Pro Vita 2014 Course Listing

ARTS

A PERIOD COURSES

INSTALLATION ART
PAUL BANEVICIUS
Using fabrics, cardboard, wood, plastic, paint, and perhaps even twinkle lights, students will transform the School's Art Gallery into something new, something unexpected, something magical! With two different periods working on one final project, the groups will collaboratively explore large-scale installation art, work to bring abstract ideas to reality, and tackle the challenges that confront artists as installations expand. The final project will be a giant three-dimensional, multi-sensory sculpture encompassing the entire gallery that completely alters the space—how we perceive it, how we walk through it, and how we experience it.

A CAPPELLA MUSIC
JEAN MAHER and LIZA JANE BRANCH '15
Do you find yourself singing in the car, in the shower, among friends... and even to strangers? Do you watch American Idol or The Voice and think to yourself, I could do that... and win? Ever wonder what it would be like to join a group of like-minded singers, to come together to rehearse and perform current covers from popular music, and leave audiences screaming for more? Then it’s time to sign up for A Cappella Music with Mrs. Maher and Liza Jane! Some singing talent is desired, but no prior formal singing experience is required. We’ll arrange and learn at least three current covers and perform them at the end of the week.

B PERIOD COURSES

Dear Diary...The Art of Creative Journaling
BRANDI DAHARI
Throughout history, many successful artists, leaders, scientists and entrepreneurs have used journals to explore their wildest ideas and make the unimaginable reality. How can you use a journal to harness your creativity, get a handle on your fears and give voice to your dreams? In this class, you will learn to create a dynamic and exciting journal that will be a safe place for you to imagine, dream and find inspiration. We will use paint, collage and stamping to create beautiful journals, and we will look at new and exciting ways to approach journal writing to help maximize creativity and silence that inner critic!

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encompassing the entire gallery that completely alters the space—how we perceive it, how we walk through it, and how we experience it.

LEARN TO PLAY THE BAGPIPES
MIKE DALTON
Want to learn how to play the iconic musical instrument of the Clans of the Highlands and one of the world’s oldest instruments? This course will introduce participants to the Great Highland Bagpipe, which is known as *Piob Mhor*. No musical experience required. Participants will need to purchase a practice chanter, which all pipers use to practice their tunes. By the end of the week participants should be able to work through tunes like *Scots Wae Hae* and *Amazing Grace*. During the week, students will have the opportunity to handle several types of pipes. Oh, and you don’t actually have to be Irish or Scottish, as bagpipes are played by peoples all over the globe.

METAPHORICAL SELF-PORTRAITS
CHARLOTTE SCHULZ
Who are you? What is essential to your identity? How might that identity or essence be represented? In this class, we will explore the use of metaphor and symbol in works of art and how objects, space, and light can be utilized as stand-ins for qualities and characteristics that portray a person. Initiated through self-exploratory writing, students will develop an image that depicts who they are or aspects of themselves. In creating their metaphorical self-portrait, each student will decide their own approach in terms of painting, drawing, or collage/mixed media.

THE PLAY IS THE THING: FESTIVAL OF THEATER APPRECIATION
SUSIE NORRIS ’79
“All the world’s a stage, and the men and women are merely players.” So wrote William Shakespeare in his comedy *As You Like It*. In this theater appreciation course, we will cover the enduring value of Shakespeare in modern theater through a close study of two classic plays, a field trip, and a professional critique writing assignment. Students will consider how plays differ from other types of art and literature and discover the value of the performing arts while learning to think critically about plays as literature and as entertainment.

CULTURE, LITERATURE, AND SOCIETY

A AND B PERIOD COURSES

LET ME IN, LET ME OUT
JULIA COHAN AND DEMPSEY QUINN
What...why...how? Are criminals truly psychotic, or are they victims of poor choices that will forever change their lives? What motivates an individual to commit a violent crime? Is there hope for non-violent criminals to one day return to their families and live “normal lives?” In an attempt to answer these questions, we will explore the topics of psychopathy and criminal justice through a variety of sources, including face-to-face interviews with incarcerated men and women. We will consider models for lowering recidivism and discuss what can be done to aid in criminals’ return to society. *Student enrollment limited to sixth formers.*
A PERIOD COURSES

ALLEMANDE LEFT: GERMAN LANGUAGE AND KULTUR
CLIVE DAVIS, CHRIS KREKE ’15, AND EMMI GRAEBNER ’14
Sprechen Sie Deutsch? While a contingent of Berkshire students travels to Germany this Pro Vita, in this class we will engage in a very different immersion opportunity right here on campus. Students will learn the beginnings of conversational German, increase their vocabulary, and have an introduction to German culture and the arts. Each day, students will learn a set of conversational skills, work on pronunciation, and study an aspect of German society and culture and its impact on the world. From Karneval and Oktoberfest to the Easter Bunny, we will examine the impact of German society has had on many current Western traditions. Finally, we will Skype with our counterparts abroad to share and compare impressions and experiences.

B! TRUE HOLLYWOOD STORY
CENCY MIDDLETON AND BRITT PLANTE
The average woman is bombarded with 400-600 gender-targeted advertisements on a daily basis. These messages celebrate youth, beauty, and women as sexual objects. Although these advertisements only emphasize the ideal woman implicitly, the messages are internalized. According to a Dove study, only 2% of women describe themselves as beautiful. 2%! How can we empower our youth and encourage both men and women to fight back against these archaic ideals? This course will examine the messages that we receive on a daily basis from romantic comedies to Super Bowl advertisements, and explore how to challenge this distorted yet all too common perspective.

BASEBALL: THE AMERICAN NARRATIVE
DAVE OLSON
Known as America’s pastime, baseball has provided entertainment and excitement for fans for well over a century. While it is easily recognized as an enjoyable summertime diversion, what often goes overlooked is the way in which the sport so accurately reflects, and often predicts, the cultural tenor of the country where it originated. From historic figures and events like the Chicago “Black” Sox scandal, Jackie Robinson and desegregation, to the emergence of steroid use, and the unionization of baseball, this course will examine the multitude of ways in which every spring, summer and fall baseball tells the ongoing story of America.

BON APPÉTIT!: JULIA CHILD’S LIFE IN FRANCE
ANNA BARTER
Bon appétit! Julia Child made these words famous in her PBS specials that taught Americans about French culture and cuisine. Whether she was flipping an omelet or boning a duck, she had a way of making her audience fall in love with not only her food but also with her. In this course, we will study Julia Child’s life as well as the influence she has had on both sides of the Atlantic. We will read excerpts of her memoir My Life in France and discuss its film adaptation, Julie & Julia. The course will culminate with a day in the kitchen in honor of Julia Child and her most famous recipes.

DESCARTES’ MEDITATIONS
CLAY SPLAWN
Descartes’ work signifies a critical turning point in the history of thought. He has been dubbed the “Father of Modern Philosophy.” Why? What was significant about Descartes? More importantly, what remains significant in the 21st century? We will investigate the philosophy of Descartes by reading his
Meditations on First Philosophy, a short but profound work that, while imminently readable, contains some of the most famous arguments in the history of philosophy.

THE LITERATURE, ART AND LIFE SKILL OF FLY FISHING
MICHAEL BJURLIN AND JOHN WEST
Arguably the greatest American short story ever written, Ernest Hemingway’s Big Two-Hearted River has at its center the sport of fly fishing. This class will investigate the rich literary and artistic traditions of fly fishing in America, balancing a rigorous reading program and classroom discussion with fly casting instruction. In addition to Hemingway’s masterpiece, Norman Maclean’s A River Runs Through It will be an important part of the class’s work. This course promises to be quite a catch!

MURDER, MEDIA, AND THE MOCKINGJAY
CHRISTINE FITZGERALD AND HEIDI WOODWORTH
Why do we kill? In this course, we will use The Hunger Games as a foundation for our study of what drives humans to kill and how are we affected by these actions, along with why we are so intrigued by atrocity. To supplement the book and movie, we will take a multimedia approach to relating these themes present in The Hunger Games to both historic and current events. We will explore topics ranging from the gladiators of Ancient Rome to the terrorist attacks of September 11th. At the conclusion of the course, students will no longer see The Hunger Games as simply a bestselling novel and blockbuster film, but also as a greater dialogue about the culture in which we live. Students should be familiar with both the book and movie.

THE STAR WARS LEGACY
KEVAN BOWLER AND STUART MILLER ‘97
The Star Wars saga is the third highest grossing film series ever. What began in 1977 as a simple tale of good versus evil eventually became a world-wide phenomenon. The idea for these movies was conceived by George Lucas in the 1970s, a time of political upheaval and social unrest related to high oil prices, the Vietnam War, drug use, and the Nixon resignation. This class will study Star Wars: Episodes IV, V, and VI and compare the movies to themes found in literature, mythology, religion, politics and history.

TED TALK
JENNIFER ANDERSON
Begun in 1984, TED is a non-profit that brings together professionals from the fields of technology, entertainment, and design. They are best known for their TED talks, which are all readily available on the Internet. TED’s website says they are “Devoted to Ideas Worth Spreading,” and oftentimes those ideas are pertinent to our everyday lives, so what better place to watch, discuss, and make TED videos than in a Pro Vita classroom? This class will focus on how and why these talks are successful: what does the speaker use for content? What makes an interesting subject? How does a speaker present his or her information and insight? Why are some more successful than others in communicating their ideas? After pondering these questions and others, we’ll work on our own TED videos, and share some ideas worth spreading within our community here at Berkshire.
B PERIOD COURSES

BERKSHIRE’S KINGS OF STAND-UP
DAVE OLSON
So you think you’re funny? Prove it over Pro Vita week in this course that will look at the art of stand-up comedy. Humor has been a part of performances for ages, but relatively recently in history it has developed into an art form of its own. We will look at many of the great comedians of the past century, study the techniques they use, and develop our own stand-up acts. Students will foster their public speaking skills and exercise a great deal of creativity in the process. The best acts may be shared with the School on Saturday morning. No matter what, this class is sure to leave you rolling in the aisle.

BURKAS TO BIKINIS: THE POLITICS OF DRESS
LISSA MCGOVERN
Do clothes make the person? What does what you wear say about who you are? Or does your outfit “say” anything about you? We will discover the world of clothes and clothes of the world from Burkas to bikinis. Where are your clothes made? How does fashion come into our shopping cart? After delving into our own closets and learning more about the psychology behind dress, we’ll tackle one of the hottest issues on campus: girls’ dress code. Ideally, students will finish the course prepared to present a revised dress code for Berkshire.

DEAR ME: THE ART OF THE LETTER
ANNA BARTER
When was the last time that you wrote (or received) a handwritten letter? In this course, we will not only pick up paper and pen but also study letters as a mode of communication and a material object. Together we will read personal correspondences by celebrities such as JK Rowling, as well as letters exchanged between former Berkshire students. Other materials include dedicatory letters, forgeries, letters written in code, postcards, and self-addressed reflections. We will also explore how email, texting, and blogging have altered modern communication. We will examine correspondence through the lens of education, familial relationships, gender roles, romantic and platonic love, social life, travel, and politics.

FROM THE CLOSET TO THE SCREEN—BIG & SMALL
A.J. KOHLHEPP
Given the prominent role that issues of sexuality identity and sexual preference occupy in society – same-sex marriage statutes have been debated in multiple states, Modern Family won the most recent Emmy for best comedy, and Macklemore had a hit with Same Love– you might think that Americans have always been open about these topics. Think again. Even Hollywood, which tends to be on the forefront of progressive causes, has had a complicated history in its representation of gay, lesbian, bisexual and transgendered characters over the past century. Working from the groundbreaking study The Celluloid Closet, this class will investigate the various ways in which sexual minorities have been portrayed in film and consider the ways in which contemporary media portray sexual minorities today.
GRAPHIC NOVELS
EVAN CLARY
Beginning in the late 1970s, some comic book writers began publishing works that were longer, more complex, and far darker than most comics. This new form, called the graphic novel, quickly rose to prominence with everyday readers, and by the 1990s even many scholars were calling the graphic novel “literature.” In this course, we will explore this distinctive literary form while gaining a basic familiarity with some “classics” of the genre, including The Dark Knight Returns and Watchmen, as well as more contemporary titles, such as Pride of Baghdad and DMZ.

HIP-HOP: PIMPED, PLAYED, AND HUSTLED
WIL SMITH
Do you want to know the history of hip-hop music? What are its merits within the communities of its origin? How has hip-hop been influenced by a hyper-masculine mainstream American society? This course examines the roles that hip-hop music and culture play in shaping contemporary American culture inside and outside of its ethnic places of its origin. Students will examine the roles played by music label executives in determining which images of hip-hop culture are marketed to the world and the rationale behind their decisions. Finally, students will meet a contemporary hip-hop artist and learn about his personal journey through the industry as well as his thoughts on some of the social topics discussed during the week.

"PRO VITA VICTUS LENTISSIMUS"— SLOW FOOD FOR LIFE
VALERIE AND WALTER LONG '88
The world in which we live is changing at a rapid pace, and the jobs of today may be non-existent or greatly altered within the near future. The food we eat and the way it is produced has deep ties to our health, our economic prosperity, our environmental sustainability and our cultural interactions. Together with experts working on the front lines of the Slow Food Revolution, we will explore the growing importance of organic producers, environmentally sustainable business models, health impacts of the foods we consume, and the beauty of farm to table cuisine.

WHAT’S YOUR STORY?
GWYNETH CONNELL AND JESSE HOWARD
Human beings have been telling stories since they lived in caves. But some people are better at it than others... Why can some people tell you what they had for breakfast and have you hanging on their every word, while others can put you to sleep even when describing their most recent intergalactic space battle? In this class, you will listen to master storytellers, practice methods that will engage your audience, and find a story of your own worth telling. Finally, the collected stories of the group will be recorded as a podcast a la The Moth and This American Life. Live performances of selected stories may be included in the closing assembly on Saturday morning.

ZEN AND THE ART OF BICYCLE MAINTENANCE
ANDREW BARTER
“Sometimes it’s a little better to travel than to arrive,” states Robert Pirsig’s narrator in Zen and the Art of Motorcycle Maintenance, an undeniably philosophical tome. Students will explore fundamental life questions asked in Pirsig’s novel with a slight twist: a focus on the bicycle, one of the most efficient modes of human transportation for traveling short to moderate distances. Students will examine how a bicycle works and the reality of tuning imperfectly shaped parts to create a two-wheel vehicle that allows one to effortlessly roll across campus safely and reliably. By engaging in a very mechanical activity, we will hopefully be able to deduce the intersection of rationality and artistry.
HISTORY, POLITICS, AND CURRENT EVENTS

A PERIOD COURSES

“BUILD” AFRICA
ADDIE BULLOCK ‘14 AND ANDREW BOGARDUS
Using the African Leadership Academy model, one based on Stanford Business School, students will explore pan-African issues, U.S. involvement in those issues, and modern portrayals of Africa in the media. Students will interact with ALA students, located in South Africa, to utilize the BUILD concept (Believe, Understand, Invent, Listen, and Deliver) to collaboratively develop solutions to the most pressing needs. After receiving feedback, the class will present the best model to the school.

CARRYING THE TORCH: THE OLYMPICS
DANA ANSELMI AND KELLEY BOGARDUS
It happens every two years: the lighting of the torch, the roar of the crowd, the blend of the colors, the symphony of dialects, the march of the athletes, and the thrill of the battle. The Olympic Games represent over 100 years of global collaboration and healthy competition. On the heels of the winter games in Sochi, Russia, this class will examine the origins of the Olympics as well as noteworthy historical, political, and social themes through documentaries and clips of memorable moments. Students will have the opportunity to travel to a nearby ski jump and a curling facility (where they will try their own hand at this Olympic sport) to see how these global sports are important cultural pastimes, even in small town USA. A local Olympic medalist will also address the class and answer questions about her experience as a member of the 1996 Bronze Medal US Women’s Hockey Team.

CHINA: THE ROARING DRAGON
LU XU
As the world’s second largest economy, China wields incredible influence in the global marketplace. How did this come to be? Through a study of its history, culture, and political system, students will gain an appreciation and understanding of this country’s storied development. After discussing the issues facing China today and its unique relationship with the United States, students will practice Chinese calligraphy and preparing traditional Chinese food. The class will culminate with student presentations of a research project on a topic of interest.

JOGA BONITO
JON MOODEY
Why has soccer, a simple game of modest origins, become such a dominant and influential force around the globe? By viewing segments of a six-part documentary series called History of Soccer: The Beautiful Game and reading portions of Franklin Foer’s How Soccer Explains the World, participants in this course will explore the history, evolution, and impact of the game of soccer around the globe. Participants will have an opportunity each day to play futsal, a version of soccer in which creativity, improvisation, and technique are emphasized. Made popular on the streets of Brazil, futsal gave birth to a new and beautiful style of play, one which Pelé would later coin joga bonito.
MAGIC VS. BIRD
JAY CRONZE ‘09 AND J.J. JEMISON ‘09
Not only a battle between two of the greatest players of all time and two of the greatest franchises, but also between two men from very different backgrounds, the rivalry between Earvin “Magic” Johnson and Larry Bird reveals much about both the state of the NBA and the state of our society. In this class, we will review the historical context behind this relationship and both players’ unique paths to superstar status. We will also examine the concept of rivalry, where it comes from and who creates it, and how this specific rivalry impacted the U.S. well beyond the realms of the basketball arena. Finally, we will analyze Johnson’s announcement about his HIV status and Bird’s reaction to it, and chart these two icons’ transformations during the twilight of their careers.

POLITICAL ADVERTISING, PROPAGANDA AND FILM, 2000-2013
BRIAN SULLIVAN
This course will explore the media’s impact on American culture during the War on Terror as well as its portrayal of the battle over gun control. Students will explore the context surrounding these ideological clashes, including 9/11 and Columbine, through essays, political advertisements and short films. They will also examine how advertising and film influence American culture. Students will be expected to read various propaganda advertisements as well as create one of their own.

SPORTS AND POLITICS
BILL GULOTTA
Jesse Owens, Jackie Robinson, Joe Louis, and the Miracle on Ice: What do these major athletic figures and events teach us about the social and political climate of their time? In this course, we will examine various periods of U.S. history through the lens of major athletic events. Joe Louis’ victory over the German, Max Schmeling, in a turbulent pre-WWII era; Jesse Owens’ Olympic triumph in Hitler’s 1936 Berlin Olympics; the defeat of the Russians by the U.S. men’s hockey team at the height of the Cold War. These events, and others, provide unique insight into our nation’s history.

WHO AM I?
BEBE BULLOCK ‘86 AND JASON GAPPA
Do you know that you are the sum of all your ancestors? Your grandmother’s choices, your great-grandfather’s risks, and your great-great-grandmother’s adventures are your foundation. Find out why you live where you live; discover where your name comes from; delve into the history of your past. Perhaps you will discover that your ancestors emigrated from Russia via Canada, that your great-aunt was the first woman to run a bank, and your grandmother was part of planning the Columbian Exhibition of 1893. Using online and local resources, including a visit from the head of the New York Genealogical Society, we will discover ancestors’ occupations, household status, property ownership, native language, and country of origin. Discover the parts of your history, to make them a part of your present.
B PERIOD COURSES

CRACKING THE CODE
ELIZABETH BAER
What do these Egyptian hieroglyphics spell? Are you curious about how linguists used the Rosetta Stone to decipher a once-forgotten alphabet? How did these symbols evolve into our alphabet? After reviewing different types of writing systems – pictograph, syllabary, alphabet – we will proceed to study how some ancient writing systems were decoded. In this course, we will create rebuses, an essential development in the transition from pictograms to alphabets, and use transliteration exercises to map the relationship between systems. Finally, we will work together to create a visual representation of an idea.

THE OTHER SIDE OF THE BADGE
BILL GULOTTA
Each of us may have to depend on a firefighter or police officer in a moment of crisis in our life. What goes through the emergency responder’s mind in a moment of crisis? This course will introduce you to the training and psyche of these brave professionals. A graduate of Framingham State Police Academy and the Baltimore Police Academy, Mr. Gulotta will present an overview of the skills necessary to become an officer. After initial training, you will explore real-life emergency situations and will undoubtedly renew your appreciation for the great service emergency responders provide our communities.

PERSON OF THE CENTURY
PAUL AND MAURA MACKENZIE
Barbara Walter’s recently declared Miley Cyrus one of the year’s most fascinating figures. Is she one of the most intriguing? One of the best? Of the year, the decade, the century? How does Time magazine select a person of the year? How should we? What criteria do we use and how do we define success? Who would be your leading candidates for person of the 20th century? On what basis would you evaluate their “goodness?” Can you develop a ranking system for good people? All of this and more will be considered in this class, as teams vie to have their candidate selected as the Best Person of the Century.

POWER OF THE PROFILE PORTRAIT
DONALD ANSELMI
Queen Elizabeth. Ché Guevara. Marilyn Monroe. Martin Luther King, Jr. Jimi Hendrix. Bill Gates. What do all of these people have in common? Each is the subject of a world-renowned portrait. There are many powerful images of politicians, actors, artists, revolutionaries and other famous figures that have had a lasting effect on the world and that people associate with different ideas and movements. Students will not only study these images, but they will also dictate the track of the course by bringing in portraits of people that interest them. Students will walk away with a better understanding of the influence of media and marketing and a sense of why the people we discuss are famous in the eyes of the masses.
THE UNITED STATES: GOLIATH OR GOOD NEIGHBOR?
R.G. MEADE
With the collapse of the Soviet Union, the United States became the world’s sole superpower. This course will examine and assess the current involvement of the U.S. in Latin America, Europe, the Middle East, and East Asia. The focus in class discussions will be on the role of the U.S. in the economic, political and cultural development of a global society in the 21st century. The goal of the course is for students to increase their awareness of the issues confronting the international community, to become better informed about U.S. involvement in these issues, and to enhance their knowledge of world geography.

W. E. B. DU BOIS: A MAN FOR THE AGES
SKIP MEADE AND NOAH FAISON ’16
The co-founder of the modern civil rights movement, the early leader of the Pan-African movement, the author of the Souls of Black Folk, and the first Black American to be awarded a Ph.D. from Harvard University, W. E. B. Du Bois began his illustrious career as the valedictorian of the class of 1886 at Great Barrington High School. One of the most influential and internationally acclaimed individuals of American society, Du Bois was born just up the road from Berkshire and much of his work was based upon his experiences in southern Berkshire County. Using a variety of media, including the archival collection from the Du Bois Library of the University of Massachusetts, we will explore this great man’s life and legacy and his lasting impact on the world today.

WHAT IS A HERO?
MIKE MCCABE
We all have heroes in our lives. Who are these heroes and what are their heroic qualities? Using several major heroes and heroines of Greek and Roman epic poetry--Achilles, Aeneas, Athena, and Odysseus--we will examine how these iconic figures have influenced western European culture from antiquity and how they laid the foundation for the present day representation of a hero. We will look at specific passages from the Iliad, Aeneid and Odyssey, and we will use movie and television depictions of each epic poem to learn more about these protagonists. We will then discuss modern-day heroes and the many forms in which they come. Each student will choose a figure particularly heroic to him or her and present to the class on the final day.

MATH AND SCIENCE

A AND B PERIOD COURSES

PHYSIOLOGY AND NUTRITION OF SPORTS
DEVON AND JACKIE O’ROURKE
There will be two components to the course: classroom sessions and a “laboratory” in the form of a structured training program. The classroom component will introduce the students to the physics, chemistry, and biology of their own body systems. Daily readings and homework will be used to learn about major areas related to exercise physiology: cardiovascular training, strength training, injury prevention, nutrition and dietary supplements, and performance enhancing drugs (legal and illegal). Laboratory sessions will explore applications of each of these areas. The exercises are strictly regimented, and do not provide students with freedom to complete a routine of their choice.
A PERIOD COURSES

ANDROID APPS
DAN SPEAR
Mobile apps are becoming more and more relevant with each passing day. Have an interest? Search and you will most likely find numerous apps related to that interest. Not only for fun and games, apps are now used in education, medicine, and even public safety. This course will introduce students to the very basics of app development using Google’s App Inventor for Android. The program presents users with a visual representation of their app as they build it, and the programming end is done by snapping bits of code together like puzzle pieces. This is a great way to learn some of the basics of application development, which could then be used to develop more sophisticated programs. Although an Android phone or tablet would be beneficial, it is not necessary because the program has a built-in emulator that can be used to test and debug.

MAP IT!
MANDY MORGAN
Have you ever hiked up to Black Rock and wondered about your elevation gain? Students in this class will learn about topography firsthand by cooperatively creating a large three-dimensional topographic map of Berkshire School to be prominently displayed in the Bellas/Dixon Math and Science Center. In addition to constructing a scaled map, students will explore the history of cartography and the role maps have played in human exploration.

MATH: CARD COUNTING TO KNOT THEORY
TIM LANCE
While you might not always realize it, there is so much more to mathematics than proofs and problems. After a historical overview, we will quickly move into modern day classic math games such as Sudoku and Kakuro, and also develop some of our own puzzles. We will examine the intersection of mathematics and art, from the tessellations in Islamic tiling to the work of M.C. Escher, and create our own tessellations. Finally, we’ll explore how math has been used to cheat the system, including counting cards. The class will finish with an analysis of solvability. Math really is everywhere, and we will explore some of its many uses and the beauty it creates.

NATURE VS. NURTURE: ANIMAL BEHAVIOR
JESÚS IBÁÑEZ
Ample research has shown that animals are rational beings and that they also share with us many other traits that were once thought to be uniquely human, including manufacturing and using tools, having culture, having a sense of self, using complex systems of communication, producing art, and having rich and deep emotional lives. This course will study the interesting behavior of some species of animals, and whether these behaviors are learned or innate. We will learn about music appreciation in animals, complex hunting techniques in chimpanzees, practical sheep behavior, the “emotional” lives of cows, and other intriguing aspects of animal behavior.
SAVING THE SEASON: THE HISTORY AND CHEMISTRY OF FOOD PRESERVATION  
STEPHANIE TURNER AND KRISTINA SPLAWN
Since 12,000 B.C. humans have been preserving food. Civilization itself depended upon this ancient practice as society needed to harness the abundance of food during the growing season to weather shortages. Emperor Napoleon Bonaparte called for a new method of food preservation to supply his army and canning was invented. No matter where or how it occurred, the goal of food preservation has always been to eliminate or slow the micro-organisms that cause food to spoil. We will learn about a multitude of ways to achieve this (some ancient and others very modern), the science behind each, and will try our hand at preserving several different types of food. We will also visit a local farm that grows crops to use for their own vegetable fermentation!

SNOW SCIENCE: BACKCOUNTRY TRAVEL IN AVALANCHE TERRAIN  
ROB LLOYD
Snow. You can form a snowball with it, build a snowman, go sledding in it, melt it to drink, be trapped or killed by it, or dig a cave and survive in it. It can be a resource or a hazard. Using pit diagrams, grain composition, snow accumulation and stability tests, we will explore the physics and trigger points behind avalanches. This class will explore how snow impacts our corner of New England and examine the big mountain areas where avalanches are more common.

TOUR DE SOL: SOLAR POWER  
ANITA LOOSE-BROWN
How does a solar panel transform a ray of sunlight into the electricity cooling your common room’s fridge? What determines how effective a solar panel is at producing that electricity? Using Berkshire’s own 8.5-acre solar array on East Campus, we will examine these questions and more, build scale models, and meet with local experts in the field. After learning the fundamentals of a simple circuit, students will design and build a model race car powered by solar cells. On the last day of class, students will test out their racer designs in a solar-powered race.

B PERIOD COURSES

ALICE AND THE GAME OF PROGRAMMING  
CHRISTINE FITZGERALD
Located in cellphones, microwaves, refrigerators, cars, dams, solar fields, and even prosthetic limbs, computers have become ubiquitous. Have you ever wondered how a machine using just ones and zeros is capable of doing all of these tasks? Using Carnegie Mellon University’s 3-D programming environment, Alice, we’ll explore the world of computer programming and learn about the human design behind these technological masterpieces. By the end of the course, you will be able to manipulate 3-D objects in your own digital world and code an interactive game. Although only an introduction to computer science, this course will provide the tools to further your own study and to understand the computer as a tool, not just a magical box.
CRYPTOGRAPHY
RICHARD GILES
Any; or our E. ADT his?... From the days of Caesar’s empire to current “secure” credit card transactions, encryption has enabled only permitted individuals to understand encoded messages. Yet encryption can be deciphered. The Allies were able to intercept and decode Enigma machine messages from the Third Reich during the Second World War. More recently, over 100 million credit card numbers were “skimmed” from a data processing center without anyone’s knowledge. Using mathematics, pattern recognition, and elemental ciphers, students will learn more about cryptography and its rich history, and finish the week generating and attempting to crack their own codes.

GOT JAVA?
DAN SPEAR
System.out.println("Hello World!"); These are the first lines of code you’ll program in Java. Using Sun Microsystem’s omnipresent, object-oriented language, students will use tutorials available through Sun’s website to guide them through the process of creating Java programs. We will explore variables, data types, logic and Boolean operators and though some of the concepts are specific to Java, many are valid for generic programming. Students will finish the course by generating a simple animated game.

LEARNING THROUGH PLAY: AN EXPLORATION OF CHILD DEVELOPMENT
SYLVIA GAPPA
Berkshire’s campus is home to a vast and ever-expanding number of kids. How do they learn? What are they capable of at different ages? Students in this class will learn about child care and development with a focus on child interaction through play. They will learn developmental milestones in the areas of speech and language, fine and gross motor skills, socialization, and play. They will observe children and be expected to create developmentally appropriate activities for infants, toddlers, and preschool-aged children. Led by a Berkshire mom, this class promises to be a joy for participants and subjects alike.

MAKING, BRANDING, AND THE SCIENCE BEHIND MINERAL COSMETICS
APRIL BURCH
Organic, gluten-free, low-calorie, all natural. We spend so much time contemplating what we put in our bodies yet, most of us, spend very little time what we put on our skin, the largest organ of the human body. Educating yourself about the purpose and composition of products applied to the skin can help you preserve your natural beauty, avoid acne or allergic reactions, and save money. All-natural mineral cosmetics have exploded into popular culture and are used by millions of people world-wide. What are they all about? By the end of this class, you will know all about mineral cosmetics, mineral make-up composition and the basics of formulating your own custom mineral cosmetics.

MATH IN THE MOVIES
KURT SCHLEUNES
In Good Will Hunting, Matt Damon, in his role as a janitor at MIT, solves a complicated linear algebra problem left on the chalkboard. You can too with some guidance from Math Department Chair Kurt Schleunes. Students will watch clips from Good Will Hunting, A Beautiful Mind, Twenty-One, The Matrix and The Bank and study the mathematics involved in these classic “math movies.” Topics covered will include probability, graph theory, the Zeta function, the Riemann Hypothesis, and matrices.
PLASTIC SHMASTIC
AMANDA MORGAN
In the background of the alluring bright blue label are pristine glacier-covered mountains with the slogan “Purity Guaranteed” inscribed just below the company’s logo. Did you know, despite this image, that one out of four bottled waters sold in the U.S. is derived from a municipal water supply? Is the water in plastic bottles any different or any better than that coming from our faucets? Why should we care about using water in disposable plastic bottles? Is it harmful to us and to the environment? We will investigate how bottled water is packaged and marketed and why it has become one of the fastest growing sectors in the beverage industry. We will also test samples of bottled and non-bottled water to see if we can detect any differences.

RUBE GOLDBERG
JOHN WEST AND BRIAN SULLIVAN
Defined as a comically involved, complicated invention, laboriously contrived to perform a simple operation, Rube Goldberg contraptions satirize the numerous machines around us. This class will make the simple complex and the mundane exciting as students work collaboratively to physically create a machine that will perform an easy task in as many steps as possible.

PROFESSIONAL AND PERSONAL DEVELOPMENT

A AND B PERIOD COURSES

BEAR OF WALL STREET
CHRIS PERKINS
Interested in a job in economics or finance? This course, held at the non-profit American Institute for Economic Research (AIER) in Great Barrington, will introduce students to economic and financial research through hands-on analysis. As a culminating project, students will submit either a short report (on the importance of Affordable Care Act, for example), a spreadsheet (formulating a model for financial asset valuation), or a list of steps they have taken in structuring economic analysis of the business cycles. Working closely with AIER research fellows, students will be immersed in the economic research process from “conception to completion,” enhancing their understanding of economic concepts, theories and real world applications.

A PERIOD COURSES

A SPIRITUAL JOURNEY
PETER KINNE
The Sweat Lodge Ceremony is an adaptation of the sweat bath common to many ethnic cultures found in North and South America, Asia, Eastern and Western Europe, and Africa. Some say it is a tradition that is thousands of years old. The Sweat Lodge is a place of spiritual refuge and mental and physical healing, a place to get answers and guidance by asking spiritual entities, totem helpers, the Creator and Mother Earth for needed wisdom and power. Spend the week learning about the various types of lodges and the rituals involved. The week will culminate with an actual sweat in a Cheyenne Little Boy Lodge. Come delve into the spirit world!
GOTTA GET SOME SLEEP
LINDA BELLIZZI AND CATHERINE XU ’14
We all talk about needing more sleep, but we do little to address our sleep problems. According to current research, teenagers are healthier and function better in academics and athletics if they begin their days at 8:30 or 9 a.m. In this class, we will review the reasons that our bodies need sleep and the problems that can result when we do not get enough of it. We will run an abbreviated sleep trial, with class members as subjects, using the smartphone app Sleepbot. Students will have a better understanding of why sleep is important, debunk common misconceptions about sleep bulimia, learn to use an app that will help track their sleep patterns, and propose changes that could positively affect academic, athletic, and lifestyle outcomes for the entire Berkshire community.

MINDFULNESS, YOGA & THE RELAXATION RESPONSE
SUZANNE MAZZARELLI, MSW, E-RYT
Do you want to improve your ability to handle stress? Learn to modify your sleep patterns? Do you want to improve your performance in sports? Do you want to be more flexible and adaptable? Are you interested in learning about ancient practices with modern relevance? This course will give an experiential overview of several yoga practices, including asana (yoga postures), meditation, and svadhyaya (self-study). You will learn how to tap into the body’s innate healing power, switch off the “fight or flight” response, improve flexibility and self-knowledge, learn about Hindu mythology, and take part in an Indian feast. Come stretch your body, expand your heart, and still your mind!

THE TOUGHEST JOB YOU’LL EVER LOVE
ANNA ROMANO
The UN’s Food and Agriculture Organization believes that 925 million people are undernourished in the world. According to the World Health Organization, 1.8 million deaths a year can be attributed to a lack of a sanitary water supply. These are preventable issues that the Peace Corps is addressing using American volunteers. Using Peace Corps’ Webquest Program, students will choose a development topic ranging from closing the gender gap to improving environmental sustainability, perform guided research and analysis, generate their own suggestions for the Peace Corps, and present their findings to the class. Students will also follow a current Peace Corp volunteer’s blog throughout the week. By the end of the course, students will understand the mission of the Peace Corps, have a good understanding of what often appear to be intractable issues, and may have already prepared an application to join the effort to help humanity.

B PERIOD COURSES

BEHIND THE CAMERA: TOOLS, TECHNIQUES, AND TIPS
KEN GORDON ’73
Electronic News Gathering (ENG) and Electronic Field Production (EFP) are the methods by which almost all visual information and entertainment are produced. From 30-second commercials to major feature films, the tools and techniques employed are identical, and we’ll cover how it’s done. By covering the video production process in detail, students will gain a better understanding and appreciation for all visual content and walk away with the skills and knowledge to produce a finished demo tape for talent, camera and/or editing.
BEYOND TAPE AND ICE
BRIAN LEWTON AND MARC WYSOCKI
Want to know what athletic trainers really do? This course will give students a better appreciation of how athletic trainers diagnose injuries, establish rehabilitation programs and handle emergency situations on the playing fields. Get to know the educational background and courses required of athletic trainers while getting hands-on experience with all the modalities (whirlpools and electric stimulation units), as well as emergency and rehabilitation equipment.

C PERIOD COURSES

ACOUSTIC GUITAR FOLK BLUES
RICHARD GILES
Students will be introduced to the iconic artists behind North American regional folk blues through the life and playing styles of Huddie Ledbetter, better known as Lead Belly, and Sonny Terry. We will study their specific techniques and learn to copy their energetic blues-style with our own instruments. Students will need an acoustic guitar for each class.

THE ART OF CARD DEALING
R.G. MEADE
What can one do with a pack of cards? Learn the intricacies of Texas Hold ‘em, Omaha, Cribbage, Hearts, and Oh, Hell. These are lifelong skills sure to serve you well if ever stranded in a snowy cabin in the mountains. Did you know that President Clinton loves Oh, Hell, as does Oscar de la Renta? Harry Truman loved poker. Learn the rules and grasp the nuances of five important card games. You will walk away with an appreciation of the amazing range of what a deck of cards can do for entertainment and social gatherings.

BEYOND BAGELS: CULTURE AND TRADITION OF JEWISH COOKING
ELIZABETH BAER
Using its holy center, we will explore bagels and other Jewish foods commonly found in American cuisine and the cultural exchange so frequently associated with food. In this class, students will learn to cook some dishes that have become favorites both inside and outside the Jewish community, while also discussing other religious and ethnic food traditions.

THE BIG CHEESE
EVAN CLARY
If the stinking, gooey wonders of spoiling milk equate to your idea of gastronomic bliss, then this is the class for you. We will not only sample literally dozens of cheeses but also visit local cheesemongers and cheese makers as well as make our own fresh cheese. By examining the biological processes which make cheese possible, we will master the techniques of purchasing, serving, and storing it. Become an aficionado in the history and international political intrigue— really—of this strange, delectable food. (*Not for the lactose intolerant.*)
BLADES OF GLORY  
DAN DRISCOLL AND SYLVIA GAPPA  
Have you always wanted to glide effortlessly across the ice? Come learn the basics of ice-skating from the head boys and girls varsity hockey coaches. Designed for students with no prior skating experience, student will learn how to start, stop, turn, and most importantly, have fun on the ice. Come learn how to navigate your way around the rink in the Jack!

BUILD YOUR OWN BAT  
JASON GAPPA  
Swing batter, swing! Starting with a block of ash wood, students will visit a wood turner and use a lathe to shape their block into a bat of their own design. We’ll center the bat, sand the handle, determine its center of balance, and stamp it. By the end of the course, students should have a functional bat that they can take to batting practice this spring.

CHESS OPENINGS AND END GAMES  
KURT SCHLEUNES  
This course is open to students who are already familiar with the basic moves in chess. We will study famous sequences of opening moves such as the Ruy Lopez and the Sicilian. We will also work on end games—the final moves of a game which occur when one player has an advantage. Boards and pieces will be provided. In addition, time will be allotted for students to play games with one another for speed and to determine Berkshire’s Grandmaster.

CROCHET: DON’T JUDGE  
TIM LANCE  
Unlike other textile handiwork, crochet’s history is much more ambiguous. Regardless of its past, it’s become a popular tradition in America for both men and women. In addition to learning to use the tools of crochet, you will use a pattern to crochet your own scarf. No previous experience needed.

CROSS COUNTRY COURSE DESIGN  
JENNIFER ANDERSON  
Berkshire Cross Country has been From legendary coach Twiggs Myers to the years of Bill Gulotta, cross country has been a pinnacle athletic program, one of the most successful sports programs in the history of the School in fact. Much of the Berkshire School community has missed out on recent exciting cross country races due to the course location, across the street on East Campus. Students will work with Berkshire’s Maintenance Department to bring the course back to the main campus and utilize some of the natural wonders under the mountain. Students will design their own course and present it to a panel of judges.

THE CULTURE OF TEA  
CHENG-CHIA WU AND CLIVE DAVIS  
This course examines the importance of tea in Chinese, Japanese, Indian, Thai, and English culture. We will focus on one culture per day, discussing tea selection, brewing, aroma, and tasting of tea. We will supplement the lecture and demonstrations with readings, videos and other materials. Tea will be made each day and a trip to Harney & Sons Tea Company in Millerton, New York will cap off the week.
DISCOVERING THE MOUNTAIN
KEVAN BOWLER AND EVAN NIELSEN
Designed for outdoor novices and experts, this course revives Berkshire’s Mountain Passport Program. Originally created by the Ritt Kellogg Mountain Program as a guide to aid students exploring the mountain, the passport will lead us to South Pinnacle, Black Rock, the Appalachian Trail, the Telephone Trail, and the Reservoir, all in an effort to visit as many different and perhaps undiscovered sites on the mountain as possible. You should have sturdy hiking boots for this course.

ELEMENTARY SCHOOL GAMES
CENCY MIDDLETON AND STUART MILLER ’97
Come let us take you back to the days before Facebook and video chat when the highlight of the day was the recess game of SPUD or freeze tag. You’re never too old for a game of Four Square or Dodgeball. Mastering these skills is not only necessary for success on the playground, it will also serve you well in life.

FABRIC COLLAGE: FAST, FUN AND FUSIBLE
SUE IVES
Collage is a fun and spontaneous technique for creating artwork. In this class we will explore fabric collage using the fusible applique method used in quilt making. Students will be guided through a specific project using personal color preferences to create a real or imaginary city/town/village. This course will blend the components of collage, quilting and architecture into a unique outlet for creative expression. Each project will be as unique as the individual who constructed it. It’s fast. It’s fun. It’s fusible.

FÚTBOL Y TAPAS
JESÚS IBÁÑEZ
Futbol and tapas are two of the most ingrained Spanish traditions and though Americans aren’t always aware, the two go hand-in-hand in Spain. Students will take a look at the lively atmosphere surrounding soccer matches by recreating the experience at Berkshire. Before viewing some of the best European matches in recent memory, we will prepare a typical tapas recipe to be consumed during the game. Come ready to cook, eat, and cheer!

GET ON THE BALL, AND GET TO THE POINT!
CLAIRE NAYLOR-POLLART
Relieve stress, unwind knots, and loosen tight muscles with this self-massage trigger point program. Participants will learn how to take care of their own aches and pains while improving strength and flexibility and enhancing performance in sports. The goal for this class is to teach students how to efficiently target your painful and tight spots and effectively eliminate them with success! Basic human muscle anatomy will be taught so participants better understand how to map out pain patterns. Pre-exercise warm-ups and post-exercise stretching will also be taught for re-education and positive muscle memory. By the completion of this course participants will understand the missing tool in their workouts, a must for any serious athlete!

HAVE A HEART: FUNDRAISER PREPARATION
APRIL BURCH
In May of 2014, the week prior to Mother’s Day, the Philanthropy Society will host the “Have a Heart” fundraiser—a bleeding heart plant sale. Bleeding hearts are a very old variety of perennial and signify sympathy for others. All of the proceeds of the fundraiser will go directly to Village Health Works and
Deo Niyizonkiza’s vision of building a state-of-the-art Women’s Health Pavilion in Burundi. This Pro Vita offering is centered on all of the planning for this fundraiser including but not limited to: learning about bleeding hearts, planting all of the bleeding heart seedlings that will be sold in May, and creating the marketing materials for the fundraiser.

**HOW TO FOOL FISH WITH FEATHERS: FLY TYING, CASTING, AND TROUT FISHING STRATEGY**  
ROB LLOYD  
Have you ever wanted to tie your own fishing flies? How about learn to cast or perfect your double-haul? Maybe you are just curious about what fly fishing is all about. This class will provide opportunities for learning for absolute beginners all the way to those who want to tie their first “muddler minnow.” In addition, we will discuss trout habitat and current conservation efforts underway. If you are curious about fishing for trout, learn how to fool fish with feathers.

**HOW TO SURVIVE THE ZOMBIE APOCALYPSE**  
BRIAN LEWTON  
Based on Max Brook’s recent field guide, The Zombie Survival Guide, students will explore the world of the undead, zombies’ key attributes and weaknesses, and how best to interact and survive if confronted by one, or many, of these menacing individuals. Students will examine the myths surrounding zombies, how best to evade capture, discuss strategies for humanity’s survival and spend time contemplating and preparing for such a dystopian future.

**INTRODUCTION TO WEIGHT TRAINING**  
MIKE MCCABE  
A great workout does not hinge from the amount of weight that we lift; rather, it is the intent with which we move the weight that ultimately leads to a successful or unsuccessful session in the weight room. The first four days of the class will be spent learning each piece of a typical workout, and on the final day, the class will perform a complete workout. Intended for, but not strictly limited to, students with little to no experience in a weight room, this course will cover all of the important aspects of weight training: proper warm-up, core exercises, plyometrics, resistance training, circuit training, and flexibility.

**IT’S TO DYE FOR!**  
AMANDA MORGAN  
Have you ever noticed Ms. Morgan’s carefully decorated lab coat? In this afternoon class, we will explore several different techniques for tie-dying shirts and other articles of clothing. We will also experiment with other dye art forms such as Batiking, Shibori, and Hausa. Students will have to provide their own articles of clothing to dye or purchase one for minimal cost.

**KNITTING FOR EVERYONE**  
ANITA LOOSE-BROWN  
Have you ever had the urge to learn how to make your own warm and woolly accessories or longed to give a lovely hand-made gift to someone dear to you? Are you already a knitter yearning for some dedicated time to devote to this wonderful activity? Well, no matter which camp you fall into, join us for Knitting For Everyone and get a chance to fulfill those dreams! No experience is necessary. Beginners will learn how to cast on and will knit a hat (or 2 or 3) using only the knit stitch. Experienced knitters can work on hats or bring in their own project for knitting time and advice. There is nothing like an hour and a half of knitting bliss to brighten your day! Hats will be donated to Warm Woolies, an organization that supplies orphans with warm clothes.
LEARN TO COOK AUTHENTIC CHINESE FOOD
LU XU
Did you know American Chinese restaurants are opening branches in China as a foreign food? If you’ve never been to China, you haven’t experienced Chinese food. Learn how to prepare and cook authentic food from Northern China including fried rice, bun, wonton, and dumplings. Beyond enjoying our daily feast together, you’ll get the opportunity to try your hand at some traditional Chinese cooking methods.

MAGIC: THE GATHERING
JESSE HOWARD
*Magic* is a collectible card game created by Seattle mathematics professor Richard Garfield in 1993. With approximately six million players worldwide in over seventy countries, *Magic* has become the world’s most played trading card game. The premise of the game is straightforward: play cards that represent spells, tricks, creatures and artifacts to get your opponent’s life total down to zero before getting killed yourself. The catch? Each player designs his or her own deck from the thousands of cards that have been printed through the years. The course will cover the basics of this complex and multi-layered game and culminate in a tournament.

MAPLE SYRUP PRODUCTION
MIKE DALTON
From identifying and tapping sugar maples to hanging tubing lines and collecting sap, students will “run the rig,” draw off and filter syrup, and can the finished product. Students will learn what it takes to make pure maple syrup and become part of a storied Berkshire tradition. Finally, students will meet with commercial producers to learn how technology has improved maple syrup production.

MYSPACE: WHAT IT MEANS TO BE A LOCAL
PETER KINNE
Hit the road and meet some of our neighbors, all natives of the Berkshires: three police chiefs who grew up locally; two fire chiefs who help protect our homes and schools; several local business people working as lawyers and bankers; and the proprietors of the Sunrise Diner and other local establishments. What is it about this area that made them choose to stay? Do you feel the same way about your hometown? What do you sacrifice when you go, and when you stay?

PADDLE TENNIS
MICHAEL BIURLIN AND ANDREA BOWLER
Ever driven through a country club or sports complex and seen a shrunken tennis court surround by chicken wire? Well, that mini-court is home to a fantastic sport called paddle tennis. Played for over a century, the game is adapted from tennis though it features a different ball, hard racquets, a smaller court, and a lower net. All of these factors combine to create a fast and reaction-based game. Join us as we travel to surrounding schools to play for an hour each afternoon.

PRO VITA...NO REALLY!
DORY DRISCOLL AND SKIP BOWMAN
A classroom education will carry a person far in life, but what happens when classroom skills and life skills don’t overlap? This course aims to close that gap by examining the everyday skills involved in the art of life. What happens when you get a flat tire in the middle of nowhere? Power’s out and you’re wondering how to use that majestic looking fireplace for the first time? Ever find your white athletic shorts have turned pink after you did a load of laundry? This course will give you the hands on experience to help you solve these important everyday questions.
RAISING FISH
DONALD ANSELMI
The Berkshire National Fish Hatchery plays an important role in stocking the rivers and lakes of New England. Through daily visits this local hatchery, you will gain a hands-on perspective on managing cold water fish stocks, an understanding of how fish are cultured in an artificial setting, and begin to bridge the gap between the art and science of fish culture.

RECOVERING YOUR CREATIVE JOY: ELEMENTARY SCHOOL ART...SUPERSIZED!
BRANDI DAHARI
Remember how you used to love art? How you fearlessly attacked every project with wild abandon and felt such pride and joy in your work that you would give your art away as gifts? And then maybe something happened, something that caused you to hesitate inside and second-guess all that you created. In this class, you’re invited to go back in time to recover that fearless sense of self and joy again. From finger painting and 3-D pop-up books, to giant stained-glass windows, we will explore elementary school art projects that will unleash your inner child. You’re guaranteed to make stuff you’ll love and have a blast doing it!

TRI 4 LIFE
A.J. KOHLHEPP AND JULIA SLYER ’14
Triathlon, a multi-discipline sport requiring unparalleled athletic versatility and commitment to training, has been growing in popularity, with nearly 2,000,000 participants in 2011 (USA Triathlon.org). Youth triathlon has also been taking off in recent years, fueled by increasing media coverage of this demanding and exciting sport. You may be wondering whether it would be possible to plan, train for and participate in a complete triathlon in less than a week. Not to worry: Coaches Kohlhepp and Slyer, enthusiastic triathletes in their own right, will welcome you into the world of triathlon training and coach you all the way to the finish line.
NOTE: While you don’t have to be a competitive swimmer to participate, you will need to pass a basic swim test in order to complete the training sessions and undertake the race... We will keep distances for the training sessions and the race itself modest, limiting the impact on your participation in the normal afternoon program (playoffs, tryouts, et cet.).

WORD WARS
ANDREW BARTER AND AMY ROWLAND ’15
Michael Cresta, a carpenter who lives in Massachusetts, earned 365 points in one turn for playing the word quixotry in an official Scrabble tournament. If you find this fact intensely impressive, then this course is for you. Scrabble, the popular crossword board game, is both fun and challenging. In this course, you will learn the rules of the game and some tips on simple strategy, all while preparing to play in the inaugural Berkshire School Scrabble Tournament. In addition, we will watch Word Wars, a documentary that explores the obsessive world of competitive Scrabble. Do you have what it takes to be the Berkshire Scrabble Champion? Take this course to find out!

YOGA: FROM WARRIOR ONE TO DOWNWARD DOG
STEPHANIE TURNER
Led by a Kirpalu-certified local yoga teacher, this course will serve as an introduction to the practice of yoga. Each day will focus on a different part of the body or yogic philosophy including breath, gaze, mindfulness, and meditation. The classes will be physically challenging but appropriate for beginners and experienced yogis alike. Ommmmmmm!