



The kids at Jasper Valey Tennis & Swim Club in Amherst are fortunate to spend up to 10 hours of tennis per week with our tennis pro, Marty Morrissey, and his staff, Henry Morgan, Leah Morrissey, and Johnny Cissel. After a successful season of tennis, kids celebrated with an End of Season Jamboree and BBQ.

Students in the News

Local residents named to UMass Lowell Dean's List

LOWELL, MA - Local residents were named to the dean's list at the University of Massachusetts Lowell for the Spring 2014 semester.

Among those recognized for achieving academic distinction at UMass Lowell are:

Michelle Cianci of Mont Vernon, majoring in biology
Frederick Hwang of Amherst, N.H., majoring in electrical engineering

To qualify for the dean's list at UMass Lowell, a student must have completed no fewer than 12 graded credits for the semester and earned

at least a 3.25 grade point average with no grade lower than C and without any incompletes.

Local Students Graduate from Amherst College

AMHERST, Mass. - The following local students graduated on May 25, 2014, from Amherst College in Amherst, Mass.

David Petropulos, son of David and Maren Petropulos of Amherst. Petropulos, who majored in history, entered Amherst after graduating from Souhegan High School.
Steven Jellison, son of Ronald and Catherine Jellison of Amherst. Jellison, who majored in psychology, entered Amherst after graduating from Souhegan High School.

Hope for Gus Fall Festival – September 19 & 20



Adult Enrichment Program Seeking Teachers!!!

The Souhegan High School Evening Enrichment Program is looking for community members willing to share their talents and skills. "Teachers" would be responsible for one evening class each week for a six week term. The Fall term begins the week of September 22nd. If you have an idea or a talent that you would like to share, contact Maggie Paul to discuss the possibilities. mpaul@sprise.com or 673-9940 x5317

Fall Events at Applewild

The 58th school year began on September 2 for Applewild School students. The main campus in Fitchburg welcomed K-8 students as well as preschoolers at the Child Development Center at Applewild. Also opening on that date was the preschool and transportation hub at Applewild at Devens.

Interested families who want to learn more about Applewild have several opportunities this fall. On the first Thursday of each month, parents are invited to "Take A Look" Morning, a chance to see students and teachers in action. Meet at the Crocker Building, 120 Prospect Street in Fitchburg, at 9:00 am. Fall dates are September 4, October 2, November 6, and December 4. Mid-year admissions are considered.

The public is invited to the Harvest Fair on Saturday, October 18,

from 10:00 am to 4:00 pm. Fun for the whole family with good food, lots of children's events, and the wonderful gift basket raffles. Campus tours will be available on that day.

The Parents Association Annual Rummage Sale, a well-known event for bargain-hunters, will take place in the Sutton Gym on Friday, November 7 from 4:30 pm to 7:30 pm, and on Saturday, November 8 from 9:00 am to 1:00 pm.

The Fall Admissions Open House will be held on Saturday, November 15 at 1:00 pm. Interested families will tour campus, learn about our enhanced Affordability Initiative for financial aid, and AppleCore Scholarships. More information on admission and events at www.applewild.org, and by calling 978-342-6053.



The Souhegan Ethics Forum is getting colorful for Hope for Gus! The Ethics Forum is an entire-

ly student-led, non-profit organization devoted to making a lasting contribution to the greater Amherst and Mont Vernon community as well as to the state of New Hampshire.

For the past several years, they have fundraised for the Hope for Gus Foundation through a touchdown pledge football game, which has always been a big success.

The Hope for Gus Foundation is an organization created by Steve Dreher, a teacher at Souhegan High School, and his wife, Tonya. Their son Gus suffers from Duchenne Muscular Dystrophy (DMD), a debilitating disease that slowly weakens all the muscles in the body. The goal of the foundation is to raise vital funds to support the medical research that will eventually yield a cure for this disease.

To support the Hope for Gus Foundation this year, Ethics Forum Leadership, with the help of

the Amherst PTA, have orchestrated a weekend devoted to Gus and to raising awareness for DMD, in addition to the football game.

The Hope for Gus Football game and touchdown pledge will be September 19th at Souhegan High School starting at 7 pm. The 5k Color Run/Walk is the morning of September 20th, at 10:00 am, and the Fall Festival is directly after the run. The Festival will have fun activities for all ages, local food vendors, and live music.

Musical performances will include Dustin Newhouse and musical guests Alli Beaudry and Ryan Sandford. It's going to be a great event to support an important cause! You can register online for the Run and Festival at the Souhegan High School website (www.sau39.org/shs).

Any questions can be emailed to the Forum at ethicsforumshs@gmail.com.

Souhegan High School

Fall 2014 Evening Enrichment Courses & Workshops

General Information:

Check <http://www.sau39.org/shs> for a detailed schedule and courses descriptions.

To register:

Call 673-9940 ext "5317" 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. ***Please check the start date!

Monday

Yoga I: Moving Into Peace

Teacher: John Silva
Dates: Monday 8 weeks 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17
Times: 5:15 – 6:45pm
Cost: \$70.00 for residents, \$80.00 for non-residents

We will focus primarily on yoga postures and breath work, working toward engaging body, mind, and spirit in our practice. Classes will last 90 minutes, the last part of which will be a relaxation period. The course is appropriate for all levels of experience, especially beginners. Participants should bring a yoga mat and block and optionally a throw or blanket for relaxation. The instructor has over 15 years of yoga experience, including 5 years as a certified Kripalu Yoga Teacher.

Yoga II: Moving Into Peace

Teacher: John Silva
Dates: Monday 8 weeks 9/22, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17
Times: 7:00 – 8:30pm
Cost: \$70.00 for residents, \$80.00 for non-residents

We will focus primarily on yoga postures and breath work, working toward engaging body, mind, and spirit in our practice. Classes will last 90 minutes, the last part of which will be a relaxation period. The course is appropriate for all levels of experience, especially beginners. Participants should bring a yoga mat and block and optionally a throw or blanket for relaxation. The instructor has over 15 years of yoga experience, including 5 years as a certified Kripalu Yoga Teacher.

Tuesday

Watercolor Painting

Teacher: Kevin Dadoly
Dates: Tuesday 8 weeks 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18
Time: 7:00 - 9:00pm
Cost: \$90.00 for residents and 100.00 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.

Learn the Art of Stained Glass

Teacher: Susanna Ries
Dates: Tuesday 6 weeks 9/23, 9/30, 10/7, 10/14, 10/21, 10/28
Time: 6:00-8:30pm
Cost: \$80.00 for residents and \$90.00 for non-residents

Have you ever wanted to learn a new art craft using beautiful stained glass? Want to make a lamp shade using stained glass panels? Let your creativity expand and come make a stained glass panel, lampshade, and ornaments. Sample pieces of stained glass will be supplied and there will be glass tools to use for the first few classes. Students will need to buy soldering tools and ma-

terials and extra glass if needed. We will complete two pieces in the class! Come join the fun! Great ideas for holiday gifts too.

Look and Feel Ten Years Younger

Teacher: Ruth Clark
Dates: Tuesday October 7, 14, 28
Time: 7:00 - 8:00pm
Cost: \$20.00 for residents and \$25.00 for non-residents

Do you know the top 4 causes of aging? We will explore them in detail and help you to create a simple and easy plan to help you restore your energy and vitality as well as learn how you can overcome weight loss resistance.

Ruth Clark, RD, LD, MPH is a Registered Dietitian Nutritionist with over 35 years of experience. Her approach is holistic and personalized based on a variety of nutrition therapies including whole foods, tailored supplements and mind body modalities. She is passionate about helping mid-life women look and feel better.

Saturday

Feeding Your Family & Eating Clean From Your Own Backyard

Teacher: Kathi Nunley
Dates: Saturdays 5 weeks
Times: 10:00am – 12:30pm
Where: Kathi's Family Farm
54 Ponemah Rd (Rt. 122) Amherst
Cost: \$70.00 for residents
\$80.00 for non-residents (payable to Souhegan Cooperative School district)
Lab Fees: \$52.00-\$77.00 depending if you want chicks! (payable to Kathi Nunley)

Have a desire to get off the factory-farm food grid? Looking to serve cleaner food for your family? This course teaches you basic skills for subsistence living in the modern world. The class includes a discus-

sion on healthy eating and hands on instruction for raising chickens for both eggs and meat, efficient layer and container gardening, preserving food, making your own dairy products with raw milk, keeping honeybees for food and pollination.

If you have ever wondered how you can get started enjoying a more self-sufficient life, this class will show you how. Discover how almost all the food on your table can come from your backyard.

Oct. 4, 2014: Raising Chickens (for eggs or meat)

From chick to chicken, what do you need, what do they need, over-wintering and everything you ever wanted to know about eggs.

Lab fee: \$3 for the class and (optional) \$25 for 5 laying chicks to be picked before the course ends.

Oct 11, 2014: Meat Birds (butcher day)

Hands-on. You will be slaughtering and cleaning your own chicken to take with you that day. Bring your own knives, aprons and /or clothes that can get messy and wet.

Lab fee* \$27

Oct 18, 2014: Building a layered garden, container gardening, keeping bees for pollination and honey & preserving your harvest.

Learn the lazy (aka "busy") person's way to plant a garden, how to keep honeybees and use them for food or pollinating your garden and orchard, and what to do with all that food in September. (drying, juicing, canning, freezing) Lab fee* \$5

Nov 1 & Nov 8: Making your Own Dairy Products using Raw Cow's Milk.

Learn how to make sweet cream butter and cultured butter, cottage cheese, yogurt, farmers cheese, mozzarella, ricotta, greek yogurt, whey and all about milk and a bit on keeping a cow.

Lab fee* \$15 for the 2 classes (includes recipe book)

New Art Teachers, Classes and Fall Art Show at Wild Salamander

HOLLIS – Wild Salamander Creative Arts Center kicks off its fall season of art classes on September 16th with an expanded roster of classes, teachers, and class times.

Among the newest teachers at the 30 Ash Street Hollis location are Denyse Walker, a graduate of Massachusetts College of Art and Design and a professional bookmaker, artist, and mom. Walker, who holds a BEA in Art Education, will teach both afterschool art and art club on Wednesdays this fall.

Up-and-coming artist and screenwriter Brooke Pfaff, who is also new to the center, is offering "Drawing to Paint: The Fundamentals" for teenage artists. Pfaff has returned to the area following a stint in Los Angeles, bringing energy and excitement to share with her students. Pfaff's class will help participants take their art to the next level and build skills for a standout college portfolio.

There's new knitting and crocheting class for kids, taught by Hollis fiber artist Shannon Laine, and a mixed-media workshop titled "Art around the world" with Beth Butler. Butler is a Brookline artist who enjoys challenging younger students to work with materials beyond paper, paint, and crayons exploring art from around the world in many mediums. Sarah Constantine, preschool owner and artist, will be teaching a Wednesday preschool class, with owner KC Morgan teaching preschoolers and toddlers on Fridays.

Video game design is on tap for teens and tweens into computers. Lauren Farrow, a 3-D environment designer, who comes to Wild Salamander via New York, is teaching

"3D game Design." Fine artist Marta Magnus has been teaching art to young people for over 10 years. Her teaching experience spans an international school in Italy to urban after-school programs in public schools. She'll be teaching figure drawing at Wild Salamander this fall.

In addition to its after-school class times, the popular art center has added classes that start after 4 p.m. to accommodate students traveling from surrounding towns. Classes for adults (in watercolor, oil, acrylic, zentangle, etc) run at various times in the day, afternoon, and evening.

Returning instructors include Renee Maloney, a popular teacher and yoga instructor, who will teach art club for five- to seven-year-olds this fall, and Linda Malone, a popular instructor and 30-year art teacher. Malone, who will show her work in a show at the Hollis Social Library in September, will be teaching a class in acrylics for adults as well as a class for ages eight to ten.

Wild Salamander is mounting a group art show, "Abstracts and Whimsy," opening Friday September 12th from 5-7, in which many of the teaching artists will showcase their work. Wild Salamander invites the public to view the work, meet the teachers, and find out more.

Full class descriptions can be viewed online at www.WildSalamander.com. Questions can be directed to Wild Salamanders Director, KC Morgan at 603-465-WILD (9453).

Contact owner KC Morgan at 603-465-9453 or marketing director Anna Birch at 603-433-2484