



# **NORTH COUNTRY GRADUATES**

**Congrats and tributes  
to the Class of 2021**



# THE PRESS-REPUBLICAN CONGRATULATES THE CLASS OF 2021

*“I hope your dreams take you  
to the corners of your smiles,  
to the highest of your hopes, to  
the windows of your  
opportunities, and to the most  
special places your heart  
has ever known.”*

— Newton D. Baker



**John Celestino**  
Publisher

**Lamiaa Elshafay**  
Director of Operations

**Scott Bresett**  
Circulation Manager

## EDITORIAL

**Joe LoTempio**  
Editor-in-Chief

**Ben Rowe**  
Night Editor

**Joey LaFranca**  
Sports Editor

## CONTRIBUTORS

**Sandy O'Brien**  
**Haley Sheehan**  
**Nathalie Jubert**



# Isabel Rose Champine

Au Sable Valley Central School



You are BRAVER than you believe...  
We are so proud of you, Iz!  
**Love, Uncle Shannon, Aunt Kris,  
and Sophia**

# Isabel Champine

Ausable Valley High School



We are so proud of all your hard work.  
The road to success is all yours.  
Congratulations!  
**Mom and Dad**

# Isabel Champine

Au Sable Valley Central School



Keep smiling and may success  
continue to follow you.  
**Love, Pop and Nan**

# Evan Griffith

Beekmantown Central



I am so proud of all that you have  
achieved and excited for what your  
future holds. Congratulations!  
**Mom**

# Damien Laramie

Beekmantown Central High School



Congratulations, Damien, with love for the  
grandson and son you are and with pride in  
the amazing person you are becoming.  
**Love, Gramm, Dad & Jenn!**

# Lauryn Munson

Northeastern Clinton



You have made us all so proud!!  
Congratulations sweetie!!  
**Love, Mom, Larry and Aydan**

# Dylan Eagleson

Peru High School



Ooooh Weee We Knew You Could Do It  
YA HEARD! We Love you!  
**Love, Mom, Marvin,  
Lexy, and Morgan**

# Daniel Nisoff

Peru High School



Congratulations Daniel!  
**Love,  
Bambi**

# Mikaela Raymond

Peru High School



Congratulations! Follow your dreams and  
continue to work hard.  
Enjoy every moment in college.  
We are so proud of you!  
**Mom, Dad, Zackary, Mimi and Papa**

# Alexis Rickert

Peru High School



We are so proud of you!! Never stop trying,  
never stop learning. Live life to the fullest.  
**Congratulations!**  
**From, Mom, Dad, and Dylan**

# Landon Samuel Harrison Gokey

Saranac Central



We wish you happiness as you go out and  
continue to make this world more beautiful.  
We are incredibly proud of you.  
**Love: Mom, Livvy and all of your family**





PHOTO PROVIDED

Parents and their college-bound children can prepare for the coming school year by learning about on-campus policies over the summer. Will masks be mandated? Will classrooms remain socially distanced? Are vaccinations required to attend class in person?

# How students can transition to life on a college campus

**R**eturning to full-time, in-person learning after the pandemic may be especially challenging for incoming college freshmen. Such students can work with their parents over the summer to conquer their fears and prepare

Much has been made of the challenges that have faced students and their families during the COVID-19 pandemic. The shift to remote learning and shortened school days was difficult for many families, forcing students to adapt to virtual school on the fly as their parents adjusted to working from home full-time while doing their best to keep kids engaged in their studies and occupied when school let out each day. Given those challenges, it's no wonder so many families are looking forward to what figures to be a more normal school year in 2021-22. But that return will pose its own unique challenges as well.

Some students may be a little anxious as they prepare to return to campus this fall. That transition could be especially difficult

for incoming college freshmen, who must overcome any pandemic-related concerns about returning to campus while also making the transition to life on a college campus. The following are some ways to make that transition go smoothly.

## Engage in the community

The Health, Counseling and Disability Access Services at the University of Missouri-St. Louis urges students to take advantage of opportunities to engage in their new communities as early as possible. The HCDAS notes that first-year experiences are designed to help students connect with their new life on campus and make new friends. All incoming freshmen are facing the same set of unique circumstances as the 2021-22 school year begins. That includes the adjustment from remote learning with limited social contact with peers to a return to more traditional academic and social settings. Navigating that transition alongside other incoming freshmen can make it a little easier to handle.

## Plan ahead

Parents and their college-bound children can prepare for the coming school year by learning about on-campus policies over the summer. Will masks be mandated? Will classrooms remain socially distanced? Are vaccinations required to attend class in person? The sooner families learn these policies, the sooner they can begin planning for life on campus. Parents also can look into on-campus resources designed to help students readjust to being back among their peers. Knowing where to go for help should students need it can ensure any issues that arise are addressed promptly.

## Encourage students to share their concerns

Opening up about any concerns they may have can help students as they emerge from the pandemic. Many parents were concerned about returning to the office in person, and they can share those concerns and the ultimate outcomes of their returns with students concerned about moving onto a college campus. Parents are urged to periodically check in with college students about any anxieties they may have about being on campus.

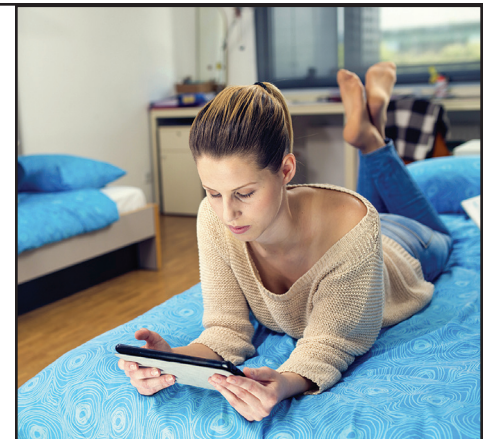


PHOTO PROVIDED

## DORM DECORATING DO'S AND DON'TS

With a little creativity and some design tips, a dorm room become a space to be proud of

Dorm rooms afford students a chance to impart their own unique touches on their living spaces. A dorm room need not be drab. In fact, with a little creativity and some design tips, a dorm room become a space to be proud of.

### • Invest in high-quality linens and bedding.

Focus your attention on making the one area of the room where you'll spend most of your time as comfortable and attractive as it can be. Look for high thread counts on sheets and pillowcases. HGTV recommends a duvet cover that can be swapped out to change the look of your bed when the mood strikes. Throw pillows and a throw blanket are ideal for lounging in style, and they can be arranged to make a tradition XL twin bed look like a daybed or chaise.

• **Opt for multi-use furniture.** If your dorm room only has the basics and you can add a few pieces, maximize space and function with items that serve multiple purposes. Storage ottomans can keep belongings organized and also serve as extra seating for guests. A mirror behind your desk can serve as a vanity for getting ready when the shared bathroom is occupied.

• **Maximize storage.** Shelves over a bed, underbed storage, bedskirt organizers, closet caddies, and additional organizational gadgets can keep rooms tidy and functional.



# How to help students improve their focus on their studies

**M**any students struggle to focus on their studies. Some simple strategies can help students overcome such challenges and fulfill their academic potential

Teachers strive to create supportive and challenging classroom environments for their students. Such settings can bring out the best in students and help them overcome obstacles, including an inability to focus.

The struggles students can have with focusing on their studies was apparent during the pandemic. A 2020 survey of more than 400 college students found that 64 percent were concerned about their ability to maintain their focus and discipline in remote instructional environments. Though educators, students and parents are hopeful that remote learning will soon be a thing of the past, no one is certain about what lies ahead in regard to the 2021-22 school year. Ideally, students will be back in school time full-time five days per week by the start of the new academic year. However, there's no guarantee

that will be the case, and students may need help focusing on their studies.

## EMPHASIZE ONE ACTIVITY AT A TIME

Various studies have shown that multitasking adversely affects performance and makes it hard to concentrate. A recent study from researchers at the Massachusetts Institute of Technology found that performing two or three activities simultaneously puts significantly more demand on the brain than simply doing those tasks one after another. All students, and especially those who are struggling with focus, should be encouraged to take on one task at a time.

## TAKE BREAKS

The Cleveland Clinic notes that various studies have found that periodic breaks improve mood, boost performance and increase a person's ability to concentrate and pay attention. Many students are well acquainted with lengthy cramming sessions on the eve of a big exam, which can feel like a rite of passage for high schoolers and college students. Parents and educators can emphasize the importance of taking breaks during such sessions and how periodic rest can help



PHOTO PROVIDED

The struggles students can have with focusing on their studies was apparent during the pandemic.

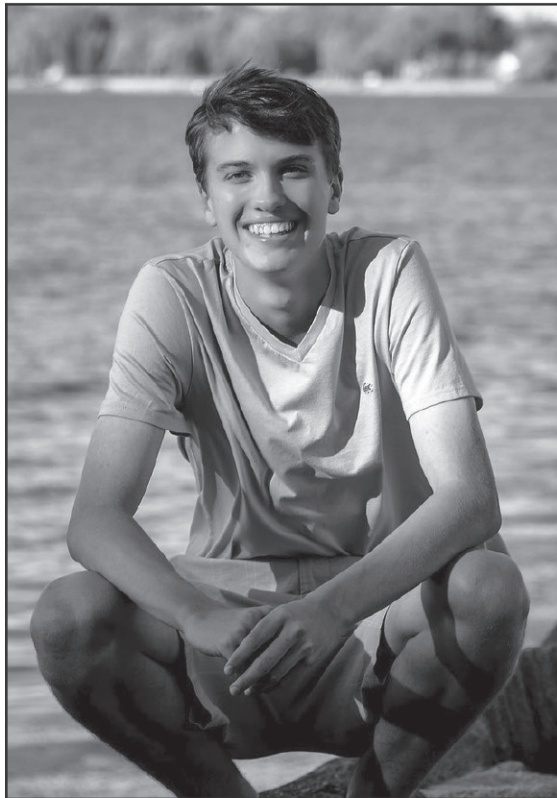
improve performance.

## TAKE A PIECEMEAL APPROACH TO BIG TASKS

The Child Mind Institute notes that breaking big tasks down into smaller, more man-

ageable pieces can help kids effectively tackle more challenging tasks. The piecemeal approach can make big tasks seem less daunting, and the success kids have at each smaller task can provide some needed momentum as they draw closer to solving the problem.

# Northeastern Clinton



## Sam Bulson

Congratulations,  
Sam!

We are so proud of  
everything you've  
accomplished.  
Here's to all your  
future successes.

We love you!  
**Mom and Dad**



## Jack Bulson

Congratulations,  
Jack!

We are so proud of  
you. Enjoy every  
minute of your new  
adventure.

We love you!  
**Mom and Dad**





PHOTO PROVIDED

NAMI data indicates that 50 percent of college students rate their mental health as below average or poor. Anxiety and depression are two mental health issues that affect many college students as they try to juggle the various demands associated with being students.

# Anxiety and depression among college students

**H**elp is available to students dealing with depression or anxiety. Mental health professionals on campus can be invaluable resources as students try to overcome issues that can affect their quality of life while on campus.

The moment young people arrive on college campuses and begin their lives as college students marks a significant milestone. College provides many young people with their first taste of independence, and that newfound freedom can sometimes feel overwhelming, especially when it's coupled with academic challenges that are much more rigorous than they were in high school.

According to data from the National Alliance on Mental Illness, 80 percent of college students feel overwhelmed by their responsibilities as a student.

NAMI data also indicates that 50 percent of college students rate their mental health as

below average or poor. Anxiety and depression are two mental health issues that affect many college students as they try to juggle the various demands associated with being students.

Anyone who suspects they or a student they know is experiencing either of these issues should reach out to a mental health professional immediately.

## DEPRESSION

Depression among college students may have been exacerbated during the COVID-19 pandemic. A 2020 survey conducted by the Healthy Minds Network in collaboration with the American College Health Association found that the rate of depression among college students has increased since the onset of the pandemic.

Though students typically have readily available access to mental health professionals on campus, that access has been compromised during the pandemic as students, counselors and educators learn and work remotely.

College mental health counselors were available via video conferencing during the pandemic, but students may not be aware

of that, while others might be uncomfortable discussing their mental health in dorm rooms or apartments they share with fellow students. Symptoms of depression include feelings of sadness or hopelessness, loss of motivation, sleeplessness, trouble concentrating, changes in appetite and body weight, and loss of interest in social activities.

## ANXIETY

A 2017 report from Penn State University's Center for Collegiate Mental Health found that anxiety is one of the two most common reasons college students seek mental health services (the other is depression).

In fact, the Anxiety and Depression Association of America reports that 13 percent of college students have been diagnosed with a mental health condition linked to anxiety. Anxiety among college students can be triggered by social and/or academic pressures.

Being in constant fear, experiencing frequent headaches, exhibiting shortness of breath, difficulty concentrating, constant feelings of stress or irritability, irregular heartbeat, and muscle pain or tension are some symptoms associated with anxiety.

## HOW VOLUNTEERING BENEFITS STUDENTS

Volunteering can be a great way to develop skills that can benefit personal and professional lives

A 2020 study published in the Journal of Happiness asked 70,000 participants about their volunteering habits and mental health. The study found that, when compared to those who did not volunteer, people who had volunteered in the previous 12 months were more satisfied with their lives and gave their overall health higher ratings.

Volunteering can benefit anyone, and can be especially valuable to students, benefitting their overall health and helping in myriad other ways as well.

• **Volunteering can get a foot in the door.** The National Association of Colleges and Employers reports that employers expect to hire 7.2 percent more new college graduates from the class of 2021 than they did from the class of 2020. That's encouraging news, but recent graduates will still face stiff competition as they look for their first job. Volunteering with an organization in their field can be a great way for current students and recent graduates to get their foot in the door. Even if a volunteering opportunity does not ultimately lead to a job offer, the experience students gain can help them stand out in a crowded pool of job applicants down the road.

• **Volunteering can help students find a career path.** A 2017 report from the U.S. Department of Education found that about 30 percent of undergraduates in associate's and bachelor's degree programs who had declared majors changed their majors at least once within three years of their initial enrollment. The same report noted that roughly one in 10 changed majors more than once. Those statistics suggest that many students are uncertain about what they want to study at the onset of their college careers. Volunteering before and during college can help students explore their interests and see where their skills are applicable. They can then rely on that experience as they choose a major.

• **Volunteering expands students' social horizons.** Volunteers serve and work alongside people from a variety of socio-economic backgrounds. That's a great way to see the world through a new perspective, and it also can positively affect students' eventual careers. Professionals who have worked with people of various backgrounds are in better position to effectively communicate with a wider array of people.



# Congratulations to *Au Sable Valley High School's* Class of 2021 Graduates!



**Isabela Perez**  
Valedictorian



**Allison McCormick**  
Salutatorian



**Emma Crowningshield**



**Mylea Goodman**



**Zoya Hayes**



**Maggie Meyer**



**Isabella Joy**



**Marlana Malskis**



**Kassidy Robare**



**Hailey Tender**



## Taylor Anne Seymour

Northeastern Clinton

*Taylor,*

We are so happy to share in the excitement of your graduation from high school! Your many accomplishments make us so proud, and we know your journey will take you to amazing places! Up next... NURSING SCHOOL! Congratulations, Monk, we love you!

**Love, Mom, Dad,  
Grace & L.J.**



# SAMPLE

LUMBER COMPANY

CONGRATULATIONS TO MARLIE AND ALL THE GRADUATES  
of Northeastern Clinton Central School Class of 2021

**Kevin Sample, General Manager**

53 Campground Road, Mooers, NY 12958 • Phone: (518)236-7788

Fax: (518) 236-5185 • ksample@samplelumber.com






# Congratulations Graduates!

We bet you've worked up an appetite with all that hard work!

Fish and Chips 11 <sup>95</sup>	Clam Strip Basket 11 <sup>95</sup>	Crab Cake Basket 9 <sup>95</sup>
------------------------------------	---------------------------------------	-------------------------------------

1785 Military Turnpike #1  
Plattsburgh, NY

Open Mon-Sat 11 a.m.  
(518) 562-7837



*Dr. Szmigiel and Dr. Roberts would like to congratulate the Class of 2021*

**Gentle Touch**  
FAMILY DENTISTRY

67 Smithfield Blvd.  
Plattsburgh  
518-324-5555  
[www.gentletouchfamilydentistry.com](http://www.gentletouchfamilydentistry.com)



# THANK YOU!

The Saranac High School Class of 2021 would like to say **THANK YOU** to the Faculty, Staff, Administration and Community for making the end of their year memorable.

**The following businesses and organizations truly went above and beyond.**

NELSON'S FLOWER SHOP  
WEST SIDE BALL ROOM

ZUKE'S CORNER STORE

NYS POLICE  
CLINTON COUNTY SHERIFF'S DEPT.

FIRE DEPARTMENTS FROM SARANAC, DANNEMORA, CADYVILLE & MORRISONVILLE along with the MORRISONVILLE EMS