A Thanksgiving like no other still embraces help for the needy

Endicott College student Caroline Payne picks up a bag of donated food.

We practiced estimation, by guessing how many cards they’d make or based on the size of the pile. And perhaps most importantly, we talked about why running homes don’t have many outside relations, and why we as individuals can make a difference in a person’s day.

The cards the Payne crew will be distributed to the residents of a local nursing home.

Currie Wu of North Andover, discovered just a year ago that running a fund-raising road race is a great way to give back to her community. Last year she joined the Merrimack Valley Trailers to complete the Freeway Five, an annual 5-mile road race that raises money for several local causes. This year, the race is virtual, but Wu, who is a volunteer organizer for the event as well as a participant, is no less intent on doing her part.

"Running your own race is not the same as joining a race," she said. "People want the crowds, the audience, the competition. This year we had to change that, but our goal is still to create an experience. By running a virtual race you can connect with friends and family even if you’re distant, and you can even connect with the other racism online.

We admitted that there are personal benefits as well as charitable reasons to run the race. ‘With everything going on, it’s nice to be physically fit and mentally stable,” she said. “Running makes me feel like I have something I can control, which is an especially good feeling this year.”

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