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FREE

DECEMBER 2019
VOLUME 26, ISSUE 2

Stand Up and Be Counted

See Story Page 3
Dear Shelton Residents and Businesses:

We are pleased to present the Fall 2019 edition of our Shelton Life Newsletter. This citywide publication continues to be a terrific source of up-to-date business and city news delivered free of charge to our residents and businesses. This edition has a wonderful blend of articles focusing on business success, health & wellness, natural resources, and arts & education, as well as a variety of community news that will surely interest our readers.

Economic development and business development continue at record pace throughout the business corridors along Bridgeport Avenue and Shelton’s downtown. Over the last 28 years, the City has invested millions of dollars into brownfield remediation along the length of Canal Street. Today, we are seeing significant private development along Canal Street and throughout the downtown corridor as a result. We anticipate multiple mixed-use developments to be under construction throughout 2020. These developments will create over 10,000 square feet of new commercial business spaces and over 100 new residential units which will help enhance the community’s vigor.

Please take note of the article on page 3 with respect to the 2020 US Census. The Census, which is mandated by the United States Constitution, is designed to count every individual living within the country. Besides determining the number of seats each state maintains in the U.S. House of Representatives, the Census provides critical data that helps these lawmakers design policies to support residents and further is used to make financial support and public investments that support you and your community. Please take the time to respond on behalf of the city.

As always, I commend all of our volunteers and, in particular, the work of the Economic Development Commission on the Shelton Life. Since this edition will be the last for 2019, let me wish all of our residents a wonderful Holiday Season and a prosperous New Year to come.

Sincerely,

Mark A. Lauretti
Mayor, City of Shelton
Valley Regional Adult Education Moves to Belden Cultural Center

Valley Regional Adult Education (VRAE) has moved its administrative offices and consolidated all of its classrooms to the Richard O. Belden Cultural Center on 54 Grove Street. In the new location there are six dedicated adult education classrooms equipped with smart boards, computers, and printers. The rooms are designed for the adult learner to have student centered activities that are facilitated by our dedicated instructional team. The move to the Belden Center could not have been possible without support from the City of Shelton and the Mayor. Being in a building with Valley United Way, TEAM, Inc., the Registrar of Voters and Center Stage allows opportunities for the students to connect with resources and learn about ways they can give back to the community through volunteerism and voting.

VRAE’s move allows for continuity of services for the mandated programs which include English as a Second Language (ESL) and the two high school completion programs – GED and Credit Diploma Program (CDP). Working in conjunction with West Haven Adult Education, VRAE also offers the National External Diploma Program (NEDP) for residents to complete their high school. VRAE offers both day and evening classes for ESL and GED students. Credit Diploma classes meet in the afternoon and evening. The Citizenship program is held at Shelton Intermediate School one evening a week and will move to the new location, 54 Grove Street, next school year. In the new location VRAE is able to provide classes and services for students throughout the day. VRAE continues to evaluate the needs of communities and offers classes that work for the students served.

All adult education academic teachers are certified in their subject area and provide excellent learning opportunities for their students. The program is fortunate to have program coordinators who are from the communities VRAE serves and have years of experience in the local school districts. Linda Romano, GED coordinator, and Patricia Stanchfield, CDP coordinator, have assembled strong teams of instructors that continue to work with the students in obtaining their high school diplomas. Lee Wolf oversees the ESL program and the dedicated instructors who provide both day and evening classes in Shelton and an evening class in Monroe. Debra Hansen has been the Director for the past year after serving as an administrator in the Connecticut Technical High School System and Derby Public Schools. Behind the scenes is a dedicated staff that supports all of the work being done. Lori Pulley is the office manager, Lori Sanchez is the technology and enrichment coordinator, JoAnn Legeza is the data manager and Michele Mulrain oversees finances. Valley Regional Adult Education is looking forward to continuing its tradition of excellence in serving the residents of Shelton, Ansonia, Derby, Monroe and Seymour.

To contact VRAE call (203) 924-6651.  

2019 Graduation Ceremony

VRAE staff (L to R) JoAnn Legeza, Michele Mulrain, Fatime Dervishaj, Debra Hansen, Lori Pulley, Lori Sanchez
United States Census 2020
“I Count”

WHAT IS THE 2020 CENSUS?

Partnership Fact Sheet

The once-a-decade population count affects your representation in government, determines how much funding your community receives, and provides data to help you plan for the future. Everyone needs to spread the word about the importance of the 2020 Census to help ensure a complete and accurate count.

The 2020 census counts every person living in the 50 states, District of Columbia, and five U.S. territories. (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and the U.S. Virgin Islands.)

The count is mandated by the Constitution and conducted by the U.S. Census Bureau, a nonpartisan government agency. Each home will receive an invitation to respond to a short questionnaire—online, by phone, or by mail. This will mark the first time that you will be able to respond to the census online.

Why We Conduct This Count

The census provides critical data that lawmakers, business owners, teachers, and many others use to administer daily services, essential programs and products that support you and your community. Every year, more than $675 billion in federal funding goes to hospitals, fire departments, schools, roads, and other resources based on census data.

The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

It’s also in the Constitution: Article 1, Section 2, mandates that the country conduct a count of its population once every 10 years. The 2020 Census will mark the 24th time that the country has counted its population since 1790.

Participating in the census is required by law, even if you recently completed another survey from the Census Bureau.

The 2020 Census and Confidentiality

Your responses to the 2020 Census are safe, secure, and protected by federal law. Your answers can only be used to produce statistics - they cannot be used against you in any way. By law, (Title 13 of the U.S. Code), all responses to the U.S. Census Bureau household and business surveys are kept completely confidential.

The Census Bureau can only use the information collected for statistical purposes and no other purpose. However, to support historical research, Title 44 of the U.S. Code allows the National Archives and Records Administration to release census records only after 72 years. In fact, every Census Bureau employee takes an oath to protect your personal information for life and any violation comes with a penalty of up to $250,000 and/or up to five years in prison. Your answers cannot be used for law enforcement purposes or to determine your personal eligibility for government benefits. As a matter of fact, your census responses cannot be used against you by any government agency or court in any way; not by the Federal Bureau of Investigation (FBI), not by the Central Intelligence Agency (CIA), not by the Department of Homeland Security (DHS), and not by U.S. Immigration Agency and Customs Enforcement (ICE).
How Does This Affect Shelton?

Respond to the 2020 Census to Shape the Future.

Responding to the census is critically important. Connecticut receives $10.7b yearly based on Census figures for federal programs including Head Start, Home Heating Assistance, Medicaid, federal student loans, business and industry loans, healthcare centers, and special education grants. Being counted in the Census means more program funds for Connecticut and for Shelton. On average Connecticut receives about $2,900 for each person counted in the Census. Further, the Census count will determine political representation through state and federal redistricting to ensure communities have the appropriate level of representation, helps communities get the funding they need and helps businesses make data-driven decisions that grow the economy. Census data impacts our daily lives, informing important decisions about funding for services and infrastructure in your community, including health care, senior centers, jobs, political representation, roads, schools, and businesses.

What It Means to be a 2020 Census Partner

You can make a difference no matter how much time you’re able to commit. As trusted voices in the communities they serve, partners are critical to the success of the 2020 Census. These are some of the many ways you can get involved:

- Use U.S. Census Bureau tools, information, and messaging in creative ways to increase public participation; for example, share newsletter articles and co-branded products and post on social media.
- Host a workshop to devise possible solution to 2020 Census challenges in your community and generate commitments to tackle them.
- Provide information to stakeholders about the importance and benefits of participating in the 2020 Census; for example, invite Census Bureau officials to speak to your audience.
- Encourage people in your community to work for the Census Bureau, and share this link with them: 2020census.gov/jobs.

Last month the office of the Lt. Governor announced the formation of a local complete count committee for the Naugatuck Valley region. A meeting was held at the Derby Library and local Mayors, the CEO of the Valley Community Foundation, the CEO of TEAM, Valley NAACP Representative and local state legislative delegation were in attendance.

FACT: 22% of Connecticut is considered “too hard to reach” so we want everyone to be counted and need to get the word to every community.
Shelton’s Wildlife Adapts
“Keep the Wild in Wildlife”
Submitted by Teresa Gallagher, Natural Resource Manager

Wildlife is flourishing in Shelton. While some vulnerable species are in decline or at risk, other species are highly adaptable and in some cases even benefit from our suburban habitat. Raccoon, for example, have higher population densities in developed areas than in natural forests due in part to their crafty ability to extract food from garbage cans. Skunk, opossum, coyote, Eastern cottontail rabbits, and deer thrive in the suburbs. And turkey, bobcat, bear, beaver, ravens, and even bald eagles have made a surprising return to our area after having been absent for many years.

Whitetail Deer: More Food, Less Predation
Deer have proliferated in the perfect “edge habitat” of the suburbs, where low vegetation grows along sunny roadsides and yard margins. They have more to eat along these edges than the center of a shady forest. And they are a prey species without predators. Deer evolved with wolves, mountain lions, and bear, and have a high birth rate to compensate for loss by predators. A century ago, deer were rare due to intense hunting. With the elimination of natural predators and very little hunting, Fairfield County finds itself with the largest deer population in its history.

Bald Eagles Back from the Brink
Bald eagles are once again nesting along the Housatonic River in Shelton and are routinely seen soaring above Riverview Park and other areas. The pesticide DDT was famously responsible for eradicating bald eagles throughout much of their range. The pesticide was banned in 1972, and by 1994, a pair of eagles had hatched two chicks in Connecticut. The eagles’ recovery has been rapid. In 2009, there were 19 nests and 31 chicks across the state. In 2019, there were 64 nests and 81 chicks.

Invasion of the Coyote
Coyote once lived only in the West, but after wolves were eliminated in the East, the highly adaptable coyote began expanding its range rapidly. In Canada, coyote picked up some wolf DNA and became larger before surging into New England. Coyote are famously able to survive and adapt to new environments, including downtown Chicago, and in our New England suburbs they found a land full of prey and few predators. Turkey, wood chucks, rabbits, fawns, voles, and geese are on the menu, as well as dogs and cats. Pet owners should protect cats and small dogs from these predators.

Turkey Make a Comeback
Turkey had been eradicated from Connecticut by the 1800’s, but between 1975 and 1992, 356 wild turkey were released at 18 sites throughout the state. Today, the birds are a common sight along hiking trails and backyards. They like to forage in fields (or yards) that are adjacent to forests, searching for...
acorns, fruit, seeds, insects, and worms. Turkey may be attracted to bird seed on the ground, but if fed they may become reliant on handouts. In 2015, the so-called “Split Rock Turkey” inhabited one of the busiest intersections in Shelton for several months, begging for handouts from drivers.

**Red Fox Replaced the Gray Fox**

Red fox are a common sighting in Shelton, but back when the land was more heavily wooded, it was the gray fox that claimed the forest. Red fox previously lived in the far north where they hunted the wide open tundra. But after widespread logging and farming changed the New England landscape, the gray fox was largely replaced by the red fox. Open farmland and suburban backyards offer the type of open landscape that red fox evolved in.

**Prepare for Bears**

Connecticut’s bear population is growing, and Shelton residents should expect to see more of them in the future. Black Bear are normally timid and avoid people, but they can learn to associate people with food when they find bird seed, garbage, and pet food dishes around homes. They are both smart and persistent, and once they become accustomed to finding treats near people, they can learn how to enter homes and open refrigerators. These overly tame bear occasionally become aggressive towards people and must be euthanized. It’s up to residents to prevent the creation of “problem bear” by eliminating all outdoor food sources that entice bear out of the forests and teach them to associate people with food. Bird feeders should be removed when bears come out of hibernation each spring.

**Spotted Salamanders Under Pressure**

Not all species are doing well in Shelton. Some of our amphibians and reptile species are particularly vulnerable to development. They cannot travel very far, so populations have become fragmented and isolated by housing developments, leading to inbreeding and a loss of genetic diversity. Some species require very specialized habitats. The spotted salamander lays its eggs only in small pools that dry up during the summer. Adults live in the forest, hiding under leaves and logs during the day in order to keep their skin moist. Because they breathe through their skin, they are highly vulnerable to pesticides and salt. Wood frogs and spotted turtles are under pressure for similar reasons. Property owners can help these vulnerable species by leaving portions of their land naturally wooded and the ground covered with leaves and sticks; by not filling in wetlands; and by avoiding the use of pesticides.

**Living with Wildlife**

People and wildlife are living closer together than ever before. Residents can minimize conflicts by making sure there are no unnatural food sources near homes. Bird feeders, unsecured garbage, pet food, and certain foods placed on compost piles draw wild animals closer to houses. These foods also increase rodent populations, which attract predators such as coyote and bobcat. Animals may become dependent on handouts, lose their fear of humans, and become pests or “problem” animals that need to be trapped or killed. Keep the “wild” in wildlife. ♦️
The Shelton Fire Department earned high praise being tabbed as the state's top fire department by the American Legion Department of Connecticut.

Representatives of each of Shelton’s four fire companies — Echo Hose Hook and Ladder Co. #1, Huntington Fire Co. #3, Pine Rock Park Co. #4, and White Hills Voluntary Fire Co. #5 — were on hand to accept the award, for which the department was nominated by Sutter-Terlizzi American Legion Post 16 of Shelton.

The Shelton Fire Department is extremely honored to have been nominated by the Charles W. Sutter & Angelo Terlizzi Post #16 and selected as the Fire Department of the Year by the American Legion Department of Connecticut’s membership,” said Fire Chief Francis T. Jones III, who was joined by fire department Capts. Donald Zak, Robert Finta, Carlos Chang and Mike Minardo at the presentation.

“To be honored by the members of the American Legion, who are America’s heroes, is a true honor,” added Jones, “and it speaks volumes to the service and dedication provided by the all-volunteer membership of the fire companies.”

According to the American Legion Department of Connecticut, the Fire Department of the Year designation is awarded annually to the state fire department that “while in the pursuit of its profession and by exceptional performance of duty, brings credit to that fire department and the community for performance in the field of public safety, children and youth, community awareness projects, and participation in patriotic observances.”

Shelton’s fire companies were nominated by Sutter-Terlizzi American Legion Post 16 of Shelton for serving more than 40,000 residents, plus hundreds of commercial buildings, and responding to incidents on state highways and conducting public safety education programs while still finding time to volunteer for causes other than their own.

“On top of countless hours of training and answering over a thousand emergency calls per year, the department is also very active in the community,” stated the local American Legion Post in its nomination of the Shelton Fire Department.

Shelton firefighters participate in Memorial Eve and Memorial Day services in Shelton along with the Legion. Local fire companies also participate in Flag Day, Independence Day and Veterans Day services. The four fire companies also support community programs, such as Toys 4 Kids, Relay for Life and the Sunset Road Race for the Warriors, and many other programs on an annual basis.

“Shelton’s all-volunteer fire department goes above and beyond the call for community, state and nation on so many levels,” stated the local Legion. “They truly are Shelton’s bravest. Many fire department members also are active members and officers of American Legion Post 16 in Shelton. Sutter-Terlizzi American Legion Post 16 proudly salutes the Shelton Fire Department.”
Panache Hair Design
Proudly Serving the City of Shelton Since 1987

Panache Hair Design originally opened in April 1987 on Howe Avenue, downtown Shelton, with four employees. Since then the business has grown to twelve employees and moved to their present location at 504 Bridgeport Avenue in the Crown Point Plaza.

Owners, Jeni Mastrony and Diana Cirillo, grew up in Shelton and knew this was the place where they wanted to open a business. Both are graduates of Shelton High School and the National Academy of Hairdressing and love the profession they are in. They also believe in giving back and are supportive of the Valley United Way and St. Vincent de Paul.

Jen and Diana have built relationships with their clients over the years and have served them for generations going through highs and lows and yet at the same time ensuring they look their best. Their team of employees are like family. Everyone works well together creating a comfortable and pleasant experience at Panache.

The salon offers hair services for men and women of all ages and children as well. Services include cutting, coloring along with Keratin treatment. Salon products are also available for purchase.

For special occasions Panache Hair Design can give you the elegant touch your look needs such as makeup application, eyelash extensions or a special hairstyle for a special occasion. Jen and Diana and their staff are ready to assist with any and all beautification needs you may have.

You can call ahead at (203) 925-1990 or stop in. Panache Hair Design is open on Tuesday, Wednesday and Thursday from 9:00 AM until 8:00 PM, Friday 9:00 AM until 6:00 PM, and Saturday from 8:30 AM until 3:30 PM. 

Owner Diana Cirillo (far left) and Owner Jeni Mastrony (far right) with their team of stylists
Protecting Your Rivers and Streams

Interns, students, volunteers and partners are vital necessities

By Jane Bakker, Housatonic Valley Association Communications Manager

In its mission to make sure your streams flow clean and healthy, the Housatonic Valley Association (HVA) relies on interns, students, volunteers and partners to work with its staff. Be on the lookout for them throughout the watershed as they gather data on culverts, remove invasive species, plant buffers along stream banks, pull trash out of the river, create habitat, monitor water quality and conserve land.

Wait…culverts?

Yes! The team gathers data on culverts under roadways throughout the watershed to make sure the structures allow fish and wildlife to pass freely and don’t create a flood risk in heavy rain.

This is a massive job since there are thousands of places where roadways, driveways and trails cross rivers and streams in the Housatonic watershed which spans three states, 83 towns and 1,948 square miles.

To survive, fish and other animals such as muskrat, mink, otter, frogs, salamanders, turtles, and snakes need to move freely in and along rivers and streams. They navigate through culverts under roads to access their habitats, escape threats and find food and mates.

The goal is to identify and fix culverts acting as barriers and reestablish water flow so that brook trout and other wildlife can move freely and survive. Culverts have been assessed in 17 towns throughout the watershed. This data will help towns manage road-stream crossings and plan and prioritize for replacements and upgrades.

Invasives threaten native plants and animals

Removal of invasive plants is another job valiantly tackled by the HVA team. It is critical to remove as many as possible because these invasives displace native plants which reduces wildlife habitat and can change entire ecosystems. Food sources can be eliminated, wetlands can disappear and natural groundcover overtaken because invasives usually have no natural enemies, diseases or insects to keep them in check.

The team sweated on humid days removing Japanese Knotweed at the Still River Greenway in Danbury and survived mosquito attacks to pull out Barberry at the Brookfield Greenway, and the Still River and Masaba Preserves in New Milford.

They organized two events with the Town of Oxford partnering with 30 volunteers from Thule and The Oxford Main Street Project to clean out invasives in preparation for the Little River Preserve.

The team also cleared a jungle-like vines of Barberry and Knotweed.

The Oxford group cheers for a job well done after removing invasives.

Conservation Projects Manager Lindsay Larson holds back vegetation to get a culvert shot! Sometimes the work involves navigating treacherous terrain, but these dedicated people are not deterred.

HVA intern Bailey Sawyer army-crawled through multiflora rose to collect data, and has the battle wounds to prove it! All in a day’s work!
“Buffers” help keep rivers clean and cool

These fearless workers also weathered the rain to plant a riparian buffer at Bennett Memorial Park in Bethel and buffer gardens around Bethel Bark Park and Bennett Memorial Pond.

Dogwood and alder and sycamore, oh my! The hard-working crew from Indian Mountain School planted tree willow stakes along Wells Brook in Dover, New York. These plants will contribute to the riparian buffer and long-term health of the river.

Indian Mountain School students planted 250 tree willow stakes along the banks of Wells Brook in Dover, New York to address severe erosion and lack of a riparian buffer. Why is a vegetative buffer garden important? Planting trees and native vegetation slows polluted runoff, stabilizes stream banks, discourages geese congregation, and provides food and shelter to wildlife and shade for aquatic life, and helps to avoid flooding.

Rain Gardens protect waterways

And in Pittsfield, Massachusetts, volunteers and interns maintain a rain garden on Main Street. Rain gardens are depressed garden beds filled with a variety of native perennials and shrubs that are both water and drought tolerant. Rain gardens collect runoff from impervious surfaces and allow it to infiltrate into the ground. Designed to fill with a few inches of water from a rainfall, the gardens slowly release runoff into the ground rather than allowing it to flow into the stormwater system.

Testing the waters

Understanding the health of our waters is key! Thanks to funding from the Massachusetts Department of Environmental Protection, HVA’s trained volunteer monitors collected water samples from 10 sites in the Berkshire section of the Housatonic watershed to test for E-coli bacteria.

Glowing pads

In the Berkshires, river stewards and staff used optical brightener (found in detergents) sampling to determine if wastewater was entering the Southwest Branch of the Housatonic River and two of its Pittsfield tributaries, Jacoby and Maloy Brooks.

Sterile pads placed in cages were staked to the stream bottom. Once removed, the pads were dried out and tested with a black light. The pads from the Southwest Branch exhibited isolated spots of “glow,” but seemed to be inconclusive.

River cleanups

A very enthusiastic crew of volunteers with HVA’s partner, the Berkshire Environmental Action Team, removed bikes, shopping carts, tires, mattresses and many bottles, bags and cans from the river. The youngest crew member was four years old! This was the first of several cleanups this year in the Berkshires.

continued on page 11
Community News

HVA, continued from page 10

Creating trout habitat

Newtown High School students helped restore Deep Brook, a tributary of the Pootatuck River, together with the Pootatuck Watershed Association and Candlewood Valley Trout Unlimited. Christmas trees were staked into the stream to catch sediment and debris, Eventually building up the stream bank and creating cool pools for trout! Thanks to Fairfield County Community Foundation for making projects like this and many others possible!

Checking out river sites

Our interns also check out sites along the Housatonic during summer months, engaging with visitors about the river and the rules of each site. This is called the RIO program (River Information & Outreach), which addresses the impacts of heavy visitor density at informal access sites along the Housatonic. A grant from the Northwest Connecticut Community Foundation supports this program.

The interns determine the type of use at each site such as fishing, boating, swimming or just relaxing. Also if a dumpster for trash is available and how much litter may be there. The program will eventually determine whether permit or enforcement systems should be established.

Critters along the way

Neat critter spotting! The ebony jewelwing, left (aka the black-winged damselfly) is a metallic green damselfly found in eastern United States and Canada. These beauties enjoy living in the shade of trees along rivers and streams.

Conserving land

Also extremely important, the Litchfield Hills Greenprint Collaborative now boasts 32 members working to protect land in the Litchfield Hills! They protected more than 2,600 acres recently in northwest Connecticut and 1,300 acres more are possible in the near future.

And speaking about protecting land, check out the Follow the Forest Story Map: www.followtheforest.org.

It’s an initiative that’s growing by leaps and bounds. Working with conservation partners from Long Island Sound to the Canadian Maritimes, Follow the Forest seeks to protect and connect core forests across four states.

This corridor of protected lands will help buffer our region from the worst effects of climate change, helping wildlife adapt and survive, sequestering carbon dioxide from the atmosphere, and ensuring forests continue to filter clean, cool water. Partners in this venture so far include the Nature Conservancy’s Massachusetts Chapter; the Columbia Land Conservancy and local and regional land trusts in the Berkshire Taconic Regional Conservation Partnership; the 32 members of the Litchfield Hills Greenprint Collaborative; Dutchess Land Conservancy; and the Appalachian Trail Conservancy.

In other words friends, it takes all of us. For more information or to find out how you can get involved, visit hvatoday.org.
In January of 2017 Smile Dental Center, originally located in Derby, Connecticut, moved to a larger beautiful state-of-the-art facility in Shelton. Located at 1000 Bridgeport Avenue, Smile Dental Center is home to a team of four doctors along with a friendly helpful staff ready to assist you and your loved ones.

Whether you need a cleaning, filling or a brand-new smile, Smile Dental Center is able to help you on every level. Great dental care doesn’t just make for a fantastic smile, it also helps promote overall maintenance of oral health and wellness. If you have a special occasion coming up or just wanting to brighten your smile, ask them about whitening or other cosmetic dental options. Smile Dental Center team wants you to have the confidence to share your smile with the world.

While not attending to patients, the doctors are involved in also helping the Valley community. For 32 years, Dr. Sofferman and his family have been dressing in Pilgrim outfits to raise food and funds for helping people in the Naugatuck Valley.

Back in 1982 they started a Toys for Tots drive creating a drop off center at their office, Derby Post Office and Derby Savings Bank. They walked door-to-door asking local businesses to participate. Today, there are over a hundred drop off centers through the Valley collecting toys and food for local children underserved throughout the holidays.

In addition, they developed reading programs in the Derby Public School System and library which, at the time, was recognized by First Lady, Barbara Bush.

This past year, Dr Sofferman raised over 30 thousand dollars for the Shelton Intermediate School of Innovation. Currently they are working on building an all-inclusive playground in Shelton, which they will hopefully break ground by summer 2020.

Smile Dental Center is committed to help every patient as well as the community.

Contact us at smiledentalcenterct.com or (203) 712-7726. •
Historic buildings require more attention than the average modern structure. In the case of the house on the grounds of the Shelton History Center, a project to improve the conditions was recently undertaken, the culmination of years of planning and problem solving.

The Brownson House was built in 1822 by Hezekiah Marks, sold to Issac Bennett, then owned by Harry and Gertrude Brownson before being acquired by the Shelton Historical Society. It was moved from the corner of Shelton Avenue and Old Shelton Road to donated property at 70 Ripton Road in 1971. As the hub of the Shelton History Center, it serves multiple purposes: the upper two floors are museum rooms furnished to reflect the year 1913; the basement holds offices, document archives, and artifact storage.

While the basement has always been damp, conditions have worsened with warmer, wetter winters and the occasional violent weather event. After nearly every rain during the past five years, water has infiltrated the building from various sources. A sump pump has been a constant companion and an industrial dehumidifier improves air quality. Nothing is stored on the floor and all items on bottom shelves or in drawers are in plastic bins in case of flooding or moisture. Because disaster plans are in place and emergency response has been immediate when needed, no collection items have ever been lost.

The loss, however, was in time spent by staff and volunteers in clean-up and drying out. The facility has had to close numerous times due to slippery floors and safety issues. In order to care for the historic structure, make it and its collections accessible to the public, and improve the drainage conditions, improvements have been made over the last 15 years. This year, for the final phase of work to resolve drainage problems, grants were acquired from the Katharine Matthies Foundation and the Valley Community Foundation to fund the site improvements to direct water away from the historic house. Tate and Associates volunteered site plans and supervision of the work.

A new office entry was added to the back of the house, eliminating the broken, dangerous steps and the possibility of water collecting in a sunken pit with a broken drain. Pipes and two drywells were installed to collect water. Existing stones were removed and pitched to direct water away from a low point along the foundation. Mortar was applied between joints of the stone walkway and granite steps were lifted and repositioned to drain water. Curtain drains were tested and a rusted exterior basement entry door was replaced.

In addition to remedying the drainage issues, hard-scape improvements were installed. The driveway was improved and expanded with gravel and new paving, stone curbing was added, and the affected areas were graded properly and seeded. A new brick walkway to the office entry was installed and a stone path and an additional step to the one-room school was added.

Shelton Historical Society, which is celebrating its 50th anniversary this year, takes pride in preserving elements of the community’s past, whether in the form of documents, artifacts, or historic structures. Keeping the Brownson House dry and accessible to all helps fulfill our mission to maintain a museum, illustrate a bygone lifestyle, educate the public, and safeguard the centerpiece of the Shelton History Center for its next 50 years. If you would like to help or want further information, contact the History Center at 203-925-1803.
Barbara Belicia, OTR/L is the owner and CEO of WholePerson Therapeutics, LLC, a physical health optimization studio focused on improving health, even in the absence of illness. Barbara is a veteran of the U.S. Army, who served during the Gulf War, OIF and OEF conflict. After her honorable discharge in 2006, Barbara moved to Connecticut and made it her home and business residence.

WholePerson Therapeutics LLC, located at 1000 Bridgeport Avenue, Suite 306, was formed to provide “functionally necessary” physical health therapy services for individuals experiencing physical health challenges, and businesses seeking a cost effective physical health option; unlike the “medical necessity” guidelines insurance companies require your condition to meet before your physical health services are covered. WholePerson Therapeutics “functionally necessary” approach provides you the option to receive holistic treatment for managing pain, discomfort, mental stress, weight management, nutrient intake and more. As physical health slowly declines, symptoms of pain and discomfort impact your function, resulting need for services that are defined as “functionally necessary.”

WholePerson Therapeutics prides itself in offering the most comprehensive physical health services that range from skilled care to functional care.

Skilled Care Functional Care
- Diseases Management
- Wheeled Mobility Acquisition
- Physical Rehabilitation
- Occupational Rehabilitation
- Home & Community Living Assessment
- Work & Industry Rehabilitation
- Functional Capacity Evaluations
- Wheeled Mobility Evaluations
- Environmental Evaluations

Environmental Evaluations Weight Management
- Nutrient Intake Program
- Stress Management
- Pain Management
- Massage Therapy
- Physical Fitness Training
- Health Classes
- Chronic Conditions Management
- And More...

Barbara and her staff provide a free consultation when an evaluation is completed. Hours of operation are Monday 11:00 AM – 7:00 PM; Tuesday, Wednesday and Thursday 9:00 AM until 5:00 PM, and Friday 8:00 AM – 3:00 PM. For further information, please contact WholePerson Therapeutics at (203) 636-0065 or visit www.WP-Therapeutics.com.
David and Jolene Telesco, owners and trainers of Anything Goes Fitness in Shelton, are both residents of Shelton and active members of the community. They opened their fitness facility in October 2015 at 216 Leavenworth Road in the White Hills Shopping Plaza bringing many years of experience in the fitness field along with several certifications and a background in martial arts and boxing.

The Telescos were looking to open their business in Shelton because Jolene has been a resident of Shelton her entire life and involved in the community, including her involvement with the Valley Chamber of Commerce leadership program. They have made their home here raising three children, all of whom have attended or attend the Shelton Public Schools.

The location for Anything Goes Fitness was rather accidentally discovered. At the time, Jolene had been looking for a directional change within her career and during that period, an opportunity came up to view a storefront in the White Hills Shopping Plaza. Rather quickly, Jolene realized that this location in White Hills offered a very close-knit well-established community; perfect for a studio and the style of fitness that they wanted to create.

The decision to open Anything Goes Fitness was due to their vision of offering a fitness program that would be enjoyable, individual-specific, challenging, fun, and, most of all, affordable in a semi-private facility. Not everyone wants to work out in a “big box gym”, and most folks do not want to be in an environment that makes them feel intimidated or self-conscious. The facility aims to provide a comfortable workout environment for individuals, always under the supervision of a certified trainer, with a solid focus on the mind and body connection. People of all fitness levels are welcome as well as those that may have physical challenges or may be recovering from an injury.

One of the greatest benefits to their approach and facility is the welcoming and friendly environment which, in turn, has created a real community of clientele. When you go to their facility and take a class for the first time, you are made to feel like part of the group. Even within group classes you receive individual attention.

Current classes include Heavy Bag Boxing, Circuit Training, Cardio Step, and Zumba along with multiple personal training options. Classes will change throughout the year depending on client feedback and adjustments in scheduling.

The studio offers one-on-one personal training, nutritional counseling, and small group classes. The Pilates Barre offers private Pilates and a wide selection of Barre classes along with Pilates mat and fusion classes. Combined with the knowledge of David and Jolene, Anything Goes Fitness has all of the equipment and exercises necessary to help their clients reach their goal.

When not inside of the gym, the Telescos, love to entertain and enjoy being outside biking, planting vegetable and flower gardens, and working on cars. Stop by and meet the Telescos!

For further information, you can visit their website at www.anythinggoesfitness.com or call ahead at (203) 499-9984.

Owners Jolene and David Telesco
Common Grounds
A Gathering Place at 504 Bridgeport Avenue

In August 2019, Common Grounds opened their doors at 504 Bridgeport Avenue. A local coffee shop Common Grounds offers premium coffee while delivering the highest quality customer experience and supporting the local community.

Owners, Wilson and Dena Jara, are a husband and wife team whose story began 15 years ago when they opened their first coffee shop in Branford, Connecticut. With the success of their Branford location, they decided to open another one in Hamden, Connecticut. With the growth and reputation of those locations, a third shop was considered and, after a trip to Shelton, it was decided this would be the perfect place.

More than a business, they are a culture. A culture of motivated coffee lovers who strive every day to exceed expectations and bring the authentic coffee flavors right in your cup.

While people say that breakfast is the most important meal of the day, for many, the first sip of coffee is the most important part of the morning. Everyone has their own personal preferences on hot coffee versus iced or cold brew, black versus cream and sugar, but one thing is common to every coffee lover: the quality of beans!

At Common Grounds, they pride themselves on their exceptional collection of coffee beans coming from all around the world. Origin influences coffee flavor more than any other part of the coffee process. What they do better than anyone else, is source the best coffees they can get their hands on because quality is the cornerstone of their business.

They treasure their coffee beans and use masterful roasting techniques to bring out the best in every bean. Roasting causes chemical changes to take place as the beans are rapidly brought to very high temperatures, and

Coffee beans are roasted on the premises

Owners, Wilson and Dena Jara

bring out aroma and flavor that is locked inside the raw green coffee beans. When they reach the peak of perfection, they are quickly cooled to stop the process. Roasted beans smell like coffee and are crunchy to the bite, ready to be ground and brewed. You can visit Wilson roasting daily at their Shelton location.

The difference between perfectly roasted coffee and a mediocre coffee can be a matter of seconds. It takes years to become an expert roaster with the ability to “read” the beans and make decisions with split-second timing. It’s both an art and a science.

Common Grounds also offers a wide assortment of biscotti’s, muffins, pastries and cakes, and gluten free, sugar free and Paleo. The shop is open Monday through Friday from 6:00 AM until 8:00 PM, on Saturday from 6:00 AM until 7:00 PM and Sunday from 7:00 AM until 5:00 PM. You can call ahead at (203) 712-7363.

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They treasure their coffee beans and use masterful roasting techniques to bring out the best in every bean. Roasting causes chemical changes to take place as the beans are rapidly brought to very high temperatures, and
On November 1, 2019 L Bellissima Day Spa moved to its new location in Shelton at 515 Bridgeport Avenue. Owner and Esthetician, Lisa Serra, is happy to be back in the community she knows so well. Lisa and her licensed certified staff are excited to bring their expertise to Shelton and welcome customers with a friendly and family-oriented ambiance.

A recent graduate of Oxford Hair Design Academy Esthetics School, Lisa, a certified esthetician, decided to open L Bellissima (meaning the most beautiful) to provide an outlet for women and men of all ages from the daily stresses of life. Providing this service is most rewarding and the Spa is open six days a week to accommodate just about anyone’s schedule.

With eight other employees many services are offered such as skincare (facials), massages, reiki, cranial sacral therapy, body treatments, and other spa amenities. The staff also specializes in skincare treatments such as HydraFacials and microdermabrasions.

Whatever service you choose, you will find the staff ready to ensure your experience will be relaxing and enjoyable.

The Spa is open as follows:
- Tuesday 11:00 am until 5:00 pm
- Wednesday 10:00 am until 7:00 pm
- Thursday 11:00 am until 8:00 pm
- Friday 10:00 am until 5:00 pm
- Saturday 10:00 am until 4:00 pm
- Sunday 9:00 am until 5:00 pm
- (Mondays by appointment only)

Whatever time your schedule allows, L Bellissima Day Spa will work with you. Lisa and her husband, Fred, have been personally involved in the community and local nonprofits for years and plan to continue to do so.

The staff welcomes you to stop in or call ahead at (203) 712-7742. You can also visit their website at www.lbellissimaspa.com. ♦
The Valley Community Foundation (VCF) is pleased to announce that $860,400 has been awarded as a result of its 2019 Responsive Grants process. This includes support for seven new organizations as well as previous multi-year funding for 16 additional nonprofits. These grant dollars will help provide a reliable source of funding during a time of financial uncertainty.

“The VCF Board is proud to serve as a continued source of stability for these local nonprofit organizations that are providing key services to those in need throughout the Valley,” said Lynne Bassett Perry, VCF Board Chair.

Grants were awarded through VCF’s Responsive Grantmaking cycle, which is done with its partner in philanthropy, The Community Foundation for Greater New Haven (TCF). The program is funded by a generous annual grant from TCF’s Gates and other field of interest funds, as well as VCF’s unrestricted and field of interest funds. Additionally, several of VCF’s donor advised fundholders contributed from their funds to help make these grants possible.

Supporting donor advised funds included the Agape Fund, the Alesевич Family Fund, the Mary Fund, the Joseph A. Pagliaro Sr. Family Fund, the Palazzi Family Fund, the Sally and Dominick Thomas Fund, the John Tyma Fund, and the Warichar Family Fund.

The following is a list of the 2019 VCF Responsive Grant recipients:

- **Area Congregations Together, Inc.:** to provide general operating support for the provision of food, shelter, and support services to Valley people in need. $120,000

- **Boys & Girls Club of the Lower Naugatuck Valley:** to support the enhancement of the safety and well-being of facilities, staff, volunteers, children, and teens. $64,000

- **Catholic Charities Archdiocese of Hartford:** to support the Outpatient Psychiatric Clinic for Valley children, adolescents, and families. $75,000

- **Center Stage Theatre Inc.:** to provide general operating support for theatrical productions and performing arts education. $60,000

- **Christ Episcopal Church:** to provide general operating support for the Kathleen Samela Food Pantry. $75,000

- **Griffin Hospital:** to support Phase 2 of a surgical expansion project to increase surgical capabilities and expand capacity to better serve surgical patients. $50,000

- **Shelton Economic Development Corporation:** to support the administration of the Comprehensive Economic Development Strategy (CEDS) for the Naugatuck Valley Corridor/Economic Development District. $45,000

**About the Valley Community Foundation**

Established in 2004, the Valley Community Foundation (VCF) distributes $1.6 million in grants each year to support the local nonprofit sector and the people it serves. VCF works in strong partnership with The Community Foundation for Greater New Haven (TCF), to promote philanthropy in Ansonia, Derby, Oxford, Seymour and Shelton and receives a majority of its discretionary funding as a result of The Gates Fund and other preference funds at TCF that benefit the Valley. To learn how your gifts of cash, life insurance, appreciated stocks, bonds, real estate, and other assets can help to support the quality of life in the Valley, please visit [www.valleyfoundation.org](http://www.valleyfoundation.org) or contact VCF President, Sharon Closius, at sclosius@valleyfoundation.org.

For more information about VCF’s grant programs, please call 203-751-9162.
Reine's Cakery
“Let them eat cupcakes”

Reine's Cakery located at 480 Howe Avenue in downtown Shelton opened on February 22, 2019 and offers treats galore!

Owners John and Avery Gall have lived in Shelton for over seven years. Avery has been a baker ever since she was a child baking up a storm with her grandmother. Avery grew up in Australia so she has been able to incorporate some Australian delicacies into their ever-growing repertoire. John is newer to the baking game, but he has a very keen eye when making custom cakes, and he also makes the most delectable cannolis and cannoli cupcakes. That being said, they know how people love sweets and felt there was an opportunity to offer just that at Reine's Cakery in downtown Shelton.

They are open Wednesday to Friday Noon to 6:00 PM and Saturday Noon to 5:00 PM. They also offer orders and deliveries Sunday to Tuesday.

Reine's Cakery makes over 20 different varieties of cupcakes on a daily basis, as well as cakes, brownies, blondies, cookies, cheesecakes and any other sweet delights in a variety of flavors to satisfy the most discriminating palates. Some of the flavors offered are:

- Reine over Boston – a vanilla bean cupcake inverted and filled with vanilla bean pastry cream and then enveloped in dark chocolate ganache and sprinkled with Belgium chocolate curls.
- 24k Cake – a carrot cake with pecans and frosted with either cream cheese or cinnamon buttercream. Definitely a fan favorite!

So far, two of Reine's Cakery's cupcakes have been named after Shelton residents. The first is THE Gary which is an emoji cupcake which changes design by the holidays. The most recent was the Halloween season. THE Gary was named after the first “Cupcake Connoisseur” to walk into Reine's since they opened. The second cupcake was designed by the request of Luscious & Co, who are neighbors of Reine's Cakery. Reine's created a champagne cupcake filled with white chocolate ganache and champagne buttercream. The silver accents perfectly matched the elegant atmosphere of Luscious & Co. It was also given the stamp of approval from the owners and staff.

Reine's Cakery has also been sought out by companies in other states to cater custom cakes to Shelton businesses. Reine's Cakery can be contacted at 203-479-0266.
Jennifer DeLeon, MSW
2019 Boys & Girls Clubs National Keystone Advisor of the Year

Jennifer DeLeon, MSW, Unit Director of the Boys & Girls Club of the Lower Naugatuck Valley’s Raymond P. Lavietes Unit, has been chosen as Boys & Girls Clubs of America’s 2019 National Keystone Advisor of the Year.

Keystone Club is a youth leadership group for Club members ages 14-18. Youth participate in activities in four focus areas: academic success, career preparation, community service, and teen outreach. Keystone Advisors guide their club members with the aim of having a positive impact on their fellow members, the Club, and the community.

Being a former “Club kid” herself as well as a social worker in the Shelton Public School system gives Jennifer a strong foundation for working with the Keystoners. Jennifer joined the Boys & Girls Club when she was eight years old, participated in the programs the Club had to offer, and joined the staff as a counselor when she entered the workforce. Since then she has been promoted to Program Director and then Unit Director.

Jennifer credits her Club kids more than herself for this award. “Keystone is all about them, they’re what matters.”

It’s well known, however, that Jennifer invests herself deeply in each one of her kids. Their problems, sorrows, joys, and triumphs are all important to her, and she does her best to groom them for their future. Sometimes the results are spectacular, such as competing in the National Youth of the Year competition, sometimes more ordinary, such as passing a test or choosing where to go after high school.

“Jen’s insight and commitment, coupled with her desire to help children succeed has made a tremendous impact on our youth,” says Shaye Roscoe, Executive Director. “She sets the bar high for them because she believes in what they are capable of achieving, and we are fortunate to have her.” For more information, contact the Boys and Girls Club at (203) 924-7462 or at www.bgc-lnv.org.
Teaching English to Speakers of Other Languages

By Laureen Avery, Victoria White and Maria Zampano

In the last decade, Shelton Public Schools, like many districts across the nation, experienced a rapid increase in the population of English learners, 336% growth. To meet their academic needs, the district established a TESOL (Teaching English to Speakers of Other Languages) department in 2014, which was initially staffed by one teacher servicing all eight schools in the district. Currently, the district is staffed by seven full-time certified TESOL instructors who have been diligently working to meet the needs of their students, collaborate with staff and promote family engagement. The department is supervised by Victoria White, Supervisor of Teaching & Learning- Humanities.

In order to close the achievement gap which is pervasive among this population, the TESOL teachers implement instructional strategies to support and advance language development. Some of the techniques used by instructors include:

- **Differentiating lessons** - which provides students multiple avenues to learn and demonstrate their understanding of a particular concept.
- **Collaborating with and mentoring teachers** - the TESOL department continuously works with staff to provide professional learning and instructional support in order to make content comprehensible to students.
- **Advocating** - communication with families and the community in order to provide English learners with equitable educational opportunities.

Through the leadership of Dr. Christopher Clouet, Superintendent of Schools, and collaboration with UCLA Center X, the district applied for and was awarded a five year $1.5 million federal grant. This grant has provided much needed professional development and resources for classroom teachers who have often felt underprepared to meet the unique needs of English learners. Victoria White, who leads Project ExcEL at the local level stated, “Project ExcEL has provided a tremendous opportunity for professional growth among our staff. Each ExcEL school team is working to identify needs specific to their English learners and create projects to address the needs. I have been pleased to support the school teams and witness the growth of our students and families.”

ExcEL has its origins in a committed group of educators at UCLA Center X who believed in the need to transform the approach to working with English learners.

Families at Long Hill School attend Parent University - A workshop designed to assist parents with strategies and activities to help their child at home.

Even in schools and classrooms where ‘best instructional practices’ were practiced, positive impacts were small and marginal. The program developers believed there was a better way – and that transformative change would only happen when every teacher became a teacher of ELs and had the knowledge and skills to make that a reality. These ideas were initially moved into practice with the support of a National Professional Development grant in 2007. The EXCELL (Excellence for Connecticut’s English Language Learners) model focused on building the instructional capacity of teachers in four Connecticut districts (New London, Montville, Norwich and Stratford). EXCELL provided comprehensive, job-embedded coaching and professional development to mainstream teachers. Support was delivered in the context of school-based professional learning teams. EXCELL led to demonstrable improvements in teacher competence as well as student outcomes. In several cases English learners outperformed their native English counterparts on state assessments.

Shelton’s Project ExcEL program includes a partnership with the Plumb Memorial Library and the Boys and Girls Club of the Lower Naugatuck Valley. Together with the community partners, the district strives to welcome our English learners and their families and provide meaningful educational experiences for them.

Parent engagement is a vital element for a student’s academic success. To encourage the parents of English
English, continued from pg. 22

learners to see themselves as partners with teachers in supporting their children, the department instituted Parent University. The idea for this program came from a visit to the school district in Springdale, Arkansas, which offers a wide range of parent programs such as the Springdale Family Literacy Program to highlight ways parents can advance the literacy skills of their children. Shelton’s Parent University is an adaptation of this idea and offers workshops for parents on topics such as navigating the school district and its online resources, learning about community partners and the services they provide, teaching study skills/test taking strategies, and developing literacy skills at home. The school year concludes with the annual summer reading kickoff where families gather for literacy based activities. The goal of this event is to inform families about the district’s summer reading requirements and to inspire students to keep reading during the summer months to prevent the summer slide. “Working with the families of English learners has been a tremendous privilege for me. Making connections with students and their families beyond the school day has been extremely rewarding,” commented Maria Zampano.

Through the awarding of another grant, Shelton has developed the ExcEL (Excellence for English Learners) Leadership Academy, the center for coordination and growth for all ExcEL initiatives and activities. This academy is led by the district’s home-grown TESOL staff, Christine Butler and Maria Zampano, who are ExcEL Coaches. In 2017 a peer network was formally launched as the mechanism to spread learning, promote replication and scaling up. ExcEL schools employ a data-driven, tiered approach to instruction building on community partnerships to create personalized, expanded learning opportunities for students. The core philosophy is one of enriched activities and wrap around supports focused on success and college/career readiness. ExcEL has demonstrated successful outcomes with this holistic approach, but has not yet defined an efficient model for widespread adoption.

The success of this small pilot led to a commitment to model improvement based on the initial experience. Developers sought, and received grant funding under the Investing in Innovation (i3, 2013) and National Professional Development (2016 and 2017) programs. ExcEL schools are now located throughout New York and Connecticut. Shelton is also the site of the ExcEL Leadership Academy, designed to be the center for coordination and growth for all ExcEL initiatives. ExcEL coaches and team members have presented at national conferences across the country.

In addition to the core principles of working with mainstream teachers and facilitating the delivery of coaching and embedded professional development, ExcEL sites added three elements: a systematic way of tiering students based on progress, similar to an RTI approach; ensuring each EL student is part of a small learning community; and partnering with community agencies and establishments to provide a wider array of supports for students and their families. “Shelton has quickly become a leader in the field of working with English learners. It has been a great opportunity to work with my colleagues and build the district’s TESOL department. I look forward to our continued work in improving the academic growth and well-being of our students and their families,” stated Victoria White.
Romeo’s Deli and Grill
Three Generations Strong

Romeo’s Deli and Grill, located at 55 Bridge Street in downtown Shelton, gives you a little piece of home and carries on a family legacy that is now three generations strong. Owner Michael Romeo wanted to open a deli and decided downtown Shelton would be just the place. With more people coming back to the downtown, the opportunity to have a business offering the finest cold cuts from Boar’s Head, family recipes and Michael’s own creations was worth pursuing.

Following in his grandfather and father’s footsteps, after 45+ years owning delis, food trucks, concession stands and more throughout Fairfield County, you will walk into Romeo’s and find pictures of the family lining the walls.

Romeo’s offers breakfast and lunch, and catering for any corporate or personal event. They can help you build a menu that will please everyone. You can also find them on UberEats!

From meatball parmesan grinders to specialty sandwiches such as chicken caparese, to salads and appetizers, Romeo’s offers it all! Breakfast is also available starting at 7:00 AM.

Romeo’s is open Monday through Friday from 7:00 AM until 5:00 PM and on Saturday from 8:00 AM until 5:00 PM. You can call ahead at 203-734-0383 or visit their website at romeosdeli.com for a complete menu.✨
Every day another person is diagnosed with a debilitating neurological condition, such as brain or spinal cord injury, Parkinson’s disease, MS or neuropathy and Tad Duni, founder of Moving With Hope Inc., wants to help them all. Duni, who has worked in the field of physical disability for more than 35 years, began his quest a decade ago when he founded Moving With Hope, Inc., a non-profit agency.

In August of this year, Duni’s Moving With Hope relocated from downtown Shelton to a newly renovated, 6,000 square foot space at 30 Controls Drive in which the company has doubled in size and added the newest technology to best serve the surrounding communities with particular interest in those folks with moderate to severe neurological impairment and orthopedic pain and weakness.

“Our mission is to provide year-round access at an affordable price in the community for those people recovering from moderate to severe neurological conditions,” said Duni, who opened the business in 2010. “This is critical because other programs like this are only research oriented. No one provides what we do.”

“An angel has been guiding us on the right path, and we’ve accomplished some amazing things,” added Duni. “We have a goal here ...a mission. Our goal to help people, and if you don’t have that, you don’t belong in this business.”

The new facility features dedicated offices for physical and occupational therapy, massage and craniosacral therapy, yoga and private personal training sessions. It also features indoor wheelchair cycling, two roll up functional stimulation bikes (MyoCyles) for the paralytic community and active/passive/assist upper and lower body exercisers. Moving With Hope has a full rehab gym, a large roll-in shower with a changing table and a standard sized handicapped accessible shower.

Joining the staff is Duni’s wife, Joanne Duni, who has been an orthopedic physical therapist for more than 30 years, practicing in Shelton and surrounding towns from Wallingford to Westport. Duni has also hired an occupational therapist with more than 35 years of experience in neuro-rehabilitation and expanded his overall staff to 14.

“I was able to design this new facility to accommodate more people more fluidly,” said Duni. “We’re very happy here. This is truly an impressive space with room to expand in the future.”

Duni said his operation provides financial assistance to all families in need of long-term recovery that have limited resources. Moving With Hope offers year-round post-acute outpatient physical, occupational, speech and cognitive therapies for people with complicated neuro-endocrine and orthopedic diseases.

Moving With Hope works with some 50 people a year, ages 20 to 86. During the past year, Duni’s team provided more than 24,000 hours of direct client services which aided in the clients’ functional independence dramatic improvement.

Earlier this year, Duni said Moving With Hope expanded its services to include skilled occupational therapy, physical therapy and speech-language pathology. These additional services will complete Duni’s community-based model goal of providing the best possible opportunity for people to realize optimal recovery, health, wellness and independence.

The staff works with people of varying degrees of injury. Some enter truly unable to walk on their own, and staff members use on-site equipment to aid in strengthening their core, then slowly moving them to a standing position, finally to a point where they assist the individ-

continued on page 26
Library Director Joan Stokes will tell you it is impossible to visit the Plumb Memorial Library and not notice the changes taking place. The second phase of the library’s major renovation project has begun in the downstairs lobby and the children’s department. Completion is expected by the end of the year and the excitement is growing by the day.

The entire children’s book and media collection has been packed up and moved out and is currently being stored until the project is complete.

Next the removal of everything in the children’s department—every shelf, lighting fixture, carpet square and piece of furniture has been discarded, donated or repurposed allowing for upgrades with the electrical and lighting to begin.

After that, new flooring will be installed in the children’s and lobby area that compliments the newly renovated meeting room. New children’s furniture and a new circulation desk along with the shelving will be next to arrive, and then the books and DVDs can return and will be reshelved on new sturdy shelving.

The final piece of the downstairs will be completed early next year when the City comes in to redo the public restrooms and make them ADA compliant.

None of this would be possible without the hard work and financial backing of the Library’s Board of Directors, the Friends of the Library and several private donations. Their combined efforts are making possible the building-wide refurbishment and renovation of our library, the jewel of Shelton.

Along with the children’s renovation, the City recently completed the installation of an elevator in the back of the building. It is ADA compliant and now makes the Plumb Memorial Library truly accessible to everyone who wishes to visit.

While the Plumb Memorial Library is under construction, the Huntington Branch children’s department is open for business. Plumb’s Children’s Programmer, Maura Gualtiere, and newly hired Huntington Children’s Librarian, Jessica Prutting, are working together to provide a wide variety of programs from now until the end of the year. Please stop in and welcome Jessica and make sure to check the library’s website and Facebook pages for updates on the progress of the renovation as it goes along. www.sheltonlibrarysystem.org.
Holy Trinity Catholic Academy
Kindergarteners Learn About Service with “Socktober”

During the month of October, the Kindergarteners at Holy Trinity Catholic Academy collected socks for the homeless during their “Socktober” service project. The young students collected 476 pairs of socks and 10 pairs of gloves.

Head of School Lisa Lanni pointed to the school’s focus on public service and helping those who need assistance. “We want these children to learn that it is important to help others,” she said. “When our students learn about service at an early age and get excited about it, as they did with Socktober, they’ll be much more inclined to live a life where helping others is a priority.”

Lanni listed parental support as one of the reasons for the project’s success. “Our parents embrace these service projects and they want their kids to understand how important they are to those in need.”

Holy Trinity was formed three years ago after St. Lawrence and St. Joseph schools in Shelton and St. Jude School in Monroe were merged. Holy Trinity is located on the St. Lawrence Church campus in Huntington Center.

Moving with Hope, continued from pg. 24

And these work sessions are intensive but successful, according to Duni, who has seen countless people come into his facility barely able to move or use cognitive thought, then leave with an improvement in all areas; ready to enter a world that had become foreign to them after their injury. And once in the world, Duni said Moving with Hope remains a constant resource, always affordable, so they stay on the path of physical and ultimately emotional improvement.

“After decades of working with hundreds of people with moderate to severe physical disabilities,” sand Duni, “I identified a massive void in their continuum of health and wellness; regular movement. Most health clubs cannot accommodate their unique needs and the high out-of-pocket cost for extra physical therapy is a major barrier. As a result, this population’s physical movement and independence continues to decline.”

Duni said that national health care reports show that this same population represents 15 percent of the total population and consistently spends nearly 85 percent of all annual health care dollars.

“We’re putting people over money,” said Duni, adding that other similar operations charge $150 to $200 an hour, while Moving with Hope charges $55, with many people not charged at all, thanks to fundraising used to aid those in desperate financial straits. “This is the formula…it is affordable. I don’t care if you’re a billionaire. Some people have nothing, and that money is found from donations and grants. Our mission is not about money, it is about helping people.”

The clinical facility is open from 9 a.m. to 5 p.m., five days a week, and the gym, massage therapy, yoga and personal training services are open from 6:30 a.m. to 8 p.m. (Monday through Friday) and 8 a.m. to 3 p.m. (Saturday and Sunday). For more information, visit www.moving-withhope.org.
Public Investments Result in Economic Gains
Commercial Vacancies are at Historic Lows

The date is February 28, 1975, and the air is cold and crisp. The United States is beginning to come out of a two-year recession and the country is beginning to move away from an industrial and manufacturing economy to one of service and retail. Shelton has not yet felt these effects, as downtown Shelton is at its economic best. Canal Street, lined with industrial manufacturing firms of all types and sizes, birthed a vibrant retail and service economy in the heart of downtown Shelton.

Businesses such as Fulton Market, Kreiger’s, Sylvester’s, Gurland’s Hardware, Mahoney’s Drug Store, Simonetti Cleaners, Joe’s Variety and Al’s Luncheonette flourished on Howe Avenue and Center Street.

On March 1, 1975 it all changed with the industrial arson fire of the BF Goodrich Plant. For the next two decades the downtown languished as the industrial engine along Canal Street faded into memory. Once the lifeblood of Shelton’s downtown, the factories along the Housatonic River closed one by one till only a handful of jobs remained. This took a significant toll on the downtown retail businesses. The dolldrums set in and vacancies mounted. While this period may not have been seen as a depression, despair was palpable.

By 1996, city officials led by Mayor Mark A. Lauretti with support from the Shelton Economic Development Corporation and others set forth on a bold plan of redevelopment named the Shelton Enterprise and Commerce Park. With the assistance of a grant from the State of CT, the first phase resulted in the remediation of the blighted remains of the former BF Goodrich Plant (approximately five acres). Before long, residents began using this newly created green space for passive and active recreation. While the use was slated for light industrial, residents found the new public use to be more beneficial. Thus, Veterans Memorial Park was established and it soon became the catalyst of economic change in the downtown.

Fresh off the first environmental remediation success of Veterans Memorial Park, City leaders continued their environmental revitalization strategy. Over the next 20 years, Shelton leveraged $4 million in city funding against $18 million in state and federal grants to continue the environmental remediation efforts along the length of Canal Street.

Today, private investments in downtown are at record levels and commercial vacancies are at historic lows. By the end of 2020, the private investments in the downtown will exceed $80 million resulting in new tax revenue approaching $1.5 million on an annual basis. Shelton residents can rest assured that the economic growth is set to continue well into the future. ✦
Saisystems International
Awarded 2019 Supplier of the Year by GNEMSDC

Saisystems International was recently honored as 2019 Supplier of the Year Category III by the Greater New England Minority Supplier Development Council (GNEMSDC).

The award was presented at the 2019 GNEMSDC Business Conference and Expo which was held in September in Springfield, Massachusetts.

Saisystems International CEO, Dr. Ramesh Wadhwani said, “We are very excited and humbled to take home the Supplier of the Year Category 3 Award yet again. For more than 30 years, we’ve built ourselves on quality, integrity, and our company’s core values. This award reflects the dedication of our team to deliver results that always exceed our client’s expectations. I am proud of my team and grateful to our clients for the nomination and especially to the GNEMSDC council for the award.”

The GNEMSDC serves to advance business opportunities for certified Asian, Black, Hispanic and Native American business enterprises. The Supplier of the Year Category III award is presented to outstanding MBE’s with an annual revenue between $10 to $50 million.

Eric Hutchison, Saisystems’ Director-Account Management commented, “It’s an exciting moment. I’m glad I could be there to be a part of it. I know how hard the team works and it was great to see them be recognized.”

Dr. Ramesh Wadhwani accepted the award on the company’s behalf. This is the second prestigious accolade this year for Saisystems International, having been honored as #3 Best Places to Work in CT by the Hartford Business Journal.

Warner’s Hair Design
Celebrating 50 Years in Business

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Warner’s Hair Design, located in Huntington Center at 19 Huntington Plaza, recently celebrated fifty years in business. When Warner Voelpert opened his salon on June 9, 1969, his creed was simple, treat those around you, customers and staff, like family and of course give a great cut.

Looks like his secret was quite a success. Warner’s wife, Jan, also credits their staff who has helped them along the way. Jan added “Warner always wanted to run his own business and Shelton was a growing community at the time and they had great clientele. And Shelton is still a growing community.”

Although changes will be coming with the management at the Salon, Warner still plans to keep his 7:00 AM schedule Thursdays and Fridays for the foreseeable future. “I am proud of what we have done, I am proud of our clients, and I am proud of our staff. We celebrate each other every day,” said Warner.

Congratulations to the Voelperts and the staff at Warner Hair Design on 50 years! ✪
415 Howe Ave.

The Conti Building, constructed in 1895, is home to a variety of small businesses, from retail, to health & wellness and service-based businesses, where you will find a thriving group of community and commerce.

Located in the historic Conti Building at 415 Howe Avenue, Industry Shared Work Space is the latest effort to establish this 137,000 square-foot landmark building complex. Surrounded by a thriving community of over 30 businesses and a like-minded community, Industry has access to many local retail and service-based businesses within the building, including yoga, massage/reiki, coffee shop, bookstore and much more. Listed below are businesses in the building:

**Business Directory**

- Action Signs
- Birmingham Supply, Inc.
- Chromolloy Process LLC
- Conti Self Storage
- CT Maher Promotions
- E-Mark Inc.
- Essential Adornment
- Genius Box
- Jesse’s Barbering
- John Ruffalo III Architects
- Just Tumble
- Ladys Divine Beauty
- Metro One LPSG
- Next Level Productionz
- Nicky’s Attic
- Nowakowski, O’Bymachow, Kane & Assoc.
- Oala Hair Loft
- Periodic Tableware
- Plants A La Carte
- Preferred Lighting Solutions
- Radical Athletics
- Royal Fox Studio
- Sage Yoga and Wellness
- Salon Kai
- Service After Service
- Tangible Analytics & Consulting
- Three Bridges Coffeehouse
- Tripple Goddess Remedies
- Unitas Photography
- Welsey Chapel
- Yankee Screen Printing

**Market 415**

Also located in the Conti Building is Market 415. Market 415 is a place to buy innovative work and to connect with local artisans, crafters and makers from the local community. The market has a fun and funky vibe where folks can have a good time and vendors can offer their unique wares. This is truly a handmade and vintage market. Direct sales, imports for resale and mass-produced items are strictly prohibited. For further information email Market415howeave@gmail.com, visit www.415howeave.com or call ahead at (203) 924-5840.

**FACT:** Constructed in 1895 the main buildings were home to Radcliffe Brothers Underwear & Corset Mill as well as Whitlock Printing & MFG. In the 1930s after B. F. Goodrich purchased Sponge Rubber Products, they began annexing the buildings with bridges and tunnels to expand the manufacturing/warehousing into all nine buildings. Nick Conti purchased the building in 1974 as an investment from B. F. Goodrich. One year later, downtown Shelton was devastated by one of the biggest arson fires in U. S. history, which destroyed the four plants (sitting on five acres) along the Housatonic River. The Conti building was the last one standing. Over 40 years later, Nick Conti’s daughter and grandchildren carry on his legacy of bringing commerce and community to revitalize this historical building.
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 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.

SAVE THE DATE
HOLIDAY TREE LIGHTING
HUNTINGTON GREEN
SUNDAY, DECEMBER 1, 2019
RIVERWALK
DOWNTOWN SHELTON
FRIDAY, DECEMBER 6, 2019
6:00 PM

Shelton Senior Center
Winter Chorus Concert
Friday, December 6, 2019
1:00 PM • FREE
Light Refreshments will be Served

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.

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
Shelton Day
October 6, 2019
Another Derby-Shelton Rotary Event – “Service Above Self”