



To finish a study of biography, AE/MS second graders wrote their own autobiographies! It was a family affair, and we are grateful to all parents who helped the children put together their "lifetime of photos" for the project. The hardcover books turned out very well, and you can see them in the school library. Pictured here are Jon Grodin and Billy Caron.

Caption and photo: Gretchen Hildebrand



How many digits of Pi can you memorize and recite? These four students were the Pi Champions for their grade level. Jesse set a new AE/MS record: 110 digits! Jane Slayton is pictured with the 2016 Pi Champions: Oliver Andrews, 107 digits (Grade 3-4); Jesse Niemyer, 110 digits ... a new school record! (Grade 5-6); Caleb Moriarty, 22 digits (Grade 1-2); Riley Keezer, 32 digits (Grade 7-8). Photo: Jen Bent

Community Wellness Walk/Run Event on May 22

5K loop through Proctor campus and trails

Scott Allenby, Proctor Academy

Proctor Academy's Wellness Team will host its fourth annual 5K Trail Run and Wellness Walk on Sunday, May 22, at Proctor's Farrell Field House. The purpose of the race is to promote, enhance, and raise consciousness concerning health and wellness among members of the community.

On-site registration begins at 8 AM, followed by a free children's fun run at 8:45 AM. Free t-shirts are available to the first 200 entrants. The race will begin at 9:15 AM.

The course is a 3.1-mile scenic loop through Proctor's campus and ski area. The course, which has been measured with a wheel, is a fun, challenging trail run. This course might not be suitable for strollers, but it is safe for all ages.

The cost to register is \$12 per runner or walker, or \$30 per family if more

than two runners are participating. All Andover Elementary/Middle School students are able to run or walk for free, and we hope many sign up.

Please visit ProctorAcademy.org/Page/5K for registration details.



Healthy Living

Community Education Programs

<p>Hypnosis For Pain Management 5/14 & 5/21, 9-11 am, FRH, \$75 Call 527-7120</p> <p>Water Exercise Variety of class options Hillside Medical Park Call 524-2852 for times/dates/cost</p> <p>Living Well FREE 6-WEEK CHRONIC DISEASE SELF MANAGEMENT PROGRAM 5/18-6/22, 5:30-7:30 pm, Franklin Regional Hospital 5/25-6/29, 9:30-11:30 am, Wesley Woods, Gilford Call 527-7120</p> <p>Keeping Your Back Healthy 5/19, 5:30-6:30 pm, FREE, Interlakes Medical Center Call 524-2852</p> <p>How's Your Balance & Flexibility? 6/8, 11:00 am-12:00 pm, FREE, Hillside Medical Center Call 524-2852</p>	<p>Evening Brief On Pain Relief Topics will include acupuncture, hypnosis and other therapeutic pain management options. FREE 5/4, 6:00-7:30 pm, LRGH 5/11, 6:00-7:30 pm, FRH Call 527-7120</p> <p>Intro to Big & Loud Movement Program For individuals with Parkinson's Disease or other related movement disorders. 5/4, 11:00 am-12:00 pm, FREE, Hillside Medical Park Call 524-2852</p> <p>Are You Ready To Stop Smoking? FREE one-on-one quit smoking education/coaching Call 527-7120</p> <p>Healthy Hips & Knees For Sports Participation 6/13, 5:30-6:30 pm, FREE, FRH Call 524-2852</p>
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527-7120 LRGHealthcare lrg.org
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Please remember to register! Programs may be cancelled due to low registration.

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