

BMX riders' skills thrill students in Seymour

By Patricia Villers

SEYMOUR - Imaginations took flight Friday at Chatfield-LoPresti School as BMX stunt cyclists “flew” through the air and wowed students.

Dialed Action Sports Team members showed off their skills in a program that included information about staying safe while biking and staying away from drugs.

Seymour Schools Director of Security Richard Kearns coordinated the program with grant funding.

The team visited Bungay School earlier Friday, and Seymour Middle School on Thursday.



Third and fourth graders and their teachers gathered in the parking lot to watch the show.

Dialed Action Sports Team owner Brian Cunningham, 34, said the business is based in Lincoln Park, N.J. Members hail from several states, including Connecticut resident Hector Restrepo. Bikers Zane Bradley, X games gold medalist Jeremiah Smith and Restrepo raced up bright green ramps set up in the parking lot.

They performed back flips, and thrilled students when they flawlessly “flew” over four of their teachers who had been “volunteered” to lie flat on their stomachs on the pavement for the daredevil stunt.

Assistant Principal Roxanne Melaragno also was part of the act. She sat motionless in a chair atop one of the bright green ramps as a cyclist flew overhead.



Cunningham said students respond to their presentation. “A lot of kids relate to what we do,” he said. “They see us as the cool guys riding bikes. The (anti-drug) message sinks in because (the show) is something that captures their attention.”

Cunningham discussed what he called “the 3 Rs of drugs:

” They are: recognize, refuse, react. “Don’t keep a secret (if someone offers you something you are unsure about),” he said. “Tell a teacher or your principal.” Cunnngnam warned students not to be bullied into using drugs, tobacco, or alcohol.

Kearns raffled off several donated bicycles and autographed helmets, T-shirts, and backpacks



Are you dense founder speaks at Griffin Hospital



By Patricia Villers  
DERBY - Nancy M. Cappello of Woodbury is a woman on a mission.

Cappello, a breast cancer survivor, founded [Are You Dense, Inc.](#), a nonprofit that seeks to educate women about the importance of knowing if they have dense breast tissue. She said 40 percent of women have dense tissue.

Cappello started her journey in 2004 as a patient but soon became an advocate for the state mandate for reporting of dense breast tissue to help prevent breast cancer.

She recently told her life story and spoke about Are You Dense at a presentation at Griffin Hospital.

The talk was sponsored by Seymour Pink, Inc., a community’s fight against breast cancer, and The Hewitt Center for Breast Wellness at Griffin Hospital.

Cappello said Connecticut “has the third highest rate in the nation” of breast cancer.



She said she was “stunned” when she was diagnosed in 2004 with Stage IIIC breast cancer, just weeks after a “normal” mammogram.

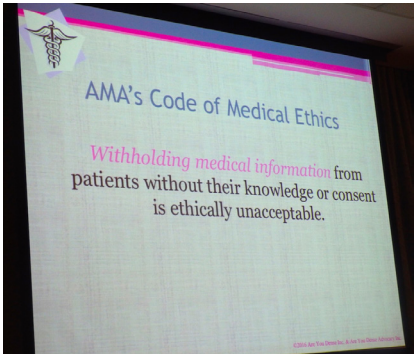
Her cancer was detected by an ultrasound.

Cappello said her doctors knew she had dense breasts for 11 years but didn’t tell her. She wants all women to have “empowered conversations” with their doctors.

With the help of state Sen. Joseph J. Crisco, Jr., D-Woodbridge, Cappello advocated for legislation that mandated reporting of breast density.

Former Gov. M. Jodi Rell signed the bill and it went into effect Oct. 1, 2009. The legislation made Connecticut a global leader in density reporting.

Cappello said since 2009 28 states have passed density reporting laws.



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The Ansonia

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“Star Spangled”

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Memorial Day Parade

Sunday, May, 29<sup>th</sup> at 2pm

Come honor those who gave all... Say Thanks to Our Honored Veterans and Active Servicemen and Women.

Freedom isn't Free

Parade starts at Nolan Field Down Wakelee Ave. Down Jackson St. , Over Maple St Bridge and through Main St.

A cartoon illustration of Uncle Sam wearing his iconic top hat with stars and stripes, a green jacket, and white gloves. He is pointing his right index finger directly at the viewer.

A logo featuring a bicycle wheel and the text "Ansonia's".

Pierre Lallement Bicycle Festival

150<sup>th</sup> Anniversary of America's First Bicycle!

Saturday, June 25<sup>th</sup> • 11am to 5pm

Location: 258 Main Street • Ansonia

CATEGORY (check one) ☐ Artist/Craft ☐ Business ☐ FOOD ☐ Other

Vendor Space: \$50 per 10' x 12' space

Food Venders\*: \$90 per 10" x 12" space

FOOD TRUCKS\*: \$125 per space

A logo with a blue water drop and a yellow sun, with the text "Rain or Shine".

A logo with a house icon and the text "HOMES FOR THE BRAVE".

12th Annual Homes for the Brave

A photograph of a golfer in mid-swing on a green field.

Golf Classic

&

Lobster Bake

Monday, July 11

Racebrook Country Club • Orange, CT