

Poetry Out Loud Contest at Souhegan High School

AMHERST - Souhegan High School's school-wide Poetry Out Loud National Recitation Contest is in full swing. The competition, presented in partnership with the NH State Council on the Arts, the National Endowment for the Arts, and the Poetry Foundation, is part of a national program that encourages high school students to learn about great poetry through memorization, performance, and competition.

Eighteen finalists will compete in the Poetry Out Loud School-wide Final on Thursday, February 16th at 7:00 pm in the Souhegan High School Theater. All are welcome to attend.

On Friday, February 10th, the 9th and 10th grade will hold their semi-finals (9:30 am and 12:30 pm, respectively). The junior semi-final

will be on Monday, February 13th at 8:30 am. There will not be a senior semi-final, though seniors will compete in the Finals on February 16th. Parents and community members are welcome to attend.

Nearly 800 Souhegan students chose, analyzed, memorized and performed from memory a published poem from Poetry Out Loud's online anthology. English teachers in grades 9-12 linked the project to their curriculum. World Literature students choose poems by non-American poets, 9th graders choose poems based on the themes they are studying in literature, and AP English students choose from a selection of English Romantic poets.

The winner and runner-up of Souhegan's Final competition on February 16th each win 4-year

\$15,000 renewable merit scholarships from New England College. The winner advances to the Regional contest in March. The NH champion will advance to the Poetry Out Loud National Finals in April in Washington, DC, where \$50,000 dollars in awards and school prizes will be distributed.

Last year, Souhegan's first year hosting the competition, freshman Olivia Vordenberg represented the state of New Hampshire at the National competition in Washington, DC.

Attendance at the School-wide Finals on Thursday, February 16th is free and open to the public. For more information, contact Jeanne Sturges at jsturges@sprise.com or 673-9940.

In The Region

How to Feel Delicious

NASHUA - It may be cold outside but it will be warm at the Crowne Plaza as Barb Tremlett teaches us "How to Feel Delicious". Using visualization techniques and real life examples she will have us all up and moving while realizing the importance of our roll in feeling sexy, wanted and deeply appreciated.

Barb is the founder of the Holistic Self Care Center. Her education and experience provides the tools for running this 20 plus provider organization. Her past has taken her from facility management running a 15 million dollar facility, to healthcare from a mental health, internal medicine, and administrative point of view, sprinkled with organizational fundraising and large scale event planning. She received her BS from Southern New Hampshire University and her MBA from Rivier College.

Barb is a certified Reiki Master, very active in the community and has participated on many non-profit boards, GAD, Downtown Winter Stroll, Youth Council, Leadership Greater Nashua, Business Professional Women, Business Networking International, and committees for the Chamber of Commerce.

She teaches many beginners programs such as, Reflexology, Useful Kinesiology, Basic Energy Medicine, Positive Thinking and Fun Attitude Changes. Her teaching style is hands-on with a creative and fun approach.

The luncheon takes place on Thursday February 16th, from 11:00 am - 1:00 pm at the Crowne Plaza, Exit 8, Nashua. The cost is \$16.00 for members and \$20.00 for non-members. An RSVP is not required. The meeting includes networking, buffet lunch, and speaker.

The Greater Nashua Business and Professional Women's (BPW) organization is a non-profit association whose mission is to provide a forum for the education, networking, business development and advocacy for women. For info: membership@bpwnashua.com or by visiting the web at <http://www.BPW.Nashua.com>.

St. Joseph Hospital Receives National Recognition for Quality Diabetes Care

NASHUA - The National Committee for Quality Assurance (NCQA) today announced that the Cardiovascular and Diabetes Center at St. Joseph Hospital has received Recognition from the Diabetes Recognition Program for providing quality care to patients in the Greater Nashua area with diabetes.

The Diabetes Recognition Program was designed to improve the quality of care that patients with diabetes receive by recognizing clinicians who deliver quality diabetes care, and by motivating other clinicians to document and improve their delivery of diabetes care. To receive recognition, which is valid for three years, the Cardiovascular and Diabetes Center at St. Joseph Hospital had to submit data that demonstrates performance that meets the Program's key diabetes care measures. These measures include eye exams, blood pressure tests, nutrition therapy and patient satisfaction, among others. When people with diabetes receive quality care as outlined by these measures, they are less likely to suffer complications such as heart attacks, stroke, blindness, kidney disease and amputations.

St. Joseph Hospital offers Pamper Me Pink and Red

NASHUA - St. Joseph Hospital invites women to join us in the fight against both breast cancer and heart disease on Wednesday, February 29 from 4:00 to 8:00 p.m. for a Pamper Me Pink and Red event. We are encouraging women to come out and have not only their annual screening mammogram but also to understand their unique symptoms of heart disease and how to reduce their risk. Women attending this event can enjoy complimentary services including manicures, facial consultations, nutritional information, screenings, refreshments and so much more. The special program is being offered to women who are due or over-due for their yearly mammogram. Check with your insurance company, as most will cover the screening fee. Space is limited, pre-registration is required by calling 595-5700, x2.

Souhegan Sets New School Record for Blood Drive

On Friday January 20th the Souhegan High School community donated 120 pints of life-saving blood in a Red Cross Blood Drive. This surpassed the goal of 105 pints, and is an all-time record for Souhegan.

Students in the National Honor Society at Souhegan High School organized the event, in coordination with the Red Cross. The Red Cross efficiently and quickly moved in to the gym at the school, remarking it into a collection site for the day.

Of the donors, fully 55--about half--were first-time donors. These students took time and a chance on a new experience during their school day to donate blood that will save someone's life. Studies show that donors who begin with a positive experience early in life continue to be active donors throughout their

lives so this opportunity establishes the likelihood of a continuing gift of life to people in crisis. 23 of the donors were 16 year-olds; a very high percentage for this population according to the Red Cross.

The NHS students worked as registrars, escorts, and offered snacks and beverages to those that had donated blood. They monitored the recovery group for any need of help. They were also on hand for friendly and moral support to peers as they had their blood drawn. "I expected the students to be dedicated to the tasks we had assigned such as registration and manning the canteen area, but I was touched and impressed at their kind and genuine interactions with their peers as they signed up and then donated blood.", notes Jeanne Neverisky, the NHS Adviser at Souhegan. A gentle sense of humor from the NHS

students helped put first-time donors at ease.

The great majority of donors were students, but the figure includes faculty, parents, and community members. There was solidarity across these groups in the common process and spirit of giving, as faculty and parents donated blood at cots next to students.

16 donors gave via the "double-red" extraction process, which yields the equivalent of 32 pints, boosting the number of effective pints collected for the day. The process collects the red cells but returns most of the plasma and platelets to the donor, and takes a bit longer than the regular donation process. Only donors who have previously given blood are eligible and must be in a particular weight category.

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