

Sports News

Relay for Life Team from Mont Vernon



The Mont Vernon Fireworks, a team of 7th grade girls from Mont Vernon, participated in the Relay for Life Event in Salem, NH on Saturday June, 23rd. Team members walked from Saturday at 4 p.m. until Sunday at 8 a.m. The team raised over \$2,500 for the American Cancer Society. Team members in the photo: Rachel Meader, Emma White, Tess White, Heather Ries, Hannah Parrot, Lesli Rendell, Brigid Casey, Lauren Hayes, Lori Meader, McKenzie Rendell, Sue Ries, Kristin Meader, Alex Meader, Julia Brogioli, and Taylor Rendell.

Girls on the Run



On June 14th, the Tue/Thu Amherst Girls on the Run team held a lemonade & bake sale to benefit the Animal Rescue League of NH and the Nashua Children's Home to complete their community service project. "Founded in 1996, Girls on the Run® (GOTR) is a life-changing, character development program for girls in 3rd through 8th grade. Our mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Girls on the Run® combines training for a 5k (3.1 miles) event with healthy living education. We use exercise, positive reinforcement, and encouraging role models to help girls discover the confidence they need in those critical pre-teen years and beyond." This spring, GOTR of NH had 40 teams with a total of 440 girls and 85 coaches; the celebratory 5K took place on Saturday 6/16 in Exeter, NH. For more information, please visit: girlsiontherunnh.org.

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The Mind/Body Connection is The Most Important Component to Changing Your Health

No. 6 in a Series of 7

AMHERST – The sixth component is the Mind/Body Connection. The mind is ultimately the most important component when it comes to changing your health. It is the “soul” reason for our existence. Without a mind that has good decision making abilities, ultimately we will fail. Becoming aware of our decision making helps us to make better choices.

To help with stress levels in your life, try yoga or meditation to get into a more “healthy” state of mind. Either of these activities will relieve stress and increase your mind/body consciousness.

We are having trouble with our health care system in America, primarily because people were never taught HOW to achieve good health; instead we are lead to believe that there is an effortless way out. The truth is, it is relatively simple to accomplish great health once you know how and what to do.

Improving your health is easy once you have the right plan. Don't let lack of exercise and poor food choices dictate your future. At Integrity we create the plan that coaches you every step of the way back to better health. We guarantee better health just by following our simple plan.

If you are suffering from excess weight, high cholesterol, hypertension, diabetes, depression and some forms of cancer, Integrity can guide you back to vibrant health. Don't rely on someone else to take responsibility for your health, let us help you to take charge of your health and get you back on the road to healthy living!

At Integrity Health Coaching For Women, the process for achieving and maintaining optimum health

and well-being is as easy as following the integrated components of the EZ Coach health and fitness programming system, pioneered by Integrity.

The components to achieving and maintaining optimum health are broken down into these six categories:

1. Muscular Strength
2. Cardiovascular Endurance
3. Flexibility
4. Body Composition
5. Nutrition Planning/Supplements
6. Mind-Body Connection

Right now, Integrity is offering new members a 30 day risk free trial for only \$19. This includes a health coach, custom designed fitness plan and full use of all equipment for 30 consecutive days.

For more information visit: www.integrityfit.com, call 603-769-3388 or to take a tour, visit Integrity at The Meeting Place, 199 Route 101, Unit 5B, Amherst, NH (Next to the Post Office, across from Black Forest Café). Integrity also has two other locations in Bedford/Manchester and Londonderry.

All Integrity Health Coaching centers are available to members 24 hours a day so that whatever your schedule, no matter how busy you are, you will always be able to fit in your workout.

Champion of the Day



Amherst third-grader Matthew McCool, 9, poses with New England Patriots wide receiver Wes Welker during the Wes Welker youth football clinic on May 20 at Bishop Fenwick High School in Peabody, Mass. McCool, who plays Pop Warner football for the Amherst Patriots, was selected as 'Champion of the Day' for his age group from among 404 day campers in recognition of his sportsmanship, attitude and overall skills during the two-day camp.

Souhegan High School Honor Roll - 3rd Trimester 2012

Highest Honors

GRADE 9

Jessica Barlow
Moriah Calfin
Meghan Camello
Kiley Charbonneau
Oksana Clay
Hannah Culver
Charlotte Dyer
Emma Fleurette
Jarod George
Dakota Hamele
Rose Hegfield
Hannah Kenney
Lauren McCormick
Natalie Nelson
Jackson Pollio
Molly Reagan
Cameron Robertson
Bidisha Sen
Steven Upton

Ariel Wood

GRADE 10

Madison Adams
Ellen Arrowsmith
Michael Belanger
Jordan Billingsley
Julia Brackett
Morgan Brady
Jennifer Brisebois
Brady Camplin
Alexander Carlson
Victoria Chistolini
Madilyn Civiello
Samantha DeFilippo
Angela DiLiegro
Jocelyn Donohue
Olivia Durling
Jason Emmond
John Facey
Patrick Fitzgerald
Jamie Freud
Chayce Horton
Connor Houghton
Tina Huang
Sarah Hurd
Hannah Johnson
Julie Kelldorfer

Peyton Kent
Elizabeth Lapsley
Alessandro Mendola
Rebecca Mirhashem
Adaline Mueller
Miclyn Noorda
Daniel O'Dowd
Matthew O'Dowd
Stephanie Pochopin
Sean Pollio
Andrew Prescott
Samantha Prue
Jonathan Robinson
Marilyn Rohrer
Alexandra Safarz
Timothy Saunders
Joshua Silva
Mikaela Sullivan
Tas Vamos
Mark Velino
Sage Wessenberg

GRADE 11

Shannon Amrein
Nicholas Chouramanis
Sara Christensen
Kade Colen
Jennifer Cui
Jill Daigneau
Brandon DeGrandpre
Joshua Eichel
Anudeep Gavini
Victoria Haley
Sarah Howard
Alexandria Kibbie
Lindsey Lack
Samuel Leedy
Kelsey Mack
Kaitlyn Maloney
Pia Marciano
Emily Maresco
Arthur Patrick McDeed
Ryan Peterson
Guillermo Prol Castelo
Micah Quindazzi
Jessica Roberge
Audrey Wesson
Elizabeth White

GRADE 12

Elizabeth Bacher
Shauna Barritt
Megan Brown
Katelyn Casper
Kara Foley
Jenna Gowell
Kelsey Hewett
Adora Jackson
Samantha Jones
Raleigh McElvery
Kaelee Noorda
Shannon O'Mara
William Prescott
Emily Rego
Csilla Vamos
Hannon Young

High Honors

GRADE 9

Katherine Almeida
Samantha Beaudry
Stefan DeShazo
Katherine Heaney
Matthew Hopfensperger
Kaylin Johnson
Courtney Kenny
George LePage
Alexander Maresco
Kali Mondor
Rebecca O'Dowd
Melissa Paladino
Gabrielle Sellers

GRADE 10

Haley Aiken
Lyndsey Ballantyne
Cassandra Bragdon
Christopher Burnley
Taylor Charbonneau
Olivia Cunis
Nicholas Doiron
Caylin Enoch
Jack Foley
Casey Foulks
Ella Garvey
Emily Gaukstern
Ian Gowell
Michael Hayden
Jessica Jay
Min Lu Kelly-Durham

Rishi Nair
Charity Nett
Lauren Ostrowski
Caroline Schagrin
Kyle Vigneault
GRADE 11
Daniel Astbury
Kelsey Aten
Peter Bennett
Sonya Cicci
Daniel Dufresne
Jonathan Gottwald
Connor Holbrook
Courtney Hopp
Meghan Long
Andrew MacDonald
Ryleigh Mullens
Emily Shaw
Sean Tatar
Jamie Taylor
Samantha Walker
GRADE 12
Dylan Adams
Angela Blume
Brooke Duarte
Meghan Farley
Alex Green
Ian Hefflefinger
Kacey King
Erin MacDonald
Robert McCormick
Alexander Paquin
Nicholas Rackliff
Claudia Rallis
Michaela Sisitsky
Julia Smith
Trisha Smith
Katherine Stover
Isabella Stuopis
Ashley Tighe
Jane White
Megan Whitney
Emma Zaenglein

Honors

GRADE 9

Kaley Ahern
Eryn Bardsley
Alexander Bedard

Sydney Bertrand
John Bowler
Kaitlin Bryant
Jordan Catanuso
Sandrine Corbinand
Dean DeFilippo
Nathan Dinwoodie
Tiffany Drew
Olivia Duval
Katherine Ede
Alexander Girard
Cara Griffith
Taylor Hennas
Alison Hull
Lauren Kaltsas
Benjamin Kay
Jonathan Kempf
Eric Kolb
Alyssa Lederhos
Breanna Marks
Samantha Maxwell
Linnea McGinness
Elijah Moskowitz
Patrick Noble
Benjamin Osterholtz
Anna Protzmann
Austin Quinlan
Jessica Rettig
Sarah Riggins
Michael Robicheau
Carly Seguin
Nathan Shipley
Jacob Sipos
Anna Smith
Anna Sparks
Ryan Stimpert
Andrew Winter
Erin Woods
Haven Young
Teigue Young
GRADE 10
Haley Cannon
Jessica Concannon
Riley Connor
Parker Desborough
Shannon Disco
Charles Driscoll
Brian Dworkin

Olivia Edvalson
Hannah Emery
Aislinn Evans
Bailey Farris
Camden Formby-Lavertu
Kimberly Grasset
Jack Grudzien
Lyndsay Hagen
Alyssa Hansen
Maximillian Hoerhold
Andrew Huyck
Cassandra Jacobs
Anna Johnston
Kailey Kane
Charles Landrum
Ruomei Liu
Patrick Maguire
Gina Mancini
Benjamin Massa
Kayla McNeil
Nikita Nizhnikov
Catherine O'Connell
Rachel Rafferty
Carolyn Raiser
Katherine Schweizer
Emily Stauble
Olivia Vordenberg
GRADE 11
Quinn Bauld
Meghan Bedard
William Brown
Agnes Chretien
Connor Cinque
Michelle Cox
Douglas Cummings
Rachel D'Andrea
Hannah Dean
Denis Dessureault
James DiLiegro
Jarrett Dodge
Michel Ehrenstein
Sydney Fisher
Alexander Fogelgren
Owen Glover
Julianne Hilton
Tess Karlon
Jacob Kittredge
Megan Kolopsky

Brandon Len
Keelie MacKelvey
Emelia McGuy
Patrick McKnight
Sara Noble
Bradley Odhner
Benjamin Pham
Teemu Raina
Quincy Raymond
Michael Rego
Brian Ringenwald
Ilona Rolfhamre
Craig Vigneault
Jamie Wallisch
Olivia Wons
GRADE 12
Andrea Aiken
Havana Asvaraksh
Emily Ballantyne
Taylor Bardsley
Anthony Barksdale
Elizabeth Callahan
Conor Casey
Christopher Chininis
Graham Cox
Bertrand DeForest
Michael DeMarco
Jacob Dworkin
Laura Graham
Erin Heaney
Alex Hodsdon
Ashley Ireland
Alexander Kempf
Colton Kenny
Beau Landis
Cara Litchfield
Katherine Lynch
Allison Mensh
Katherine Parker
Ashley Redington
Scott Rogers
Liz Sanchez
Katarina Silva
Evan Smith
Jade Soucy-Humphreys
Taylor Studley
James Velino
Lauren Weinstock