

Advice-A-Palooza Festival is Coming to Town



AMHERST - There is a cast and crew of over 110 students participating in the Amherst Middle School Theater Club's production of *Dear Edwina Jr.* On the stage and behind the scenes, the students are working to make this year's play a hit. Follow the adventures of advice-giver extraordinaire, Edwina Spoonapple, as she directs the neighborhood kids in lively (often hilarious!) production numbers for her "Advice-A-Palooza" extravaganza. We hope you will join us in the extraordinary advice giving story of Edwina Spoonapple. Show dates are March 17th 7 pm, March 18th 7 pm, and March 19th 2 pm and 7pm. Tickets go on sale in February 2011 and will be available in the main office of AMS and at local businesses.

Souhegan High School - Winter 2011

Evening Enrichment Courses & Workshops

General Information:

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

To register: Call 673-9940 ext "317" during school hours or email 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

Yoga: Moving Into Peace

Teacher: John Silva
Dates: Monday 1/24, 1/31, 2/7, 2/14, 2/21, 3/7
Times: 7:00 - 8:30pm
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.

Cook Better! Eat Better!

Teacher: Elizabeth Skipper
Dates: Monday 1/24, 1/31, 2/7, 2/14, 2/21, 3/7
Time: 6:00 - 9:00pm.
Cost: \$100.00 for residents, \$110.00 for non-residents plus a lab fee for ingredients. Enrollment limited to 12 students.

Cook Better! Eat Better! classes are based on the fact that what you eat profoundly impacts your health and wellbeing. Improve your cooking skills, explore traditional foods with their nutritional benefits, and increase your culinary confidence. Have fun in the kitchen, and enjoy preparing and eating some delicious meals!

The instructor is Elizabeth Skipper, an accomplished personal chef and culinary teacher, of The Everyday Epicure in Amherst. www.theeverydayepicure.com

Tuesday

Watercolor Painting

Teacher: Kevin Dadoly
Dates: Tuesday 1/25, 2/1, 2/8, 2/15, 2/22, 3/8
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.

Fly Tying for Beginners

Teacher: Peggy Brenner
Dates: Tuesday 1/25, 2/1, 2/8, 2/15, 2/22, 3/8
Times: 6:00 - 7:30pm
Cost: \$70.00 for residents, \$80.00 for non-residents

A hands on course of the basic techniques used to create just about any fly for fishing on our home waters, a combination of freshwater and saltwater.

We will cover the vise and tools and tie our first flies. We'll learn thread and materials control and se-

lection during all our classes along with a dozen basic skills used in just about all fly tying. By the end of six weeks we will have constructed 12 patterns, starting with the Woolly Bugger/worm, soft hackles, foam flies, clousers and on to dry flies and each student will have a fly selection that can be used anywhere in New England.

The instructor will supply tools and vises for use in class, along with all materials and instruction sheets for each fly.

Peggy Brenner has been teaching fly tying for the past 6 years at United Fly Tyers, Casting for Recovery and International Women's Fly Fishing. She is also a demonstration tyer at the major fly fishing shows around the country.

Stained Glass

Teacher: Susanna Ries
Dates: Tuesday 1/25, 2/1, 2/8, 2/15, 2/22, 3/8
Time: 6:00-8:00pm
Cost: \$70.00 for residents and \$80.00 for non-residents

Creating glass panels and ornaments can be very rewarding. This class will show you how to design, cut, foil and solder your own glass panel or ornament. Stained glass comes in all colors and all kinds of textures. The final projects will be framed and ready for hanging. We can explore three-dimensional projects also such as vases, boxes and simple lamp shades.

Susanna Ries has been creating original stained glass for 21 years.

Her passion for glass began when she took classes at Renaissance Glassworks in Nashua NH. She has been showing her artwork at two local galleries, East Colony Fine Art in Manchester and the League of New Hampshire Craftsmen Store in Concord. Susanna's background is in Fine Art - she earned a BA Degree in Art from Colby-Sawyer College in New London, New Hampshire.

Conversational German for Beginners I

Teacher: Susi Ehrenstein
Dates: To Be Announced
Times: 6:00 - 7:30pm.
Cost: \$50.00 for residents and \$60.00 for non-residents

Are you planning on going on a vacation to Germany or are you frequently travelling there on business and would like to be able to order in a "Gasthof" or converse in your "Gastehaus"?

Then sign up for this 6-week introductory class! Lesson content will cover:

1. Pronunciation Guide
2. Basic Expressions and Greetings
3. Ordering in a "Gasthof"
4. Days of the week and telling time
5. Seasons and Months of the year
6. Numbers from 1-1000

Wednesday

Pottery Studio

Teacher: Mary Salmon
Dates: Wednesday 1/26, 2/2, 2/9, 2/16, 2/23, 3/9
Time: 7:00 - 9:00pm
Cost: \$70.00 for residents and \$80.00 for non-residents \$20.00 lab fee for supplies.

6 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.

Beginning Hoopdance

Teacher: Kate Walsh
Day: Wednesday 1/26, 2/2, 2/9, 2/16, 2/23, 3/9
Time: 7:00-8:30

Catch the fun and fitness of the hoopdance craze. Beyond the hula hooping of the past, hoopdance combines a great core work-

out with moving around to get your heart rate up. Learn waist and hip hooping, halos, corkscrews, and the swoop in this level 1 class. Practice hoops will be provided. Join us in your comfortable exercise clothes ready to have fun.

Gluten Free Cooking & Baking with Oonagh

Teacher: Oonagh Williams
Dates: Wednesday 1/26, 2/2, 2/9, 2/16, 2/23, 3/9
Time: 7:00 to 9:00 PM
Cost: \$70.00 for residents, \$80.00 for non-residents

Join Award Winning Chef/Instructor Oonagh Williams for a gluten free cooking/baking class. Chef Oonagh has a gluten intolerant son so focuses on gluten free. Since the kitchen at Souhegan is not a gluten free facility, Chef Oonagh will bring her own equipment and all the ingredients. At home, she only buys regular bread and cereal for her husband, everything else is gluten free. In the first class the participants will decide on the recipes for the rest of the series. Suggestions are gluten free pumpkin jelly roll, tiramisu, corn bread toaster cakes and corn bread stuffing, cream puffs, bread, brownies, as well as soups, entrees etc - all from scratch. You will get to taste everything she makes. You can find more gluten free creations by Chef Oonagh on her web site www.royaltemptations.com, her bio and credentials, and links to YouTube from her appearances on Cooks Corner and her Cooking Shows adn on Facebook at gluten free cooking with Oonagh. Please note class will start Wednesday 6 October from 7-9 pm. Lab fees will depend on dishes chosen.

Oonagh Williams - Award winning Chef/Instructor, Consultant, Speaker, Food Writer, "A Resource for Gluten Free Living"

Oonagh@RoyalTemptations.com, Merrimack NH. Connect with her here: Facebook, Web, LinkedIn, YouTube

See Cooking with Oonagh TV shows on YouTube 603-424-6412

Rock Climbing for Beginners

Teacher: John Dowd
Dates: Wednesday 1/26, 2/2, 2/9, 2/16, 2/23, 3/9
Time: 7:00 - 9:00pm
Cost: \$50.00 for residents, \$60.00 for non-residents

Come climb with us on Souhegan High School's indoor rock climbing wall. 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.

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

Introduction to Quilting

Teacher: Jean Cannon
Dates: Wednesday 1/26, 2/2, 2/9, 2/16, 2/23, 3/9
Time: 7:00 - 9:00pm
Cost: \$70.00 for residents and \$80.00 for non-residents

Come learn the basics of quilting including design, color theory, cutting/piecing techniques, and finishing a small quilted project. This will be a hands on class with homework (sewing) each week. You will need a portable sewing machine in good repair.

Fabric requirements, other tools and supplies will be discussed at the first class.

Jean Cannon, Instructor and member of the Souhegan Valley Quilt Guild.
FIND THE WORK YOU LOVE AND PLAN HOW TO GET THERE.

"It takes as much energy to wish as it does to plan"

-Eleanor Roosevelt

Teacher: Sandy Demarest
Dates: Wednesday 1/26, 2/2, 2/9, 2/16, 2/23, 3/9
Time: 6:30 - 8:30pm
Cost: \$70.00 for residents and \$80.00 for non-residents

This interactive 6 week course will take you through the process of discovering the work you love and how to get there by developing your job search plan. Without a job search plan your job search may seem overwhelming or beyond your control. In this course the following areas will be covered:

- Analyze the right career fit by exploring your skills, strengths, industry interests, career values, personality and preferred work environment.
- How to package your strengths into a career brand which is what makes you unique & valuable including resumes, cover letters, and networking letters.
- Investigate and research target companies, identification of contacts and how you can add value to the company.
- Developing a job search plan and how to orchestrate many activities through networking strategies.
- Learn how to uncover what will motivate the employer to hire you. This involves formal and informal interviews that will put you in the best light.

Thursday

Conversational Italian for Intermediate Level I

Teacher: Susi Ehrenstein
Dates: Thursday 1/27, 2/3, 2/10, 2/17, 2/24, 3/10
Times: 6:00 - 7:30pm.
Cost: \$50.00 for residents and \$60.00 for non-residents

This class has graduated from the beginner to the intermediate level and is able to conjugate a number of verbs in the present tense and future tense.

Many nouns, adjectives, pronouns and prepositions have been introduced in various different grammatical contexts. Class is at an Early Reader level.

Grammatical content will be:

- the introduction of the past participle and past tense
- the introduction of direct object pronouns and reflexive pronouns
- Reading and dialogue pieces will refer to
 - a visit to a bank
 - at the doctor's

Colorful Copper, Whimsical Wire

Teacher: Karen Mitchell
Dates: Thursday 1/27, 2/3, 2/10, 2/17, 2/24, 3/10
Times: 6:00 - 8:30pm
Cost: \$80.00 for residents, \$90.00 for non-residents
Materials fee: \$45

Copper comes in many forms, like wire in a multitude of colors, and sheet as thin as foil. Using simple tools, we'll cut & bend, hammer & stamp, twist, coil, knit & crochet our way to fun and funky jewelry.

We'll add color with colored copper wire, with heat, and with resin inlay. We'll use pebbles, beads, and our imaginations. It's easier than you think!

We'll be using copper, brass, and aluminum sheet, copper, brass and silver wire, and colored copper wire.

How Does Our FIRST Robotics Team Raise Money?

BY SAGE WESENBERG

Team Entropy needs to raise about \$30,000 to build a robot and compete each year. Our FIRST team holds numerous fundraisers and events, the biggest of which is our annual Comedy Night. It is a great fundraiser that helps us raise money in a few different ways. You will be able to spend the night with awesome comedians, buy delicious treats at our bake sale, and bid for some great silent auction items.

Three hilarious comedians will take the Souhegan High School stage for us on Saturday, January 15.

Jim Colliton has grown up in the suburbs and now lives with his wife and three children in the suburbs. Jim talks about killing a bat flying around the house and also the embarrassing contents of the recycling bin. His humor is hysterical and also clean. Jim loves to perform, no matter how many people it's for. He has worked all around the country and on TV, and now we're really excited that he's coming to Amherst NH.

Our second comedian, Mike Whitman, was dubbed Boston's Best New Comedian at the 2008 Boston Comedy Festival. He is extremely entertaining and performs everywhere from colleges to top venues to Souhegan High School! It will be a great time, as Mike works with his audience, and always cracks them up.

We are also excited to host Matt Donaher. He has an intense joke-

writing talent that has been getting him a lot of attention. Matt was a finalist in the 2009 Giggles Laugh Riots Contest, he was picked to perform in the Alternative Showcase at the 2009 Boston Comedy Festival. He has been compared to Steven Wright and was voted Funniest Comedian for Manchester and the Overall Funniest Comedian in the whole Granite State.

On top of all this talent, you will also get to see the soon-to-be famous cast of our very own FIRST team performing a Wizard of Oz spoof put together by Dave Brooks. A hilarious comedy touring for... ONE NIGHT ONLY!

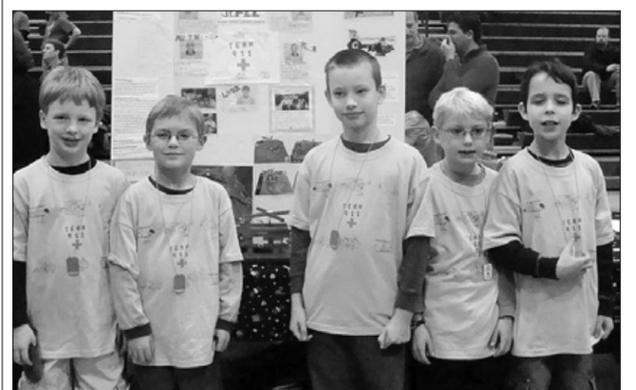
FIRST Comedy Night is at Souhegan High School on January 15th at 7pm. Tickets are \$20 at the door or \$15 beforehand. They are available from any team member and also at Moultons, the Homestead and Toadstool Bookstore. Silent Auction items include yoga passes, weekend stays in the mountains, restaurants meals and much, much more. Recommended audience is high school and up. Join us. You will have a great time!

Also, please come support us at Uno's restaurant (Amherst St) on January 6th and Longhorn restaurant (on 101A) on the 13th. If you say you're with the FIRST team, 10% of your bill will go towards our fundraising efforts. It is a great chance to have a nice dinner with your family while also supporting a great cause. Thank you!

Amherst Preschool Students Raise Funds



The Four Year Old Families at The Amherst Preschool recently raised over \$500 to help support The Educational Farm at Joppa Hill. These funds will feed two animals for the coming year. The Four Year Olds voted and chose China the Pig and Susie, one of the horses at the Farm! Some of the children are pictured here with Lin L'Heureux, the Farm's Executive Director.



Amherst's Junior FIRST® LEGO® League Team 911: Oliver Toy, Liam Dailey, Tyler Rishkofski, Austin Pollio, Ethan McFee

Amherst Jr. FLL Team 911 Takes Part in HBHS Exhibition.

Amherst's Junior FIRST® LEGO® League Team 911 consisting of Oliver Toy, Liam Dailey, Tyler Rishkofski, Austin Pollio, Ethan McFee and coach Jane Pollio, participated in the Hollis-Brookline exhibition on December 11.

This year's Jr. FLL featured a 2010 Body Forward™ Challenge. The team explored the cutting-edge world of Biomedical Engineering. Team 911 researched the Dartmouth Hitchcock Advanced Response Team medical helicopter.

They took a field trip to the hangar and met with DHART pilot, Jim Clark. The team created a Show-Me Poster and Model. The Show-Me Poster illustrated their research and team journey.

The Model portion represented what they researched. Team 911 won an award for "Most Realistic Model."

**NEXT ISSUE: January 25
DEADLINE: January 19**

THE TOADSTOOL BOOKSHOPS



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NEW YEAR
2011!!**

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