

# Schools

## Souhegan Takes 1st Place in the NH Seatbelt Challenge

AMHERST – A Souhegan High School junior advisory took the first place spot in this year's state-wide Seat Belt Challenge competition. The difference between 1st and 2nd place at the Statewide Seatbelt Challenge, was a mere .03 seconds, according to Officer Smith, who with advisor Lisa Kent, organized Souhegan's participation in the event.

Held on May 9th at the NH Police Academy, Souhegan had a come-from-behind effort, finishing 7th in the first round. Juniors Jamie Wallisch, John Leger, Sam Ballard, and Dimitri Elias (with cheering support from Alli Lewis and Devann LaPointe) posted a 34.41 second time; Bow High School had a time of 34.44. There were 34 teams from high schools across the state. Most schools took to the competition their top four fastest "bucklers" during time trials.

"You can imagine how pleasantly surprised I was to discover that the sirens and flashing police lights pulling into school yesterday was not a police emergency but rather our champions returning from victory," said Dean of Students, Bob Thompson.

"Seriously, though," Thompson added, "I think Souhegan's commitment to the Seatbelt Challenge really speaks to our school's mission of 'developing and empowering the mind, body, and heart.'"

The purpose of the Safety Belt Challenge is two-fold. First, it gives an opportunity to explain the importance of using safety belts; and second, it demonstrates, in a fun way, how quick and easy it is to buckle up. It will help students to develop a habit that could save their



Students from Lisa Kent's advisory who participated include: Jamie Wallisch, John Leger, Sam Ballard, Dimitri Elias, Austin Cote, Alli Lewis, Devann LaPointe, Abby Anson, Pia Marciano, and Ashly Grueter.

lives -- a habit for life.

"For schools who have an SRO, or are considering funding the position, this is a great example of how

the SRO can form positive connections with kids," said Wellness teacher and Advisory Coordinator, Lisa Kent. "This is just one of many

events Officer Smith organizes to make positive contributions to the school and stay connected to kids in a proactive way," Kent added.

## The Perfect Place, Ponemah Bog

By GREG CRAWFORD,  
SHS SENIOR PROJECT

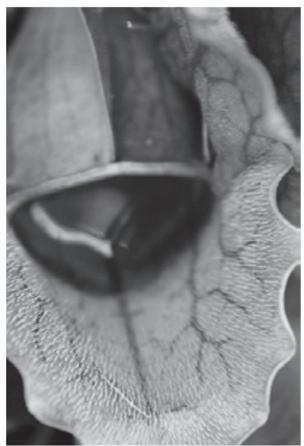
Amherst's historic Ponemah Bog captures a scene of tranquility and peace. With its beautiful wildlife and stunning plant life, the parcel includes the Ponemah Bog Wildlife Sanctuary, which rests comfortably over 75 acres.

This sanctuary came under the protection of the New Hampshire Audubon Society in 1979, a generous gift of local veterinarian Dr. Homer McMurray, his wife and friends in the area.

Ponemah Bog and its wildlife sanctuary were formed roughly 18,000 years ago, when a continental ice sheet covered New Hampshire. When the ice began to melt, chunks were buried into the landscape. As these chunks began to melt, they left a series of small ponds behind in the depressions.

Over thousands of years, moss and sediment began to fill the bog from the outside in. At the center of the bog you can find open water. Much like the rings you may find on a tree stump, ring sized zones make up the bog. The wildlife sanctuary features a three-acre pond surrounded by a floating sphagnum mat and encircled by upland oak-pine woods.

Centuries ago, Ponemah Bog was essentially a 100-acre lake. Plants that have adapted to living at waters edge began to spread into the water. Sphagnum moss then began to grow between the wet roots and vines of the water plants, creating a braid of vine and moss that spread across the lake and allowed larger plant life to take root.



The colorful pitcher plants are rare due to the fact that they only take root in nitrogen poor soil. The hairs and liquid, found on the inner face of the plant, are used to trap insects that find their way onto the slippery slope.



Souhegan High School senior Nolan Raaberg is relaxing in the sun on a beautiful April day. He finds happiness here through the beauty of nature and spring.

Sadly, the build up of dead moss and plant life will one day cover the open water of Ponemah Bog, the result of an ecological succession called hydrarch succession.

Countless species of orchids native to New Hampshire grow in the bog. Their beautiful blooming stage can best be seen in the late spring and in early to mid-summer, though this year wildflowers and orchids bloomed earlier than normal because of the unusually warm spring.

Nestled into the side of Amherst, Ponemah bog is an ideal setting. I happened to cross paths there with Nolan Raaberg, a Souhegan High School senior. "There is nothing more enjoyable than a midafternoon walk here," Nolan said of the bog. "I can relax in the sun and just take my time. Everything slows down. It's a place of peace."

Quietly waiting and listening one day, I began to hear the harmonious chirping of birds. Ponemah Bog is home to hundreds of birds of many species, a wide variety of which can be seen at the wildlife sanctuary through out the year. Among them are blue jays, hawks, warblers, nuthatches and sparrows. As spring moves toward summer, migratory birds have begun to arrive home, greatly increasing the amount of activity around the bog.

Ponemah Bog is indeed a sanctuary of peace and beauty. Since the start of spring, I have witnessed beautiful changes in color and the smell, the swarm of amazing birds and buzzing bees and little turtles poking their heads up out of the water. Spring has sprung, filling the Ponemah Bog Wildlife Sanctuary with a beautiful sense of life, virtue, and beauty.

## Local Cadet Earns Distinguished Cadet Award

WEST POINT, N.Y. – Cadet Samuel Lowell of Amherst has been named to the Dean's List for the fall semester at the United States Military Academy.

Lowell has also earned the Distinguished Cadet Award. Distinguished cadets are those cadets who demonstrate academic excellence by achieving a YQPA or CQPA greater than 3.67. Distinguished Cadets must carry a full academic load, a minimum of five academic courses per term during the Academy Year to which the award pertains. Lowell graduated from Souhegan High School in 2010.

Cadet, Sam Lowell



**Creative Camps**  
in the Village  
Arts and Sciences at Play  
June 18-22 • July 9-13 • July 16-20  
Monday-Friday • 9 am-12 pm  
Ages 3-13  
www.preschoolinthevillage.org  
(603) 672-3168  
11 Church Street  
Amherst, NH 03031

**100 CARPET WOOD TILE FLOORING**  
116 A Rte. 101A  
Amherst, NH  
(next to Lowe's)  
577-9663

**JOSEPH RACZEK, O.D.**  
GENERAL OPTOMETRY  
CONTACT LENSES  
• New Patients Welcome • Convenient Hours  
• All types of Frames & Lenses • Most Insurance Accepted  
www.drraczek.com  
380 Nashua Street, Nashua, NH • 673-7428  
Community Based Family Eye Care Since 1986

**SUPER SENIORS**  
Grads, be photographed by Gail in June or July, and you'll be eligible to win our Super Senior Contest. Winner receives a \$100.00 check this fall. Voted Best of Souhegan 2009, 2010 and 2011. Opening late May.  
www.gailmaloney.com  
GAIL MALONEY PHOTOGRAPHY  
Hollis NH 603-465-7087

## Students in the News

Tiffany Drew, grade 9, earned High Honor Roll for trimester 2 at Souhegan High School.

Amherst Resident Inducted In International English Honors Society at Quinnipiac University

HAMDEN, CT - Amherst resident Aidan Tatar was recently inducted into the Alpha Theta Omega chapter of Sigma Tau Delta, the International English Honors Society, during a recent campus ceremony at Quinnipiac University.

The society strives to confer distinction for high achievement in English language and literature in undergraduate, graduate and professional studies; promote a cultural interest in literature and the English language in surrounding communities; exhibit high standards of academic excellence and foster all aspects of the discipline of English, including literature and creative writing.

Britta Ekdahl of Amherst Inducted into Psychology Honor Society

BURLINGTON, VT - Britta Ekdahl of Amherst was inducted into the Psi Chi National Honor Society during honors day ceremonies conducted by the Psychology Department at the University of Vermont earlier this spring.

Psi Chi is the International Honor Society in Psychology, founded in 1929 for the purposes of encouraging, stimulating, and maintaining excellence in scholarship, and advancing the science of psychology. Membership is open to graduate and undergraduate men and women who are making the study of psychology one of their major interests, and who meet the minimum qualifications.

Colleen McNamara Is One of 10 UNH Students That Sailed Around the World on Semester at Sea

DURHAM - Colleen McNamara of Amherst is one of 10 University of New Hampshire students among nearly 570 students that sailed this spring with Semester at Sea (SAS), the U.S. shipboard program for study abroad.

The students finished a 105-day voyage to 12 countries around the globe. This 108th voyage of Semester at Sea departed Nassau, The Bahamas, on January 19 and has since traveled to Dominica, Brazil, Ghana, South Africa, Mauritius, India, Singapore, Vietnam, China, Japan, and Hawaii. The voyage ended in San Diego, California May 2.

SAS students use the world as a classroom, studying on a ship fitted with classrooms, a computer lab, and the world's largest floating library. In each port city, students travel alongside their professors to locations and destinations that directly relate to course material.

Sarah E. Baver of Mont Vernon Receives Award

CANTON, NY - Sarah E. Baver of Mont Vernon has been elected to St. Lawrence University's chapter of Phi Beta Kappa, the national academic honor society. Election to Phi Beta Kappa is one of the highest distinctions of academic achievement a student can obtain. Election is based on grade-point average and completion of appropriate credits toward a St. Lawrence University degree.

Sarah was presented with the Kathryn Fraser Mackay Endowed Prize in Philosophy at Moving-Up Day ceremonies held April 28 at St. Lawrence University. Moving-Up Day celebrates student achievements in academics and co-curricular activities. A member of the Class of 2012, Baver graduated from Souhegan High School. The Kathryn Fraser Mackay Endowed Prize in Philosophy was established in 2002 and is awarded to an outstanding senior philosophy major.

Area Students Named to Champlain College Dean's List

BURLINGTON, VT - The following area residents have been named to the Spring 2012 Dean's List at Champlain College, a private baccalaureate institution, located in Burlington, Vt.. Among the honored students was Brittainy Behm of Amherst majoring in Early Childhood/Elementary Education.

Local Students Graduate from Keene State College

KEENE - Saturday, May 5, Keene State College's Commencement honored its biggest-ever graduating class. A total of 1,196 degrees were awarded to 1,107 students.

This year's graduates included the following Amherst students: Jayne Beaton, Andrew Crook, Michael Doheny, Gregory Konopka, Thomas Ludt, Megan Murphy, Casey Wanger, Meagan Desroches, Thomas McLaurin and Catherine Stack. Mont Vernon: Samantha Reilly

Hannah Walters of Amherst Graduates from Clarkson University

POTSDAM, NY - Hannah F. Walters of Amherst received a bachelor of science degree in aeronautical engineering from Clarkson University on May 12, 2012. She is the daughter of Martha and Bruce Walters of Amherst.

Kellindorfer Receives Scholarship Award at BU

In a recent awards ceremony held at The Castle at Boston University, Lisa Kellindorfer received the Dean Elsbeth Melville Scholarship Award.

Only two scholarships are awarded each year to the top ranked women in the junior class who exemplify excellence of scholarship, high moral character and personal integrity, contribution to university life, and potential usefulness in their chosen fields. Lisa is a Biochemistry and Molecular

Biology major. She is currently enrolled in a special program that will allow her to graduate with both a Bachelors and Masters Degree.

Lisa, the daughter of Betsy and Jim Kellindorfer, is a 2009 graduate of Souhegan High School.

Amherst Students Named To NHTI Dean's List

CONCORD—Amherst students, Katherine Dahlgren and Kyle Kello have been named to the Dean's List at NHTI, Concord's Community College in recognition of their academic achievement during the Spring 2012 term. In order to qualify for Dean's List a student must be considered full time (registered for 12 credits or more) and have a term GPA of 3.3 or higher.

Wieczorzak Graduates From U Conn

Storrs, CT - The University of Connecticut, Storrs, CT announces the graduation of Amherst resident, Michael R. Wieczorzak on May 5, 2012. He received a master of science in biomedical engineering.

**Honey Bee Good Grooming**  
A small, quiet studio where dogs are groomed and pampered by private and semi-private appointment.  
Established Clients get first priority during the Holiday rush!  
Dogs up to 60 LBS are welcome. Don't be scared! We love puppies!  
Amherst • 673-5786  
www.HoneyPotHounds.com

Dovetail Dental Associates has one of the most experienced hygiene teams in the region.



**Dovetail**  
DENTAL ASSOCIATES

Request your appointment online at [Dovetaildental.com](http://Dovetaildental.com)  
Joseph Cariello, DDS | Neighbors of Salzborg Square in Amherst | 603 673.6526