



Andover's Sophia Reynolds outkicks Milford's Lauren Robinson for the Division II 3000 meter Championship. Photo: NewHampshireTrackAndField.com

Sophia and David Reynolds Win in Division Championship

Andover's Reynolds family continues to shine when it comes to being fast runners. At the recent high school Division II Championship Games, Sophia and David Reynolds both won in the 3000 Meter Event. David set a school record with a time of 9:00 minutes.

Sophia, a freshman at Merrimack Valley High School, not only won in

the 3,000 meter event but lowered her school record from 10:08 to 10:07. She also ran the 1,500 Meter and finished second to Kearsarge's Mya Dube.

She will be competing in New York City at the New Balance Indoor Nationals March 8-10 in the 5,000 Meter and the 2 Mile Championship Races.

When she is not training, Sophia can be found enjoying the company of friends, reading, watching movies, hiking and cooking.

David is a senior at Merrimack Valley. At the indoor Division II Championships he won the 3,000 Meter after being out sprinted last year. His time of 9:00 broke the old school record of 9:08. He also ran the 1500 at States finishing 7th. Dave is also unable to compete in New England's due to vacation but is ready for outdoor season to start in April.

When not running, David is usually swimming or biking to be ready for triathlon season in the summer. When he's not working out he's usually with friends at Marvel movies, reading, or playing video games.



David Reynolds wins the Division II 3000 meter Championship in school record time of 9:00 minutes.

Photo: NewHampshireTrackAndField.com

Andover Schools S.H.A.R.E. Day Celebrates 30 Years!

30th SHARE Day is Friday, May 10

Gisela Darling

Wow! Have 30 years gone by fast! It seems like yesterday when a small group of Andover PTO mothers brainstormed S.H.A.R.E Day (See How the Arts Reaches Everyone) into existence. They wanted to find a way to bring the children together with the wonderful artists and craftspeople of all kinds living in Andover and nearby. Before the school year was done, they had arranged with the elementary school administra-

tion for a special day of workshops involving musicians, dancers, fine artists, and craftspeople. It was a big success and has become a yearly event.

Workshops for 3-8 Graders last 2 hours. Some past workshops were: archery, bookmaking, basket making, weaving, wood crafts, karate intro, golf, mountain biking, tie dying, dance, intro to the guitar, maple sugaring. There are workshops designed for the children in Kindergarten - Grade 2, which are shorter in length. Students in higher grades participate in two workshops of

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Smokestack on Walt Wright Biomass Plant at Proctor Academy. The emissions from the stack are clean water vapor.

Proctor's Unsung Hero of Heat

Eric Nemirovsky
Proctor Academy Student

As we enter the heart of winter, the previously dormant smokestack of the Walt Wright Biomass Plant has begun spewing vapor again, and Proctor Academy will rely on Dana Newton to ensure we all receive heat.

If you are ever looking for Dana, the first place you should check is the biomass plant. On top of being responsible for all of Proctor's plumbing needs, he spends forty hours a week in the plant.

Being an unusual system for heating on a large scale, there is no user's manual. When Proctor built the biomass facility in 2009, running it became Dana's responsibility. Dana recalled the plant's early years of operation saying, "It was certainly a learning experience. There are a lot of moving parts and things that can go wrong. The steam is under extreme pressure and needs to be handled properly. Within the facility's first year of operation, I almost blew the whole thing up."

Proctor's biomass plant was built in 2009. It replaced the oil furnaces that produced heat for the campus for fifteen years. In a period of four and a half months (the amount of time the plant runs each year), Proctor burns 135,000 gallons of oil, which costs approximately \$337,000 for the four months. The chip plant burns three loads of wood chips a week, and a load costs \$1200

dollars, so the investment in the plant means fuel costs are reduced to approximately \$70,000 dollars for the same time period.

The Biomass plant saves Proctor significant money while distributing steam through a network of pipes to



Dana Newton (right) teaches Proctor students about the plant.

roughly 70 percent of Proctor's campus. It produces this steam by burning wood chips harvested entirely from the Proctor woodlands as well as adjacent lands. Though you can see thick white plumes billowing from the stack on cold days, the plant's only emissions are clean water vapor.

Dana stays on call 24/7. If the plant malfunctions and shuts down, he needs to be there night or day, before Proctor's pipes freeze. Most students don't know him, but we all rely on Dana to keep us warm and comfortable in the winter.