

# Schools

## Souhegan High School's Career Day Opens up a World of Opportunities

BY TIM COTREAU

AMHERST - On Friday, April 24th Souhegan High School held its third annual Sophomore Career Day. Over 50 professionals with ties to the Amherst and Mont Vernon communities descended upon Souhegan to share with students the experiences that have led to their particular careers. Professionals were divided into 11 panels, based loosely on career field, and spoke with groups of up to 20 sophomores during the course of two forty minute sessions. The program ran between 9-11am.

The event was organized by the Student Services department as part of an overarching program of college and career readiness. "There is a lot of value in offering this type of experience to sophomores, whose interests and aspirations are beginning to emerge," says Souhegan school counselor and event coordinator Tim Cotreau. "People ultimately will do what they know - so by exposing students to professionals from careers they may not see every day, maybe they will find an application for their talents they hadn't previously imagined." Panels ranged from Business, STEM, Healthcare, and Human Services, to Media, Arts and Law/Public Safety/Government. Students were placed on panels based on interests determined through career work that took place in the classroom in the preceding weeks.



**Career Day** - SHS Counselor Tim Cotreau greets area professionals before directing them to the Career Day panels where they described their work to and fielded questions from Souhegan sophomores.

Souhegan would like to thank the following individuals and organizations for partnering with us to making the day possible: Bret Mullens, Invivio; Bill King and Shaylin Bautista, Datron Dynamics; Dave Watson, Custom Culinary; Josh Delisle, Steve Perras and Matt Toy, Dyn; Matt Howard, Compass Group; Joseph McCool, The McCool Group; Linda Pehowski, Ecco; Ben Lannin, Chase-Paymentech; Leigh Eichel, AlphaVee; Robert Williams, UBS Financial Services; Andrea Bard and Jay Cohen, Southern NH University; Barbara Belak, Mont Vernon Village School; Beth Girard, Milford School District; Sally

Agel, Merrimack Middle School; Julie Cotreau, Rite Aid Pharmacy; Lizabeth Auth, Carrie Smith, Chris Howard, and Janet Dunlap, Elliott Hospital; Peter Brogowski, NH Organ Bank; Tracie Adams, Catholic Medical Center; Corin DeChirico, Southern NH Medical Center; Cindy Bossi, Rehabcare; Kris Wilsson-Ezequiel, St. Anselm College; Jon Jarvis, Office of Jeanne Shaheen; Joseph Cerra, Amherst Police Department; Kevin Shanley, Federal Bureau of Investigation; Scott Flegal, Flegal Law Offices; Shannon Chandley, former NH House of Representatives; Bill Birchard, billbirchard.com; Bob Cox, Monadnock

and Brattleboro Radio Groups; John McCarthy, International Cinematographers Guild; Jon Constable, Stephensen Memorial Library; Michelle Barry, Red Lorry/Yellow Lorry; Kelli Wholey, Lumina Photography; Maryann Cocca-Leffler; Mike Clark, Clark Creative; Paula Isabella; David Hagerstrom, Draper Laboratories; Karen Oates; Paul Levesque, RSA Security; Peter Maresco and Ron Nelson, BAE Systems; Jim Oehler, NH Fish and Game; Rich Masters, Watts Water Tech; Todd Guerdat, Manchester Community College; Tom Culver, RTI International

### Concert at Souhegan

The SHS Music Department will present its annual Spring Concert on Wednesday, May 13, at 7:00 pm in the SHS Theatre. The concert will feature chamber groups, Concert Choir, Acappella, Handbells and Concert Band. Souhegan HS welcomes the community to this free event.

### Students in the News

#### Neukam Graduates from University of New England's College of Osteopathic Medicine

PORTLAND, ME - Arja and Rande Neukam of Amherst are pleased to announce the graduation of their daughter, Suvi Neukam, from the University of New England's College of Osteopathic Medicine as a practicing Doctor. The hooding ceremony will be performed on Saturday, May 16, 2015 at Merrill Auditorium in Portland ME. Suvi will begin her 3 year residency at the Oregon Health and Science University, Portland, OR beginning in June in internal medicine towards a practice specialization in geriatrics. Her dad can think of no finer application of his doctorate than the permission it enables for him to perform the hooding ceremony; her mother can think of no better happiness than the bragging rights this occasion bestows. Suvi is a graduate of Souhegan High School.



Suvi Neukam

#### Local Students Participated in Academic Excellence Conference at Keene State College

KEENE - Over 160 students presented their undergraduate research at Keene State College's 15th Annual Academic Excellence Conference on April 11. This student professional conference is designed to showcase the academic work of Keene State students and the collaborative work between students and faculty. It allows students to share excellent work with a broad audience, and prepares them for submitting proposals to professional conferences.

The following local students participated:

Evelyn Cauchon of Amherst presented on the topic "Jumping the Mile-High Language Barrier."

Robert Graham of Amherst presented on the topic "Peeling Back the Layers of the Middle East: An Analysis of Early Twentieth Century International Policy towards the Creation of the State of Israel."

Patrick Kelley of Amherst presented on the topic "Impact of 'real world' biodiesel and petroleum diesel combustion on particulate matter composition and oxidative potential."

Shannon Nugent of Amherst presented on the topic "Redesigning Keene's Central Square Traffic Pattern: A Study on the Environmental and Social Impact of Creating a Roundabout in Downtown Keene."

#### Belak Attends UM Medical School

Aimee Belak, Souhegan class of 2010, graduated summa cum laude with Renee Crown University Honors from Syracuse University with a Bachelor of Science in Biology and Nutrition. After spending the past year as a teaching tutor at Match Next Charter School in Jamaica Plains, MA, Aimee will begin attending the University of Maryland Medical School in August, where she will continue the tradition started by her great, great grandfather who graduated from the UM Medical School in 1895. She is the daughter of Barbara and David Belak, Amherst.

#### Students Named to Champlain College Dean's List for Spring 2015 Semester

BURLINGTON, VT -- The following students have been named to the Champlain College Dean's List for achieving a grade point average of 3.5 or higher in the spring 2015 semester.

Jade Soucy-Humphreys of Amherst. Soucy-Humphreys is majoring in Digital Filmmaking.

Brianna Kinville of Amherst. Kinville is majoring in Computer and Digital Forensics.

Parker Desborough of Amherst. Desborough is majoring in Computer Networking & Cybersecurity.

#### Sumski Inducted Into Psi Chi Honor Society At Stonehill

EASTON, MA - Amherst Native Alison F Sumski was recently inducted into the Psi Chi Honor Society at Stonehill College.

The purpose of Psi Chi is to encourage, stimulate, and maintain excellence in scholarship and to advance the science of Psychology.

#### Patrick O'Mara Inducted Into Pi Sigma Alpha Honor Society At Stonehill College

EASTON, MA - Amherst native Patrick W O'Mara was recently inducted into the Pi Sigma Alpha Honor Society at Stonehill College.

The Pi Sigma Alpha Political Science Honor Society stimulates scholarship and interest in the subject of government by providing tangible recognition to students who have excelled in the field.

#### Andrea Aiken Inducted Into Lambda Pi Eta Honor Society At Stonehill College

EASTON, MA - Mont Vernon native Andrea L Aiken was recently inducted into the Lambda Pi Eta Honor Society at Stonehill College.

Lambda Pi Eta recognizes, fosters, and rewards outstanding scholastic achievement while stimulating interest in the Communication discipline. Aiken is a member of the Class of 2016 at the College.

#### Megan Brown Inducted Into Phi Alpha Theta Honor Society At Stonehill College

EASTON, MA -- Mont Vernon native Megan M Brown was recently inducted into the Phi Alpha Theta Honor Society at Stonehill College.

Phi Alpha Theta recognizes academic achievement in History and promotes the study of history and encourages research.

#### Students Inducted Into Stonehill's Lambda Epsilon Sigma Honor Society

EASTON, MA - Lambda Epsilon Sigma is Stonehill College's Honor Society. The purpose of the society is to recognize and promote scholarship. Juniors and seniors who have attained a 3.5 cumulative grade point average are invited to apply for consideration. Acceptance into the society is based on evidence of academic achievement, of a pursuit of learning that extends beyond the classroom environment and of an ability to communicate effectively through writing. Megan Brown of Mont Vernon, a member of the 2016 and a History major. Alison Sumski of Amherst, a member of the 2016 and a Psychology & English major.

#### Six Amherst Alums Graduate from UNH Manchester

MANCHESTER--The University of New Hampshire at Manchester will celebrate the achievements of 255 graduates, including six Amherst natives, at the college's 30th annual commencement proceedings on Thursday, May 14, 2015 beginning at 6:00 p.m. at the Radisson Hotel in downtown Manchester. The ceremony recognizes 193 undergraduate and 62 graduate students who have earned an associate, baccalaureate or master's degree at the University of New Hampshire's campus in Manchester.

#### Students from Amherst:

Stephanie Farish Beard, English, B.A.; Christopher S. Bottrill, Business, B.A.; Laura Christine Perros, Communication Arts, B.A., magna cum laude; Ryan Gabriel Reynolds, Business, B.A.; Anna Elizabeth Stauble, MED, Elementary Education, Kimberly Anna Swanson, MED, Elementary Education

## Dig Your Fangs into the New "Claw" Magazine

BY DAYTON HAMELE AND KELLY MERRIFIELD

Have you ever wanted to explore deeper into Souhegan High School and learn more about what really goes on there? Luckily, The Claw Magazine will answer your pleading. The Claw is new to school this year and is Souhegan's first digital magazine. It was created by Souhegan High School English teacher, Adam Theriault and his Saber Digital Magazine students. "My goal of this magazine was for students to have an understanding of how different writings emerge from different learning styles," Theriault says. Melody Chen, a freshman at Souhegan, says, "The Claw is very

open for ideas and is a free space to express creativity." The variety of types of expression promotes a positive change at Souhegan because of its many articles covering students, new policies, and sports teams.

The Claw also allows students to learn multiple ways of telling a story through video, writing, pictures, and many other multi-sensory experiences. The students write, edit, and publish all the articles. They learn how to effectively work as a team to efficiently produce a piece of work. Check out The Claw at: <http://shsclaw.wix.com/shsclaw>

Many current students in the class believe that people at Souhegan could benefit from the magazine. Lily Smith, a sophomore at

Souhegan says that she loves working for The Claw magazine, as do many others. Working for The Claw teaches students how to draw in people to their writing. This is very helpful skill because of the real life work skills students learn, and that will be an advantage later in life. It teaches students skills that aren't always all about writing. For instance, students quite often learn skills that involve working with people. This class pushes students to go outside their comfort zone, and socialize with different people. Not many high schools have a digital magazine, so this course and magazine is a great addition to the school, and can only have a positive impact.

Some students who took the Saber Digital Magazine class earlier in the year provided some positive feedback on it. In fact, many former students still read The Claw. Sophia Nikolenko says, "I very much love The Claw." She has read and watched almost everything on the site, adding, "The content is so diverse, because there is always something for everyone."

Souhegan can really benefit from this magazine because it keeps students informed on local issues and current events that are happening at and around Souhegan, Sophia explains. Another former student, Isabel Carbery states, "My favorite thing about The Claw is that it is entirely student run." She also said she loved working for The Claw because she had the freedom to write about the things that interested her.

Students aren't assigned specific articles to write about, but instead, they choose what is interesting to them. This is a very important aspect because not everyone has the same interests, and they get to write about something that intrigues them, which causes them to make a more exciting and effective piece of writing. Lastly, Garrett McNamee, a senior at Souhegan said that his favorite thing about The Claw is its freedom and flexibility. We asked him if he liked working for The Claw and he responded by saying that he did, adding, "To me, it was realistic in the sense that you were not simply assigned a subject by the teacher to research, but had the opportunity to choose what you wanted and expand upon it."

Being able to have a class where students can be creative, write, and express their ideas and interests is a wonderful thing for everyone. Because the students are able to write or post what most interests them, The Claw has it all.

Dayton Hamel and Kelly Merrifield are freshmen students in the Saber Digital Media class at SHS.



# Summer Fun!

Something for Everyone!



**Musical Theatre Camps**



**Music Camps**  
Rock Band  
Recording  
Young Musicians  
**Private Lessons**



**Broadway Dance Camp and Summer Dance Classes**



**Creative Kids Summer Program**  
July 7-30  
Ages 2-6



**SEUSSICAL - The Musical**



**Annie**



**Julie & Jones - The Musical**



155 Route 101 • Bedford, NH • 603.472.3894 • [bypc.org](http://bypc.org)

THE ELEVENTH ANNUAL

## Kitchen Tour

Featuring beautiful homes in Bedford, NH

Sunday, May 31, 2015 • 10:00am - 4:00pm

palacetheatre.org 603.668.5588







