

MILFORD

Three Friends' volunteers honored at thank you party

Submitted Article

MILFORD » It was a full house at the Friends of the Milford Library Thank You Party as friends, volunteers, city officials, and Library staff and board members celebrated the achievements of 2015 and heard plans for the new year.

Friends President Anne Bolin presented Outstanding Achievement Awards for exemplary volunteer services to three to Milford volunteers:

▪ Amy Bringardener, who for several years has initiated and coordinated the ongoing Book Sale program, adding an invaluable layer of continual funding for library programs. Noted Bolin: "This year you truly went above and beyond — spearheading the Friends Oyster Festival and the Lamplight Stroll sales. You also organized, coordinated and lead our membership drives, adding much needed dollars to our funding. Your dedication is an inspiration to all of us."

▪ Lisa Thornell-Gargiulo, who inaugurated and coordinated the organizations' Little Libraries Program, creating three new Little Libraries: Walnut Beach, Gulf Beach and the YMCA. Said Bolin, "You have generously given your time, creativity and expertise to make a difference in the lives of individual and the quality of life in Milford. Your commitment to the Friends of the Milford Library is matched only by your vision and skills."

▪ Carmela DeVito, in recognition of her exceptional contributions. "You are our ambassador extraordinaire, warmly and faithfully greeting people at our Friends table three days a week," said President Bolin. "You have

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WOODBRIDGE



SUBMITTED PHOTOS

Chef Mark Desiderio from A. J. Letizio, along with Lynn Pellegini, Director of Sales at Letizio Food Distributors, and Jane Roddy, Cafeteria Director at BRS, demonstrate fun and healthful foods at Beecher Road School.

Chef visits school to show the fun side of healthful food

Submitted Article

WOODBRIDGE » When is a vegetable not really a vegetable? When it is transformed by a talented chef into turtles, flowers, butterflies, swans and even a freight train full of fruit and veggie cargo. Students at Beecher Road School were treated to a spectacular display of food art when Chef Mark Desiderio from A. J. Letizio visited the school to show children the fun side of healthful foods. The event was facilitated by Lynn Pellegrini, the Director of K-12 school sales for A.J. Letizio, and was part of the Su-

perintendent's Cafeteria Task Force initiative to expose students to healthier foods, integrate new healthful foods into school menus, and provide nutrition education on lifestyle habits.

The chef began work early in the morning creating a swan from a honeydew melon, with curving neck surrounding a colorful assortment of cut fruit. Next came a mother turtle from a round watermelon and two baby Granny Smith green apple turtles — all nestled in a foodscape of romaine, chard and frilled leek "trees." Chef Mark then tried his hand at a new item he had re-

cently seen: a train made from a long English cucumber. Slowly but surely a locomotive, then a caboose, and boxcars emerged. Round carrot slices became wheels, and the cars were loaded with carrot stick "logs," melon balls and sliced yellow squash freight. When placed into a scene of cucumber chunk tree trunks with rosemary sprig branches, all that was missing was the train whistle sound. It was the perfect visual kick-off for the February nutrition display theme of "Get On Board the Healthy Heart Express" which uses National Heart