflowers like Dutchman's breeches and red trillium. Maidenhair ferns, basswood trees, and American bladdernut shrubs are all indicative of the sweet, rich soil at the bottom of the rockfall.

Visiting Burritts Rocks: A moderately challenging 3-mile round trip hike through the rocks begins at Indian Well State Park on the white-blazed access trail that leads from an off-season parking lot located opposite the main entrance to the beach. Walk past the informational kiosk and up a long flight of stairs. Continue up the hill and turn right to follow the blue-blazed Paugussett Trail north towards Birchbank Mountain. After half a mile of gentle terrain, the trail crosses a major brook and then climbs to the top of the slope in order to avoid the worst parts of the boulder fields.

The next stream crossing marks the entry into the city's Birchbank Mountain Open Space, and the trail soon becomes rockier. This is the most difficult section of trail in Shelton. One short section requires hikers to use their hands to climb over boulders while other stretches require hikers to step from rock to rock. Trail improvements over the past few years have eliminated a few of the most tedious sections, but the trail is still challenging and should be avoided if conditions are wet or icy. Hikers should allow extra time.

After passing through the worst of the rock, the trail becomes easier under foot before arriving at the Birchbank overlook at the top of rock ledge, a mile and a half from the parking area. There is a clear view of the Housatonic River in all seasons. This is a good spot to linger and visitors can leave comments in the trail register.

There is no trail loop back to the parking area, but the return hike is significantly quicker and easier.

Maps of the Paugussett Trail are available at sheltonconservation.org and ctwoodlands.org. ♦



Hikers must use their hand to climb over a trail section known as "the Boulders."

Modern, continued from pg. 2

difficult, and the company was forced to obtain materials from across the United States and in enormous quantities.

"We had to set up assembly lines, which was a huge start-up cost. We had to hire people. We had to train people, and then we had to execute in terms of making a finished product," said Carbone. "To date, I think we have well more than one million orders from a simple Facebook post I made on my personal page."

Carbone said he asked people to share his post, and the response, he said, has been overwhelming. "I could not be any prouder that we are helping to protect our citizens and certainly our very critical health care professionals," said Carbone. "I think I

have received a million thank-you notes as well, and I am so humbled. This is quite an experience for me."

Carbone has lived in Shelton for 28 years and has served on various boards and committees over the years.

"I absolutely love Shelton; in fact, I moved Modern Plastics from Bridgeport into a beautiful Bob Scinto building in 2010," said Carbone. "I would do anything for this great city."



And now great nation!
Thank you Modern Plastics and
thank you Mr. Carbone. ♦

LOCAL BUSINESSES

*"Good Old-Fashioned Appliance Service"*

A pick-up truck, tools, and a desire to help folks solve home appliance hiccups is where Jeff Merrill began in 1980. Jeff offered a traditional set of values and a work ethic that owners, David and Schuyler Tackach follow nearly 40 years later.

Word spread, home service grew, and so did the Jeff's Appliance team with hiring of an expert technician, David Tackach. The services offered have evolved under David's expertise since 1990 and continue to grow today.

The demand for a physical store in Shelton was very much community driven. Folks wanted to purchase new appliances with Jeff's Appliance because trust was built from years of quality service. The demand for quality was apparent as the store grew from appliances and parts to outdoor grills, vacuums, central vacuums, and a full-service repair shop on site.

The tradition continues after Jeff retired in 2014 succeeding the business to now 30-year veteran, David Tackach and brother Schuyler Tackach. The mission remains the same: taking the frustration out of everyday chores like laundry, cooking, or vacuuming; ensuring their customers' appliances are working like-new and offering quality products when it is time to replace.

Today the store displays only products the owners hand pick, believe in, and are able to service if the need arises. They specialize in at-home or in-store repair service on most major appliances, sales, delivery, installation, consultation, warranty repair, parts, vacuums, grills, motorized quads or scooters along with interest-



ing home goods & gadgets. Some of the many appliances they service are Sebo, Miele, Electrolux, Dyson, Weber, Whirlpool, Maytag, GE, Frigidaire, Hoover, Dirt Devil, Bissel, BEAM, Razor Scooter, to name just a few. If you have a special request, have an old or unique appliance, they will be happy to help or point you in the right direction.

Stop on in at their new location, 286 Howe Avenue, in downtown Shelton. The store's hours of operation are Monday

through Saturday 9:00 AM until 6:00 PM. The store is closed on Sundays. For further information you can call ahead at (203) 924-8997 or visit their website at jeffsappliance.com. ♦



Leading Level Fitness Opens at 57 Bridge Street

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Laurean Vazquez-Limauro has built her life around physical fitness - and now she is spreading her word of personal wellness through her new business.

Vazquez-Limauro, a personal trainer and nutrition coach, officially opened Leading Level Fitness, LLC at 57 Bridge Street this past fall on Friday, November 29. She brings with her numerous longtime clients from her previous stints at area fitness centers as well as a passion for passing on her message of physical well-being to all.

"Personal training and physical fitness are something I have always loved ... for as long as I have had my own gym membership," said Vazquez-Limauro. "Fitness is the one thing we have control over. Our health, our nutrition, what we put in our bodies and how we use it, are what we can control. There are so many things out of our control, but fitness and the ability to move bodies is a gift."

Vazquez-Limauro began her athletic journey when she first hit the soccer field at the age of 6. She played team sports for years before getting her first gym membership at 15. From that point, Vazquez-Limauro said she realized her purpose was helping others achieve their fitness goals.

And her clients are more than just paying customers, Vazquez-Limauro calls them family. "I spend anywhere between 30 minutes and three hours with each person over a week, and in that time, I establish strong relationships with them," said Vazquez-Limauro. "I work with some elite athletes, and I work with people who have never stepped into a gym before," added Vazquez-Limauro. "Some are rehabbing injuries. Some are training for full-blown marathons. There are a wide array of individuals who seek my guidance, and I am blessed and grateful for them seeking me when there are thousands of different trainers out there. I do not take that lightly."

Leading Level Fitness, LLC is a personal training and wellness studio that offers individual personal training, small group training, and nutrition coaching that cater to all levels of fitness from beginner to elite athlete.



Owner and trainer Laurean Vazquez-Limauro

Vazquez-Limauro began her personal fitness training career in 2012 at a larger, corporate gym. From there, she joined two friends in forming their own fitness center. In that time, she gained experience in weight training, cross training, powerlifting, marathon and long distance running as well as certifications in nutrition coaching.

With that knowledge in hand, the Derby native said she knew the time had come to branch out on her own - and Leading Level Fitness, LLC was born.

Vazquez-Limauro said she caters for workouts and nutrition tips to each individual client's personal needs. And when walking through the new business, clients will see only manually operated equipment - no treadmills, no ellipticals, no plug-in technology.

"I truly, truly love what I do," said Vazquez-Limauro when stating what sets her apart from other personal fitness trainers. "I wake up each day and never have to go to work. When I have someone's time, it is their time, and I am grateful for the time I get to share with them. I listen to what they need from me, and I do my best to make sure I deliver exactly what they need."

For more information, visit www.leadinglevelfitnessllc.com or email leadinglevelfitness@gmail.com. ♦

LOCAL BUSINESSES

Industrial Wood Products Moves to 84 Platt Road

As a family owned and operated business, Industrial Wood Products is dedicated to providing their clients with quality craftsmanship and excellent service. For 45 years, Industrial Wood Products (IWP) combined knowledge of woodworking along with innovative ideas has resulted in the creation of unique wood products. They pride themselves in being able to take this experience and create almost anything out of wood, plastic, composites or metals that are esthetically satisfying and structurally sound! Whatever your needs may be IWP and their craftsmen will work with you to ensure that each crafted piece will be unique to reflect their customers' ideas, style and personality. At IWP they use the finest materials combined with modern CNC® technology to give results simply not found elsewhere.

Three generations can be found at IWP sharing talents and expertise. President, William H. Karcher ("Bill"), has an extensive background in the woodworking business growing up alongside his Dad, H. William Karcher. Bill learned to appreciate working with nature's most environmentally sound and renewable building material, wood. After attending college and earning a degree in small business, Bill knew his passion would be to work in the family business.

H. William Karcher Vice President started his woodworking in 1955 at a large heavy machinery manufacturing company. He served a five-year apprentice program and learned foundry trade, welding trade, machine shop along with engineering and drafting. In 1972, Mr. Karcher opened his own business with his son Bill joining him in 1974. Still actively working today, the Karchers share over 100 years of experience.



Three Generations: William H. Karcher, H. William Karcher, and William T. Karcher

In recent years William T. Karcher, who holds the title of Vice President of Manufacturing, joined his father and grandfather after graduating Central Connecticut State University with a degree in Construction Management. William enjoys designing and drawing pieces for customers with the ease of CAD and CNC technology.

Some of their products consist of custom furniture, architectural millwork, commercial cabinetry, entertainment centers, moldings, along with kitchen and bath design. Further information can be found at www.iwpcnc.com.

The Karcher family is proud to continue with this work and look forward to creating more pieces for many years to come.

IWP can be reached at 203-735-2374 or email at iwp@att.net. ♦



2020 Connecticut Invention Convention (CIC) at Perry Hill School

The Connecticut Invention Convention (CIC) program was developed to inspire our youth to think critically and creatively about real-world problems. Students are encouraged to systematically seek out solutions to problems that affect themselves, their families or the community. Gavriela Ziu-Pires; Supervisor of Teaching and Learning-STEM stated "As we enter a new era of technological revolution, also referred to as the Fourth Revolution, it is more important than ever for our students to think critically & creatively." The process of invention and innovation stimulates so many areas of a person's ability to develop their Habits of Mind in the areas of STEAM (Science, Technology, Engineering, Art and Mathematics). The Habits of Mind are rarely cultivated in isolation; by having students actively produce a prototype they are activating prior knowledge and embracing new learning to achieve a solution to a problem to produce



knowledge rather than just reproducing it. They are utilizing out of the box inventiveness to develop a sense of entrepreneurial skills that will help to prepare themselves for the future of learning in the 21st Century that require a focus on the Seven C's: critical thinking; creativity and innovation; collaboration; cross-cultural understanding; communication; computing technology; and career learning.

Perry Hill School has promoted the Engineering and Design Process for many years with students that participate in the Invention Convention. Each year the 6th Grade Enrichment students showcases their innovative spirit. Lorraine Williams; Perry Hill School Principal expressed "This year's quality of projects was the best I've seen so far. They all solved real important problems. The Invention Convention is a wonderful activity for our students. The research and design process they go through is extremely important. The "idea" for the invention is most important. Perry Hill School students did a fabulous job with their inventions."

Each year the number of students participating in the Invention Convention has increased under the instruction of Angela Catone; Perry Hill School Enrichment Specialist. The quality and depth of

continued next page



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understanding of the Engineering Design Process (Ask, Imagine, Plan, Create & Test and Improve) progresses by encouraging exploration of problems, solutions, inventors, inventions and innovations. Students embrace the challenge; ASK family and friends what types of problems need a new invention; IMAGINE ideas by brainstorming & collaborating with their peers to review ideas; PLAN a draft of their invention or innovation and finalize by using a Google Drawing feature to create a detailed blueprint; CREATE their prototypes and test the invention; and IMPROVE their products if a material didn't quite work or needed repair. Once their finalized product is created, students navigate through the technological piece of filling out the Invention Log on Google Docs and utilize Google Slides to create the reflected materials that are showcased on their Presentation Boards. The next equally important step is developing the perfect pitch to generate a verbal communication to the judges that allows students to showcase their communication skills about the amazing qualities of their invention or innovation.

On March 11, 2020 Perry Hill School hosted the judging portion of the Invention Convention. Our respected judges were Karen Crosby; Perry Hill School Assistant Principal, Gavriela Ziu-Pires; Supervisor of Teaching and Learning-STEM, John Niski; Supervisor Health, PE & Director of Athletics, Faylynn Haight; Retired Enrichment Specialist, and Kathleen Yolish & Diana Meyers; Shelton Board of Education Members who took on quite the task with the intense competition and level of completion of the inventions. Karen Crosby stated "It was amazing to see all of the ingenuity, creativity, and innovation from our Perry Hill students while speaking to inventors as a judge!" While in deliberation careful consideration was taken to decide the Top 3 Inventors & Inventions; and the seven Honorable Mentions. Students advancing to the state competition level for Invention Convention represent-



ing Perry Hill School are David Kavasansky; The Dandy Desk, Lucas Aulet; Dyslexia Glasses, and Krishiv Patel; The Tubular Trash Tin. Perry Hill School's Honorable Mentions were awarded to Reese Vartelas; Zippy Sox, Ayaan Naqvi; Accountability Facts, Giancarlo Rubio; Water Shoes, Emery Dagostine; The Rabbit Defender, Tyler Cayer; Dri-yer Shoes, Colin Gzyms; Spoon Stop and Faith Brown; Keleon Angela Catone expressed, "Being able to guide, instruct, and

encourage our students with the Engineering Design Process for Invention Convention each year, allows me to show these young inventors how much they have truly grown and accomplished from start to finish with each level of the process. The best feeling is watching their interaction with the judges and how they perform their pitch presentations, because I know how hard each and every student has worked. I also want to thank parents for their support throughout this journey. These inventors truly showed remarkable character and work ethic!"

Over the last few years, we have had members of our Top 3, receive recognitions including Top Inventor in their Judging Circle and even a Patent Award at the state level; and were then selected to continue on to Nationals at the Henry Ford Museum in Michigan. This is a wonderful invitation because of the 120,000 students who participate nationally, only 500 move onto the National Competition. We hope to continue this pattern to have students be acknowledged and recognized from Perry Hill School to be able to showcase their savvy, inventive entrepreneurial skills. Most importantly, we express our congratulations to all students who embraced this challenge and achieved this milestone of the completion of the task of solving real-life problems through their efficient and effective persistence and ability to think flexibly. ♦

Mohegan School “BOLTS” into Reading



Coach John Niski speaks to the students about the robotics program

Imagine the excitement that erupted when the students at Mohegan School learned that the Shelton Gael Hawks Robotics Team would be coming to their school to kick off the Mohegan School Reading



Mohegan media specialist Joan Tichy and Board of Education Chairperson Kathy Yolish prepared to celebrate incentive

Incentive, “BOLT” into Reading. Mrs. Tichy, Media Specialist at Mohegan School, and team coaches Mr. Niski, Ms. Piccolo and Ms. Sala collaborated and planned the reading incentive program for several weeks. They understood that incorporating reading and robotics is a great way to encourage and have students participate in all areas of STEM (science,



Dr. Smith, Interim Superintendent of Schools reads to a class

technology, engineering and math). Learning how to read directions, follow rules, and innovate is helpful in career development and provides incentive to research and work cooperatively.

Mohegan students awaited the day with both apprehension and curiosity as they imagined what it would be like to have high school students not only visit their school but also read in their classrooms. Many of the high school students who were coming were equally excited because they had attended Mohegan school in their elementary years and were anxious to meet their past teachers, take a peek into their former classrooms, congregate in the library and present in the gym. After their robotic demonstration, they would then be scheduled to read to a class. Not only did they choose the books to read, they also donated the books to the classroom. Titles included: The Robot Book by Heather Brown, Awesome Dawson by Chris Gall and Robots, Robots Everywhere by Sue Flies.

March 2 arrived with a flurry of activity. Special guests included: Dr. Beth Smith (interim Superintendent), Kathy Yolish (Chairperson of Board of Education), Amy Romano (Board of Education member & Secretary) and Gavriela Ziu-Pires (Supervisor of Teaching and Learning). The date for the program to begin was selected to tie in with the

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BOLT, continued from pg. 27

initiative **Read Across America**—an initiative for promoting reading created by the National Education Association that began in 1997. One component of the program is **National Read Across America Day**, an observance in the United States held on the day closest to March 2, the birthday of Dr. Seuss.

The Gael Hawks arrived from Shelton High School and set up their robot named “**Bolt**” and equipment in the Mohegan School Gym. Students filed in awaiting with great anticipation for the demonstration to begin. They had never seen the Gael Hawks, and this was certain to be a treat for all. Mrs. Santilli welcomed everyone and spoke to the students about the importance of reading and how reading can take you to many places as well as give much information. She also spoke about innovation and science and creativity which will inspire everyone to dream more, learn more, do more and become more. Additionally, she complimented teachers at Mohegan School for planning activities for the duration of the incentive program that celebrate a nation of diverse readers.

After introducing the robotics team and their coaches, the room quickly silenced, and the “magic” began. Ms. Piccolo spoke about reading and innovation and Mr. Niski talked about robotics and robotics competition. The students were truly mesmerized by the skilled showmanship of the robotics team and the pride they exuded about all that they do. Ryan Corkery, Jenna Gura, Lacey Gura and Mila Pascarelli were invited to participate in the dem-



Mila Pascarelli and Lacey Gura assist with the robotic demonstration

onstrations. Ryan said he was very excited to learn about robotics. Jenna and Lacey were intrigued about the mechanics and workings of the robot and Mila reported back to school the next day that she had gone to the library to pick up all 8 books! To participate in the incentive program students were required to read eight books in eight different genres over a period of eight weeks. Mila was positive that she would complete the task so that she could participate in the celebration at the end of the year.

If all goes well, the robotics team plans on returning to the school in June so they can “bolt” into celebration with the entire school! ♦



Shelton Robotics Team and their coaches



Street Style Tacos Plus Traditional Mexican Fare

Tacomida, a neighborhood taco and tequila bar opened its doors in the middle of May in 2019. Located in the Bridge Street Commons building in downtown Shelton they have been serving up tasty tacos and refreshing margaritas to the community ever since. "We are having fun," says owner and operator Hartin Ballabani, who has been hands on since day one and can be found working the floor or even mixing up cocktails behind the bar. "We are in our infancy stage still and are having fun meeting first time guests and fine tuning our menu and operations based on feedback and demand. Our goal was to find a neighborhood that has character and soul and is in its growth phase so we can grow roots in and service the neighborhood for years to come. With all the development and plans laid out for downtown Shelton, we are happy to be part of the movement and hope to influence other businesses to think of downtown Shelton. At the same time, we are happy to be in the back yard of such great staples as the Dewdrop, Amici's, Porky's and so on."

Tacomida is open seven days a week starting with lunch at 11:30 am daily and now serving Brunch on Sundays. "We have been slowly rolling new things out says Ballabani. We want our promotions or different menus to be of value and tie in to our concept and not just be an add on to what we do. We started out with offering just our regular menu and waited to see what the community wanted and what would be fun before we committed to something. This led to Taco Tuesday, which is a huge hit, offering \$2 tacos all day long, or our Taco Samplers where you can mix and match tacos offering a great way to share with friends or families in

large groups. It makes ordering easy, you pick a bunch of tacos, sip on tasty drinks and enjoy each other's company."

The menu is straight forward with bold flavors focusing on simplicity and technique. Currently serving a variety of eight different tacos plus small plates and entrees, the owners tend to stay in that ballpark to ensure consistency and execution but with a new addition to the team, they plan on offering weekly specials based on the season. Tacomida recently hired Executive Chef Ulyses Jiminez, who brings years of experience to the team having worked as EC for notable restaurants like Barcelona Wine bar, Jacks Steakhouse or Pearl in Westport. With an experienced Executive Chef Tacomida has already



started adding fun new items to the menu such as, grilled tuna with a cucumber and avocado salad or a sea bass entrée done Veracruz style. During Valentine's day weekend they were offering a Tomahawk bone in Ribeye steak for two. When asked why steak at a taco spot? Ballabani said "Why not, sure were a taco spot but that's the fun part, you will never know what your going to find on the menu any day of the week."

With a warm, but industrial feel, Tacomida offers many different atmospheres. You can sit at the walnut top bar and enjoy craft cocktails being stirred up in front of you, sit in our alcove where it's a bit quieter and more relaxed or enjoy the sun on our patio. It is a small space, but we wanted to add different elements says Ballabani, this way you have options based on what mood you're in. Tacomida is not designed like your typical tequila bar but offers more industrial textures with bright colors. We wanted to build something that will be timeless and

continued next page

Community Calendar

PARKS & RECREATION

Community Center Hours:

Monday-Friday 6:30 am - 9:30 pm

Saturday 7:30 am - 3:30 pm

Pool Hours:

Monday-Friday 6:00 am - 8:45 pm

Sunday 8:00 am - 3:30 pm

Saturday 7:30 am - 3:30 pm

Information is posted on the city website: www.cityofshelton.org.

Information/Cancellation Hotline 203-331-4120.

SHELTON LIBRARY SYSTEM

Plumb Memorial Library

65 Wooster St. 203-924-9461

Huntington Branch Library

In the Community Center,
41 Church St. 203-926-0111

SHELTON SENIOR CENTER

The Center provides a wide range of social, educational, health, financial, and recreational programs for residents 55 years of age and older. The Center's goal is to keep members active and involved through various programs. The Center sponsors parties, BBQ's, special events, day/overnight trips and casino trips.

Transportation to the Center is provided for Shelton residents (FREE MWF) including free shopping bus to local stores for members on Wednesdays. For more information regarding any of these programs, please call the Center at (203) 924-9324.

SHELTON YOUTH SERVICE BUREAU

The Youth Service Bureau was established in 1988 by the City of Shelton for the purpose of developing, planning and coordinating services for the youth of the city and their families. The Youth Service Bureau works cooperatively with the schools, police, youth, parents and other community resources to encourage our youth to strive for their full potential. The Bureau provides programs for both youth and parents on issues of importance in today's society. It also provides information and referrals for parents and youth in need. For more information, please call the Youth Service Bureau at 203-924-7614 or email SYSB@cityofshelton.org

Spotlight on Youth – If you know a Shelton student, between the ages of 12 and 18, who has given back to his/her school or community through volunteer hours or acts of kindness, nominate that student for Spotlight on Youth. Call the Youth Service Bureau at 203-924-7614 for nomination forms.

Shelton 
Going Green

CONTACT INFORMATION

Shelton City Hall (203) 924-1555

Shelton Board of Education
(203) 924-1023

Shelton Community Center
(203) 925-8422

Shelton Highways and Bridges
(203) 924-9277

Shelton Animal Control
(203) 924-2501

Shelton Libraries:

Plumb Library (203) 924-1580

Branch Library (203) 926-0111

Shelton Police Dept. (203) 924-1544

Shelton Probate Court
(203) 924-8462

Shelton Registrar of Voters
(203) 924-2533

1ST WARD ALDERMEN

Anthony Simonetti (203) 926-0922

David Gidwani (203) 450-8223

2ND WARD ALDERMEN

Stan Kudej (203) 924-2403

Eric McPherson (203) 924-5862

3rd WARD ALDERMEN

John Anglace (203) 929-1515

Cris Balamaci (203) 450-0227

4th WARD ALDERMEN

Noreen McGorty (203) 926-1638

Bernie Simons (203) 925-8499

STATE LEGISLATORS

State Senator Kevin Kelly
(860) 240-8826

State Representative Ben McGorty
(800) 842-1423

State Representative Jason Perillo
(800) 842-1423

CONGRESSIONAL REPRESENTATION

Congresswoman Rosa DeLauro
(New Haven office) (203) 562-3718

Congressman Jim Himes
(Bridgeport office) (866) 453-0028

U.S. SENATORS

Senator Richard Blumenthal
(Bridgeport office) (203) 330-0598

Senator Chris Murphy
(Hartford office) (860) 549-8463

Tacomida, continued from pg. 29

fit the characteristics of the neighborhood, rustic, steel, reclaimed but also trendy and sharp.

Tucked in the Bridge Street Commons building, Tacomida is easily accessible from behind the building where there is plenty of parking. Parking can also be found across the street at the Post Office plaza. With spring and summer upon us we are excited to open up our patio and throw some great parties this summer.

NOTE: This article was written before the pandemic. We wish Tacomida a full recovery once they can open their doors. Please remember to support our local establishments. ♦

SHELTON COMMUNITY & BUSINESS NEWS

Shelton Economic
Development Commission
c/o City Hall
54 Hill Street
Shelton, Connecticut 06484

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2020 Shelton Farmers Market Vendors

Some of the 2020 Shelton Farmers Market Vendors this year will be:

- All Day Arepas
- Bequest Coffee
- Chaga Soda Co.
- East Village Farm
- Gathered Harvest Granola
- Granfield Fisheries
- Laurel Glen Farm
- Oronoque Farms
- Shaggy Coos Farm
- Vics Guac Shop



For more information please visit sheltonctfarmersmarket.com or their Facebook page.
Feel free to email at sheltonctfarmersmarket@gmail.com.