



The Alumni Gazette



Spring 2005

From The President

Last week I had the privilege of attending the Spaulding High School Band Spring Concert at the High School Auditorium. The concert was over two hours of wonderful entertainment by the 150 plus band and chorus members. As I sat there enjoying the concert, I couldn't help feeling proud of not only having a son in the band, but also being an alumni of Spaulding High School.

As the years go by, many fond memories during my four years at Spaulding, such as Mrs. Hubbard's English Class and the Friday night home football games, have become increasingly important and precious to me. I'm sure each and every one of you have some great memories and I bet if you take a few minutes to go down memory lane to remember your days and years at Spaulding, you will have a smile on your face.

Spaulding has always been a great school and it will continue to be a great school that has served the citizens and students of Rochester well for over sixty years. My father graduated from Spaulding in the early forties, my brothers, sister and a couple of nephews through the 70s 80s and 90s and now my son in 2006. Throughout these years there have been numerous changes to the High School, such as a new gym, cafeteria, more classrooms, state of the art vocational technology center, many new computer and science classes and sports such as lacrosse. But as I sat in the auditorium that night I realized that there were many things that hadn't changed. The auditorium is just as prestigious today as it was the day it was built and the front of the school with the white columns still stands proudly. Also, the school spirit and pride is as strong today or maybe stronger then when I attended.

I hope everyone feels this sense of pride and is proud to be alumni of our Spaulding High School. With this being said, I encourage everyone to become involved in the Alumni Association in some way. We are always looking for some new faces that would like to take an active role on the alumni. The meetings are the 1st Thursday at of each month at 6pm and are held at the Community Center. All you need to do is show up.

In closing I would like to touch upon some of our activities. Last month we participated in the Lilac Family Fun Festival and held our annual raffle. This month we are awarding three \$500 scholarships to Spaulding graduates and are also sponsoring a tennis clinic this summer. Our major event this fall is a homecoming dinner/social gala. This is the first event of this kind for the alumni. A committee being chaired by Betty (Raab) Willard is working hard to pull all of the details together. This should be a wonderful event and I encourage all Spaulding graduates to attend this gala. Please mark November 19th, 2005 on your calendar. I look forward to seeing everyone there.

David Stevens
President
Class of 1976

Lilac City Family Fun Festival

The 12th Annual Rochester Lilac Family Fun Festival happening this Saturday, May 21, at the Spaulding High School football field.

The Spaulding Rochester Alumni Association will be there again this year.

Spring Raffle

Here are the winners of the Spring Raffle

Quilt.....Ruth Sessler
Gas grille.....Jan Pelley

\$25 gift certificate

Jim Benton, Darlene McEwan, Donna Smith,
Loretta McGrail, Jackie Raab, Bob Forcier and Troy Large.

\$15 gift certificates

Shirley Leslie, Betty Willard and A. Landry

Where are they NOW!!

Shay Berry Class of 1985

Shay son of Coach Bob Berry (Class of 1960) has followed in his Dads footsteps. After graduating from Spaulding in 1985 he went on to Central Connecticut State University graduating in 1989. Thus starts Shay's journey into the world of coaching. After graduation he coached one year at his alma mater and Yale University. He spent 5 years as assistant coach at NCCA Division III at New York University. Shay then moved on to Division I Fordham where he was assistant coach for four years. From Fordham he spent the next year working at the Five Star Basketball Camp in Yonkers NY, working in personal training, skill development and group clinics.

Shay has returned to his home state of NH as an assistant coach at Dartmouth. Shay has been involved in recruiting. By using his skills and vast experience helped the "Big Green of Dartmouth" "improve. Shay's thought's on position at Dartmouth, "It's a great opportunity to be part of developing something special."

Shay has come full circle coaching basketball in his home State where his Dad once did the same .

Welcome Home Shay!

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HISTORY

It will be a nice surprise! It will return at least for this year. One of the English classes is publishing a "Red and White". You who graduated in the early 70's or before must remember the school paper which had sport pictures, poems, and whatever, of the talented classmates. Before the year book came into existence, the Spring issue had the pictures of members of the graduating class. Checking out at our Historical Museum, we find that the Red and White made its appearance in 1909 .It was published four times a year. It had a very plain brown cover most of the time and the contents were on the serious side. Later it was cream color with red lettering and it certainly became more fun and lively. It'll be interesting to see what Mrs. Ridley's classes "Red and White" will be like.

Go for it class of 2005 !!

BURSTING ONTO THE SCENE

Danyelle (Woods) Phelps

Danyelle the Spaulding High and a University running standout has come and gone on the Seacoast running scene. Now she could be back to stay, aspiring to qualify for the US Olympic Marathon Trials and a chance to compete in the 2008 Summer Olympic games.

Danyelle is a former three time State Cross Country Champion (NH) at Spaulding and a one time National two mile Champion. She enjoyed a successful running career at the University of Connecticut and still holds several school records.

She graduated from UCONN in 1999 with a degree in Human Development and Family Relations. Married and the mother of a 3 year old daughter, running has had to take a back seat. "I never wanted to stop "she said."It was just a matter of family and work creating conflicts." But late in 2003 Danyelle decided to seriously refocus on running. In doing so she ran various local races but did so without the benefit of any coaching. Danyelle enlisted the help of Smith College Head Coach Ellen O'Neil, to help structure her training regiment. She started coaching Danyelle last fall and she finished the year with the Bay State Marathon in Lowell MA. Her time was quick enough to qualify for the 109th Boston Marathon. She completed the Marathon finishing the 29th fastest woman; 15th fastest American woman and the fastest woman form New Hampshire. Danyelle's goal is to break 2:50 min and get near the 2:48 qualifying time for the US Olympic Trials for 2008. "I've got a way to go "she said, "I'm getting stronger with the training and feel I have a lot of room for improvement." "Running was always a part of me and it will always be. It's taught me a lot about life and I want to be a role model for my daughter. "

To Danyelle we say WELL DONE on returning to competitive running and wish her well in her future endeavors.



Courtesy photo
MILTON'S DANYELLE (WOOD) PHELPS, left, hopes to qualify for the U.S. Olympic marathon trials. She is being coached by Smith College track coach Ellen O'Neil. Phelps was the 29th fastest woman at the Boston Marathon earlier this month.

BEST OF THE BEST

The Rochester Athletic Association (RAA) recognizes its 2004 athletes of the year. For the first time, two athletes were awarded (shared) the honor as top athlete of the year. Alex Hoerman and Lindsey Williams both seniors at Spaulding High were awarded top athletes. Hoerman for track and field and Williams for golf.

Lindsey won the 2004 New Hampshire Junior Championship and in October she won the NHIAA girls golf title with an even par, two shot victory. Lindsey said she fell in love with golf at a young age and her parents have been her biggest supporter.

Alex Hoerman, a standout track and field runner won the State Championship in the 600 meter run and finished 2nd in the 400 meter run at the Class L championships. Alex has been chosen to represent New Hampshire on the 4 X 400 meter relay team at the 2005 USA Indoor Track and Field Championships .

The RAA also honored the Associations Athletes of the Month for 2004.



SPAULDING ALUMNI LOSES BOARD MEMBER

Mr. Lewis Goodwin (class of 1958) and a member of our Board of Directors succumbed to cancer November 9, 2004.

Lewis was chairman of the Scholarship Committee, co-chairman of the Youth Tennis Committee and more importantly a staunch supporter of all activities of our organization.

He is greatly missed and will never be forgotten.

UP COMING EVENTS

Lilac Family Fun Fest with the drawing of the Spring Raffle.....winners will be announced in the fall newsletter. It took place May 21, 2005. Tennis Clinic for Rochester area school students hosted by the Alumni and the Spaulding High tennis team early June .Gala Alumni Social for November 19, 2005.....

THANK YOU WWII VETERANS

Fourteen Spaulding students who left High School prior to graduation to support our country in WWII received honorary diplomas.

ARMY

Robert Hersom Carroll Bickford

NAVY

Robert Veno Lucien Gagne

Carroll Bickford Oscar Gelinas

Paul Lamie Wallace Gilbert

Arthur Nickless Edgar Hawkins

Norman Erickson William Copp

Quintin Turner Dana Copp

Maurice Bedard (not present)

Diplomas were presented by Mayor David Walker and Superintendent of Schools, Dr. Raymond Yeagley.



SPAULDING'S BEST - PAUL FRASE

A National Football League career that spanned 11 years and more than 130 games! Paul Frase lived in Barrington and attended Spaulding High where he led the Red Raiders to the Division I football title. He played football and basketball at SHS prior to moving onto Syracuse University.

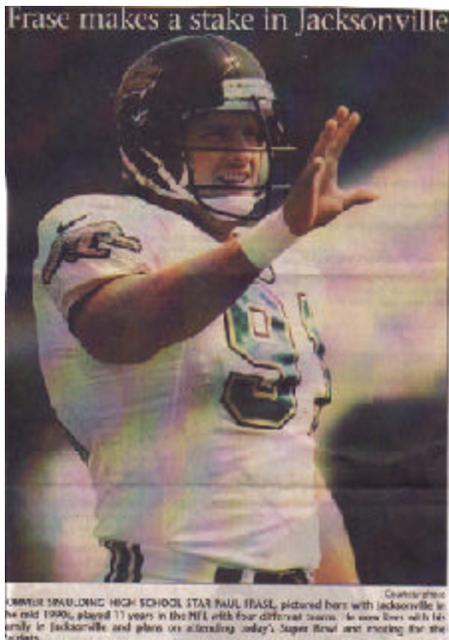
At Syracuse he was a 2 year starter and an Honorable Mention ALL AMERICAN in 1987. The Orange Men went 11 - 0 - 1 , ranked 4th in the nation and tied Auburn in the Sugar Bowl 16 - 16 .

Paul was a 6th round draft pick of the New York Jets, he went on to play 4 seasons with the Jets prior to being selected by Jacksonville in the 1995 expansion draft . He had a solid career playing 130 games with 4 different teams.

Three of the teams made playoff appearances Jacksonville (1996) ; Jets (1991) ; Packers (1997) . He played in 2 league championships including the 1996 game against the New England Patriots. He was a Patriot Fan growing up in Barrington and Steve Grogan was his hero.

While Paul made a living in a sport where the average career spans 3 years (Paul played 11) he has had his share of adversities. He was diagnosed with Grave Disease after the 1989 season and missed the entire 1990 season. His amazing comeback earned him the Ed Block Courage award , the award is selected by teammates .

Now retired Paul lives in Jacksonville FL and has started the Paul Frase Homes (constructing homes) within a 80 mile radius of Jacksonville FL .



UNION SPAULDING HIGH SCHOOL STAR PAUL FRASE, pictured here with Jacksonville in the mid 1990s, played 11 years in the NFL with four different teams. He now lives with his family in Jacksonville and plans on attending today's Super Bowl and meeting the star players.

“THE TRIP OF THEIR LIVES”

Spaulding High Band performing at the Inaugural Parade, Seeing the President, visiting the Pentagon, or appearing on National Television are activities some people can do in a lifetime, but 150 band members from Spaulding High School experienced all three in a matter of hours and performed for more than a half million spectators before President Bush's Inaugural Parade

They made their national television debut on NBC "Today Show" and ABC "Good Morning America". The SHS color guard performed on the street in front of the stage where the band played approximately 20 songs for the crowd of 500,000 people .

Perhaps the most exciting part of the day for the students was seeing President Bush waving as the motorcade passed their stage.



The band participated in fund raising before and after the inauguration performance to raise the funds necessary for the trip. Our Alumni Association donated \$ 500 to support their effort.



CONGRADULATIONS
“The Best Band in the Land”

“Upcoming Gala Event”

Calling all graduates! If you are looking for a great way to spend an evening with old friends and new ones, then look no further. We are planning a fun-filled evening on November 19, 2005 for all graduates of Spaulding or Rochester High School. Mark your calendars now and get your tickets early, because there are a limited number available for this first annual alumni gala.

We promise to give you a fabulous evening at the Rochester Elk Hall. The chef is planning a wonderful dinner and we guarantee that you will enjoy the live music along with a silent auction to raise money to help beautify the exterior of Spaulding High School. Door prizes to be given away throughout the evening. Doug Lachance from the class of 1983, the former mayor of Rochester will be the Master of Ceremonies. A cash bar will be available.

Tickets will go on sale at the beginning of August. They will be \$25.00 per person and will be available at Care Pharmacy and the Chamber of Commerce office. Members will also be selling tickets at the Chamber’s “Summer Fest” on August 13th.



Betty (Rabb) Willard
Chairman



Gala Event Committee

You can also obtain tickets by writing to the alumni association at:

**S.R.H.S.A.A.
P.O. Box 1365
Rochester, NH 03866-1365.**

Reserve your ticket or table early, because this promises to be a sell out event. If you are planning to be in the Rochester area for Thanksgiving, why not come a little early and join other graduates in a salute to our alma mater.

Spaulding - Rochester High School Alumni Association Membership Form

Enclosed is my Annual \$10 membership fee for the year 2005

Name _____
(Last, First) (Maiden) (Class Year)

Spouse _____
(Last, First Name) (Maiden) (Class Year)

Address _____
(Street or PO Box) (City, State, Zip Code)

Phone Number _____

Please mail to:

Email Address _____

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