

#7 Nicholas Tabor



#4 joshua Anson



#21 Nicholas Scavetta



#25 Hamza Ewiess



#12 Will Facques

BILL DOD
COURTESY
PHOTOS

9/22/15 5PM kickoff at Portsmouth, NH

	1	2	OT1	FT
SHS	1	0	1	2
Portsmouth	1	0	0	1

Goalkeepers	
SHS - Will Facques	8 saves
PHS – Wiley Thundermark	10 saves

Time	Team	Goal	Assist
28 min	PHS	Henry Ekstrom	Ian Steatoux
34 min	SHS	Ely Marciano	Luke Berry
85 min	SHS	Ali Ewies	Unassisted

SHS	4 wins	1 loss - 1 draw
Portsmouth	1 win	6 losses - 0 draws

This was a great match, in which both teams excelled at different times. Early however, it was all Clippers, as it appeared that the pitch completely favored the home side. The Sabers looked slow, and completely out of sorts, and in the first 5 minutes PHS managed 4 clear chances, forcing 2 saves out of Saber net minder Will Faques. Gradually the tide turned, or at least ebbed, allowing the visitors some possession of the ball and a couple of decent chances. Then PHS broke through on the left, making a swift counter-attack after a long Saber possession streak, allowing Henry Ekstrom to stroke home a low shot to the far post beating everyone.

The Sabers recovered again, and held a few strong pushes at the Clipper goal. A wonderfully crafted corner kick from Luke Berry found it's way through to the far post, and sure footed Ely Marciano deftly placed the ball into the back of the net to equalize.

In this writer's opinion, the second half belonged to the Sabers.

Clipper Keeper Wiley Thundermark made several outstanding saves to keep the game all even. Clearly in the ascendancy however, The Sabers carried momentum into the first overtime. Five minutes into the extra period, Ash Ewies created yet another opportunity off a well placed through ball from Josh Anson, putting the keeper under immense pressure. Ewies was able to find the loose ball in the crowded penalty area, and hit a shot so hard that it rebounded off 2 Clippers on it's way into the net to end the match.

2nd Team Results Sabers 2 – 2 Clippers. A very close match, battling to the bitter end.

Sabers are back in action on Friday against Windham. Please do come support our boys, 2nd Team at 5:45PM, and 1st Team at 4PM.

Garrett Earley led for much of the race before being outdistanced for 1st place by Merrimack Valley's Walker John, but the Sabers' depth prove to be too much for the host MVHS Pride, as the Souhegan boys took 6 of the top 12 places in a 4 team meet to race to victory. Following Earley (2nd, 18:06) across the finish line for the Sabers were Billy Seguin (5th, 18:25), Jake Upton (6th, 18:39), Bobz Zampella (9th, 19:21), Nate Soddors (11th, 19:30), and Kyle Manlogan (12th, 19:32). The final scores were Souhegan 33, MVHS 41, Windham 62, and John Stark 94.

The logo for Wild Salamander creative arts center is located at the top of the flyer. It features the word "Wild" in a purple, stylized font and "Salamander" in a blue, cursive font, both enclosed within a yellow rectangular border. Below the name, the words "creative arts center" are written in a smaller, orange, sans-serif font. The entire logo is set against a background of colorful, abstract splatters and patterns.

Wild Salamander
creative arts center

Fall Session 2 Starts Oct 26

Online registration opens October 1

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My incredible journey...so far • Teresa McInerny

I am so grateful for the day I walked into Elite Personal Training & Fitness, not exactly to join the gym, but to make a sales call. Instead I spoke with Tim and I bought a membership and two personal training sessions a week with Chris Lanctot. That day has changed my life! I knew what it was like to be fit; I used to run and even after having three children, I had attained a sound routine and level of fitness. I sustained an injury and proceeded to gain over 80 pounds over the next ten years. Those ten years were punctuated with three failed memberships to Weight Watchers, another gym membership, regular visits to a nutritionist, various attempted diet regimens...all to no avail. I could lose five or ten pounds and then throw in the towel! I had given up! It was sad! I was only 55 years old and I was so unhappy and unhealthy! Food was such a comforting thing and if your mind says you don't care, well the fight is over. You're done!

So I arrived at Elite on March 9 and started working with Chris. He is absolutely positive and supportive, he is easy-going but he is here to work and help. He is tremendously fit so you know he practices what he is telling you. He doesn't judge you and every plan is designed for you...strengths, weaknesses, level of fitness...then raises the bar when you're ready. I come in four days in addition to the two with Chris, sometimes to replicate the strength training moves I do with him and sometimes just to spend 30 to 45 minutes doing cardio. It has become a habit and it's fun! Now my good friend has joined and we come together!

Chris is also a nutritionist so I follow his advice and have dramatically changed my eating habits. I eat clean: mostly lean protein, lots of vegetables, fruit, limited whole grains, nuts, and yogurt. And voila! Over six months I have lost 80 pounds and I am not finished yet. I am happier, stronger, and more confident. I have exponentially more energy, I have eliminated almost all the pain I had developed from arthritis, and I know my heart is healthier. I can play sports and run again and I can wear attractive clothes again without settling for what is in the “Women’s” section. And I’ll continue to come to Elite regularly because I want to maintain and improve upon my fitness. I feel awesome!

***Thank you, Chris and Tim, for your
support and making it happen.
I recommend you guys to anyone
who is ready to get fit!
You rock!!!***



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