

**SCHOLARSHIP ESTABLISHED**

“The Dave Vigneault Political Scholarship is intended to pay tribute to his long time commitment to public service, and his belief in encouraging all young people to become involved in the political process.”

By Paul Caron – 5

...IF A MAN IS WORTH MODELING

“A man to model is one who owns up to his mistakes and lays claim to who he is not. A man to model is one who looks out for his children, not because he must but because he wants to, knowing that it’s an honor bestowed upon him to be a father.”

By Patricia Spradley – 6

IF A MAN IS WORTH MODELING

“A man to model is one who knows his tools and how and when to use them. It’s not because he must. It’s because he can.”

By Patricia Spradley – 6

FATHERHOOD...

“...we cannot underestimate the unique contributions that a father brings to the life of a child. The positive self-esteem of our children will be driven by our love.”

By Nicole Blais – 7

PROSTATE CANCER

“African-American men are 2.5 times more likely to die from prostate cancer than men of other races. Please join MOCHA in taking action to eliminate this cancer health disparity.”

MOCHA – 12

FORGIVE THE MISTAKES...

“Thank you, men and families, for having the courage to participate in the Nurturing Fathers program. I know at times it wasn’t easy but you committed to do your personal work to better yourselves as men and fathers.”

By Stephanie A. Barry – 16

DR. CATO LAURENCIN ELECTRIFIES...

“Imagine hearing from a man who once walked across the stage from Harvard School of Medicine one week to pick up his medical degree, and only a week later, do the same at Massachusetts Institute of Technology where he earned his PhD in Biochemical Engineering and Biotechnology! It’s mindboggling to just write about it!”

By Dwight Bachman – 22

SALUTE

“To our precious and beautiful men, you have the power to build a strong community. To love us and teach us and protect us. To father and raise a next generation of men who will follow your footsteps. What a massive responsibility for those of you who are doing it right.”

By Beverly Guerrero-Porter – 29

HAPPY FATHER’S DAY!**A TRIBUTE TO MY FATHER**

By Marcus Stimage-Norwood



Rev. Morris Stimage-Norwood
3/14/1953 – 2/9/2019

A champion can be defined as a person who fights or defends a person or cause—a fighter, a warrior. Character is often described as moral or ethical qualities of honesty, courage, integrity, and the like. A person who was an embodiment of those definitions since before I came into being was not only a champion, but a hero. He was my father, Rev. Morris Stimage-Norwood.

One of my father’s favorite sayings to me was “Stay Strong Black.” I believe that saying, that belief, that part of my father’s identity that he tried so hard to impart to those around him, started from very painful beginnings. Growing up on the west side of Chicago was difficult at best. Among gang violence and drugs, racism and classism, poverty, hunger and strife, this core value and life lesson was learned. He learned at an early age that he would experience all manner of difficulty, just and unjust, and that in order to endure he would need to ‘Stay Strong.’

As a child, I can recall that I didn’t know what the phrase “Stay Strong Black” meant. Should I do some push-ups? Okay Dad! But as I got older, I started to understand that he was not talking about physical strength, but indeed trying to impart

in his first-born son a mental toughness that he was sure I would need. As I moved into my adult years, I was blessed to START to understand that this was more than just a mental toughness, but a character trait that he wanted to instill in me. A trait that as a man (and especially as a young, black man living in a world that has given our youth slim odds), I would surely need.

I can recall that as a young man bound for college, one summer my father recruited me and my younger brothers (among others) to help in renovating an old, dusty school building that would become the sanctuary of worship and a hub of community service in the Indian Orchard community of Springfield that it is today at 1323 Worcester Street. I thought it would cramp my style. But what I didn’t realize was that it WAS

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**LEGAL MARIJUANA:
GOOD FOR WHO?**

By Frederick A. Hurst

I certainly approved of the legalization of marijuana because I thought it was silly to stigmatize so many users and street sellers with legal jeopardy for something so universally accepted as harmless. Yeah, I know the anti-logic of marijuana being a gateway drug, but

the same can be said of alcohol, which is even more widely accepted while being arguably far more harmful. But I am now concerned that legalization in Massachusetts is taking a bizarre direction that will benefit the wealthy business community. *continues to page 24*



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EDUCATION

CONGRATULATIONS

Willie Ross School for the Deaf Students Participate in International Creative Writing Competition. Featured in Published Book



Left photo: Luis Ortiz, a Willie Ross School for the Deaf student whose submission to the Young Writers' "Stranger Sagas" creative writing competition was chosen to be published in a book, poses with his award, along with Laurie Brown, Assistant Education Director at Willie Ross School for the Deaf.

Right photo: WRSD students Luis Ortiz and Milly Gonzalez, who were recognized for their participation in Young Writers' creative writing contest.

LONGMEADOW, MA –Willie Ross School for the Deaf (WRSD) students Luis Ortiz and Milly Gonzalez, both 11 years old, were recently recognized for their participation in an international creative writing contest for middle and high school students, "Stranger Sagas." Ortiz's story, titled "Paranormal," was chosen as one of the stories out of 13,500 total submissions to be published in the book, "Stranger Sagas – Legends from Massachusetts," which was released in late March and housed in the Library of Congress in Washington DC.

The "Stranger Sagas" creative writing contest was sponsored by Young Writers, an international organization that originated in England aimed at encouraging an enjoyment of creative writing in the classroom. Young Writers USA is headquartered in Peabody, Massachusetts.

The criteria for the contest were to submit imaginative, scary stories that could not exceed 100 words. Prizes included an Apple iPad and trophy

for first place and a \$50 Amazon gift card for the runner-up.

Copies of the published book, "Stranger Sagas – Legends from Massachusetts" is available for purchase. WRSD is listed in the book as a participating school. Please contact WRSD for more information at (413) 567-0374.

Throughout the year, Young Writers organizes poetry and creative competitions through schools, provides free resources to teachers, and conducts workshops for young writers. For more information, visit <https://youngwritersusa.com/>.

Willie Ross School for the Deaf provides a comprehensive educational program stressing academic excellence that focuses on the development of students' intellectual, social, and emotional growth from the early childhood level through high school. Willie Ross serves students at its main campus in Longmeadow and at its partnership campus located in the East Longmeadow Public Schools. Mainstreaming opportunities are provided at the partnership campus. ■

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AF-AM NEWS bits

By Frederick A. Hurst

SETTING THE RECORD STRAIGHT

Just for the record, Springfield's Mayor Domenic Sarno certainly did act as prosecutor, judge and jury when it came to the Aquarius Night Club on State Street in Springfield. In fact, he held the club management to a standard that no club could meet when he prematurely condemned the club for acts over which it could not possibly control...acts that occurred well after the club had closed and well away from the club's property. The mayor's inherent bigotry was on full display as he fulminated, before any due process had determined anything, against a Puerto Rican-owned-club that has a distinguished history. Springfield law department Attorney Alesia Days missed the point when she made a public issue out of the fact that she was a "Black woman" and would handle the case objectively after the mayor referred it to her for further review. It didn't take a lawyer to understand that the damage had already been done by a petulant mayor who has a history of passing judgment with little thought on people who he thinks he can push around. Well, because of an active city council, he met his match on this one while compelling Attorney Days to run block for him. In doing so, she became his second victim.

SETTING THE RECORD STRAIGHT

I recently responded to a question posed to me on New England Public Radio about the financial dealings of our Congressman Richard E. Neal. I had just read a damning article in *The Boston Globe* (May 2, 2019) that detailed how deeply involved the Congressman is in the *pay-for-play* game that is so common in our politics. So I was well prepared to respond with the truth as I knew it. And my response of our locally-protected Congressman was much less than complimentary. I was surprised by the breadth of the response to my comments, some good, some not so good. I have since gained first-hand infor-

mation that other articles detailing Neal's financial exploits have been sent by the author, David Daley, to other newspapers including *The Republican* and the *Daily Hampshire Gazette*. I didn't know David Daley from Adam before the *Globe* article. But I have since had an opportunity to perform a web search on him. He is an impressive, nationally recognized Massachusetts journalist/activist who wrote a great book titled Rat F**cked, Why Your Vote Doesn't Count. And he has another book that is on its way to press. I have since met David Daley and was impressed by the breadth and depth of his knowledge about the systemic corruption that has left voters out of the democratic process and by his activism directed at turning things around with the help of folks like Chicago's Jesse Jackson. Local scutbutt has it that Daley is contemplating a run against Neal and that the Neal machine is reacting with some angst. I don't know if it's true or not. But if Daley's message ever reaches down to the average voter, Neal could be in serious trouble. It is notable that *The Republican* has not printed a single article sent to it by Daley or any part of one. That may shield Neal for a while, but in my discussion with Daley, he made it clear that he is well versed in the superior power of social media.

POT ANGST

I had a meeting with one of the applicants for a marijuana license in Springfield. I was contacted by their local consultant who wanted to introduce his client to the general public through promotional news releases which we had received but never acted upon for several reasons. I explained the most important reason to them at the meeting which was that I didn't know who they were and nor would my readers know. And I made it clear that I was not prepared to publish promotional material but that I would be willing to publish biographical material that gave readers an understanding of who the marijuana applicant was. I wanted to know

where they came from, where they currently conducted business, who the principals were and other information that would give me the basis for informing our readers. It is the type of general information we would publish from any one of the many applicants if they provided it because, in spite of all the talk about the legalization process, we still don't know enough about the applicants to embrace anybody. But my discussion with this one applicant motivated me to research and raise the issue that concerned me most, which is that it appears that the people who are going to be enriched by the Massachusetts marijuana laws are primarily "rich", White and, for the most part, from out of town. I am not against rich people or White people or people from out of town. But any combination of the three raises some serious issues that my front page article elaborates on and that have left me seriously concerned that this entire legalization process has taken a wrong and bizarre turn.

NANCY PELOSI IS ABSOLUTELY CORRECT

When I was young, every battle seemed worth fighting. If it started, I was in it. But as I got older, and the scars started piling up, a better way occurred to me. Somewhere along the way it occurred to me that only three types of battles were worth a fight: those that left no other alternative and those that had a reasonable probability of victory and were worth the effort. And once in a while, I would fight worthy battles that had no possibility of victory but would send an important message that could not otherwise be sent. By the time my lesson was well learned, the first and third types became extremely rare for the simple reason that for the first, not many people would risk forcing a seasoned warrior into a corner and for the third, age tempered my idealism. That's what I like about Nancy Pelosi. She is a seasoned enough warrior to know that there are alternatives to an impeachment fight and will not allow Trump to railroad the Congress into one as though it had no better choices. And the message has already been sent that Trump is bad for the country. So impeaching him to send a message

may make some idealists feel good but it would be counterproductive since, under the present circumstances, the Senate will not convict Trump and the intended message will surely be distorted in Trump's favor. Pelosi is doing the right thing, the same thing any effective warrior would do. She is encouraging patience of her troops, urging them to lay the foundation for a likely victory by bidding their time while examining the wealth of information that will eventually result in the inevitable national consensus – including Republicans – and that will eventually lead to Trump's impeachment or his defeat in the 2020 elections.

JOE BIDEN FOR PRESIDENT

I must be getting old. I want peace... and the certain preservation of our Constitutional powers as intended by its framers, which means, of course, that I want to know that Trump will be defeated in the 2020 elections even if it means the election of an amiable octogenarian centrist who is old enough to be former president John Kennedy's grandfather.

TRUMP IS NOT AN ABERRATION

I always like to see some of the more controversial of my writings confirmed by journalists who write for the larger mainstream newspapers. Molly Roberts wrote: "Trump didn't come out of nowhere.... He's just shouting out loud what has always been the quiet part of modern Republican racism, cast in terms of keeping communities safe or protecting the integrity of the vote." (*The Washington Post* as reprinted in *The Republican*, April 28, 2019)

UNITED WE STAND

S. I. Rosenbaum wrote in the *Boston Sunday Globe* (March 3, 2019): "A rising tide of racism drowns us all. White supremacist fears of a majority-minority nation don't target any one group alone – they are interconnected, as we saw when anti-immigrant xenophobia fueled the killings of Jews in Pittsburgh....If Jews are going to survive the future,

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FEATURE ARTICLES



I Found Light Against All Odds held their 3rd Annual Scholarship Fundraiser Scramble Golf Tournament on Saturday May 18, 2019 at

Westover Golf Course. There were approximately 100 participants in this year's event. The monies raised at the tournament will go towards funds

I Found Light Against All Odds

By Stefan B. Davis, CEO/President



Stefan B. Davis

that award scholarships for the 2019-2020 school year. The recipients of the scholarships are former at-risk high school seniors from high schools in surrounding cities and towns, who have overcome the darkness in their lives, finding light in education and are headed to college.

On Sunday, May 19th, I Found Light Against All Odds held their Scholarship and Awards Ceremony at the Naismith Memorial Basketball Hall of Fame in their theater room.

Springfield City Council President Justin Hurst was the keynote speaker for this special event. A total of four scholarships and ten awards were given out during the ceremony.

I Found Light Against All Odds is a non-profit organization dedicated to helping today's youth address social, emotional and economic issues that they are experiencing in their lives. We are a resource to those who are going through difficult times and

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Dave Vigneault

A \$1,000 Annual Scholarship to help encourage young political activists has been established to honor the memory of former State Representative Dave Vigneault, who died from pancreatic cancer on February 13, 2019.

Vigneault, who served as a Springfield State Representative from 1961 -1972, first won elected office while a Sophomore, majoring in Political Science at UMass. Vigneault was known for his lifelong commitment to political activism and Social Justice.

"The **Dave Vigneault Political Scholarship** (DVPS) is intended to

Scholarship Established in Memory of Dave Vigneault - Longtime Political Activist

pay tribute to his longtime commitment to public service, and his belief in encouraging all young people to become involved in the political process," said former State Representative Paul Caron who benefited from Vigneault's sage advice and who is spearheading the creation of the Scholarship Fund.

In 1965, Vigneault was arrested in Mississippi after joining the Freedom Riders and traveling South to help register black voters. Arrested at the point of a shotgun, Vigneault was jailed by members of the Nashoba County Sheriff's Department on charges of disturbing the peace, and refusing to obey a police officer.

Ironically, the man who arrested him was Deputy Sheriff Cecil Price, one of 18 people who had been arrested and charged in the slaying of three civil rights workers in Mississippi the previous year. Felony charges against all 18, which included members of the Nashoba County Sheriff's Department, were dropped.

While putting Dave in the jail cell, Deputy Sheriff Price was over-

heard saying, "We'll take care of this guy by letting him out at 11 o'clock tonight, and let the 'night riders' take care of him." Deputy Sheriff Cecil Price was a member of the White Knights of the Ku Klux Klan, and was the inspiration for the 1988 movie "Mississippi Burning".

The **Dave Vigneault Political Scholarship** is intended to encourage Springfield high school students that are seeking to pursue college studies in history and/or political science and careers in public service.

"Dave spent his life involved in the political process and always gave of his time in mentoring the next generation of political leaders," said Caron. Two of his protégés, Springfield City Councilor Jesse Lederman and Victor Davila, President of the Forest Park Civic Association, have been asked to serve on the Scholarship Committee which will review essays submitted as part of the Scholarship application process. The 2019 Scholarship Award recipient will be named by July 1st. **Interested students should inquire about the ap-**

plications at their school principal's office.

Applicants applying for the DVPS must be Springfield high school students who aspire to pursue careers in public service. Applicants must submit an essay on "*the importance of young people getting involved in the political process.*" **Applications are due on June 15th** and will be judged by the eight-member Dave Vigneault Scholarship Review Committee comprised of the following individuals:

- Former State Representative Paul Caron
- Tony Cignoli, Springfield area Political Consultant
- Karen Hart and Mary Moge, daughters of Dave's longtime family friend and life's partner, Karel Welch
- Springfield City Councilor Jesse Lederman
- Victor Davila, President of the Forest Park Civic Association
- Hampden County Sheriff Nick Cocchi
- Brian Vigneault (Dave's nephew)

EDUCATION

PARENTS & COMMUNITY



Patricia Spradley is Chief Administrator for Parent and Community Engagement, Springfield Public Schools (413) 787-6597

Have you ever thought about whether you possess characteristics that someone would want to imitate? Some may think they want to be their own person. And there's nothing wrong with that. However, having a model can be helpful in many areas of life.

Instead of emulating someone because of their accomplishments, it seems wiser to model them for *who* they are. Before deciding who you want to follow, establish if they possess qualities and characteristics worthy of being followed. Do they have the morals, values and integrity that matter to you? What are your criteria? After all, if you want to be a man to whom others are attracted, standards

should matter.

Speaking from a woman's perspective and one who has a man worthy of modeling, I like a man who looks out for those around him, be it a woman, family member, friend or stranger: a protector. And a man who cooks well is golden! A man who fixes things, whether he's done it before or not, is much appreciated. There's something to be said for a man who doesn't point out that he did the dishes, but just does them. A man who always opens the door, without thinking about it, let's you know that some things just shouldn't change! A man who can apologize, even if sometimes it's just to put an end to the bickering, gets major brownie points in my book.

What Determines If A Man Is Worth Modeling?

By Patricia Spradley

A man to model is one who owns up to his mistakes and lays claim to who he is, who he was and especially who he is not. A man to model is one who looks out for his children, not because he must but because he wants to, knowing that it's an honor bestowed upon him to be a father.

A man to model is one who welcomes the coming of age. He finds it liberating. It allows him to exercise his acquired wisdom. It prepares and teaches him when it might be time to step aside. And while that might not always be easy, he realizes the necessity of paving the way for the next generation.

A man to model is one who knows his tools and how and when to use them. It's not because he must. It's

because he can. A man to model is one who doesn't pretend to know everything and likes what other men know. He has vision and is constantly looking to gain insight. This serves him from many perspectives. I'm unsure if this is taught or not.

A man to model is one who avoids making assumptions, questions his own beliefs, and is willing to change them when they are challenged and he can no longer justify them.

It is my sincere hope that when you are looking for the model to follow, that he is a man of strong character, one with morals, dignity, humility and integrity, because that man is a blessing!

HAPPY FATHER'S DAY!

READING TO SUCCEED

#makememories, Dads!

By Sally Fuller

Happy Father's Day! Here's to the Dads, Grandfathers, Uncles and Brothers in children's lives! Remember, Dad, reading aloud to a child, beginning at birth, is the single most important thing a parent or family member can do to help their child prepare for reading and learning.

Here are some great books for and about Dads to read aloud together:

Papa, Please Get the Moon for Me
by Eric Carle, Illustrated by Eric Carle

Dad's Dinosaur Day
by Diane Dawson Hearn, Illustrated by Diane Dawson Hearn

The Daddy Book
by Todd Parr

In Daddy's Arms I Am Tall
by Various, Illustrated by Javaka Steptoe

Daddy Is a Doodlebug
by Bruce Degen, Illustrated by Bruce Degen

Daddy Will Be There

by Lois G. Grambling, Illustrated by Walter Gaffney-Kessell

I Love My Daddy Because

by Laurel Porter-Gaylord, Illustrated by Ashley Wolff

Just the Two of Us (Series: Scholastic Bookshelf)
by Will Smith, Illustrated by Kadir Nelson

Kevin and His Dad

by Irene Smalls, Illustrated by Michael Hays

My Daddy and Me

by Amy E. Sklansky, Illustrated by Ard Hoyt

Owl Moon

by Jane Yolen, Illustrated by John Schoenherr

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Sally Fuller, retired community lead for Reading Success by 4th Grade, still committed!



EDUCATION

EARLY EDUCATION & CARE



Nicole Blais is Director of Community Engagement HCS Head Start, Inc. blainsn@headstart.org

Euwal Henry is the Transportation Coordinator for HCS Head Start. He is a husband, a pastor, a friend, a son, and, most importantly, a father. Eleven years ago his life changed as he and his wife welcomed their miracle baby, a son, on New Year's Eve: a new baby and a new beginning were in store for the Henry family.

Before Euwal began his Head Start career, he worked at Dunbar Community Center in the middle of Mason Square as a Recreation Counselor. A graduate of Springfield Technical Community College with a degree in Accounting, Mr. Henry thought he would be counting money, not children, but he clearly had a passion for working with children long before he became a father and made the decision to devote his livelihood to the betterment of our young people. As a mentor, pastor, Godfather,



Mr. Euwal Henry-Transportation Coordinator for HCS Head Start, Inc.

and father, Euwal contemplates his approach to this work and feels compelled to sit with young people and listen to their troubles and their dreams and to help them see what he sees—their capacity for greatness.

While he was working as a

Fatherhood: A Great Responsibility



By Nicole Blais

recreation counselor, an opportunity came along in the transportation department and Euwal acquired his commercial driver's license (CDL) and began to coordinate transportation for the community center. This is what led him to accept a position with Head Start 11 years ago.

When we talk about his role of father, Euwal's face beams and you can immediately sense the joy and love he has for his son. Euwal became a father at the age of 35 and as he was preparing for fatherhood, he took the experience he had with his eight Godchildren, reflected on his upbringing, and made the conscious effort to be "teachable". I asked him what advice he would be give a new dad: "Be teachable, learn to be taught, and be a father of understanding."

Euwal considers himself to be a hands-on dad and he and his son Elijah have a very tight bond. Elijah loves basketball and his favorite sub-

ject in school is Spanish. It's a different relationship from that which he had with his father and Euwal thinks about fatherhood from the perspective of culture. The father that provides, is distant, the disciplinarian—loves his family but does not express it verbally—versus the father of today that changes diapers, says I love you, and communicates feelings. Euwal is insightful about what it means to be a father and shares that, "You don't have to be an old bearded man to be a father; it takes a shift in responsibility, heart and an entire village. There is a natural instinct that tells you that your responsibility is going to change because there is a new life in your hands."

At the close of our conversation, Euwal says that we cannot underestimate the unique contributions that a father brings to the life of a child. The positive self-esteem of our children will be driven by our love. On that note, Happy Father's Day to all the fathers and father-figures out there! ■

READING TO SUCCEED

#makememories, Dads!

continued from page 6

What Dads Can't Do

by Douglas Wood, Illustrated by Doug Cushman

When I Grow Up

by Leonid Gore, Illustrated by Leonid Gore

Mighty Dads

by Joan Holub, Illustrated by James Dean

A Perfect Father's Day

by Eve Bunting, Illustrated by Susan Meddaugh

Mighty Dads

by Joan Holub, Illustrated by James Dean

Clifford's Day with Dad

by Norman Bridwell, Illustrated by Norman Bridwell

Hey, Daddy!: Animal Fathers And Their Babies

by Mary Batten, Illustrated by Higgins Bond

Just My Dad and Me

by Leah Komaiko, Illustrated by Jeffrey Greene

Mister Seahorse

by Eric Carle Illustrated by Eric Carle

Night Shift Daddy

by Eileen Spinelli, Illustrated by Melissa Iwai

Just Me and My Dad

by Mercer Mayer, Illustrated by Mercer Mayer

Froggy's Day with Dad

by Jonathan London, Illustrated by Frank Remkiewicz

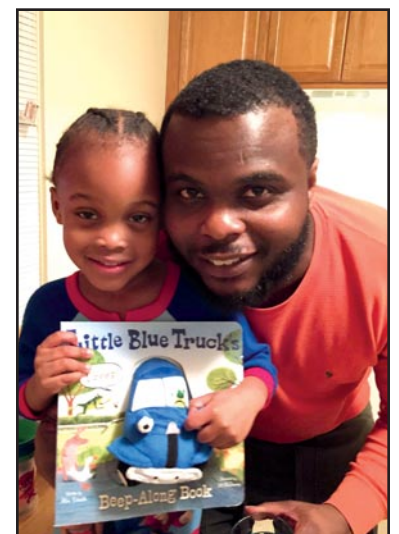
My Dad

by Anthony Browne, Illustrated by Anthony Browne

My Daddy Snores

by Nancy Rothstein, Illustrated by Stephen Gilpin

Head on over to the library and pick up some books and #makememories, Dads! Post a photo of you reading to your child (for public view) with #413reads to the Reading Success by 4th Grade Facebook page or Instagram (ready4thgrade) and you will be entered to win a \$50 Pride Stores gift card.



EDUCATION

EDUCATION & HOPE



Gianna Allentuck is a Mother, Educator, and Community Volunteer. To connect with Gianna regarding Education and Hope topics discussed herein, please contact her at gallentuck@aol.com.

As I am writing this, my husband Lee of twenty-two years is sitting beside me updating my *Gianna Allentuck for Longmeadow School Committee* Facebook page. Neither of us is Facebook savvy, so the hours spent creating and updating this page are especially appreciated.

And typical...

From the first day we met almost twenty-five years ago, Lee has been thoughtful and supportive – always wanting to help me or others. Though back then he had a sarcastic wit to which I normally am not attracted, I could sense something within Lee that drew me in.

And I was right...

Friends at first, we officially started dating in October 1994. Ours was not a whirlwind courtship – with him working two jobs and playing soccer at least two nights a week and me with my job and internship and also playing soccer two nights a week and on weekends. But we loved spending time together hanging and laughing with our friends and soccer buddies. Our friendship deepened and our love blossomed. Life was good.

And then came December 8, 1996...

Lee and I had gotten engaged months before in July and had moved in together shortly after that. So on December 8, we were snuggling on the couch watching TV when my heart and chest felt like it was being squeezed to the point of explosion. No matter the position I switched my body to, the pain would rip through my whole body – leaving me breathless. Panicked, both of us at once declared *we need to go to the ER*.

Once there, doctors discovered a softball-size tumor in my chest –

No Ifs, Ands, or Buts...

By Gianna Allentuck

squishing my heart and lungs. Compromising them; debilitating me. Emergency surgery was warranted.

And off we went...

Following surgery, chemo, life-threatening infections and complications, subsequent procedures, and lots of love and wackiness in between, Lee and I were ready to be married. August 23, 1997 was a cloudy, warm day filled with promises of love, togetherness and hope.

And then came babies...

As soon as Lee found out I was pregnant with Sontino and then with Cecelia, he was an instant father and so in love. He researched all good things for baby Allentuck in the womb and all ways to support me as the expecting mother. His energy and spirit always positive – even in the face of drudging morning sickness and mounting nerves. He was never rattled; and once the babies were born, he was a pro. Changing diapers, giving baths, swaddling, feeding, soothing, and loving. Simply loving. With our healthy, happy family, life was precious.

And then came tragedy...

My father had a massive stroke, requiring us to move home to Massachusetts. While there, my brother was diagnosed with cancer. Both illnesses devastating. But Lee was our rock. Flying back and forth to Virginia for his job, caring for our family, and supporting my parents and brother for those first few years should have left Lee exhausted and depleted. On the contrary, he was fiercely determined to keep our – especially my – hearts afloat.

And there was hope...

The years and jobs have come and gone, but Lee's focus remains steadfast – his family. We always come first. He is a master scheduler, cook, coach, launderer, chauffeur, cheerleader, shopper, teacher, entertainer,

shoulder, advocate, leader, partner and inspiration. Simply an inspiration. He models and encourages creativity and hard work; and wants me and our children to be independent and confident and moved to change the world.

And he has achieved this...

With Lee's constant support, Sontino is Cadet Commander of his Civil Air Patrol squadron, a Second Degree Tae Kwon Do blackbelt, Vice President of his class, Varsity athlete, and Robotics aficionado. Most especially, with Lee's love, Sontino is content. Cecelia is a budding theatrical star, singer, writer, reader, student council leader, athlete, and friend to all. Most especially, with Lee's love, she is happy. With Lee's constant support and love, I am complete.

And life is good. No ifs, ands, or buts about it... ■

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EDUCATION

LOCAL COLLEGES IN THE NEWS

HOLYOKE

COMMUNITY COLLEGE

Scholarships Available for STEM Studies at HCC

HOLYOKE, MA – Students enrolled full time in chemistry, engineering, mathematics, physics or other STEM fields at Holyoke Community College may qualify for a National Science Foundation scholarship of up to \$10,000 a year toward tuition and fees.

Recipients of the scholarship become members of HCC's STEM Scholars program and participate in field trips and benefit from other exclusive STEM-related events and activities each semester. The NSF STEM Scholarship continues

each semester students maintain good academic standing.

Incoming and current HCC students are encouraged to apply. **The application deadline for the 2019-2020 academic year is Monday, July 15, 2019.**

Eligibility guidelines for the National Science Foundation Scholarship in STEM can be viewed at www.hcc.edu/scholarships, where there is also a link to the online application under "National Science Foundation Scholarships in STEM."

Applicants must be enrolled full time in a STEM program, demonstrate academic ability or potential, and demonstrate financial need, according to the guidelines. STEM disciplines include biological sciences, physical sciences, math, computer and information services, geosciences, and engineering.

The program is lead by HCC math professor Ileana Vasu, coordinator of the STEM Scholars program. She can be reached at ivasu@hcc.edu or 413-552-2438. ■



STCC Wrestling Program Inspires Student from Kentucky to Follow His Dream

SPRINGFIELD, MA – A passion for wrestling brought Mike Clark from Louisville, Ky, to Springfield Technical Community College.

In Kentucky, Clark was coaching high school and college wrestling. He already had gone through college and earned an associate and bachelor's degree. While he did some wrestling when he was in college, he felt he never lived up to his potential. He loved coaching, but still dreamed about training and winning a championship.

Learning he was still eligible to compete, Clark researched affordable colleges with top wrestling programs and found STCC. He called the college and spoke with Asnage Castelly, an assistant wrestling coach and admissions counselor. Springfield was a long way from home, but Castelly encouraged Clark to consider STCC.

"Coach Castelly said the simplest thing: If you want to do it, just make it happen," Clark said.

Clark made it happen. He bought and renovated a van, which would become his home as well as his mode of transportation. He drove 900 miles to Springfield, where he enrolled at STCC as a part-time student. He started general studies classes last fall and began practicing with the wrestling team and making friends.

In March, at the end of the season with the STCC Rams, Clark and his teammates went to Allen, Texas, and competed in the 2019 National Collegiate Wrestling Association (NCWA) championships. STCC placed fifth out of 77 colleges.



Mike Clark at STCC

At 27 years old, Clark was named All-American for capturing seventh place. He also earned All-Academic team honors for having a 3.25 grade point average or higher.

"Academics is an important part of our program," said wrestling coach Alberto Nieves. "We talked to him about working on a degree. He stuck to it, and he's academic all American this year."

But it wasn't an easy path for Clark. Early in the season, he felt he wasn't improving as a wrestler. He had two wins and eight losses.

What's more, Clark was struggling to keep up financially as he worked part-time jobs while going to school. "I thought maybe I had done too much," Clark said.

Thoughts of quitting entered his mind. Maybe he would drive the van back to Kentucky, he

thought. But his coaches encouraged him not to give up and to keep following his dream.

"Coach Castelly and I knew he had dreams – and he had goals behind those dreams," Nieves said. "In January, he said, 'Hey, coach, I'm going to quit.' I said, 'I'm not going to accept that.'"

Instead of quitting, Clark agreed to take two weeks off to think about his future. When he returned, he was stronger than ever. By the time of the national tournament, Clark had won 17 matches in a row.

"I won a conference title. I went on to nationals," Clark said. "I felt really good about it. I thought, there's no point in stopping after all this work you put in. You're going to regret it and you don't want to regret anything."

Clark doesn't want to give up wrestling after he leaves STCC. In fact, he hopes to one day become a full-time coach, mentoring students and sharing his story of persistence.

"We're proud of him, because he stuck with it," Nieves said. "We told him, If you want to be a mentor later on, if you want to be a coach, this is a story you can use: Stick with it, don't quit, have faith in yourself."

"He's been through a lot of struggles," Nieves added. "To do what he did is really amazing. You've got to give him a lot of credit." ■

EDUCATION

LOCAL COLLEGES IN THE NEWS

Westfield
STATE UNIVERSITY



WESTFIELD, MA – Westfield State University and Springfield-based Rachel's Table have created a partnership to recover food from the University's Dining Services and distribute it to local agencies to help area residents in need. Donations and food rescue are already underway. The project was conceived and orchestrated by Westfield State student Brandon Sullivan.

A sophomore majoring in biology and health sciences, Sullivan was challenged by a semester-long project in his Medical Ethics course, taught by Associate Professor Karen Sladyk, Ph.D., to take a step toward solving a public health issue.

"With some experience working in food services, I was shocked at how much food otherwise goes to waste," said Sullivan. "I thought that Westfield State could make a difference by redistributing extra food that it prepares."

Sullivan reached out to Andrew Mankus, director of Westfield State Dining Services, who confirmed the University's interest in the project, and connected with Rachel's Table. Rachel's Table is a program of the Jewish Federation of Western Massachusetts. The program works with over 200 volunteers to redistribute food in order to alleviate hunger and reduce the waste of food resources in Western Massachusetts.

"Dining Services is thrilled to partner with Rachel's Table," said Mankus. "Using any available left-over production in the kitchens across campus we recover foods that would otherwise be discarded as compost

and redistribute it to those in need. As we continually increase the percentage of ingredients and products sourced locally, donating our extra food to the local community makes perfect sense."

Jodi Falk, director of Rachel's Table, was excited for her organization to establish a partnership with Westfield State. "Rachel's Table, a food rescue and redistribution program since 1992, serves over 40 agencies in Hampden and Hampshire Counties, and now is expanding into Franklin County. However, we have not, until now, served communities and rescued food in Westfield," said Falk.

Since this partnership project began, Rachel's Table has added Westfield's C&S Wholesale Grocers to its list of food donors and is hoping

to encourage more food donation from caterers, supermarkets, bakeries, and restaurants. The program also hopes to add local recipient agencies and invite volunteer drivers from Westfield to join the Rachel's Table team.

"It is because Westfield State was so willing to pick up on Brandon's initiative and envision it as a sustainable program beyond the academic semester that we have been able to grow our impact in more of Hampden County. The unique combination of stakeholders—student, teacher, food services and Rachel's Table volunteers—have created a sustainable project that is both impactful and meaningful," added Falk.

The donations from Westfield State began in early April, as volunteer drivers from Rachel's Table picked up food once a week and delivered it to the Springfield Rescue Mission. Sullivan has contacted an agency in Westfield to receive Westfield State's donations in the near future, so that the resources can serve local residents.

"I hope that this continues and grows so we can help more people," Sullivan concluded.

Helping people is a personal theme for Sullivan, a member of the University's Emergency Medical Services Club, who hopes to attend medical school after he graduates from Westfield State in 2021. ■

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**SPRINGFIELD
COLLEGE**



HEALTH — COMMUNITY INFORMATION

Senator Lesser and Health New England to Host Third Annual “Thrive After 55” Wellness Fair in June



SPRINGFIELD, MA — Senator Eric P. Lesser recently announced that he will host the Third Annual “Thrive After 55” Wellness Fair in June, in partnership with Health New England, Springfield College and the Center for Human Development.

This year’s fair will be held on **Friday June 21 from 10 a.m. to 2 p.m. in the Field House, located on the campus of Springfield College, 263 Alden Street, Springfield.**

The “Thrive After 55” Wellness Fair is free and open to the public.

With more than 70 local organizations ranging from health and fitness to nutrition and elder law, the annual fair will connect residents of the Greater-Springfield area with information and resources to help them thrive.

“I’m excited to host this event again this year after two successful years of bringing people together to learn about what’s available to them in Western Mass,” said Senator Lesser. “Last year, we had more than 1,000 people attend. This year we are eager to offer an even greater variety of resources, seminars and raffle prizes!”

Jody Gross, Interim President and CEO of Health New England, commented on the continued success and growth of the event and said, “Health

New England is pleased to provide important and reliable information about health, healthcare and lifestyle resources available to anyone 55 years of age and older. People can talk to vendors represent-

continues to page 32



MOUNT HOLYOKE COLLEGE

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Thursday, June 20th at 1:00 pm
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Review of applications will begin immediately. Diverse candidates are strongly encouraged to apply. Mount Holyoke College is an Equal Opportunity Employer.

HEALTH

HEALTH MATTERS

MOCHA Fights Prostate Cancer

African-American men are 2.5 times more likely to die from prostate cancer than men of other races. Please join MOCHA in taking action to eliminate this cancer health disparity.

MOCHA has been doing prostate cancer community education and outreach since 2012, with funding from the state Department of Public Health and technical support from the non-profit AdMeTech Foundation based in Boston. (AdMeTech stands for Advanced Medical Technologies. They are the leaders in prostate cancer research, awareness, advocacy and medical education, including sponsoring the global medical conference on the most recent advances in screening, diagnosis and treatment every year.) The following information is provided by AdMeTech's Research Advisory Panel.

Prostate Cancer Health Disparity. With new advances in science and medical technologies, we can eliminate the prostate cancer health disparity. (A "disparity" is any difference in the rate at which people get sick and die, often due to social conditions, such as poverty and racism.) For men at risk, early screening with new and more accurate tests will save lives and prevent unnecessary pain and suffering.

Are you at risk? Most men do not get prostate cancer. But if you have risk factors for prostate cancer, you should see your doctor and get tested. (A "risk factor" is anything that makes it more likely that you will come down with an illness or disease. For example, smoking is a risk factor for lung cancer and obesity is a risk factor for diabetes.) The most important risk factor for prostate cancer is family history – if your father, uncle or brother has been diagnosed or died from prostate cancer, you are at higher risk. If a male relative has had prostate cancer, you

need to get tested when you turn age 45, or as soon as possible if you are older than 45. Other major risk factors include age (over 50 years) and race (African-American).

Two-step screening and testing.

Screening tests have become much better, more accurate with new advances in medical equipment. If you are at risk, the first screening is a blood test called prostate-specific antigen (or PSA). PSA is something your body produces if it thinks you have prostate cancer. For most men, the test results will show that you do not have prostate cancer and you do not need to do anything more than come back in two years and get tested again. For a small number of men, the PSA test results will show that you need further testing, specifically, with a magnetic

resonance imagery (MRI) machine (like an X-ray). The MRI is safe and highly accurate. If your PSA score is high, the MRI test will show whether you have prostate cancer or not. If you do and it is treated early, with proper treatment and care, you will be fine.

Why the second test is important.

Up until several years ago, the only tests that doctors had to diagnose prostate cancer was the PSA test and the digital rectal exam (DRE). Neither test is very accurate; there are much better tests available now. With the PSA test, if your score is very high or very low, it is clear what you need to do. However, as often as not, the results fall somewhere in-between, and then, doctors recommended something called "shared decision-making," which simply means that the



doctor explains the pros and the cons, and then asks you what you want to do – to treat it or not. With the digital rectal exam, the doctor sticks his finger where the sun don't shine to see if he can feel a cancer tumor or lump. If the doctor felt a hard lump, it was a strong sign that you may have prostate cancer. But, unfortunately, when poking his finger around down there, the doctor can touch and feel only part of the prostate gland, so you could have a big cancer growth and he would not even be able to feel it. These days, the DRE is generally not recommended. Now, if you are at risk, and if you have a high PSA score, then go get a MRI to find out for sure if you have prostate cancer and need to get treatment.

Can screening be bad? Before developing the new MRI tests, the results of the PSA and DRE tests were often not very clear and doctors were not sure if you had prostate cancer or not. Before the new MRI test was developed, too many men unfortunately got treated for prostate cancer when they did not need it. Cancer treatment is high-powered medicine; "cut 'em, burn 'em, poison 'em," as the cancer doctors say – you can cut the tumors out, you can burn them out with radiation, or you can kill the cancer cells with deadly poisons. And cancer treatments have lots of bad side-effects: like incontinence (can't control your pee) and erectile dysfunction (can't get it up). In the past, because the tests were not very good, about half of all men who were treated for prostate cancer should not have treated. For these men, their treatment was expen-

continues to page 13

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HEALTH

YOUR HEALTH

Baystate  Health

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8 Questions to Ask Your Nurse While in the Hospital

SPRINGFIELD, MA – When preparing for a visit with your primary care doctor, the recommendation is, so you don't forget during your exam, to make a list of things you want to ask your physician about.

The same holds true for your nurse while you are in the hospital.

“As the most trusted profession, nurses play an important role in shaping the patient experience. We are an advocate for our patients, a calming force at the most vulnerable time in their lives, whether they are facing a serious illness or a minor medical procedure. Oftentimes patients arrive full of questions and fearful about what is going to happen to them, and with one goal in mind – to return home as soon as possible,” said Melissa Tuomi, PhD, RN, director of Professional Practice, Nursing Research, and Quality at Baystate Medical Center, who has been a nurse for 15 years.

“Today's nurse plays a greater role in patient education than ever before. Healthcare has become increasingly complex and, while a team approach is used, it is often the nurse who the patient asks to clarify concepts and further explain what other providers have said. We believe that discharge planning and teaching begins upon admission to the hospital. So, nurses are constantly teaching their patients about medications and treatments. And, the day before a patient leaves the hospital, it's all about addressing discharge education with them,” she added.

Tuomi, one of more than 1,800 nurses at Baystate Medical Center delivering high quality, compassionate care to the many patients they serve,

offers 8 ways for patients to maximize the nurse/patient partnership while in the hospital:

1. Always ask your nurse if she or he has washed their hands. Hand-washing is one of the most important actions a caregiver can take to prevent the spread of germs.
2. Upon arriving in your room, ask your nurse about your healthcare team, who will be your primary physician, any specialists, and your nursing care team who will be taking care of you.
3. Ask your nurse how you are progressing and how you can facilitate your recovery. Tell your nurse about what is important to you. Nurses know that a patient's recovery is enhanced when they feel comfortable and safe. If you prefer to sleep with ear plugs, or if you might enjoy a visit from a dog in Baystate's pet therapy program, let your nurse know.
4. Ask your nurse about your plan of care throughout your stay. Nurses want to make sure you are aware of the plan each day and what has to happen for you to go home, such as test results, goals or milestones. If you are not sure, your nurse may be able to offer suggestions for things you can do to get better, such as eating solid foods, drinking, or walking a certain distance.
5. Tell your nurse about your pain. Nurses ask about your level of pain by number and type, but it's also helpful to know if pain increases with certain activities. Tell your nurse if you have sugges-

continues to page 15

GOT H.E.R.S.

Building Your Support Squad

By Latoya Bosworth



Dr. Latoya Bosworth dubbed herself *Brenda's Child* in honor of her late mother. She is an educator, author, speaker, and self-esteem expert. www.brendaschild.com

- **Call People on Their Bluff.** You know those people who say, “Let me know if you need something?” Perhaps they aren't bluffing, and they are sincere. Hooray for you! Perhaps they are not. Well... now you know that you can't count on them, which makes you one step closer to getting your team because now you know who *isn't* on it. In either case, be clear about what it is you need and ask for it, knowing the worst a person can say is no.
- **Compartmentalize Your Needs...** and delegate accordingly. Everyone cannot be your everything. Think about the areas where you need it the most and connect with those who can provide the best support for you in that area. Someone who you lean on for support with getting closer to God (the universe, Buddha, Allah) is not necessarily the person who will help you update your resume. Understanding whom you can count on for what will help you take inventory on who is

adding to your life and who might be taking way too much.

- **Use the Barter System.** It's worked for generations. If someone can help you build your website, you can get them guest passes to your fitness class. This is one of my favorites for single mothers who need babysitters. Not only are you getting the help you need but you feel empowered by using your talent or time to help someone else out.
- **Diversity Matters.** Get you some *YES* and *NO* people – Sometimes you need that person to pull you in off the ledge and tell you “Don't do it” and “You are wrong.” But you also need someone to tell you, “You can do it!” when you may be hesitant to accept the next challenge. In the same way, you need a nice mixture of people who give you the unfiltered truth and those who can break it to you gently because sometimes you need a hug and other times you need a kick in the bottom.

Whatever it is you are going through, you may feel lonely, but you don't have to be alone. Start taking inventory and stock up as needed. Two additional tips can be found in the book, *From Girl to Grown...A Guide to Living Unabashedly*. ■

YOUR HEALTH

MOCHA Fights Prostate Cancer

continued from page 12
sive, a lot of trouble, and the treatment was worse than the disease—it caused more harm than good. But the good news is that all that has changed: there are good accurate tests available now. So, talk to your doctor, get a PSA test if you are over 45 and have a family member who had prostate cancer, and

if your PSA score is high, be sure to get a follow-up MRI test before starting treatment.

Be a part of MOCHA. Together, we can eliminate health disparities and improve the quality of life for African-Americans living in Springfield, Massachusetts and all across the country. ■

HEALTH

HEALTH MATTERS



Doris Sexton-Harris,
Health Consultant,
Doris can be
contacted at
dorharris77@hotmail.com

When I mention lupus, people usually nod in agreement because they're familiar with the term, but most don't realize how serious a disease lupus can be, or that it can affect anyone.

So, what should you know about Lupus?

Lupus is an autoimmune disease, meaning that the immune system mistakenly attacks healthy cells, damaging tissues and organs.

It can affect women, men and children of any ethnicity or socio-economic status. However, lupus is most commonly diagnosed in women between 15 and 44. In fact, about 90 percent of adults with the disease are

What You Should Know About Lupus

By Teodora P. Staeva, PhD, Director of Research, Lupus Research Alliance

women, and it's more prevalent in people of African American, Hispanic, Asian, and Native American descent.

The most common symptoms of lupus are extreme fatigue, skin rashes, joint pain and swelling, hair loss, and unexplained fevers. Generally, lupus is known to affect the joints, skin, kidneys, brain, heart, lungs, and blood vessels. The disease alternates between periods of illness (flares) and relative periods when the disease is quiet.

Diagnosing lupus is no small feat, as there is no single diagnostic test. It may take months to years for patients to get an accurate diagnosis from when they first experience symptoms. If you suspect you have lupus, talk with your doctor. Your doctor will discuss your medical his-

tory, give you a physical exam, collect a blood sample for antinuclear antibody (ANA) testing, and may want to perform further blood as well as skin and kidney tests.

The cause of lupus remains a mystery, but there is strong evidence that genetics, environmental factors, and viruses play a role. While there is no cure yet, treatments are available, including one drug specifically approved for lupus.

Because lupus is such a complex disease, patients typically need to see several specialists for comprehensive treatment. This includes not only a rheumatologist, who is the primary physician for lupus, but may also include a nephrologist, hematologist, dermatologist, neurologist, cardiologist, and an endocrinologist.

Treatment plans vary based on

an individual's symptoms, and usually aim to boost the immune system, reduce swelling and pain, balance hormones, prevent flare ups, and reduce organ and joint damage.

The good news is that robust research efforts are ongoing including tens of clinical trials testing over a dozen potential therapies for lupus. At the Lupus Research Alliance, we are funding innovative research across the entire spectrum of foundational to translational science, with the goal of finding better diagnostics, improved treatments and, ultimately, a cure. Visit LupusResearch.org to learn more about how the Lupus Research Alliance is breaking through for the lupus community. ■



Teodora P. Staeva, PhD



Dr. Anika Thrower,
MPH, CLC
Assistant Professor at
Springfield College &
Adjunct Faculty at
Southern Connecticut State
University (SCSU)
*Admit the storms...prioritize
your health and enjoy your
wealth*

Within the political arena, we cannot get away from hearing about the newest developments detail by detail. Whether it be in a coffee shop or watching the evening news, there is overkill on a number of politically fueled topics. One of the most prominent controversial topics revolves around the growing trend for candidates running for the 2020 presidential election who are in their mid to late 70's.

This has raised concerns for some people because the average age of all presidents has been 55 years old. The three youngest presidents at the time of their inauguration were John F. Kennedy (43), Bill Clinton (46) and Barak Obama (47). In con-

Is Age Just A Number?

By Anika C. Thrower, PhD

trast, the two oldest presidents in history to be elected were Donald Trump (70) and Ronald Reagan (69).

Without debating expertise, the question becomes when is one too old to run for the most importance job in the world and to hold office? Should age be a consideration when filling that important position?

The World Health Organization has stated that 55 years of age is the start of old age. Previously, old age was thought of as a grandparent having a home-based role. For example, this included tending to the younger children of the working adults in the family or a grandmother spending her time knitting and expecting to prepare Sunday dinners. Now, however, old age is viewed quite differently and older adults of our society are determined to bust through such myths.

My personal myth buster has

been my father who is actively continuing to blaze a trail in academia. He relocated to Springfield, Massachusetts over a decade ago. Upon arrival he was determined not to be left out of any conversation which led him to become bilingual. Learning Spanish then turned into learning French. To my family's delight, after taking a least 2-3 classes a semester, he obtained his degree. Though he has earned two degrees, he still blazes the academic trail. When will he stop? Your guess is as good as mine.

Do you have such myth busters in your family and community? You may know some older people who hold important jobs in their community or are holding leading roles in

local politics. Also, there are older people who have been deemed important within the community as our gatekeepers.

Most people will agree age is just a number. Quality of life does not organically diminish with age. Many will attest that they have entered the prime of their lives. That said, what can the younger generations do to

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continues to page 18



“
I WAS ON LIFE-SUPPORT.
BUT I KNEW I
WANTED TO LIVE.
”

- Ernie

Ernie's heart was getting worse every day. "I was scared. When your doctor tells you your heart is failing, that's a hard pill to swallow," he says.

So, Ernie's cardiac care team at Baystate Medical Center recommended that he become the first LVAD patient in the region. An LVAD heart pump, or Left Ventricular Assist Device, is surgically attached to the aorta to help restore proper heart function. And

because the LVAD pump provides continuous blood flow, patients like Ernie live without a pulse.

"It's been two years, and I feel great. I've been given a second chance at life," he says. In addition, Ernie is paying it forward, helping facilitate an education and support group for LVAD patients.

To watch Ernie's amazing story, go to BaystateHealth.org/Ernie.



**Baystate
Health**

ADVANCING CARE.
ENHANCING LIVES.

8 Questions to Ask Your Nurse

continued from page 13

- tions for ways to help you to manage pain, such as a certain position that alleviates pain, creating a calming environment, prayer, or distraction.
6. If you have any concerns about the care you are receiving, ask to speak to the nurse manager or charge nurse who will serve as an intermediary. Nurses want to address care concerns as soon as possible.
 7. Ask your nurse to serve as an "interpreter." Your doctor may have given you a lot of information about your illness, diagnosis, operation and used medical jargon confusing to you. If you were overwhelmed and confused, ask your nurse to help you understand. Your nurse can always ask the provider to return to clarify anything with you.

8. As you approach discharge from the hospital, ask your nurse in advance of the day you will be leaving what you will need: what time someone should arrive to drive you home, any new prescriptions you will need to go home with, things that might be needed for the home such as a walker. And, if you have not received any discharge instructions, ask your nurse about them. Nurses want everything to go smoothly for their patients on discharge day.

Nursing offers a tremendous range of opportunity to those considering a career in the highly-respected profession, including practicing as clinicians, administrators, researchers, educators and policymakers, and similar to Baystate Medical Center, nurses work in a variety of settings outside of the hospital as well, including physician practices,

home health services, outpatient clinics, and community health centers.

All Baystate Medical Center nurses, like Audrey Vandervoort, RN, in the hospital's Cardiac Electrophysiology Lab (EP lab), are dedicated to advancing care and enhancing the lives of their patients every day.

Not too long ago, Vandervoort and her fellow nurses in the EP lab went the extra mile for a patient who was deaf and only able to communicate by lip reading and sign language. However, for EP lab procedures, all staff wear face masks. In addition, the patient could not use her hands to communicate because her arms had to be tucked by her side during the procedure.

"These factors caused her extreme anxiety. So, we worked out a code with our patient so she could communicate with us – one blink of her eyes meant no pain, two meant some pain, three meant fear or anxiety," said Vandervoort.

Although she felt confident that her patient would be comfortably sedated, it was providing this element

of control that helped to decrease the patient's anxiety prior to the procedure and led to her profound gratefulness after the procedure.

"It was a simple solution, but provided a big impact for the patient's comfort and outcome," said Vandervoort.

While every nurse has her or his own story about why they wanted to become a nurse, most share the same innate desire – to help others and make a difference in someone's life.

"For me, it was all about my grandfather. When I was a child and he became terminally ill and was hospitalized, I was always intrigued by how the nurses cared for him....providing him comfort and respect at the end of his days. I couldn't think of anything better in the world to do with my life than to become a nurse," said Vandervoort.

But there is still more to Vandervoort's story – an interesting twist for the nurse who commutes to Baystate from West Stockbridge.

continues to page 18

COMMUNITY

CENTER FOR HUMAN DEVELOPMENT — HUMAN INTEREST

Forgive the Mistakes of the Past: CHD's Nurturing Fathers Program Graduates Another Class

By Stephanie A. Barry, Senior Communications Manager, CHD

Justin Breitung found himself homeless, with an estranged wife and two young children in his early 20s.

He had never experienced homelessness before. He had a steady work history. But, one layoff, a handful of overdue bills and the bottom simply dropped out. He began to doubt his ability to effectively raise his daughters.

Breitung and his family had turned to CHD for housing support. His caseworkers recognized another way to help a struggling father. Staff with the homelessness and shelter programs at CHD convinced Breitung to enroll in the "Nurturing Fathers" program, a 16-week

curriculum focused on lifting fathers up and on parenting even in difficult circumstances – including amid financial struggles and fractured relationships.

Breitung, among seven recent graduates of the Nurturing Fathers program on May 8, said the curriculum and other supports CHD offered helped propel him to be a better dad.

"The program director, Steve, he compares good parenting to – when there's really bad turbulence and the oxygen masks drop, the first person you should put the mask on is yourself ... and take care of the person who's to the left and right of you, most likely your family," Breitung said at the graduation ceremony at

Chicopee's Munich Haus.

He now has full-time work and lives in market-rate housing, splitting parenting responsibilities with his ex-wife for two healthy daughters.

Graduates were joined by their children and families, and celebrated by CHD's program managers and executives.

"Thank you, men and families, for having the courage to participate in the Nurturing Fathers program. I know at times it wasn't easy but you committed to do your personal work to better yourselves as men and fathers. Forgive your mistakes of the past and move toward happy futures with your families," said Theresa Nicholson, director for CHD's



Justin Breitung, a recent graduate of CHD's Nurturing Fathers program, is shown here with daughters Claudia and Savannah, at a graduation ceremony on May 8.

Homelessness and Shelter programs.

CHD has offered this nationally-recognized curriculum to its shelter clients for two years and has graduated several classes. ■

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HUMAN SERVICES

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STCC offers free STEM Starter Academy Summer Bridge program

SPRINGFIELD, MA – Registration is open for Springfield Technical Community College's free STEM Starter Academy's Summer Bridge program, which runs July 1-Aug. 9, 8 a.m.-1 p.m.

Anyone interested must meet the following requirements and register by the June 14 deadline:

- Be a Massachusetts high school graduate class of 2017, 2018, or 2019.
- Be a Massachusetts resident.
- Submit an STCC admissions application for the fall 2019 semester.
- Have a GPA (grade point average) of 2.0 or above.
- Have parent/guardian permission if under 18 years old.
- Submit a STEM Starter Academy application.



The program, which is ideal for those who are interested in science, technology, engineering or math (STEM), offers participants free college credits, books, guest speakers, activities, lunch, field trips and tutoring. Students will earn a \$400 stipend upon successful completion.

For additional information and to apply, visit stcc.edu/apply/stem. Questions? Contact Reena Randhir, director of STEM Starter Academy, at rrandhir@stcc.edu or (413) 755-4576. ■

COMMUNITY

LEADERSHIP PIONEER VALLEY

Where Are the Climate Leaders?

By Lora Wondolowski



Lora Wondolowski,
Director of Leadership
Pioneer Valley, she is
passionate about
strengthening the
Pioneer Valley.
Contact her at
413-737-3876 or
www.leadershippv.org

Recently my 13-year-old daughter was having trouble going to sleep because she was distressed about our climate crisis. She is deeply worried about her future and the prospect of living in a diminished world. She is inspired by the young people taking to the streets every week in London and around the globe and hopes to do the same. My heart aches for her and my inability as a parent to say that everything will be okay. She is right to be concerned and we all should be. Her distress led me to wonder where are the leaders?

Last week the United Nations released a 1,500 page climate report drawing on thousands of scientific studies. Its findings were approved by representatives from the U.S. and 131 other nations. "Human actions threaten more species with global extinction now than ever before," the report concludes, estimating that "around 1 million species already face extinction, many within decades, unless action is taken." This is a huge number and will happen in the coming decades—including the disappearance of 40% of amphibian species and one-third of marine mammals. The picture it paints is bleak.

Despite these dire warnings, the report was probably just a blip in our news feeds. We are now back to obsessing over the president's tweets, Game of Thrones, and the latest Marvel movie. Thousands of young people are demanding action and our attention. They are asking the grown-

ups to do something while many of today's leaders (the grown-ups) are saying isn't it great that young people are doing something. But who has the power?

For decades, it has been young people who have called for social change and created change—from the peace movement to civil rights to environmental protection. I have been those young people and am now the grownup. My generation came after Earth Day and were part of early recycling efforts. Despite environmental education efforts, we haven't emerged as a generation of environmental leaders. Yes, they can absolutely make change, but the changes needed are huge. We are the grown-ups and have dropped the ball. I don't think it's fair to ask our kids to fix the climate crisis that we have handed them. They need those who are in decision-making positions and have influence to start using it.

Mass extinction and global warming is so big that it is hard to get our heads around it and what impact we can have. I worry about solutions that rely solely on individual actions and don't harness our collective will as a society. I see Senator Lesser and his work to provide better transportation solutions as an important part of the leadership and vision that is needed. Leaders in Holyoke are creating green energy solutions. We need more of these leaders locally, statewide, and nationally to head-off the climate crisis and show our young people that we are listening and willing to risk our leadership to secure their future. ■

COMMUNITY BEAT

Puppetry in the Pioneer Valley

By Ken Harris



Ken Harris is a former
Special Police Officer
and Corrections
Officer. He is a
graduate of STCC.
Follow him at
shadowedu.blogspot.com

bards, elders, or respected members of a community sat before children to convey history, the mysteries of nature, religion, spiritual beliefs, and folk tales containing a message or theme.

Over time, illustrations were used to run in unison with parts of a story. Eventually, different kinds of puppets were used to keep the attention of children.

Recently, having experienced

Earlier this year, I took my 9-year-old daughter to the West Springfield Branch Library to see a free puppet show by the Tangle-



"Shadow Puppetry"

wood Marionettes called, "Fairy Circus." She liked it! It was an amazing display of puppetry at its finest. The stunts, the funny collaboration between the characters, and the awe of being temporarily transported to an imaginative world only fueled my own ambitions to deliver a similar spectacle to the children of Springfield.

You may wonder why the ancient art form of puppetry is significant to a child?

While scholars may be aware that puppetry flourished during the 1930s as a way to entice children to read, its history goes back thousands of years and has had a profound impact on many cultures in the world.

Long before books, storytelling was a respectable profession in the sense of the oral tradition. Traveling

the reaction of young children from my own puppet shows, it is apparent this art form of storytelling continues to have a profound impact. The benefits of children watching or being actively involved in creative expression with puppets stimulates the growth of cognitive skills and fosters listening development that is key to holding an idea or concept.

This paves the way for comprehending, gathering, and sorting through information that serves well in areas like mathematics and science. I call it scattering the seeds of inspiration.

When I look back at my experience with puppetry in elementary school, the excitement and awe I felt when professional puppeteers came to the public schools and put on a

continues to page 18

COMMUNITY

FOOD FOR THOUGHT

Systemic Racism: There's a Difference

By Zaida Govan



Zaida Govan is a native of Springfield via Puerto Rico with a passion for improving the community she serves. She can be reached at 413.301.2533 or zaida.govan@yahoo.com

Happy Father's Day! This month I decided to write about the dichotomy between things happening today and things that happened more than 20 or 30 years ago. For example, take the State of Virginia's problems with their governor and lieutenant governor and many others. I'm not surprised that more than 30 years ago white people were dressing up in blackface thinking nothing was wrong. That was the thing to do back then. They were calling people the N-word. They were trying to figure out how to covertly oppress people of color, specifically black people considering the civil rights movement.

I say white people because they constructed the racist system we all operate in and they (I hate saying they because it's not all white people and it divides us) don't have to be aware of racism. They don't have to know about micro aggressions. They aren't affected by them like people of color are. It's not a surprise to me when I hear that 30 years ago a white person dressed in blackface or said the N-word. What we need to be doing now instead of telling people to step down because that happened, is look at their record and see if they've done something to counter the oppression in the system or have they continued racist practices.

When I say racism, I'm talking about systemic racism. The racism that is embedded in the fabric of this country, its policies and way of doing

things. When we see individuals who in the past have used racist words or have done racist things, we need to look at what's happening now. What have they done to correct that bad behavior? The example of Dr. Seuss comes to mind. He had been making racist cartoons and books because that's what was being done back then and that doesn't mean it was right or that we accept it. We look at his history and see he repented as an individual. He stopped making racist cartoons before it was "cool" because it was the right thing to do.

The country has continued to be guided by the racist policies and practices that have been in place for centuries. They have oppressed and continue to oppress people of color to the point where we haven't been allowed to buy houses in certain neighborhoods, we haven't been allowed to start our own businesses, cities and entire neighborhoods have been burned down because they were making too much progress in the racist system in which we live. We must look at past racist behavior to see what they have done to either advance or impede our civil rights. Have they continued to vote on racist policies and say things that are continuing to move this racist system forward or have they tried to do something to dismantle it? We need to look at that going forward because we're not going to make progress if we don't work together to dismantle this racist system that this country was built on. Stay Woke!!! ■

COMMUNITY BEAT

Puppetry in the Pioneer Valley

continued from page 17

dazzling array of entertainment stills remains fresh in my mind. It encouraged me to experiment and make my own puppets out of socks. The process of indulging in this art form for many years brought me a sense of fulfillment while nurturing my own development.

I enjoyed sports as a young child but having something else to do in addition to athletics helped me grow and think outside the box. So, when I look back, it's evident that the various paths to being constructive had its benefits.

Prior to taking my daughter to see the Tanglewood Marionettes, I was shocked to learn she had never

seen a live puppet show in school. When I was her age, I saw a puppet show at least once, if not more times, each year during elementary school.

As of this writing, I am the only member of Puppeteers of America who resides in Springfield. Most recently, I was proud to introduce my puppet show at the East Springfield Branch Library last April during National Library Week. The kids in attendance, many of whom had never seen a live performance of a puppet show, enjoyed my acts using shadow puppets, dancing marionettes, glove puppets, and hand puppets to show another side of an imaginary world.

Follow me at <https://pvpeduc.wixsite.com/arts>. ■

HEALTH MATTERS

Is Age Just A Number?

continued from page 14

support older people in their personal endeavors to remain productive citizens?

Supporting our elders has never been easier. Simply checking in to inquire about their general well-being provides an open line of communication. With time and patience relationships can be built on gaining wisdom while offering support. It is my belief that we need to continue to value the fact that age is just a number.

Dear Robust Reader,

By the year 2020, the number of people 60 years of age and older will outnumber the number of toddlers in this country. Such facts should evoke conversations about making sure there are systems in place to give value to our elders as viable decision makers. We must remember...*our time too will come.*

YOUR HEALTH

8 Questions to Ask Your Nurse

continued from page 15

"I brought my dad here when he had a heart attack so he could receive intervention if needed. I was so impressed with the physicians and nurses who cared for him, that I decided that I wanted to be a part of the Baystate team. Here I am still 15 years later," said Vandervoort.

Baystate Medical Center's high quality nursing care has earned it prestigious status as a Magnet Hospital for Nursing Excellence— one of

only nine hospitals in Massachusetts — a distinction that places the hospital's nursing staff among the finest in the nation. Only about 2% of the nation's roughly 6,000 hospitals carry this prestigious Magnet designation, and less than 1% have been awarded Magnet recognition three consecutive times like Baystate.

For more information on Baystate Medical Center, visit baystatehealth.org/bmc. ■

COMMUNITY

COMMUNITY FOCUS



Willette Y. Johnson a Retired Springfield Public Schools Educator and an Educational Consultant and Entrepreneur. CEO of WhyJsJava, Inc.

Let's Hear It For The Man!

By Willette H. Johnson

I am a devout educator; albeit, retired from a lengthy career with the Springfield Public Schools (SPS). In retirement, it has become a long-standing passion for me to stay tuned in to the goings on of teaching and learning, and I grasp at opportunities to be involved with the profession. I am still very much a cheerleader for teachers and other educators who remain in the forefront of helping kids get what they need to support all that they will be on their life's journey. Given this condition, it's not surprising that when I come across a human interest story about a fellow comrade, I feel compelled to share it.

A short time ago, I learned about a special honor bestowed upon an SPS educator outside of his current role as a Dean of Students. His name is Marvin Sims. It made me smile to hear that Mr. Sims has found a way to excel in an athletic arena—that being Softball. He was recently inducted into the United States Specialty Sports Association's (USSSA) Hall of Fame, receiving the Robert "Bob" Farrell Memorial Lifetime Achievement Award. Granted, I knew nothing about this organization, but the whole story just sounded like a big deal. After doing some research (remember I'm a devout educator), I discovered that it was a big deal!

I first met Marvin Sims some 20 years ago

when I was assigned to serve as the Principal of John F. Kennedy Middle School, Springfield, Massachusetts. At the time, he and his sister, the late Annie Mitchell, worked as physical education teachers. During my tenure as principal, I had a chance to observe Mr. Sims' work ethic and consistent professionalism. Before long, my administrative team and I earmarked him as a potential school leader, someone who could assist us in the hard work of maintaining a well-managed environment to enhance the efforts of instructional practices. Reluctantly leaving the classroom, he accepted a newly created position as my first Teacher of Department. He worked alongside of us collaboratively and contributed to the successes we experienced. I fondly recall that time as "the good ole days."

Fast forward to present day. I

read about Mr. Sims' prestigious honor. In a published document, it was stated that "if there was ever a person in USSSA that is worthy of a Lifetime Achievement Award, that person would be Marvin Sims." The article went on to expound upon his accomplishments within this organization since the 1980s when USSSA was in its initial stages of development in New England. It was mentioned that Marvin had been a member of the Scrubbers, one of the best softball teams in Massachusetts. This team represented our state in the first Black American National Tournament in Cleveland, Ohio and emerged as Champions. The article continued to tout Mr. Sims' multiple MVP Awards with the Scrubbers in numerous tournaments throughout his years of playing. In addition to remaining an active softball player,

2019 New England
USSSA
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Saturday, March 9

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HALL OF FAME

Bob Farrell Lifetime Achievement Award

Marvin Sims

Marvin has worked as an umpire for the USSSA Softball Program for 35 years.

The USSSA Hall of Fame organizers proclaimed "the best thing that can be said about Marvin is that he is the consummate gentleman; highly respected and regarded." Congratulations, Mr. Sims.

Let's hear it for the man!!!!

Happy Father's Day!

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Around Town & . . .



DREAM Studios celebrated the opening of their new location at 1319 Riverdale St. in West Springfield.



Participants at the Buy Springfield Now press conference included standing: Leo Williams (Springfield Neighborhood Housing Services), Maria Cabrera (Harbor One Mortgage), Rocco Leone (Mass Housing), Moyah Smith (United Bank), Minerva Marrero (Springfield City Hall), Mayor Domenic J. Sarno, Judy Nevarez (Real Living Realty), Mary Aidoo (Harbor One Mortgage), and Lorraine Moore (Coldwell Banker); Seated: Homeowners/Raffle Winners Antonia Stewart and Daughter, Jaime Dominguez, Mrs. & Mr. Becket Joseph and family member.



MassHire recently held their annual SummerYouth Employment Press Conference.



Emurriel Holloway with Smith College Professor Elizabeth Stordeur Pryor who spoke at STCC as part of their Ovation Educational and Cultural Series.



A Journey in Jazz: A Tribute to Louis Armstrong event coordinator Traci Talbert Gaynor poses with vocalists who participated in the event. L to R: Orice Jenkins, Samirah Evans, GeeGee, Ethel Lee, and John Lentz.



The Comm. for Collegiate Education of Black and other Minority Students (CCEBMS) recently held a 51st Celebration at UMass Amherst. Participants at the Meet and Greet pose for a photo.

. . . In The Community



Over 1,000 volunteers gathered to help Revitalize CDC at the 27th annual #GreenNFIT Springfield refurbish 11 houses on Marshall and Melrose Streets in Springfield's Old Hill Neighborhood.



The First Annual Education Matters Scholarship Brunch took place recently at the LaQuinta Inn. Front row: Melodie Naylor, Delphine Zigwati, Michael Dennison, Alyahna Arce, LaTonia Naylor, Sebastian Sanchez, Naishun Jernigan, and Michela Lopez; Back row: Cindy Gaynor, David Cohen, Doris Cohen, Raymond Jordan, Kelisa Wing, Robert Jones, Peter Pufall, Bishop Naylor, Gianna Allentuck, and Ayanna Crawford.



A partnership of the Roger L. Putnam Technical Fund and the Greater Springfield Habitat for Humanity enabled the carpentry students at the school to help build a house at 101 Orchard Street. The project is a culmination of their first-year partnership.



The Western Mass Black Nurses recently held their 25th Annual Scholarship Luncheon at Chez Josef in Agawam.



Bishop Talbert Swan II recently celebrated his 25th Anniversary.

L to R: Bishop Andrew Daubon and First Lady Michaelia Daubon, Bishop Robert Jones and First Lady Kathi Jones, Pastor Anthony D. Roberson and First Lady Stephanie Roberson, Bishop Talbert W. Swan II and First Lady Cynthia Swan, Elder Michael Jones next to Bishop Swan II, Pastor Mark Baymon and First Lady Johnetta Morgan Baymon, Pastor Robert L Haygood and First Lady Elizabeth Haygood, and Bishop James Gill and Missionary Lisa Jones.

COMMUNITY

CONNECTICUT - COMMUNITY FOCUS

Dr. Cato Laurencin Electrifies K-12 Students at 36th Connecticut Invention Convention

By Dwight Bachman, Public Relations Officer Eastern Connecticut State University



Dwight Bachman

‘You are all stars; you really are!’ That is what Dr. Cato T. Laurencin (M.D. and Ph.D.), the world-renowned Albert and Wilda Van Dusen Distinguished Endowed Pro-

Imagine hearing from a man who once walked across the stage from Harvard School of Medicine one week to pick up his medical degree, and only a week later, do the same at Massachusetts Institute of Technology, where he earned his Ph.D. in Biochemical Engineering and Biotechnology! It’s mind-boggling to just write about it! Every child in America should hear this brilliant scholar.

before you for inspiration and guidance!”

The students LOVED Laurencin! When he finished his presentation, the K-12 students stood up and celebrated Laurencin with thunderous applause and roaring, “We Are Inventors, twice!”

Two weeks before the CIC annual meeting, Laurencin was elected to the historic and prestigious American Academy of Arts and Sciences for his extraordinary and compelling achievements in academia, business, government and public affairs.

For more on that, visit: https://today.uconn.edu/2019/04/uconn-professors-elected-239th-class-american-academy-arts-sciences/?utm_source=listserv&utm_medium=email&utm_campaign=daily&utm_content=uconn-today&fbclid=IwAR0U0ZehCoOfWHjUZvawX601qyalOT76ArC_LxhShXvNp4euDb10ha5Ox54

For more on this genius, read his bio at: <http://facultydirectory.uhc.edu/profile?profileId=Laurencin-Cato>

Laurencin is the real deal...



Dr. Cato T. Laurencin (M.D. and Ph.D.) speaking at the Gampel Pavilion

fessor of Orthopedic Surgery at the University of Connecticut (UConn), told more than 1,200 enthusiastic young inventors who had reached the state finals of the Connecticut Invention Convention (CIC) on Saturday, May 4th at Gampel Pavilion.

The students were at Gampel Pavilion after already becoming winners of competitions at more than 300 local schools from across Connecticut. Winners on Saturday head to the national competition in Dearborn, MI later this year.

Laurencin is also professor of chemical engineering, professor of materials science and engineering and professor of biomedical engineering at UConn and world renowned as an inventor and pioneer in the field of regenerative engineering.

spiritual armor.”

Citing several prominent individuals, Laurencin said, “Finally, look to those who have gone





Dr. Bridgette Baldwin is a Professor of Law at Western New England University School of Law with areas of interest in criminal law and procedure, international criminal law, evidence, critical race theory, cybercrime and welfare law.

During the 2016 presidential campaign, Candidate Trump spoke frequently about the need to erect a wall on our southwest border with Mexico. His intent was to keep “criminals, murderers, and other undesirables” out of the United States. When asked what such a wall would cost, Trump responded with a figure of \$5 billion. However, he insisted, “Mexico would pay for the construction.”

The myth that our southern neighbors would finance the wall began to fade several months after Trump became President. When Trump realized that the Mexican government would not pay for the wall, his speeches then insisted that alternative funding would be found, including from the U.S. taxpayers.

When Congress refused to appropriate the full \$5 billion, Trump decided to issue a declaration under the National Emergencies Act of 1976, which the President said, permitted him to shift already appropriated funds from existing designated accounts to use that money to fund the wall. For example, Trump stated that he intended to divert funds appropriated for military construction projects

to build the wall.

Members of Congress and the American public objected strenuously to this presidential override of Congress’ funding choices. The appropriated funds for military construction were absolutely needed for the designated purposes of Congress. To show their strong opposition to the President’s misuse of appropriated funds, the Senate and the House voted to disapprove the President’s declaration under the National Emergencies Act. Republican members of Congress were especially incensed since they had lobbied hard with the President to sign the military construction appropriation bill.

But the congressional decision to reject the President’s request for \$5 billion to build the wall and his National Emergencies declaration run much deeper than a disagreement over how to spend appropriated funds. Trump’s declaration undermines the separation of powers doctrine so critical to the proper functioning of the Federal Government.

From the beginning, our Founders insisted that Congress con-

trol the purse. The Constitution specifically gives to Congress the power to tax and spend. The text further states: “No money shall be drawn from the Treasury, but in Consequence of Appropriations made by Law...” The words of the Constitution could not be clearer on assigning spending authority to Congress.

In addition, the Constitution imposes upon the President the duty to act consistently with the will of Congress. Article II of the document requires the President to “take Care that the Laws be faithfully executed.” When the President ignores a congressional legal directive that specifies how money should be spent, he is violating his fundamental constitutional duty.

To be sure, this is not the first time a President has flouted an Act of Congress. In 1952, President Truman ordered the Secretary of Commerce to seize the steel mills because the steel workers had voted to strike in the middle of the Korean War, imperiling the national security. The U.S. Supreme Court ruled that the President cannot act contrary to an Act of



Art Wolf is a Professor of Law at Western New England University School of Law and the Director of the Institute for Legislative & Governmental Affairs. As Director, he has brought to campus naturalization ceremonies for new citizens, candidate debates for elective office, hearings of State legislative committees, and commemorative events to celebrate Citizenship and Constitution Day. Professor Wolf primary area of interest is federal courts, legislation, and immigration law.

Congress prohibiting such a seizure. Similarly, President Trump has acted contrary to the congressional decision not to fund \$5 billion to build the wall on our southern border and Congress’ disapproval of his declaration.

Hopefully, the President will come to his senses and honor his constitutional duty to “take Care that the Laws be faithfully executed.” He should not continue to violate our fundamental constitutional doctrine of separated power. ■

LAW NOTES

Trump’s Efforts to Build His Wall Violate the U.S. Constitution

By Art Wolf, Professor of Law and the Director of the Institute for Legislative & Governmental Affairs

SPEAKING TRUTH TO POWER

Trump Alerts!

By Marjorie J. Hurst



Representative Justin Amash’s Twitter Feed from May 18, 2019



<https://twitter.com/justinamash>



Here are my principal conclusions: Attorney General Barr has deliberately misrepresented Mueller’s report.

President Trump has engaged in impeachable conduct.

Partisanship has eroded our system of checks and balances.

Few members of Congress have read the report.

I offer these conclusions only after having read Mueller’s redacted report carefully and completely, having read or watched pertinent statements and testimony, and having discussed this matter with my staff, who thoroughly reviewed materials and provided me with further analysis.

In comparing Barr’s principal conclusions, congressional testimony, and other statements to Mueller’s report, it is clear that Barr intended to mislead the public about Special Counsel Robert Mueller’s analysis and findings.

Barr’s misrepresentations are significant but often subtle, frequently taking the form of sleight-of-hand qualifications or logical fallacies, which he hopes people will not notice.

Under our Constitution, the president “shall be removed from Office on Impeachment for, and Conviction of, Treason, Bribery, or other high Crimes and Misdemeanors.” While “high Crimes and Misdemeanors” is not defined, the context implies conduct that violates the public trust.

continues to page 25

EDITORIAL

FROM THE PUBLISHER'S DESK

**MY POINT
OF VIEW**

Frederick A. Hurst



LEGAL MARIJUANA: GOOD FOR WHO?

By Frederick A. Hurst

continued from page 1

ness interests and out-of-towners and leave those small street dealers, who spent years developing the market for marijuana, out in the cold and, possibly, in jail along with those who buy from them. And the Massachusetts law legalizing marijuana and the Cannabis Control Commission rules designed to implement it will be the cause of it all.

The popular motivation for legalization was to stop criminalizing recreational behavior that had become normalized and to stop punishing and incarcerating those who participated in the distribution and use of a commodity that was in high public demand. And, to be honest about it, too many middle and upper class white users were being caught in the illegal web, many of whom purchased marijuana from inner city street sellers. The original fight to legalize marijuana wasn't about raising tax revenue, although the siren of stuffing the state coffers most certainly encouraged the legislature to approve legalization.

But that's where the irony of this whole business comes in.

The rules and regulations developed by the state's marijuana Cannabis Control Commission to implement the law make it financially impossible for the small street folks to participate in the legal sale of marijuana that most certainly was not sold from the street corners of municipalities like Longmeadow or Wilbraham or Hamden or other such white havens. It was primarily an inner city market and everybody knows it. And it is the same inner city vendors who took all the risks for decades who will be absolutely frozen out of the legal market.

With its minimum one million dollar start up costs, legalization of marijuana for the benefit of inner city vendors and their buyers was always a myth. The marijuana law, the Massachusetts Cannabis Control Commission set up to implement the law, and the rules and regulations developed by the Commission that guide its implementation appear to be designed (deliberately or not) to shut out inner city vendors who had been operating reasonably efficient, self-

themselves up against a formidable union of rich, White legal marijuana dealers and the state who will go to great lengths to protect the rewards of their monopoly.

Studies in other states, where marijuana has been made legal, show that street dealers are cutting into the profits of legal dealers and causing substantial reductions in state marijuana tax revenues. And the search is on for solutions, which means, of course, that the originators of the



regulated, underground small businesses that made relatively inexpensive marijuana available for broad public consumption.

Even without legalization, enforcement of marijuana violations was being relaxed. Some penalties for use and possession had been reduced to what amounted to civil crimes. Fines replaced incarceration and law enforcement officials often looked the other way. Enforcement focused on opioids, heroin, coke and meth and the like. It had become almost laughable to waste energy on marijuana arrests. But with marijuana legalization in Massachusetts, it appears that those liberalized times will soon change and the small street dealers and their buyers will find

marijuana market will suffer the full wrath of the states' penal systems. Massachusetts will be no different.

The Massachusetts law has designed a mechanism for alleviating its shortcomings by allowing a mechanism for "minority" inclusion called "social equity" and "economic empowerment." But, as often happens, the reality is much different from the intent. A small few of the well over 350 applicants for marijuana licenses in Massachusetts are minority and some of the few are merely fronts for White folks who can afford the start-up costs, including the cost of a minority shell. (It is noteworthy that none of the 19 already approved pot shops includes a social equity or economic empowerment applicant.)

Even the rare few legitimate minority applicants do not represent the original street vendors. They are just good, opportunistic business people who had no historical connection to the marijuana business before it became legal and will contribute nothing to those street vendors who can't afford the costs of legalization.

I don't know what the answer is to this quandary. From a purely economic perspective, Black folks and Brown folks and some White folks and others would probably be better off without marijuana legalization as it is currently structured. They would be better off with a "wild west" approach with limited rules and regulations that would allow them to keep their supply routes and distribution channels open while we learn how to design an equitable system. Or maybe we shouldn't have implemented legalization before designing an equitable system because what is unfolding is fundamentally unfair.

One New England state, Maine, is at least requiring owners to be state residents and prove their residency with at least four years of tax filings. But that is not a perfect solution for Maine or Springfield. One of Springfield's wealthiest applicants is a White Springfield businessman. Boston State Senator Sonia Chang-Diaz sponsored a bill to create a no-interest loan fund to help minorities get started that would be financed by a one million dollar state contribution and 10% of annual marijuana taxes. It would have helped but the reality is that it wouldn't help the many who will lose their livelihoods and the cost of marijuana will still keep the under-cover market in high demand. (The full senate rejected her proposal.)

The entire situation makes me understand how Donald Trump got elected as the worst president the

continues to page 25

FROM THE PUBLISHER'S DESK

LEGAL MARIJUANA: GOOD FOR WHO?

continued from page 24

country has ever endured. What politicians consider good law shuts out entire classes of people, shuts down their well-developed underground survival economy and very possibly ends the opportunity for many to make a living. And it's being done so cavalierly that it seems right...even though while the rich get richer and state coffers grow, the aforementioned lose.

I have a White friend who suggested that the good thing about legalized marijuana is that it is regulated. You know what you are

getting for your money. As I thought about it, it occurred to me that the pharmaceutical industry is very highly regulated and many people are being killed by deadly opioids deliberately produced and delivered for profit through a nationwide distribution system developed by top business people and highly respected doctors and their middlemen.

I've never heard of a person dying from an overdose of marijuana. And I can assure you, it is not good business for a street vendor to sell bad marijuana. That person won't be in business for long. The robust compe-

tion will see to that. So the assurance of the quality of the pot should be the least of our concerns when considering the merits of legalization.

The good and the bad of it all is that capitalism and free enterprise have a way of their own. Legal marijuana will be much more expensive than illegal marijuana and the products will be relatively similar in quality and quantity. The buyers will be king.

As has been already proven in other states that have legalized marijuana, the street sellers of marijuana, whose profits will be unhindered by

taxation and other substantial operational costs imposed by Massachusetts' Cannabis Control Commission, will not go away. They will continue to sell their goods to the many buyers who are anxious to pay substantially less for their marijuana highs.

And as the underground marijuana business cuts into legal sellers' profits and into the state's tax revenues, the state's robust law enforcement mechanisms will kick back in with a passion. And the marijuana wars will begin escalating all over again to the detriment of the little people. ■

SPEAKING TRUTH TO POWER

Trump Alerts!

By Marjorie J. Hurst



continued from page 23

Contrary to Barr's portrayal, Mueller's report reveals that President Trump engaged in specific actions and a pattern of behavior that meet the threshold for impeachment.

In fact, Mueller's report identifies multiple examples of conduct satisfying all the elements of obstruction of justice, and undoubtedly any person who is not the president of the United States would be indicted based on such evidence.

Impeachment, which is a special form of indictment, does not even require probable cause that a crime (e.g., obstruction of justice) has been committed; it simply requires a finding that an official has engaged in careless, abusive, corrupt, or other-

wise dishonorable conduct.

While impeachment should be undertaken only in extraordinary circumstances, the risk we face in an environment of extreme partisanship is not that Congress will employ it as a remedy too often but rather that Congress will employ it so rarely that it cannot deter misconduct.

Our system of checks and balances relies on each branch's jealously guarding its powers and upholding its duties under our Constitution. When loyalty to a political party or to an individual trumps loyalty to the Constitution, the Rule of Law—the foundation of liberty—crumbles.

We've witnessed members of Congress from both parties shift their views 180 degrees—on the im-

portance of character, on the principles of obstruction of justice—depending on whether they're discussing Bill Clinton or Donald Trump.

Few members of Congress even read Mueller's report; their minds were made up based on partisan affiliation—and it showed, with representatives and senators from both parties issuing definitive statements on the 448-page report's conclusions within just hours of its release.

“America's institutions depend on officials to uphold both the rules and spirit of our constitutional system even when to do so is personally inconvenient or yields a politically unfavorable outcome. Our Constitution is brilliant and awesome; it deserves a government to match it. ■

AF-AM NEWS bits

By Frederick A. Hurst

continued from page 4

we will have to stand with people of color for our mutual benefit.”

ONE MAN'S OPINION

I happen to think Democrats have a very distinguished field of presidential candidates for the 2020 elections and excellent diversity that can only be found in a party that is so pleasantly tolerant. But even I could see the humor in an intemperate comment by *Boston Herald* columnist Joe Fitzgerald who wrote of the Democratic can-

didates: “If only we could buy this bunch for what they're worth and then sell them for what they think they're worth.”

WHERE ARE OUR STATE SENATORS AND REPRESENTATIVES?

“One of the hardest hit regions is Hampden County, which encompasses Springfield and Holyoke, according [to] the Department of Public Health's quarterly report on opioid

related deaths. ...In that county, opioid overdose deaths increased a stunning 84 percent from 2017 to 2018, the highest count ever recorded there. In Springfield alone, the number of deaths doubled last year. (*The Boston Globe*, May 16, 2019) (With the exception of Eric Lesser, all of our representatives have been moot.)

RACISM IS NOT RESTRICTED TO AMERICA

A BBC radio host was fired after posting a picture of a baby chimpanzee when tweeting about the birth of the Duke and Duchess of Sussex's son, Archie Harrison. Of course, he

was making reference to the fact that the Duchess, Meghan Kelly, is mixed race.

TIGER WOODS

Both Tiger Woods and the White Red Sox players and management are big disappointments. None of them should have been led by their egos to the White House to be honored by the bigoted and misogynist Trump. Woods should have been more sensitive to his race and sexual misadventures and the Red Sox folks to their sordid racist history. So sad. ■

RELIGION

RELIGIOUS POINT OF VIEW



Dr. Atu White, Editor, serves as Pastor of the Mt. Zion Baptist Church, 33 Oak Street, Springfield, MA and as First Vice President of the United Baptist Convention of Massachusetts, Rhode Island, and New Hampshire. atuwhite@gmail.com

A TRIBUTE TO MY FATHER

continued from page 1

building a style in me—a style of high moral character and of a special spiritual bond that was a rare opportunity. While I saw a building, my father saw a tool to minister to those in great need. I saw walls; he saw a sanctuary that would make people feel at home. And as he continued to have me spend hot days and evenings in this un-air-conditioned building, I begrudgingly told him that maybe this wasn't the worst summer ever. He was giving me tools, building my character.

With that building, he brought to the community youth ministries and services, a Head Start school site, out-

reach programs for seniors, marriage counseling and food drives, disaster relief, out-patient mental health and drug counseling, as well as sober housing for men, women and families in recovery. With his vision, he brought hope and new possibilities, and he brought this through doubts—through people telling him he could never do it, and through those who would laugh and ridicule. He was able to do this by sticking to his mantra, “Stay Strong Black.”

Sometimes I wondered if he was addicted to difficulty as he only seemed to take on challenges that most would eschew. I saw him working with those that had been incarcerated and seemed to only know jail. I saw him working with youth who were so troubled that they were surely on their way to joining the

ranks of the imprisoned if someone didn't reach out to help them. I watched him stay strong and continue to tackle the problems that plagued our communities.

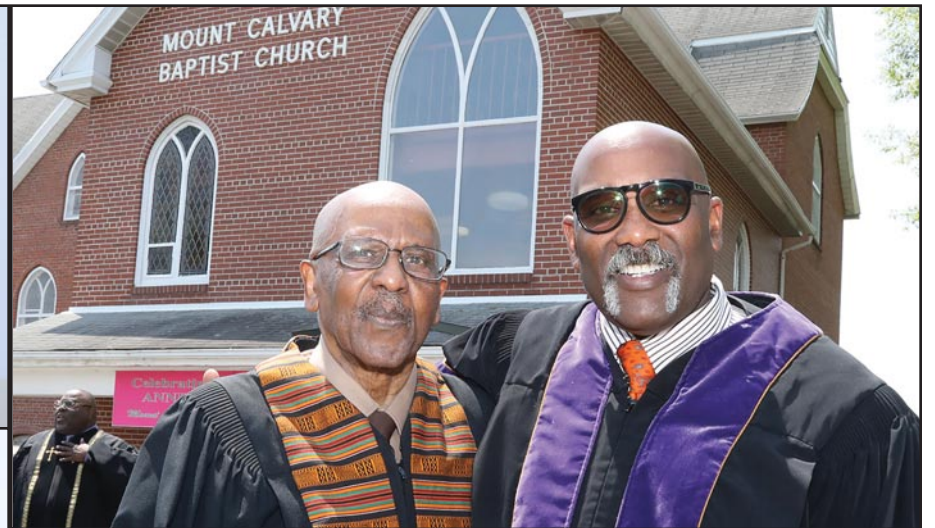
Dad was concerned with national issues as well. Early in his ministry, he galvanized local churches, non-profits, families and college students to become part of a national initiative that would rebuild churches burned down as a result of hate-related arson. The initiative, known as *Project Rebuild*, would go on to be nationally recognized by the National Council of Churches in Washington D.C. And years later, his many years of community service would again be recognized by The American Baptist Home Mission Society in awarding him their prestigious *Edward H. Rhoades Award* for excellence in

urban ministry.

I watched Dad succeed and, yes, sometimes fail. I watched his tenacity. I saw him working to heal others' wounds while not always treating his own. But no matter how difficult, he always seemed to smile and persist. More importantly, I watched him pray for guidance and for blessings. And then, after his prayers, I would see him get back up and go to work on the task before him.

I take pride in him as my father. I learned from him. I saw in him a rare fire that burned. I saw in him the champion of our family, a builder of character. And now, as I reflect back on him, whether he was enjoying successes or enduring trials and tests, I realize that he truly personified those same words he'd always spoken to me, “Stay Strong Black.” ■

MT. CALVARY BAPTIST CHURCH CELEBRATES 100 YEARS



Top left photo: Participants at the 100th Anniversary Soiree from L to R: Rev. Gordon C. O'Neal, Jr., Hostess Tracey Rucks, Rev. Dr. Mark E. Flowers, and State Rep. Bud L. Williams

Photo above: Mt Calvary Baptist Church 100 Anniversary Former Mount Calvary Pastor Gordon C. O'Neal, Jr. and Current Pastor Rev. Dr. Mark E. Flowers in front of the church.

Unveiling of the new street name, Mount Calvary Way.



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 Acts 5:12b



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FEATURE ARTICLE



I Found Light Against All Odds

continued from page 5



provide them with guidance. We truly feel that WE can make a difference in the lives of our youth who do not see the light.

“Our youth don’t care what we know until they know we care”

“I was honored to have been asked by Stefan Davis to say a few words at the Scholarship and Awards Ceremony for his organization. I, like many others, believe in Coach Davis. And the organization he created embodies everything that he stands for. It was evident when I coached with him 10 years ago at the High School of Science and Technology that he cared more about the students winning at life than winning a football game, which in turn made them successful both on the field and in the classroom. His willingness to embrace the students who are facing some of the most difficult challenges and somehow convince them that school is still important is short of amazing and something to which all educators ought to aspire. His story has inspired me just as the stories of his students help to inspire him.” —Justin Hurst



Springfield City Council President Justin Hurst, Esq. speaks at the Scholarship and Awards Ceremony.

Three of the many teams participating in the “I Found Light Against All Odds” Golf Tournament” fundraiser at Westover Municipal Golf Course.



LIVING

LET'S CONNECT

Salute!

By Beverly Guerrero-Porter

Men have a special place in my heart. There is a profound appreciation for these beautiful beings because I have been privileged to know so many wonderful ones over the course of my life.

I have fond memories of weekends with my biological father which consisted of play dates with family and take-out. I get my appreciation of solitude and taste for blaringly loud music from him—is there any other way to play it?

My stepfather, though light-hearted and playful, was more of an intellectual. Always reading a book and discussing philosophy or some sort of social issue. He is the one who most influenced me in embracing my identity, having vision and following it through. His example of hard work, grit and consistency showed me that with effort, nothing is impossible. He planted the seed of entrepreneurship, which I never cared much for as a child but is serving me tremendously in this season of my life. He was Mr. DIY before it became a thing. He is a man of much wisdom and I still find myself gleaning from his insights as he's been through the path that I have yet to go down and has always served as a guide for what lies ahead.

My best and closest friends have typically been men. Their light-hearted nature and practicality always encouraged me to get past my emotionalism and have a more balanced perspective of situations. I learned from them as I watched them navigate the obstacles of work and society with such strength and grace. I have seen how they have loved their families and how they take great pride in providing for them.

As a result, I had high expectations for my

husband who not only met them, but has exceeded them. He is a leader that I can trust. He is sober minded and wise. He is confident and strong. He is a doer and a change maker—one of my greatest inspirations. Like that Ne-yo song, he makes me better. He reminds me that the life we have is just this one and we are to make the most of it.

None of these men are perfect but they are perfectly human: confident and vulnerable enough to show their strengths and frailties. They never take themselves too seriously except when it comes to their fashion game—that's one thing they all share—they have to stay fly. But there are so many levels and complexities to these men that make them so beautiful to me.

Now, as a mother, I have the privilege of sharing the responsibility of raising a boy who will one day become a man and when he does, I know he will be just as great as each of them.

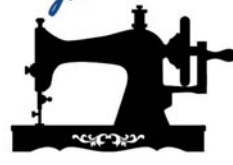
To our precious and beautiful men, you have the power to build a strong community. To love us and teach us and protect us. To father and raise a next generation of men who will follow your footsteps. What a massive responsibility for those of you who are doing it right. To those men who are choosing to honor that responsibility, I thank you and salute you. ■



Beverly Guerrero-Porter

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THE ARTS

PEN & INK

“A Dream Within A Dream”

Fragments compiled by Juanita Torrence-Thompson



JUANITA TORRENCE-THOMPSON: Pushcart nominee. Playwright. Published fiction, children's stories, feature articles, hundreds of her award-winning poems in dozens of U.S. and international journals, nearly 30 anthologies, 10 books including “Centos of Life”. Writes print & online newspaper poetry columns; produces poetry salons and reads internationally. Former Editor-in-Chief and Publisher of award winning Mobius, The Poetry Magazine. Her poetry is translated into 15 foreign languages. Talking With Stanley Kunitz and New York and African Tapestries were best pick by Small Press Review. Mobius, The Poetry Magazine, best pick 2007 thru 2012 www.poetrytown.com

- 1 When breezes are soft and skies are fair
- 2 And I am in the wilderness alone
- 3 These temples grew as grows the grass
- 4 With the dew and damp of meadows
- 5 In the gilded coach of pride
- 6 On the sweet summer wind its purpled wings
- 7 Of sculptured ivy and stone flowers
- 8 Is but a dream within a dream

- 1, 2 William Cullen Bryant
- 3 Ralph Waldo Emerson
- 4 Henry Wadsworth Longfellow
- 5 John Greenleaf Whittier
- 6 Oliver Wendell Holmes
- 7, 8 Edgar Allan Poe

One Day At A Time

By Berdia M. Brown

As I drag myself from bed, Lord I ask of you to clear my head
Keep my mind free of negative thoughts, which can cloud the mind
I thank you Lord as I take one day at a time
It's another day, which is new
Let your love of protection and guidance see me through
Today, if I should feel I'm at the end of my rope
Let me take time to listen to that calm voice, assuring me you are my only hope
Lord, deliver me from complaints and senseless whines
I'm truly blessed as I've learned to take one day at a time

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Berdia M. Brown



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THE ARTS

CHILDREN'S BOOK CORNER

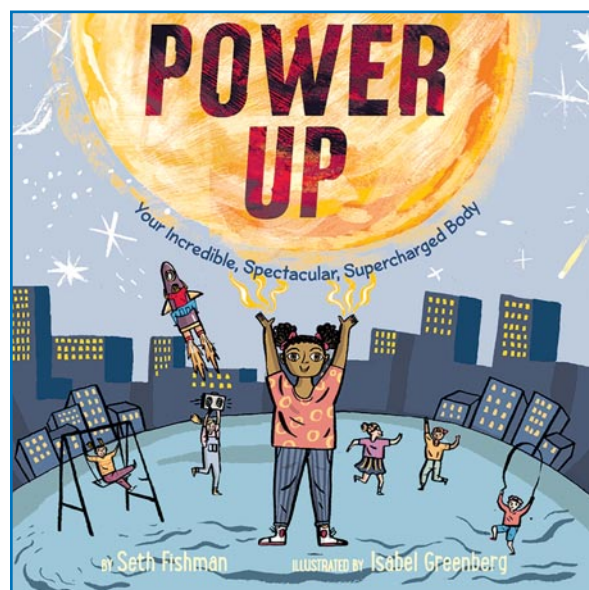


The Bookworm is Terri Schlichenmeyer. Terri has been reading since she was 3 years old and she never goes anywhere without a book. She lives on a hill in Wisconsin with two dogs and 11,000 books.

“Power Up: Your Incredible, Spectacular, Supercharged Body”

By Seth Fishman, Illustrated by Isabel Greenberg
c.2019, HarperCollins Children's Books \$17.99 / \$21.99 Canada 40 pages
Reviewed by Terri Schlichenmeyer

You are a really great kid. You can run fast and jump high. You can smile and sing and catch a ball. You might even know how to make a sandwich or help out around the house. You're pretty awesome all around, but in **“Power Up”** by Seth Fishman, illustrated by Isabel Greenberg, you're insides are especially incredible.



Here's something you might not know: You're a fireball from the skies.

No, really. If you could look inside your body, you'd find the same ingredients that make stars. And get this: if you could harness it properly, your littlest finger on your right hand has energy enough to run millions of refrigerators and TVs, light up hundreds of schools, and run an entire city's worth of stoplights. All on the same day!

It takes energy to do everything; even just sitting and listening to music or reading a piece of paper takes energy. The bones and muscles inside you take energy to keep you singing and jumping and smiling, from the smallest bone inside your head to the largest bone in your thigh, from the smallest muscle in your ear to your largest muscle, the one you're sitting on!

Human beings have energy to run longer than the fastest animal on earth. They can create musical instruments and make songs. Humans learned to

cook food, to invent cars and trains, to build cities and sidewalks, and to look for stars in the skies. Maybe we're even looking for another fireball...

The thing to remember about the energy inside your body is that sometimes, it needs to replenish. That can be done by eating food that's good for you, getting a full night's sleep, and being active every day. If you get all these things and you take care of the energy machine that is your body, then your brain is cared for, too.

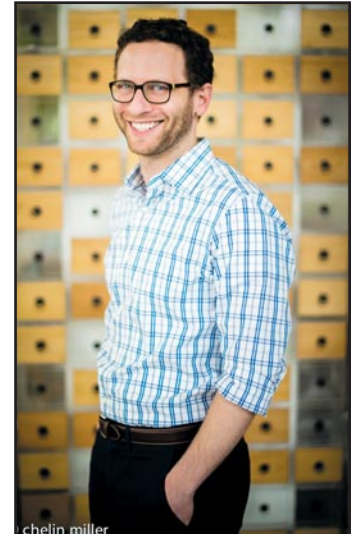
And that brain? It lets you imagine and invent, do math, work on a computer and understand science, remember important things and unimportant things. It keeps you interesting, funny, and smart. It makes you powered up.

Time and again, in a dozen ways, you've told your child that he or she is important and special. He knows it's true. Let “Power Up” show her in even more ways.

Through quickly-read pages brimming with facts, and artwork that's as action-packed as the words it accompanies, author Seth Fishman and illustrator Isabel Greenberg teach their audience with a “gee-whiz” tone that takes information to kid-level but without dumbing it down. Young readers may be skeptical at what they'll learn (you might, too!) but Fishman takes care of that by including two pages in the back of his book to further explain the science and biology involved. That underscores what's mentioned

in earlier pages and it will encourage a deeper curiosity and interest in further exploration.

For the 4-to-8-year-old who goes nonstop, this is a great introduction to STEM learning, and it's fun to read, too. “Power Up” could be the right book for the greatest kid you know. ■



Power Up author, Seth Fishman
Photo By Chelin Miller

ARTIST IN RESIDENCE



Renée Flowers is Point of View's Artist in Residence. You can contact her directly at (413) 209-9882 to arrange a private viewing of her work.

Every month different paintings created by Renée Flowers are displayed at Point of View



THE ARTS

ENTERTAINMENT REVIEW

Music Festivals Season Starts Now!

By Yvonne Mendez



Yvonne Mendez is the Director of Education & Engagement at the UMass Fine Arts Center. She produces events for the Valley Jazz Network, and also works with the Springfield Jazz and Roots Festival.

There are so many music festivals in our region that offer opportunities to be exposed to different kinds of music and musical artists as well as enjoying the geographical aspects of various cities, towns and regions of New England and the world! Spring and summer are the best festival times.

The oldest music festivals, like Woodstock or the Newport Folk Festival, exhibited the characteristics that make festivals one of the fastest growing social gatherings in the world. The nature of festivals is based within social identity theory. People decide to attend a festival because they want to be amongst like-minded patrons, there to experience the social “spectacle”. They enjoy the social category that they have self-identified; and it affects their self-esteem in a positive way. The “spectacle” aspect and the benefits depend on the range of talent, the musical genre and the festival atmosphere. For example, a folk or bluegrass festival clearly presents artists in that genre and will attract people who love or are curious about that genre. And the festival also offers other opportunities (food, crafts) that also complement that particular interest.

There are so many festivals worldwide with such varied interests! AfroPunk in NYC, the Essence Festival in New Orleans, Celebrate Brooklyn and more. On a local scale there are many festivals and I urge you to do your homework and find the ones that appeal to your interests and enhance your life! A little known fact is that many of these festivals are sponsored by non-profit organizations, and also offer interesting community forums and youth workshops with festival artists.



Newport Jazz Festival - 2016

Here are my picks in chronological order:

Burlington Jazz Festival — www.discoverjazz.com, May 31-June 9. This festival is a city wide event with The Flynn Center as a main venue, and outdoor events in the Waterfront Tent. 2019 features Patti Labelle, Toots and the Maytals, Bobby McFerrin, Makaya McCraven, Zaccai Curtis, Leyla McCalla and more.

Freihofer's Saratoga Jazz Festival — www.saratoga.com, June 29 & 30. This is a new exciting addition to my list. This year's headliner is George Benson.

Green River Festival — greenriverfestival.com, July 12, 13 & 14. At Greenfield Community College, this festival offers a variety of music and lots of family activities. 2019 features Angelique Kidjo, Rhiannon Giddens and Fantastic Negrito.

Greater Hartford Jazz Festival — hartfordjazz.org, July 19-21. A nonprofit festival conceived by Paul Brown. Self-proclaimed as the largest free jazz festival in New England, attracting 77,000 patrons.

Newport Jazz Festival — newportjazz.org, August 2-4. The big one in the region— many stages with new and veteran talent. Souvenirs, t-shirts, beer and wine garden, food and craft vendors galore! It can be expensive—so plan your trip accordingly. Headliners include Herbie Hancock, Kamasi Washington, Dianne Reeves, Ravi Coltrane.

Springfield Jazz and Roots Festival — springfieldjazzfest.com, August 10. Dedicated to establishing Springfield as a cultural hub in Massachusetts, it offers a variety of music, as well as a second stage that highlights local and regional artists. It is a nonprofit festival and relies heavily on sponsors, donors and volunteers. 2019 artists include Tia Fuller, Samite and Elio Villafranca and more. www.springfieldjazzfest.com.



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COMMUNITY

GOOD NEWS - JUNE 2019



Jay Griffin,
Stone Soul Festival
Program Chairman
hayjay252@msn.com
Tel: 413-636-3881
or
413-739-2947

Good News - June 2019

By Jay Griffin

We want to acknowledge the great job Tom Kegelman and his staff are doing with Home City Development, Inc. in the Old Hill, Mason Square, McKnight, and Upper Hill neighborhoods. They have remodeled some of the dilapidated homes that have been neglected in these communities. This program has resulted in revitalization of some of the most significant homes in our community. Home City Development recently celebrated its 50th anniversary and has received federal and state funding for various projects.

Tom and his staff, along with a very attentive Board, are providing long-range planning and development. Through Tom's leadership, Home City Development, Inc. has grown and is well respected in the quality of their home renovations. One of Tom's secrets is his great appreciation for those community

builders and activists who came before him. We have met on several occasions and he had a thirst for gaining insight into community leaders from the past. We discussed Roger Williams, Mo Jones, Rev. Charles Cobb, Ray Jordan, Ruth Loving, and many others.

On **Thursday, June 6, 2019**, Home City Development, Inc. cordially invites all to the E. Henry Twiggs Estates Ribbon Cutting at Gunn Square Park, Springfield, MA **from 10:00am to 12-noon**. The program will include a special ceremony to honor Mr. Twiggs, a long-time activist, and recognition of his efforts to improve the quality of life in the greater Springfield community. E. Henry Twiggs worked long and hard as a community activist. We remember many evenings on the steps of City Hall protesting events such as the Octagon Lounge, which resulted in police brutality. Henry fought the endless battle for Ward Representation in Springfield. He was an early pioneer

of improving housing for low- and middle-income citizens.

Stone Soul would like to acknowledge the officers of the Black Men of Greater Springfield (BMOGS): William Zachary, President; Roy Goodman, Vice President; Michael Blake, Treasurer; Leo Foster, Secretary; and My-Ron Hatchett, Clerk and Correspondence Secretary. We would also like to acknowledge all the members of BMOGS for their critical support to programs in need. They have taken the time to research and explore those organizations that are touching the core needs of community programs.

A planning committee has been formed to recognize their efforts in supporting community activities for youth and families in greater Springfield. Members are: Richard "Iceman" Gardner, Committee Chairman; Jacqueline Williams-Hines, Mable Sharif, Karon Tyler, Jay Griffin, Zee

Johnson, and others. **Your participation is welcome if interested.** Other organizations are welcome to participate in this event. The Black Men of Greater Springfield have been providing service to youth and the community since 1991.

CLASSES:

Zumba Class – Tuesday and Wednesday (weekly) at 41 Colton St., Springfield, MA from 5:00pm to 6:30pm. For additional information, please contact Ronald Brace, Jr. at (413) 309-3621.

CONDOLENCES:

We would like to express our condolences to the family of Lujana D. Hood, Executive Director of PAH-MUSA.

We would like to express our condolence to Carl E. Yates and family in the loss of his mother.

HAPPY FATHER'S DAY!

HEALTH — COMMUNITY INFORMATION

Third Annual "Thrive After 55" Wellness Fair in June

continued from page 11

ing diverse areas of interest to learn about the local services available and explore opportunities for active, healthy living. The Health New England mission is to improve the health and lives of the people in the communities we serve, and we are grateful to be an ongoing part of the team that makes this event possible."

"We are pleased to once again participate in Senator Lesser's Wellness Fair," said Dr. Mary-Beth Cooper, president of Springfield College. "Health and wellness are the hallmarks of a Springfield College education. It is who we are. To partner with Sen. Lesser and his staff to continue to push for efforts that support our community members perfectly aligns with our Springfield College mission and our Humanics philosophy of spirit, mind, and body for leadership in service to others.

We look forward to seeing everyone on our campus again this June."

Ben Craft, Vice President of Community Engagement of the Center for Human Development (CHD), said the "Thrive After 55" Fair provides important connections between people and services that can significantly impact their lives. "Mental health and wellness is a lifelong journey, and CHD is committed to supporting and caring for people across our communities and walks of life. We're proud to partner in Senator Lesser's efforts to build a healthier and more vibrant western Massachusetts."

The Thrive After 55 Wellness Fair will also feature several educational seminars which will highlight areas of interest for attendees, including: estate planning and elder law, scam avoidance, and diet and nutrition. Heart Song Yoga Center of East Longmeadow will return for a third year with an

interactive demonstration of chair yoga and movement.

The free program includes a boxed lunch, educational seminars, hundreds of raffle prizes, and access to information and experts to talk to. **To attend, please call Senator Lesser's office at 413-526-6501 or visit SenatorLesser.com/thrive to RSVP.** ■

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www.afampov.com

COMMUNITY

NABVETS Corner



Haven L. Williams

Haven is a Springfield resident who originally hails from New Haven, CT. He moved to Springfield in the 1970s. He attended Brookings Elementary School, Forest Park & Duggan Jr. High Schools and after that, attended the High School of Commerce from which he graduated.

Haven spent close to a year on active duty in the United States Army. He did his initial training at Ft. Sam Houston, Texas and then went to Persidid Letterman Hospital in San Francisco, California, and then to Cutler Hospital at Ft. Devans in Shirley, Massachusetts where he was dis-

charged. Haven reports having a very negative experience at Ft. Devans as he came face to face with racism and abuse of power. His First Sergeant would not support his aspirations and his desired change of job responsibilities.

In March of 2016, the Springfield Chapter of NABVETS was opening its office on State Street and looking to hire staff. Haven was looking for a job and was encouraged by his employment specialist to apply for the Office Manager/Veterans Services Officer (VSO) position and after a two-interview-hiring process, was offered the job. Haven has been dedicated to NAVETS and helping Veterans ever since. He was instrumental in setting up the office structure and developing operational and administrative procedures for the program. While he maintains membership in the NABVETS National Organization, he has chosen not to join the Chapter at this time and,

therefore, is not eligible to hold office. He attends all monthly meetings to provide information and support to the Commander.

When I asked Haven about the future of NABVETS Springfield Chapter, he offered these thoughts:

- Continue to increase our collaboration efforts and ward off isolation.
- Continue working toward financial independence.
- Develop a clear set of goals and objectives that have clear timelines and accountability.
- Develop a plan to encourage other

Veterans and family and friends to join with the understanding that their input can improve our services, which in the end, helps Veterans.

Haven has spent most of his career working in academia. He has worked with local colleges and libraries and has taught in a Middle School in the Springfield Public School System. He is passionate about Teaching and Learning, including self-enrichment activities such as card games, chess and other board games. Stop by the office at 878 State Street, Springfield and say hello. ■



Milton Jones

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CONGRATULATIONS CORNER



Congratulations to **Vivian Gladden-Jones** who was named the Director of Assisted Living and Home Care at Loomis Village. Gladden-Jones, a Licensed Practical Nurse, has over 25 years of experience in health care, having previously served as the Assisted Living and Program Director at Loomis Lakeside at Reeds Landing in Springfield for the past 13 years. Prior to joining The Loomis Communities, Gladden-Jones was the Supervisor of Nursing at the Beaven Kelly Home, part of the Sisters of Providence, now known as Trinity Health Senior Communities. Gladden-Jones also brings seven years of home care experience to Loomis Village. Gladden-Jones is a member of Dementia Friendly Massachusetts, a statewide, grassroots movement comprised of organizations, individuals and municipalities that works to make communities safe, inclusive and respectful for individuals with dementia, as well as their families and care partners.



Congratulations to **Aieshya Jackson** on her graduation from Bay Path University with a Bachelor of Arts in Business Administration and joining of the board of directors of Junior Achievement of Western Massachusetts. Aieshya is a branch manager for Santander Bank and is responsible for leading the staff and overseeing the effective functioning of the branch. Prior to this position, she was a branch manager for United Bank. Aieshya also serves on the board of the Martin Luther King Jr. Family Services and volunteers with Revitalize Community Development Corporation and the Springfield Rescue Mission. She also has a degree from the Connecticut School of Finance and Management.



Congratulations to **Derek Morris** of Springfield who has been named Chief Financial Officer (CFO) at Way Finders. Morris will design, implement and manage Way Finders' financial systems and is responsible for the financial performance of the organization, including Way Finders' two affiliated organizations, Common Capital, Inc. and MBL Housing and Development LLC. Prior to joining Way Finders, Morris spent 18 years in the Human Services industry. Most recently he served as CFO of Stavros, Inc., a leading regional provider of programs designed to facilitate independent living for persons with disabilities. Prior to Stavros, Morris served four years as CFO at River Valley Counseling, an affiliate of Valley Health Systems, the \$120-million organization that operates Holyoke Medical Center. Morris also served as CFO at Behavioral Health Network, one of the largest mental health and recovery organizations in the region. He also served as Vice President of Financial Services at Goodwill Industries in Springfield and at Springfield Day Nursery (DBA Square One). He is a graduate of the University of Hartford with a Bachelor of Science in Business Administration (BSBA).

Congratulations to **ALL of the 2019 40 Under Forty Winners**: Sarah Adams, Aleda Amistadi, Joy Baglio, Gary Bernice, Myles Callendar, Nicole Carlson, Nicolle Cestero, Jean Christy, Liane Comeau, Alex Dixon, Rebecca Dobert, Lauren Duffy, Sally Ekus, Sally English, Nicole Florian-Theriaque, Paul Gallagher, Daniel Hartman, Donald Havourd, Trista Hevey, Finley James, Jesse Lederman, Jynai McDonald, Amie Miarecki, Amelia Mosley, Jake Oliveira, Dorothy Ostrowski, Leah Phillips, Phillip Ringwood, Lindsay Sabadosa, Payton Shubrick, Elizabeth Simpson, Bill Spirer, James Stephenson, Jennifer Stevens, Siobhan Murphy Sullivan, Lukasz Szpakowski, Theo Theocles, Ryan Watson, Peter Wirth, and Alyson Yorlando.

POV Sends Special Congratulations to 40 Under Forty Winners:

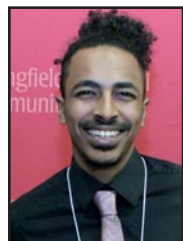
- ◆ **Gary Bernice**, Director of Bands, Springfield High School of Science and Technology. *What a marvelous job you do. You are an inspiration.*
- ◆ **Myles Callender**, Construction Manager and Healthy Homes Assessor, Revitalize CDC; Owner K&M Enterprises. *Keep up the good work.*
- ◆ **Alex Dixon**, General Manager, MGM Springfield. *Best of luck. We will miss you.*
- ◆ **Jesse Lederman**, Springfield City Councilor; Pre-Admissions Advisor and Recruitment Coordinator, UMass Amherst University Without Walls. *Hang in there. You are making a difference.*
- ◆ **Jynai McDonald**, Western Mass. Regional Manager, Training Resources of America Inc.; *Thank you for all that you do for us. We couldn't manage without you!*
- ◆ **Amelia Mosley**, Business Account Executive, Comcast Business. *You've had great mentors from whom you have obviously learned a lot.*
- ◆ **Jake Oliveira**, Assistant Executive Officer, Massachusetts State Universities Council of Presidents; School Committee Member, Ludlow Public Schools; President Emeritus, Massachusetts Assoc. of School Committees; Regional Director, National School Boards Assoc. *You are amazing in all that you do.*
- ◆ **Payton Shubrick**, Innovation & Design Thinking Manager, MassMutual. *Your future is bright.*
- ◆ **Bill Spirer**, Founder and Executive Director, Springfield Prep Charter School. *Keep up the good work. You are making a lasting contribution in the lives of so many.*



Among the "celebrities" walking the red carpet recently at Gary Rome Hyundai to raise funds for Providence Ministries were Samantha Edwards (3rd from left), Denise Hurst (center) and Justin Hurst (far right). They were joined by Doug Rosemond, Maria Estrada and Dave Edwards.

CONGRATULATIONS CORNER

“29 Who Shine” Awardees



SPRINGFIELD, MA – Springfield Technical Community College student **Mohamed Gabriel** has been named one of the state Department of Higher Education’s “29 Who Shine,” a program that recognizes one outstanding graduating student from each public college and university in Massachusetts.

Gabriel, 25, of West Springfield, and his mentor, Title III and Supplemental Instruction (SI) Director Jane Lerner, of Northampton, represented the college during a ceremony on May 3 at the State House in Boston that included Gov. Charlie Baker, members of the legislature, and university and college presidents.

Gabriel, who is studying engineering science transfer, will graduate this spring and plans to enroll at a four-year institution this fall and major in engineering. Gabriel was thrilled to learn he was selected to receive the 29 Who Shine Award.

“It’s exciting,” Gabriel said. “To be the one student selected from this big campus with such great students is definitely a huge honor.”

Each year, the state honors outstanding students who show promise as future leaders and demonstrate a strong record of academic achievement. Students also are chosen based on their intent to pursue a career in a field where there is a demonstrated need in Massachusetts, among other criteria.



WESTFIELD, MA – Westfield State University senior Giana Dean of Saugus, Mass. has been selected as the University’s recipient of the 29 Who Shine award from the Massachusetts Department of Higher Education. These awards are presented to 29 graduates throughout the Commonwealth who exemplify the values of community service and academic experience. Each recipient attends a Massachusetts community college, state university, or University of Massachusetts institution and is nominated by a faculty or staff member.

A criminal justice major, Dean has participated in numerous activities and organizations, including volunteer hours at the Boston Marathon and through the American Red Cross. Additionally, she has participated in walks to support research in breast cancer, autism, and Alzheimer’s. Her involvement and leadership in the Westfield State University Student Ambassador Program has been

Gabriel has excelled in and out of the classroom. He has served as president of the Student Government Association and worked as a Supplemental Instruction leader. Lerner directs the SI program, which is a type of academic support in which peer tutors, or SI Leaders, assist students both in and outside of the class in primarily science, technology, engineering and mathematics (STEM) classes with high enrollment and lower-than-average pass rates.

“Jane has been crucial to my time at STCC,” Gabriel said. “Through her mentorship, I have learned many things that helped me navigate my way through higher education.”

Added Lerner: “Mohamed has been an invaluable resource to everyone he has worked with. He has given back to the school and the community for many years, in both his work within the institution, and his numerous volunteer activities within Springfield and the surrounding areas. Mohamed came into these roles with grace, maturity, and boundless enthusiasm. He is committed to social justice and giving voice to those individuals who at times are not always heard.”

From Sudan, in East Africa, Gabriel and his family left their home in 2007 to Malaysia, where Gabriel graduated from high school in 2010. In 2015, Mohamed and his family resettled in the United States.

With his dream of becoming an engineer, Gabriel visited STCC, an institution with a techni-

cal mission.

He knew a college focused on science, technology, engineering and mathematics (STEM) would be a great fit. And, attending STCC was a family affair. Both parents and one of his brothers took courses at the college.

He loved getting involved as a student leader. During his first year, in 2016, he applied for as many scholarships as possible and won six. He has maintained a 3.5 grade point average.

“I like the affordability of STCC,” he said. “The classes are small and more personal than they are in bigger colleges or universities. There’s a good support system as a whole with staff and faculty and a variety of programs. I also like the diversity in the student body.”

STCC President John B. Cook joined Gabriel and Lerner at the ceremony in Boston.

“We are very proud of Mohamed, who has distinguished himself in so many ways during his time at the college,” Cook said. “Mohamed wonderfully reflects the talents and humanity of STCC students.”

Gabriel’s long-term goal is to find a career that will allow him to combine his love of engineering with his passion for social justice.

“I want to help underserved, underrepresented and underdeveloped communities,” he said. “With my skills as an engineer, I want to help build communities that are struggling and make a difference.” ■

her greatest impact as one of 15 students representing a population of over 5,000.

“Giana took advantage of many social and developmental opportunities available at Westfield State and has become a confident and talented leader, always willing to donate her time to worthwhile causes and help those in need,” said Susan LaMontagne, Westfield State’s dean of Student Affairs.

Dean also mentors students with learning disabilities. She became highly involved with the University’s Fostering A Culture of Empowerment and Success (FACES), a group that supports students within the foster care system. She familiarized herself with the students and their experiences and feelings by attending group meetings, empowering her to act when they expressed a concern for the lack of amenities and sense of community on campus. Dean has continued to attend the group’s meetings, showcasing empathetic leadership while mentoring and being a loyal friend to FACES members.

Dean has worked diligently through her roles on and off campus to attain the spirit of a diverse and inclusive community, where everyone is welcomed, respected, and appreciated.

After graduating from Westfield State, she plans to gain more experience in the field of information technology through an internship or entry-level position. She also plans to pursue a master’s degree and career in cyber security. ■



(Last month we extended Congratulations to Adam Abdelrahman, a “29 Who Shine” honoree from HCC.)



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COMMUNITY CALENDAR — JUNE 2019



*Jynai McDonald,
POV Community
Calendar Editor*
Please submit your events
with attn: Jynai in the
subject line to
info@afampov.com

June 1 (Saturday)

Mason Square C3 Community Walk

Where: Mason Square Library
765 State St., Spfld., MA

When: 10AM–12PM

*Walk starts at library

Info: 413-747-5755

June 1 (Saturday)

Women's Power Breakfast

Where: Wesley United
Methodist Church
741 State St., Spfld., MA

When: 9AM–10AM — **FREE**

June 1 (Saturday)

First Time Homebuyers Workshop

*Hosted by Springfield Neighborhood
Housing Services*

Where: Springfield College
Locklin Hall, Room 233
263 Alden St., Spfld., MA

When: 9AM–5PM — *Registration fee

Info: 413-739-4737 ext. 100
www.springfieldnhs.org

June 1 (Saturday)

Vendor Sale/Tag Sale/Wellness Fair

Where: Foster Memorial Church
1791 Wilbraham Rd.
Spfld., MA (corner of Parker)

When: 9AM–3PM — **FREE**

Info: 413-782-2112 or
www.fostermemorial.org

June 5 (Wednesday)

2019 First-time Homebuyers Fair

Where: Springfield Elks Lodge
440 Tiffany St., Spfld., MA

When: 4:30PM–6:30PM — **FREE**

Info: www.wayfindersma.org/fair

June 7 (Friday)

'80's Themed Dance Party

Where: Cozy Café & Courtyard Pavilion
665 State St., Spfld., MA

When: 9PM–2AM

Tickets: \$10

June 8 (Saturday)

McKnight Block Party 2019

Where: Historic McKnight, intersection
of Clarendon/St. James

When: 12PM–4PM — **FREE**

June 8 (Saturday)

Windborne: Mount Toby Concerts

Where: 194 Long Plain Rd. (Rt.63)
Leverett, MA

When: 7:30PM – Donation: \$10-\$30

Info: 413-336-2589
diacrowe@yahoo.com

June 8 (Saturday)

Center After School Program Celebrates 15 Years!

Where: LaQuinta Inn & Suites
100 Congress St., Spfld., MA

When: 5PM–10PM

Tickets: \$30/adults,
\$15/children under 10

Info: 413-204-0593

June 9 (Sunday)

"The "first" Memory Sunday"

Alzheimer's & Dementia Awareness

Where: St. John's Congregational
Church
45 Hancock St., Spfld., MA

When: 9:30AM

Info: 413-750-2896 or
zjohnson@springfieldcityhall.com

June 13 (Thursday)

Community Action Awards

Where: Springfield Marriott Hotel and
Conference Center
2 Boland Way, Spfld., MA

When: 6PM

Tickets: \$75/Indiv., \$700/Table of 10

Info: <https://communityaction.eventbrite.com> or
tabithad@springfieldpartnersinc.com

June 15 (Saturday)

First Annual Strawberry Festival

Where: Simple Gifts Farm
1089 N Pleasant St.,
Amherst, MA

When: 12PM–6PM – Parking \$5

June 15 (Saturday)

Annual Juneteenth Celebration

Where: Raymond A. Jordan
Senior Center
1476 Roosevelt Ave., Spfld., MA

When: 2PM–6PM

*Vendors, food, entertainment, and
Juneteenth enactment.

June 17 (Monday)

Heart to Heart Women's Ministry

Where: Deliverance Center COGIC
336 Spfld. St., Spfld., MA

When: 6PM–8PM — **FREE**

Info: vickilfrisby@msn.com or
413-219-4378

June 21 (Friday)

3rd Annual "Thrive After 55" Wellness Fair

Where: Springfield College
263 Alden St., Spfld., MA

When: 10AM–2PM

*Over 70 organizations,
dozens of raffle prizes, and
speakers

Tickets: www.eventbrite.com

June 20 (Thursday)

My Sister's House Annual Cookout

Hawaiian Fellowship, Fun, & Food

Where: 89 Belmont St., Spfld., MA

When: 3PM–5:30PM

June 22 (Saturday)

Lift Every Voice & Sing Gospel Festival & Fair

Where: Artists Collective
1200 Albany Ave., Hartford, CT

When: 4PM–8PM

Tickets: \$25 Registration Fee

*Volunteers needed

Info: info@levasgospel.org or
860-243-8734

June 23 (Sunday)

Dakin Humane Society's Barks & Brews

Where: Fort Hill Brewery
30 Fort Hill Rd.,
Easthampton, MA

Tickets: \$75/VIP – 12PM–1PM

\$30/GenAdmission 1PM–4PM

*attendees must be 21+

Info: 413-781-4000 ext.122

June 25 (Sunday)

PWC Woman of the Year Celebration

*Hosted by: Professional Women's
Chamber of Western Mass*

Where: Sheraton Springfield Monarch
Place Hotel

1 Monarch Place, Spfld., MA

When: 5:30PM–8:30PM

Tickets: www.professionalwomenschamber.com

June 27 (Thursday)

Board Basics

Where: First Churches of
Northampton – Lyman Hall
129 Main St.,
Northampton, MA

When: 5:30PM–8PM — **FREE**

Info: 413-829-4101 or
abritt@leadershipv.org or
<https://www.eventbrite.com/e/june-board-basics-tickets-61049478634>

June 29 (Saturday)

PALAS Summer Bash 'Oldies But Goodies' Dinner Dance Scholarship Fundraiser for Caribbean Students

Where: Enfield Elks
138 North Maple St.,
Enfield, CT

When: 6PM–12PM — **Tickets:** \$25

Info: sharnmc@gmail.com or
413-348-5058

June 29 (Saturday)

2019 Black Music Month Celebration

Where: Karen Sprague Cultural
Arts Center
American International
College

1000 State St., Spfld., MA

When: 5PM–8PM

Tickets: \$15/Advance; \$20/Door

Info: www.bmmspringfield.com or
413-364-3550 or
413-883-6216

June 20-22

JELUPA Productions Auditions of *Forgotten Spirit/the Musical*

Where: Martin Luther King Jr.
Presbyterian Church
14 Concord Terrace, Spfld., MA

When: 7PM–9PM (Thur)
6:30PM–9PM (Fri)
2PM–5PM (Sat)

Info: 857-526-4173 or
wanlorgiv@gmail.com

Tuesdays

Adult Basic Education & SNAP Path to Work Enrollment (GED/HiSET Classes)

Where: Training Resources of America
32-34 Hampden St., Gnd. Lvl.
Spfld., MA

When: 11AM — **FREE**

Info: 413-732-2223 or
jmcdonald@tra-inc.org

Tuesdays

Mason Square C3 — Community Engagement Initiative Working Together for a Safer Community

Where: Mason Square Branch Library
765 State St., Springfield, MA

When: 11AM — **FREE**

Info: 413-263-6853

*For more events
happening in the
community,
please visit our website
at www.afampov.com*

CONGRATULATIONS TO ALL!



Caribbean Carnival Heritage Scholarship 5th Annual Award Gala from L to R: Dr. Ishmael Ali, scholarship recipients Ijahman Morgan, Crystal Farrell, Seldine Chambers-Sutton, Tayan Pitter, Da-sha Wilson, Daniel LaFleur, and Freedman Elementary School Principal Medina Ali.



Springfield Renaissance High School student Ijahman Morgan received a \$20,000 scholarship from the Foot Locker Athletes Program. One of only 20 students nationwide to be recognized each year, Ijahman will join an elite group of academic achievers selected for demonstrating academic excellence and exemplifying strong leadership skills both in sports and within their communities.



The Martin Luther King Jr. Family Services Clemente Course graduation took place recently in Springfield.



Family and friends celebrated with Springfield Housing Authority Executive Director Denise R. Jordan who was the Commencement Speaker for American International College and received an honorary degree.



Students from the 100 Males to College and the College Bound Girls celebrated at Springfield Technical Community College at the 100 Males to College Brotherhood for College Success Recognition Ceremony.



Leadership Pioneer Valley recently celebrated its 2019 class graduation at Gateway City Arts in Holyoke.

CONGRATULATIONS TO ALL!



The Springfield Chapter of the Girl Friends held their annual scholarship luncheon. Scholarship Committee members pose with scholarship recipients from L to R: Michael Denson, Alisiana Marshall, Paris Lizana and Jerry Moore III.



The CREW presented two area students with \$1,000 scholarships. Front row: Members Jimmie Mitchell, Kevin Spivey, scholarship recipients Paul Campbell and Isaiah Long, and member Andrew Keaton. Back row: Members Billy Walker, CREW President Wayman Lee, Tommy Lewis and David Stover.



Scholarship recipient Sage Pasquale of Holyoke with HCC professor Kate Maiolatesi, far left, and her sisters, who endowed an HCC Foundation Scholarship in memory of their mother, Jolayne Hinkel.



Demetrius Rojas, left, and Siddeeqah Neveins, right, both of Springfield, recipients of the HCC Foundation's Roger and Caroline Putnam Scholarship, with donor Eileen Sorrentino, at the college's scholarship awards luncheon May 9.



Dwight Bachman, Public Relations Officer Eastern Connecticut State University, poses with two of the more than 1,200 undergraduates who received degrees at Eastern's 129th Commencement Exercises. Far Left: Chelsey Popo of East Hartford, CT. Left: Kashea Kenton of Colchester, CT with parents Nadeem Hancan and Christopher Parham.



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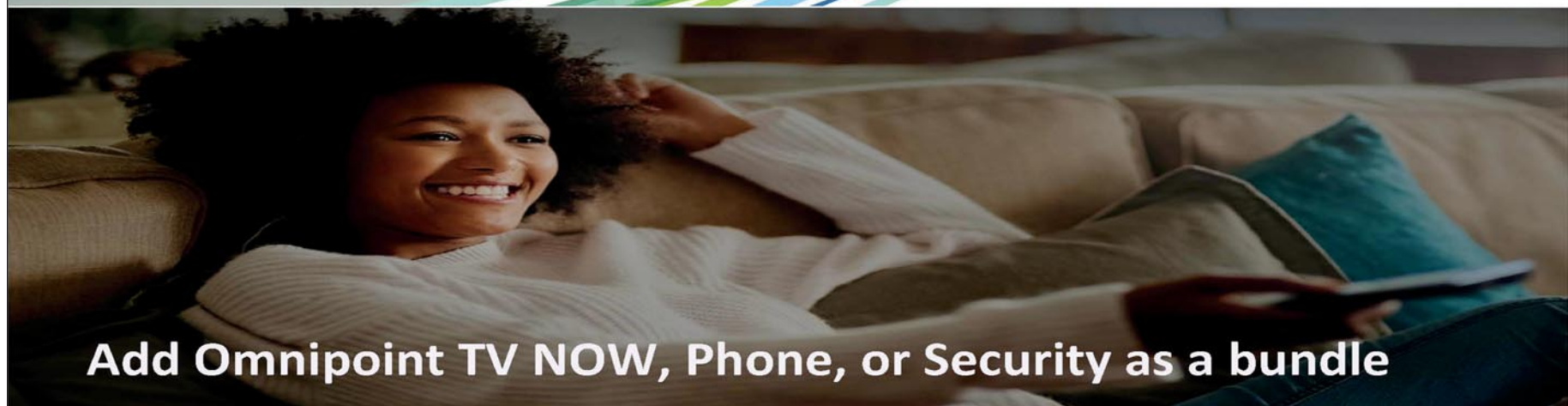


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