

## School News



SHS Wintercession 2015: a Baltimore Habitat for Humanity; b An Eye on Medical & Biological Research; c Magic, Myths & Folklore; d Instagramrite; e Farm, Feast & Flare; f Urban Adventureteering; g DC State of Mind; h San Souci au Quebec; i Metalsmithing; j Mind, Body & Heart; k Hard Water Adventure; l Desert Rock Climbing; m Story Seekers; n To Infinity & Beyond

## Fire and Ice: Souhegan Wintercession Suffices for the Learning of a Lifetime

By JEANNE STURGES

It is a Souhegan rite of passage to shed the brick and mortar structure we call school and embark on a week of learning in settings as far-reaching as the mystical and magical, as hard as urban concrete, Winnepesaukee ice, Joshua Tree stone, and New Hampshire metal, or as mind moving as medical research, a flea market flip, or robots and holograms.

The week is called Wintercession, and each year all of Souhegan's sophomores immerse themselves in the experiential learning activity of their choice. This year teachers designed a number of new course offerings to "challenge and expand the comfortable limits of thought, tolerance, and performance" (as in Souhegan's mission statement) to build on students' curiosities and passions.

Nothing says challenge like spending a week on a frozen lake in New Hampshire. But the students who signed up for "Hard Water (H<sub>2</sub>O(s)) Adventure" not only experienced ice fishing at its best, but lake limnology, water chemistry, navigation, HD sonar technology, winter outdoor skills, invasive species and more. If that wasn't enough to lure a student onto the course, the catalog explains that "this course requires all participants to hike significantly through deep snow pulling equipment on sleds in March where temperatures could be below freezing and wind chill tempera-

tures will be much lower." Students were not deterred, apparently, as course surveys indicate they unanimously considered it an authentic, exciting and important learning experience. In fact, one student added that the course is "definitely something Souhegan should pride itself on."

For an altogether different sort of challenge, "An Eye on Medical and Biological Research" exposed students to a variety of biological and physical science research initiatives. At UNH students witnessed the power of a wide number of microscopes, including the electron scanning microscope. They also spent a day learning about molecular biology, transforming simple bacterial cells into glowing cells by moving a jellyfish gene into the bacterial genes! Students learned about the implications of new medical technologies and visited the new UNH Coastal Marine Lab where they learned about sustainable fisheries research. They also attended the New Hampshire Science and Engineering Expo where the scientific research of high school students from across New Hampshire is on display. "The event draws some very impressive research projects in a variety of scientific disciplines and it is well worth attending," Souhegan course organizers explained, adding that students interested in pursuing such projects would be supported if they chose to submit their own independent scientific research project to the Expo next year.

Another new offering, "Farm, Feast, and Flare," explored the farm-to-table movement. Students visited restaurants that work to keep their food locally sourced, and explored what it means to be an aquaponic farmer. The course included a trip to UNH's Thompson School to meet with a professor/chef in the Culinary Arts program to learn the about the benefits of using fresh, local ingredients in food preparation and different ways of farming.

Part "Amazing Race" and part DIY Network, "Flip it: Flea Market Design and Décor" challenged students to find the coolest and most interesting furniture and vintage objects at the lowest price possible. After refinishing and restoring a found treasure students created décor and staged their masterpiece in a gallery for a panel of experts. Students not only learned painting and refurbishing techniques for a green world using safe products but design, entrepreneurship and marketing skills as well.

From the hard reality of science, food, furniture or ice to the world of "Magic, Myths, and Folklore of New England," students on this course unearthed art and archeological secrets. Traveling to historical sites, students explored why magical thinking is important and why people need to explain events that cannot be accounted for by any natural law. Students visited the Central New Hampshire Paranormal

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## Souhegan's Robotics Team Receives Judges Award at the New England Regional Competition

DURHAM – Souhegan High School's Robotics team, Entropy 138, competed at the US FIRST New England Regional Competition on March 20-22 at the University of New Hampshire. Entropy 138 earned a quarter final appearance and won the prestigious Judges' Award.

The UNH Event featured a very competitive field of 40 teams from throughout New England. Student designed and built robots were faced with the challenge to move, arrange and stack containers and totes in this year's "Recycle Rush" themed event. Team Coach and Mentor, Brian Walters commented, "The robot proved to be incredibly reliable, owned the step containers, and double capped single tote stacks twice! We were the only robot [at UNH] capable of this." The team was faced with adversity early in the competition but never gave up and salvaged a respectable 11th place qualification ranking. Selected to compete with an alliance in the quarterfinal match, Entropy only narrowly missed qualifying for the semi-finals.

A tribute to the Souhegan HS students' creativity and engineering success, Entropy 138 was awarded the Judges' Award for the robot's versatile, composite fiber arm. The Judges' Award is given at the discretion of the judging panel based on a team's unique efforts, performance and/or dynamics.

The US FIRST Robotics is a highly respected, international program



Souhegan's robot performs a challenging "double stack" at the UNH Event.

offering instruction in mechanical engineering, electrical design, programming, project management and basic machining, training HS students for 21st century careers. Souhegan has had a competitive team for more than 15 years and involves over 35 students and 20 adult volunteer mentors.

Entropy 138 earned a Finalist medal at the Granite State Competition in February. The team is hopeful that its success in February,

combined with a strong showing UNH, will earn them an invitation to the District Championship at WPI in Worcester, MA in April. To follow the Team's progress, see the Team's website [www.robotics138.org](http://www.robotics138.org) or Facebook page <https://www.facebook.com/robotics138>.

## Students at Sunrise Children's Center Kindergarten Using Coins to Learn Sorting and Classifying

Sunrise Children's Center in Amherst is now enrolling for Full-Day Kindergarten for Fall 2015. Sunrise has offered Full-Day Kindergarten programming for over five years. We understand that there is a lot to cover in the Kindergarten curriculum. The program runs from 8:30 A.M. to 2 P.M. daily during the school year and can include wrap-around childcare if the family needs that option. Children have generous opportunities for socialization and play, along with the time for academic instruction with a certified teacher. From now until April 30th the regular registration fee of \$50 will be waived if you register for the Full-Day kindergarten program.

Sunrise also offers programs for children ages 6 weeks through grade 4, both Full-Time and Part-Time. Children are offered a variety of activities, both inside and outside to enhance their learning. Music, art, gross motor activities, pretend play, and so much more are parts of every day. Our Infant Room is large



From L-R: Alaina Trepanier, Ava Triolo, JJ Enright, Jacob Bartle, Teacher, Gwen Starr

and inviting and is a fun place for the youngest ones to play. We also offer both Full-Time and Part-Time programming for Preschoolers. Sunrise Children's Center is conve-

niently located in Amherst at 94 Rt. 101A and is a program of Regional Services and Education Center, Inc., a private, non-profit organization.

### Students in the News

#### Local Student Graduated From Franklin Pierce University

RINDGE - Emily K. Parrett, of Amherst graduated summa cum laude from Franklin Pierce University in the fall of 2014. Parrett earned a Bachelor of Arts degree in Mass Communication.

#### Local Student Named To Dean's List At Loyola University Maryland

BALTIMORE, MD - Loyola University Maryland has announced the members of its fall 2014 Dean's List. In order to qualify for the Dean's List at Loyola, a student must have a GPA of at least 3.5 with a minimum of 15 credits. The following local student has achieved this honor:

Gina Mancini, a member of the class of 2018 from Amherst.

#### Local Students Named to Dean's List at MCPHS University

BOSTON - MCPHS University is pleased to announce the students who have been named to the

Dean's List for the Fall 2014 semester:

\* Tracy Hujzak is a native of Amherst and is pursuing a Bachelor of Science in Nursing. Tracy will graduate in 2014 from the Manchester, New Hampshire campus.

\* Morgan Adams is a native of Amherst and is pursuing a Doctor of Pharmacy. Morgan will graduate in 2016 from the Boston, Massachusetts campus.

\* Jaime King is a native of Amherst and is pursuing a Doctor of Pharmacy. Jaime will graduate in 2020 from the Boston, Massachusetts campus.

The Dean's List recognizes those students with a full-time course load who have achieved outstanding scholarship with a 3.5 GPA or higher for the academic term.

### Johnson Appointed to West Point

Cullen Dana Johnson of Amherst has been appointed to the United States Military Academy. This admission is subject to continuation of his excellent academic and physical record. The appointment to the Class of 2019 is an outstanding accomplishment. In gaining admission, Johnson has demonstrated exceptional potential for future service to the US Army and the nation. West Point's education and training programs will provide the opportunity to fully develop that potential. West Point Reception Day (R-Day) is June 29, 2015.

West Point provides leaders of character for our Army who are inspired to careers as commissioned officers and to a lifetime of service to the nation. Graduates are obligated to serve on Active duty as Army officers for at least five years after graduation. West Point requires cadets with determination, integrity, self-discipline, strength of character, endurance, and a willingness to work hard.

Cullen Johnson is a 2014 Souhegan High School graduate and has been a member of the New Hampshire National Guard since September 2013. He is the son of Todd and Joni Johnson of Amherst.

#### Local Students Receive Faculty Honors at Trinity College

HARTFORD, Conn. - The following local student was recognized with Faculty Honors at Trinity College in

Hartford, Connecticut, for the fall 2014 semester. Faculty Honors are awarded each semester to the students who meet the highest standard of academic excellence. Elizabeth L. Stepanek, of Amherst

#### Local Students Recognized for Academic Achievement at Franklin Pierce University

RINDGE, N.H. The following local students were recognized for their academic achievement for the fall 2014 semester at Franklin Pierce University in Rindge, NH. Brandon T. DeGrandpre of Amherst, a sophomore majoring in biology, was named to the Dean's Honors List by maintaining a grade term point average of at least 3.85 on a scale of four.

Emily K. Parrett of Amherst, a sophomore majoring in mass communication, was named to the Dean's Honors List by maintaining a grade

term point average of at least 3.85 on a scale of four.

#### Students Named To St. Lawrence University Dean's List

CANTON, NY -- The following student has been selected for inclusion on the Dean's List for academic achievement during the spring semester at St. Lawrence University. Catherine E. O'Connell of Amherst. O'Connell is a member of the class of 2018.

#### Brooks School Fall 2014 Honor Roll

The following student from Amherst was named to the honor roll at Brooks School in North Andover, Mass., for the fall semester. Highest Honors: Elsbeth Caulo.

#### Amherst Resident Earns Second Academic Honors from Clark University

WORCESTER, Mass. - Sean C. Tatar of Amherst has been named to second honors on the Clark University Dean's List. This selection marks outstanding academic achievement during the Fall 2014 semester. To be eligible for second

honors, students must have a grade point average of 3.5 or higher, of a maximum of 4.3 (all A+s).

#### Local Residents Named to Simmons College Dean's List

BOSTON, Mass. - The following local residents were named to the 2014 fall semester dean's list at Simmons College in Boston.

Taylor Cordts, of Amherst. Her major is Exercise Science.

Julie Kellendorfer, of Amherst. Her major is Undeclared.

Kaitlyn Maloney, of Amherst. Her major is Undeclared.

Tori Wenzel, of Amherst. Her major is Marketing.

Ashley Vitale, of Mont Vernon. Her major is English.

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

#### Local Students Named to Emmanuel College Fall 2014 Dean's List

BOSTON, MA - In honor of their outstanding academic achievement, Emmanuel College has named more than 600 students to the Dean's List for the Fall 2014 semester. To earn a spot on the Dean's List, Emmanuel students must achieve a grade point average of 3.5 or higher for a 16-credit semester.

Meghan Farley of Amherst  
Victoria Glavin of Amherst  
Paige Southworth of Amherst

#### 2014-15 Winter Academic All-Conference Team

KEENE - The following individual was named the Little East Conference Winter Academic All-Conference Team. Christian Wojtas, a senior member of the Women's Basketball team majoring in Safety Studies from Amherst.

#### Gettysburg College Announces Dean's List

Paige Ruland, Class of 2015, from Amherst has been placed on the Gettysburg College Dean's Honor List (3.6 or above) for the in the Fall 2014 semester. Paige is majoring in psychology.

#### Tufts University announces Dean's List for Fall 2014

MEDFORD, MA - Tufts University recently announced the Dean's List for the Fall 2014 semester.

Among these students are: Meghan Gillis of Amherst, class of 2015  
Rachel Moss of Amherst, class of 2015  
Olivia Veillette of Amherst, class of 2017

Dean's List honors at Tufts University require a semester grade point average of 3.4 or greater.

#### Jenna Gowell of Amherst Returns from Studying Abroad in India

EASTON, PA - Jenna Gowell of Amherst, a junior at Lafayette College in Easton, Pa., recently returned from studying abroad in India during 2014-15 winter break. Gowell is a graduate of Souhegan High School.

Gowell was among sixteen students who traveled to various locations in India during an intensive, three-week, faculty-led course to learn how economic growth has impacted different segments of society, including aspects of gender, ethnicity, and religious identity.

#### Phillips Exeter Academy Announces Winter 2015 Honor Roll Students

EXETER - Phillips Exeter Academy is delighted to share that Peter A. Duff, grade 11, of Amherst earned Highest Honors for the winter 2015 term. To qualify for the honor roll, students must maintain an overall average of (B), or a grade