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Soccer Signups! June 1, 8, & 15 5-6:30 PM, AE/MS

Grades 1-4

\$13 if you already have an Andover Soccer t-shirt that fits, or \$20 includes a new t-shirt

Grades 5-6

\$13

SIGN UP NOW!

It is very important that we sign up as many students as possible in June so we can register properly with the soccer league.



Outside the Capitol - Erin Hanscom, Mariah Lansdown-Howard, Megan Hanscom. Riding in the Chamber - Governor Lynch watches Megan Hanscom, Danielle Adams and Maddy Pfeifer. Official Portrait - Back: Rhianna Newton, Mariah Lansdown-Howard, Elise Goodwin, Cameron Wood, Governor Lynch, Breanna Davis, Elizabeth Stearns. Front: Michaela Trefethen, Danielle Adams, Maddy Pfeifer, Megan Hanscom, Erin Hanscom. Kneeling: Maddie Trefethen, Rebekah Stearns, Haley Adams.

Photos: Alan Hanscom

One Wheelers Storm Capitol

By Lisa Hanscom
 Andover One Wheelers

On Friday, April 28, the Andover One Wheelers Traveling Team was invited to the State House in Concord for a photo opportunity with Governor John Lynch. They demonstrated skills on the State House grounds, visited the Hall of Flags, checked out the visitors center, and then went upstairs to the Governor's Reception Room and Executive Council Chamber for the photograph.

Before posing for the formal photo, Governor Lynch greeted each team member and asked many questions about their skills and appearances. He then gave the team members two rules and allowed them to demonstrate their skills inside the Chamber. Rule number one: "No hitting the walls," and number two: "No hitting the Governor."

Team members shared the five unicycles brought up for the photo and

demonstrated their favorite moves around the large council table.

Certain that no other people had ever ridden a unicycle inside the State House, Governor Lynch called upon Secretary of State Bill Gardner to verify that fact. When Mr. Gardner appeared, the Governor added rule number three: "No hitting the Secretary of State," and the unicyclists began showing more tricks.

Mr. Gardner said that he had no reason to doubt that the Governor was correct in assuming that there had never been unicyclists riding inside the State House before this day.

Both the Governor and the Secretary of State were interested in the history of the team, spending time reading the former trip destinations printed on the back of the uniform shirts. They wished the travelers well on their upcoming trip to Washington DC for the National Memorial Day Parade.

Six AE/MS Students Try Triathlon

By Mike Silverstein
 AE/MS Track and Field Coach

On Friday, April 23, six middle school students completed the first AE/MS Triathlon. This was not a typical triathlon, for obvious reasons, but the idea was to have students perform the three events - swimming, biking, and running - in the same day.

Students were skeptical about trying something new, but six brave souls decided to do it. Meredith Cline, Kassie Lamber, Josh Bond, Megan Hanscom, Jessica George, and Savanna Donovan all came out ready for a full day of being active.

The order of events for our triathlon was backwards because the Colby-Sawyer College's Hogan Center pool was not available to us until 1 PM. The students started around 9:30 AM with running.

They ran between 1.5 and 3 miles.

Next, around 11 AM the students biked about three miles on the Rail Trail behind the school.

For the final part of the triathlon, the students swam about 26 laps at the Hogan Center. All the students completed the triathlon.

I offered the students this triathlon to show them that it can be a lot of fun, it does not have to be done in a competition style, and to show them that completing such challenges can make you feel good. Although I did not specifically ask the students if they had fun, I feel very confident each student enjoyed it.

Next year I am hoping to at least double the number of students participating. Remember, don't be afraid to tri(athlon) it - you might like it!

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