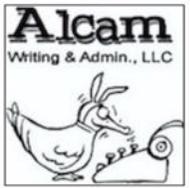


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More of the Best of the Valley

April 3, 2018

O'Brien students deliver planter to Wesley Heights in Shelton Flower box created for residents to be able to garden

By Patricia Villers

SHELTON - Although Friday's sky was gray three teens brightened the day for Wesley Heights residents when they delivered a wooden flower box they built for them to enjoy.

Wesley Heights is an assisted living facility operated by United Methodist Homes.

The [Emmett O'Brien Technical High School](#) sophomores - Travis Hunter and Christopher Kulas of Seymour and Kylie Johannessen of Shelton - built the planter as a community service project for [SkillsUSA](#).

The three will compete in a day-long state conference Friday at Wilcox Technical High School in Meriden.

The three are students in the Mechanical Design and Engineering Technology department.

"We thought this would be really helpful for the community," Kulas said. "We had some challenges [working on it]. We thought we'd make something homemade instead of volunteering."

The teens impressed a visitor Friday with their enthusiasm as they situated the flower box in a courtyard at the facility as cameras clicked around them.

They quickly placed a layer of plastic in the bottom of the planter and smoothed out several bags full of garden soil to ready the box for use.

Monika Westerdal, Director of Lifestyle Transitions at Wesley Heights, expressed her gratitude to the students for their help. "It's nice to get the residents involved in things they had enjoyed," she said. The raised planter will make it easier for the seniors to garden.

The students built the flower box by following the design of one the facility already had. Hunter's father, Dennis Hunter, donated the hardware for the planter and the wood also was donated.



Reminder - Ansonia Freedom of Information Workshop April 9



Ansonia Corporation Counsel John Paul Marini will be hosting a Freedom of Information Workshop April 9 beginning at 7 p.m. in the Aldermanic Chambers in Ansonia City Hall. Tom Hennick from Connecticut's FOI Commission is the special guest. The event is open to all!

A basic knowledge of Connecticut's Freedom of Information act is essential in both serving the public - and for the public's right to know. This is an opportunity to refresh your

Motivation Seminar

with *Marjan Sattarpour*

**Saturday April 7
2:00pm**

Derby Neck Library
Community Room



307 Hawthorne Ave, Derby

Free

Learn the answers to questions such as

- Where does motivation come from?
- How can you change your lifestyle and lose weight simply and effectively?
- What does it take to overcome one's fears?

No registration required.
Seating is first-come,
first-serve.

5K fundraiser in Ansonia is a Good Friday tradition



By Patricia Villers

ANSONIA - The weather was dreary Good Friday but that didn't lessen the spirit of more than 170 participants in the eighth annual Birchwood Drive Mad Dash 5K.

A light rain failed to deter runners of all ages from traversing the race route around the city's Hilltop to support the American Cancer Society.

Birchwood Drive resident Anne Lynch launched the 5K to raise funds and awareness for colon cancer in memory of her mother who died from the disease.



She said this year's event raised about \$9,000.

