

## The National Society of High School Scholars

# Hannah Elizabeth Cochran Receives National Honor

SHS student recognized for superior academic achievement by The National Society of High School Scholars

ATLANTA, GA – The National Society of High School Scholars (NSHSS) today announced Souhegan High School student Hannah Elizabeth Cochran from Amherst, NH has been selected to become a member of the esteemed organization. The Society recognizes top scholars who have demonstrated outstanding leadership, scholarship, and community commitment. The announcement was made by NSHSS Founder and Chairman Claes Nobel, a senior member of the family that established the Nobel Prizes.

"On behalf of NSHSS, I am honored to recognize the hard work, sacrifice, and commitment that Hannah has demonstrated to achieve this exceptional level of academic excellence," said Mr. Nobel. "Hannah is now a member of a unique community of scholars – a community that represents our very best hope for the future."

"Our vision is to build a dynamic international organization that connects members with meaningful content, resources, and opportunities," stated NSHSS President James W. Lewis. "We aim to help students like Hannah build on their academic successes and enhance the skills and desires to have a positive impact on the global community."

Membership in NSHSS entitles qualified students to enjoy a wide variety of benefits, including scholarship opportunities, academic competitions, free events, member-only resources, publications, participation in programs offered by educational partners, personalized recognition items, and publicity honors.

## Students in the News

### Binghamton University Students Receive Academic Honors

BINGHAMTON, NY - Binghamton University students receive academic honors for making the Dean's List for the spring 2014 semester: Neal L. Bonenberger of Amherst and Erin L. Heaney of Amherst

### Amherst Resident Graduates from University of Massachusetts Boston

BOSTON, MA - Amherst resident David D'Alessandro graduated from the University of Massachusetts Boston during the university's 46th commencement ceremonies on May 30. A record 3,994 students graduated from UMass Boston, as enrollment continues to grow at the university's harbor campus.

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

BOSTON, Mass - The following area residents were named to the 2014 spring semester dean's list at Simmons College in Boston:

- \* Taylor Cordts, of Amherst. Her major is Exercise Science.
- \* 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 Residents Receive Degree from Simmons College

BOSTON, MA. – The following local residents recently received a degree from Simmons College.

- Samantha April, an Amherst resident, Master of Science in Education degree from the School of Social Work
- Kayla McGrath, an Amherst resident, Master of Social Work with Certificate in Urban Leadership degree from the School of Social Work
- Perry Olson, a Mont Vernon resident, Master of Science in Behavioral Analysis degree from the School of Social Work

### Local Resident Graduates from Hobart and William Smith Colleges

Justin Richardson, of Amherst received a bachelor's degree during the 2014 Commencement Ceremonies of Hobart and William Smith Colleges, held on Sunday, May 18. Richardson, the child of Dirk and Victoria Richardson, majored in economics. Richardson studied abroad in Galway while at HWS.

### Union College Students Named to 2014 Dean's List

SCHENECTADY, NY - The following Union College students were

named to the Dean's List for the 2013-14 academic year.

Douglas Lens of Amherst. Lens is majoring in neuroscience, and a 2011 graduate of Souhegan High School.

William Prescott of Amherst. Prescott is majoring in mechanical engineering, and a 2012 graduate of Souhegan High School.

To make Dean's List, students must receive a 3.5 grade point average for the entire academic year. They also must meet several other requirements to be awarded the honor.

### Peter Dykeman-Bermingham Named To Worcester Academy's Honor Roll

WORCESTER, MA - Worcester Academy proudly announces the Final Honor Roll and Headmaster's List for the 2013-2014 School Year. The honor represents the achievements that each student has earned through academic excellence, challenge, and personal growth.

Among the students is Peter Dykeman-Bermingham of Nashua, Grade 12, who was named to the Honor Roll.

### University of Rhode Island Names Students to the Spring 2014 Dean's List

KINGSTON, RI - The University of Rhode Island is pleased to announce those undergraduates who have qualified for the Spring 2014 Dean's List. To be included on the Dean's List, students must have completed 12 or more credits during a semester for letter grades with at least a 3.30 quality point average. The following students were named to the University of Rhode Island Dean's List:

Dylan Joseph Adams of Amherst  
David J Campbell of Amherst  
Ryleigh N Mullens of Amherst

### Lasell College Announces Spring Dean's List

Lasell College announces the students who have earned Dean's List Status for the 2014 spring semester.

Sarah Dougherty of Amherst, a member of the class of 2014, was named to the Dean's List. Dougherty is majoring in fashion and retail merchandising.

Alexa Katsigianis of Amherst, a member of the class of 2015, was named to the Dean's List. Katsigianis is majoring in entrepreneurship.

### SHS 2010 Alum Graduates from N.E. Institute of Art

BROOKLINE, MA – Igor Nikolenko, a 2010 graduate of Souhegan High School, graduated from the New England Institute of Art in Brookline, MA with an Associate of Science Degree in Audio Production (Audio Engineering) on June 21, 2014. He currently lives Allston, MA and works in Allston and Boston.

## Souhegan High School

# Fall 2014 Evening Enrichment Courses & Workshops

### General Information:

Check <http://www.sau39.org/shs> for a detailed schedule and courses descriptions.

### To register:

Call 673-9940 ext "5317" during school hours or email mpaul@sprise.com to register. Course size is limited to space available. The courses will be filled with the first registered and payments before the first class will secure your seat. The cost of the course is based on the number of weeks the course meets and residence in the SHS School District.

All courses and workshops meet at Souhegan High School – 412 Boston Post Rd. Amherst, NH 03031.

\*\*\*Please check the start date!

## Monday

### Yoga I: Moving Into Peace

Teacher: John Silva  
Dates: Monday 8 weeks 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17  
Times: 5:15 – 6:45pm  
Cost: \$70.00 for residents, \$80.00 for non-residents

We will focus primarily on yoga postures and breath work, working toward engaging body, mind, and spirit in our practice. Classes will last 90 minutes, the last part of which will be a relaxation period. The course is appropriate for all levels of experience, especially beginners. Participants should bring a yoga mat and block and optionally a throw or blanket for relaxation. The instructor has over 15 years of yoga experience, including 5 years as a certified Kripalu Yoga Teacher.

### Yoga II: Moving Into Peace

Teacher: John Silva  
Dates: Monday 8 weeks 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17  
Times: 7:00 – 8:30pm  
Cost: \$70.00 for residents, \$80.00 for non-residents

We will focus primarily on yoga postures and breath work, working toward engaging body, mind, and spirit in our practice. Classes will last 90 minutes, the last part of which will be a relaxation period. The course is appropriate for all levels of experience, especially beginners. Participants should bring a yoga mat and block and optionally a throw or blanket for relaxation. The instructor has over 15 years of yoga experience, including 5 years as a certified Kripalu Yoga Teacher.

## Tuesday

### Watercolor Painting

Teacher: Kevin Dadoly  
Dates: Tuesday 8 weeks 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18  
Time: 7:00 – 9:00pm  
Cost: \$90.00 for residents and 100.00 for non-residents

Join Kevin Dadoly as he instructs this popular studio course designed to enhance and challenge all levels of watercolor artists from the beginner to the exhibiting artist! Expect to explore all types of painting techniques, and subject matter, in an enjoyable and positive environment.

### Learn the Art of Stained Glass

Teacher: Susanna Ries  
Dates: Tuesday 6 weeks 9/23, 9/30,

10/7, 10/14, 10/21, 10/28  
Time: 6:00-8:30pm  
Cost: \$80.00 for residents and \$90.00 for non-residents

Have you ever wanted to learn a new art craft using beautiful stained glass? Want to make a lamp shade using stained glass panels? Let your creativity expand and come make a stained glass panel, lampshade, and ornaments. Sample pieces of stained glass will be supplied and there will be glass tools to use for the first few classes. Students will need to buy soldering tools and materials and extra glass if needed. We will complete two pieces in the class! Come join the fun! Great ideas for holiday gifts too.

### Look and Feel Ten Years Younger

Teacher: Ruth Clark  
Dates: Tuesday October 7, 14, 28  
Time: 7:00 – 8:00pm  
Cost: \$20.00 for residents and \$25.00 for non-residents

Do you know the top 4 causes of aging? We will explore them in detail and help you to create a simple and easy plan to help you restore your energy and vitality as well as learn how you can overcome weight loss resistance.

Ruth Clark, RD, LD, MPH is a Registered Dietitian-Nutritionist with over 35 years of experience. Her approach is holistic and personalized

based on a variety of nutrition therapies including whole foods, tailored supplements and mind body modalities. She is passionate about helping mid-life women look and feel better.

## Saturday

### Feeding Your Family & Eating Clean From Your Own Backyard

Teacher: Kathi Nunley  
Dates: Saturdays 5 weeks  
Times: 10:00am – 12:30pm

Where: Kathi's Family Farm 54 Ponemah Rd (Rt. 122) Amherst  
Cost: \$70.00 for residents \$80.00 for non-residents (payable to Souhegan Cooperative School district)  
Lab Fees: \$52.00-\$77.00 depending if you want chicks! (payable to Kathi Nunley)

Have a desire to get off the factory-farm food grid? Looking to serve cleaner food for your family? This course teaches you basic skills for subsistence living in the modern world. The class includes a discussion on healthy eating and hands on instruction for raising chickens for both eggs and meat, efficient layer and container gardening, preserving food, making your own dairy products with raw milk, keeping honeybees for food and pollination.

If you have ever wondered how you can get started en-

joying a more self-sufficient life, this class will show you how. Discover how almost all the food on your table can come from your backyard.

**Oct. 4, 2014: Raising Chickens** (for eggs or meat) From chick to chicken, what do you need, what do they need, over-wintering and everything you ever wanted to know about eggs.

Lab fee\*: \$3 for the class and (optional) \$25 for 5 laying chicks to be picked before the course ends.

**Oct 11, 2014: Meat Birds** (butcher day).

Hands-on. You will be slaughtering and cleaning your own chicken to take with you that day. Bring your own knives, aprons and/or clothes that can get messy and wet.

Lab fee\* \$27

**Oct 18, 2014: Building a layered garden, container gardening, keeping bees for pollination and honey & preserving your harvest.**

Learn the lazy (aka "busy") person's way to plant a garden, how to keep honeybees and use them for food or pollinating your garden and orchard, and what to do with all that food in September. (drying, juicing, canning, freezing) Lab fee\* \$5

**Nov 1 & Nov 8: Making your Own Dairy Products using Raw Cow's Milk.**

Learn how to make sweet cream butter and cultured butter, cottage cheese, yogurt, farmers cheese, mozzarella, ricotta, greek yogurt, whey and all about milk and a bit on keeping a cow.

Lab fee\* \$15 for the 2 classes (includes recipe book)

## Adult Enrichment Program Seeking Teachers!!!

The Souhegan High School Evening Enrichment Program is looking for community members willing to share their talents and skills. "Teachers" would be responsible for one evening class each week for a six week term. The Fall term begins the week of September 22nd. If you have an idea or a talent that you would like to share, contact Maggie Paul to discuss the possibilities. mpaul@sprise.com or 673-9940 x5317

# Amherst PTA Board Plans for Busy Year

The new Amherst PTA Board has been busy all summer planning new events and a new focus! Co-presidents are Shannon Daniel and Clair Bryson. Secretary is Amy Littlefield, treasurer is Maureen Harman and members at large are Terri Behm and Lisa Eastland. If you'd like to contact the PTA board, please go to [www.amherstnhpta.org](http://www.amherstnhpta.org) and click on the e-mail link. One of the main goals of the new board is to bring back a feeling of a close knit community. We all feel and hear so often that time is flying by, everyone is caught up in their electronics, etc. So in holding true to the new community focus of the Amherst PTA, we are hosting an "old-school" family Ice Cream Social and Welcome Back to School Event at Wilkins Elementary School on Friday September 5th at 4 p.m. in the cafeteria. This is a free event for all PTA members and their families! Donation bucket will be present. Come join the other PTA members and celebrate making it through the first week of being back on a schedule, getting up early, making lunches, and bus runs! Meet new people and enjoy the crossover from Summer to Fall.

We are also helping the SHS Ethics Club with their Hope for Gus Color Fun Run/5K on September 20th—we hope to see a lot of our families at the race or at the Fair afterwards! Check-in begins at 8:30 a.m. a Zumba warm-up at 9 a.m. and the race begins at 10 a.m. This is a timed race and you can sign up on [www.amherstnhpta.org](http://www.amherstnhpta.org) or [www.sau39.org/shs](http://www.sau39.org/shs). Adult race fee is \$25 (\$30 the day of the race); Child race fee is \$15 (\$20 the day of the race). The PTA is providing a babysitting area for any runners who need it. We are selling glow sticks at the SHS football game the night before and sunglasses the morning of the event. If you don't want to run and want to volunteer for race duties i.e., handing out water, course direction, race sign-in, etc. Please contact us via email: [mailto:president@amherstnhpta.org](mailto:mailto:president@amherstnhpta.org)

Our first general meeting of the year is Wednesday, September 10th at 7 p.m. in the Wilkins Elementary School Library. Mr. St. Amand, and Mr. Dodge will be there to meet everyone and talk to us about the start of another great school year! Mr. Peter Warburton, the SAU 39 Superintendent, will also be there to introduce himself and answer general questions about our schools.

All PTA members are welcome to attend this meeting! Continue to check the PTA website for future meetings and speakers.

We have such a great year planned but, as in most things, we cannot make it all happen on our own. We need the direct involvement of our PTA family to insure our children have wonderful extra-curricular programs and experiences! Do you know with member participation in fundraising last year, we sponsored over \$18,000 dollars in extra-curricular programming and other projects. We absolutely can't do it without you! If you are interested,

please contact us at [mailto:president@amherstnhpta.org](mailto:mailto:president@amherstnhpta.org)

These essential positions still open for one or more people are as follows:

**3rd Grade Enrichment Coordinator**  
**Directory Chairperson**  
**Online Auction Committee (being held in the Spring)**  
**Math Night Chairperson**  
**Science Night Chairperson**

Planning for Kindergarten Coffees are in the works! Keep an eye out for more information.

As always, check us out on [www.amherstnhpta.org](http://www.amherstnhpta.org) and "Like" us on Facebook: Amherst PTA

## What Souhegan Did on Summer Vacation

Summer at Souhegan High School is nearly over, but it has been a busy one. Its four summer academic programs involved nearly 90 students and 20 twenty teachers. Souhegan's two-week Summer Institute explored topics in Globalization, Eastern Studies, Medieval Studies, Science of Science Fiction, while its six-week Summer School offered students credit recovery in math, social studies, English, World Studies and World Literature, Living Systems, Earth Systems and Junior Research Paper. ESY, or Extended School Year included special education programs centering on math, reading and writing as well as life skills and adaptive recreation opportunities. Souhegan also ran a Summer Prep program for selected students to assist with the acquisition and maintenance of math, reading, and writing skills. With fall AP course enrollment over 300, students taking courses in Art, Calculus, Chemistry, English Language & Composition, English Literature, French, Human Geography, Physics, Statistics, and US History completed take home summer work assignments.

In addition to the teachers who staffed these programs, the vast majority of faculty participated in either district-wide professional initiatives around literacy, new math materials, teacher observation tools and assessment standards, or pursued independent professional development activities and collaborative new course development work. It was both vacation and an opportunity for professional enrichment that readies students and teachers for a successful school year.

Dramatic modifications to the building designed to enhance new academic endeavors are almost complete. Many existing programs, such as community service, the school store and technology support have moved quarters in order to create a "Business Hub" that will foster business and community connections. On the second floor, the new Learning Commons will

provide upgraded work-space for students.

The few new hires replacing staff members in the Guidance Office, Business Department and participated in a newcomers retreat, while all faculty participated in a two-day onsite retreat to focus on instructional goals for the coming year such as student assessment and teacher leader effectiveness.

Of course, maintenance and grounds staff worked diligently to groom the playing fields for fall athletics; indeed, practices are well underway as well as interscholastic competition.

On Registration Day, Monday, August 25, all district students and parents experienced increasingly automated online procedures which reduce paperwork and more efficiently update student records. Students will hit the ground running on the first day of school with little or no time taken for administrative tasks, as individual files are complete with academic, health and contact information.

The previously announced hours-based calendar for the 2014/2015 school-year for the entire SAU #39 has created changes in start and dismissal times at Souhegan. SHS will now begin at 7:25am and end at 2:23pm.

In addition to new start and end times, students at Souhegan will now follow a new, three-day rotating school day schedule of Gold, Black and White days. Gold and Black days represent the bulk of the daily schedules with extended instructional periods of alternating classes, while the White days have shorter periods in order to allow all classes to meet.

Souhegan will once again welcome freshmen and seniors only on the district's first day of school, Tuesday, September 2nd, for a half-day orientation (7:25 am – 12:00 pm, with lunch and bus transportation). All Souhegan students report on Wednesday, September 3rd, for a full school day.

Welcome back!

www.amherstcitizen.com

## Fall Music Classes

Ukulele Classes for adults and Early Childhood Music & Movement classes for parents and children ages 0-6, will resume with a full schedule on September 8. Classes are taught by Amy Conley, M.Ed., in Milford and Nashua and go for ten weeks. For more information, visit [www.amyconleymusic.com](http://www.amyconleymusic.com) or call 603-249-9560. You are welcome to visit a class during our first week, if there is space. Please call to reserve a spot.