

WINTERIM COURSE CATALOG 2024

<p>Archery: A Skill as Old as Mankind</p> <p><i>Sponsor: Laura Lawrence and Jack Mathieson</i></p> <p><i>Session: Single Session</i></p>	<p>"The very act of pulling back a bow opens your heart and builds strength and focus. Standing tall, rooted in the Earth, acting from your heart; good form is beautiful" (Alexandra Tait). In the Archery Winterim we will travel to the Asheville Archery Training Center to learn the techniques for shooting targets using a recurve bow. There will be time to learn and develop skills as well as engage in fun competitions. All equipment for recurve bows will be provided. Archers with their own equipment (including a compound bow) are welcome to bring and use it.</p>
<p>Demystifying the Tarot</p> <p><i>Sponsor: Laura Lawrence</i></p> <p><i>Session: Single</i></p>	<p>Tarot is a great tool for advice, decision-making, understanding how to help your friends and family, making plans, avoiding drama, creative thinking, and learning to trust your intuition. In this workshop we will learn a brief history of the tarot, the meanings of the cards, and how to use them. Tarot is NOT about revealing a predetermined destiny. And it's NOT about gloomy omens or impending doom. It's also NOT in opposition to nor an alternative to faith traditions. A tarot deck is composed of 78 cards that represent situations and people we all encounter. It is a tool that offers clarity to help you get a perspective that might be hard to get on your own in order to set goals, build friendships, adjust an attitude, and listen to your own inner wisdom.</p>
<p>Yearbook!</p> <p><i>Sponsor: Laura Lawrence</i></p> <p><i>Session: Single</i></p>	<p>Get together with a group of enthusiastic students to charge forward in our yearbook. This student-lead offering will consist of students tackling different sections of the yearbook, venturing out to document some of the festivities of the week, and some time to bond with the staff.</p> <p>Yearbook is a great way to be involved in the spirit of Asheville School, and I hope you will join us for the 2024 yearbook! Please reach out to Shelby Hippen with further questions!</p>
<p>Flowing Words</p> <p><i>Sponsor: Diana Sanderson</i></p> <p><i>Session: Single</i></p>	<p>Have you ever wanted to improve or even learn how to write in (and read) cursive handwriting? This course will give you the tools towards developing a functional and even beautiful handwriting.</p>
<p>Hike Your Days Away</p> <p><i>Sponsor: Daniel Mull and Hope Concannon</i></p> <p><i>Session: Double</i></p>	<p>We will be heading out to the mountains around Asheville to hike. We plan to hike 6-10 miles a day, and each hike will include a stop at a beautiful overlook or scenic waterfall.</p> <p>Hiking both challenges and benefits the body, mind, and spirit. Even as the body adjusts to the physical difficulty of traversing long distances with sometimes steep climbs, hiking also tends to decrease stress and improve sleep. You sometimes need to trick your mind in order to persevere when the body wants to stop, but you may enjoy the journey and feel an incredible sense of accomplishment after your hike. And spending time in nature lifts the spirit up to its Creator. Come take a hike with us!</p>

<p>Painting Happy Little Trees</p> <p><i>Sponsor: Casey Arbor</i></p> <p><i>Session: Single</i></p>	<p>If Bob Ross says you can create a masterpiece, then by gosh you can you. We will follow along with Bob Ross as we watch The Joy of Painting episodes while creating our own scenic landscapes. Each student will have “total and absolute power” to create lovely mountains floating in the distance, to “make big decisions about where your little foothills will live”, and to “become best friends with the mist.” We will learn to “create instant reflections” and “flavor white with colors.” We will make a “happy little evergreen tree,” “then give it a friend” as we paint another. As you decide to take this exceptional Winterim, remember “we don’t make mistakes here, we have happy accidents.”</p>
<p>Harmonize Your Inner Self and Body</p> <p><i>Sponsor: Mary Elizabeth Martin</i></p> <p><i>Session: Single</i></p>	<p>This course is for those who enjoy stretching their limits! Through a yoga practice, we will learn to center our minds, nourish our spirits, and maintain the beauty of our souls. If stretching, strengthening, and stimulating your mind, body, and soul sound exciting, please join me for five 70 minute hot yoga practices taught by certified yoga instructors at a studio in Asheville. All levels are welcome!</p>
<p>Self-Defense: Protect Yourself, Protect Your World</p> <p><i>Sponsor: Mary Elizabeth Martin</i></p> <p><i>Session: Single</i></p>	<p>Interested in learning about self-defense? Join me for five self-defense classes which will take place in a martial arts studio in Asheville. We will learn basics necessary to begin learning fitness and self-defense in our systems of Muy-Thai Kickboxing and Krav Maga, as well as introductory strategies for real-world situations, while keeping everything fast and fun. Bonus- the studio will provide you with a martial arts uniform. All levels are welcome!</p>
<p>Habitat for Humanity: Building Relationships</p> <p><i>Sponsor: Nate Sell</i></p> <p><i>Session: Double</i></p>	<p>In this course, students will work to help build a home for one of our new neighbors right here in Asheville. We will learn new skills, use tools, get dirty, and have a great time together as we serve our community. Throughout the week we will also learn about Habitat’s mission and about the need for affordable housing in Asheville. Students are expected to bring a sense of humor, willingness to work hard, and an open spirit. No prior construction experience necessary. Must be 16 years of age or older.</p>
<p>The Great Asheville School Bake-Off</p> <p><i>Sponsor: John Crawley</i></p> <p><i>Session: Double</i></p>	<p>Fashioned after the Great British Bake-Off, students will choose 4 pastry options and then compete for the best 4 out of 4 bake offs. Each day would be a different pastry challenge which each member/team will decide on prior to the beginning of the bake off.</p>

<p>Exploring Careers in Sport and Athletics</p> <p><i>Sponsor: Chapman Davis</i> <i>Session: Double</i></p>	<p>Students will visit high level (NCAA Div. I, Professional) sport facilities in the nearby North Carolina area to explore the variety of career opportunities within a high level sport operation. Students will have opportunities to interview current and former high level professionals (coaches, journalists, sports analysts, media professionals, marketers, owners, etc.) in person or on Zoom calls, to identify the skills, education, and experiences that are essential in the pursuit of a top-tier career in athletics. Students will need money for food and incidentals during off-campus trips.</p>
<p>Explore the Hero's Journey with The Belgariad</p> <p><i>Sponsor: Hope Concannon</i> <i>Session: Single</i></p>	<p>Calling all Harry Potter fans! Would you like to explore The Belgariad, a classic fantasy series from the 1980's in which a young orphan discovers the magic around him, as well as his central place in saving the world from the forces of evil?</p> <p>From the publisher: It all begins with the theft of the Orb that for so long protected the West from an evil god....Garion, a simple farm boy, is...skeptical in matters of magic. Until, through a twist of fate, he learns not only that the story of the Orb is true, but that he must set out on a quest of unparalleled magic and danger to help recover it. For Garion is a child of destiny, and fate itself is leading him...irrevocably toward a distant tower and a cataclysmic confrontation with a master of the darkest magic.</p> <p>We will read and discuss as much of the first three books in the series as we can get to, considering both the parallels between Garion and Harry Potter and the stages of the hero's journey through which they progress. We could also consider how this book holds up 40 years later, and what updates you might make to the series today. Students will create a final product that could be a book review, a movie trailer, new book-jacket artwork, or another appropriate product of your choice.</p>
<p>Math and Magic</p> <p><i>Sponsor: Hope Concannon</i> <i>Session: Single</i></p>	<p>Together we will work our way through The Great Courses 12-lecture series Math and Magic by Arthur Benjamin. We'll learn lots of card tricks, how to create magic squares, magic with numbers, mathematical ways to look like a psychic, etc. The publisher has this to say about the course:</p> <p>Renowned in TED Talks, The Colbert Report, and other popular media as a "mathemagician," Professor Benjamin teaches you the techniques and secrets behind dozens of great math-based tricks. Even if you are a numerical novice, you will look like a prodigy after mastering these math-inspired showpieces, which require no skills beyond basic algebra—and a bit of showmanship.</p> <p>As a final project, students will perform a few tricks live, for a small audience.</p>
<p>Ritmos Latinos (Latin Rhythms)</p> <p><i>Sponsor: Luis Alberto Gómez España</i></p>	<p>Do you want to start dancing? If you really want to try how you can move your feet to the rhythm of music, !This is your place! Dancing is conceived as a recreational hobby, as a pastime. It helps to disconnect, boost your health and even meet new people. Of course, you will learn the specific steps of Salsa, Bachata, Merengue, and Salsa Choke and you will end up performing with ease and grace. Join me in this class, and be ready to later show off your new dancing skills to your friends.</p>

Session: Single	
Build your own Cigar Box Guitar <i>Sponsor: Alberto Centeno-Pulido</i> <i>Session: Single</i>	<p>Students will build a cigar box guitar. They will learn to do a basic setup of a stringed instrument. No woodworking experience needed. With only a few basic woodworking tools and a bit of patience, they will end up with a fully playable instrument that can be played acoustically or plugged into an amp.</p>
Cirque: Aerial Silks for Beginners <i>Sponsor: Sean Lakey</i> <i>Session: Single</i>	<p>Have you ever fancied yourself as a flexible acrobat; bending, swinging and tumbling from great heights? Time to delve into why you should try Aerial Silks and how it can give you an exciting full-body workout. Learn how to safely defy gravity and perform in a new and exciting way.</p>
Stage Combat <i>Sponsor: Sean Lakey</i> <i>Session: Single</i>	<p>This session would cover basic techniques needed to create safe and effective fights for the stage or screen. Students learn the basics of all aspects of unarmed stage combat, falling, grappling, punches and kicks. A scene will be created where these techniques are utilized over the course of the week.</p>
Music Jam <i>Sponsor: Karen Cianciulli</i> <i>Session: Single</i>	<p>As an instrumentalist, do you miss having big stretches of time to play? Do you love playing music with others? Bring your instrument to read through (and possibly work up/refine) music meant for small groups. Depending upon interest, this single-session course could explore EITHER bluegrass/celtic/old time music OR classical chamber music. Any instrumentation can work, but you should have some skill in your chosen instrument. In this course, we may hear live music in Asheville one evening (depending upon availability). Maximum 8 students.</p>
The Physics of Light <i>Sponsor: Karen Cianciulli</i> <i>Session: Single</i>	<p>Come explore rainbows, polarized sunglasses, the construction of a microscope, and more! Each phenomenon we study will be experimentally explored—while we will look at some theory, no knowledge of physics is required. A comfort with basic math is recommended. In this course, we may visit the Lookout Observatory one evening to learn about the telescopes there (and look through them!).</p>
Block Printing Cards <i>Sponsor: Karen Cianciulli</i> <i>Session: Single</i>	<p>Do you like writing notes to friends and family and wish that you had a supply of cards that were more personalized? Do you like to draw pictures or designs and wish you could put those drawings on something functional? Are you interested in learning a new craft? In this course, we will print greeting cards with drawings/designs that you have created. You will cut your design into a linoleum block, roll ink over it, then use it like a stamp on the greeting card. The cost is dependent upon how many cards you want to print.</p>

<p>Sustainable Cooking and Local Food Systems</p> <p><i>Sponsor: Wes Kayser</i> <i>Session: Single</i></p>	<p>The course would be designed to teach students about the importance of supporting sustainable local food systems as a way to eat healthier, protect the environment and support local economies. We would read selections of articles and books that outline the impact of local food chains on the environment, our health, and our local economies and would talk with local experts (farmers, shop owners, etc) about how this impacts them. Students would also get the opportunity to seek out and purchase local produce and ingredients which they would use to prepare a meal together.</p>
<p>Hiking and Journaling</p> <p><i>Sponsor: Wes Kayser</i> <i>Session: Double</i></p>	<p>Students will get the opportunity to go on an extended hike each day to one of the mountains or trails nearby. We would bring lunches and small journals and writing materials with us and students would work on a series of both guided and free writing prompts based on the natural world and the specific hike we are on.</p>
<p>Climbing Skills Blitz</p> <p><i>Sponsor: Kellett Letson</i> <i>Session: Double</i></p>	<p>We will learn rock climbing skills on campus and take our learning to nearby crags. This will be a double session, as we will be traveling to WNC outdoor climbing destinations like Rumbling Bald and Looking Glass Rock.</p>
<p>Financial Literacy</p> <p><i>Sponsor: Nathaniel Johnson</i> <i>Session: Single</i></p>	<p>This course will cover basic financial ideas that apply to teenagers and young adults. Topics will include budgeting, bank accounts, credit cards, car loans, credit scores, retirement accounts, and other financial topics as time allows. Students will take a trip to Ingles to explore food budgeting and behavioral economics, and if time allows, students will visit a local living wage certified business.</p>
<p>The Vinyl Destination</p> <p><i>Sponsor: Dan Osgood and Nathaniel Johnson</i> <i>Session: Single</i></p>	<p>In this Winterim course, students will travel to local Record Stores in and around Asheville and discover the passion of hunting for records while also learning about the economics of personal choice, decision making, and shopping within a budget.</p> <p>Once we return to campus, we will listen to the entire albums as individuals and groups and discuss and write about the lyrics, sound, aesthetics, and themes of the music and album artwork.</p> <p>This proposed Winterim goes hand in hand with the school's mission of providing student experiences that foster joy, ownership, enduring intellectual and interpersonal skills, and a strong sense of connection to the community and the school. It will be fun, educational (the music analysis and economic components), sharpen the eyes and ears of our students, and will get them into the Asheville community of locally owned and operated record stores.</p>

<p>The Art and Science of Athlete Recovery</p> <p><i>Sponsor: Doug Harger</i> <i>Session: Single</i></p>	<p>Expanding on activities from the Blues strength and conditioning program, participants will explore sport psychology, nutrition, physical therapy, and exercise science topics, mainly through firsthand experience. Students will learn how level of evidence can inform best practice and start each day with a brief discussion of scientific literature. Course highlights will include a hands-on introduction to sports massage therapy, visiting athletic facilities at a major-division I university and venturing into hot and cold therapies at a local spa.</p>
<p>Flying Plastic: Disc Golf and Physics</p> <p><i>Sponsor: Jeff Mettee</i> <i>Session: Single</i></p>	<p>Flying Plastic is an introduction to the sport of disc golf and an examination of the physics of these high-engineered objects. Every day will be a combination of learning about the physics involved in disc golf and playing the sport.</p>
<p>The Oddly Complex Craft of Country</p> <p><i>Sponsor: Thomas Kozak</i> <i>Session: Single</i></p>	<p>Both a creative workshop and a historical overview, this class will give students the opportunity to learn the tropes and techniques of one of the most bizarre genres of mainstream music. We'll discuss songs, examine the wandering trajectory of the genre over the years, and then try our hand at writing our own tunes.</p>
<p>Screenwriting 101</p> <p><i>Sponsor: Thomas Kozak</i> <i>Session: Single</i></p>	<p>This course will explore the tools of the trade, the language of screenwriting, and the “rules” of writing for television and film. We will read example scripts and watch corresponding clips from famous films, cult classics, hit tv pilots, and arthouse bizarres. Throughout the course, each student will keep a journal of film/tv ideas, which we will use for pitches, writing exercises, and eventually our final projects. By the end of Winterim, each student will have written and workshopped a 5-minute action sequence, a silent screenplay and possibly a 30-minute first-act OR a 30-minute tv pilot.</p>
<p>Lessons in History Through Film</p> <p><i>Sponsor: Carl Boland</i> <i>Session: Single</i></p>	<p>The Fog of War – Errol Norris 13 Days – Roger Donaldson The Unknown Known – Errol Norris</p> <p>We will investigate American foreign policy blunders and triumphs by watching films/documentaries on subjects such as the Cuban Missile Crisis and the War on Terror. We will build in time for discussions and reflections to highlight key lessons learned that we can all utilize as citizens of a democracy.</p>
<p>Lost in Adaptation</p> <p><i>Sponsor: Marion Givhan</i></p>	<p>Explore the nuance of storytelling with Lost in Adaptation ! The anticipation for screen adaptations of beloved books is palpable, with one question always hanging in the air : will they get it <i>right</i> ? But what does it mean to get an adaptation right ? This Winterim course challenges students to approach a piece of literature and its adaptations with open and critical minds. Students</p>

<p>Session: Single</p>	<p>will analyse select adaptations of a famous work and discuss the improvements, pitfalls, challenges, and successes of adapting stories from one medium to another.</p>
<p>Creative Nonfiction</p> <p><i>Sponsor: Ingrid Bergill</i></p> <p><i>Session: Single</i></p>	<p>Creative Nonfiction, or literary nonfiction, is a genre of literature that uses literary techniques and styles to create factual pieces of writing. It includes styles like memoir, personal essays, long form narrative reporting, narrative history, and more. This course will focus on exploring the genre through first reading different authors and styles and then writing pieces in different categories, both modeled after readings and based on what students are interested in.</p>
<p>Miniature Mayhem: Build, Paint, and Conquer the Mortal Realms</p> <p><i>Sponsor: Anna Lawrence</i></p> <p><i>Session: Double</i></p>	<p>Unleash your inner artist and tactician in our winterim Warhammer workshop! Join us for an immersive experience where you will learn to build intricate models, master the fine art of miniature painting, and engage in epic battles in the Warhammer battle strategy game. This course is not just about fun; it's a unique opportunity to channel your creativity, hone problem-solving skills, and express yourself through your personalized army of miniature warriors. Dive into a world of fantasy and strategy, where every brushstroke and tactical decision becomes a masterpiece of your own making.</p>
<p>Gouda Times Await: An Intro to Cheesemaking</p> <p><i>Sponsor: Janine Haugh</i></p> <p><i>Session: Single</i></p>	<p>Cultures from all parts of the world have been making and eating cheese for thousands of years. These cheeses might have different flavor profiles and textures, but they're all made from the same basic ingredients: milk, salt, rennet, bacteria, and acid. In this course, we will learn about these similarities and differences and make (and eat!) multiple types of cheese. There is also the possibility of a field trip to a local dairy farm or cheese shop.</p>
<p>The Art of Documentary Filmmaking</p> <p><i>Sponsor: Jack Mathieson</i></p> <p><i>Session: Single</i></p>	<p>Do you want to have the best video in Spanish class? How about the best <i>MacBeth</i> adaptation in the Junior class? Do you want your JV Basketball Mixtape to get you that Division I offer you've always dreamed of? If you answered "yes" to any of these questions, then this is the Winterim for you. In this Winterim, you will simultaneously learn the incredibly powerful and top of the line "Premiere Pro" video editing software, in addition to creating your own short film documenting the excitement of your other Winterim session. The class will culminate in a film festival where we can display the art that we created throughout the week.</p>
<p>Fermenting Fun!</p> <p><i>Sponsor: Calie Berry</i></p> <p><i>Session: Single</i></p>	<p>Learn all about fermentation and the cool things that come from it! We will learn about the basic science behind fermenting and then make our own fermented goods like kombucha, kimchi, sourdough starter and sauerkraut. Don't know what any of those things are? Come find out! We will also have the opportunity to visit and learn from a local business owner who makes all sorts of fermented goodies. No previous knowledge or experience necessary.</p>

<p>HIIT me!</p> <p><i>Sponsor: Ana Franklin</i></p> <p><i>Session: Single</i></p>	<p>Have you ever tried High Intensity Interval Training (HIIT)?! This course is designed for anyone interested in getting a great workout, learning techniques, and improving fitness through HIIT workouts. The fee covers a comprehensive HIIT curriculum, an experienced instructor, and access to a well-equipped facility in South Asheville. This course will not only deliver valuable fitness education but also foster a culture of health and activity.</p>
<p>Beekeeping</p> <p><i>Sponsor: Frank Kriegler</i></p> <p><i>Session: Single</i></p>	<p>In this course we will learn the basic principles of beehive management. Students will become familiar with beekeeping equipment, seasonal management, and methods used to control pests and diseases. We will work in the bee yard to maintain the hives and prepare for the upcoming spring bee season.</p>
<p>Hold on to your Tacos!</p> <p><i>Sponsor: Caroline Fleming</i></p> <p><i>Session: Single</i></p>	<p>In this Winterim, you will get to explore themes related to immigration right here in Asheville, from learning about the legal process of immigration to uncovering the challenges of cultural assimilation. We will visit organizations committed to supporting the LatinX community like Pisgah Legal Services and Blue Ridge Literacy Council, we will go on a scavenger hunt for authentic Mexican and Central American products at Los Nenes Tienda or Smiley's Flea Market, and we'll check out our local Tamalería and Pupusería. In addition, we will interview members of the LatinX community to find out about their journey of cultural assimilation and the challenges they face to preserve their customs like food, language, and traditions. Along the way, we will (of course) sample authentic culinary traditions like tacos, pupusas, churros and manchego. Spanish is helpful but not necessary.</p>
<p>Lifeguard Training</p> <p><i>Sponsor: Dawn Brown</i></p> <p><i>Session: Double</i></p>	<p>The American Red Cross lifeguard training and certification program is the first step to get hired as a certified Red Cross lifeguard. The detailed training includes a hands-on skills test as well as a written test. Upon successful completion you will receive a Lifeguarding/First Aid/CPR/AED certification, which is valid for two years and is accepted nationwide.</p> <p>To participate in the course students must schedule with Ms. Brown a 30-min time slot 2 weeks before the start of Winterim and successfully perform the prerequisite testing:</p> <ul style="list-style-type: none"> ● Must be at least 15 years old on or before the last day of class ● Swim 300 yards continuously demonstrating breath control and rhythmic breathing ● Tread water for 2 minutes using only the legs ● Complete a timed event within 1 minute, 40 seconds: <ul style="list-style-type: none"> ○ Starting in the water, swim 20 yards ○ Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object ○ Surface and swim 20 yards on back with both hands holding object ○ Exit the water without using a ladder or steps

<p>Mountain Biking in Pisgah</p> <p><i>Sponsor: Trysh Huntington, Scott Miller, and Robert Buchan</i> Overnight trip</p>	<p>Are you interested in mountain biking? Already a mountain biker? Want to improve your skills? Great! This is the Winterim for you!</p> <p>We live in an incredible area that is rapidly becoming a hub for Mountain biking on the East Coast. This year's Mountain biking winterim will include: learning proper bike fitting and maintenance, participating in a local bike ride, riding in Pisgah National Forest, and camping at Davidson River campground. Students will also ride in Dupont State Forest and camp near Kanuga Conferences, where they will ride before returning to campus.</p> <p>This Winterim is suitable for all level of riders from beginner to advanced. The school has a limited number of bikes – so having your own whip is a bonus.</p>
<p>College Tour</p> <p><i>Sponsors: Amy McCuin and John Smith</i> Overnight trip</p>	<p>Hit the road with the College Office! Students will have the opportunity to visit a variety of colleges and universities in the region (NC, SC, VA) while learning more about the college application process.</p> <p>Open to: 4th and 5th formers. Itinerary Highlights: (Tentative schedule) University of North Carolina Asheville, Wofford College, Virginia Tech, Roanoke College, Washington and Lee University, University of Virginia, University of Richmond, and NC A&T. (Maximum of 8 students)</p>
<p>Where the Wild Things Are: Okefenokee Swamp Canoe Trip</p> <p><i>Sponsors: Frank Kriegler, Lecky Haller, and Zoe Manickam</i> Overnight trip</p>	<p>Students in this winterim course will spend a little time on campus (Monday and Tuesday) to learn the basics of canoeing, the ecology of the Okefenokee Swamp and details about the trip. On Wednesday morning we will drive to South Georgia to spend two nights at Stephen Foster State Park. During the day we will explore different areas of the swamp by canoe.</p>
<p>Costa Rica!</p> <p><i>Sponsors: Caroline Fleming and Calie Berry</i> International trip</p>	<p>*February 28- March 8, 2024</p> <p>Alongside our partner, Rancho Quemado, you will learn about sustainable rural tourism and balancing human prosperity and the protection of natural resources. This program will take you deep into the heart of the Osa Peninsula, home to 2.5% of the entire biodiversity of the planet. While in Rancho Quemado you will support a community development project, run workshops for children in the community, participate in a wildlife monitoring expedition, and meet with local leaders to learn how they are balancing economic development and conservation of this biodiversity-rich area. You will also have the opportunity to be immersed in the Spanish language, experience cultural traditions, meet with resident entrepreneurs, and explore all that Osa has to offer.</p>