

Fenwick exercise boot camp heating up for summer

By **Monica Scott**
Staff Reporter

Summer doesn't mean that an exercise program has to go on vacation, too. There is plenty of natural light and equipment found in nature — especially on the beach!

And, just in time to keep that summer exercise routine going, Fenwick Island's exercise boot camp, otherwise known as Hipaha, is starting up again. While the camp is still on a Monday/Friday schedule, starting June 13, classes in yoga, a beach circuit and the boot camp will be available Mondays, Tuesdays, Wednesdays and Fridays.

"New this year, we added a yoga class at 7:30 on Tuesday morning," explained Lori Martin, owner/facilitator of the boot camp, noting that they also have apparel available (hat, shirts and stickers) and will have one special "warrior day" a month, on which participants will compete with each other in a 90-minute challenge.

According to Martin, "hipAHA" is a Native American exclamation used when having a really good time — something she says is heard frequently during her boot camps. After attending a "boot camp" in Mexico, Martin started something similar in Delaware, to take advantage of the area's natural resources and beach.

Martin said this year's Hipaha season



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Hipaha enthusiasts put in a tough workout at Fenwick Island earlier this week.

started last Friday and the turnout was "great." She said they usually get about 15 women, and many are familiar faces from year to year, but they always welcome new people. For those who have never been or who are just in the area for a vacation, there are drop-in rates available.

Another new aspect this season is that Martin will be collaborating with Coastal Kayaking (across from the state park in Fenwick Island, on Route 1).

Each Thursday morning, Hipaha members and drop-ins will be able to participate in a stand-up paddleboard fit-

ness class, starting at 9 a.m. on Thursday, June 16.

Hipaha classes are held on the beach at the end of Atlantic Street in Fenwick Island. (There are parking restrictions, so Martin cautioned those who drive to read the signs carefully.) Participants will not need shoes for any of the beach classes but will need to bring a mat, drinking water and a beach towel.

Classes cost \$10 to drop in. For discounted rates and to purchase a punch pass that can be shared, or for more information, visit www.hipAHA.com or call (302) 539-1290.



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Chorus teacher position saved at IRHS

By Laura Walter
Staff Reporter

The staff and students of the Indian River High School (IRHS) music program were not looking forward to the budget cuts anticipated for the coming year. Because of lower enrollment, the school does not intend to rehire several teachers for the 2011-2012 school year, and until May 25, one of those teachers was chorus teacher Ben Ables.

When teacher cuts were announced in mid-April, the band and show choir had just returned from the annual band trip – this year, to Walt Disney World.

Immediately, many parents and students protested losing Ables, sending letters, emails and phone calls to the Indian River School District (IRSD) Board of Education.

"It's nice to have the support," Ables said this week.

As a result, IRSD Superintendent Susan Bunting recommended at the May 25 school board meeting that Ables be allocated an Academic Excellence unit.

Districts receive traditional teaching units based on enrollment. Academic Excellence units are additional special teaching units that districts receive that can fund teaching positions for special or non-traditional programs. One such unit was transferred to IRHS for Ables.

Before teaching at Sussex Technical High School and IRHS, Ables worked at

Sussex Central High School, and as a tenured teacher in the IRSD, he would have simply transferred to another school.

However, the music program at the high school has expanded greatly since Ables came to IRHS four years ago. The Renaissance group and show choir were created, while the stage band was revived. There were 160 band and chorus students this year.

"It means we can continue what we've been doing," band director Mark Marvel said of the preservation of Ables' position.

Marvel said he had planned to continue all the school's musical groups next year, regardless, but it would have been more difficult for him to handle band and three chorus periods each day.

"We hope to keep expanding the music program year-to-year," Marvel said.

Although Ables noted that Marvel had conducted the music program alone for eight years, he said it becomes more difficult and stressful for a single director, especially as programs grow.

"The program can only go so far with one person," said Ables. "You really need two people for the extra stuff – extra ensembles, doing more advanced things."

Marvel said Selbyville Middle School's sixth-grade band is projected to reach 97 students next year, showing the growing interest in the area for music programs and building expectations for higher high school band participation in years to come.