

Track from page 40

great. The 5th grade boys Logan Welch, Ben Kelly, Mychal, and Henry started a 4x400m relay team and won their first race. Isaac won both the 400 and the High Jump with Ben Kelly close behind in the 400. Kaden set a pattern for himself trying the 4 event max and trying to do as many events this season as possible. Carsyn Perkins won his heat of the 100 Hurdles. On the girls side Trinity ran a great 400 and Violet got her first clearance of 3' 0" in the High Jump.

At Merrimack Valley Jack Colvin ran solid in the 100/200 along with Elliott Norris and Gus Kiedaisch. Caleb Warzocha led the throwers with a Personal best 70' in the Discus qualifying for our Championship meet. Fenn Davis had a personal best in the Shot Put of 23' 3". For the girls team Caroline Sahs ran her best 400 of 1:18 earning a Championship qualifying time. Victoria Leak established herself as a thrower and jumper to watch with Discus throws of 52' 3" and Shot Put of 21' 1". She long jumped to victory in 12' 5". All qualified for our Championship meet. Sophia won the High Jump, 200, and 800. Her times in the 200 and 800 both School Records. Her 800 time is an all time school record for boys and girls.

The following week we started at Kingswood. The boys ran their best 4x100m relay of the year with the team of Ben Kelly, Liam Murphy, Jack Colvin and Elliott Norris running 1:00.4. In the Javelin Nick Horbert and Anthony Hammond led the way for Andover both throwing 50'. In the 800 our young distance crew continued to improve led by Mychal Reynolds in 3:04 and smart running by Will Sahs and Henry Wagler. Dante and Enrico More both cleared 4' 2" in the high jump. For the girls, Victoria won the discus 54' 11" and had her best long jump of the year. Violet improved her high jump to 3' 2". Sophia set a school record in Triple Jump and won the hurdles. On Wednesday the team was back at Merrimack Valley as a full team. Isaac started things off in the high jump with a season best of 4' 4". Ben Kelly had a breakout 400m run tying for the boys team best in 1:15. On the girls side Sophia Reynolds had the performance of the day winning and

setting school records in the 200, 1600, and Long Jump. The 1600 meter record is an all time boys and girls record.

The season wrapped up at Kearsarge providing a last chance to qualify for our Championship meet. We had some great events and close calls. Isaac, Dante, and Enrico all ran great 400's with Isaac improving his season best to 1:13 just missing the qualifier. Andrew Croteau had his best Javelin of the year throwing 71' 5" also coming up a little short. The Javelin also saw season best throws from Anthony and Nick. For the girls, Ella Makechnie ran her best 200 of the year in 33.72 and jumped her best long jump. In the 800 Mychal led the way for the team finally breaking through 3 minutes to run 2:53 along with Will and Henry both setting personal bests. Sophia set two more school records in the hurdles and the 800.

Andover sent 5 athletes to our league championship. Elliott Norris in the 200, Trinity Delaney in the 400, Caleb Warzocha in the Discus and Shot Put, Victoria Leak in the 200, Shot Put, Discus, and Javelin. The Championship team rounded out by Sophia competing in the 400, 800, 1600, and Triple Jump. Andover had a great day. Trinity ran a personal best in the 400 as did Elliott in the 200. Caleb had a breakout day going to 80' 6.5" in the discus earning 4th place. Victoria won bot the Discus and the Shot Put. Sophia added 400, 800, and 1600 victories to the team total. Between Sophia and Victoria Andover won 5 events and was second in a 6th to score 59 points and finish 4th as a team in the 16 team meet. As a result of their performances Sophia, Victoria, and Caleb qualified for the Middle School Meet of Champions.

The Meet of Champions is open only to the best middle school track and field athletes. Athletes qualify by being top 4 in their league championship or meeting very tough qualifying standards. This was the first year Andover took any athletes to the meet and we had 3. Caleb improved his Discus to 83' 9" to finish 16th. Victoria also improved her discus to 63' 0" also placing 16th. Sophia started the day with Andover's first State Championship in the 1600 winning in 5:18. She finished her middle school career with 2nd in the 800 improving her school record to 2:28.

Franklin VNA & Hospice Annual Coloring Contest is Underway

Contest runs thru July 19

Press release

National Coloring Book Day is recognized annually on August 2. Coloring and coloring books have always been popular with children, but over the years adults have gotten more and more involved with coloring. Adult coloring is now a huge trend and many are finding that it is not only fun but also a great way to reduce stress and anxiety. Coloring has also been linked in studies to help with healing the mind, body and spirit, releasing repressed feelings and emotions and stimulate creative thinking and problem solving, just to name a few.

This year Franklin VNA & Hospice is again having a coloring contest that runs through July 19. The winners will be chosen on August 2nd. The categories are broken down into 3 age groups: 8 and under, 9 – 14 and 15 and up.

As they are known for doing, the Franklin VNA & Hospice is keeping things local on this National Day! Prizes will be awarded for 1st, 2nd & 3rd place in each age group all from local organizations! The Soda Shoppe and Central Sweets in Franklin, Tilton Dairy Queen, Dipsy Doodle in Northfield, Jordan's Homemade Ice Cream of Belmont and Art Escape in Laconia were all proud and happy to provide all the prizes to

the talented artists.

The butterfly in many cultures is a symbol of the soul. Franklin VNA & Hospice had long ago adopted the butterfly as their logo because it represents their mission – to provide quality home health care, Hospice care and education to individuals and families in our communities so they may reach their highest level of independence. In other words, they aim to take care of the whole soul. So it is no surprise this year a butterfly was chosen for the contest, with beautiful swirls and whorls to give the contestants, what will undoubtedly be a great start to creating a masterpiece.

Local area schools and businesses, such as Winnisquam, Shaker Regional and Franklin Schools, Merrimack County Nursing Home and all the local senior centers will have the coloring sheets to hand out as well as a printable version on the FranklinVNA.org website. There are also printed versions available in their July 'The Butterfly Files' newsletter and at their office on Chestnut Street.

The winners will be displayed online on their Facebook page and website. So grab or print out the contest page, some coloring supplies and enjoy some quality coloring time!

For more information, call Franklin VNA & Hospice at (603)934-3454 or visit www.FranklinVNA.org.



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