

"More of the Best of the Valley"

August 11, 2016

Buy local at Seymour Farmer's Market



By Patricia Villers

SEYMOUR - We stopped at the Seymour Farmer's Market for the first time this week.

I had to take a photo of 'Patty' Pan Squash (L), even if my name, Patti, is *not* spelled with a 'y.'

I've never tasted it, nor would I know how to prepare it. Some day I'll give it a try.

The market is open from noon to 6 p.m. every Tuesday through October at the corner of Pine and Broad streets.

The delicious-looking fruits and vegetables for sale were from Gazy Brothers Farm in Oxford.

Take a look at the colorful crops for sale - equally tasty treats for the palate and the eyes alike...



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O'Brien grad from Ansonia wins scholarship to Griffin Hospital phlebotomy

DERBY – The Griffin Hospital School of Allied Health Careers recently awarded a full scholarship for its phlebotomy program to Pilar Rodriguez of Ansonia.

Rodriguez graduated Emmett O'Brien Technical High School in Ansonia in June and is a Certified Nursing Assistant through the school's Health Services Department.

She plans to enroll in the School of Allied Health Careers 13-week phlebotomy program this fall.

After she is certified in phlebotomy, she will be able to pursue a career as a Patient Care Technician or Multi-Skilled Technician.

"My future goal is to further my education in the medical field and this scholarship will help me accomplish that goal," Rodriguez said.

In addition to the scholarship, the School of Allied Health Careers also partners with Emmett O'Brien through a job shadowing program and CPR instruction.

"We're proud to support Pilar in reaching for her dreams," said School of Allied Health Careers Manager and Course Instructor Tracy Huneke.

"She is a focused and dedicated young woman that we hope to have working at Griffin Hospital. This scholarship and our school in general aims to assist members of the Griffin Hospital community to fulfilling, life-long careers in health care."



For more information or to apply, call 203-732-1276 or visit griffinhealth.org/allied-health

This was taken from a press release from Griffin Hospital.

Boys and Girls Pinky Silverberg Boxing Club

Sponsored By Mayor, Dave Cassetti

Presents

"Young Gloves"

Youth Boxing Program
Open to ALL Valley Residents!
Girls and Boys ages 6-13



Classes start Sept. 1st and are held every Thursday 4:30pm to 6:00pm

Boxing is fun and exciting and keeps kids fit and active. This supervised program allows children to learn the fundamentals and train like a boxer. It's a fun and energetic approach to physical fitness in a fun and safe environment. This means that you can be sure of your child's safety and well being. Program concludes with a supervised tournament in an official boxing ring! There will be individual trophies and an official CT Amateur Boxing card to follow on November 11th

- Students will be grouped according to age
 - Kids will learn the basics of boxing
 - Develop confidence, coordination and skill.
 - Develop discipline and work ethics.
- workouts include: sparring, speed bag, heavy bag, jump rope and various forms of aerobic exercises

Cost \$40 per student. All Equipment Provided*

Students are required to wear shirts, shorts and sneakers

* equipment includes new mouth guard, head gear, gloves

**Registration: Saturday, August 27th, 10am - 1pm
at the Ansonia Armory, 5 State Street, Ansonia**

For questions contact Mayors office at: 203 736-5900

Thoughts on a boxing program for Valley youth

Opinion by Ralph Villers

ANSONIA - The sponsor for this program, Ansonia Mayor Dave Cassetti, was an amateur boxer in the early '80s - and a good one, with a 49-6 record.

For me, very far from being anything close to a boxer, I appreciate the idea of boxing: the purity of competition with not just brute strength but with sizing up the situation and making timely adjustments where needed.

Boxing offers a purity of sport and competition. Being taught how to box correctly will encourage discipline, determination, quick thinking, and adapting to (and overcoming) adversity.

I like the the idea of a boxing club in Ansonia, kids working hard and learning from failure and that will teach the students how to win.

The purity of sportsmanship is the best lesson boxing can teach. A lot of adults have lost sight of that...



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