

2 annual 5K events in Valley to go virtual this year



By Patricia Villers

The COVID-19 pandemic has created what I can only describe as a topsy-turvy world.

It has turned 2020 into a year that none of us will ever forget. And it has forced organizers of annual fundraisers to think outside the box.

For years I've enjoyed participating in Griffin Hospital's [5K walk/run](#) to benefit the hospital's Center for Cancer Care.

But this year will be different.

Griffin will celebrate its 12th annual 5K with a virtual event that starts on Sept. 26.

And in Seymour, the ninth annual [Pounding the Pavement for Pink](#) races to benefit the nonprofit Seymour Pink will also be held virtually.

In the past I've participated by walking with members of Circle of Friends, Griffin's support group for breast cancer survivors.

These are but two community events that are being held virtually.

I'll miss being at them in person, as will many others, I'm sure!

This should be an interesting autumn.



See nice memories of these great events from the past at these links:

[2019](#)

[2019](#)

[2018](#)

[2018](#)

[2017](#)

[2017](#)

[2016](#)

[2016](#)

Talented teen turns unlikely item into piece of art

Shelton student eyes career in fashion design

By Patricia Villers

About two months into COVID-19 quarantine - in other words in May - I happened upon a Facebook post that featured a lovely bit of handiwork.

The impressive creation that caught my eye was made by Leah Verrilli, 17, of Shelton, an aspiring fashion designer.

Leah's creativity and artistic abilities have also caught the eye of high couture fashion designer Agathe Likoba of Shelton, who mentors her.

She owns Likoba, a high-end Parisian boutique in downtown Derby.

Leah used a common household item - dryer sheets - to create an intricate and delicate doll dress. (See photo)

Leah attends both Shelton High School and the Educational Center for the Arts in New Haven.

Although the COVID-19 pandemic and shutdown didn't allow an in-person interview, Leah wrote about her unique project.

She said she was unsure of how she came up with reusing the dryer sheets and fashioning them into a beautiful piece of art.

"I think I was folding laundry with mom, and I noticed a dryer sheet, picked it up, and took a second to look at the translucent quality of the material, which reminded me of spiderwebs and lace," Leah wrote.

"Also, I really like translucent fabrics. So, I thought it would be a good idea to recycle it and use it for fabric. I am really into fashion, and I wanted to try out more sewing projects, starting smaller. Since the dryer sheet has a delicate quality to it, I thought it would look nice with lace and embroidery sewn onto it," she continued.

"The small white dress made with dryer sheets was a side project for me to experiment with sewing lace strips and cutouts of lace onto the dryer sheet to make a tiny dress. I really liked the quality of it. The smaller doll project also has a dress made with the same kind of materials as the dryer sheet dress, just different colors.

"My vision for making the puppet and the doll came from my fascination with fine art dolls. The smaller doll project was something I made in quarantine, and the puppet I made at my art school back in the winter.

"I have been fascinated by dolls for a long time, but I never thought I would actually be able to make one that was fully pose-able, until an online friend of mine who has made a lot of dolls in her life inspired me to actually make one.

"Also, working with fibers and fabrics sounds really exciting, and I'm happy that I was able to make something beautiful from an unlikely material."

Likoba said Leah has an amazing talent that gives her "a head start" in following a career path in the arts.

"She is going to be a major artist," Likoba said. "I'm so happy to be her mentor. Her talent is a gift."



Seymour Pink hosting house *See More Pink* decorating contest

Sharing from Seymour Pink founder Mary Deming

"We love seeing all of the pink ribbons and encouraging messages and decor along our normal race route. Since we cannot be together, that doesn't mean we cannot SEE MORE PINK. In fact, we can see even more!

"We are challenging participants to decorate their house and/or yards pink for race weekend and the kickoff of Breast Cancer Awareness month [in October].

"Businesses and storefronts can participate too! Since we are virtual, everyone can participate – even if you're not on our traditional race route and even if you're not in Connecticut.

Help everyone SEE MORE PINK this October. Submit photos to us at

poundingthepavementforpink@gmail.com

with subject line Home Contest.

All entries must be submitted by 4 p.m on Saturday, Oct. 3. We will be sharing all entries on social media and will compile into a slideshow at the end of the event."

Awards for 1st, 2nd, and 3rd place houses are as follows:

\$200 Visa Gift Card for 1st Place

\$100 Visa Gift Card for 2nd Place

\$50 Visa Gift Card for 3rd Place

