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Students Collect Products for Animal Shelter



Tommy Sullivan and Brooke Bawell at the Clark-Wilkins School collection.

Remembering Josh

For his ninth birthday, Joshua Savyon asked for donations to the animal shelter instead of presents for himself. He also took his birthday money that he had received and purchased items for the shelter. To honor and remember him, the students at Amherst will be collecting items for the Animal Rescue League in Bedford. The monetary and product donations were delivered to the ARL in Bedford on April 10th, Josh's birthday.

Hundreds of items collected included 120 cans of cat food, 20 bags of cat food, 33 cans of dog food, 44 toys, 15 boxes of biscuits, cat litter, rabbit food and bird seed. Thank you for helping us remember Josh.



5th graders James Sullivan, Andrew Rosse and Nolan Dickinson, who were friends of Josh helped out with the collection for the Animal Rescue League at the Middle School.

Souhegan High School Music Department Hosting a Unique Fundraiser

Souhegan High School Music Department Hosting 2nd Annual Mattress Fundraiser

AMHERST - The Souhegan High School Music Department is hosting their 2nd Annual Mattress Fundraiser Sale on Saturday May 9, 2015 at Souhegan High School from 10am - 4pm to raise funds for upcoming music department trips and instruments.

Music Directors Carl Benevides and Pat McMullen welcomed the innovative fundraiser, as it elim-

inates upfront cost for the school and band, while allowing the community to save money. Souhegan High School will be turned into a showroom where over 20 mattress sets including Simmons®, Restonic®, and Therapedic™ brands along with consumer digest best buy winners will be on display to test out. The mattress sets are 30% - 60% off retail price, are brand new, and come

complete with factory warranties. If you are in the Amherst area, stop by the mattress fundraiser to give yourself the gift of a better night's sleep, save money, and help SHS Music programs hit their fundraising goal. You will literally be investing in your own dreams and the dreams of the Souhegan High School music students.

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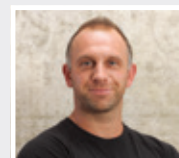
After consulting with a friend who highly recommended Elite based on his own experience for several years, I decided to join. My 4 reasons for joining are as follows:

- 1) Elite is available 24 hours, 7 days. The fact that I can attend any hour of the day is extremely convenient and eliminates the excuse that "I just don't have time"!
- 2) I have found the fitness equipment to be modern, plentiful, and designed for all types of physical fitness.
- 3) The availability of professional, Personal Trainers by hourly appointment was a great attraction for me. I have had regular appointments with Chris Lanctot, Personal Trainer. Chris provides detailed printed step- by-step fitness instructions designed for my age, 82, and watches

carefully, demonstrates, and answers all questions. I value his recommendations which are obviously based on much experience and knowledge.

4) It is obvious that all clientele are carefully selected which insures motivated people of ages ranging from young adult to seniors of my age, 82, and even older!

I continue very enthused over my Elite experiences. Perhaps the biggest reason why is, is that for the first time, after many years in on-going aerobics and playing tennis, I leave each work out feeling physically strengthened and refreshed, never tired and strained, as before!



Chris Lanctot

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