



ADULT EDUCATION

Craft classes available through EAE

SPECIAL TO THE ATLANTIC NEWS

EXETER | Looking for a creative way to spend an evening? Then sign up for a craft class at Exeter Adult Education. Courses scheduled to begin soon include:

- **Knitting for Beginners**, where participants will learn the basics of knitting including casting on, knitting, purling, ribbing, patterned stitches, and more. This class will meet on Thursday evenings from 7-9 p.m. for 6 weeks beginning January 27. Tuition is \$60.
- **Beaded Watchband**

lets participants design their own watchband to match any outfit or style. There will be a selection of watch faces and beads to choose from. This one-night workshop will be held on Tuesday, January 25, from 6-9 p.m. Tuition is \$35.

- **Primitive Rug Hooking for Beginners** teaches the different techniques, tips, and tricks for designing, color planning, and finishing. Materials to complete an 18"x24" mat will be provided. Bring a 14" heavy wooden quilting hoop and small scissors.

This class will meet on Monday evenings from 6-8:30 p.m. for two weeks beginning February 28. Tuition is \$40.

- **"Daisies" Floral Watercolors** is for beginners and those with some watercolor experience. Participants will learn how to render floral images using a variety of techniques that allow them to interpret the simplicity and softness of floral images. A list of required materials will be provided to registrants. This one-night workshop will be held on Monday,

February 28, from 6-9 p.m. Tuition is \$20.

Please call the Exeter Adult Education office at 56 Linden Street in Exeter for a list of supplies needed. Pre-registration is required for all classes. Complete registration information and other course selections are in the brochure which can be found at area business, the library, online at www.sau16.org/adult.htm, or by calling the Adult Education Office at (603) 775-8457. Refunds will not be given unless a course is cancelled.

Stay healthy with courses from EAE

SPECIAL TO THE ATLANTIC NEWS

EXETER | Fight off the winter blues and keep both mind and body healthy by attending classes at Exeter Adult Education. Classes scheduled to begin soon include:

- **Yoga Breathing Class**, a highly recommended class for people who have asthma, emphysema, cardiac and/or stress-related breathing difficulties. Bring mat or thick towel. This class will meet on Monday evenings from 7-8 p.m. for 7 weeks beginning January 24. Tuition is \$40.
- **Yoga for Arthritis** is a course specializing in joint flexibility, muscle strength, endurance, coordination and cardiovascular conditioning, designed specifically for those who find their lim-

ited mobility interferes with participation in general exercise classes. Bring a mat or thick towel. This 7-week course will be held on Thursday evenings from 6:30-8 p.m. beginning January 27. Tuition is \$55.

- **Five-Minute Fitness** will demonstrate how single exercise, performed for two minutes twice per day, can help stretch, strengthen, and coordinate the entire body. Combine Yoga, TaiChi, Chi Gong, and dynamic breathing into a single routine that can be done anywhere. Wear comfortable clothes or sweats. This one-night workshop will be held on Tuesday, February 1, from 7-8 p.m. Cost is \$10.

- **Stress Less in Five Minutes or Less** will teach participants simple,

effective techniques to quickly eliminate stress from the body and mind, and how to conduct a "tune-up" every day. Wear comfortable clothes or sweats, and bring a mat to lie on. This one-night workshop will be held on Tuesday, February 15, from 7-8:30 p.m. Cost is \$10.

Classes meet one night per week. Pre-registration is required for all classes. Complete registration information and other course selections are in the EAE brochure, which can be found at area businesses, the library, online at www.sau16.org/adult.htm, or by calling the Adult Education office at 56 Linden Street in Exeter at (603) 775-8457. Refunds will not be given unless a course is cancelled.

There's something for everyone at EAE

SPECIAL TO THE ATLANTIC NEWS

EXETER | Rather than spend those cold winter evenings cooped up in the house, plan to take part in one or more of the many courses Exeter Adult Education has to offer. Upcoming courses include:

- **American Sign Language I** is an introductory class in which students will learn finger spelling, the structure and use of signs, and exposure to deaf culture (includes books). This 10-week course will be held on Monday evenings from 6:45-8:45 p.m. beginning January 31. Tuition is \$125.
- **Gardening to Attract Wildlife** will offer instructions on how to plant a garden close to home to entice birds, butterflies, deer and

other animals. Participants will learn the types of plants used to attract wildlife that fit into the landscape and local habitat and how to track for animal signs in the garden. A workbook and disposable camera will be provided. Students are responsible for film development. This 2-week course will be held on Tuesday evenings from 6-9 p.m. beginning February 1. Tuition is \$40.

- **Basic Conversational Spanish** is designed for beginners and those needing a refresher course. Participants will learn basic vocabulary, phrases, simple conversation for travel, and culture from Spanish-speaking countries (includes book). This 8-week course

will be held on Thursdays from 6:30-8 p.m. beginning February 3. Tuition is \$70.

- **Basic Photography** is a beginning course for those who want to learn more about their cameras and be introduced to the darkroom. Students should bring a 35mm camera (preferably manual or with manual capabilities); purchase film after first class. Each student will have a darkroom session, and a field trip will be offered. This class will meet on Monday evenings from 6-9 p.m. for 8 weeks beginning February 7 (class will not be held on March 14). Tuition is \$100.

- **Introduction To Arabic** will introduce beginners to the basics of the written and spoken forms of the lan-

guage, recognition of letters, basic reading, some writing, and cultures throughout the Arab world. This 8-week class will be held on Mondays from 6:30-8 p.m. beginning February 28. Tuition is \$60.

Classes meet one night per week. Pre-registration is required for all classes. Complete registration information and other course selections are in the brochure which can be found at area business, the library, online at www.sau16.org/adult.htm, or by calling the Adult Education office at 56 Linden Street in Exeter at (603) 775-8457.

Refunds will not be given unless a course is cancelled.

EDUCATION NOTES

FREE HOME BUYING SEMINAR ANNOUNCED

HAMPTON | Union Trust Mortgage and Century 21 have teamed up to provide a free homebuyer seminar for persons interested in buying a home.

The seminar will run from 6-8 p.m. on Monday, January 24 at the Lane Memorial Library, located on Academy Avenue in Hampton.

During the seminar, participants will learn about the financing process and the realtor relationship. They will also learn what they need to know to make the best decision when buying a home.

Whether they're ready to buy now or in the future, this seminar will have participants well on their way toward successful home ownership.

Refreshments will be served and free credit reports will be given to registered participants. For more information or to register for the seminar, please call John at Union Trust Mortgage, (603) 926-1498.

PCA ACCEPTING APPLICATIONS

DOVER | Portsmouth Christian Academy (PCA), located at 20 Seaborn Drive in Dover, is now accepting applications for the 2005-06 school year.

A special informational meeting for interested families is scheduled to take place at the school on Saturday, January 22 at 10 a.m. A presentation about the school will be followed by a question-and-answer period and a tour of the facility.

Portsmouth Christian Academy offers a challenging, well-rounded education in a nurturing environment for grades pre-K through grade twelve. The school currently enrolls more than 775 students from more than 30 towns and three states in the Seacoast region.

Applicants to PCA must exhibit a strong desire to learn, a record of academic achievement, excellent behavior and strong moral character.

The deadline for early decision is Monday, January 31, 2005. After this date, applications will still be considered based on availability.

For further information and application forms, please call Mrs. Kathy Deame, the director of admissions, at (603) 742-3617, ext. 116 or e-mail her at pcaadmissions@yahoo.com.

PCA NAMES GEOBEE WINNER

PORTSMOUTH | Question: What is the name of the canal through which ships sail from the Caribbean Sea to Japan?

Students at Portsmouth Christian Academy (PCA) were asked this question, among others, when PCA conducted its Geography Bee on Thursday, January 13.

Ten finalists competed to be the school representative; they include sixth graders David Green, Matthew Nicholl, Grace Ayer, Mike Kubiczki and Eric Baker and eighth graders Madison Bellevue, Sam McLaughlin, Chris Wood, Joseph Sbrilli and Sam Ueda. Sixth grader Mike Kubiczki won the competition.

The school-level Bee, at which students answered oral questions on geography, was the first round in the 17th annual National Geographic Bee.

The next level of competition is the written examination. Up to 100 of the top scorers in each state will be eligible to compete in their state Bee April 1, 2005.

Portsmouth Christian Academy has been privileged to participate in the National Geographic Bee at the state level since 1994. PCA students in grades 6-8 have represented the school over the past few years and will, no doubt, do the same again this year, according to Tracy Aldrich, the Geography Bee Coordinator for PCA.

The National Bee will be held this year May 24-25 at the National Geographic Society in Washington, D.C. The first-place winner will receive a \$25,000 college scholarship and a lifetime membership in the Society.

For more information on Portsmouth Christian Academy, visit www.pcaschool.org or contact Kathy Deame, Admissions Director at (603) 742-3617, ext. 116 or [www.pcaadmissions@yahoo.com](mailto:pcaadmissions@yahoo.com).

COMPILED BY LIZ PREMO, ATLANTIC NEWS STAFF WRITER



ENTERTAINMENT NOTES

HAM AND BAKED BEAN SUPPER

ELIOT, ME | The Eliot Congregational Church, located at 155 State Road in Eliot, Maine, will host an old-fashioned ham and baked bean supper on Saturday, January 22 from 4-6 p.m.

This family-style supper will include beans, ham, scalloped potatoes, cole slaw, rolls, beverage and dessert. Cost is \$6 for adults, \$2 for children age 12 and under, and free for all under the age of five. For more information, call the church office at (207) 439-1105.

FIREHOUSE SEEKS VOLUNTEERS

NEWBURYPORT | The Firehouse Center for the Arts is seeking volunteers for ushering and lobby help. Applicants will work in the House Management Department.

These volunteers will be responsible for greeting patrons, taking tickets, guiding patrons to their seats, and assisting in helping patrons with memberships and box office.

Volunteers are vital to the success of the Firehouse, and their professionalism and enthusiasm are key elements of the theater's continuing success.

Ushering at The Firehouse Center for the Arts is fun and flexible. Most performances are Thursday through Sunday.

Individuals interested in ushering or other volunteer opportunities at the Firehouse Center for the Arts are invited to call (978) 462-7336, and leave their name, address, and a phone number.

Located on the waterfront in historic downtown Newburyport, the handicapped accessible Firehouse features an expansive gallery and intimate 195 seat Arakelian Theater which presents dance, concerts, drama, musicals, films, new works and children's programming. The Firehouse is a Member-Supported Arts & Cultural Organization.

'MOZART REQUIEM' FEATURED AT CHORALE CONCERT

NEWINGTON | The Seacoast Chorale Society, under the direction of Nancy Brown, will present the "Mozart Requiem" in two separate concerts.

The first concert will take place on Saturday, January 29 at 7:30 p.m. at Holy Trinity Lutheran Church, located at 22 Fox Run Road in Newington. The second concert will be held on Sunday, January 30 at 4 p.m. at the Community Church of Durham on Main Street.

The soloists for this performance are Angelynne Hinson (soprano), Melinda McMahon (alto), Edward Hinson (tenor) and Mark Andrew Cleveland (bass).

A suggested donation of \$5 will be gratefully accepted at both performances. A reception with refreshments will be held immediately following Sunday's performance in Durham.

For more information, call Sheila Casey at (603) 964-5688 or Sally Puth at (603) 742-7157.

COMPILED BY LIZ PREMO, ATLANTIC NEWS STAFF WRITER

ENTERTAINMENT

Upcoming vacation camp reveals 'Wintertimes Past' at Strawberry Banke

SPECIAL TO THE ATLANTIC NEWS

PORTSMOUTH | Strawberry Banke Museum offers a fun way for children ages 7-10 to avoid the winter doldrums this year. During the upcoming winter school vacation, the Museum is offering "Wintertimes Past," a daily program filled with a variety of cooking activities, indoor and outdoor games, stories, and arts and crafts.

Every activity is designed to offer an historical perspective on childhood activities in earlier times. Children will learn how to pull taffy, cook a meal over an open hearth, dip a candle, forecast the weather without TV, and make hot chocolate from scratch. A mix of indoor and outdoor activities will keep children busy and learning while having fun.

Two sessions of the camp will be offered, the first from February 21-25 and the second from February 28-March 4.

The camp will run Monday through Friday, from 9 a.m. to 3 p.m. The cost per session is \$150 for Museum members, and \$175 for non-members. Space is limited and pre-registration is required; please call (603) 422-7541 to register.

Connect with the past — step into 400 years of living in our neighborhood. Strawberry Banke provides the opportunity to see how people lived for four centuries of New England history. Through restored furnished houses, exhibits,

historic landscapes and gardens, and costumed role players, Strawberry Banke interprets the living history of genera-

tions who settled in Portsmouth, NH from the late 17th century to the mid-20th century.

VACATION CAMP

Where
Strawberry Banke, Portsmouth

When
February 21-25
February 28-March 4
from 9 a.m. to 3 p.m.

Cost
Pre-Registration Required
\$150 for Museum members,
and \$175 for non-members

Phone
(603) 422-7541

Web
www.strawberrybanke.org

Strawberry Banke Museum, located on Marcy Street in Portsmouth, is open May 1 through October 31, Monday through Saturday 10 a.m. to 5 p.m. and Sunday 12-5 p.m.; and November 1 through April 30, Thursday through Saturday 10 a.m. to 2 p.m., and Sunday 12-2 p.m. for guided 90-minute walking tours on the hour. The museum is closed during the month

of January. For more information, call (603)433-1100 or visit www.strawberrybanke.org.

Puppet workshops are offered at artstream

SPECIAL TO THE ATLANTIC NEWS

ROCHESTER | The art academy at artstream is offering a new Saturday morning art series for children and adults — five puppet workshops on the first of each month presented by Perry Alley Theatre's Co-Director, Bonnie Periale.

The workshops will be held from 10 a.m. to 12 noon in the puppet studio at artstream, located at 56 North Main Street in Rochester.

Classes are for an adult and a child or just an adult or child. Parent or grandparent and children are encouraged to come as well. The final session will end with a

showcase of work completed over five months.

Participants may choose from the five sessions described here, or take the whole series at a reduced fee.

• **Creating a Puppet Play, Saturday, February 5.** Participants will go through the whole process in this two-hr session. Using simple shadows, they will make figures, create a storyboard, write a story, learn manipulation techniques, rehearse and perform.

• **Sculpting a Puppet Head, Saturday, March 5.** Participants will create a head that is appropriate for a hand, rod, or string figure, or

can just make this an exercise in working with clay. For this class, the project will aim toward a more realistic head.

• **Making Puppet Bodies and Costumes, Saturday, April 9.** In this workshop, participants will make basic puppet bodies and design and construct garb appropriate for hand and rod figures (please bring puppet projects to the workshop).

• **Mask-Making, Saturday, May 7.** For this workshop, the techniques of making and moving with masks are directly applicable to skills needed for puppet theatre ... and for play.

Participants will make masks with a quick paper and glue technique. Come make a theatrical, decorative, or "ritual" mask that fits both face and personal taste.

• **Make a Simple Marionette, Saturday, June 4.** Using a pattern created by Margo and Rufus Rose (of "Howdy Doody" fame), Participants will make a newspaper string puppet, and learn how to use — and untangle — it.

For more information about these puppet workshops, please call (603) 330.0333 or visit www.artstreamstudios.com.

ATLANTIC NEWS

- * The towns you care about!
- * The people you know, and should get to know!
- * The fun and interesting businesses and shops!
- * The restaurants and local favorites!
- * The environment that we adore!

