

Auburn News

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Friday, May 21, 2021

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Webelos cross over to Scouting

AUBURN — Cub Scouts end their career by becoming “Webelos Scouts,” which stands for, “We’ll Be Loyal Scouts.” Two years as Webelos completing all the requirements allow them to earn the “Arrow of Light” rank.

A group of local Scouts, in the sixth grade, crossed over to Scouting last weekend. Due to Covid, scouting has been an outdoor activity all year for safety reasons. This year, the Crossover ceremony was held last weekend outdoors at the Auburn Sportsman’s Club.

The Webelos and Scouts put on a great show, which was shortened somewhat by the rainstorm that came through right when the ceremony started. Webelos Scouts Andrew Caouette, Sean Given, Patrick Haroian, Logan Mondino, Shea Mulligan, Ryan Nilsen, Riley Rodriguez, Max Skalecki and Tommy Welch all crossed the bridge to scouting, as well as Den Leader Faith Rodriguez.

The Webelos, now new Scouts, were introduced to the Troop and will start regular meetings on Thursday nights. The troop is looking forward to spring activities including camping and a summer outing. If you have a boy who is at least age 11 who might be interested in joining Scouting, please contact Scoutmaster Eric Chilton, at 617-764-2509.



Bay Path PN students shine at SkillsUSA state competition

UPTON — Four practical nursing students of Bay Path Practical Nursing Academy wowed as members of the panel of judges with their health-related skills during the recent SkillsUSA state competition held at the Blackstone Valley Tech.

Dr. Adelina Healy, adjunct faculty at Bay Path Practical Nursing Academy served as the Team Lead for the Volunteer Judges. She was glad at how well everything went at the SkillsUSA State competition.

“The PN student judges did a great job,” Dr. Healy added, “all the PN students took leadership roles.”

The practical nursing students from the class of 2021 are Brianna Cloutier of Charlton, Meghan Reidy of Auburn, Angeley Santa of Southbridge, and Sonya Ugrinow of Southbridge.

Recounting the experience, Cloutier stated, “When the opportunity came up to participate as a SkillsUSA judge I was overjoyed! I was filled with pure excitement upon arriving at Blackstone Valley.”

According to Cloutier, “The competitors were prepared and ready to go.”

Cloutier has experience as a Certified Nursing Assistant (CNA).

She adds, “I was blown away to see the talent and true determination these students had” as she witnessed them perform their skills. Cloutier stated that she really enjoyed rating the competitors while expressing the importance of proper and safe patient care. “I was proud to see so many students with extremely bright futures ahead of them!”

Similarly, Santa stated, “I really enjoyed being a volunteer judge for SkillsUSA. I was able to meet new people, and everyone was very friendly.”

She adds, “one of the greatest benefits I found

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Charlton resident prepares for Jimmy Fund Walk

BY JASON BLEAU
CORRESPONDENT

CHARLTON — The town of Charlton will be represented in the annual Boston Marathon Jimmy Fund Walk presented by Hyundai as town resident Jamie Zeveska will continue her longstanding tradition of honoring her loved ones to help the fight against cancer.

Zeveska started her journey as a part of the annual walk in the early 2010s after her husband’s cousin Barbara lost her battle with cancer in 2011. In 2021, she is walk-

ing with added purpose as another loved one, a close friend named Judy, has been diagnosed with Stage 4 lung cancer leading Zeveska to double down on a pledge to participate in the walk every year until a cure for cancer is found.

“I would love to see a day that cancer only refers to a zodiac sign. New treatments being discovered could mean quality of life for those battling will be much better. Without research progress is difficult. It

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Courtesy Photo

Charlton resident Jamie Zeveska is preparing for her ninth consecutive Boston Marathon Jimmy Fund Walk.

Nichols College celebrates 2020 & 2021 graduates

BY JASON BLEAU
CORRESPONDENT

DUDLEY — Nichols College celebrated not one, but two graduating classes on Saturday, May 15 and Sunday, May 16, as the classes of 2021 and 2020 were recognized in a ceremony on campus with a limited number of loved ones and guests invited to experience the pomp and circumstance.

The first ceremony on May 15 featured the Class of 2021 where TV panels were set up and a socially distanced seating arrangement making for a unique ceremony, but one brimming with school spirit. The ceremony included the customary speeches from select members of the class, including Valedictorian Adam Phillips of Brookfield, MA who reflected on his years at the college, but especially the challenges of the past year that make the Class of 2021 a special one.

“I have high hopes for this class. A class made of accountants, police officers, sports executives, salesmen, entre-

preneurs, or whatever path you decide to follow. I’m betting on you. You know why? Because we’ve experience everything together. We’ve made it through a global pandemic – We even suffered the loss of a fellow Bison,” said Phillips,

referring to their classmate Hallie Linacre, who passed away in 2020 and was honored at the ceremony with the presentation of her degree to her parents. “We did what Bison do. We rallied around one another, we gave each other

a shoulder to lean on, we became closer, we got back on our feet.”

The class of 2020 was celebrated the following day after last year’s ceremony had to be moved to a digital celebration due to restrictions imposed from

the pandemic. Student speaker Taylor Ward, a resident of Hopkinton, who acknowledged that while the pandemic did put a damper on their initial celebration it certainly made their class

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Jason Bleau

Members of Nichols College’s Class of 2021, arranged in a socially distant manner, listen intently during a graduation ceremony on May 15.



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Boy Scouts Collect Food for CHIP-IN



Members of Boys Scout Troop 165 in Charlton show off just some of the food collected for CHIP-IN during a May 15 food drive.

Jason Bleau

**BY JASON BLEAU
CORRESPONDENT**

CHARLTON – While many were likely enjoying the warm 70-plus-degree weather on Saturday, May 15, a group of local Boy Scouts took the morning to help give back to Charlton’s CHIP-IN Food Pantry.

Members of Boy Scout Troop 165 in Charlton set up a collection site on the town common in front of

the Charlton Town Hall to accept food donations to support CHIP-In and its clients as part of the merit badge requirements for several of the scouts. Daniel Creeron, Assistant Scout Master for Troop 165, said that while three scouts were involved in planning the event for the badge requirements, the troop as a whole came together learning valuable lessons about community

involvement and engagement.

“A few of our scouts are working on their ‘Citizenship in the Community’ merit badges and part of that is to find a nonprofit organization to help so they picked CHIP-IN as the beneficiary and decided to do a food drive,” Creeron said. “This allows the kids to learn more about the town and how to help their fellow

citizens. It’s a good time to give back and help the pantry considering everything that’s gone on with COVID. They’re also outside on a beautiful day and it shows the community that we’re hear for them like they’re always there to support us.”

Creeron added that he

hopes the event allowed the scouts to learn that there are people in need in Charlton and that they can be a part of making a difference in peoples’ lives.

“They’re learning that there are a lot of less fortunate people out there. Whether it’s because of job circumstances or just situations in life there are people out there that need help and the pantry is a big part of that. They’re learning about the resources and that even in a small town like Charlton we have people who need help and assistance. They can be a part of that and give back,” Creeron said.

These lessons and the generosity of the community did not go unnoticed by the scouts involved. Scouts Andrew Heywood, Jacob Creeron and Adam Rydlha, who helped lead the food drive for their merit badges, all praised the generosity of the community.

Heywood put it best, saying, “I feel like it’s very nice of us to do this and I feel like a lot of citizens have embraced it. We really appreciate it and I know they appreciate helping a lot of people out today.”

QCC’s E-Sports team once again crowned champions in League of Legends Tournament

WORCESTER — Another great season has ended for the fledgling Wyverns League of Legends E-Sports team, and another championship is added to their impressive record. The Quinsigamond Community College team played their final games on April 25, winning handily 3-0 over Bunker Hill Community College in the Region XXI Championship E-Sports game. The Wyverns finished the season with a 5-1 record, echoing the record from the fall 2020 season and even mirroring their fall championship win against Bunker Hill 3-0 in the finals.

“The team of 12 came together this season. Week in and week out, they dedicated time and effort to improving their skills. Each player got a chance to start in a game throughout the season, and each and every player stood out,” said Wyverns E-Sports Coach Nathaniel “Nate” Mello.

“I am so proud of what this team was able to accomplish this year and I hope to continue our success in the future with players new and old,” Coach Mello said.

QCC began its E-Sports team in the summer of 2020, taking part in a League of Legends collegiate competition. This is a highly competitive, fast paced, action-strategy online game. When not in a global pandemic the game is often played in-person, in an arena setting.

QCC’s Athletic Director Lisa Gurnick said the E-Sports team has made a

superb addition to the Wyvern sports teams and Coach Mello has been an important part of the team’s success.

“Coach Mello was fantastic, and he was the ‘sports announcer’ for all three of these final games. He presented the play-by play action. It was great for anyone to follow who didn’t know anything about the game League of Legends but wanted to follow along,” Ms. Gurnick said. “The team has played amazing all season and has worked hard to get where they are. We are incredibly proud of our newest Wyvern team.”

The Wyvern 2021 E-Sports team includes:

- Alexis Fluegel
- Samuel Marshall
- Trevor Dodson
- Alex Vongkhamheuang
- Andrew Boucher
- David Huynh
- Dylan Tang
- Joseph Pauplis
- Monica Doan
- Eric Miller
- Lawrence Loughan
- Gabe Varner
- Head Coach Nate Mello
- Assistant Coach Alec Yorston

Visit www.QCC.edu/athletics to learn more.

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.



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Courtesy

BAY PATH PRACTICAL NURSING STUDENTS HOST FUNDRAISING PLANT SALE

The Bay Path Practical Nursing (PN) Academy, PN Class of 2021 hosted a plant sale the week before Mother's Day. The members of the PN Class of 2021 offered a wide variety of plants with appropriate COVID-19 precautions in place. The fundraiser benefited an alumna diagnosed with cancer. The plants sold from an anonymous donor's garden that has been grown specifically for the sale included Chinese Money Plant (Pilea), ZZ plant, Tiger Aloe, Snake Plant, Jade Plant, Peperomia, Oxalis, Pothos, Bromeliad, Ivy, Anthurium, and Cereus plants. The funds raised totaled \$505. The fundraiser plant sale was made possible by the support of Khamphan Houatchanthara of Southbridge, Meghan Reidy of Auburn, Loise Kamero of Worcester, Tianna Welcome of Oxford, and the generosity of the management and employees of Simon Says Pizza Chef of Southbridge.



ACCURACY WATCH

The Auburn News is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur.

Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner.

If you find a mistake, call (508) 909-4106 or email news@stonebridgepress.news during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

LEGALS

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Docket Number: 21 SM 000489
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Vaughn H. Yenovkian

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. c. 50 §3901 (*et seq.*)

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claiming to have an interest in a Mortgage covering real property in Auburn, 1 a/k/a 4 Greenbriar Lane, given by Vaughn H. Yenovkian to Mortgage Electronic Registration Systems, Inc., as nominee for Mortgageit, Inc., dated May 14, 2007, and recorded at the Worcester County (Worcester) Registry of Deeds in Book 41167, Page 127, has/have filed with this court a complaint for determination of Defendant's/ Defendants' Servicemembers status.

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Witness, Gordon H. Piper, Chief Justice of this Court on 5/5/2021

Attest:

Deborah J. Patterson

Recorder

May 21, 2021

Auburn resident honored at UMass Lowell

LOWELL — Outstanding seniors preparing to graduate from UMass Lowell were recently honored for their service to the campus and community, their academic and athletic achievements and their efforts to promote diversity and inclusion.

Recipients of the 2021 Chancellor's Medals were recognized during an online celebration on Monday, May 3 that set the stage for Commencement, a series of small, socially distanced in-person and virtual events to be held this week.

This year's awards celebration featured the achievements of 41 graduating seniors.

"You represent some of the very best of UMass Lowell: our highest academic achievements and our highest ideals of service, diversity and inclusion," UMass Lowell Chancellor Jacquie Moloney told the award recipients. "Your accomplishments would stand out in any year – but this is not just any year. The courage and compassion you have demonstrated make us enormously proud. We know you will make a real difference in the world because you have already made one here at UMass Lowell."

Academic award winners are graduates with the highest grade-point averages in their class and each of the university's colleges.

Each of these students received a Chancellor's Medal for Distinguished Academic Achievement, which honors undergraduates in each college who

have attained the highest GPA. Joseph Hartman, UMass Lowell's provost and vice chancellor for academic and student affairs, announced these award recipients, who include 16 other students. They are:

- Lucia Arrigo of Ayer, a double major in criminal justice and psychology;
- Scott Childs of Newburyport, biology major;
- Timothy Cobb of Clinton, nutritional science major;
- Stephen Collins of Tyngsborough, business administration major;
- David DeLuca of Lowell, computer science major;
- Donato Diccio of Brighton, information technology major;
- Gabrielle Favreau of Springfield, education major;
- Nicholas Hansmann of East Longmeadow, information technology major;
- Rachel Mains of Lowell, public health major;
- Brynne McConnell of Bolton, business administration major;
- Michael Miller of Kingston, electronic engineering technology major;
- Alina Mocan of Matthews, N.C., business administration major;
- Pietra Souza of Milford, civil engineering major;
- Tatsiana Stukov of Lakeland, Fla., information technology major;
- Julia Sypek of Auburn, exercise science major;
- Nadine Younan of Westborough, psychology major.

Chancellor's Medal for Student Service award recipients are graduating seniors recom-

mended for the honor who have made outstanding contributions to UMass Lowell. Political science majors Ryan Callahan of Chelmsford, who served for two years as a UMass student trustee, and outgoing UMass Lowell Student Government Association President Hannah Casey of Marblehead, were two of the honorees in this category.

"I honestly didn't think it was possible to be more proud to be graduating from UMass Lowell but this is astounding," Casey said of the accomplishments of her fellow award recipients. "Take this drive and determination out into the world."

More information about Commencement events, guest speakers and honorees is available at www.uml.edu/commencement.

UMass Lowell is a national research university offering its more than 18,000 students bachelor's, master's and doctoral degrees in business, education, engineering, fine arts, health, humanities, sciences and social sciences. UMass Lowell delivers high-quality educational programs and personal attention from leading faculty and staff, all of which prepare graduates to be leaders in their communities and around the globe. www.uml.edu

Jillian MacDonald of Auburn graduates from University of Tampa

TAMPA, Fla. — Jillian MacDonald, of Auburn, graduated from The University of Tampa on Saturday, May 8. MacDonald graduated with a Bachelor of Science - B.S. Degree in Allied Health.

The virtual commencement ceremony included 1,781 undergraduate and graduate candidates. The ceremony included remarks by UT President Ronald Vaughn, James S. MacLeod, chair of UT's Board of Trustees, the deans of UT's four colleges and student challenge speakers. Additionally, each graduate received a personalized video commemorating their achievement.

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QCC student honored in 29 Who Shine ceremony

WORCESTER — On May 13 at the 10th Annual “29 Who Shine” Ceremony, Quinsigamond Community College Phi Theta Kappa (PTK) student Fatima Mohammed, of Worcester, joined 28 other public college and university graduates, to be honored virtually by Gov. Charlie Baker and higher education leaders in a Live YouTube ceremony at 2 p.m.

Each year, these awards are given to one student from each of the Commonwealth’s 29 public campuses, including the 15 community colleges, nine state universities and five campuses of the University of Massachusetts. This year, the 29 graduates are being honored for their resilience in the face of pandemic-related challenges and their willingness to pitch in and support COVID-19 relief efforts, while working to earn their degrees.

Ms. Mohammed played an essential role with QCC’s COVID-19 health team, assisting with student surveillance testing during the Spring 2021 semester, working multiple volunteer shifts each week, and acting as a mentor and advisor to new volunteers.

“Fatima has been volunteering her time during the COVID-19 pandemic,

helping to keep our college community safe. Her dedication to her fellow students, while maintaining the highest academic standards is inspiring. We are honored to have her as a member of our QCC community,” said QCC President Luis G. Pedraja, Ph.D.

Currently majoring in Liberal Arts, Ms. Mohammed will be graduating from QCC later this month with an Associate Degree in Liberal Arts. She plans to continue her education at the Mass College of Pharmacy and Health Sciences (MCPHS) in fall 2021. She has received a \$10,000 merit scholarship from MCPHS, based on her academic qualifications, for the entire 16 consecutive months of the program. After earning her Bachelor of Science in Dental Hygiene, she plans to continue her education to earn a Doctor of Medicine in Dentistry. Ms. Mohammed said she hopes to continue helping others in her future career in dentistry, caring for and educating low-income families about dental care.

“Ten years from now, the letter grades of the ‘29 Who Shine’ won’t matter. What we will remember is their commitment to their communities in a time of crisis,” said Gov. Charlie Baker. “Our public colleges and universities



Fatima Mohammed

educate homegrown Massachusetts natives – people who are here to learn, and here to stay. They have shown how much they care about where they come from, how much they care about us, and how much they will contribute to the civic and economic future of our Commonwealth.”

For more information about QCC, contact Josh Martin, Director of Institutional Communications at 508-854-7513 or jmartin@qcc.mass.edu.

School District remains cautious as state reopens

BY JASON BLEAU
CORRESPONDENT

DUDLEY/CHARLTON – As the state and businesses continue to reopen and the CDC is loosening guidelines with the increase in vaccinations nationwide, the Dudley-Charlton Regional School District is refusing to let its guard down as the second school year impacted by the COVID-19 pandemic comes to a close.

Superintendent Steven Lamarche urged everyone in the school district to remain diligent during a May 12 meeting of the regional school committee. Lamarche prefaced his statements by saying how exciting it has been to see “life” back on the campus with sporting events returning and spectators once again attending games. However, he warned everyone not to let their guard down especially as end of the year celebrations commence.

“I want to recognize not only the school nurses, but all the educators in appreciation for everything that they’re doing. This has been an unprecedented year, and that goes to the school committee as well and to administrators. Collectively, the district has gone above and beyond,” Lamarche said, adding he’s also responsible for being the voice of reality as the pandemic continues into late May and early June. “We have a few weeks left of school and we really want it to end on a positive note. So, as we continue to plan events and opportunities, we are still restricted by some of the Massachusetts Department of Public Health and DESE guidance so please do not expect unwavering expectations with respect

to our role as a school district. Our priority is the health and wellbeing and safety of staff and students and we want to ensure appropriate, gradual and well thought out movement and a socially rich experience for everyone. We do appreciate everyone’s patience.”

Even as the state and CDC continue to loosen their guidelines Lamarche said not to expect swift and sweeping changes to the district in the immediate future. Schools follow very specific recommendations, and the goal is to ensure the safety of everyone in the district acknowledging that while the pandemic might be nearing an end the threat of widespread COVID infection remains a potential risk.

“Sometimes, the new guidance doesn’t address all of the old guidance. You have to understand we have hundreds and hundreds of pages of guidance. So, there are details that we continue to process through and at times they don’t correlate so we’re going to do the best we can to continue to overlap them and find common sense application to things that may have a little bit of a grey area,” said Lamarche. “In the end, our goal is to maintain the health, well being and safety of our staff because COVID is still in our district. It’s still in our communities and we need to do the best we can to keep it out.”

Western Mass. Child Care Resources contract awarded to Seven Hills Foundation

WORCESTER — The Massachusetts Department of Early Education & Care (EEC) recently awarded the contract for the Child Care Resources program in Western Massachusetts to the Seven Hills CCR&R program which is operated by its affiliate, Children’s Aid & Family Services (CAFS). In the announcement from EEC, it was noted that a bid process had been completed and Seven Hills CCR&R in Worcester had been selected to provide the services. Over the coming weeks, three Western Massachusetts CCR&R offices will be transitioned to Seven Hills CCR&R to allow for continuity of services and ensure assistance to families and providers is not interrupted.

With offices currently in Fitchburg, Worcester and Hopedale, the Seven Hills CCR&R Program works in partnership with Coordinated Family Community Engagement Programs and the Educator and Provider Support System to promote quality of care and to help the Department of Early Education and Care (EEC) fulfill its mission. For more than 40 years, Seven Hills’ CCR&R program has provided quality child care services to the families in the Central and Metro West areas of Massachusetts. “We believe that our program has the professional expertise to meet the diverse needs of parents and child care providers and we are excited about now serving all of Western Massachusetts,” said Kim Dion, Assistant Vice President & Program Director.

The Child Care Resources (CCR) Program at Seven Hills provides resource and referral services to assist families in locating affordable, quality childcare programs. Additionally, they ensure families have access to high-quality information, resources and referrals to meet their childcare needs; educate families on the cost, quality and availability of early education and out-of-school-time care; and promote provider development and support, with ongoing access to training and technical assistance.

Seven Hills CCR&R will be reaching out to parents to explain the transition and reassure families that their ability to access these services will remain local. Seven Hills CCR&R also plans to offer several zoom meetings in the event parents want to engage about the transition. Seven Hills CCR&R plans to maintain offices in Pittsfield, Greenfield and Springfield.

Headquartered in Worcester, Massachusetts, the Seven Hills Foundation is a comprehensive health and human services network currently offering program sites at 190 locations throughout Massachusetts and Rhode Island employing nearly 4,600 professionals. Seven Hills Foundation offers a continuum of clinical, educational, and community-based supports to 60,000 children, adults and seniors with disabilities and other life challenges through its 14 affiliate organizations that are part of the Foundation.

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1. Prevents harm to young
5. “Losing My Religion” rockers
8. Partner to pan
11. Cavalry unit
13. Peyton’s little brother
14. Mexican dish
15. Disseminates info to the public
16. Set an animal on
17. Canadian flyers
18. Elongated mouths of anthropods
20. I (German)
21. Opposite of west
22. Glows
25. Measures how quickly a car moves
30. One who has gained wealth
31. Patti Hearst’s captors
32. Extensive landed property
33. Male aristocrat
38. For each
41. More fidgety
43. Very happy
45. A place to store info
47. Helps to heal
49. 12th month (abbr.)
50. Broad, shallow craters
55. Nocturnal S. American rodent
56. Frost
57. Ethiopian town
59. Curved shapes
60. Company that rings receipts
61. Spiritual leader
62. Sheep native to Sweden
63. Cars need it
64. Partner to relaxation

CLUES DOWN

1. Scientist’s high-resolution tool (abbr.)
2. Type of school
3. Formal close (music)
4. Transmits high voltage
5. A way to occupy a certain area
6. Draws out
7. His Airness
8. Nocturnal rodents
9. South American plants
10. Homestead
12. Bland or semiliquid food
14. Forest resident
19. The body needs it
23. Atomic mass unit (abbr.)
24. Spell
25. Relaxing place
26. Political fundraising tool
27. Make a mistake
28. Partner to Adam
29. Tyrant
34. Unit of electrical resistance
35. A history of one’s life
36. Actor DiCaprio
37. Sea eagle
39. Avoiding being caught
40. __ de Mornay, actress
41. Belonging to a thing
42. Not us
44. Motorcars
45. Capital of Bangladesh
46. Ancient Greek sophist
47. Practice boxing
48. __ Grant, actor
51. Swiss river
52. S. Sudan river
53. A bumpkin
54. One point south of southwest
58. Small island (British)

PUZZLE SOLUTION

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Local students graduate from Assumption University

WORCESTER — Nearly 400 graduates received a bachelor’s degree during Assumption University’s 104th Commencement exercises on Sunday, May 9, at the DCU Center in downtown Worcester. Pulitzer Prize-winning and nationally syndicated Washington Post columnist George F. Will, Ph.D., delivered what he called the “last Assumption lecture for which you will be a captive audience” to the Class of 2021, in which he urged the graduates to live in the present while also imagining the past. The Class of 2021 is the first to graduate from Assumption University, which transitioned from Assumption College last year. Local students included:

Mackenzie Bolduc, of Auburn
Emma Halloran, of Auburn
“Mr. Will’s influence as an author, newspaper columnist and journalist, particularly for the Washington Post as well as a political commentator on ABC and MSNBC, cannot be overstated,” said Salutatorian Maeve McDonald ‘21 in her introduction of the speaker. “In speaking with Mr. Will about the value of such an education, he noted that, ‘the point of a liberal arts education is to teach you to open your mind to question, not to reject, but to question received opinions.’ He argued that this is a particularly important skill for graduates today as we enter a world that is fraught with political turmoil and moral relativism.”

In his commencement address, Will shared an example of just how one’s liberal education can help one better understand the world. He prompted graduates to consider the political unrest in America and the “mudslinging” against “past Americans who played large roles in the creation and preservation of our nation,” whose statues are being toppled and names scrubbed from public buildings and places for what mudslingers deem moral and political failures.

“No one says our nation was, or those who passed it on to us, were without sin,” he shared. “Rather, I am here to warn against the sin of pride. This is the sin of those who today so much enjoy rendering harsh judgments against those who acted in earlier days. In harshly judging those who produced our nation, today’s unforgiving critics are guilty of their own sin. It is the sin of presentism.”

Will explained that presentism is “the fallacy of judging by our standards the behavior of those who acted in circumstances very different than ours,” and that the only cure is a deep historical knowledge. “Only such knowledge can give us the ability to imagine what it was like to have been America’s leaders trying to act morally, as we all must try, in situations not of their choosing or of their making,” he said. “What I’m asking for, what I’m pleading for, is imagination. Usually when we speak of imagination, it is prospective imagination, imagination of the future. But what we urgently need now is retrospective imagination. The ability to imagine the past,” he said, adding that we need to reimagine the textures of a time long ago, with social settings, customs, political practices, and institutions and ethical standards much different than we have today.

He asked those in attendance “on this 21st century Sunday morning” to return in their imaginations to 167 years ago when the Kansas Nebraska Act became law. It allowed popular majorities in Kansas and Nebraska to decide whether to permit enslavement. Will asked the audience to imagine the scene as politically engaged Americans in 1954, and asked “What would you have advocated? What would you have done?”

Will shared that while Lincoln was against enslavement, he was also opposed to allowing the Union to dissolve, which would have called self-government into doubt. He “adopted the ethic of responsibility and committed himself to the patience of politics, to the long path of maneuver and persuasion.” Will said that to understand such dilemmas that politicians confronted in the past requires more than just the grounding of facts in history; it requires imagination and the empathy that imagination can nourish. “Our nation today needs the empathy that can only come from imagination and the ability to imagine oneself in other people’s shoes. The ability to reason, and maneuver, and compromise as they had to do.”

Will called presentism a “pandemic of vindictiveness,” and a pandemic, though not of a virus, but something for which there is no vaccine. “Historically-grounded empathy inoculates us against the sin of pride that is at the cold heart of presentism,” said Will.

Will said that he hoped that the graduates’ time at Assumption had provided them with two talents that would make them immune to such moral vanity—a talent for gratitude and a talent for praising. “Having gratitude for those men and women in the American past, who, like all of us, were flawed but who nevertheless handed on to us a nation that had fewer flaws than when they inherited it,” he said. “Praising is an act of humility, an act of homage to those who have been in the arena and who have distinguished themselves there.”

He concluded his “final lecture” with an old English couplet: “The couplet is: ‘All men are created equal. They differ

only in the sequel.’ You are the sequel to this excellent University’s fine touch,” he said. “You will go forth from here and live in the present. But you will, I hope and expect, leave the nation better, because you will avoid presentism. You will do so by appreciating the always crooked road we Americans are always traveling toward a more perfect Union.”

Assumption President Francesco C. Cesareo, Ph.D., also emphasized the enduring importance of a liberal arts education. “While so much changed this past year, what did not change was the essence and value of your Assumption education,” he said. “The pandemic has made more evident the value of the Catholic liberal education you have received in the last four years. You have come to appreciate that enduring ideas matter and provide a framework for understanding our contemporary world. You have explored the deepest questions of the human heart, which transcend time and place.”

President Cesareo added that these questions include understanding the common good, cultivating good judgment and understanding complexity, finding one’s purpose in life, and understanding the responsibilities we have to one another, especially among the most vulnerable. “A Catholic liberal education engages these questions and has prepared you to live out your vocations, professions and to be lifelong learners,” he said. “It has provided you with the wisdom and courage to confront the challenges we face during a time like this and that you will face throughout your life.”

Valedictorian Hannah White ‘21 also spoke of Assumption’s emphasis on vocation and its importance as she and her classmates enter “a pandemic-stricken workforce with no guarantee that we’ll find our ideal entry-level job, much less a clear career path,” she said. “Over the past four years we have become familiar with the tagline, ‘Light the way.’ How can we be a light for others when we ourselves cannot see through the darkness of the unknown?”

White shared her experience in the SOPHIA program as one example in how Assumption helps its students understand what it means to choose a vocation. “Our vocations—our life callings— affect all aspects of how we live, work, and engage with the world around us,” she said. “Although we find it difficult to discern our future through the haze of uncertainty, remember this: our life purpose is not some far off goal that will allow us to be happy forever. Vocation is an ever ongoing process of self-discovery. It is living magnanimously, striving for the greatest good, especially in the day to day. It is using what gifts we have to serve others who have nothing. It is living in authentic community with others, where we help each other bear our burdens. Even if our futures are shrouded in darkness, in our vocations we have the light we need to see the next right step.”

In closing, President Cesareo reminded the graduates that they are the first class to graduate from Assumption University, representing a milestone in the history of Assumption. “Throughout its history, Assumption has shown itself to be a resilient institution, overcoming challenges that on the surface seemed insurmountable,” he shared. “This year, you have also shown yourself to be resilient as you adapted to the changes that were necessary as we addressed the impact of the pandemic. The sacrifices you made have allowed you to grow as a person in ways that were unexpected. In this way, the pandemic shaped your education as it shaped you as well. Thank you for the many ways you contributed to making Assumption a better place over the last four years. As you move on to the next chapter of your journey, I congratulate you on all that you have accomplished as students at Assumption. We look forward to the many contributions you will make to our society because of your education at your alma mater.”

During the ceremony, Will and Vincent Strully, Jr., founder and CEO of the New England Center for Children, received honorary degrees. Will was honored for his “steadfast pursuit of knowledge and distinguished commentary [that] has enriched the American media landscape,” while Strully was recognized for his “four decades of selfless service” in which he has dedicated himself to “empowering those in the autism community.”

Assumption University, founded in 1904 by the Augustinians of the Assumption, is New England’s premier university for high-quality education, integrating career preparation and education of the whole person, drawing upon the best in the rich and centuries-long tradition of Catholic higher education. Assumption, located in Worcester, Massachusetts, seeks to provide students with a transformative education that forms graduates who possess critical intelligence, thoughtful citizenship, and compassionate service. The University offers 34 majors and 49 minors in the liberal arts, sciences, business, nursing and professional studies; as well as master’s and continuing education degrees and professional certificate programs. For more information about Assumption University, please visit www.assumption.edu.

OBITUARIES

David R. Thoren, 67



David R. Thoren, 67, formerly of Auburn, died on January 18 in Green Valley, Arizona where he made his home. David was born in Worcester in 1953, the son of Emery and Marguerite Thoren. He grew up in Auburn and graduated from Auburn High School in 1971. He was a volunteer firefighter in Auburn for several years before enlisting in the Navy.

Following graduation, he worked for a short time for the Boston & Maine Railroad. He enlisted in the Navy and had a distinguished career of nearly 30 years, serving in both the Viet Nam and Persian Gulf conflicts. His

last two and a half years were aboard the aircraft carrier Carl Vinson. After retiring from the Navy, he worked as an independent long-haul trucker and later as a dispatcher for Allied Van Lines.

David was predeceased by his parents. He leaves his wife Kimble of Green Valley, Arizona, and stepchildren Robbie and Tabitha. He also leaves four brothers, Emery (Wendy) of Raymond, Maine, Bernard of Gill, Donald (Janet) of Charlton, and Bruce (Laurie) of Bluffton, South Carolina, as well as several nieces and nephews.

Due to the pandemic, funeral arrangements were delayed for several weeks, and a small private viewing was held in Arizona, followed by a military honors ceremony.



Courtesy

TRINITY CATHOLIC ACADEMY CELEBRATES TEACHER APPRECIATION WEEK

TCA students, parents and administration appreciate the dedication of their teachers and support staff. Teacher Appreciation Week offered the opportunity to share their gratitude for the valued crew. Upon arrival on Monday, May 3, TCA teachers were greeted with festively decorated school doors. This and several activities to exercise appreciation were orchestrated by the TCA Parent Teacher Organization throughout the week. A padlet web-tool enabled students to post special messages to their individual teachers and staff. More than 100 messages from the hears of TCA students were shared. On Wednesday, special pastry from “Jessica’s Bake Shop” of Our Father’s Table were delivered by the Advancement department for all to indulge. Friday, a fun cluster of candy with a gift card was placed on the desk of each teacher and support staff. It is evident, that TCA faculty are invaluable to all who benefit from their abilities and service.

Friday’s Child



Hi! My name is Jadelyn and I want to attend college and be a princess.

Jadelyn is a girl of Hispanic descent who enjoys being active. Some of her favorite activities include singing, playing on the playground and practicing her cartwheels. She is very open and willing to try new things and loves animals. Jadelyn thrives with adult attention and care, and she benefits from structure and clear expectations. She hopes to attend college when she is older and also wishes to be a princess.

Jadelyn enjoys school and was a peer mentor in her summer program. She is currently working on learning her multiplication tables.

Legally freed for adoption, Jadelyn will do well in a family of any constellation that can provide her with positive attention and support. If there are other children in the home, it would be best if they are older than Jadelyn so that they can act as a role model for her. An ideal family will help Jadelyn maintain contact with her birth parents and siblings.

Who Can Adopt?


Can you provide the guidance, love and stability that a child needs? If you’re at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples.

The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.mare-inc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



OPINION/COMMENTARY



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EDITOR

The pitfalls of ‘senioritis’

We’ve all heard the term ‘senioritis’ — perhaps even experienced a case of it ourselves — but is this diagnosis real? After some lengthy research, we say absolutely.

Senioritis is defined as, “A supposed affliction of students in their final year of high school or college, characterized by a decline in motivation or performance.” The end is near, with graduation just around the corner, and many seniors can taste freedom, but aren’t quite sure what to do with it. Even with some students heading off to college, the fear of the unknown combined with a complete change in the cadence in life is enough to make several seniors come down with a serious case of senioritis. The senioritis is a way to break away from the stress and rigors of 13 years of schooling.

Some signs of the affliction include a lack of motivation, a decline in grades, or feeling as though nothing they do in the final months leading up to graduation really matters much. Most students’ entire senior years of high school are spent trying to plan for the future, this can be daunting and stressful for these kids, who are still really, just kids. Some symptoms parents should look for include extreme laziness, apathy, spending all of their free time with friends away from home.

Unfortunately, the rapid decline in motivation does not go unseen by universities. After being accepted, many schools will look at a student’s last semester, and a substantial decrease in grades raises a red flag. This has admissions offices questioning a prospective student’s level of commitment and the question of maturity is also put on the table. If the situation is bad enough, a college or university can rescind an acceptance. Each year, thousands of students receive such letters. Sometimes a student will enter their freshman year of college already on academic probation. If a student was issued merit aid from an institution, they risk losing those funds.

There are things that can be done to help offset senioritis. One thing a student can do is to set tiny goals such as getting a B or higher on the next quiz or test, or to finish an assignment ahead of time. Working on better ways to study for tests is also crucial. Too much pressure can cause students to shut down so taking some time to relax and have fun with family and friends is a great idea.

Another idea is for parents and teachers to reassure students that life after high school is an exciting time and that not every graduate needs a definitive plan right away. Explain different opportunities for a gap year, including the pros and cons of taking one.

If your child becomes too self-destructive handing out consequences is key. Finding their currency and removing it may change their perspective and keep them on track. Remembering to reward good behavior is a must. If your child is behaving in such a way that they become emotionally removed, disobedient and disrespectful taking a gap year might be the best option as college is expensive and tuition should never go to waste. Sometimes when students see their friends off at school while they are left behind can be motivation to get back into the swing of things.

Two wooden sticks formed my world

I’ve been a percussionist since I was eight years old. For those who are unfamiliar with the term ... I’m a drummer.



POSITIVELY
SPEAKING

GARY W.
MOORE

led, guided, and influenced my professional and personal life in profoundly positive ways.

Those sticks took me on a five-week tour as a drummer for Country Star Ray Price. All along the way, I couldn’t have ever imagined where my sticks would take me next.

Through the years, I’ve performed off and on in my church with our praise and worship team, but life, health and professional travel brought me to the point where performing ended.

A few weeks ago, Pastor Matt Smith, arranged an opportunity for me to take those wooden sticks and make music one more time, and maybe for the last time. I was so rusty ... but the band pulled me along and allowed me the privilege to sit at those drums and play. I’m grateful.

What’s the point of this column? One point is to emphasize the importance of music education, which I believe is tragically undervalued within our educational system. More importantly, the point is to highlight the impact of doing what you love and finding your passion. The joy of taking those two pieces of wood into my hands and making a joyful noise, for me, is priceless. It has enriched my life in indescribable ways.

You just never know the profound impact moments in time can have. Lightning may strike at any time. You must always be open to new experiences, as you never know where they will lead.

Create a garden anywhere with straw bale gardening

Add productive garden space and raise your planting bed with straw bale gardening. This technique allows you to create a raised bed garden on the patio, lawn, or poor compacted soil. Straw bale gardening has been around for centuries, but thanks to Joel Karsten’s book “Straw Bale Gardens,” it has gained new popularity.

All you need are a few straw bales, fertilizer, a bit of compost and time to condition, plant and water your garden.

Purchase straw bales made from alfalfa, wheat, oats, rye or other cereal that have less weed seeds than hay. Start a few weeks before you plan to start planting.

Place bales in their permanent location with the cut sides up and twine parallel to the ground. When you start the conditioning process, they become very heavy and hard to move. Once the bales are in place, you are ready to start the conditioning process. This is done to start the inside of the straw bales composting, so they will support plant growth.

Day one spread fertilizer over the tip of the bale. Use one half cup of a complete garden fertilizer or three cups of an organic fertilizer, like Milorganite. The organic fertilizers feed the microorganisms that help decompose the straw into a nutrient rich planting medium. Now thoroughly moisten the bale with water.

Continue to thoroughly soak the bale every day. On days three and five you will also add more fertilizer at the same rate used on day one.

Days seven through nine use half the rate used on day one. This would be one quarter cup of a complete garden fertilizer or one and a half cups of an organic fertilizer. And once again thoroughly water the bale.

On day ten you will add one cup of 10-10-10 or three cups of an organic fertilizer rich in phosphorous and potassium. This completes the conditioning process.

Bales treated with a complete fertilizer should be ready to plant. You will likely need to wait a few more days when using an organic fertilizer. The inside of the bale should be the temperature of warm



GARDEN
MOMENTS

MELINDA
MYERS

bath water or cooler. If it is hotter than this, wait for the bale to cool a bit before planting.

Use a trowel to pry open a hole in the bale. Place the transplant in the hole and cover the roots with potting mix or compost.

Create a planting bed for seeds by covering the bale with a one- to two-inch-thick layer of planting mix. Follow the planting directions on the back of the seed packet.

Regular watering is critical for success with this method. Soaker hoses or drip irrigation make this an easier task. You can also use gallon milk jugs with holes in the bottom or inverted 2-liter soda bottles placed near the base of each plant to provide water where it is needed.

Give your straw bale garden a nutrient boost about once a month or as needed throughout the growing season.

You are on your way to growing a productive straw bale garden to enjoy throughout the season.

Melinda Myers has written more than 20 gardening books, including *The Midwest Gardener’s Handbook* and *Small Space Gardening*. She hosts *The Great Courses “How to Grow Anything”* DVD series and the nationally-syndicated *Melinda’s Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her Web site is www.melindamyers.com.



Melinda Myers

The straw bale gardening technique begins with the conditioning process which is done to start the inside of the straw bale composting, so it can support plant growth.

Are you getting the most from your 401(k)?



FINANCIAL
FOCUS

DENNIS
ANTONOPOULOS

If your employer offers a 401(k) plan, consider yourself fortunate, because a 401(k) is a great way to help build retirement savings. But are you taking full advantage of your plan?

To help ensure you are indeed maximizing the benefits of your 401(k), consider the following suggestions:

Earn your employer’s match. It’s a good idea to contribute as much as you can afford to your 401(k) plan. (In 2021, you can put in up to \$19,500, or \$26,000 if you’re 50 or older.) At least put in enough to earn your employer’s matching contribution if one is offered. If you don’t contribute enough to earn the full match, you’re short-changing yourself. For example, if your employer matches 50 percent of what you contribute, perhaps up to \$5,000, and you put in \$8,000, your employer’s 50 percent match will just be \$4,000. You’re actually leaving \$1,000 “on the table.”

Evaluate the Roth option. When you invest in a traditional 401(k), you put in pre-tax dollars, lowering your taxable income in the year you contribute. Your 401(k) earnings then accumulate tax-deferred and are taxed when you take withdrawals from your plan. But if your employer offers a Roth 401(k), you can put in after-tax dollars, so your taxable income won’t drop in the year you contribute. However, when you start taking money out, presumably when you’re retired, your withdrawals – earnings and contributions – will generally be tax-free. (Your employer’s matching contributions, and any resulting earnings, will be taxable.) If you think you’ll be in a higher tax bracket when you retire, or you want to diversify the tax treatment of your accounts to provide greater flexibility in retirement, you might want to consider the Roth option. Consult with your tax advisor before making this decision.

Build an appropriate investment mix. You may have a dozen or more investment options within your 401(k) plan. Of course, the driving investment principle in the early years of saving in your 401(k) is growth – you are counting on your plan to help fund a long retirement. But growth-oriented investments are, by nature, higher in risk than fixed-income vehicles. When you’re first starting out in your career, you may be more comfortable building a 401(k) portfolio that’s more heavily weighted toward aggressive growth vehicles, as you have many years to recover from short-term downturns. But as you approach retirement, you might consider moving your 401(k) toward a more conservative mix. You may want to work with a financial advisor to arrive at an appropriate investment mix, at various times in your life, for your given risk tolerance, time horizon and retirement goals.

Keep your plan intact. At times, you may feel a financial pinch that leads you to consider taking out loans or early withdrawals from your 401(k). If at all possible, avoid such moves – not only can they incur taxes and penalties, but they also will likely slow the growth you need to help reach your retirement savings goals. Taking steps to prepare for unexpected expenses, such as building an emergency fund containing three to six months’ worth of living expenses, can help you avoid dipping into your 401(k). You may also be able to find other ways to access cash.

Following these moves can help you strengthen your 401(k) – and position it to be a key contributor to your retirement income.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Dennis Antonopoulos, your local Edward Jones Advisor at 5 Albert St., Auburn, MA 01501 Tel: 508-832-5385 or dennis.antonopoulos@edwardjones.com.

Fluke fishing



THE GREAT
OUTDOORS
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RALPH
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This week's picture shows Captain Mel True with his fishing buddy, John Caiazi, with a nice catch of winter flounder this past week in Massachusetts! Rhode Island winter flounder fishing in most if not all of Narragansett Bay is closed because of overfishing by commercial draggers over the years. Fluke fishing in both states have very different regulations. This year, Rhode Island has decided to raise the fluke size to 19 inches, while Massachusetts has stayed at 17 inches. The 19-inch size for fluke is totally ridiculous, and will result in many dead fish for crabs to feed on. Anyone that does any amount of fishing for fluke, can tell you that there will be a lot of them that do not survive after being released. You do not need a college education to make that evaluation. Again, it is driven by politics!

This past week, I had my Lab, Twig, at the Veterinarian's for a

checkup, and was not able to go with her when the technician came to bring her in to the doctor. As I was sitting in my car with the windows rolled down, I heard a familiar sound. I looked down to see a hen turkey walking along the grassy area of the parking lot only few feet from the highway. As she walked, she was "putting," a sound female wild turkey make. I soon had three hens and a jake (one year old turkey following the vocal hen to the edge of the woods. Suddenly, a loud gobble from a tom turkey was heard as he came into view that was sporting a long beard.

It was not long before they were all in a small patch of woods alongside of the highway when the vocal hen darted across the highway, nearly being hit by a car. I knew this was not going to end well. As the vocal hen called to the rest of the flock, the Jake bird and hen attempted to cross the road also. One made it across the road by running, but the second bird took flight and nearly crashed through the window of a small car. I watched the Tom bird in the woods as he seemed to be wondering were all his flock had gone. His neck was stretched high,



as he stood motionless in the woods. Suddenly, he headed for the road to cross over. The Tom bird and the hen were the last to attempt a crossing to the other side of the road.

The Tom turkey quickly ran across the road safely, but the hen turkey was a bit slower crashing into the side of a car. The driver never touched his brakes, or even slowed down after the collision. The big bird lay motionless on the side of

the road, and not a single car slowed, as the turkey's feathers were blowing across the road. Not all collisions with wildlife are preventable, but many are. Drivers need to give wildlife a break. The driver not only killed the hen, but also another flock of young turkeys. There will be a lot of activity with wildlife crossing roads at this time of year. Whitetail deer will be having their young, as well as many



Courtesy
Captain Mel True of "FISHNET" Charters with a nice catch of winter flounder this past Saturday while fishing with his buddy on the Cape, and John Caiazi with his prize.

other four-legged animals. Canada geese are also raising their young, as well as ducks, and often cross roads with their young broods.

A pair of Eagles continue to make their home on the Meadow Pond, Whitinsville. They were spotted by a couple of fishermen last week. One eagle was carrying home dinner (fish) when he dropped it in flight. As soon as it hit the water, the second Eagle tried to make a recovery, but failed. They sure are nice to see in the area. The Eagle restoration project started years ago by Mass. Fish & Wildlife and sure is a great success story. It mostly funded by sportsmen's monies.

Stripers are in in many areas, both on the Cape and Rhode Island waters, with some legal-size fish being caught. It is only a matter of days before the bigger fish move in. The Providence River should become active with legal size stripers by the time you read this column. Porgies were in the river last week and snagging a few to catch stripers should improve daily if the commercial Porgy boats do not take them all!

Seabass fishing opened this past Tuesday in Massachusetts!

Take a Kid Fishing & Keep Them Rods Bending!

Everyday Activities Reduce Stress

Stress is a part of daily life and common, everyday tension can take a toll on both your physical and mental health. With more than half of Americans concerned about the high levels of stress they experience in their daily lives, high anxiety is practically an epidemic in this country. While it's a fact that frayed nerves are often the price you pay for an overactive lifestyle, that doesn't mean you can't diffuse the impact. In fact, odds are your daily routine includes everyday activities that have been proven to lessen the stress factor. From petting your dog to writing in your diary, there are many simple and deliberate actions you can practice to de-stress without reaching for a pill.

**

If you drink coffee in the morning, a study by University College of London might convince you to switch to black tea. According to the study, drinking daily cups of the tea has a positive effect on stress hormone levels, which can help a person recover more quickly from everyday stresses.

The research, published in the journal Psychopharmacology, revealed found that people who drank black tea were able to de-stress more quickly than those who drank a placebo tea. Moreover, the participants (who drank black tea four times a day for six weeks) displayed lower levels of the stress hormone cortisol after experiencing a stressful event, as compared to a control group who drank the placebo tea for the same period of time.

**

Exercise is a proven method of lowering stress levels, and many people make a workout part of their daily routine. And there's good news for those who don't go to a gym on a regular basis. Research reveals a daily 20 minute walk can be as effective as a mild tranquilizer.

**

It's no surprise pets play an important role in reducing stress. What is surprising is a research study that shows pets may be better at reducing stress than a loved one! According to a report published in the September/October issue of the journal Psychosomatic Medicine, researchers examined the effects of the presence of friends, spouses and pets on the level of stress associated with certain relatively unpleasant tasks. They found that compared with human support, the presence of pets was associated with lower perceived and actual responses to stress.

**

Even if you're not artistically inclined, dabbling in some form of creative art each day can boost your stress relieving hormones. In fact, the University of California - Irvine offers a class in Art Therapy, utilizing the simple act of drawing and creating art to relieve

stress in two ways. First, creating artwork requires focus, and takes your mind off stress causing issues. When the project is done, your head is clearer (and less tense). Also, while creating art, you are engaged in the action to the point of being in a near meditative state. This results in many of the benefits of meditation and you may feel less stressed when you are done.

**

Gardening is another pastime that has been linked to lower blood pressure and reduced anxiety. An estimated 40% of Americans find that being in the presence of a garden makes them feel relaxed and calm. Retreating to a garden can renew energy, create a sense of peace, and restore well-being. The benefits of gardening, both physically and emotionally, are well-documented. Whether planning, planting, tending, or harvesting, many gardeners describe feeling this emotional "high", which promotes well-being and relieves stress symptoms. Like meditation and relaxation programs, gardening involves both physical movement and mental concentration, a combination that has been attributed to numerous health benefits. Today, a variety of garden programs are used as Horticultural Therapy to promote health and wellness.

**

Writing in a journal is therapeutic and jotting down your feelings both good and bad, can also help relieve stress. University of Texas at Austin psychologist and researcher James Pennebaker contends that regular journaling strengthens immune cells, called T-lymphocytes. Pennebaker believes that writing about stressful events helps



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calming aid. On the other hand, it is also beneficial to write out your feelings and negative emotions. According to Psych Central, journaling about anger, sadness and other painful emotions helps to release the intensity of these feelings. By doing so you will feel calmer and better able to stay in the present.

**

Here are some more stress busters:

*It's a known fact that color can alter our moods. "Cool" colors like violet, purple and green can soothe jittery nerves. Blue has shown to be the most calming color influence of all.

*Meditation can be a powerful weapon in the fight against stress, and can work to head off a panic attacks. Meditation and proper breathing can help slow the heart rate and calm nerves. A quick calming trick is to close your eyes and breathe slowly and deeply, focusing on the breaths.

*Prayer helps you focus within and can offer a calm perspective on the world. A research study showed that that college students who practiced a religion were less stressed than their non-religious counterparts. Other research suggests that those who are religious are less likely to have a stress-related mental illness.

*Listening to music can change our moods, and in fact, music can be a powerful weapon in the battle with stress and anxiety.

*Taking a deep breath and stretching often not only brings instant relief to a stressed, frazzled body, but it has been shown to lower cortisol levels, which can help reduce stress and anxiety. Deep breathing can also cause a temporary drop in blood pressure.

the day had lower average blood pressure after suffering psychological stress compared to those who did not.

*According the Calm Clinic, whole grain snacks, blueberries, peaches, almonds, and dark chocolate are all good food choices with natural calming properties. Also, foods with magnesium, vitamin B12 (and other B vitamins), zinc, and antioxidants can be beneficial for helping you deal with stress.

**

Win Dinner for Two at the Publick House

Your tips can win you a great dinner for two at the historic Publick House Historic Inn in Sturbridge! Simply send in a hint to be entered into a random drawing. One winner per month will win a fabulous three course dinner for two at the renowned restaurant, located on Route 131 across the town common in historic Sturbridge. Because I'm in the business of dispensing tips, not inventing them (although I can take credit for some), I'm counting on you readers out there to share your best helpful hints!

Please note the contest had been suspended due to COVID restrictions for seating in restaurants. It is expected to start up again in June. All entries have been collected and will be entered into an upcoming drawing.

Do you have a helpful hint or handy tip that has worked for you? Do you have a question regarding household or garden matters? If so, why not share them with readers of Stonebridge Press newspapers? Send questions and/or hints to: Take the Hint!, C/o the Southbridge Evening News, PO Box 90; Southbridge, MA 01550. Or email KDRR@aol.com. Hints are entered into a drawing for dinner for two at the historic Publick House Inn.

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Rock and roll memorabilia

It may seem hard to believe, but the Beatles made their first American appearance on the Ed Sullivan show over 60 years ago, on Feb. 9, 1964. Rock and roll's origins go back further, even prior to Bill Haley and the Comet's release of Rock around the Clock's in 1954. Rock and Roll was influenced by R & B performers of the 1940s and 1950s.

In a 1950s interview Fats Domino said, "Rock & roll is nothing but rhythm & blues," according to a Rolling Stone article. Which is the first rock and roll song is the subject of debate. Mental Floss Magazine's website lists 5 songs that might be considered the first rock and roll song:

1. "That's All Right Mama" by Arthur "Big Boy" Crudup (1946)
2. "Good Rockin' Tonight" by Wynonie Harris (1948)
3. "Rock this Joint" by Jimmy Preston and his Prestonians (1949)
4. "Saturday Night Fish Fry" by Ls Jordan & the Tympany Five (1949)
5. "Rocket 88" by Jackie Brenston and his Delta Cats (1951)

Of these songs, "Rocket 88" is considered by most to be the first rock and roll record. Ike Turner wrote the record that was recorded at Sam Phillips' Sun Records studio in Memphis. According to Mental Floss magazine, "the guitarist's amplifier had a torn speaker, and producer Sam Phillips (who a few years later, would discover Elvis) jerry-rigged it, stuffing some packing paper in the speaker cone. The unexpected result was a fuzzy sound that defined the song's raw vibe, and became a blueprint

for the guitar tone of everyone from Chuck Berry to the Rolling Stones." Later during the 1950s, Rock grew and other acts such as Elvis Presley, Sam Cooke, Chuck Berry, and Fats Domino became popular. In the 1960s Berry Gordon's Motown Record Company produced a string of hits by multiple artists. The Beatles, the Animals, and the Rolling Stones were some of the bands that came to the U.S. as part of the British Invasion during the '60s. The Vietnam War influenced many American performing artists during the 1960s, like Bob Dylan, Crosby, Stills, Nash and Young, and the Doors. The Eagles and Southern rock bands Lynyrd Skynyrd and the Allman Brothers were some of the most popular performers during the 1970s. Alternative musical acts such as the Ramones, Blondie, and the Talking Heads started to gain attention and fans. The 1980s and 1990s saw a wide range of styles from Van Halen and ZZ Top to the Red Hot Chili Peppers and the Pretenders.

There are a variety of items from throughout Rock's history that are popular with collectors. If you happen to have something exceptional like a Ringo Starr drum kit or Kurt Cobain played guitar, it could sell for millions. More common things like records and posters can still be valuable though. The First U.K. pressing of Led Zeppelin's III album sold for over \$3,300 in 2011. A rare Beatles poster for a 1966 Toronto Maple Leafs Garden performance sold for \$50,000 in 2019. Even a guitar pick



can be valuable. An Eddie Van Halen Ed Leffler guitar pick recently sold for \$1000 online after striking a chord with bidders.

Our next multi-estate online auction will begin soon and end in June. Our sports and non-sports cards auction will also be running online soon. More auctions are being planned. See our

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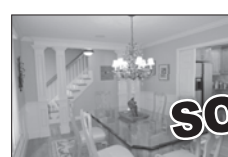
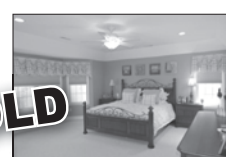
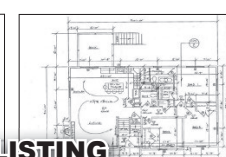
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SKILLSUSA

continued from page A1

from judging was that I was able to reflect upon and test my own knowledge on certain skills before I tested the student competitors.”

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continued from page A1

one Nichols will never forget.

“Well, COVID, thanks to you, the whole world will remember our class. Our graduating class will always be famous. We will be remembered as the class that lost their graduation, sports, memories, where the whole world felt our pain. Pretty cool though that our graduating class will be taught now as history, will be referred to as ‘It could be worse, when I was in school, I lost my senior year,’” Ward said comically. “Where I am today, honestly, would not have happened without COVID. We might have not realized in the past four years, but Nichols has actually prepared us

to succeed in a situation like this. During COVID, I was able to secure a full-time job, move into my own apartment and still be so involved with Nichols College. I know for a fact all my classmates are killing it in life through social media and those LinkedIn updates.”

Both classes hosted the same guest speaker at their ceremonies, Henry M. Thomas, III, the President and CEO of the Urban League of Springfield. In his speech, Thomas implored both classes to charge forward towards achieving their goals and to not let the fear of failure stand in their way.

“My advice to you is fundamental: whatever your aspirational dreams are, you should set your sight for it, go out and fight for it,

use all you might for it. You can do it. Don’t let anyone convince you that you can’t,” Thomas said. “It was because of your will to succeed that you have accomplished and learned so much at Nichols College. I’m thinking about all that studying and those presentations you delivered, which has been so beneficial to your preparation and achievement to date. Further, your accomplishments will propel you to greater heights and longer distances. You also arrived at this station through the blood, sweat, tears and fears of a global pandemic. Yes, notwithstanding, you made it through the gauntlet. Now you can be confident that you are good enough, strong enough, smart enough, and bold enough to live

your dream. Don’t let anybody convince you that you can’t reach the place that your North Star leads you.”

The ceremonies also served as the last for retiring President Susan Engelkemeyer who will be departing this summer setting the stage for a changing of the guard in many ways as a new class

enters in the fall, new seniors prepare for the 2022 ceremony and new leadership takes effect to bring Nichols College into the future.

1. Ferryton Kpalie of Burlington, N.J. poses with his mom in a pre-graduation photo.

2. Rachel Forte of Douglas celebrates her

graduation with her father, Doug.

3. Ketnote speaker Henry M. Thomas, III accepts an honorary degree from Nichols before his speech.

4. Class of 2021 Valedictorian Taylor Ward addresses his fellow students.

WALK

continued from page A1

takes money to conduct research, I am healthy and am happy to play a small part,” Zeveska said of her participation in the event.

Even the COVID-19 pandemic couldn’t stop her from taking part as she continued her yearly commitment through a virtual walk adding the cemetery where Barbara was buried to her route to honor her memory.

“Last year, I walked alone; there was no support along the way cheering the walkers on like there was in prior years. It’s very emotional to see so many people out there, walking for a cure. I am determined to walk each year as long as I am able.

The walk this year will also be our way, like last year. The research needs to continue, cancer has not taken a day off,” she said.

Zeveska’s fundraising efforts go beyond her contributions to the walk. When she’s not preparing for the event, she is knitting and crocheting items that she sells through her Facebook page Jamie Zeveska Handiwork to benefit the cause.

“I wanted to raise more money, so in 2019, I decided to make items to sell at a craft fair in Charlton on Labor Day. Covid made that impossible for 2020. I typically work on something every morning with my coffee and again in the evening. I thought it may be easier to obtain donations if the person

were able to purchase something. I started the Facebook page to attempt selling my items and was able to sell various products before fundraising ended last year. I’ve sold many other items this year and it appears Old Home Day will take place on Labor Day. I’ve had many supporters that continue to donate year after year, which is wonderful, I appreciate every one of them. Every penny counts and add up,” Zeveska said.

Those wishing to support Jamie Zeveska’s fundraising effort can visit danafarber.jimmyfund.org/goto/jamiezeveska2021 to donate. As of this report the donation page had recorded \$2,568 in donations with a \$3,000 goal.



Ketnote speaker Henry M. Thomas, III accepts an honorary degree from Nichols before his speech.



Ferryton Kpalie of Burlington, N.J. poses with his mom in a pre-graduation photo.



Rachel Forte of Douglas celebrates her graduation with her father, Doug.



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Outreach Coordinator Town of Charlton

The Outreach Coordinator performs professional and administrative work in communicating programs and services with the Town's senior population. This is a 37.5 hour per week benefited position. High School Diploma with some additional coursework in Social Work, Human Services or Health Service required along with at least 1 year of working with the elderly; or any equivalent combination of education and experience. Please see job description for complete list of qualifications and responsibilities. Salary range: \$20.61/hr – \$24.93/hr depending on qualifications. Please apply online at <https://www.townofcharlton.net/158/Human-Resources> no later than **May 27, 2021.**

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TOWN OF SPENCER SEWER DEPARTMENT

Assistant Chief Operator Sewer Department: Assist in the operation and maintenance of a Municipal Sewer System including Laboratory analyses, equipment maintenance, scheduled weekend rotation, collections system maintenance, respond to emergency calls, record keeping, and filing. The position requires a high school diploma or general education degree (GED), and/or three to five years of related experience working in wastewater treatment plants with three years of experience performing equipment and plant maintenance, or an equivalent combination of education and experience. Grade 4 Municipal Wastewater Treatment Plant Operator's License is required with the ability to obtain a Grade 5C within a time period set by Sewer Commissioners and Superintendent.

Submit application letter, resume and standard Town application form, available at www.spencerma.gov to Town of Spencer, Human Resources Department, 157 Main Street, Spencer, MA 01562. Open until filled. Reviews begin immediately. Subject to Union Rules and Regulations.

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TOWN OF SPENCER SEWER DEPARTMENT

Laborer Sewer Department: Assist in the operation and maintenance of a Municipal Sewer System duties including but not limited to, equipment and collections system maintenance, operate filter press, operate sludge disposal process, respond to emergency calls, pump station inspection, grounds keeping and snow removal, record keeping, and filing. The position requires a high school diploma or general education degree (GED), and/or one to three years of related experience working in wastewater treatment plants with three years of experience performing equipment and plant maintenance, or an equivalent combination of education and experience. Opportunity for advancement to Assistant Chief Operator with ability to obtain a Grade 5 Municipal Wastewater Treatment Plant Operator's License within a time period set by Sewer Commissioners and Superintendent.

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HR Generalist – Full-Time Town of Charlton

The HR Generalist performs responsible and complex administrative work assisting the Human Resource Director with the overall responsibilities of the department. Responsibilities include scheduling interviews, performing reference checks, onboarding, scheduling trainings, maintaining employee files and database, payroll processing as well as many other duties. Familiarity with unions and FLSA standards a plus. Must have strong attention to detail. Bachelor's Degree in related field; at least 5 years of related work experience preferred, or any equivalent combination of education and experience. Please see job description for complete list of qualifications and responsibilities. Salary range: \$22.59/hr – \$24.93/hr depending on qualifications. Please apply online at <https://www.townofcharlton.net/158/Human-Resources> no later than **May 25, 2021.**

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Treasurer/Collector Town of Charlton

The Full-time Treasurer/Collector provides high-level financial, administrative and technical work involving the receipt of money and the collection of all taxes due to the town. Bachelor's degree in accounting, finance or related field; a minimum of five years' experience in a municipal supervisory position; or any equivalent combination of education and experience. Massachusetts certification as Treasurer and Tax Collector preferred, but not required. Ability to become bonded. Please see job description for complete list of qualifications and responsibilities. Salary range: \$36.39 – \$40.17 hourly depending on qualifications. Please apply online at <https://www.townofcharlton.net/158/Human-Resources> no later than **May 27, 2021.**

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Job descriptions and applications are available for pick up at the
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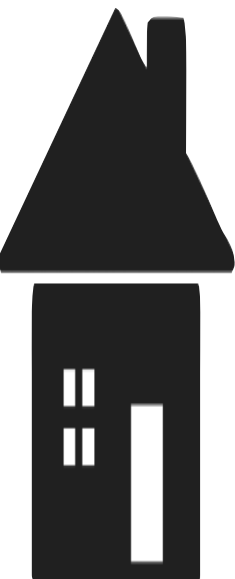
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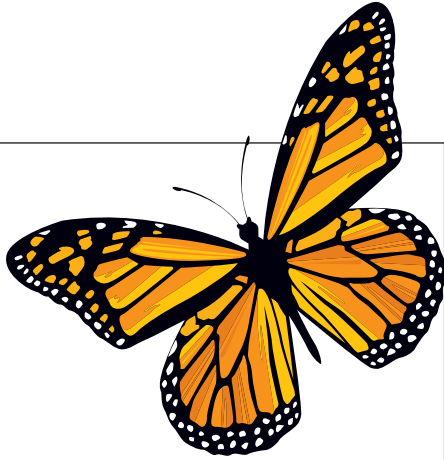
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