

## Schools

### Souhegan High School – Spring 2010

# Evening Enrichment Courses & Workshops

#### General Information:

Check <http://www.sprise.com/shs> for a detailed schedule and courses descriptions.

#### To register:

Call 673-9940 ext “317” during school hours or email [mpaul@sprise.com](mailto:mpaul@sprise.com) to register. Course size is limited to space available. The courses will be filled with the first registered and payments before the first class will secure your seat. The cost of the course is based on the number of weeks the course meets and residence in the SHS School District.

All courses and workshops meet at Souhegan High School – 412 Boston Post Rd. Amherst, NH 03031.

#### Monday

##### BACK BY POPULAR DEMAND

#### French Cooking

**Teacher:** Elizabeth Skipper  
**Dates:** Mondays 3/29, 4/5, 4/12, 4/19, 5/3 & 5/10  
**Time:** 6:00 – 9:00pm.  
**Cost:** \$100.00 for residents, \$110.00 for non-residents plus a lab fee for ingredients.

“Did you enjoy Julie & Julia? They both knew that French food is formidable (French for tremendous, fantastic, great)! Two things make French food great – a deep respect for the raw ingredients and a thorough knowledge of cooking technique. In this course, you’ll be introduced to some of the basics. Each class will focus on a specific subject: stocks & soups, vegetables, sauces, crêpes, soufflés, and omelettes.”

The instructor is Elizabeth Skipper, an accomplished personal chef and culinary teacher, of The Everyday Epicure.

Pre-payment will secure your spot in a very limited class.

#### High Ropes/Rock Climbing for Beginners

**Teacher:** John Dowd  
**Dates:** Mondays 3/29, 4/5, 4/12, 4/19, 5/3 & 5/10  
**Time:** 6:00 – 8:00pm  
**Cost:** \$70.00 for residents, \$80.00 for non-residents

Come climb with us on Souhegan High School’s indoor rock climbing wall and high ropes course. The course will cover all the skills and information required to safely participate in a top rope climbing experience. Safety will be a major focus with proper equipment use and belay technique a major part of the learning. Climbers will have the opportunity to push themselves and support others as they do so. All equipment will be supplied. We will start with indoor rock climbing and later in the course move out to the high ropes course.

The course will be taught by John Dowd, founding Souhegan faculty member and senior climbing instructor at the Hurricane Island Outward Bound School.

#### Beginner Walk/Run Class

**Teacher:** Cathy Merra, USATF Level 1 Certified  
**Dates:** Monday: 5/3, 5/10, 5/17, 5/24, 6/7, 6/14  
**Time:** 6:00 to 7:30 PM  
**Cost:** \$70.00 for residents, \$80.00 for non-residents

Beginner Walk/Run Class-- For those looking to incorporate regular fitness into their daily lives via a walking/running pro-

gram, Souhegan High School Track Coach Cathy Merra will lead you through a six week step by step program to help guide you (especially those with little or no running experience) to the point of regular running. Cathy’s group will meet once per week (Monday evenings) for six consecutive weeks beginning Monday September 28, 2009. While this course is appropriate for all levels of experience, it is designed for beginning runners. Topics will also include what running shoes are best, proper stretching and injury prevention, safety tips, proper hydration as well as nutritional information for runners.

#### Tuesday

#### Intro to Digital Photography

**Teacher:** Kathy MacKay  
**Dates:** Tuesdays 3/30, 4/6, 4/13, 4/20, 5/4 & 5/11  
**Time:** 6:00 to 8:00 PM  
**Cost:** \$70.00 for residents, \$80.00 for non-residents

Are you ready to figure out how to use your new digital camera to capture special moments? Do you want to learn the art of composition to create images that convey a certain emotion or mood? If so, then this is the course for you! On the technical side, you will learn the functions of the digital camera and editing techniques in Adobe Photoshop. On the artistic side, you will explore the rules of composition and design, lighting techniques and other creative tips. Whether you wish to photograph people, landscapes, abstract images or other themes, this class will help you to get the pictures you desire.

Kathy MacKay currently teaches digital photography at Souhegan High School. She has been a professional photographer since 1982.

#### Watercolor Painting

**Teacher:** Kevin Dadoly  
**Dates:** Tuesdays 3/30, 4/6, 4/13, 4/20, 5/4 & 5/11  
**Time:** 7:00-9:00pm  
**Cost:** \$70.00 for residents and \$80.00 for non-residents

Join Kevin Dadoly as he instructs this popular studio course designed to enhance and challenge all levels of watercolor artists from the beginner to the exhibiting artist! Expect to explore all types of painting techniques, and subject matter, in an enjoyable and positive environment.

#### Conversational German for Beginners II

**Teacher:** Susi Ehrenstein  
**Dates:** Tuesdays 3/30, 4/6, 4/13, 4/20, 5/4 & 5/11  
**Times:** 6:00 – 7:30pm.  
**Cost:** \$50.00 for residents and \$60.00 for non-residents

After introducing the basic pronunciation guide, basic expressions and greetings, numbers, days of the weeks and seasons of the year in the first beginner course, this course will build a stronger skill set to converse in German and teach a deeper insight of the grammatical concepts of the language.

Lesson content will cover cultural notes, dialogues and grammar concepts of

1. Lodging, Hotels and Overnight Accommodations
2. Telling Time
3. Food, Restaurants and Eating
4. Health Care

#### Healthy Meals!

**Teacher:** Regina Sullivan  
**Dates:** Tuesdays 3/30, 4/6, 4/13, 4/20, 5/4 & 5/11  
**Time:** 6:00 – 9:00pm.  
**Cost:** \$100.00 for residents, \$110.00 for non-residents plus a \$75.00 lab fee for the 6 week class.

Did you make a New Year’s resolution to lose weight? How’s it going? Do you need some extra support? Join us for 6 evenings of healthy meal options. We will prepare good carb. recipes and low-glycemic recipes. Let us help you get creative and achieve your New Year’s resolution goal!

#### How to Write a Compelling Novel

**Teacher:** Katherine Mariaca-Sullivan  
**Dates:** Tuesdays 3/30, 4/6, 4/13, 4/20, 5/4 & 5/11  
**Time:** 7:00 – 9:00pm  
**Cost:** \$70.00 for residents, \$80.00 for non-residents

Do you have an idea for a great novel, but don’t know how to write it? Have you tried to write a novel only to give up part-way through the process?

This workshop is designed for anyone who has a story to tell, but who does not know how to turn a good idea into a compelling work of fiction. Over this six-week course, we’ll study the core principals of great fiction and learn about the elements that make up a polished manuscript. Topics we’ll cover include: Genre, Deconstructing the Novel, Character & Characterization, Plot, Scene, Setting, POV, Dialogue, Tense and The Process of Writing your Novel.

To personalize this workshop, attendees are encouraged to bring the first 10 – 15 pages of their manuscript for Katherine’s review.

Katherine Mariaca-Sullivan earned a B.S. in Psychology from Tufts University, where she completed a double major in Psychology and English. She holds a Master of Fine Arts in Creative Writing from Lesley University. Katherine is the Editor of the theCraftedPage.com, an online resource for Writers, Poets & Book Illustrators.

#### Yoga: Moving Into Peace

**Teacher:** John Silva  
**Dates:** Tuesdays 3/30, 4/6, 4/13, 4/20, 5/4 & 5/11  
**Times:** 7:00 – 8:30-pm  
**Cost:** \$50.00 for residents, \$60.00 for non-residents

We will focus primarily on yoga postures and breath work, with some seated meditation and occasional free-form movement. Each week we will emphasize one or two postures in detail. We will empower body, mind, and spirit toward peace. Each class will last 90 minutes, the last part of which will be a relaxation period. This course is appropriate for all levels of experience, especially beginners. Participants should bring a yoga mat or large towel, a cushion or yoga wedge, and throw or blanket for relaxation.

#### Wednesday

#### Pottery Studio

**Teacher:** Mary Salmon  
**Dates:** Wednesdays 3/31, 4/7, 4/14, 4/21, 5/5 & 5/12  
**Time:** 7:00 – 9:00pm  
**Cost:** \$70.00 for residents and \$80.00 for non-residents

8 Weeks of studio experience creating with clay. Pinch, coil, and slab construction as well as wheel throwing. Decorative glaze and texturing techniques will be explored.

#### Art of Photography/Editing and Critiquing Your Work

**Teacher:** Kathy MacKay  
**Dates:** Wednesdays 3/31, 4/7, 4/14, 4/21, 5/5 & 5/12  
**Time:** 6:00 to 8:00 PM  
**Cost:** \$70.00 for residents, \$80.00 for non-residents

This new class focuses on the art of photography? Now that you know how to use your digital camera, it is time to take your work to a deeper level. Each week students will “process” their pictures in Adobe Photoshop and hold weekly group critiques to discuss and improve their images. The best way to become good photographer is to take lots of photographs and receive feedback about them. If you join us, you will also be inspired by the work of famous and not-so-famous photographers.

#### Thursday

#### Writers’ Workshop

**Teacher:** Katherine Mariaca-Sullivan  
**Dates:** Thursdays 4/1, 4/8, 4/15, 4/22, 5/6 & 5/13  
**Time:** 7:00pm-9:00pm  
**Cost:** \$70.00 for residents, \$80.00 for non-residents

Do you have a novel, a collection of stories, or even a memoir that you are thinking about publishing, but you don’t know if the work is polished enough to send out? Or, would you benefit from positive, constructive feedback about your writing? Or, maybe you are like a lot of writers who thrive under deadlines.

This workshop is for writers who would like to share and discuss their own writing, and who can give constructive feedback to others. We’ll discuss the basic elements necessary to the telling of a good story, and discover where you can adapt your writing to make it shine. Please be prepared to share your work and to complete targeted writing assignments during the week.

Katherine Mariaca-Sullivan earned a B.S. in Psychology from Tufts University, where she completed a double major in Psychology and English. She holds a Master of Fine Arts in Creative Writing from Lesley University.

#### Conversational Italian for Beginners II

**Teacher:** Susi Ehrenstein  
**Dates:** Thursdays 4/1, 4/8, 4/15, 4/22, 5/6 & 5/13  
**Times:** 6:00 – 7:30pm.  
**Cost:** \$50.00 for residents and \$60.00 for non-residents

After introducing the basic pronunciation guide, basic expressions and greetings, numbers, days of the week and seasons of the year in the first beginner course, this course will build a stronger skill set to converse in Italian and teach a deeper insight of the grammatical concepts of the language.

Lesson content will cover cultural notes, dialogues and grammar concepts of

1. A Family Birthday
2. In a Hotel in Milan
3. Grocery Shopping

## Sports Briefs

### SHS Ties With Lebanon for First

The Souhegan track and field boys’ team tied Lebanon for the Class IM & S Championships on Sunday at Dartmouth College. Lebanon and Souhegan each scored 53 points, ahead of Portsmouth (45), Coe-Brown (42), Monadnock (42), Milford (29) and other schools trailing. The Sabers, led by Mike Peret’s three individual first places, trailed Lebanon by two points with only the 4 by 200 meter relay remaining. The team of Parker Hall, Dennis Elverson, Chris Chininis, and Mike Peret outran Lebanon for first, and, in the process, set not only a school record but a Class record with their 1:34.91 clocking. Mike was first in the 55 meter dash (6.4), the 300 meters (36.75), and the high jump (6’), but he received help from others. Chris Chininis set a new school record in the long jump (20’ 4.75”) and received fourth place honors. He also recorded third place in the 55 meter dash (6.7). The 4 by 800 relay team of Nate Kittredge, Aaron Prescott, Matt Chareth, and Bert DeForest, seeded ninth, ran a personal best of 8:55.85 for fifth place. Also, the 4 by 400 relay team of Jacob Lawrence,

Aaron Prescott, Jake Kittredge, and Grant Raymond, seeded twelfth, ran a personal best of 3:44.35 - sixth place and another school record.

The Souhegan girls’ team also performed better than they were seeded. The girls’ meet was won by Lebanon with 53 points, followed closely by Milford with 52, then Bow with 33. The Sabers were 10th with a total of 12 points. Their highest finish was Isabella Stupois in the shot with a new school record of 34’ 9.5 inches -good for third place. Hillary Wilson ran 3:15.4 in the 1000 meters to place fourth, and the 4 by 800 relay team of Hillary, Angela Blume, Arianne Bennett, and Molly Mirhashem was fifth with a season best of 10:30.1. Other performances were Csilla Va’mos, eighth in the 3000 meters with a personal best of 11:21.76, Angela Blume seventh in the 600 meters with a personal best of 1:47.73, Jade Humphreys tenth in the 300 meters(44.97), and Kelsey Knight eleventh in the hurdles (9.4). The 4 by 200 relay team of Micaela Wilson, Jade, Kelsey, and Laura Tebbetts was tenth in a time of 1:59.44.

### Amherst Travel Basketball Team

### Amherst Attack Qualifies For Championship Round of MSBL Playoffs



Top Row (from left to right) - Asst. Coach Chris Van Lokeren, Cameron Kinney, Nick Zell, Head Coach Mike Boehm.

The Amherst Attack grade 5-6 division 4 travel basketball team went 3 and 0 in the qualifying round to secure a spot in championship play at the Rockingham Athletic Club on Feb. 13. Game 1 in the qualifying round was held at Amherst Middle School with the Attack defeating Windham 41-20. Jake Parkinson led Amherst with 14 points and Ryan Boehm added 11 in the win. That evening Amherst traveled to Chester to play Hooksett and secured the win in a tight one 40-38. Down 22-4 at one point, pressure defense by the Attack caused a number of turnovers which was the key to the win. Connor Gibbon led Amherst with 11 points and had support from Nathaniel Chamberlain who chipped in with 8. The next day the Attack returned to Chester and defeated the home team 31-24. Ryan Boehm led all scorers with 11 points including a three point shot and Cameron Kinney was in double figures with rebounds and added six points. Defensive play and rebounding efforts were strong over the two days from all team members as everyone contributed to the wins.

Unfortunately for Amherst their run came to an end in the MSBL playoffs as they dropped a decision to Brookline 30-22. The Attack had the halftime lead but couldn’t hold off a superior effort from Brookline’s Nick Fothergill who had 18 points. Amherst had 12 free throw attempts but were only able to connect on three which proved to be a key factor in the game. Ryan Boehm had nine points with a three point goal but it proved in the end to not be enough as Brookline advanced.

The Amherst Attack finished MSBL play with a 12-6 record, and this winning record could not have been achieved without valuable contributions from all team members. Strong defensive and rebounding efforts came from Tim Driscoll, Max Van Lokeren, Henry Boyle, and Nick Zell, and Connor Parkinson and Garrett Earley delivered key baskets that contributed to wins. The Attack defeated all teams in the division that made the championship round at some point during the season (Brookline, Londonderry, and Chester), and did so on their opponents home court. Congratulations to the Amherst Attack on a great season.

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[amherstcitizen.com](http://amherstcitizen.com)

CHECK IT OFTEN!

GREEN TEAM KIDS CLUB

Create Your Own Birdhouse

Sunday / March 7 / 1:00pm

Lisa will help “Green Team Kids” create their own bird houses ready to hang outside – just in time for nesting! Call to reserve your spot today!

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