



TO: Shawsheen Valley Regional Vocational Technical School District School Committee
FROM: Allison Cammarata, *Director of Community Services & Workforce Development*
DATE: February 1, 2022
SUBJECT: Shawsheen Press Round-Up: January 2022

DATE	SOURCE	FEATURE
2022-01-27	Burlington Union	Shawsheen Tech announces deadline for freshman applicants
2022-01-27	Repair Driven News	Mass. special commission holds 4-hour hearing on body shop labor rates
2022-01-26	T & W Town Crier	Shawsheen sports round-up
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2022-01-21	WickedLocal.com	Shawsheen Tech announces deadline for freshman applicants
2022-01-21	Tewksbury Carnation	Shawsheen Application Deadline for the Class of 2026 Is Feb. 1
2022-01-20	Wilmington Apple	Shawsheen Tech's Application Deadline For Class Of 2026 Is February 1
2022-01-20	Bedford Citizen	Letter To the Editor: Application Deadline for Shawsheen Tech - February 1
2022-01-19	Tewksbury Town Crier	Shawsheen sports round-up
2022-01-19	Wilmington Town Crier	Shawsheen sports round-up
2022-01-19	Wilmington Town Crier	Baker nets his 200th career win
2022-01-13	Daily Times Chronicle	Shawsheen hosting Open House on Wednesday, Jan. 19
2022-01-13	Billerica Minuteman	Shawsheen High School to host open house
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2022-01-10	WickedLocal.com	VIDEO: Shawsheen Tech senior Tayla Tildsley performs fastest female...
2022-01-07	The Bedford Citizen	Shawsheen Tech Career Night Open House - Wed., Jan. 19, from 6 to 8 pm
2022-01-07	Daily Times Chronicle	Shawsheen Tech H.S. hosting Open House for all on Jan 19
2022-01-06	Wilmington Apple	Wilmington Residents Invited To Shawsheen Tech Open House on January 19
2022-01-06	Billerica Minuteman	The Lowell Holiday Wrestling Tournament
2022-01-06	Daily Times Chronicle	Shawsheen searching for new superintendent
2022-01-05	T & W Town Crier	Shawsheen to host open house on Jan. 19
2022-01-05	Tewksbury Town Crier	Shawsheen searches for new superintendent
2022-01-05	Tewksbury Carnation	Shawsheen Tech Open House Scheduled for Jan. 19
2022-01-05	Wilmington Town Crier	Shawsheen searches for new superintendent
2022-01-05	Wilmington Town Crier	Shawsheen Wrestling team takes 11th place at Lowell Holiday Tournament
2022-01-05	Tewksbury Town Crier	Also at Lowell Holidays, Shawsheen takes 11th place
2022-01-04	Billerica Minuteman	Billerica and Bedford schools return to the classroom after receiving state...

Shawsheen Tech announces deadline for freshman applicants

Special to Wicked Local
USA TODAY NETWORK

Shawsheen Valley Regional Vocational Technical High School has set its application deadline for ninth-grade admission as Tuesday, Feb. 1.

A successful application includes a completed online application, interview, recommendation, as well as complete school records for both seventh and eighth grade.

Shawsheen already has more applications than it does seats for the class of 2026 and expects the class to competitively fill with 340 students.

Applications will be accepted until Feb. 1, applications submitted after the

deadline will be accepted but students will be automatically waitlisted. Shawsheen will notify all applicants if they are accepted, denied, or waitlisted for admission in April.

To learn more about the admissions process and to apply, visit shawsheentech.org/admissions.

Shawsheen Tech is a public school that offers 20 vocational programs in arts communication & technology, construction, transportation & product development, health services, and advanced manufacturing.

The school is located at 100 Cook St. in Billerica and serves its five-member communities of Bedford, Billerica, Burlington, Tewksbury, and Wilmington.



Newly inducted National Honor Society juniors represent the Shawsheen Tech chapter during Shawsheen's Open House on Wednesday, Jan. 19. Treasurer Eric Bellavia of Tewksbury, Secretary Makayla Melanson of Tewksbury, Vice President Ella Reardon of Billerica and President Michaela Vittum of Burlington. COURTESY

PHOTO/ALLISON NILES CAMMARATA



Mass. special commission holds 4-hour hearing on body shop labor rates

By Dave LaChance on January 27, 2022

More than 30 people, nearly all members of the collision repair industry, testified Tuesday before a special commission created to consider auto body labor rates paid by insurers in Massachusetts.

During the four-hour-plus virtual hearing, speaker after speaker told the commission that auto insurers' refusal to pay a labor rate of more than \$40 over the past 30 years has caused real pain in the collision repair industry, threatened its survival and put members of the public at risk.

Calling the \$40 rate "absurd," "dangerous," "criminal," "insulting" and "a disgrace," speakers called on the 15-member commission to endorse a bill currently before the Legislature that would raise the rate and tie it to the region's Consumer Price Index.

That bill, H.1111, is currently being considered by the Legislature's Joint Committee on Financial Services.



Many speakers noted that the recommendations of a similar commission created in 2008 to address the labor rate issue were never adopted, and they blamed an insurance industry that they said is unfairly suppressing rates.

"There is no need to waste any more time on this study," said Tom Ricci, owner of Body and Paint Center of Hudson and legislative chairperson for the Alliance of Automotive Service Providers of Massachusetts (AASP-MA), who served on the 2008 commission.

"From '88 to 2008, all the information is compiled in that other labor rate report. Enact that, work on it, update the information, and we'll have everything we need. But act on it, please. This has been way too long that nothing has taken place," Ricci said.

Mass. Special Commission holds 4-hour hearing on Body Shop Labor rates. Repairer Driven News. (2022, January 27). Retrieved February 1, 2022, from <https://www.repairerdrivennews.com/2022/01/27/mass-special-commission-holds-4-hour-hearing-on-body-shop-labor-rates/>

Matthew Ciaschini, of Full Tilt Auto Body, expressed frustration that was echoed by many other speakers during the day.

“In the time we have been in business, we have seen little to no movement on the insurance reimbursement rate, despite recommendations from our last labor rate commission, despite the rise of minimum wage, despite the rising costs and expenses, and despite the rate of inflation over the years,” Ciaschini said. “Quite frankly, I’m appalled that something so obvious needs to be studied.”

Several speakers talked about losing technicians to shops in neighboring Rhode Island, Connecticut, Vermont, New York and New Hampshire, where allowed rates are higher, and the difficulty of attracting new technicians to the field when pay scales are below those of competing trades. It’s of particular concern when the average age of technicians in their shops is in the mid-50s, or higher, they said.



“How can we hire the kids to come into the industry when they’ve got to pay for tools? They’re exposed to chemicals in the spray booth. Paint, welding, grinding — it’s not an easy or safe industry. It’s dangerous,” Matthew Penacho, of Mike’s Auto Body, said.

James Marshall, the owner of Marshall’s Autobody, who serves on the board of the Shawsheen Valley Technical High School, said he has seen the decline in interest among students. “Since I took on that role some 20 years ago, there was a graduating class of no less than 10 per year, and now it’s down to two or three,” he said.

“We’re struggling to get kids in our own program due to the labor wages that they [insurers] want to pay,” said Tim Arruda, an auto body instructor at Upper Cape Cod Regional Technical School. He said his informal survey showed that hourly rates in the field are \$100-\$125 for plumbers and carpenters, \$75 to \$100 for electrical technicians, \$100 to \$125 for auto mechanics, and \$40 for collision repairers.

“We’re having a tough time selling to these young teenage kids who come into our program, trying to look for a future,” he said.

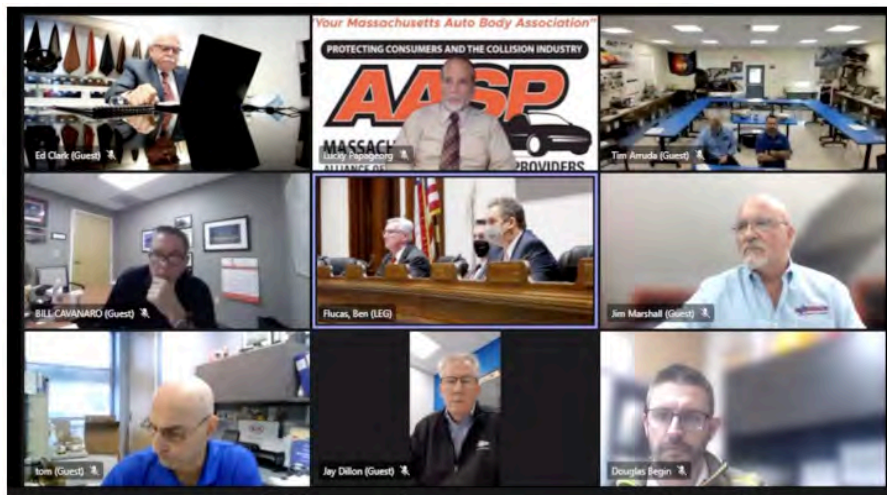
Ed Clark, the corporate fixed operations director for the Herb Chambers companies, the largest automotive retailer in Massachusetts, said his company has “invested millions of dollars in facilities, equipment, and training to provide the state citizens with quality repairs.”

“We can’t afford to pay the repairing technician a fair wage to be able to repair these cars and earn a living,” Clark said. “Many of my technicians are at retirement age now. And I really don’t know where we’re going to turn to find replacements.”

“We are working on incredibly sophisticated vehicles,” Dan Wenzel, of Wenzel’s Auto Body, testified. “They require talented, smart and highly trained technicians. Advanced steels, ADAS systems, you’ve heard it all already from all of my colleagues.

“To retain these technicians, recruit new blood in the industry, offer a benefits package, pay for training, pay support staff estimators, parts personnel, customer service representatives, invest in proper equipment, it is imperative that the labor rate is increased and increased now,” Wenzel said.

“If a significant rate increase does not happen ASAP, it will negatively affect Massachusetts consumers, resulting in balance billing for rates not covered by insurers, even longer lead times to repair vehicles due to technician shortage. There is a massive backlog in most shops that I know, so the lead time is growing and it’s growing more each day,” he said.



Speakers also pointed out that insurers are willing to pay prevailing labor rates well over \$100 to mechanics or for sublet services, and will pay higher rates to collision repair technicians working just over the state line from their shops.

Kathy Andrus, who with her son is running Precision Autocraft, the shop in the Berkshires started by her late husband 43 years ago, told the commission she does not understand why insurers are willing to pay more to shops 10 minutes down the road, in New York and Connecticut.

“I really feel that if you can understand the plight that we’re all in, and do something really quickly before we all disappear, that would be awesome,” Andrus said. “I mean, we have shops closing in our area already. So we have lots of work. We just can’t make it profitable enough to keep our employees happy and bring anyone else in. It’s extremely difficult.”

Donald Dowling, the owner of Marblehead Collision, said his shop has paid \$7.2 million to its employees over the past four years, but recouped only \$6 million, “due to the inefficient reimbursement rate from the insurance companies.”

Dowling noted that “a mechanic gets roughly \$135 [an hour] to replace parts on a vehicle. An auto body shop does the exact same thing, and as you all know, we get \$40. Yet, if I bring that car that the insurance company’s paying for to the mechanic, they will pay them that \$135, as long as they have an invoice. It’s disgusting.”

Mass. special commission holds 4-hour hearing on body shop labor rates - Repairer Driven News

“I’ve been on this particular issue since May of 2001,” said Bob O’Koniewski, the executive vice president of the Massachusetts State Auto Dealers Association. “It’s very frustrating, because it’s the same stuff over and over, and especially it’s frustrating from the insurance side of the equation, because it’s almost as if they don’t feel that there’s a problem out there.”

O’Koniewski said he feels that the voice of the consumer has been missing from the discussion, and said he wants to hear about the effect of the industry’s challenges on customer satisfaction.

“We have not had a consumer aspect to this ... it has got to be a part of this discussion,” he said.

The commission plans to hold a second virtual hearing. The time and date have not yet been set.

The commission is to report back to the Joint Committee on Financial Services in July.

Boys Track team finishes in 11th place at Relays

By JAMIE POTE
Sports Editor

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BOSTON - All season long, the plan for the younger and inexperienced Wilmington High School Boys Indoor Track-and-Field team is to get better. Certainly that continues to happen every week.

On Saturday morning, the Wildcats competed in the 55th annual State Relay Meet held at the Reggie Lewis Center. Wilmington competed in Division 4 and had three teams place in the top six and four others place either seventh or eighth in what became a strong all-around day for the team.

Wilmington finished in 11th place overall out of 18 teams that scored at least a point - for instance Tewksbury didn't score. Newburyport won the meet blowing away the competition with 61 points, followed by Austin Prep (30), Dracut (28), Pembroke (26) and North

Moretti, Ware, Kennedy and Burns were 8th at 1:52.27 and finally, the shot put team of John Spencer, Jack Melanson and John Ware were also 8th, throwing a combined 105-11.75.

Six other teams put forth strong efforts as well. The 4x400 'A' team of Matt Steinmetz, Owen Mitchell, Nick Atwater and Tyler Nguyen finished 10th at 3:54.78. The 'B' team of Luke Cardin, Eric Packer, Mike Dynan and Brayden Gorski were 22nd at 4:38.60.

The sprint medley 'A' team of Nguyen, Dominic Feeney, Steinmetz and Atwater were 15th at 4:19.29 and the 'B' team of Cardin, Gorski, Cameron Jenks and Christian Niceforo were 21st at 4:44.05.

Finally, the 4x50 shuttle hurdle team of Jenks, Smiljic, Hunter Sands and Feeney were 22nd at 25.29.

"Although we don't have many seniors, the younger athletes really stepped up and showed a good deal of



Wilmington High's Will Doucette guards Shawsheen Tech's Gianni Zompa during last week's win for the Wildcats. (photo by JoeBrownphotos.com).

Shawsheen Tech Sports Round-Up

Rams grab two league wins, remain perfect in league play

By MIKE IPPOLITO
Sports Correspondent

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TYNGSBORO - After suffering a tough loss at home to Wilmington last Tuesday night, the Shawsheen Tech Boys Basketball team didn't have a lot of time to regroup before they hit the road to take on CAC rival Greater Lowell last Friday night. But regroup they did, putting together a tremendous defensive effort and doing just enough on offense to come away with a key 49-40 victory over the Gryphons to improve to 5-3 overall on the season, while more importantly keeping their perfect CAC record intact at 4-0.

The Rams were led by a pair of outstanding efforts from two of their captains, as junior captain and forward Mavrick Bourdeau had a game high 26 points to go along with 15 rebounds, while junior captain and point guard Jeremy Perez had a tremendous all-around game with seven points, nine rebounds and six steals.

Following their loss to Wilmington, Shawsheen head coach Joe Gore had talked about the need for his team to have a short memory as they prepared for the Greater Lowell game.

"In a 20-game season, you go through your ups and downs every season, especially this year," Gore said. "But I think that loss to Wilmington kid of woke us up. We had a couple of great practices and then we played well on

Friday night. I have been very happy with their level of commitment during practice since that loss and I that is a big reason why we were able to bounce back."

The game was a back and forth battle throughout the first half, with Greater Lowell leading 9-8 at the end of the first quarter, and 24-23 at the half. But Shawsheen took control in the second half, holding the Gryphons scoreless, and taking a 35-24 lead into the third quarter before coasting to the nine point win.

"That was huge for us," Gore said. "We always talk about starting fast, and unfortunately we have struggled with that a little this season. But we came out in the third quarter and played really well. We just need to do that more consistently. If we play like we played in that third quarter, we will be a tough team to beat. We just need to put it together for four quarters."

Two players who have been the most consistent for the Rams this season have been Bourdeau and Perez, and Friday night was no exception as they each had outstanding games in leading their team to victory.

"Mavrick brings that three sport toughness that our team needs. I just can't say enough good things about him. He is in the weight room every morning and is one our hardest, if not our hardest worker. He brings that intensity that we need and he is a big part of our team's success."

"As a coaching staff we did not do a great job of putting Jeremy in good position against Wilmington, but he came back and played really well against Greater Lowell. That's what he has done all year for us. He always covers the other team's best player, and then he sets up our offense. He does all of the little things that don't always show up in the box score and he is the backbone of our team."

Shawsheen kept up their winning ways on Tuesday night in a matchup of the two top teams in the CAC, with a 53-51 win over Greater Lawrence to improve to 6-3 overall and 5-0 in the CAC. The Rams were led by 19 points from Bourdeau, while senior Cam Pontes chipped in with 12 points and Perez had ten. With the win, the Rams now have a two game lead in the CAC, as every other team in the league has at least two league losses.

The Rams will be back in action on Friday night when they host Whittier at the Mark Donovan Gymnasium. Shawsheen defeated Whittier 40-30 in Tyngsboro in their season opener back on December 10.

BOYS HOCKEY

With only one game this past week, the Shawsheen Tech Boys Hockey team made the most of their one time on the ice, picking up a thrilling 4-2 win over non-league rival Hamilton-Wenham last Thursday night at the Hallenborg Pavilion to

improve their record on the season to 7-2.

Sophomore forward Roland Spengler of Tewksbury scored what would prove to be the game winning goal for the Rams with 5:44 left in the third period, snapping a 2-2 tie.

It was Spengler's first ever varsity goal, and it couldn't have come at a better time for the Rams, as he scored on a tap in off a scrum in front of the net.

"That is one of those goals you get when you are working hard to win battles," Shawsheen coach Chuck Baker said. "It was awesome to see Roland finally get one. He works so hard. He has been playing on our energy line pretty much all season."

The Rams also got a pair of goals from sophomore forward Brady Darcey, including the game clinching empty netter in the final minute as well as a goal from sophomore forward Liam Milne of Wilmington. Senior goalie Tom Dalton of Wilmington made 18 saves to pick up the win.

Chase Darcey, sophomore forward Kyle Gray of Wilmington, senior forward Aydan Churchill of Wilmington and fellow senior forward Tyler Forristall each picked up assists for the Rams.

While happy with the win, Baker would like to see his team be a little more consistent as they move forward.

"We played great in the first but we just couldn't find the back of the net off of many chances. I felt the second we came out slow and sluggish," Baker said. "It was not one of our best but we were still in the game. We played a solid third period. We just didn't capitalize on opportunities, and ran around too much in our defensive zone and threw the puck around too frequently through the game."

The Rams will have plenty of opportunities to be more consistent in the coming week, with three games, two of them against non-league opponents as they will take on Haverhill on Wednesday night and North Middlesex on Saturday, sandwiched around a matchup with CAC rival Nashoba/Greater on Thursday.

"I try to schedule the most challenging non-league schedule that I can. This week will be a big test with Haverhill and North Middlesex on the book ends and league



Christian Niceforo in action running the two mile during an earlier season track meet.

(courtesy photo/Susan Kulis).

Reading (24) for the top five finishers.

"The boys performed exceptionally well," said head coach Mike Kinney. "This is the best meet of the year because it takes a total team effort and really involves everybody performing at a high level. The team aspect of all the events really brings out the best in everyone."

Two of the teams, high jump and long jump, finished fourth, while the 4x800 'A' team was fifth. The high jump trio of Jeandre Abel, Luka Smiljic and Sean Patrone combined to clear 15-09.00. All three athletes cleared 5-3. Kinney said that "Patrone continues to jump well and has a bright future in the event."

The long jump trio of Jonathan Magliozzi, Noah Carriere and John McNamara also combined for a fourth place finish with a combined leap of 51-04.25.

The 4x800 relay team didn't run in the seeded heat, yet still came away with a fifth place finish with their strong time of 9:07.70 and that was Ethan Kennedy with Owen Mitchell, Roman Moretti and Jameson Burns.

Just missing out getting medals included the 4x50-shuttle dash team of Magliozzi, Carriere, McNamara and Abel, who finished seventh at 23.48 seconds, and the same four runners made up the 4x200 team which finished 8th at 1:40.00. The distance medley team of

promise for the future. The long jump team and the 4x800 are made up of all juniors and sophomores. We gained some valuable big meet experience which will be useful going forward this spring and next year," said Kinney.

This weekend, the Wildcats will compete in the State Coaches Invitational, which will be held back at the RLC.



Mike DeRose chases after a loose puck for the Shawsheen Tech Boys Hockey team during a recent home game. (photo by Bob DeChiara).

MIAA Power Rankings for boys and girls hockey

On Friday, the MIAA released its Power Rankings for the first time in hockey and basketball. These rankings are based on records that Athletic Directors put into Arbiter, thus some records are not up to date, so the rankings are based on the information that the MIAA has received.

The top 32 ranked teams automatically qualify for the state tournament, in addition to any team that finishes with a .500 record or better.

Division 2 Boys Hockey

Team	Record	Rating
Tewksbury	7-0-0	3.8324
Masconomet	8-2-0	3.1062
Walpole	4-2-0	3.0095
Gloucester	8-2-0	2.7260
Canton	6-2-1	2.1322
Newton South	4-4-0	1.9884
Norwood	7-2-0	1.9561
Duxbury	5-3-2	1.8363
Silver Lake	7-2-0	1.5446
Wakefield	4-6-0	1.4834
Mansfield	3-2-1	1.4231
Newburyport	4-5-1	1.3831
Plymouth North	5-3-1	1.2858
Concord-Carlisle	4-4-0	1.2138
Dartmouth	5-2-0	1.1936
Quincy	6-5-2	1.1285
Auburn	7-2-0	1.1097
Algonquin	7-3-0	1.0457
Longmeadow	6-3-0	0.8791
Marblehead	3-4-1	0.7446
Somerset-Berkley	7-0-0	0.7044
Beverly	3-8-0	0.6510
Boston Latin	1-1-0	0.5989
Whitman-Hanson	5-5-0	0.4530
North Attleboro	3-2-1	0.4346
Wilmington	4-7-0	0.4166
Westborough	6-4-0	0.2651
Westwood	6-4-0	0.1994
Lowell	3-6-0	-0.1136
Melrose	1-7-1	-0.1812
Hopkinton	3-5-0	-0.7743
Minnechaug	5-5-0	-0.7842

*If the season ended today and these rankings remained the same, Tewksbury would host Minnechaug Regional and Wilmington would travel to Norwood.

Division 4 Boys Hockey

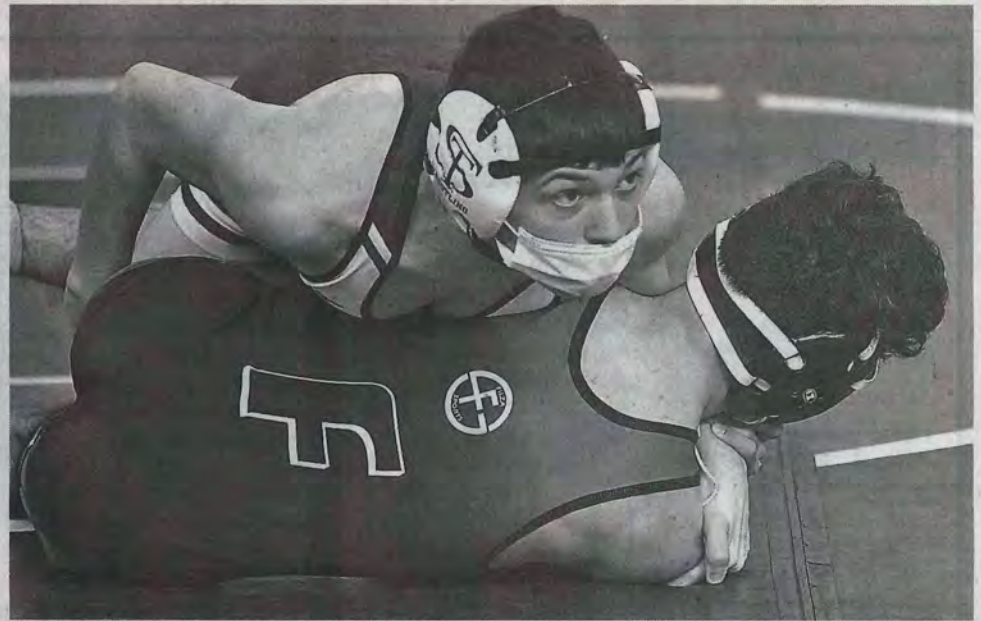
Team	Record	Rating
Stoneham	8-3-0	2.3887
Sandwich	5-2-1	2.0981
Norwell	7-1-0	1.7030
Winthrop	4-3-0	1.1470
Watertown	4-4-0	1.1105
Fitchburg	7-0-0	0.8401
Ashland	5-4-0	0.1587
Grafton	4-2-1	0.1258
Burncoat	5-3-2	0.0530
Nantucket	4-4-0	-0.0610
Martha's Vineyard	6-1-0	-0.1021
Chicopee Comp	7-0-0	-0.1736
Shawsheen Tech	6-2-0	-0.1855
Dedham	2-7-0	-0.3097
Dover-Sherborn	4-6-0	-0.4711
Boston Latin	2-1-1	-0.4802
Ham-Wenham	5-3-0	-0.6113
Dennis-Yarmouth	5-5-0	-0.8352
Amesbury	4-4-0	-1.0027
Rockland	4-6-0	-1.1059
Hull	3-6-0	-1.1059
Littleton	4-4-0	-1.1475
Oakmont	4-4-0	-1.2079
Assabet Valley	2-2-0	-1.2835
Gardner	7-3-1	-1.4009
Abington	5-5-1	-1.4599
Rockport	4-6-0	-1.4807
Monomoy	2-4-0	-1.5873
Hudson	0-7-0	-1.6193
Saugus	4-6-0	-1.6610
Chicopee	3-3-0	-1.7483
Belchertown	2-1-0	-1.9059

Others: South Shore Voc, Greenfield, South Hadley

*If the tournament started with these rankings, Shawsheen would host Rockland.

Division 1 Girls Hockey

Team	Record	Rating
Austin Prep	12-0-0	3.8167
Arlington	6-1-1	3.0009
St. Mary's Lynn	5-2-2	2.4530
Acton-Boxboro	7-1-0	2.0986
Notre Dame (H)	3-2-2	1.8727
Shrewsbury	5-3-0	1.6816
Nauset	5-1-1	1.6007
Hingham	6-4-0	1.4396
Bishop Feehan	4-2-2	1.3075
Bishop Stang	6-4-0	1.1987
Peabody	5-1-0	1.1645
Haverhill	3-3-2	0.7491



Shawsheen Tech's Sam Palmieri battles Franklin's Parham Danial during Saturday's tri-meet held at Tewksbury High. (photo by JoeBrownphotos.com).

Shawsheen Wrestling team picks up two more victories

FROM B6W

opponent Nashoba/GL in the middle," Baker said. "We, as all teams are still battling sickness, so some weeks it is day to day as to the lineup. Everybody has to be ready to go if called on."

WRESTLING

With a 2-1 record at Saturday's quad meet at Tewksbury High against Tewksbury, Franklin and Melrose, it would be hard to consider the day anything other than a success for the Shawsheen Wrestling team, as they managed to come away with a winning record on the day against three quality opponents, including a dominant 50-21 win over a very good Tewksbury squad.

The Rams also picked up and impressive 45-33 win over a perennially tough Franklin team. The only blemish on the day was a tough 42-40 loss to Melrose in their final match of the day. While Shawsheen coach Doug Pratt would have liked to see his team close out the win over Melrose in a match which they led at one point by a score of 24-0, we was pleased overall with his team's effort.

"We started out great with Franklin and then our emotions were really high against Tewksbury and everything just kind of went our way," Shawsheen coach Doug Pratt said. "And then we just had a letdown against Melrose. You could kind of see it coming. We were up 24-0 and then next thing you know, they get six pins in a row, and we let them right back in it, and then we end up coming up just a little short.

"All three teams were very evenly matched. And you could see that from the scores. We beat Franklin and lost to Melrose, but Tewksbury beat Melrose. And our match against Tewksbury was just one of those things where everything went our way, and nothing really went their way."

Against Tewksbury, the Rams got wins by pin from Brayton Carbone at 106 pounds in a time of 1:30, as well as pins from

for one of their biggest weekends of the season when they will travel to Greater New Bedford High School for the Massachusetts State Vocational Championship on Saturday.

The Rams have won 15 of the past 16 vocational titles. It will be quite the challenge to come away with another title this season, with a young and inexperienced roster, Pratt is eager to see how well his team can do against the top vocational teams in the state.

"I think we can do well," Pratt said. "The guys we always count on, we will be counting on again, but we will need other guys to step up as well. It is a very tough field. Monty Tech is very tough, and of course Whittier beat us this year, so it looks like we will be the three top dogs."

This past week, the MIAA announced the post-season schedule with the sectionals to be held on Saturday, February 12th, followed by the state meet the following weekend, the All-States and then the New England.

Shawsheen will compete in the Division 1 North sectional bracket along with Andover, Central Catholic, Chelmsford, Haverhill, Lawrence, Lowell, Lynn Tech, Marblehead, Methuen, St. John's Prep, Saugus and Westford Academy. That meet will be held at St. John's Prep in Danvers.

The state meet, the All-State and the Girls Championship Meets will all be held at the Game On Sports and Performance Center in Fitchburg, with dates to be announced later.

GIRLS HOCKEY

The Shawsheen Girls Hockey team is still in search of their first win of the season, having suffered two more losses this past week, to drop to 0-10 on the season, but things have been looking up for the Rams in recent weeks, as they have been playing much better as of late.

The Rams have been battling injuries and illnesses all season long, both

have had a lot of injuries, along with COVID, so we have had a very short bench, but the girls have been battling."

Most recently the Rams suffered injuries to a pair of key players when senior captain Amber Hurley, along with sophomore forward Alexis Fox of Wilmington each were forced out of the lineup.

"We have been shuffling around our lines a lot. We have forwards playing defense and defensemen playing goalie," O'Shea said. "I am proud of the girls for hanging in there and continuing to work hard."

One of the good things that has come out of the challenging season facing the Rams is that several young players are seeing increased playing time, with many of them taking advantage of the opportunity to get on the ice. One such player was freshman forward Christina Tsoukalas, who scored her first varsity goal against Gloucester.

"We were dealing with some injuries, so we put her in there, and she just asked 'what can I do', so I told her to just get in front of the net and go to the dirty areas," O'Shea said. "And that what she did and was able to come up with a goal. The whole team was so happy for her."

The Rams have also been getting great efforts from two of their top players in sophomore captain and defenseman Laney Mead, as well as sophomore forward Paige Fuller of Wilmington, who leads the Rams in points with nine, on two goals and seven assists.

"Paige has been playing really well and has done a great job passing and setting up others. I think it is just a matter of time before she starts scoring goals herself," O'Shea said. "Laney has been doing great for us. She has great hands and great speed, but asking her to rush the puck every time she is on the ice is asking a lot. It is good to see other players stepping up."

The Rams have also

OPINION

For health care workforce

Biden-Harris Administration awards \$3M in ARPA funds

WASHINGTON D.C. — The U.S. Department of Health and Human Services (HHS), through the Health Resources and Services Administration (HRSA), announced \$2,956,000 in awards to improve the retention of health care workers and help respond to the nation's critical staffing needs by reducing burnout and promoting mental health and wellness among the health care workforce.

These awards will fund evidence-informed programs, practices and training, with a specific focus on providers in underserved and rural communities. The funds, secured through the Biden-Harris Administration's American Rescue Plan, will be disbursed to one grantee in Massachusetts.

"I have traveled to many health centers across the country and know that the COVID-19 pandemic has intensified issues that have long been a source of stress for frontline health care workers — from increased patient volumes to long working hours," said Health and Human Services Secretary Xavier Becerra. "This funding reflects the Biden-Harris Administration's commitment to ensuring we have enough critical frontline workers by supporting health care providers now and beyond as they face burnout and mental health challenges. We will continue to promote the well-being of those who have made so many sacrifices to keep others well."

COVID-19 has compounded rates of depression and anxiety among health care workers. The relentless physical and emotional demands of treating patients during a pandemic have exacerbated long-standing barriers to workplace well-being.

While the challenge is complex, these multi-year awards will support pro-

ven strategies for health care providers, academic institutions, and other recipients to reduce burnout and build resiliency. These strategies will include the creation of partnerships and utilization of local resources to directly support health professionals' response to workplace stressors, and provide training to help individuals manage the constantly changing, high-stress environment of health care.

"Now more than ever, it is critical to support the well-being of our health care workforce, who are working every day to protect each of us," said HRSA Administrator Carole Johnson. "Today's awards will provide new tools to help support our health professionals' resilience as they continue to face the stress and challenges of responding to COVID-19 and other health care needs and provide high quality care."

HRSA is making these awards through two programs:

- Promoting Resilience and Mental Health Among Health Professional Workforce — HRSA is awarding \$2,956,000 to one Massachusetts grantee to help health care organizations establish, improve, or expand evidence-informed programs and practices to promote mental health and well-being among the health workforce, including their employees.

- Health and Public Safety Workforce Resiliency Technical Assistance Center — HRSA is awarding \$6 million to George Washington University to provide tailored training and technical assistance to today's awardees.

See a list of the award recipients here: <https://bhwh.hrsa.gov/funding/health-workforce-resiliency-awards>

Learn more about HRSA's funding opportunities.

Book Stew Review

'The Night Watchman' by Louise Erdrich

By EILEEN MACDOUGALL

Winner of the 2021 Pulitzer Prize for Fiction, Louise Erdrich's usual character-driven powers are in full force here. Told from the points of view of Thomas, a leader of the Turtle Mountain Reservation tribe of Ojibwe people in Montana, and Patrice, a worker in a jewelry bearing plant, the struggles to stay warm and fed are seemingly insurmountable until, in 1953, a proposal is made to "terminate" the tribe's treaties with the federal government and to sell off the tribe's land.

Thomas knows that the action would mean the destruction and scattering of the tribe to the Twin Cities, and he calls upon every resource to fight and win the case. Patrice is also grieving the disappearance of her elder sis-

ter Vera, who took off to the cities to get married and is abandoned and kidnapped.

The most charming misfit is Millie, a serious student of anthropology who lives constrained by her autism limitations and boundaries until she is called upon to bring the results of her studies to the hearing in Washington, with Thomas and Patrice.

An incredible and often forgotten historical event occurs the day before the hearing, and Thomas becomes ill right afterwards. The story is based on the author's grandfather's honorable life, and the tension of not knowing if he will be successful shadows the lovely portraits of families of the reservation.

The novel is filled with beauty, sorrow, and joy, and worthy of the honors earned.

Middlesex County Restoration Center Comm. secures \$5M in funding

BILLERICA — The Middlesex County Restoration Center Commission has been awarded \$5 million in funding from the state's American Rescue Plan Act (ARPA) allocation, officials announced.

The commission was established under the Act Relative to Criminal Justice Reform in 2018 with the charge from the Legislature to study and make recommendations for the creation of a crisis diversion facility in Middlesex County. The new center would provide an alternative to arrest and unnecessary transport to the emergency rooms for individuals in need of behavioral health services.

Middlesex Sheriff Peter J. Koutoujian and President and CEO of the Massachusetts Association for Mental Health Dr. Danna Mauch — who

serve as co-chairs of the commission — thanked State Senator Cindy Friedman (D-Arlington) and State Representative Ken Gordon (D-Bedford) for their efforts in securing the funding in a package approved by the Legislature in December.

"Over the last four years, the Middlesex County Restoration Center Commission has worked tirelessly to engage stakeholders; study available resources and gaps in services; and understand how we can most effectively support local law enforcement diversion programs," said Sheriff Koutoujian and Dr. Mauch. "The COVID-19 pandemic has exacerbated the issues the commission is charged with tackling. This ARPA funding moves us a major step closer to being able to deliver the critical serv-

ices that will benefit those most in need in communities across Middlesex County."

"A Middlesex County Restoration Center will provide much-needed clinical support for some of our most vulnerable community members," said Sen. Friedman. "This significant investment will help make the center a reality, and it will ensure that this evidence-based model of care is effectively used to divert residents in crisis from overburdened jails and emergency departments."

"This investment in a Middlesex County Restoration Center represents a crucial step forward in the Commonwealth's effort to improve access to much-needed services in our communities," said Rep. Gordon. "It will benefit individuals in need of behavioral health serv-

es, our law enforcement agencies, and our entire community. I am grateful for the efforts of Senator Friedman, Sheriff Koutoujian, Dr. Mauch and the entire commission for their unwavering support of this important initiative."

In addition to the \$5 million from ARPA, the Middlesex County Restoration Center Commission previously secured \$1 million in the state's Fiscal Year 2022 budget signed by Governor Baker last summer.

"We want to thank Senator Friedman, Representative Gordon and the Baker Administration for their continued support of the commission," said Sheriff Koutoujian and Dr. Mauch. "At each step of this process, they have been deeply involved in all we are seeking to accomplish with this crucial initiative."

Lord Baron in Burlington

Man dies following officer-involved shooting

BURLINGTON — Middlesex District Attorney Marian Ryan and Burlington Chief of Police Thomas Browne have announced that Paul Courtemanche, 42, the man involved in Sunday night's officer-involved shooting in Burlington has died from his injuries.

On Jan. 23, 2022, at approximately 12:08 p.m., Burlington Police received a 911 call from Paul Courtemanche, who stated he was having some mental health issues. Courtemanche al-

legedly told the officer that he had a knife and that he was unsure how he would respond when the officers arrived. Courtemanche remained on the phone throughout the incident.

Two officers were dispatched to Lord Baron Apartments on Baron Park Lane and instructed to wait outside until the arrival of additional personnel. While they were waiting outside near their cruisers, Courtemanche, still on the open line, allegedly came out of the building wielding a

knife and moved towards the officers. The officers repeatedly commanded Courtemanche to put the knife down but he reportedly continued to run towards the officers, still in possession of the knife.

One of the officers discharged a less than lethal round, a round with a foam tip, which was unsuccessful in stopping him. Still wielding the knife, Courtemanche allegedly continued to advance toward the second officer who discharged the department-issued firearm, striking Courte-

manche. One of the officers sustained minor injuries during the incident. The two responding officers were transported to an area hospital and later discharged.

This is an open and ongoing investigation being conducted by the Middlesex District Attorney's Office, Massachusetts State Police Detectives assigned to the District Attorney's Office and the Massachusetts State Police Collision Analysis and Reconstruction Section.

Upcoming local events

Fundraiser for coach Mike Hayes of TMHS, Friday, Jan. 28, 2022 6:45 p.m. at TMHS gym. Raffles, tshirts, tickets \$5 for game against Central Catholic. All proceeds and donations go to Neuro Oncology Research Fund at MGH. <https://giving-massgeneral.org/donate/neuro-oncology>

New England Fishing Expo, Friday, Jan. 28, 2-8 p.m. See fishing equipment, catch trout in the trout pond, boat displays and more. Boxborough

Regency Hotel, <https://nefishingexpo.com/>. \$12. Children 12 and under free.

Friday afternoon movies are running at the Tewksbury Senior Center. Watch new releases in January and February. Doors will open at 1 p.m. Co-sponsored by the Friends of the Tewksbury Public Library and Tewksbury Lions Club. Space is limited and sign-up is required. Sign up online at [tewksburypl.org](https://www.tewksburypl.org) and click on events calendar or by

calling Robert Hayes at 978-640-4490, extension 205

The Emerald Necklace Conservancy will host Lights in the Necklace starting Feb. 1, 2022. The Frederick Law Olmsted Emerald Necklace is a series of parks in Boston spanning 1,100 acres. Bridges and trees will be lit with emerald lights at night. <https://www.emeraldnecklace.org/neck-lacelights/>

Tickets are now available for the TMHS Thea-

ter Company production of Forbidden Broadway. Performances are Feb. 4 and 5 at 7 p.m. in the TMHS auditorium. Tickets can be purchased online for \$10 or at the door. <https://www.showtix4u.com/eventdetails/60040>

O'Neill Cinemas in Littleton offer \$6.50 movies every Tuesday, all day. The Point, 1208 Constitution Ave., Littleton. Tickets must be purchased in advance. <https://oneilcinemas.com/littleton-movies-tickets/>

Shawsheen's application deadline for Class of 2026 is Tuesday, Feb. 1

BILLERICA — Shawsheen Valley Technical High School's application deadline for 9th grade admission is Tuesday, Feb. 1, 2022. A successful application includes a completed online application, interview, recommendation, as well as complete school records for both 7th and 8th grade.

Shawsheen already has more applications than it does seats for the class of 2026, and expects the class to competitively fill with 340 students. Applications will be accepted until Feb. 1; applications submitted after the deadline will be accepted but students will be automatically waitlisted. Shawsheen will notify all

applicants if they are accepted, denied, or waitlisted for admission in April.

To learn more about the admissions process and to apply, visit shawsheentech.org/admissions.

Shawsheen Valley Technical High School is a public school that offers 20 vocational programs in Arts Communication & Technology, Construction, Transportation & Product Development, Health Services, and Advanced Manufacturing.

The school is located at 100 Cook St. in Billerica and serves the five member communities of Bedford, Billerica, Burlington, Tewksbury, and Wilmington.

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Boys Hoop teams clash at the Donovan Gymnasium: 'Cats come back strong with a victory over Shawsheen

By MIKE IPPOLITO Sports Correspondent | Jan 22, 2022



Wilmington's Ayden Balter is guarded by Shawsheen Tech's Tim Sweeney of Tewksbury during Tuesday night's non-league basketball game played between the two teams. (photo by JoeBrownphotos.com).

BILLERICA – Following a tough loss to Middlesex League rival Burlington in their previous game last Friday night, the Wilmington High Boys Basketball team entered Tuesday night's road clash with non-league rival Shawsheen Tech looking to not only get back in the win column, but also do a much better job of playing their style of basketball that has made them successful this season. Namely, playing a transition offense, passing the ball well and forcing turnovers on defense.

For one game at least, it was mission accomplished for the Wildcats, as they rolled past the Rams by a score of 64-45 on Tuesday night at Mark Donovan Gymnasium. Shawsheen, meanwhile, who had dominated their previous game with 75-36 win over CAC rival Northeast, struggled to find their game most of the night on Tuesday, clearly showing the rust of a team that had played just one game since December 23.

But rust or no rust, it was Wilmington (6-4) who seized control of this game almost from the start, taking an early 12-2 lead in the first quarter, scoring 12 straight points after Shawsheen had scored the game's opening basket. The Wildcats were led in the first quarter by an 11-point outburst from Tommy Mallinson, who scored 11 of his game high 25 points in the opening frame. Will Stuart scored the other five points in the quarter for the Wildcats, who led 16-8 at the end of the first eight minutes.

“Our whole offense is predicated on moving the ball and sharing the ball,” Wilmington coach Dennis Ingram said. “When we break down the film and we are not firing where we should be at and get too much into one on one, or taking shots too quick into the possession. I thought we did a much better job tonight of moving ball, and sharing the ball and having everybody get touches. It makes it a lot more difficult for them to play defense for 30 seconds. Easy things opened up for us.”

Both teams struggled a little offensively in the second quarter, but the Wildcats were able to extend their lead by forcing numerous Shawsheen turnovers that they began to turn into easy baskets. Wilmington led 29-16 at the half, with Jeff Kelly scoring all eight of Shawsheen’s second quarter points.

“We struggled to score the ball. We scored 16 points in the first half, and that is a problem,” Shawsheen coach Joe Gore said. “We are not going to beat good teams when we struggle to score the ball like that. We missed a ton of layups and a ton of three point shots. I do think that comes from having such a long layoff, but that can’t be an excuse, because a lot of teams are in the same situation this season and you just have to find a way to overcome it.”

The Rams struggle to get any offense going in the first half pretty much epitomized what they were dealing with all night in a game that Gore will be happy to put in the team’s rear view mirror.

“Our effort was not as good as theirs all night,” Gore said. “From the opening tip, they out worked us, they out played and they out coached us, so that was really what was most disappointing. Right from the tip we just didn’t match their intensity and we got outworked for 32 minutes.”

If Shawsheen hoped to get back in the game in the third quarter, Wilmington quickly put those thoughts to rest with a 15-5 run to start the second half, led by some hot shooting from Luke Murphy as well Tyler Rourke, taking a 44-21 lead midway through the quarter. Shawsheen’s Franck Maron and Cam Pontes did their best to try and keep the Rams in the game but it was simply not enough and Wilmington took a 56-24 lead into the fourth quarter.

Shawsheen did their best to get back in the game in the fourth quarter, led by a strong effort by Mavrick Bourdeau (team high 15 points), but it was too little too late, as the Wildcats balanced scoring continued to hold off the Rams, with Will Doucette (eight points), Stuart (seven points), Murphy (six points), Gavin Erickson (five points), Ben Marvin (five points) and Tyler Rourke (four points), all contributing to the win.

“Tommy (Mallinson) had a big night, but other than that we had some good, balanced scoring, which we always like to see,” Ingram said. “A lot of kids were able to contribute.”

Not surprisingly, the coaches of each team will be looking to take something different out of Tuesday night’s game going forward.

For Ingram’s part, this game is something he is hoping his team can build on going forward, even as they head back into the rigors of their Middlesex League schedule.

“I hope so, I really hope so,” Ingram said. “We talk about it all the time, that you have to play 32 minutes. It doesn’t matter who you are playing against. I don’t think against the Middlesex League teams we have played a solid 32 minutes yet. I think this was probably our cleanest game, our best game from start to finish, and hopefully that gives our kids confidence going forward.”

Gore also said that he is hoping his team can learn from this game, but he is also hoping this will be the last time he sees this kind of effort from his team.

“The good thing is we can learn from this, and hopefully kind of build on this and we have another shot at them later in the season. We have a big league game at Greater Lowell on Friday night, so we need to have a short memory and break down some film and try to play much better come Friday night.”

WICKEDLOCAL.com

BILLERICA MINUTEMAN

Shawsheen Tech announces deadline for freshman applicants

Submitted to the Billerica Minuteman *Allison Cammarata*

Published 3:29 p.m. ET Jan. 21, 2022

Shawsheen Valley Regional Vocational Technical High School has set its application deadline for ninth-grade admission as Tuesday, Feb. 1.

A successful application includes a completed online application, interview, recommendation, as well as complete school records for both seventh and eighth grade.



Newly inducted National Honor Society juniors represent the Shawsheen chapter during Shawsheen's Open House on January 19th. From (l-r) Treasurer Eric Bellavia (Tewksbury), Secretary Makayla Melanson (Tewksbury), Vice President Ella Reardon (Billerica), President Michaela Vittum (Burlington).

Shawsheen already has more applications than it does seats for the class of 2026 and expects the class to competitively fill with 340 students.

Applications will be accepted until Feb. 1, applications submitted after the deadline will be accepted but students will be automatically waitlisted. Shawsheen will notify all applicants if they are accepted, denied, or waitlisted for admission in April.

To learn more about the admissions process and to apply, visit shawsheentech.org/admissions.

Shawsheen Tech is a public school that offers 20 vocational programs in arts communication & technology, construction, transportation & product development, health services, and advanced manufacturing.

The school is located at 100 Cook St. in Billerica and serves its five-member communities of Bedford, Billerica, Burlington, Tewksbury, and Wilmington.

Cammarata, A. (2022, January 21). Shawsheen Tech announces deadline for freshman applicants. Billerica Minuteman. Retrieved from <https://www.wickedlocal.com/story/billerica-minuteman/2022/01/21/shawsheen-tech-announces-deadline-freshman-applicants/6611125001/>.

Tewksbury Carnation

Local news, insights and events from Tewksbury, Massachusetts



Shawsheen Application Deadline for the Class of 2026 Is Feb. 1

BY TEWKSBURY PR PARTNER ON JANUARY 21, 2022

Shawsheen Valley Technical High School's application deadline for 9th grade admission is Tuesday February 1, 2022. A successful application includes a completed online application, interview, recommendation, as well as complete school records for both 7th and 8th grade.

Shawsheen already has more applications than it does seats for the class of 2026, and expects the class to competitively fill with 340 students. Applications will be accepted until February 1st; applications submitted after the deadline will be accepted but students will be automatically waitlisted. Shawsheen will notify all applicants if they are accepted, denied, or waitlisted for admission in April.

To learn more about the admissions process and to apply, visit shawsheentech.org/admissions.

Shawsheen Valley Technical High School is a public school that offers 20 vocational programs in Arts Communication & Technology, Construction, Transportation & Product Development, Health Services, and Advanced Manufacturing. The school is located at 100 Cook Street in Billerica, MA and serves the five member communities of Bedford, Billerica, Burlington, Tewksbury and Wilmington.

Photo: Newly inducted National Honor Society juniors represent the Shawsheen chapter during Shawsheen's Open House on January 19. From (l-r) Treasurer Eric Bellavia (Tewksbury), Secretary Makayla Melanson (Tewksbury), Vice President Ella Reardon (Billerica), President Michaela Vittum (Burlington).

WILMINGTON APPLE

JANUARY 20, 2022 / by ROBERT HAYES

Shawsheen Tech's Application Deadline For Class Of 2026 Is February 1

Below is a press release from the Shawsheen Tech:

BILLERICA, MA — Shawsheen Valley Technical High School's application deadline for 9th grade admission is Tuesday February 1, 2022. A successful application includes a completed online application, interview, recommendation, as well as complete school records for both 7th and 8th grade.

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To learn more about the admissions process and to apply, visit shawsheentech.org/admissions.



Tewksbury resident Rebecca Langone, a senior in graphic arts and Skills USA member, answers questions from perspective student during Shawsheen's January 19th Career Night Open House.



Shawsheen junior Joe Wickson, an automotive student from Billerica, talks with perspective students during Shawsheen Tech's Open House on January 19th.

Shawsheen Valley Technical High School is a public school that offers 20 vocational programs in Arts Communication & Technology, Construction, Transportation & Product Development, Health Services, and Advanced Manufacturing. The school is located at 100 Cook Street in Billerica, MA and serves the five member communities of Bedford, Billerica, Burlington, Tewksbury, and Wilmington.

THE BEDFORD CITIZEN

COMMUNITY SUPPORTED NEWS FOR BEDFORD, MASSACHUSETTS

Letter To the Editor: Application Deadline for Shawsheen Tech ~ February 1

By The Opinion Editors - January 20, 2022 - Opinion

Submitted by Brian O'Donnell, Bedford Representative to the Shawsheen Tech School Committee

LETTER
TO THE
EDITOR

It is a good time to remind Bedford Public Schools families that the deadline for applying for fall admission to the Shawsheen Vocational Technical High School's Class of 2026 is rapidly approaching.

February 1st is the deadline to apply for a Grade 9 entering class that is projected to have up to thirty-four slots for students from Bedford. Applications from Bedford (and the other four towns in the Shawsheen district) have already surpassed last year's applicant totals with less than two weeks to go before the admissions deadline.

It is not too late to make inquiries and submit an application before the February 1st deadline. Much information, including application forms, is available at www.shawsheentech.org.

Recent modifications to Shawsheen's application procedures should prove beneficial to Bedford students interested in any of the twenty (20) vocational and technical programs offered at Shawsheen as well as the twenty-one (21) sports programs, myriad extracurricular activities (e.g. robotics, esports, glee club) and cooperative education opportunities with Shawsheen's extensive roster of business partners.

Interested students and families are also encouraged to get information from guidance personnel at John Glenn Middle School, or Bedford's representatives to the Shawsheen School Committee, Nancy Asbedian and Brian O'Donnell.

Go Rams!

Shawsheen Tech Sports Round-Up

Rams Boys Hockey team needing to bounce back after latest loss

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com
BILLERICA - The Shawsheen Tech Boys Hockey team suffered a tough loss in their most recent game, dropping a 5-2 decision to CAC rival Essex Tech at the Hallenborg Pavilion on Monday night, dropping their record to 6-2 on the season and 2-1 within the CAC.

Even with the loss, the Rams record remains good and they also remain in contention for the CAC title, but Shawsheen coach Chuck Baker would like to see more consistent play out of his team.

"We are still playing like a roller coaster. Some good periods, some really bad and some outstanding. We need to find our identity," Baker said. "Each player needs to establish their roll. They may be told what is the expectation, but they need to buy in. We have some really tough games coming up, so I hope this happens sooner than later and we continue to build in the direction of a TEAM. Starting to get the feeling that we may need to do a mix up in the lineup."

The Rams got goals from junior forward Brady Darcey and senior defenseman Tom Sampson in the loss to Essex, while senior defenseman and captain Ryan Dusablon, along with sophomore forward Liam Milne, both of Wilmington, each had an assist.

Things had gone much better for the Rams in their previous two games when they had pulled out a hard fought 3-2 win over non-league rival Rockport on Saturday night at Dorothy Talbot Arena, as well as a 7-1 rout of CAC rival Northeast last Thursday at the Hallenborg.

In the win over Rockport the Rams got goals from Darcey, Milne and junior forward Nick Calouro of Tewksbury, with Calouro netting the game winner in the third period off of assists from Milne and Darcey. Senior goalie Tom Dalton of Wilmington earned the win in net, making 16 saves on the night.

Several Shawsheen players got into the action against Northeast with six different goal scorers chipping in for the seven goals. Sophomore forward Kyle Gray of Wilmington led the offensive attack for the Rams with two goals, while Darcey, freshman forward Dylan Higson, sophomore forward Tyler Forristall,



Roland Spengler controls the puck for the Shawsheen Tech Boys Hockey team during last Thursday's loss at the Hallenborg Arena. (photo by Bob DeChiara).

and senior forwards Zack Patterson and Sam Dagenais all had one each.

It was the first varsity goal for Dagenais, while junior goalie Aiden MacLeod picked up his varsity win in net.

"We always like the balanced attack. It shows that we are or could be dangerous throughout the lineup," Baker said. "I just wish we could get that balance to show up every night."

"It was great to see Aiden get his first win. He has a lot of talent. He needs to continue to work hard."

The Rams will be back in action on Thursday night when they host Latin Academy at the Hallenborg. Faceoff is set for 7:10 pm.

SWIMMING

Prior to this past week, between postponements and the holiday break, it had been quite a long stretch since the Shawsheen Co-Ed Swim team had been in the pool for an actual meet, with their last meet having been back on December 22 when they defeated Greater Lowell.

That all changed last week, however, when the Rams hit the pool twice and came away with a pair of wins against CAC opponents, defeating Minuteman 84-76 last Wednesday and Lynn Tech on Friday by a score of 88-68. The two wins improved the Rams record on the season to 4-

1. The Rams started their week last Wednesday with their win over Minuteman, getting several outstanding efforts along the way, including in the relay events. In the mixed 200-yard freestyle relay, the foursome of sophomore Jared Krueger of Tewksbury, sophomore Tim Niles senior Kevin Stevens of Wilmington and senior John Zembeck took first place in a time of 2:02.16.

Meanwhile in the mixed 200-medley relay, junior Anthony Bastianelli, along with Stevens, Krueger and freshman Harrison Kinsella took first in a time of 2:13.03, while senior Aidan Singh, Eliot Hong, Logan Dupont and Nathan Barnes took second in the event with a time of 2:14.13.

In addition to his success in the two relays, Krueger also had a big individual day, taking first place in the mixed 50-yard freestyle. Bastianelli also had a fine individual day, taking first in the mixed 100-yard freestyle as well as the mixed 200-yard freestyle.

Stevens meanwhile added to his relay success with a first place finish in the mixed 200-yard freestyle as well as the mixed 100-yard butterfly, while Singh was first in the mixed 500-yard freestyle and second in the mixed 200-yard individual medley.

Other place finishers for the Rams included senior captain Kasey McFadden of Tewksbury, who was

second in the mixed 100-yard butterfly, while fellow senior John Zembeck was third in the event. Junior Nathan Barnes earned a second place finish in the mixed 100-yard freestyle, while freshman Harrison Kinsella was third in the event.

Eliot Hong, meanwhile was second in the mixed 500-yard freestyle, and third in the mixed 200-yard individual medley and freshman Makayla Nolan of Tewksbury was third in the mixed 200-yard freestyle and junior Leah Casey of Tewksbury was third in the event.

Shawsheen coach Rick Menard was proud of the way his team kicked off the resumption of their season after the long lay-off.

"The kids stayed strong despite coming off the holiday break and many, like myself needing to take time off due to contacts and illness," Menard said. "Lots of kids found themselves in 'off' events but still swam great! Jared in the 50-free was lights out; crushing his old best time. Makayla Nolan and Leah Casey keep making the most of their opportunities and showed great effort in the 200

"Kevin (Stevens) and Kasey (McFadden) pushed each other in the 100-fly as good teammates will do when they are up against a softer opponent. Kevin was a beast in the 100-breast edging the standout from Minuteman."

The Rams returned to the pool on Friday, and were even more dominant in their 95-74 win over Lynn Tech.

Krueger, Stevens, McFadden and senior Cailey McDevitt led the way in the 200-medley relay in a time of 2:21.34, while the Rams also got several outstanding individual efforts throughout their lineup.

Shawsheen swept the 200-yard freestyle event, with Nathan Barnes taking first in a time of 2:24.37, followed by Harrison Kinsella in second in a time of 2:28.27 and Daniel Penney in third in 2:30.54. They also picked up a sweep in the mixed 50-yard freestyle, with Aidan Singh taking first in 24.79, followed by Anthony Bastianelli (27.00) and Barnes (29.81).

Singh had a big day for himself. In addition to his first place finish in the 50 freestyle, he also took first in the mixed 100-yard backstroke in a time 1:09.08 and was part of the mixed 200-yard freestyle relay that earned a first place finish.

Kevin Stevens meanwhile, was first in the mixed 500-yard freestyle in a time of 7:26.36, along with success in the 200-medley relay.

The Rams were back in action on Wednesday

when they traveled to Canton to take on Blue Hills, with results of the meet not available as of the Town Crier's press time. They will take on non-league rival Melrose at home next Tuesday before hosting CAC rival Northeast next Friday, January 28.

Menard is looking forward to seeing his team finish the season strong.

"I am so proud of this group. Despite being small, and in most cases very inexperienced, we have done a great job against the vocational teams and have held our own against the traditional schools as well," Menard said. "We have two more meets against the Voc's and hope to pull off the season sweep headed into a scaled back Vocational State Championship. Blue Hills is usually pretty tough and Northeast is always an unknown from season to season."

WRESTLING

It says something about the history success of the Shawsheen Tech Wrestling program that every time they lose a meet, which over the years has not been very often, it is headline news. And that is particularly the case when they lose a league meet, as heading into this season they had won 14 consecutive Commonwealth Athletic Conference titles.

With that as a backdrop, it is now wonder that last Wednesday night's 39-33 loss to CAC rival Whittier was such big news. Despite wrestling very well on the night, and getting some outstanding individual performances, the Rams came up just a little short in their effort to keep their undefeated league record intact, falling to 2-1 in the league at the time.

With the win, Whittier now has the clear inside track to the league championship, putting the Rams incredible streak in jeopardy.

Heading into the meet, Shawsheen coach Doug Pratt knew the Wildcats would present a stiff challenge for the Rams, and that the results of the meet would likely come down to who was able to avoid taking too many losses by pin. As it turned out, he was proven correct, as the Wildcats edged the Rams just 7-6 in terms of overall victories, but more importantly, they won six matches by pin, as opposed to only four by Shawsheen.

"We wrestled well, but we just needed a couple of guys to stay off their back and we weren't able to do that," Pratt said. "The effort was there, but we just weren't able to avoid the pins or get enough pins. We came close in a couple of matches to get-

ting pins, but we weren't able to get them, and it ended up being the difference."

The four wrestlers who did win by pin for the Rams were freshman Brayton Carbone at 106 pounds in just 39 seconds, freshman Sid Tildsley at 132 pounds in 3:30, junior Ben Goltz at 152 pounds in 1:10 and senior Xavier Santiago at 285 in just 14 seconds.

Other winners on the day for the Rams were senior Lucien Tremblay with a 6-4 decision at 120 pounds and junior Troy Warwick of Tewksbury with a 6-3 decision at 145 pounds.

Whittier was able to pick up victories by pin at 113, 126, 170, 182, 195 and 220 pounds. The only victory for Whittier not by pin was at 160 pounds where senior Tayla Tildsley battled her opponent before dropping a 7-1 decision.

"They had some real studs going against some of our younger guys, so that was certainly to their advantage," Pratt said. "Tayla did a nice job for us. She stayed off her back and did well."

Needless to say, the victory for Whittier was a huge one for their program, setting off a wild celebration for the Wildcats.

"It was well deserved for them. They are a well coached team, and those kids earned it," Pratt said. "They managed to stay off their back more than we did. We had a couple of matches where we thought we were going to get pins, but we weren't able to do it. If those matches go the other way, maybe the results are different, but they didn't and Whittier deserved to win."

On Saturday, the Rams were back in action against another CAC opponent, this time hosting Greater Lawrence at Mark

Donovan Gymnasium, and the results were much more to their liking, as they routed the Reggies by a score of 60-23 to improve to 3-1 in the CAC and 4-4 overall. Pratt felt it was important for his team to bounce back quickly after the tough loss to Whittier.

"Our goal every year is to win the league and win the State Vocational Tournament," Pratt said. "The league is kind of a long shot at this point unless Whittier stumbles, which I don't think they will. But we would still like to get the number two seed in the vocational tournament, so this was a big match for us."

Carbone got the Rams started with a win in just 30 seconds at 106 pounds, while Tyler Manty of Tewksbury followed up with a pin in just 35 seconds at 135 pounds. Tremblay followed up with a pin in 2:16 at 120 pounds, followed by pins from Sam Palmieri (126, 4:40), Sid Tildsley (132, :17), Caleb Caceres (138, :32), Goltz (152, 2:42), Thomas Cormier (195, 1:35), Austin Malandain (220, 1:35) and Santiago (285, 2:07).

"We rebounded well real quick, which was great to see," Pratt said. "Greater Lawrence is a very well coached team, but they are just a little bit inexperienced, and our young guys looked really good against them."

The Rams will be back in action on Saturday when they travel to Tewksbury High to take on non-league rivals Tewksbury, Franklin and Melrose in a quad meet.

"Tewksbury is really tough and Franklin is very in and year out is very good as is Melrose," Pratt said. "It is going to be a tough quad meet. It will be very competitive, but hopefully we are able to come away with a couple of wins."

Where's the Action?

Day	Date	Sport	Opponent	Time
Tewksbury High Sports				
Friday	January 21	V Girls Hoop	vs Dracut	6:45 pm
Friday	January 21	V Boys Hoop	at Dracut	7:00 pm
Friday	January 21	V Gymnastics	vs Dracut	7:00 pm
Saturday	January 22	B/G Track	D4 State Relays - RLC	9:00 am
Saturday	January 22	V Wrestling	vs ST/Mel/Franklin	10:00 am
Saturday	January 22	V Boys Hockey	vs Newton South	1:10 pm
Saturday	January 22	V Girls Hockey	vs Westford	7:00 pm
Monday	January 24	V Girls Hoop	at Central Catholic	7:50 pm
Tuesday	January 25	V Girls Hoop	at Andover	6:30 pm
Tuesday	January 25	V Boys Hoop	vs Andover	6:45 pm
Wednesday	January 26	V Wrestling	vs Central Catholic	6:00 pm
Wednesday	January 26	V Boys Hockey	at North Andover	7:10 pm
Wilmington High Sports				
Thursday	January 20	V Gymnastics	vs Stoneham	6:30 pm
Friday	January 21	V Boys Hoop	at Pioneer Charter	4:15 pm
Friday	January 21	V Girls Hoop	vs Woburn	5:30 pm
Friday	January 21	V Swimming	vs Austin Prep	7:30 pm
Saturday	January 22	V Wrestling	at Wakefield	9:00 am
Saturday	January 22	B/G Track	D4 State Relays - RLC	9:00 am
Saturday	January 22	V Boys Hockey	at Woburn	12:00 pm
Saturday	January 22	V Swimming	vs Man-Essex	4:00 pm
Saturday	January 22	V Girls Hockey	at Arlington	6:00 pm
Monday	January 24	V Gymnastics	at Woburn	4:30 pm
Tuesday	January 25	V Girls Hoop	at Belmont	7:30 pm
Wednesday	January 26	V Gymnastics	vs Winchester	6:30 pm
Wednesday	January 26	V Swimming	at Ipswich	8:00 pm
Wednesday	January 26	V Boys Hockey	vs Belmont	8:00 pm
Shawsheen Tech Sports				
Thursday	January 20	V Boys Hockey	vs Latin Academy	7:10 pm
Friday	January 21	V Girls Hoop	vs Gr. Lowell	5:30 pm
Friday	January 21	V Boys Hoop	at Gr. Lowell	7:00 pm
Saturday	January 22	V Wrestling	at Tewksbury	10:00 am
Saturday	January 22	V Girls Hockey	at Gloucester	4:00 pm
Tuesday	January 25	V Swimming	vs Melrose	3:30 pm
Tuesday	January 25	V Boys Hoop	vs Gr. Lawrence	7:00 pm
Wednesday	January 26	V Wrestling	vs Springfield Central	6:00 pm
Wednesday	January 26	V Girls Hockey	at Beverly	6:20 pm
Wednesday	January 26	V Boys Hockey	at Haverhill	7:00 pm

Second half struggles allows Burlington to come away with a win

By MIKE IPPOLITO
Sports Correspondent

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WILMINGTON - At half-time of last Friday night's Middlesex League clash with Burlington, the Wilmington High Boys Basketball team looked very much like a team ready to pull off a major upset, as they battled their talented rivals shot-for-shot in an intense back and forth battle, trailing by only two points at the break.

The second half, however, was a much different story for the Wildcats, who burdened by foul trouble to top scorer Tommy Mallinson, could not keep up with superior Red Devils squad, falling by a score of 72-54 at Cushing Gymnasium.

Wilmington trailed only 33-31 the half, despite Mallinson, who picked up three early fouls, hardly playing in the second quarter. But Burlington seized control of the game with a 16-0 run in the third quarter, during which Mallinson picked up his fourth foul, and the Wildcats were unable to respond.

With the loss, Wilmington saw their record drop to 5-4 on the season.

It was a frustrating night for the Wildcats and coach Dennis Ingram, who dropped their second game in a row to a tough Middlesex League opponent, having lost their previous game to Melrose the Friday before.

"We got nothing out of our halfcourt offense the whole night. We had too much dribbling and too much one-on-one," Ingram said. "The reason we had success in the first half was that we were get-

ting out and running in transition. I don't know if it was fatigue or what it was, but we dropped off big time in the second half."

In the first half, and in the first quarter in particular, the Wildcats played some of their best basketball of the season. As Ingram noted, their transition offense was clicking, and they were also knocking down their shots, with Mallinson leading the way with 11 first quarter points. He would finish with 25 on the night in limited action.

Mallinson was not alone, however, as fellow senior Will Stuart (10 points) also continued his fine play as of late, giving the Wildcats their first lead of the game at 12-11 with a nice drive to the hoop and a lefthanded layup with 3:40 left in first quarter. He followed that up moments later with another layup, this time off of a nice pass from Mallinson to make the score 14-11.

Those baskets were part of a 12-1 run for the Wildcats that eventually turned an 11-6 deficit into an 18-12 lead when Mallinson knocked down a bucket with 1:25 left in the quarter, forcing Burlington to call a timeout.

The Wildcats extended their lead to 23-14 at the end of the quarter after a basket Luke Murphy and then a three-pointer by Mallinson at the buzzer.

Mallinson picked up his third foul early in the second quarter and headed to the bench for the rest of the half, but the Wildcats still maintained a solid lead at 27-20 after a Gavin Erickson bucket with 5:22 left in the half. From that point on, however,

Burlington began to seize control, going on a 10-0 run to take a 30-27 lead with 2:20 left in the half after a three pointer by Cedric Rodriguez (23 points).

Wilmington got a basket from Willie Stuart to end the Burlington run with 1:16 left in the half and sophomore Ben Marvin knocked down a bucket of his own in the final minute to keep the Wildcats within 33-31 at the half.

In the early moments of the second half, the Wildcats showed every indication that they would continue to stay close with the Red Devils, tying the game at 38-38 on a Murphy bucket with 6:20 left. But that was the last time they would score for several minutes, as Burlington went on a 16-0 run to take a 54-38 lead with 1:10 left in the half before Mallinson finally broke the run with a pair of free throws with 40 seconds left and another basket at the buzzer to make the score 54-42 in favor of Burlington headed to the fourth quarter.

"It was tough not having Tommy in there," Ingram said. "He got off to a good start, but when you get early fouls like that, it makes things tough. I am surprised he didn't foul out."

Any thoughts of a fourth quarter comeback by the Wildcats were quickly put to rest when Burlington got off to a fast start in the final frame, extending their lead to 61-45 with 5:33 left and eventually to as large as 23 points at 70-47 with three minutes left in the game.

Girls Basketball team edged out by Red Devils

By MIKE IPPOLITO
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WILMINGTON - Prior to last Friday night, the last time the Wilmington High Girls Basketball team had taken the court, they had blown a ten-point fourth lead to Arlington on Tuesday night, before losing 32-30 in overtime after not scoring any points in the extra session.

It may have been their worst performance of the season, leaving Wildcats coach Jessica Robinson frustrated with her team's effort down the stretch.

Fast forward to last Friday night at Cushing Gymnasium when the Wildcats hosted Middlesex League rival Burlington, heading into the game with a depleted roster of only eight players, with four players out due to COVID protocols. It was a game that had potential to end in a blowout victory for the Red Devils.

But instead, the eight Wildcats who were able to suit up gave one of their best efforts of the season against Burlington and star senior Alyvia Pena. While the Wildcats came up just short in their quest for a victory, falling by a score of 47-46, there was no doubting their effort in this one as each player who saw action gave it everything they had right up until final buzzer.

The game was close throughout, with the largest lead of the game being six points by Burlington late in the game, but for much of the game the lead was no more than two or three points for either team.

"I thought tonight was a complete turnaround from what we put out there Tuesday night," Robinson said. "The effort was one hundred and ten percent the entire game. We worked our butts off, but unfortunately we came up a little short."

The Wildcats were led by several outstanding efforts on the night, particularly from junior Jessica Collins and seniors Rita Roche and Olivia Spizuoco.

Collins led the Wildcats with 15 points and 11 rebounds, while Spizuoco had 12 points and nine rebounds and Roche chipped in with 11 points.

The action in the first quarter was back and forth for the entire eight minutes, with Wilmington jumping to a quick 5-0 lead before Burlington responded with seven straight points by Pena to take a 7-5 lead. Pena would in fact, score the first nine points of the game for the Red Devils, giving them a 9-7 lead with 2:40 left in the quarter.

The Wildcats would eventually lead 12-9 at the end of the quarter after consecutive baskets by Spizuoco to close out the frame. Spizuoco, normally known as a defensive specialist for the Wildcats, had it going offensively as well in this one with her 12 points, while also doing her best to contain Pena, who did score a game high 24 points was held mostly in check after her early outburst.

"Liv knew we needed scoring and she stepped up. She was making the right cuts to the basket, and was not afraid to put the ball on the floor and attack," Robinson said. "I thought she did a great job with that, on top of having to stick with their best player defensively."

The teams spent most of the second quarter trading baskets, although Burlington did jump out to a 19-14 lead at one point. Collins, however, got the Wildcats right back in the game, scoring five of the final six points of the half, including a three-pointer with 48 seconds left to send the teams to the break with Burlington

holding a slim 20-19 lead.

Burlington maintained their slim lead, taking a 32-29 advantage into the fourth quarter. They led 37-32 nearly midway through the quarter, but a basket by Spizuoco, followed by a three pointer by Collins tied the game at 37-37 with 4:30 left in the game.

Roche kept the Wildcats in the game later in the quarter with a terrific shot to pull her team within 42-41 with 2:50 left in the game. It was the second such difficult shot Roche had hit in the game to go along with one in the first quarter, where she fired up a shot from outside the lane that was almost a line drive, only to see it swish through the net for two points.

"We call that the Rita Rocket Shot, where it's like no, no, no, yes!" Robinson joked. "She played very well for us and came through with some big shots."

The Wildcats unfortunately would get no closer, as Burlington would eventually extend their lead to 47-41 in the final minute before Roche came up with another big shot to make it 47-43 with ten seconds left, followed by a three-pointer from half court by Collins at the buzzer to account for the 47-46 final.

The Wildcats fell to Lexington, 57-48 on Tuesday night, putting their record to 4-6. Shay Bresnahan led the way with 13 points and seven rebounds, Olivia Spizuoco chipped in with 11 points and six steals, and Alle Delgenio added nine points.

Wilmington faced Amesbury on Wednesday night with results not known as of presstime and then will host Woburn on Friday, before going to Belmont on Tuesday.



Wilmington's Ayden Balter is guarded by Shawsheen Tech's Tim Sweeney of Tewksbury during Tuesday night's non-league basketball game played between the two teams. (photo by JoeBrownphotos.com)

Boys Hoop teams clash at the Donovan Gymnasium 'Cats come back strong with a victory over Shawsheen

By MIKE IPPOLITO
Sports Correspondent

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BILLERICA - Following a tough loss to Middlesex League rival Burlington in their previous game last Friday night, the Wilmington High Boys Basketball team entered Tuesday night's road clash with non-league rival Shawsheen Tech looking to not only get back in the win column, but also do a much better job of playing their style of basketball that has made them successful this season. Namely, playing a transition offense, passing the ball well and forcing turnovers on defense.

For one game at least, it was mission accomplished for the Wildcats, as they rolled past the Rams by a score of 64-45 on Tuesday night at Mark Donovan Gymnasium. Shawsheen, meanwhile, who had dominated their previous game with 75-36 win over CAC rival Northeast, struggled to find their game most of the night on Tuesday, clearly showing the rust of a team that had played just one game since December 23.

But rust or no rust, it was Wilmington (6-4) who seized control of this game almost from the start, taking an early 12-2 lead in the first quarter, scoring 12 straight points after Shawsheen had scored the game's opening basket. The Wildcats were led in the first quarter by an 11-point outburst from Tommy Mallinson, who scored 11 of his game high 25 points in the opening frame. Will Stuart scored the other five points in the quarter for the Wildcats, who led 16-8 at the end of the first eight minutes.

"Our whole offense is predicated on moving the ball and sharing the ball," Wilmington coach Dennis Ingram said. "When we break down the film and we are not firing where we should be at and get too much into one on one, or taking shots too quick into the possession. I thought we did a much better job tonight of moving ball, and sharing the ball and having everybody get touches. It makes it a lot

more difficult for them to play defense for 30 seconds. Easy things opened up for us."

Both teams struggled a little offensively in the second quarter, but the Wildcats were able to extend their lead by forcing numerous Shawsheen turnovers that they began to turn into easy baskets. Wilmington led 29-16 at the half, with Jeff Kelly scoring all eight of Shawsheen's second quarter points.

"We struggled to score the ball. We scored 16 points in the first half, and that is a problem," Shawsheen coach Joe Gore said. "We are not going to beat good teams when we struggle to score the ball like that. We missed a ton of layups and a ton of three point shots. I do think that comes from having such a long layoff, but that can't be an excuse, because a lot of teams are in the same situation this season and you just have to find a way to overcome it."

The Rams struggle to get any offense going in the first half pretty much epitomized what they were dealing with all night in a game that Gore will be happy to put in the team's rear view mirror.

"Our effort was not as good as theirs all night," Gore said. "From the opening tip, they out worked us, they out played and they out coached us, so that was really what was most disappointing. Right from the tip we just didn't match their intensity and we got outworked for 32 minutes."

If Shawsheen hoped to get back in the game in the third quarter, Wilmington quickly put those thoughts to rest with a 15-5 run to start the second half, led by some hot shooting from Luke Murphy as well Tyler Rourke, taking a 44-21 lead midway through the quarter. Shawsheen's Franck Maron and Cam Pontes did their best to try and keep the Rams in the game but it was simply not enough and Wilmington took a 56-24 lead into the fourth quarter.

Shawsheen did their best

to get back in the game in the fourth quarter, led by a strong effort by Mavrick Bourdeau (team high 15 points), but it was too little too late, as the Wildcats balanced scoring continued to hold off the Rams, with Will Doucette (eight points), Stuart (seven points), Murphy (six points), Gavin Erickson (five points), Ben Marvin (five points) and Tyler Rourke (four points), all contributing to the win.

"Tommy (Mallinson) had a big night, but other than that we had some good, balanced scoring, which we always like to see," Ingram said. "A lot of kids were able to contribute."

Not surprisingly, the coaches of each team will be looking to take something different out of Tuesday night's game going forward.

For Ingram's part, this game is something he is hoping his team can build on going forward, even as they head back into the rigors of their Middlesex League schedule.

"I hope so, I really hope so," Ingram said. "We talk about it all the time, that you have to play 32 minutes. It doesn't matter who you are playing against. I don't think against the Middlesex League teams we have played a solid 32 minutes yet. I think this was probably our cleanest game, our best game from start to finish, and hopefully that gives our kids confidence going forward."

Gore also said that he is hoping his team can learn from this game, but he is also hoping this will be the last time he sees this kind of effort from his team.

"The good thing is we can learn from this, and hopefully kind of build on this and we have another shot at them later in the season. We have a big league game at Greater Lowell on Friday night, so we need to have a short memory and break down some film and try to play much better come Friday night."

Shawsheen Tech Sports Round-Up

Rams Boys Hockey team needing to bounce back after latest loss

By MIKE IPPOLITO
Sports Correspondent

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BILLERICA - The Shawsheen Tech Boys Hockey team suffered a tough loss in their most recent game, dropping a 5-2 decision to CAC rival Essex Tech at the Hallenborg Pavilion on Monday night, dropping their record to 6-2 on the season and 2-1 within the CAC.

Even with the loss, the Rams record remains good and they also remain in contention for the CAC title, but Shawsheen coach Chuck Baker would like to see more consistent play out of his team.

"We are still playing like a roller coaster. Some good periods, some really bad and some outstanding. We need to find our identity," Baker said. "Each player needs to establish their roll. They may be told what is the expectation, but they need to buy in. We have some really tough games coming up, so I hope this happens sooner than later and we continue to build in the direction of a TEAM. Starting to get the feeling that we may need to do a mix up in the lineup."

The Rams got goals from junior forward Brady Darcey and senior defenseman Tom Sampson in the loss to Essex, while senior defenseman and captain Ryan Dusablon, along with sophomore forward Liam Milne, both of Wilmington, each had an assist.

Things had gone much better for the Rams in their previous two games when they had pulled out a hard fought 3-2 win over non-league rival Rockport on Saturday night at Dorothy Talbot Arena, as well as a 7-1 rout of CAC rival Northeast last Thursday at the Hallenborg.

In the win over Rockport the Rams got goals from Darcey, Milne and junior forward Nick Calouro of Tewksbury, with Calouro netting the game winner in the third period off of assists from Milne and Darcey. Senior goalie Tom Dalton of Wilmington earned the win in net, making 16 saves on the night.

Several Shawsheen players got into the action against Northeast with six different goal scorers chipping in for the seven goals. Sophomore forward Kyle Gray of Wilmington led the offensive attack for the Rams with two goals, while

Darcey, freshman forward Dylan Higson, sophomore forward Tyler Forristall, and senior forwards Zack Patterson and Sam Dagenais all had one each.

It was the first varsity goal for Dagenais, while junior goalie Aiden MacLeod picked up his varsity win in net.

"We always like the balanced attack. It shows that we are or could be dangerous throughout the lineup," Baker said. "I just wish we could get that balance to show up every night."

"It was great to see Aiden get his first win. He has a lot of talent. He needs to continue to work hard."

The Rams will be back in action on Thursday night when they host Latin Academy at the Hallenborg. Faceoff is set for 7:10 pm.

SWIMMING

Prior to this past week, between postponements and the holiday break, it had been quite a long stretch since the Shawsheen Co-Ed Swim team had been in the pool for an actual meet, with their last meet having been back on December 22 when they defeated Greater Lowell.

That all changed last week, however, when the Rams hit the pool twice and came away with a pair of wins against CAC opponents, defeating Minuteman 84-76 last Wednesday and Lynn Tech on Friday by a score of 88-68. The two wins improved the Rams record on the season to 4-1.

The Rams started their week last Wednesday with their win over Minuteman, getting several outstanding efforts along the way, including in the relay events. In the mixed 200-yard freestyle relay, the foursome of sophomore Jared Krueger of Tewksbury, sophomore Tim Niles senior Kevin Stevens of Wilmington and senior John Zembeck took first place in a time of 2:02.16.

Meanwhile in the mixed 200-medley relay, junior Anthony Bastianelli, along with Stevens, Krueger and freshman Harrison Kinsella took first in a time of 2:13.03, while senior Aidan Singh, Eliot Hong, Logan Dupont and Nathan Barnes took second in the event with a time of 2:14.13.

In addition to his success in the two relays, Krueger also had a big individual day, taking first place in

the mixed 50-yard freestyle. Bastianelli also had a fine individual day, taking first in the mixed 100-yard freestyle as well as the mixed 200-yard freestyle.

Stevens meanwhile added to his relay success with a first place finish in the mixed 200-yard freestyle as well as the mixed 100-yard butterfly, while Singh was first in the mixed 500-yard freestyle and second in the mixed 200-yard individual medley.

Other place finishers for the Rams included senior captain Kasey McFadden of Tewksbury, who was second in the mixed 100-yard butterfly, while fellow senior John Zembeck was third in the event. Junior Nathan Barnes earned a second place finish in the mixed 100-yard freestyle, while freshman Harrison Kinsella was third in the event.

Eliot Hong, meanwhile was second in the mixed 500-yard freestyle, and third in the mixed 200-yard individual medley and freshman Makayla Nolan of Tewksbury was third in the mixed 200-yard freestyle and junior Leah Casey of Tewksbury was third in the event.

Shawsheen coach Rick Menard was proud of the way his team kicked off the resumption of their season after the long lay-off.

"The kids stayed strong despite coming off the holiday break and many, like myself needing to take time off due to contacts and illness," Menard said. "Lots of kids found themselves in 'off' events but still swam great! Jared in the 50-free was lights out; crushing his old best time. Makayla Nolan and Leah Casey keep making the most of their opportunities and showed great effort in the 200

"Kevin (Stevens) and Kasey (McFadden) pushed each other in the 100-fly as good teammates will do when they are up against a softer opponent. Kevin was a beast in the 100-breast edging the standout from Minuteman."

The Rams returned to the pool on Friday, and were even more dominant in their 95-74 win over Lynn Tech.

Krueger, Stevens, McFadden and senior Cailey McDevitt led the way in the 200-medley relay in a time of 2:21.34, while the Rams also got several outstanding individual efforts throughout their lineup.

Shawsheen swept the

200-yard freestyle event, with Nathan Barnes taking first in a time of 2:24.37, followed by Harrison Kinsella in second in a time of 2:28.27 and Daniel Penney in third in 2:30.54. They also picked up a sweep in the mixed 50-yard freestyle, with Aidan Singh taking first in 24.79, followed by Anthony Bastianelli (27.00) and Barnes (29.81).

Singh had a big day for himself. In addition to his first place finish in the 50 freestyle, he also too first in the mixed 100-yard backstroke in a time 1:09.08 and was part of the mixed 200-yard freestyle relay that earned a first place finish.

Kevin Stevens meanwhile, was first in the mixed 500-yard freestyle in a time of 7:26.36, along with success in the 200-medley relay.

The Rams were back in action on Wednesday when they traveled to Canton to take on Blue Hills, with results of the meet not available as of the Town Crier's press time. They will take on non-league rival Melrose at home next Tuesday before hosting CAC rival Northeast next Friday, January 28.

Menard is looking forward to seeing his team finish the season strong.

"I am so proud of this group. Despite being small, and in most cases very inexperienced, we have done a great job against the vocational teams and have held our own against the traditional schools as well," Menard said. "We have two more meets against the Voc's and hope to pull off the season sweep headed into a scaled back Vocational State Championship. Blue Hills is usually pretty tough and Northeast is always an unknown from season to season."

WRESTLING

It says something about the history success of the Shawsheen Tech Wrestling program that every time they lose a meet, which over the years has not been very often, it is headline news. And that is particularly the case when they lose a league meet, as heading into this season they had won 14 consecutive Commonwealth Athletic Conference titles.

With that as a backdrop, it is now wonder that last Wednesday night's 39-33 loss to CAC rival Whittier was such big news. Despite wrestling very well on the night, and get-

ting some outstanding individual performances, the Rams came up just a little short in their effort to keep their undefeated league record intact, falling to 2-1 in the league at the time.

With the win, Whittier now has the clear inside track to the league championship, putting the Rams incredible streak in jeopardy.

Heading into the meet, Shawsheen coach Doug Pratt knew the Wildcats would present a stiff challenge for the Rams, and that the results of the meet would likely come down to who was able to avoid taking too many losses by pin. As it turned out, he was proven correct, as the Wildcats edged the Rams just 7-6 in terms of overall victories, but more importantly, they won six matches by pin, as opposed to only four by Shawsheen.

"We wrestled well, but we just needed a couple of guys to stay off their back and we weren't able to do that," Pratt said. "The effort was there, but we just weren't able to avoid the pins or get enough pins. We came close in a couple of matches to getting pins, but we weren't able to get them, and it ended up being the difference."

The four wrestlers who did win by pin for the Rams were freshman Brayton Carbone at 106 pounds in just 39 seconds, freshman Sid Tildsley at 132 pounds in 3:30, junior Ben Gooltz at 152 pounds in 1:10 and senior Xavier Santiago at 285 in just 14 seconds.

Other winners on the day for the Rams were senior Lucien Tremblay with a 6-4 decision at 120 pounds and junior Troy Warwick of Tewksbury with a 6-3 decision at 145 pounds.

Whittier was able to pick up victories by pin at 113, 126, 170, 182, 195 and 220 pounds. The only victory for Whittier not by pin was at 160 pounds where senior Tayla Tildsley battled her opponent before dropping a 7-1 decision.

"They had some real studs going against some of our younger guys, so that was certainly to their advantage," Pratt said. "Tayla did a nice job for us. She stayed off her back and did well."

Needless to say, the victory for Whittier was a huge one for their program, setting off a wild celebration for the Wildcats.

"It was well deserved for them. They are a well

coached team, and those kids earned it," Pratt said. "They managed to stay off their back more than we did. We had a couple of matches where we thought we were going to get pins, but we weren't able to do it. If those matches go the other way, maybe the results are different, but they didn't and Whittier deserved to win."

On Saturday, the Rams were back in action against another CAC opponent, this time hosting Greater Lawrence at Mark Donovan Gymnasium, and the results were much more to their liking, as they routed the Reggies by a score of 60-23 to improve to 3-1 in the CAC and 4-4 overall. Pratt felt it was important for his team to bounce back quickly after the tough loss to Whittier.

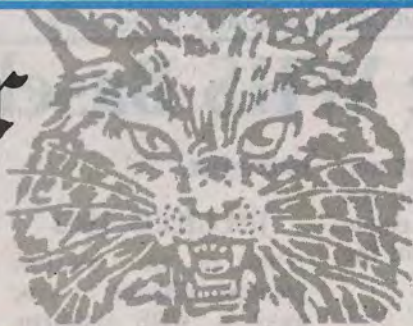
"Our goal every year is to win the league and win the State Vocational Tournament," Pratt said. "The league is kind of a long shot at this point unless Whittier stumbles, which I don't think they will. But we would still like to get the number two seed in the vocational tournament, so this was a big match for us."

Carbone got the Rams started with a win in just 30 seconds at 106 pounds, while Tyler Manty of Tewksbury followed up with a pin in just 35 seconds at 135 pounds. Tremblay followed up with a pin in 2:16 at 120 pounds, followed by pins from Sam Palmieri (126, 4:40), Sid Tildsley (132, :17), Caleb Caceres (138, :32), Gooltz (152, 2:42), Thomas Cormier (195, 1:35), Austin Malandain (220, 1:35) and Santiago (285, 2:07).

"We rebounded well real quick, which was great to see," Pratt said. "Greater Lawrence is a very well coached team, but they are just a little bit inexperienced, and our young guys looked really good against them."

The Rams will be back in action on Saturday when they travel to Tewksbury High to take on non-league rivals Tewksbury, Franklin and Melrose in a quad meet.

"Tewksbury is really tough and Franklin year in and year out is very good as is Melrose," Pratt said. "It is going to be a tough quad meet. It will be very competitive, but hopefully we are able to come away with a couple of wins."



Shawsheen Tech Boys Hockey coach in his 16th season

Baker nets his 200th career win

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com
BILLERICA - When

Chuck Baker took over as head coach of the Shawsheen Tech Hockey team for the 2006-07 season, he had some very big shoes to fill, taking over for the legendary Bill Gordon, who had won 373 games, numerous league titles and the 1984 state championship during his career as the Rams head coach. Gordon had also and had been elected to the Massachusetts High School Hockey Hall of Fame.

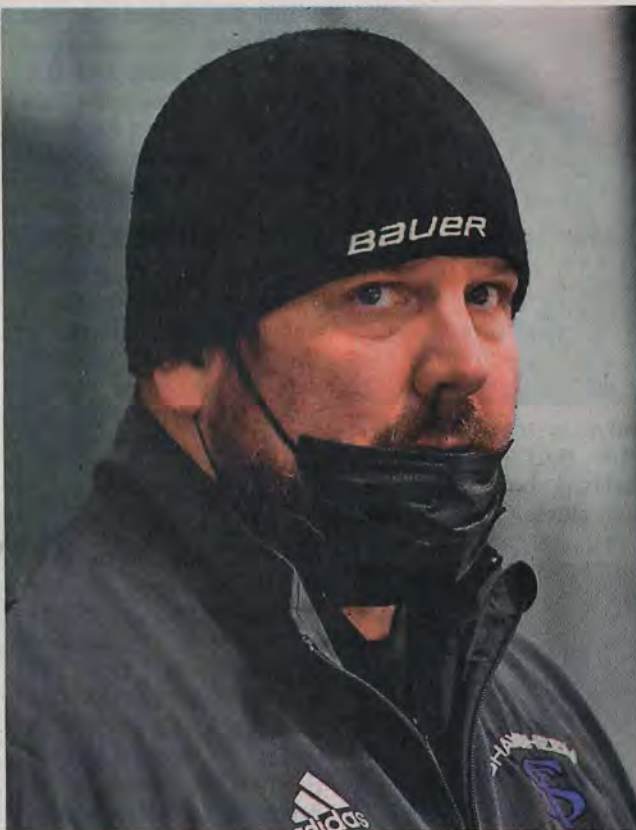
It was quite a standard to live up to, a nearly impossible one in fact. But nearly 16 years later, that is exactly what Baker has done, carving out a brilliant career of his own behind the Rams bench, leading Shawsheen to ten Commonwealth Athletic Conference titles and six state vocational titles, as well as a trip to the Division 3 state finals back in 2009.

And back on December 27, in a 5-4 overtime victory by the Rams over Westboro at North Star Arena, Baker added another chapter to his list of accomplishments when he captured his 200th career win at Shawsheen. Not that Baker actually knew it at the time. The veteran coach, far more focused on his team's success than his individual success, did not know until several days later

that he had reached the 200-win mark.

"It is a great honor to have reached this mile-

"Since I took over after Bill retired, I have been extremely lucky to have great assistant coaches



Chuck Baker recently won his 200th game as the head coach of the Shawsheen Tech Boys Hockey program.

(photo by Bob DeChiara).

stone. I have to say it caught me a bit off guard as well though." Baker said. "I can remember looking back some years ago, hearing about other coaches reaching milestones like 200 wins and thinking "man they have been at this for a long time. Now I'm there, so I guess I have been at it a while as well.

and players. It is not only myself with the 200 wins, they have all been a huge part of it. It has been a full team effort and I am honored to not only reach the milestone of 200 but honored to have been able to coach so many great student athletes and to coach with some great assistants. They all deserve some credit as

Chuck Baker's year-to-year record

(The tournament records are included in the overall records).

Season	Overall Record	Tourney
2006-07	10-7-4	0-1
2007-08	14-7-0	0-1
2008-09	18-6-3	5-1*
2009-10	18-3-1	1-1
2010-11	18-5-1	2-1**
2011-12	12-5-3	0-1
2012-13	14-7-1	1-1
2013-14	12-10-0	1-1
2014-15	14-6-2	1-1
2015-16	9-7-4	2-1
2016-17	14-8-0	1-1
2017-18	13-8-0	0-1
2018-19	9-8-5	1-1
2019-20	14-7-1	1-1
2020-21	7-3-1	No Tourney
2021-22	6-2-0	??
Totals:	202-100-26	

*Lost in the Division 3 State Final; **Lost in the Division 3 North Sectional Final.

well."

Baker also credits Gordon with getting him started in the right direction in his coaching career, having spent six years on his coaching staff before taking over as head coach.

"Coaching with Bill was great, he was still coaching the old school way so I bought in right away. I learned that you can, and must depend on your assistants," Baker said. "One day, early in my career, he gave me responsibility of running the power play. He would allow me to run the defensemen during a game and coach them up at practice. With this I learned, you are the head coach, but you can't do it

all. Have faith in your assistants and give them responsibility and I do that today. Another huge lesson learned is if your passion for the game is dwindling, it is time to step away. The kids need to be directed by people with passion for the sport."

Baker still has that great passion for the sport, which comes as no surprise to Shawsheen Athletic Director Al Costabile, who hired Baker for his first coaching job at Shawsheen, as an assistant coach for Costabile's football team back in 1998, which was also Costabile's first year with the Rams. Costabile has great respect for Baker's coaching style.

"Chuck is a great coach. He coaches with passion, and I am not surprised at the success he has had," Costabile said. "He followed a Hall of Fame coach and that is not an easy thing to do, but Chuck was familiar with the culture of the program after being an assistant.

"He has a great knowledge base of coaching and of the game of hockey. He sometimes puts some tough love into his coaching and that is a really big thing in a physical sport like hockey. You need that."

Baker came to Shawsheen in the fall of 1998 after graduating from Salem State in earli-



Jeff Williamson during his Springfield College days.

Baker nets his 200th career win

FROM B1W

er that year. The 1993 Haverhill High graduate had originally attended Merrimack College from 1993 to 1995, before transferring to Salem State. Baker had played both football and hockey and high school before focusing solely on hockey at Merrimack and Salem State. He actually had an injury waiver where he could have played one more year of college hockey, but he instead chose to start his career in education, becoming a physical education teacher at Shawsheen that fall, and he has never looked back.

And that goes for not only hockey, but for lacrosse as well, where he has also served as head coach since 2006, taking over for Costabile at the time. He had been Costabile's assistant since the beginning of the program 2003. Baker has been equally as successful with the lacrosse program, going 157-54 from 2011-2020 alone and winning eight league titles during that span.

All of that winning makes him a very successful coach, and also a very busy man. It can definitely be a challenge to balance teaching, coaching and family, and Baker is grateful for the support he gets at home.

"It is a struggle sometimes. I spend a lot of time out of the house and on the road, my wife has to hold the fort down for a few months," Baker said. "Having a son away at Prep School playing hockey and lacrosse, another son playing hockey and a daughter who is trying out everything, we as a family stay busy. I try to make everything and sometimes it just can't happen.

"Those times hit home, but my kids know how pas-

sionate I am about coaching and I hope that my passion for it will wear off on them as one of many qualities to have."

There have been many great memories over the course of his coaching career for Baker, but it would be hard to top the Rams run to the Division 3 state championship game in 2009. While the Rams fell just short of their ultimate goal, losing 3-2 to Shrewsbury in a great game at what was then TD Banknorth Garden, it was a season that Baker will always remember fondly.

"That season was amazing. The kids worked harder than any team I have coached," Baker said. "We had a great mix of upperclassmen and underclassmen. They showed up every day to work and were amazing student athletes to coach. To go through the Division 3 North and surprise teams like Marblehead, Concord Carlisle in the North final,

beat Norwell in the Eastern Mass final at Harvard and play in the Garden was amazing. It was surreal, and all in my third season as head coach."


As much as Baker loves hockey and loves coaching, even he couldn't envision having such a long and successful career for the Rams. But he also has no plans on giving up that career any time soon.

"Absolutely not, I did not envision this," Baker said. "I knew I was passionate about coaching and enjoy going to the rink each day, but I never was thinking about the success level. I have experienced so much coaching these student athletes at Shawsheen. They, or we might not always be the most talented but we will out work you and play with heart and pride. I look forward to continuing here for as long as I still have the fire to do so."

All-Time WHS Baseball Team - Part 1

Player	Pos	YOG
Earl Baldwin	P	1955
Joe Beaton	1B	1961
Eddie Casey	OF	1961
Peter Emery	SS	1965
Al Ethier	P/OF	1952
Kevin Field	P/SS	1962
Rick Froton	P	1962
Jim Gillis	3B	1962
Robert Goss	P/OF	1950
Bill Gustus	P	1971
Frank Hadley	P	1937
Tex Johnston	P	1948
Ted Kambour	P	1951
Jere Melzar	3B	1952
Jimmy Melzar	SS	1961
Gerry O'Reilly	1B	1951
Bill Ritchie	P	1965
Arthur Spear	C	1949
Ervyl Stewart	1B	1942
Jeff Williamson	P	1963
Joe Woods	P	1940

Coach: Joe Gilligan



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Shawsheen hosting Open House on Wednesday, Jan. 19

BILLERICA - Shawsheen Valley Regional Vocational Technical School District will host an Open House on Jan. 19, from 6-8 p.m. This event is intended for prospective students and is open to anyone interested in learning about Shawsheen. Prospective students, alumni, community members, business partners, and family & friends, are all welcome to attend.

The Open House will showcase Shawsheen's academic, career, and vocational-technical programs, as well as all athletic teams and extracurricular clubs and activities. Vocational programs will have hands-on projects for guests visiting shops, and self-guided tours are encouraged.

Guests will also be able to learn about district programming open to the public, as well as information regarding student-run services. At the Jan. 19 Open House, information will be provided for adult education, the School of Practical Nursing, summer programs, project explore, as well as aquatics and swim offerings.

Shawsheen's Career Night Open House is a great opportunity to see firsthand, the value of career vocational technical education.

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YOUR NEWS

Shawsheen High School to host open house

COURTESY OF SHAWSHEEN VALLEY REGIONAL VOCATIONAL TECHNICAL SCHOOL DISTRICT

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Shawsheen Wrestling team continues to make big strides

By **MIKE IPPOLITO**
Sports Correspondent

sports@yourtowncrier.com

CHELMSFORD - One of their biggest tests of the season still lies ahead, but this past week was a very productive one for the Shawsheen Tech Wrestling team, who not only picked up a big dual meet win over CAC rival Greater Lowell last Wednesday, but also put on a very good performance on Saturday at the Chelmsford Invitational, finishing fourth overall in a field of 19 teams.

The Chelmsford Invitational offered the Rams a chance to take on some of the top teams in the Massachusetts and New Hampshire, in a field loaded with talented rosters. Against the quality competition the Rams performed very well on their way to their fourth place overall finish with five wrestlers finishing in the top six of their weight class, including one champion and one runner up.

Shawsheen finished with 124 points on the day, while Timberlane ran away with the title at 267 points. They were followed by Minnechaug with 186 points, Chelmsford with 171 and then the Rams.

"That was a good finish for us," Shawsheen coach Doug Pratt said. "There were a lot of good teams at the tournament and we had some kids who really battled."

Leading the way for the Rams once again was freshman Sid Tildsley at 132 pounds, who kept his undefeated record intact by going 4-0, with two pins and a major decision as part of his big day. Tildsley clinched the title with a 4-0 win over Austin Monteiro in the finals, one of the closer decisions he has had this season, and a lesson to be learned for the young wrestler, according to Pratt.

"Sid has no established himself as one of the top kids in his weight class, but the thing now is guys are starting to know who he is and they are very cautious with him," Pratt said. "He had faced the Monteiro kid before at the

Lowell Holiday Tournament and he had come after Sid, and Sid won pretty easily. He was much more cautious this time, so Sid could not score as many points. So, the game plan changes for Sid a little bit now going forward, but he will do what he needs to do."

Another young Shawsheen wrestler, fellow freshman Brayton Carbone picked up a second place finish at 106 pounds, earning a big win over Lowell Catholic's Scotty Moreau in the semifinals with an 11-7 decision before coming up against another Tildsley in the finals, losing to James Tildsley of Billerica in a major decision.

"Bray had been wrestling at 113, but he has gotten down to 106 and he will there for the rest of the year," Pratt said. "He is a lot stronger down there. He beat a really talented kid from Lowell Catholic. That was a really big win for him. Of course, then he ran into Tildsley and that was a real tough matchup. James is one of the best wrestlers in all of New England."

Lucien Tremblay at 120 pounds and Caleb Caceres at 138 pounds each battled back from a loss to earn a third place finish. Tremblay won a pair of matches early on before losing a hard fought 6-4 decision to Jaco Motyl of Minnechaug in the semifinals. He then dropped down to the consolation bracket where he picked up a pair of wins by pin, including a pin in just 1:43 over TJ Labette of Timberlane in his third place match.

Caceres meanwhile, lost in the quarterfinals to eventual finalist Jacob Andrade of Timberlane before moving down to the consolation bracket where he dominated with three pins, winning in 32 seconds, 46 seconds and then finally in 1:50 over Charlie Mercuri of Chelmsford in his third place match.

"Caleb did a great job to rally back after he had lost, so that was great to see," Pratt said. "And the

same with Tremblay to come back after losing in the semifinals."

Troy Warwick of Tewksbury had a busy day for himself at 145 pounds, going 3-3 on the day on his way to a sixth place finish, including picking up a pair of pins.

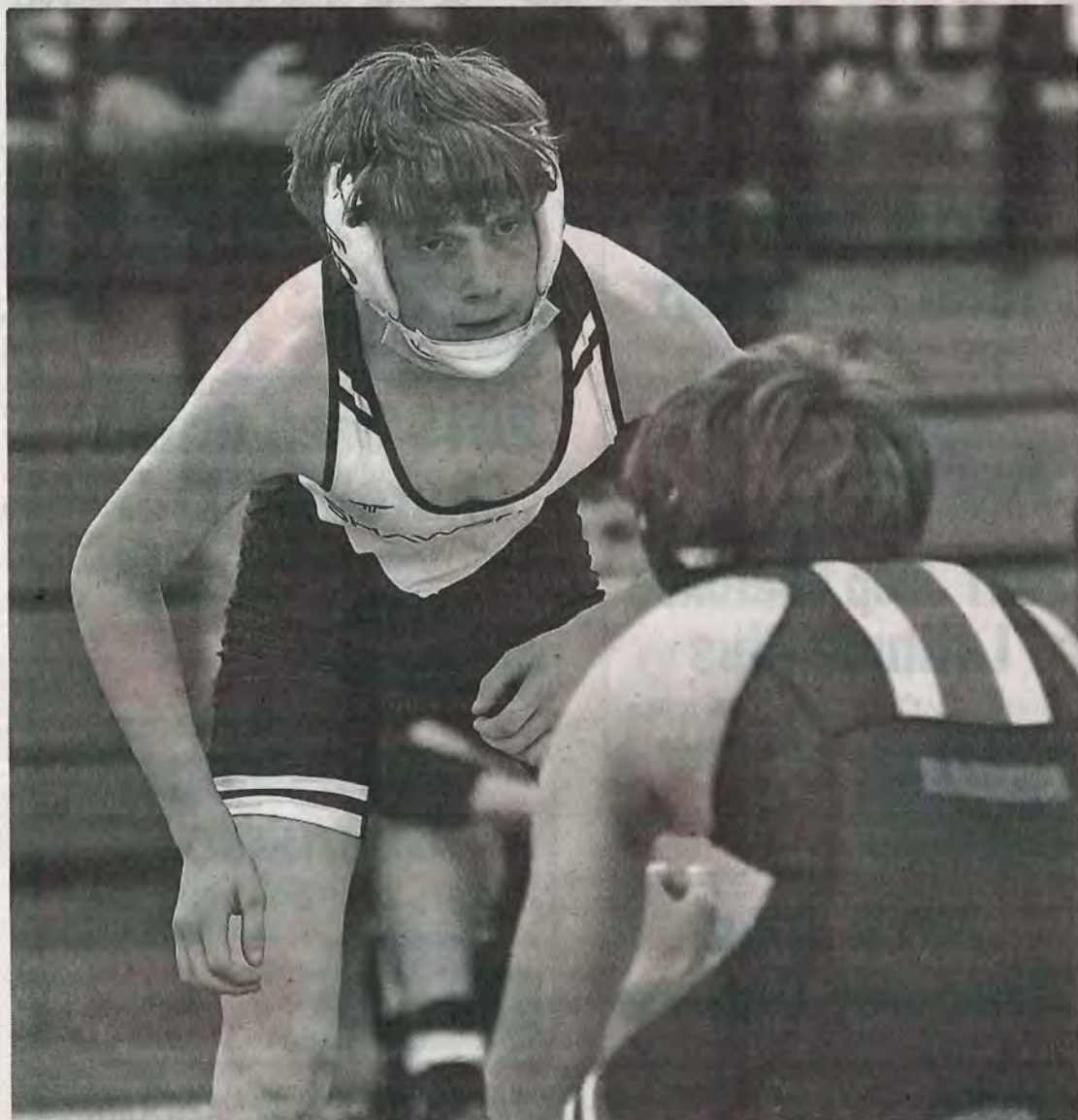
Prior to their good showing in Chelmsford, the Rams had improved to 3-3 on the season and 3-0 in the CAC with a 56-21 road win over Greater Lowell. Winners on the day for the Rams included Carbone (pin, 113), Tremblay (pin, 120), Sam Palmieri (pin, 126), Tildsley (TF 15-0, 132), Caceres (pin, 1:22), Warwick (Dec 16-9, 145), Tayla Tildsley (pin, 152), Ben Gooltz (pin, 160), Jake Metcalf (pin, 170) and Xavier Santiago (pin, 220).

Of particular note among the Rams wins was Tayla Tildsley's pin at 152 pounds in just one minute. She is the first female in the history of the Shawsheen program to record a win at the varsity level.

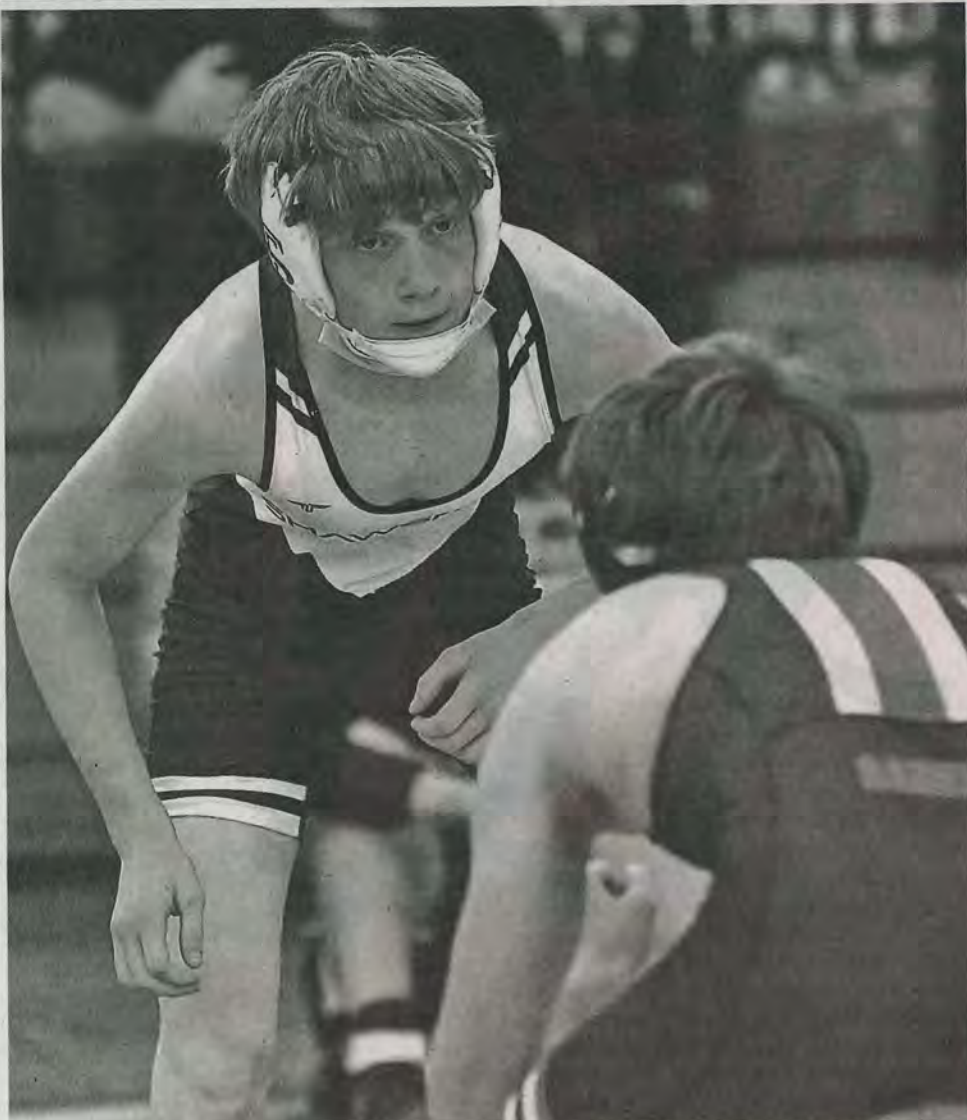
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The Rams were back in action on Wednesday night when they traveled to Whittier for a key CAC matchup. While results of the match were unavailable as of the Town Crier's press time, Pratt knew his team would be in for a battle against Whittier, who like the Rams brought an undefeated CAC record into the meet.

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Shawsheen Tech's Lucien Tremblay matches up against Central Catholic's Nick Spero in an earlier season match. (photo by JoeBrownphotos.com).



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Take fourth at Chelmsford Invitational Shawsheen Wrestling team continues to make big strides

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Sports Correspondent

sports@yourtowncrier.com

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Where's the Action?

Day	Date	Sport	Opponent	Time
Tewksbury High Sports				
Thursday	January 13	V Gymnastics	at Billerica	7:30 pm
Friday	January 14	V Boys Hoop	vs Lawrence	6:45 pm
Friday	January 14	V Girls Hoop	at Billerica	7:00 pm
Saturday	January 15	V Wrestling	at Woburn Inv.	10:00 am
Saturday	January 15	V Boys Hockey	at Boston Latin	2:00 pm
Monday	January 17	V Girls Hockey	at Masconomet	1:10 pm
Tuesday	January 18	V Girls Hoop	vs Lawrence	6:45 pm
Tuesday	January 18	V Boys Hoop	at Billerica	7:00 pm
Wednesday	January 19	V Boys Hockey	at Concord-Carlisle	4:15 pm
Wednesday	January 19	V Wrestling	vs Chelmsford	6:00 pm
Wednesday	January 19	V Girls Hockey	vs Acton-Boxboro	6:00 pm
Wilmington High Sports				
Thursday	January 13	B/G Track	vs Melrose at BU	4:30 pm
Thursday	January 13	V Swimming	at Ham-Wenham	7:50 pm
Friday	January 14	V Boys/Girls Hoop	vs Burlington	5:30/7 pm
Friday	January 14	V Swimming	vs Austin Prep	7:30 pm
Saturday	January 15	V Wrestling	at Woburn Inv	10:00 am
Saturday	January 15	V Girls Hockey	at Watertown	12:20 pm
Saturday	January 15	V Boys Hockey	at Melrose (ST)	4:00 pm
Saturday	January 15	V Swimming	vs Triton	4:00 pm
Monday	January 17	V Girls Hockey	vs Central Catholic	12:00 pm
Monday	January 17	V Boys Hockey	at Matignon (ST)	8:00 pm
Monday	January 17	V Girls Hoop	at Lexington	6:30 pm
Tuesday	January 18	V Girls Hoop	at Shawsheen	7:00 pm
Tuesday	January 18	V Boys Hoop	vs Reading	6:00 pm
Wednesday	January 19	V Girls Hockey	at Amesbury	6:30 pm
Wednesday	January 19	V Wrestling	vs Arlington	6:30 pm
Thursday	January 20	V Gymnastics	vs Stoneham	6:30 pm
Shawsheen Tech Sports				
Thursday	January 13	V Boys Hockey	vs Northeast	7:10 pm
Friday	January 14	V Swimming	vs Lynn Tech	3:30 pm
Friday	January 14	V Girls Hoop	vs Northeast	5:30 pm
Saturday	January 15	V Wrestling	at Reading	10:00 am
Saturday	January 15	V Girls Hockey	vs Masconomet	11:00 am
Saturday	January 15	V Boys Hockey	at Rockport	4:00 pm
Monday	January 17	V Boys Hockey	vs Essex Tech	12:00 pm
Monday	January 17	V Girls Hoop	vs Arlington Catholic	5:30 pm
Tuesday	January 18	V Boys Hoop	vs Wilmington	7:00 pm
Wednesday	January 19	V Swimming	at Blue Hills	3:30 pm
Wednesday	January 19	V Girls Hockey	at Oakmont	6:30 pm
Wednesday	January 19	V Wrestling	vs NT/Northeast	7:00 pm
Thursday	January 20	V Boys Hockey	vs Latin Academy	7:10 pm

Three tips to help keep your New Year's Fitness Resolutions

By GREG CROSSMAN
Guest Columnist

The start of the year inevitably brings on the New Year's fitness resolutions. Great intentions of "This being the year I'm going to get in shape!" often turn into individuals ending up in our PT clinic due to injury. Making a commitment to better health, through exercise, in the upcoming year is an excellent idea, you just want to be sure to do it in a safe way. Today I wanted to go over a few simple tips to stay healthy and keep up with those New Year's resolutions.

Think about the little things you can work on throughout the day. Though that new gym membership or joining that cardio/kickboxing/zumba class may help with your fitness goals you will get more out of making little changes throughout the day. One area in particular I talk with patients about frequently is posture.

An hour of work in the gym will not make up for sitting slumped at your desk for 8 hours a day. Simply doing some shoulder blade pinches at your desk throughout the day can help improve your



posture and take stress off your neck, shoulders and back. Sit up tall with good posture and gently pinch your shoulder blades together. Do 5-10 repetitions every 20 to 30 minutes of sitting. Make sure to keep your head up and avoid shrugging your shoulders as you do this exercise.

Increase training volume slowly. Often, well intentioned New Year's resolution-makers will go too hard, too fast and end up hurt. In the running world the 10% rule is a good general rule for increasing training volume. The 10% rule states that you should only increase your total running mileage by 10% from

the previous week. If you should increase by no more than two miles the next week. A similar approach can be taken with weight training. This rule is very general but a good way to keep yourself from overdoing it.

Don't ignore recovery. Recovery, especially as we get older, can be as important as exercise itself. Taking time to stretch, using heat or ice, or even getting a massage are great ways to help accelerate the recovery process after workouts. As you start a workout program, be sure to take the time for proper recovery, your body will thank you!

Those are just a few tips to help as you embark on your fitness journey this new year. For more tips as well as articles on other sports and health related topics be sure to visit our website CompleteGamePT.com. Also if you are having trouble with any particular body part check out our free reports or give us a call at 978-710-7204. If you are ready to start your PT at Complete Game Physical Therapy, click here to make an appointment.

Bantams come away with a 7-2 win

This past Friday, the Wilmington Bantam Youth Hockey team (9-2/14-2-2) headed to the newly renovated Kasabuski Rink in Saugus to take on the Beverly Panthers (6-5).

With the 'Cats already looking into the future for their revenge on Tewksbury in an upcoming state play down game, the boys in blue didn't show any signs of lost focus in this game.

Wilmington started the scoring at 9:56 of the first, on an unassisted goal by Cam Kelley. Cam's line mates Caples and Archer would team up for the next tally with 3:24 remaining in the first. Tyler Marinho would keep six shots clear of his net for the first 12 minutes and a total of 16 for the game.

The first period was spent mostly in the offensive zone with great defensive pressure at the blue line by Nolan Gouthro, Cam Saija, Cam Gray, and Colin Allard. The white line of Luke Cushing, Emrick O'Brien

and Shawn Tierney would show their hard work with good time in the offensive zone throughout the first.

The 'Cats led 2-0 entering the second period. Shawn Tierney would add Wilmington's third on a feed from Emrick O'Brien. Beverly would finally hit the score sheet midway through the second. Cam Kelley would score his second unassisted goal at the 3:30 mark.

Ben Gibbons who was paired up with line mates Michael Spitz and Brady Cabral would get his 10th of the season and dish from defenseman Cam Saija. Saija picked the pocket of Beverly's forward and head manned the puck to Gibbons who fired off a rocket top corner.

With 1:07 to go in the frame, Ryan Archer and line mate Cam Kelley worked out a give and go which Ryan Archer would finish off, making the lead 5-1 heading into the third. The Panthers would notch up their second with 2:58 to go. Ben Gibbons

would get his second of the game from help from his right winger Brady Cabral. Wilmington takes home the divisional matchup 7-2. Missing from the line up were Dave Andreason, Matt O'Brien, and Jake Arsenault.

The Cats success in this game was contributed to the teams chemistry made up of unselfishness, grit, and hard work.

Shawn Tierney, player of the game, would wear the battle helmet home. Wilmington's overall record improves to 15-2-2.

Wilmington looks to continue their hard work on January 12th at 7:00 pm in Everett in a must win game vs. Tewksbury. Tewksbury handed Wilmington its second loss of the season back on December 26th. This was Wilmington's first loss dating back to September 19th. The winner will advance to the Massachusetts State Tournament in late February.

Baseball Umpiring Training Clinic offered

The Greater Lawrence Baseball Umpires Association and the Merrimack Valley Baseball Association are once again excited to offer training for anyone interested in becoming a MBUA "patched" Baseball Umpire! Successful completion of this course and associated training qualifies an umpire to work amateur baseball games from Little League up to and from including mens baseball leagues. Umpires over the age

of 18 are also eligible to work high school baseball.

The training will take place on Monday evenings beginning 1/24 from 6:00pm-8:00pm at St. Michael's School, 80 Maple Ave in North Andover.

The class dates are as follows: 1/24, 1/31, 2/7, 2/14, 2/21

The Exam Date is 2/28.

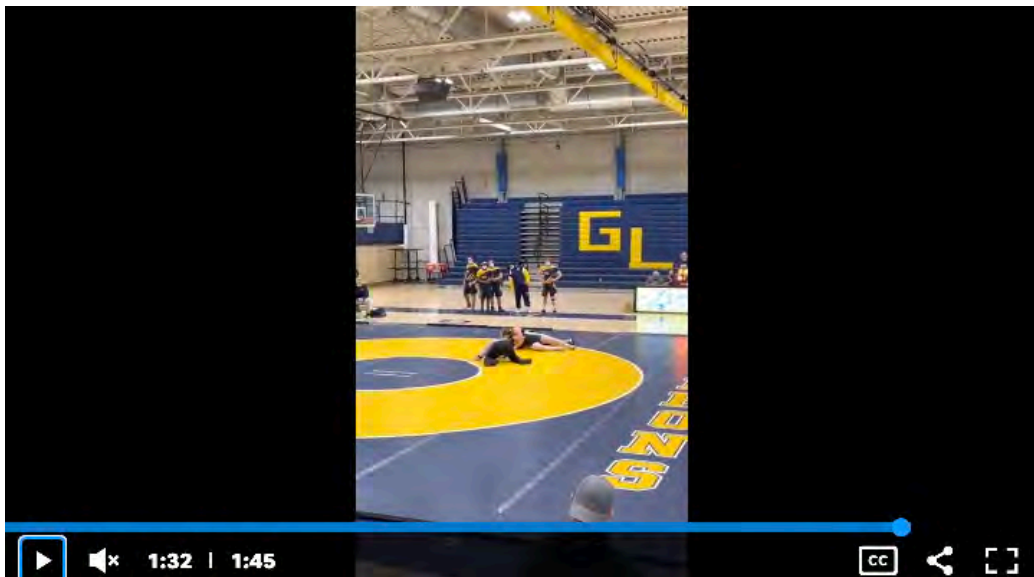
Questions? Contact Scott Young via email at coach.scott.young@gmail.com

BILLERICA MINUTEMAN

VIDEO: Shawsheen Tech senior Tayla Tildsley performs fastest female wrestling pin

Submitted to the Billerica Minuteman *Shawsheen Valley Regional Vocational High School*

Published 3:14 p.m. ET Jan. 10, 2022



Shawsheen Tech senior and student school committee representative Tayla Tildsley earns the quickest, female wrestling pin in school history.

THE BEDFORD CITIZEN

COMMUNITY SUPPORTED NEWS FOR BEDFORD, MASSACHUSETTS

Shawsheen Tech Career Night Open House ~ Wed., Jan. 19, from 6 to 8 pm

By The Bedford Citizen - January 7, 2022 - Schools



Submitted by Shawsheen Valley Regional Technical High School

Shawsheen Valley Regional Vocational Technical School District will host an Open House on January 19, 2022, from 6 to 8 pm on its campus, 100 Cook Street, Billerica (see map)

This event is intended for prospective students and is open to anyone interested in learning about Shawsheen. Prospective students, alumni, community members, business partners, and family & friends, are all welcome to attend.

The Open House will showcase Shawsheen's academic, career, and vocational-technical programs, as well as all athletic teams and extracurricular clubs and activities. Vocational programs will have hands-on projects for guests visiting shops, and self-guided tours are encouraged.

Guests will also be able to learn about district programming open to the public, as well as information regarding student-run services. At the January 19th Open House, information will be provided for adult education, the School of Practical Nursing, summer programs, project explore, as well as aquatics and swim offerings.

Shawsheen's Career Night Open House is a great opportunity to see firsthand, the value of career vocational-technical education.

Winter weather advisory Check CO alarms and keep vents clear of snow

STOW — With the season's first significant snow here in parts of Massachusetts, State Fire Marshal Peter J. Ostroskey reminded residents to test their carbon monoxide (CO) alarms and keep dryer, furnace, and other exhaust vents clear of snow.

"Carbon monoxide is the leading cause of fatal poisoning, and home heating equipment is the primary source of carbon monoxide in the home," State Fire Marshal Ostroskey said. "As part of your storm planning, check your CO alarms to be sure they're working properly, and if an alarm is more than five to seven years old, replace it."

Residents should also be sure to keep outside vents clear of falling, drifting, or shoveled snow. In January 2005, 7-year-old Nicole Garofalo died when a heating vent was blocked by snow drifts outside, allowing carbon monoxide to accumulate inside her Plymouth home. This tragedy led to Nicole's Law, which requires CO alarms on every habitable level of a Massachusetts residence.

"Fuel-fired heating appliances like dryers, furnaces, boilers, and fireplaces are all sources of carbon monoxide," State Fire Marshal Ostroskey said. "If the vent or flue is blocked, this poisonous gas can reach deadly levels inside the home. Know where the vents on your home are, be sure to clear them when shoveling, and be careful not to blow snow onto them if using a snowblower."

Massachusetts fire departments reported nearly 18,000 CO incidents in 2020, officials said, and 92 percent were in residential settings. The poison gas can cause headache, fatigue, dizziness, and/or nausea at lower concentrations and death at higher concentrations. Exposure while asleep is particularly dangerous.

"We can't see, smell, or taste carbon monoxide, but we can detect it with working CO alarms," State Fire Marshal Ostroskey said. "If your alarm sounds, get outside and call 9-1-1."

For more information on carbon monoxide and CO alarms, visit the DFS website.

Winchester residents Return annual census

WINCHESTER - Annual census forms were mailed to residents on Jan. 4, 2022. All households are required to respond to the mailing within 30 days of receipt. State law requires that every community conduct a census during the month of January, and the Town of Winchester takes this opportunity to send permit applications for the Transfer Station to every household that would like to take their refuse to the Transfer Station facility on McKay Avenue. Additionally, this year we have added the dog license application for dog owners in town.

In accordance with state law, the census is conducted annually in every city and town in Massachusetts. The information gathered is used to maintain a current voting list and to provide population and other information to various town departments. Compliance with this state requirement provides proof of residence, protects voting rights, veteran's bonus, housing for the elderly and related benefits as well as providing information for the selection of jurors. Should you be concerned about address confidentiality you may contact the Secretary of the Commonwealth at www.sec.state.ma.us/acp/acpabtdix.htm to learn if you qualify for this program.

Note: The census form doesn't register you to vote. If you are interested to register to vote you may now go to <http://www.registertovotema.com> and register to vote online. This opportunity is fast and convenient. The Town Clerk's Office will send you a registration confirmation letter in the mail to confirm that your online application was accurately received and processed.

The Town Clerk's Office will conduct four elections in the calendar year of 2022. Jan. 25, 2022 there will be voting at the Town Hall for the Northeast Metro Regional Vocation School District; March 19, 2022 is the annual town election. This year and moving forward all elections for the town will be held at Winchester High School Gymnasium for all eight precincts.

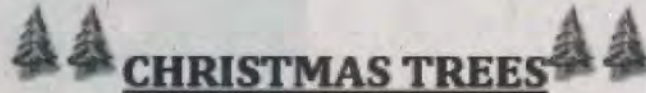
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- Town of Burlington -



CHRISTMAS TREES

Beginning Tuesday, January 18, 2022
(No collection on 1/17/22 due to Holiday)

**TREE SHOULD BE AT THE CURB BY 7 AM
TUESDAY 1/18/22 FOR
COLLECTION DURING THE WEEK**

**Trees must be free of decorations and stands.
Trees in bags will NOT be picked up!
Trees must be out by 7:00 am**

****ANY TREE LARGER THAN 6 FEET
MUST BE CUT IN HALF****

****** NO PLASTIC BAGS******

Burlington's COVID numbers skyrocketing 571 new cases in the last two weeks

BURLINGTON - The holidays have been fuel for the COVID-19 fire in Burlington with indicators soaring for the 12th straight week.

The most recent data reveal last night saw Burlington with 3,678 total cases since COVID-19 statistics started being recorded in March 2020. In the last two weeks, there have been 571 total positive tests with a 15.22 percent positivity rate during that 14-day period (was nine percent previously), with the average daily incidence rate and percent positivity rate registering much higher than last week this time.

The previous data reveal confirmed the number of positive cases over a 14-day period from 12/12-12/25 at 312 with a 9 percent positivity rate.

The average daily incidence rate per 100,000 in the last two weeks is 146.6 (was 80.1 in the previous data re-

veal). The incidence rate is up 66.5 and the percent positive rate is also up 6.22 from the previous week's data figures.

There have been 100,626 tests taken in Burlington since March 2020, with 3,6884 coming in the last two weeks.

These most recent statistics were released by Mass.gov and the information will continue to be updated every Thursday after 5 p.m. No deaths from the virus have been reported in Burlington.

Those needing a COVID test can make an appointment at CVS Pharmacy locations at 242 Cambridge St. and 34 Cambridge St., and the AFC Urgent Care Burlington at 90 Middlesex Turnpike. The CVS at 34 Cambridge St. is also providing Moderna vaccines for those in need.

Shawsheen Tech H.S. hosting Open House for all on Jan. 19

BILLERICA - Shawsheen Valley Regional Vocational Technical School District will host an Open House on Jan. 19, from 6-8 p.m. This event is intended for prospective students and is open to anyone interested in learning about Shawsheen. Prospective students, alumni, community members, business partners, and family & friends, are all welcome to attend.

The Open House will showcase Shawsheen's academic, career, and vocational-technical programs, as well as all athletic teams and extracurricular clubs and activities. Vocational programs will have hands-on projects for guests visiting shops, and self-guided tours are encouraged.

Guests will also be able to learn about district programming open to the public, as well as information regarding student-run services. At the Jan. 19 Open House, information will be provided for adult education, the School of Practical Nursing, summer programs, project explore, as well as aquatics and swim offerings.

Shawsheen's Career Night Open House is a great opportunity to see firsthand, the value of career vocational tech-

nical education.

About Shawsheen Valley Regional Vocational School District

Established in 1965, Shawsheen Valley Regional Vocational Technical School District (SVRVTS) is a student-centered public institution serving the five member towns of Billerica, Bedford, Burlington, Tewksbury, and Wilmington. Shawsheen Valley Technical High School serves more than 1,300 students in grades 9-12 and is "Dedicated to Excellence in Education", integrating academics with more than 20-vocational-technical career pathways.

Shawsheen is located in Billerica on a sprawling 100-acre campus. The school building features state-of-the-art facilities and athletic fields, 24 varsity sports, and dozens of extra-curricular clubs and activities. All of Shawsheen's faculty and staff are committed to the mission "to provide a positive learning experience in a safe educational environment that encourages all students to reach their full potential, emphasizes the value of a strong work ethic, and prepares them for adult life in a competitive world."

Daily Times Chronicle

(USPS 689-360)

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WILMINGTON APPLE

January 6, 2022 / by ROBERT HAYES

Wilmington Residents Invited To Shawsheen Tech Open House on January 19

Below is a press release from the Shawsheen Tech:

BILLERICA, MA — Shawsheen Valley Regional Vocational Technical School District will host an Open House on January 19, 2022 from 6-8pm. This event is intended for prospective students and is open to anyone interested in learning about Shawsheen. Prospective students, alumni, community members, business partners, and family & friends, are all welcome to attend.

The Open House will showcase Shawsheen's academic, career, and vocational-technical programs, as well as all athletic teams and extracurricular clubs and activities. Vocational programs will have hands-on projects for guests visiting shops, and self-guided tours are encouraged.

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Shawsheen is located in Billerica, MA on a sprawling 100-acre campus. The school building features state-of-the-art facilities and athletic fields, twenty-four varsity sports, and dozens of extra-curricular clubs and activities. All of Shawsheen's faculty and staff are committed to the mission "to provide a positive learning experience in a safe educational environment that encourages all students to reach their full potential, emphasizes the value of a strong work ethic, and prepares them for adult life in a competitive world."

Shawsheen Valley Regional Vocational Technical School District also provides high-quality educational programming for youths and adults through Adult Education, Afterschool Exploratory Programs, Community Events, and Summer Camps and Enrichment Programs. Shawsheen is consistently working to increase its rich and varied programming opportunities for the community, which supports its mission that education is a lifelong, continuous process with many paths to living a successful and fulfilling life.

Minuteman

BILLERICA

THURSDAY, JANUARY 6, 2022 | BILLERICA.WICKEDLOCAL.COM

PART OF THE USA TODAY NETWORK

Supply shortages changed plans for new Billerica fire station

Joy M. Hosford
Wicked Local
USA TODAY NETWORK

Nearly 11 years after the project was put in motion by the town, Fire Chief Robert Cole discussed how department members and dispatchers have moved into the new fire station in Pinehurst and the last steps are underway for the building to be completed.

Cole said firefighters started the move from the temporary station on Grove Street to the new facility at 832 Boston Road Dec. 15.

While operational, the department is still not open to the public, and due to the surge in COVID-19 cases, Cole said

an open house could be delayed until spring.

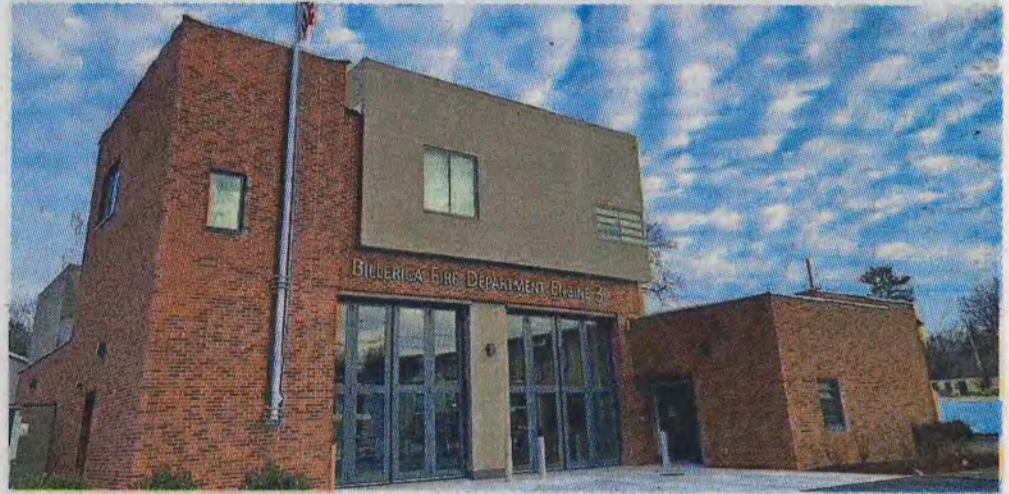
"So far it's good," Cole said of the new facility. "The residential part of the building fine, and everything is up and running, but there is still a punch-sheet of things to complete."

Some of those things include painting, which needs to be done in warmer weather, and an update to parts of the heating system.

He added the long-awaited mechanics bay, the jewel of the new building, is currently being organized by department members.

Cole said after 30 years in the other

See PLANS, Page 2A



Billerica Fire Department Engine 3, known as the Pinehurst station is now operational to department members and dispatch. [COURTESY PHOTO/MARY LEACH]

Districts receive COVID-19 rapid tests for teachers, staff

WCVB TV
WCVB TV reports

Massachusetts state officials have purchased 200,000 COVID-19 rapid tests so teachers and staff at public schools can test themselves before returning to the classroom in the wake of the holidays.

The Department of Elementary and Secondary Education [DESE] made the announcement on Wednesday, Dec. 29. Each district including Billerica, Bedford, Shawsheen Valley Regional Vocational Technical High School, Belmont, and Burlington will receive enough to give two tests to all school staff.

"DESE strongly encourages all school personnel take one of the at-home antigen tests no more than 24 hours before they return to work to help prevent the spread of COVID-19. Staff should notify school officials in their district if they test positive. The second test can be used later at an individual's discretion. Staff are not required to test before returning to work," officials wrote in an announcement.

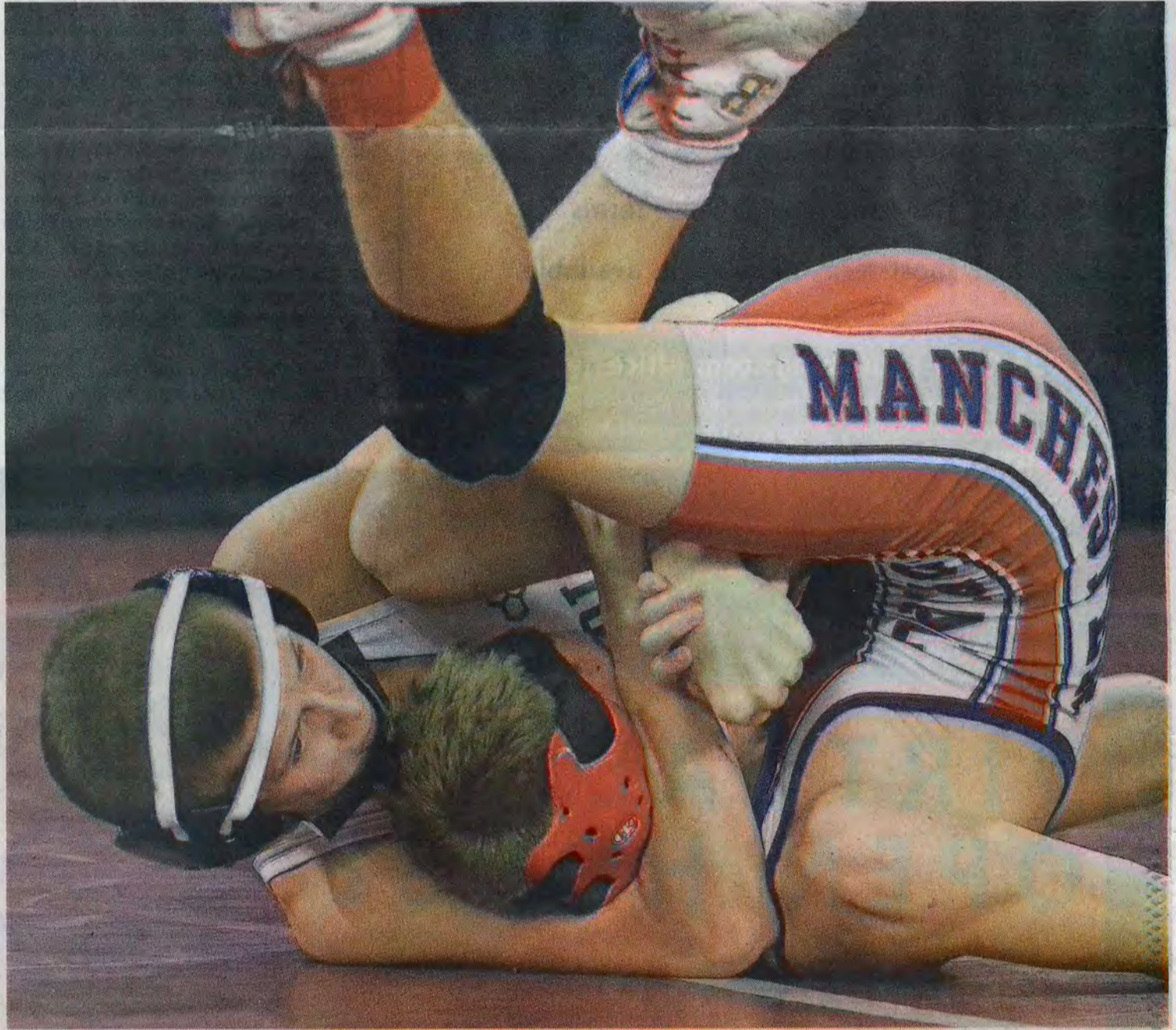
Tests are coming from an unnamed out-of-state vendor at a cost of approximately \$5.6 million from the Elementary and Secondary School Emergency Relief Fund. Kits are expected to be delivered to Massachusetts by Thursday, Dec. 30. School staff will be notified about distribution plans.

"Doing everything we can to keep students learning in classrooms is critical. Providing these tests to teachers and staff is one more thing we can do to ensure that is possible," said Education Commissioner Jeffrey C. Riley.

Last week, the department distributed 6 million KN95 masks to schools for all teachers. Officials say

See TESTS, Page 2A

FOR THE WIN



Billerica wrestler James Tildsley, left, pinned Tavin Bland of Manchester Memorial in their 106 pound match during the annual George Bossi Lowell Holiday Wrestling Tournament at the Tongas Center at UMASS Lowell, Dec. 27, 2021. Both Billerica and Shawsheen wrestlers competed in the George Bossi Lowell Holiday Wrestling Tournament. See more photos from the Lowell Holiday Wrestling Tournament on page B1. WICKED LOCAL STAFF PHOTO/ANN RINGWOOD

Lowell Regional Transit Authority modifies its bus schedule

Special to Wicked Local
USA TODAY NETWORK

As the officials of the Lowell Regional Transit Authority (LRTA) confront the impacts of a national staffing shortage, the number of qualified drivers available to work continues to decline.

The LRTA has examined each route and determined it necessary to make adjustments to the timetables and frequency of the weekday schedule effective January 3, 2022.

LRTA Saturday service will remain unchanged.

Specific changes to Billerica service included the following:

Route 3 from Lowell via South Lowell and Billerica Avenue to the North Billerica Train Station number of trips per

day has changed from 17 to 13.

All outbound trips will leave Lowell on the hour. The last trip will leave at 6 p.m.

All inbound trips leave North Billerica at 25 minutes past the hour. The last trip will depart at 6:25 p.m.

Route 13 outbound from Lowell to Chestnut Street Burlington - all trips leave origin at 30 minutes past the hour; the last trip leaves Lowell at 5:30 p.m.

Route 13 inbound from Chestnut Street in Burlington to Lowell - all trips leave origin at 10 minutes past the hour, the last trip leaves Burlington at 6:10 p.m.

Route 14 outbound from Lowell to Lahey Hospital and Medical Center - Burlington - no change.

Route 14 inbound from Lahey Hospi-

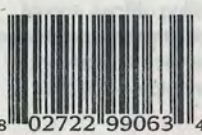
tal and Medical Center - Burlington to Lowell - departures are now scheduled 5-minutes earlier.

Passengers transferring to/from other routes at Lowell should check LRTA.com for connecting route schedules.

"While the decision to modify service was difficult, we believe it is necessary in order to continue providing the safe and reliable service that our passengers depend on, throughout all of our communities with minimal disruptions," LRTA officials stated. "Once we have addressed our staffing challenges, we will resume regular service."

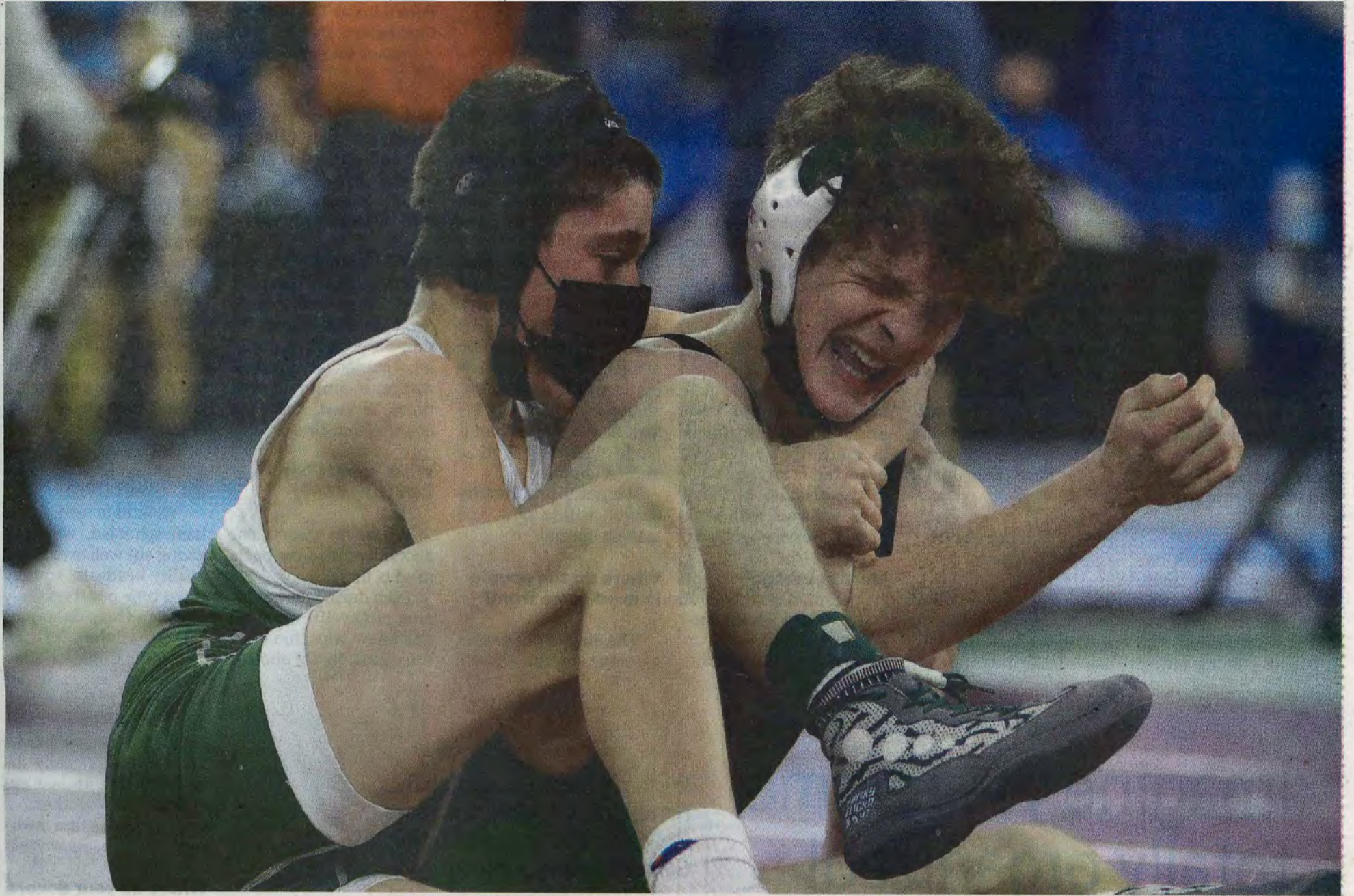
To see open positions with the LRTA go to <https://lrta.com/jobs/>.

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SPORTS

The Lowell Holiday Wrestling Tournament



Billerica wrestler Nathan Malandain, left, was in control for the moment against Minnechaug's Hunter Gormally in their 126 pound match during the George Bossi Lowell Holiday Wrestling Tournament, Dec. 27, 2021. But Gormally would go on and win the match. WICKED LOCAL STAFF PHOTO/ANN RINGWOOD



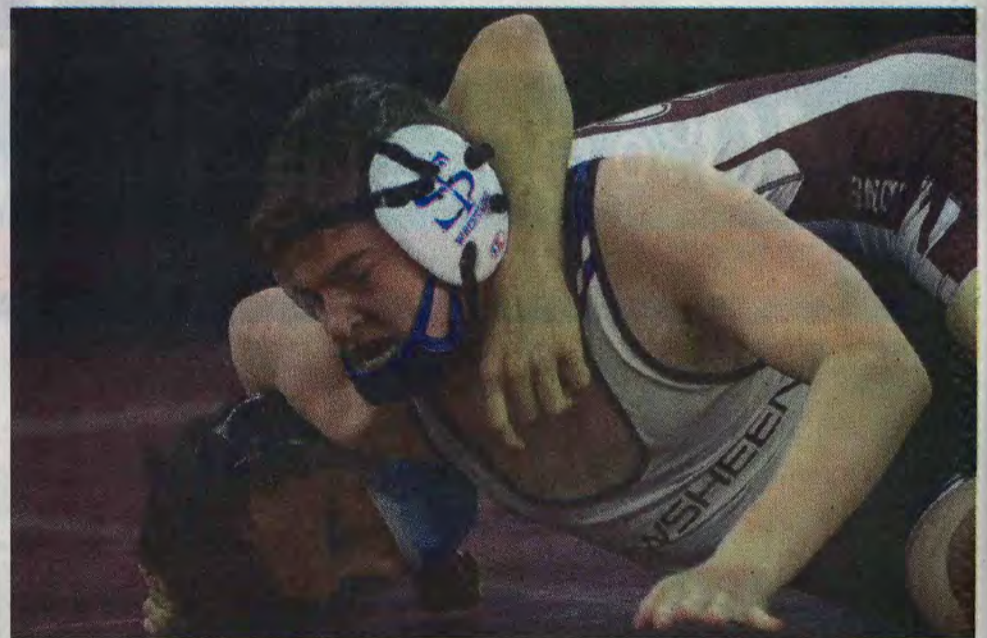
Billerica wrestler Nathan Malandain talked with his coach in between periods of his 126 pound match during the George Bossi Lowell Holiday Wrestling Tournament, Dec. 27, 2021. WICKED LOCAL STAFF PHOTO/ANN RINGWOOD



Billerica wrestler Colin Gearin fought against Chelmsford's Jack Walsh in their 152 pound match during the George Bossi Lowell Holiday Wrestling Tournament, Dec. 27, 2021. Walsh would go on to win the match. WICKED LOCAL STAFF PHOTO/ANN RINGWOOD



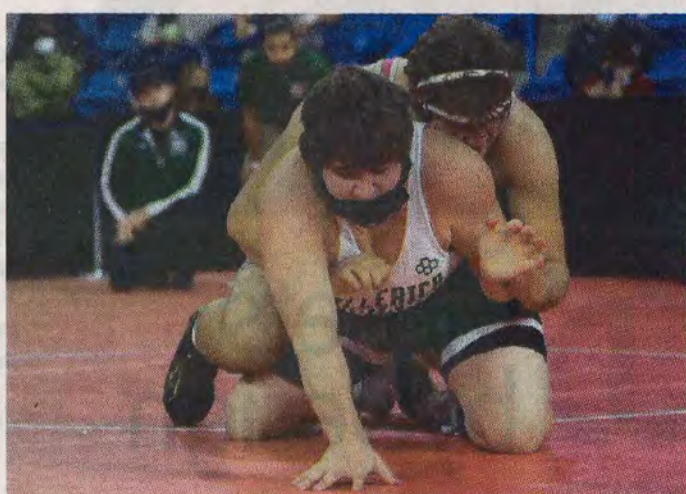
Shawsheen wrestler Jake Metcalf, right, battled Ludlow's Gabriel Simard in their 170 pound match in the George Bossi Lowell Holiday Wrestling Tournament, Dec. 27, 2021. Simard would go on to win the match. WICKED LOCAL STAFF PHOTO/ANN RINGWOOD



Shawsheen wrestler Jake Metcalf wrestled Gabriel Simard of Ludlow in their 170 pound match in the George Bossi Lowell Holiday Wrestling Tournament, Dec. 27, 2021. WICKED LOCAL STAFF PHOTO/ANN RINGWOOD

Both Billerica and Shawsheen wrestlers competed in the George Bossi Lowell Holiday Wrestling Tournament, Dec. 27.

Billerica wrestler Ryan Maillet battled Lowell's Gustavo Ventura in their 285 pound match in the George Bossi Lowell Holiday Wrestling Tournament, Dec. 27, 2021. Ventura went on to win the match. WICKED LOCAL STAFF PHOTO/ANN RINGWOOD



Billerica Head Coach Victor DeJesus yelled instructions to his wrestler, Ryan Maillet, during a 285 pound match in the George Bossi Lowell Holiday Wrestling Tournament, Dec. 27, 2021. WICKED LOCAL STAFF PHOTO/ANN RINGWOOD

Woburn

Four Woburn students
on Dean's List at Stonehill

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Burlington

Shawsheen Tech searching
for new superintendent

Page A3

Winchester

Town clerk looking for
residents to return census

Page A3

Daily Times Chronicle

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DAILY TIMES CHRONICLE - THURSDAY, JANUARY 6, 2022

A3

Shawsheen searching for new superintendent Job posting closes this Friday

By CASEY STEVENSON

BILLERICA - Shawsheen Valley Technical High School has been on the search for a new superintendent. Robert G Peterson, Sr, head of the Superintendent Search Committee, spoke with the *Daily Times Chronicle* about the ongoing search process, and the committee that was formed. The search for Shawsheen's new superintendent has been ongoing since the fall of 2021, and involves an application and interviews, as Peterson Sr. explained:

"We started the process in fall, and it'll be ending sometime in late January or February. It's a 3-5 month process. We have had a solicitation up about the open position since before Thanksgiving, posting closes Friday (Jan. 7) at 3 p.m. Applicants send in their resumes, and we decide based on in person interviews and their resumes."

The duties and responsibilities of the position are as follows: "They oversee the entire building, the students, which we have over 1,000 of, and staff, they handle policy and budget, are in charge of the hiring of all staff. However, business management and student services positions are hired by the School Committee."

When asked what is looked for in a prospective superintendent and how he can tell if they will or will not be a fit, he elaborated:

"A resume alone doesn't tell us if they're a fit, but you can tell a lot about someone by an in-person interview. A resume is helpful, of course, as it's a glimpse into their experience; however, you don't know if they're a fit until you meet them."

Peterson Sr. took time to reflect on their process so far and was pleased to report that there haven't been many challenged the committee has had to face.

"We haven't encountered any particular challenges, we picked out interview questions, worked on application and flyer on group, and we hope the work we put in

will land us a quality candidate. And that we can send them to work in the position on July 1."

COVID-19 has also been unable to hinder progress in the search.

"We, luckily, haven't had any pandemic related issues, though we may with the recent spikes in cases."

And, according to Peterson Sr., the process is moving along nicely with the application deadline nearing.

"We have a fair number of applicants. Next week, each subcommittee member will review resumes on their own, and we will discuss the following week who will be our semifinalists. February will see us setting up meetings to meet with finalists. And depending on what the committee decides, we may be conducting site visits with finalists."

Outgoing Superintendent Director Brad Jackson plans to retire. However, as Peterson explains, he is not heavily involved in the search for his successor.

"He is not involved in this process at all. He was involved in the setup, but once things went underway, he had no involvement."

However, the School Committee is well represented on the team. And, Peterson Sr. was proud to list the individuals who have been working with him across all the towns they represent as they find a new superintendent.

"We have three School Committee members on the team, myself as the Wilmington representative, our Billerica representative, Ronald Fusco, and our Tewksbury representative, Cheryl Bartolone. Our other members are John Bagni who is a representative from the Shawsheen Teachers Association and the association's president. We have William Lannon, a longtime teacher at Shawsheen Tech, Christine Menkello, a parent from Burlington, and Al Vaghar, a representative from the Town of Bedford."

The committee is wished the best of luck in their search, and it will be wonderful to see who they choose

family units or more) residence must purchase separate permits for each household unit. Residents with income eligibility for fuel assistance may apply for a low-income permit at the Health Department at Town Hall.

Return envelopes are provided and forms must be mailed back to the Town Clerk's Office 71 Mt. Vernon St, Winchester, MA 01890. Grey Drop Boxes are available 24 hrs. per day for those residents who do not wish to use the USPS. Your current 2021 permit expired on Dec. 31, 2021, however, it will be valid until March 1, 2022 to allow time for staff to process nearly 6,500 household permits.

For more information residents may contact the Office of the Town Clerk at 721-7130 press #1 or email townclerk@winchester.us Please do your part and file today.

Daily Times Chronicle

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Thurs., Jan. 6, 2022

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OPINION

Shawsheen to host Open House on Jan. 19

BILLERICA — Shawsheen Valley Regional Vocational Technical School District will host an Open House on Jan. 19, 2022 from 6 - 8 p.m. This event is intended for prospective students and is open to anyone interested in learning about Shawsheen. Prospective students, alumni, community members, business partners, and family and friends, are all welcome to attend.

The Open House will showcase Shawsheen's academic, career, and vocational-technical programs, as well as all athletic teams and extracurricular clubs and activities. Vocational programs will have hands-on projects for guests visiting shops, and self-guided tours are encouraged.

Guests will also be able to learn about district programming open to the public, as well as information regarding student-run services. At the Jan. 19 Open House, information will be provided for adult education, the School of Practical Nursing, summer programs, project explore, as well as aquatics and swim offerings.

Shawsheen's Career Night Open House is a great opportunity to see firsthand, the value of career vocational technical education.

About

Shawsheen Valley Regional Vocational School District

Established in 1965, Shawsheen Valley Regional Vocational Technical School District (SVRVTS) is a student-centered public institution serving the five member towns of Billerica, Bedford, Burlington, Tewksbury, and Wilmington.

Shawsheen Valley Technical High School serves more than 1,300 students in grades 9-12 and is "Dedicated to Excellence in Education," integrating academics with more than 20-vocational-technical career pathways.

Shawsheen is located in Billerica on a sprawling 100-acre campus. The school building features state-of-the-art facilities and athletic

fields, 24 varsity sports, and dozens of extra-curricular clubs and activities.

All of Shawsheen's faculty and staff are committed to the mission "to provide a positive learning experience in a safe educational environment that encourages all students to reach their full potential, emphasizes the value of a strong work ethic, and prepares them for adult life in a competitive world."

Shawsheen Valley Regional Vocational Technical School District also provides high-quality educational programming for youths and adults through Adult Education, After-school Exploratory Programs, Community Events, and Summer Camps and Enrichment Programs.

Shawsheen is consistently working to increase its rich and varied programming opportunities for the community, which supports its mission that education is a lifelong, continuous process with many paths to living a successful and fulfilling life.

History:

Arthur T. Bond collected Wilmington's history

By PAUL D. EMMONS

One of the interesting native sons of Wilmington was Arthur T. Bond, who is supposed to have written a history of the town. He and his wife, Sophia Frances Hamblen Bond, who founded the Wilmington Women's Club in 1901 with an initial membership of 28, were probably our most intimate friends during their residence here.

There has been a good deal of discussion as to whether or not Bond ever did write a history of the town, and if so what became of it. I will touch on this point later, but first a word as to his background and family history, which is quite interesting.

The Bond family put Wilmington on the map with a product which became widely known as Bond crackers, made in two bakeries standing near the center of town and owned by twin brothers, Thomas Davis Bond (Arthur T's father) and Timothy Davis Bond, born Sept. 12, 1815.

Thomas Bond owned what became the Congregational parsonage and Arthur T. Bond was born

there July 16, 1852. In those days it was rather the custom to name a child after a deceased predecessor, and this happened in Bond's case. He succeeded to the name of an infant brother who had died two years previously.

In 1854, Thomas Bond built what is now called the Catholic rectory and moved into it, deeding his former residence to the Congregational society for a parsonage. Incidentally, the very fine stone wall in front of the Catholic rectory was built within my own recollection by Stillman C. White who then owned it and was also the possessor of a stone quarry.

Thomas Bond's cracker factory stood next to the parsonage, about where the next house stands now. On the night of Feb. 15, 1864 it caught fire, and a spark from it ignited the steeple of the Congregational Church. Both buildings burned to the ground as well as the other cracker bakery owned by Timothy Bond, which stood further up the road about where Jim Kelley's house stood later. (Site of the Abundant Life School — ed.)

Incidentally, it was not

the original Congregational Church that was destroyed, but the second one, which had been erected in 1813 on land acquired from William Blanchard (Aunt Lizzie Blanchard's father) who then lived at the corner of Glen Road.

Timothy Davis Bond lived beside his own bakery in a house which was afterwards moved across the street and was later the McMahan house. Its first owner in its present location was Deacon James Skilton, a godly and righteous pillar who was so pious that he wouldn't let his wife cook anything they had to chew on a Sunday.

She was short and stout and dressed in white. The deacon was tall and thin, always dressed in a black suit on Sunday, and was known as the stripe in his wife's dress. He was also a connoisseur of fine liquors which he always kept on hand for the needy and deserving, but liquor isn't chewable — not supposed to be, at any rate.

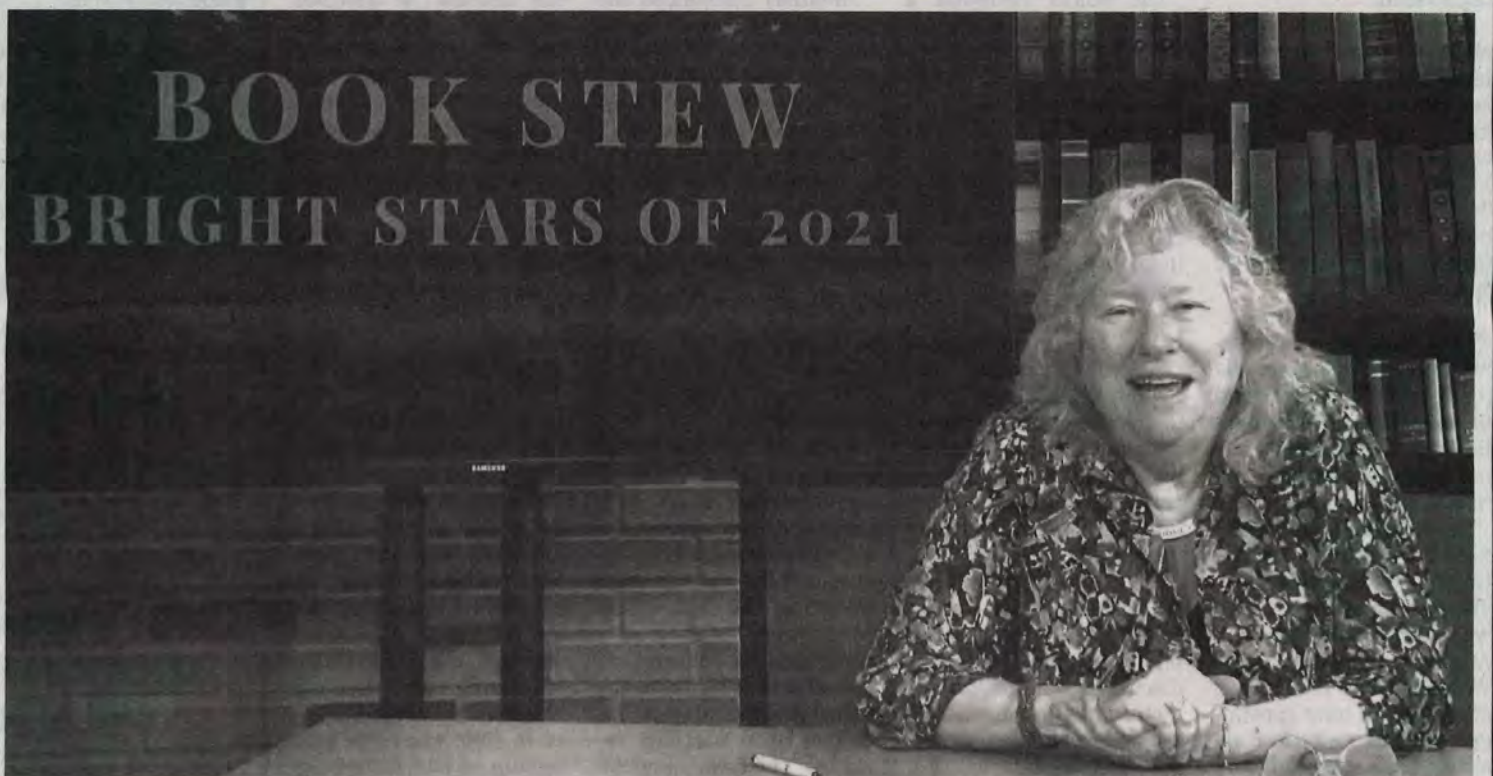
In a field back of Timothy's bakery was a large barn where the wooden fagots used as fuel under the ovens were collected and bundled. The Bond

family owned considerable land in the vicinity — most of the land between Glen Road and Clark Street in fact, and Middlesex Avenue adjoining was called Bond Street. Church Street at the time was nothing but a cart path.

In this background Arthur T. Bond lived and grew up until he entered Williams College.

(Editor's note: A collection of Bond's materials was found about 25 years ago. It was purchased by the town and has become the backbone of Wilmington's historical collection. It did not, however, include a history, per se, of the town. Bond in 1906 had set forth a proposal to the town to write such a history, asking for a \$750 fee. Charles J. Sargent moved for an appropriation of \$1,550 to purchase the manuscript and publish it. The vote was 30 to 24. However, the article lost, being six votes shy of the required two-thirds majority. Paul Emmons searched Bond's office after his death, but found no history. He wrote that Bond had transcribed the accounts of Wilmington's first town meeting, but he was unable to find it.)

BOOK STEW BRIGHT STARS OF 2021



Book Stew's Bright Stars of 2021! - Although 2021 was awful on so many levels, for the sheer pleasure of making the world disappear by falling into marvelous fiction and non-, it was exemplary. But Book Stew host Eileen MacDougall was tired of seeing the exact same books from the exact same authors in every "Ten Best of 2021" list. So she did her own - except there's 15. Welcome to "Book Stew's Bright Stars of 2021!" Please check out the new Book Stew episode on WCTV on Tuesdays at 1 p.m., Wednesdays at 8 p.m., Friday at 7 p.m., and Saturdays at noon. Also available on demand: Video: <https://tinyurl.com/Book-Stew-Bright-Stars-VOD> Podcast: <https://tinyurl.com/BookStewBrightStarsSoundcloud>



Lifestyle
Visit covered bridges in
Brattleboro, Vermont A7

Middlesex East
Tewksbury mulls pot
interest through survey A8



Sports
Redmen rallying around
beloved Coach Hayes B1T

Tewksbury Town Crier



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Shawsheen searches for new superintendent

By CASEY STEVENSON
News Correspondent

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Robert G Peterson, Sr, head of the Superintendent Search Committee, spoke with the *Town Crier* about the ongoing search process, and the committee that was formed.

The search for Shawsheen's new superintendent has been ongoing since the fall of 2021, and involves an application and interviews, as Peterson Sr. explained:

"We started the process in fall, and it'll be ending sometime in late January or February. It's a 3-5 month process. We have had a solicitation up about the open position since before Thanksgiving, posting closes Friday (Jan. 7) at 3 p.m. Applicants send in their resumes, and we decide based on in person interviews and their resumes."

The duties and responsibilities of the position are as follows:

"They oversee the entire building, the students, which we have over 1,000 of, and staff, they handle policy and budget, are in charge of the hiring of all staff. However, business management and student services positions are hired by the School Committee."

When asked what is looked for in a prospective superintendent and how he can tell if they will or will not be a fit, he elaborated:

"A resume alone doesn't tell us if they're a fit, but you can tell a lot about someone by an in-person interview. A resume is helpful, of course, as it's a glimpse into their experience; however, you don't know if they're a fit until you meet them."

Peterson Sr. took time to reflect on their process so far and was

pleased to report that there haven't been many challenges the committee has had to face.

"We haven't encountered any particular challenges, we picked out interview questions, worked on application and flyer on group, and we hope the work we put in will land us a quality candidate. And that we can send them to work in the position on July 1."

COVID-19 has also been unable to hinder progress in the search.

"We, luckily, haven't had any pandemic related issues, though we may with the recent spikes in cases."

And, according to Peterson Sr., the process is moving along nicely with the application deadline nearing.

"We have a fair number of applicants. Next week, each subcommittee member will review resumes on their own, and we will discuss the following week who will be our semifinalists. February will see us setting up meetings to meet with finalists. And depending on what the committee decides, we may be conducting site visits with finalists."

Outgoing Superintendent Director Brad Jackson plans to retire. However, as Peterson explains, he is not heavily involved in the search for his successor.

"He is not involved in this process at all. He was involved in the setup, but once things went underway, he had no involvement."

However, the School Committee is well represented on the team. And, Peterson Sr. was proud to list the individuals who have been working with him across all the towns they represent as they find a new superintendent.

"We have three School Committee members on the team, myself as the

SUPT. | PAGE A11T



▲ A sample of the handmade hats generously created by Tewksbury residents for Lowell Healthy Families. (Paige Impink photos)

Tewksbury shows its generous spirit

By PAIGE IMPINK
News Correspondent
paige@yourtowncrier.com

TEWKSBURY — Tewksbury families have stepped up once again and joined an effort to provide assistance and some cheer through generous donations to Lowell Healthy Families for their mother and baby party. The pandemic forced the gathering online for the second year, but gifts were still collected for distribution by the home visitors assigned to each family.

Part of the Massachusetts Society for the Prevention of Cruelty to Children and Eliot Human Community Services, the group has been holding a holiday party for the very vulnerable population they support for over 16 years. The non-profit agency supports young mothers with children ages 0-3 with pre- and post-natal education, nutritional guidance, and services to help mother and baby thrive.

The agency serves Lo-

HEALTHY | PAGE A11T



Gift bags ready for distribution to home visitors for families. Residents came together again for a good cause.

Year in Review 2021

Planning Board reviews plan for Stadium Plaza

By ROSALYN IMPINK
News Correspondent

TEWKSBURY — Despite the continued challenges of the coronavirus pandemic, the Tewksbury Planning Board met throughout 2021 and discussed several important development issues in town. Here are some of the most notable moments of the past year.

In January, the board approved a sign special per-

mit for the renovated Ira Toyota dealership at 464-468 Main St.

The board also reviewed a concept plan for the redevelopment of Stadium Plaza at 10 Main St., a Demoulas property. The 34.1 acre lot sits in both Tewksbury and Lowell and has many vacancies. The plan called for the reconstruction of all buildings except for the Santander Bank building, as well as the construction of four outparcel buildings, including restaurant space. While there is potential for an expansion of the Market Basket space, the overall area of the building footprint and parking lot will be decreased.

Finally, the board enacted a new policy that it will not continue a hearing

more than three times without the petitioner coming before the board or sending written information explaining their delay.

February brought discussions about developer Mike Saccone's 18-unit mixed-use development at 935 Main St., the former site of the old Tewksbury police station. Conflict arose over a parking lot designed to serve residents and visitors of the adjacent Tewksbury Housing Authority property at Carnation Drive, which was a condition of the town's original request for proposal for the development of the parcel; board members raised concerns over light pollution and impacts on elderly residents.

The board also discussed

the governor's changes to zoning best practices and housing through his recent Housing Choice legislation, lowering the requirement for a vote from a supermajority to a simple majority.

In March, the board reviewed a concept plan for the redevelopment of Sycamore Hall at Pleasant Street to create 11 residential units and one commercial unit across two buildings.

Board members discussed strategies for shortening meetings, and eventually decided to move administrative items to the end of the agenda.

April brought the board's annual reorganization process; Steve Johnson was elected as chair, Bob Fowler was elected as vice

chair, and Eric Ryder was elected as clerk.

Board members voted to keep their current committee assignments.

The board approved a special permit application at 1800 Main St. to transform the former Eastern Bank site into a proposed Starbucks coffee shop.

In May, the board approved a special permit application for a bakery at 1866 Main St. across from the Tewksbury Country Club. The footprint of the building, a former Santander Bank branch, will remain the same, and the board approved several waivers and special conditions.

In June, the board approved a land disturbance permit for an open space residential four-lot subdi-

vision at 181 Pine St.

Board members discussed adding a public comments section to their meetings.

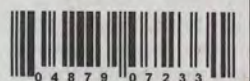
In July, the board approved permits for a 21-unit veterans housing project developed by the non-profits Soldier On and Tewksbury Home Build. The board also approved five waivers, including a building height waiver, and conditions for 70 percent unit preference for Tewksbury veterans and a plan to allow for registered sex offenders to live in the building pending approval by the Department of Housing and Economic Development.

August saw the board continue a string of fami-

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Tewksbury Carnation

Local news, insights and events from Tewksbury, Massachusetts

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January 19, 2022
6:00-8:00 PM

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 - Concurrent Enrollment
 - Cooperative Education
 - MIAA Athletics

Shawsheen Tech Open House Scheduled for Jan. 19

BY TEWKSBURY PR PARTNER ON JANUARY 5, 2022

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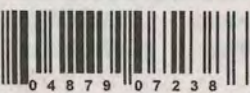
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▲ Wilmington native and recording artist Shaya attended the Boston Music Awards on Dec. 8, 2021. She was nominated for R&B Artist of the Year. (Courtesy photo)

Wilmington resident

'Shaya' nominated for Boston Music Award

By HEATHER BURNS
News Correspondent

WILMINGTON — Recently, Wilmington native Sharmetha Ramanan, also known by her stage name Shaya, was nominated by the Boston Music Awards for the R & B Artist of the Year. The Boston Music Awards, founded in 1987, is an annual collection of awards that showcase the musical talent of the Massachusetts area.

These awards are the local version of the Grammy Awards, and highlight the path the

local music scene has taken in the past year, and gives a glimpse as to the future direction the Boston music scene will take for the upcoming year.

Shaya started her career as a recording artist one year ago, but music has been a part of her for her entire life.

Growing up in Wilmington, Shaya recalls being inspired at a young age through the Wilmington Public School music program. Her interest in music continued to grow throughout her school years, and eventually led

her to further her musical education by attending Boston University.

Shaya attended the 2021 The Boston Music Awards, held on Dec. 8, 2021. Although she did not walk away with the award she was nominated for, she is grateful for the opportunities that have come from just being nominated.

"It was crazy to see my name up against famous people I know," stated Shaya, "Being nominated is a great honor and has opened a lot of doors for my career."

Since being nominated,

Shaya has received a lot more recognition in the music industry, and is confident that she will keep moving her music career forward in a positive direction.

The Ramanan family still resides in Wilmington, and no matter where her recording career takes her, Shaya will always hold fond memories of her hometown, Wilmington.

For more information on Shaya's R & B recordings, visit her on Facebook, follow her on Instagram or find her on Spotify.

Planning Board continues a few public hearings

By LIZZY HILL
News Correspondent

WILMINGTON — At last night's Planning Board meeting, Director of Planning and Conservation Valerie Gingrich discussed efforts being made this year in regard to zoning changes. The first thing she mentioned was the draft guidelines of the new zoning by-law, which she said would not be ready in time for Town Meeting. There was also an idea to potentially expand the central business district which would also not be ready in time.

For zoning articles at the annual Town Meeting this year, the deadline is Feb. 7. The Planning Board meeting on Feb. 1 would possibly help proposals get there. Among efforts already prepared were those for parking lot landscape requirements, the Board of Selectmen changing their name to the Select Board, new design standards, and potentially rezoning North Wilmington to mixed use.

Gingrich also said that information on the design standards proposed would be distributed for feedback explaining what the guidelines are and how street-scapes may be envisioned.

A number of their appointments for that night had requested to be continued to next month and were approved accordingly. These included the site plan review for 625 Main St.; the site plan review, parking relief permit, and stormwater management for 99 Fordham Road; and the application and stormwater management permit for 11 Commonwealth Ave.

The board approved the surety for Highland Estates, which totaled over \$240,000. They also endorsed a page that had been missing in a previously endorsed site plan review for 201 Lowell St.

The public hearing continued for the site plan review and stormwater management permit at 36 and 38 Upton Drive. As explained by the applicant's representatives, their main updates involved circulation, access, and landscape. More specifically, they dropped the footprint of their plans by more than 1,800 feet, added an access road around the building and another door, and changed the parking layout and retaining wall to provide more landscaping.

The original single retaining wall would now be three walls covered in planted shrubs and vines. "You won't see a wall," they said. "You'll see a greenery."

Parking had been reduced to only what was necessary. They explained that they made these and other changes as suggested by the Conservation Commission and the fire department.

The board especially appreciated their efforts to

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History

Arthur T. Bond collected
Wilmington's history A4



Lifestyle

Visit covered bridges in
Brattleboro, Vermont A7

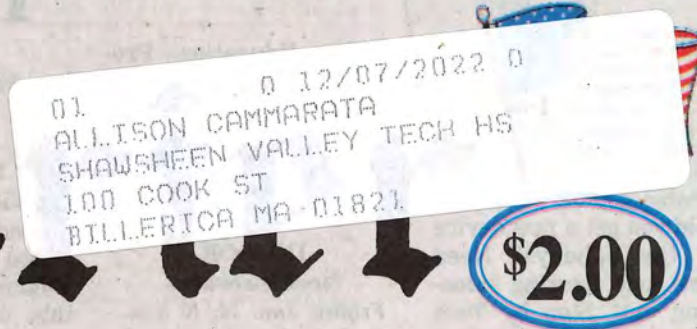


Sports

Gymnastics program
back after 21 years B1W

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Application process nears an end in Shawsheen superintendent search

CONTINUED FROM PAGE 1

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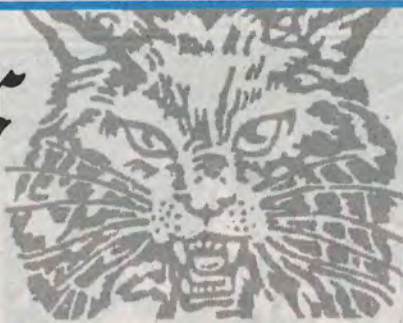
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"We have three School Committee members on the team, myself as the Wilmington representative, our Billerica representative, Ronald Fusco, and our Tewksbury representative, Cheryl Bartolone. Our other members

are John Bagni who is a representative from the Shawsheen Teachers Association and the association's president. We have William Lannon, a long-time teacher at Shawsheen Tech, Christine Menkello, a parent from Burlington, and Al Vaghar, a representative from the Town of Bedford."

The committee is wished the best of luck in their search, and it will be wonderful to see who they choose in the upcoming new year.





Wilmington's Tyler Rourke deflects a shot during an earlier season game against Wakefield. (photo by JoeBrownphotos.com).

Strong start continues for Wilmington Boys Basketball team

Shawsheen Wrestling team takes 11th place at Lowell Holiday Tournament

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com
LOWELL - In many ways this season is somewhat of a rebuilding year for the Shawsheen Tech Wrestling team, with a roster filled with many wrestlers new to high school wrestling, or at least new to holding a starting role with the team.

But even in a rebuilding year, the Rams take pride in seeing how they match up with some of the top teams in the state, and they recently got that opportunity last week when they competed in the George Bossi Holiday Tournament at the Tsongas Center in Lowell. As it turned out things went very well for the Rams against the top notch competition, as they battled to an 11th place finish among the 75 teams at the tournament, with five wrestlers advancing to the second day, including three place finishers and one champion, as freshmen Sid Tildsley took home the title at 132 pounds.

"We had a good tournament," Shawsheen coach Doug Pratt said. "I had told the kids coming in that I was hoping for a top ten finish, and we missed that by just a little bit, but we did well. We are so young, and we only brought ten wrestlers with us out of the 14 weight classes so we did well with the kids we brought."

Of course, none were better than Tildsley, who continued his spectacular freshman season by going 6-0 over the two day tournament, including four pins and a major decision. After starting the tournament with three consecutive pins on Monday,

Tildsley kicked off Tuesday with a 12-3 major decision over Cael Finn of Simsbury in the quarterfinals. He then pinned Minnechaug's Auston Monteiro in 3:42 in the semifinals before taking a 5-0 decision over Adam Schaeublin of St. John's Prep in the final.

"As a freshman, you just don't go into the Lowell Holidays and win it, but Sid is part of a great group of freshman right now, not just at our school, but at a lot of schools around the area, who have gotten a lot of experience wrestling at Doughboys together for a long time," Pratt said. "All of his hard work is paying off. The kid he beat from St. John's Prep is a senior, so he has been through this before. But Sid did well. He gets into a tough situation and he doesn't panic. We give him a game plan and he executes it."

Other place finishers for the Rams included fellow freshman Brayton Carbone with a fifth place finish at 113 pounds, and sophomore Caleb Caceres with a seventh place finish at 138 pounds.

Carbone went 5-2 for the tournament, with his first loss coming to eventual finalist Miles Darling of Essex Tech/Masco. Carbone rebounded from that loss to pick up two more wins in the tournament, taking out Joseph Hiraldo of Hope by pin at 1:35 and then winning a 9-0 major decision over Jack Dragoumanos of Tyngsboro/Dracut in the fifth place match.

"Him taking fifth and beating that Tyngsboro kid was huge," Pratt said. "What helps him is his experience in our room facing such great competi-

tion every day. The kid he lost to from Essex is very tough, but he battled him well also. He had seven matches in two days. That is a lot of hard work and that is great experience for a freshman."

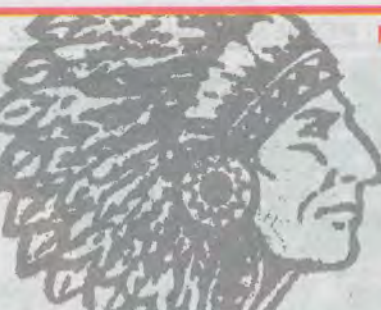
Caceres went 6-2 over the two days to earn his seventh place finish, including four pins. Caceres won his first two matches of the tournament by pin before suffering his first loss to eventual champion Ty Stewart of Tyngsboro/Dracut, putting up quite a battle before dropping a 4-0 decision.

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Lucien Tremblay at 120 pounds was 2-2 for the tournament with a pair of pins, while Xavier Santiago was 3-2 with three pins at 285, rounding out the Rams scoring.

"Xavier is getting into his own a little bit. He had a couple of tough matches, and he is getting better and better as the weeks go on," Pratt said. "It is the same with Lucien. He still needs to work on his technique a little bit, but he is improving, and if he puts in the time, he can be even better."

The Rams will be back into dual meet action on Thursday when they host CAC rival Greater Lowell at the Mark Donovan Gymnasium at 7:00 pm.



Wrestling team competes at prestigious Lowell Holiday Tournament

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com

LOWELL - Off to a terrific start to their dual meet season, with a 4-1 record to this point, the Tewksbury

High Wrestling team faced a different sort of challenge last Monday and Tuesday when they made their way to the Tsongas Center in Lowell for the 2021 George Bossi Lowell Holiday Tournament where they squared off against some of the top teams from all over New England.

Overall, the Redmen performed well against the top competition, earning a 27th place finish among 75 teams, with six wrestlers advancing to the second day of the tournament, and one, junior Jack Callahan earning an eighth place finish.

For Redmen coach Steve Kasprzak, their showing at the tournament was both encouraging, as well as a reminder that there is still work to be done if they want to reach the goals they have set for themselves this season.

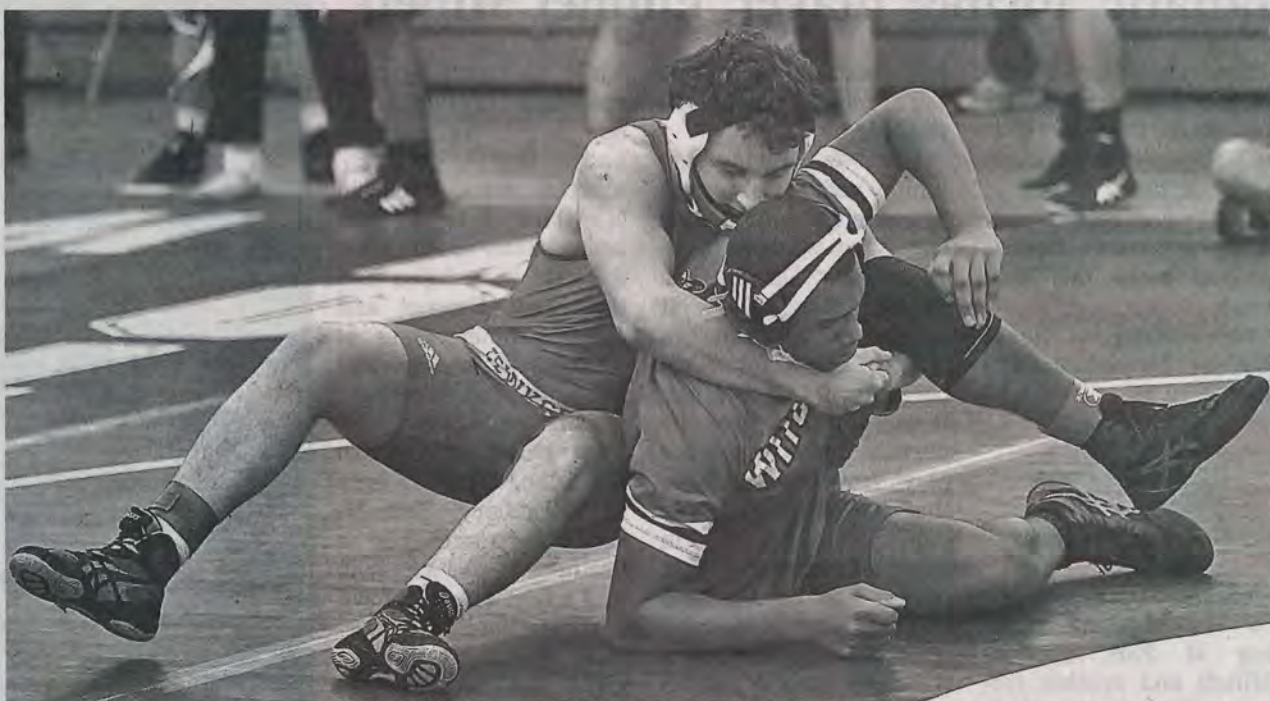
"We talked before the tournament about the importance getting to Day Two, so having six guys

get there was good," Kasprzak said. "I thought we wrestled pretty well in some tough matches. The Lowell Tournament is always a good barometer of where we are. I think this shows we still have a lot of work to do. We did well, and we are off to a good start, but we still have some tough matches ahead of us."

Callahan led the way over the two day tournament for the Redmen with his eighth place finish. As good as he was, Callahan's tournament could have been even better if not for suffering a shoulder injury that forced him to forfeit his final two matches.

Callahan won his first two matches on the Friday by pin, taking down Elias Diaz of Saugus/Peabody in 59 seconds and then Adam Rousseau of Whittier in 1:22 before taking a 4-2 decision over Jayden D'Ambrosio of Reading in the round of 16 to advance to the quarterfinals.

Unfortunately, in the win over D'Ambrosio Callahan sustained a shoulder injury, which hindered him in his quarterfinal loss by pin to top ranked



Tewksbury's Jaden Mercier battles Salem's Josean Castillo during the earlier Sons of Italy wrestling tournament. (photo by JoeBrownphotos.com).

Tyler Knox of St. John's Prep. Dropping to the consolation bracket, Callahan picked up one more win, earning a 6-0 decision over Brian Montanez of Hope.

That was where his day ended, however, as he was forced to forfeit his next two matches due to the injury and settle for the eighth place finish.

"His win over the kid

from Reading (D'Ambrosio) was probably his best win to date. He was down 2-0, but he came back to get the 4-2 win. That kid ended up coming back to finish third, so who knows how Jack would have done if he had been able to continue," Kasprzak said. "But we made the decision to hold him back. It would have been great to see how well he could have done, but we as coaches felt like it was not in his best interest and it was better to hold him back."

Nick Desisto at 106 pounds and Hunter Johnson at 145 pounds each went 4-2 in the tournament, with Desisto picking up four pins, while Johnson had two pins.

After winning his first round match by pin over Jameson Keller of Hollis/Brookline, Desisto dropped a 15-10 decision to Michael Harris of Hampden Charter East. Desisto would go on to win three more matches, before being eliminated. Johnson meanwhile, also won his first match by pin over Wesley Thompson of Concord before losing in the second round in a

hard fought 8-5 decision to Alexander Ciocco of Billerica. But, like Desisto, Johnson came back to win three more matches before being eliminated.

"Nick was tied 10-10 against the kid from Hampden Charter with about 15 second left, and he went for the pin, and ended up giving up some points and losing. But he wrestled really well and he showed a lot of improvement," Kasprzak said. "We have really high expectation for Hunter, and sometimes we have to remind ourselves that he is still just a sophomore. At the same time, we know how good he can be. He is going through some growing pains, but he will figure it out and we are very excited to see how good he can be."

Nick Wilson went 3-2 for the tournament at 285 pounds, picking up three pins, as did Jack Donovan at 132 pounds. Donovan actually lost his first match of the tournament, before winning three in a row by pin to earn his way into the second day. Brett Graham meanwhile went 2-2 at 195 pounds.

"Nick wrestled in a

tough weight class. Everybody he faces is 285 pounds and over six feet tall, so Nick is giving up some weight and height, but he does well. This was a great experience for him against some tough competition," Kasprzak said. "Jack has wrestled a lot of our opponent's top kids this season, so it was nice for him to get back in the winner's circle. He gutted out some good wins."

"Brett took a tough loss in his first match. He was up 6-0 late and then he made a mistake and kind of pinned himself, and then he lost 3-2 in his last match. He could have been a place winner with a little luck, but he battled back well after that first loss and that can be tough to do. He did a real nice job."

The Redmen will return to dual meet action on Saturday when they travel to Methuen for a quad meet against Methuen, Lowell and Andover. Kasprzak knows his team will once again have to step up their game.

"They are tougher than any of the teams we have faced this season, except maybe Billerica,"

Gymnastics team defeats Lowell

By JAMIE POTE
Sports Editor

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On Tuesday night, the TMHS Gymnastics team defeated Lowell, 129.35-127.60 to improve to 2-2 on the season.

"The team is doing fantastic and we're overcoming injuries and COVID cases," said head coach Jessica Wilkey. "We have had some key girls out, and everyone has just stepped up. Amanda Ogden and Bella Schille have been clutch. Kayla Saunders and Maddie Carroll have also been strong contributors. I am so proud of all of them."

Ogden led the way as she scored a 35.20 in the all-around competition including a 9.6 on the floor exercise, an 8.8 on the balance beam, an 8.6 on the vault and an 8.2 on the bars.

Schille, Carroll, Julianna Cappiello and Alexis Devlin each competed in three events. Schille scored an 9.05 on the floor, an 8.4 on the beam and an 8.25 on the bars. Carroll earned a 7.9 on the vault, a 7.4 on the beam and a 7.15 on the bars. Cappiello finished with an 8.0 on the vault, a 7.9 on the floor and a 6.6 on the bars. And Devlin scored an 8.05 on

the vault, a 7.1 on the beam and a 6.0 with the bars.

Rounding out the scoring included Keira Gaffney, who had a 7.5 on the beam and a 6.2 on the bars, Kayla Saunders finished with strong scores of 8.35 on the vault and 8.0 on the floor, Jayme Martin and Julia Carlson, who both scored a 7.0 on the floor, while Jocelyn Delorey earned a 7.85 on the vault and Abigail McCarthy finished with a 7.4 on the beam.

Tewksbury is off until Thursday, January 13th when they travel to Billerica.

Also at Lowell Holidays, Shawsheen takes 11th place

By MIKE IPPOLITO
Sports Correspondent

sports@yourtowncrier.com

LOWELL - In many ways this season is somewhat of a rebuilding year for the Shawsheen Tech Wrestling team, with a roster filled with many wrestlers new to high school wrestling, or at least new to holding a starting role with the team.

But even in a rebuilding year, the Rams take pride in seeing how they match

up with some of the top teams in the state, and they recently got that opportunity last week when they competed in the George Bossi Holiday Tournament at the Tsongas Center in Lowell. As it turned out things went very well for the Rams against the top notch competition, as they battled to an 11th place finish among the 75 teams at the tournament, with five wrestlers advancing to the second day, includ-

ing three place finishers and one champion, as freshmen Sid Tildsley took home the title at 132 pounds.

"We had a good tournament," Shawsheen coach Doug Pratt said. "I had told the kids coming in that I was hoping for a top ten finish, and we missed that by just a little bit, but we did well. We are so young, and we only brought ten wrestlers with us out of the 14 weight classes so we did well

with the kids we brought."

Of course, none were better than Tildsley, who continued his spectacular freshman season by going 6-0 over the two day tournament, including four pins and a major decision. After starting the tournament with three consecutive pins on Monday, Tildsley kicked off Tuesday with a 12-3 major decision over Cael Finn of Simsbury in the quarterfinals. He then pinned Minnechaug's Auston Monteiro in 3:42 in the semifinals before taking a 5-0 decision over Adam Schaeublin of St. John's Prep in the final.

"As a freshman, you just don't go into the Lowell Holidays and win it, but Sid is part of a great group of freshman right now, not just at our school, but at a lot of schools around the area, who have gotten a lot of experience wrestling at Doughboys together for a long time," Pratt said. "All of his hard work is paying off. The kid he beat from St. John's Prep is a senior, so he has been through this before. But Sid did well. He gets into a tough situation and he doesn't panic. We give him a game plan and he executes it."

Other place finishers for the Rams included fellow freshman Brayton Carbone with a fifth place finish at 113 pounds, and sophomore Caleb Caceres with a seventh place finish at 138 pounds.

Carbone went 5-2 for the tournament, with his first loss coming to eventual finalist Miles Darling of Essex Tech/Masco. Carbone rebounded from that loss to pick up two more wins in the tournament, taking out Joseph Hiraldo of Hope by pin at 1:35 and then winning a 9-0 major decision over Jack Dragoumanos of

Tyngsboro/Dracut in the fifth place match.

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"Xavier is getting into his own a little bit. He had a couple of tough matches, and he is getting better and better as the weeks go on," Pratt said. "It is the same with Lucien. He still needs to work on his technique a little bit, but he is improving, and if he puts in the time, he can be even better."

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Where's the Action?

Day	Date	Sport	Opponent	Time
Tewksbury High Sports				
Thursday	January 6	V Girls Hockey	vs Andover at BIC	7:10 pm
Friday	January 7	V Girls Hoop	vs Chelmsford	6:45 pm
Friday	January 7	V Boys Hoop	at Lowell	7:00 pm
Saturday	January 8	V Wrestling	at Methuen	10:00 am
Saturday	January 8	V Boys Hockey	at Lowell	1:10 pm
Saturday	January 8	V Girls Hockey	at Shrewsbury	6:00 pm
Tuesday	January 11	V Girls Hoop	at North Andover	6:30 pm
Tuesday	January 11	V Boys Hoop	vs North Andover	6:45 pm
Wednesday	January 12	B/G Track	MVC Duels - BU	4:30 pm
Wednesday	January 12	V Girls Hockey	at HPNA	5:00 pm
Wednesday	January 12	V Wrestling	at Westford	6:00 pm
Wednesday	January 12	V Boys Hockey	at Act-Boxboro	8:05 pm
Thursday	January 13	V Gymnastics	at Billerica	7:30 pm
Wilmington High Sports				
Thursday	January 6	B/G Track	vs Watertown at BU	4:30 pm
Thursday	January 6	V Boys Hoop	vs Melrose	5:30 pm
Thursday	January 6	V Girls Hoop	vs Melrose	7:00 pm
Friday	January 7	V Gymnastics	at Wakefield	4:30 pm
Friday	January 7	B/G Swimming	at Triton	7:00 pm
Saturday	January 8	V Wrestling	at Maldn Catholic	10:00 am
Saturday	January 8	V Boys Hockey	at Stoneham	4:00 pm
Saturday	January 8	V Girls Hockey	vs Pope Francis	6:00 pm
Monday	January 10	B/G Swimming	at Ham-Wenham	7:50 pm
Tuesday	January 11	V Girls Hoop	vs Arlington	5:30 pm
Wednesday	January 12	V Girls Hockey	at Wakefield	6:00 pm
Wednesday	January 12	V Wrestling	at Watertown	7:00 pm
Wednesday	January 12	V Boys Hockey	vs Watertown	8:00 pm
Wednesday	January 12	V Gymnastics	at Reading	8:00 pm
Thursday	January 13	B/G Track	vs Melrose at BU	4:30 pm
Shawsheen Tech Sports				
Friday	January 7	B/G Swimming	vs Mystic Valley	4:30 pm
Friday	January 7	V Girls Hoop	at Essex Tech	5:30 pm
Friday	January 7	V Boys Hoop	at Minuteman	6:30 pm
Saturday	January 8	V Wrestling	at Chelmsford Inv	11:00 am
Sunday	January 9	V Boys Hockey	at Methuen	4:00 pm
Monday	January 10	V Girls Hoop	at Malden Catholic	6:30 pm
Tuesday	January 11	V Boys Hoop	vs KIPP	7:00 pm
Wednesday	January 12	V Swimming	vs Minuteman	3:30 pm
Wednesday	January 12	V Boys Hoop	at Northeast	5:30 pm
Wednesday	January 12	V Wrestling	at Whittier Tech	7:00 pm
Thursday	January 13	V Boys Hockey	vs Northeast	7:10 pm



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BILLERICA MINUTEMAN

Billerica and Bedford schools return to the classroom after receiving state COVID tests

WCVB TV *WCVB TV reports*

Published 4:19 p.m. ET Jan. 4, 2022

Some of the more than 200,000 COVID-19 rapid tests purchased by the state made it into the hands of school staff in Bedford and Billerica, helping them return to the classroom Monday, Jan. 3, as some districts made the decision to push the holiday break a day longer.

According to Billerica Superintendent Tim Piwowar, 400-plus COVID tests were distributed to teachers and staff on Sunday, Jan. 2.

Shawsheen students return Tuesday, Jan. 4, after a planned professional development day.

“I want to offer my thanks to the members of our administrative and facilities teams for supporting the distribution of 400+ COVID tests to staff members earlier this morning,” Piwowar posted on his blog Sunday, Jan. 2. “I want to also thank our staff for testing themselves prior to their return to school. While there were some positive cases identified among staff members today, the number of positives is relatively small, and will not impact our ability to have a regular day of school tomorrow as scheduled.”

Hoping to help identify COVID case

The Department of Elementary and Secondary Education [DESE] made the announcement on Wednesday, Dec. 29. Each district including Billerica, Bedford, Shawsheen Valley Regional Vocational Technical High School, Belmont, and Burlington will receive enough to give two tests to all school staff.

The Massachusetts Teachers Association, the largest teacher’s union in the state, called on the state to keep all schools closed on Monday, with the exception of conducting COVID-19 testing for school employees, due to the surge of the omicron coronavirus variant.

“The plan should have been communicated well in advance of school closing. The tests should have been ordered, delivered and sent home with educators before the doors shut for the winter recess,” said MTA President Merrie Najimy.

“DESE strongly encourages all school personnel take one of the at-home antigen tests no more than 24 hours before they return to work to help prevent the spread of COVID-19. Staff should notify school officials in their district if they test positive. The second test can be used later at an individual’s discretion. Staff are not required to test before returning to work,” officials wrote in an announcement.

Tests are coming from an unnamed out-of-state vendor at a cost of approximately \$5.6 million from the Elementary and Secondary School Emergency Relief Fund.

Billerica and Bedford schools return to the classroom after receiving state COVID tests - Billerica Minuteman

“Doing everything we can to keep students learning in classrooms is critical. Providing these tests to teachers and staff is one more thing we can do to ensure that is possible,” said Education Commissioner Jeffrey C. Riley.

At the end of December, the department distributed 6 million KN95 masks to schools for all teachers. Officials say this will provide one mask per day for each employee, including bus drivers.



Shawsheen Tech Superintendent/Director Dr. Brad Jackson said his district in Billerica has received its masks and they will be available to all staff.

“I think everybody is worried about people coming back after the holidays,” Jackson said Wednesday. “Any effort to keep infected folks out of the school is a positive one. I think this is very proactive, and good problem solving on part of the department and commissioner.”

In Bedford, Superintendent Philip Conrad echoed the sentiments of Jackson expressing gratitude for the tests.

“We’re thrilled to have the opportunity to provide these tests to faculty and staff,” Conrad said.

Conrad said the district distributed half of the 350 tests by Sunday evening.

From Dec. 16 through Dec. 22, DESE reported 1,544 positive COVID-19 cases among public school staff members.

According to the latest state data, 911,529 students are enrolled in pre-K through the 12th grade at the state’s public schools. On the latest DESE report, 8,576 students tested positive for COVID-19 from Dec. 16 through Dec. 22.