



**Thank You!**



to the many individuals and businesses that contributed to the **"Share What You Can"** food drive. Your generosity is impressive! Together we shared almost **1 TON (1,950 lbs.)** of non-perishable items for the Community Kitchen! **Hunger has no season!** The Community Kitchen appreciates donations year round!




## Have A Good Time Doing Something You Love

Noah Carmel embodies the term "triple threat." He can act, dance, and sing and he does them all exceptionally well. "I'm getting experience here at MoCo Arts and building my portfolio," says Carmel. "I want to do musical theatre professionally."

At only 15 years old, Carmel has a thick portfolio. "I've performed in *Suessical The Musical*, *The Wiz*, *The Little Mermaid*, and soon I'll be in the upcoming production of *Bye Bye Birdie* and *Pippin*."

This ambitious high school sophomore has been taking classes at MoCo for the past five years is following in his older brother's footsteps. "My brother used his MoCo experience to build a portfolio," Carmel explains. "Now he's at The Hartt School for musical theatre."

MoCo Arts provides a nurturing and encouraging environment for students to find their passion and develop their talents. "MoCo encourages everyone who wants to try theatre and dance to come and experience how awesome it can be," Carmel says. "For those who want to pursue it, the instructors really challenge those students to do their best."

Carmel makes it pretty clear that his future lies in the arts. When asked "Where do you see yourself in 10 years?" his answer is simple and clear. "I see myself working in musical theatre professionally, having an unbelievably good time doing something I love."

MoCo Arts is a 501(c)3 non-profit, multi-arts educational organization located in downtown Keene offering dance and theatre classes and multi-arts vacation and summer camps for children ages eight



**NOAH CARMEL** in the recent MoCo Arts production of *Seussical the Musical*.

months to 18+ years. As part of the educational process, MoCo Arts provides professional performance experience for students and family-friendly performances for audiences of all ages throughout the year. MoCo welcomes all students, beginners through advanced, and tuition assistance is available. MoCo Arts is sponsored in part by the New Hampshire State Council on the Arts, the National Endowment for the Arts, and the New Hampshire Charitable Foundation-Monadnock Region.

For more details, visit MoCo Arts, 76 Railroad Street in Keene or [www.moco.org](http://www.moco.org).

*Katie Day* is MoCo Arts' Communications and Marketing Manager.

### Keene State College Art Gallery's Faculty Artwork In Biennial Exhibition

*Studio Art, Graphic Art Faculty Exhibit Opens With Reception On January 23rd*

Keene State College's Thorne-Sagendorph Art Gallery will present the Biennial Keene State College Art Faculty Exhibition. The exhibit will kick off with a public reception at Thorne Art Gallery Thursday, January 23rd from 5:30 to 7:30 p.m., hosted by Friends of the Thorne.

The Biennial Keene State College Art Faculty Exhibition showcases recent work in a variety of media by Keene State College studio art and graphic art faculty. Featured works are by Associate Professors of Art Yuan Pan and Lynn Richardson, and Associate Professor of Film Randall Hoyt. This exhibition also showcases works by faculty members Rosemarie Bernardi, John Roberts, Peter Roos, Paul McMullan, Rebecca Davis Kelly, Robert Kostick, Melissa DiPalma, Ann Shelton, Richard B. Carlson, Walter Nicolai, Julia Ferrari, Tanya Rudenjak, Mary Crawford, Stephanie Nichols, Carlos Szembek, Molly Fletcher, and Katharina Rooney.

Exhibit dates are January 24th through March 13th. Gallery hours are Sundays through Wednesdays from noon to 5 p.m.; Thursdays and Fridays from noon to 7 p.m.; and Saturdays from noon to 8 p.m.

The gallery is accessible to people with disabilities. To request accommodations for a disability, call the Thorne Gallery at least two weeks before your visit.

This exhibit is free and open to the public. More details about the Thorne can be found online at <http://www.keene.edu/tsag/>.

### The SSYogaPASS Offers

#### Unlimited Classes At Yoga Center

Sterling Studios, LLC, a yoga and healing arts center located at 7 Main Street, Suite 7, in downtown Keene, is offering an unlimited class pass. This is an opportunity to exercise the musculoskeletal, nervous, respiratory, and cardiovascular systems.

The SSYogaPASS gives new students a chance to experience as much yogic bliss possible in one month. Owner Cindy Sterling Clark got the idea from her son, Dylan, who lives in Bellingham, WA. When Dylan came home for the holidays, he spoke about his desire to take weekly yoga classes in Bellingham, but hesitated due to the cost and his beginner status.

"We decided that an unlimited monthly pass for new students was the perfect solution," said Clark. "It gives new students a chance to 'test the mat': explore a variety of classes for a reasonable price without making a commitment right away. It's a nice way to get familiar with the studio, meet the instructors, learn different methods, and find the classes that are just right."

For \$80, SSYogaPASS holders can fill their days by learning Yoga Fundamentals on Mondays and Fridays at 4:30 p.m. There are noontime Hot Lunch Yoga classes on Mondays and Thursdays. Meditation in Motion is on Mondays and Thursdays at 6 p.m. Folks can relax to Candlelight Yoga on Tuesdays at 6 p.m., and focus on strengthening abdominal muscles on Wednesdays at 4:30 p.m.

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