



The Lebanon Times

EST. AUGUST 2013

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Serving the City of Lebanon, N.H.

Winter/Spring 2014

SSF Works to Make High School Green



LHS senior and SSF member Nell Houde with the raised garden beds she helped build last year.

Will Weatherly

Jacqueline Clary, an art teacher at Lebanon High School, has an infectious passion for what she does. When I entered the large, open art room where she spends most of her time, she was pacing between students still working on their pieces, giving pointers and encouragement when she could.

Her passion carries over into her role as the faculty advisor for Students for a Sustainable Future, the long-running environmental group

at LHS founded more than a decade ago by a small group of dedicated students.

The club was originally started with Mary Maxfield and Chrissy Morley, two LHS science teachers, as advisors. Ms. Clary was an eager volunteer at the time. After Mrs. Morley left to spend time with her new children last year, Ms. Maxfield turned the advisor role to the eager, if scientifically inexperienced, hands of Ms. Clary.

"It was hard to accomplish the same [work] without them," Ms. Clary said.

In reality, SSF is doing more work at the school than ever before. The group's main initiative is the school garden, built in April 2012. Fresh, organic vegetables grow in five raised beds, including carrots, beets, kale, and spinach. Last year, the group also increased the amount of herbs grown in the garden, including parsley, oregano, and thyme.

LHS senior and SSF member Nell Houde of Plainfield helped build the beds with Ms. Clary, wrestling with power tools and lumber.

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Lebanon Elementary PTO: Building School Spirit for 25 Years

Allison E. Rogers Furbish

In these days when it's so common for teachers to spend their own money on classroom supplies, it's easy to see the value in having an active PTO to support opportunities that students and teachers otherwise would not experience. From social events to new dictionaries, the Lebanon Elementary Parent-Teacher Organization funds and organizes a variety of activities and programs that strengthen both the school community and the students' learning experience.

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Elder Profile: Terri Dudley, City Matriarch

Ruth Sylvester

Terri Dudley greets a visitor with a hug instead of a handshake. A welcoming, grandmotherly woman (who is indeed grandmother of four and great-grandmother of five), she leads the way to a cozy living room filled with seasonal decorations. You'd never guess that she's spent years in the civic and political heart of Lebanon. The titles of the positions and achievements on her résumé flood off the page.

But if you ask Terri what has been her greatest accomplishment, she instantly says, "Raising children."

She didn't limit her attention to her own three, or her five foster children. "Our home was the gathering place for all the children in the neighborhood," she recalls. Her home at the time was the building that now houses Planned Parenthood in West Lebanon, but Terri and her husband, Roger, now live



Terri Dudley was recruited to start an interview show on WTSL radio.

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Money with a Mission

Nonprofit organizations. Volunteers. Fundraisers. Banks?

It may be surprising that one of the most committed nonprofit donors in the Upper Valley is a bank, but for Mascoma Savings Bank, the community is their success to support and celebrate.



Mascoma Savings Bank

One of Mascoma's most cherished events to support is the annual Concerts for the Cause series, which provides funding for Child and Family Services, a statewide nonprofit agency with a regional office in West Lebanon. Mascoma has been active with Concerts for the Cause for more than a decade.

Child and Family Services, corporate sponsors, and ticket patrons have been coming together since 1985 to host annual Concerts for the Cause at the Lebanon Opera House and around the state. Past performers have included well-known artists like Grace Potter & the Nocturnals, Arlo Guthrie, Blues Traveler, Preservation Hall Jazz Band, Taj Mahal, Cowboy Junkies, Don McLean, Randy Newman, Joan Osborne, Robert Cray, and more.

In the past 28 years, these events have raised about \$2.5 million to help fund the programs of Child and Family Services. The Lebanon concerts contribute significantly to the overall fundraising, adding \$49,000 to the total in 2013.

"Our agency has been able to extend crisis care and daily stabilization and empowerment services to hundreds of individuals and families," says Kat Strange, director of communications for Child and Family Services. "The money raised has helped to fill funding gaps and cover costs that are not covered under state or foundation grants for nearly all our programs, and reaches out to the most vulnerable populations. These funds also ensure that for all those who come to us seeking help, such as mental health counseling and therapy, that no one is turned away due to inability to pay. The funds from Concerts for the Cause are unrestricted, so they can be used to support programs and services as needed."

Proceeds support child abuse prevention, intervention and treatment, foster care, home-based family strengthening services, mental health counseling, runaway and homeless youth outreach and survival aid, parent education and support, early childhood development services, healthy families home visiting to ensure babies get off to a good start in life, positive youth development programs, transitional and independent living, child advocacy, and summer camp for children from low income families.

For more information on Child and Family Services and the Concerts for the Cause, visit cfsnh.org.

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PUBLISHER'S NOTE

Spring!

Spring is by far my favorite season. I love change and fresh starts, and that is what the renewal theme of Spring is all about! And, boy, are we ripe for some renewal – renewal of the mind, body and spirit!

The world is changing – can't you feel it in the air? While some would argue that humanity is taking a nose-dive, others are fortunate enough to witness and hear first-hand about the small and big acts of kindness and generosity that our local and global neighbors are making on behalf of each other. With the connecting power of the internet, what may have never made it outside the local paper is now "going viral." I am so happy to be able to learn, via the internet, about what other people do around the world to help themselves and the community in which they live. What we at the *Lebanon Times* try to do is bring you the stories of you and your neighbors doing similarly wonderful acts. You could say that our local stories "go viral" with every issue that hits the streets... because every resident receives a copy, thanks to our advertisers, mailing sponsors and special page sponsors. Even the internet can't boast 100% audience reach!

Spring is on its way. It's time for each of us to make a fresh start and renew our commitment to "doing good" for this fabulous community. Tell us about it, and it'll surely go viral!

– Jen MacMillen



EDITOR'S NOTE

Springing to Life

Although it's hardly above zero degrees outside as I write – and there's still plenty of late winter left, for sure – there's no denying that spring is on its way. I am reminded of this as I notice that it's light out just a little bit later each day; the gardening books are making their appearance once again on the dining room table; and the cords of firewood are dwindling in the back yard. It's the time of year when we start over. Things come to life anew.

This issue of *The Lebanon Times* is full of people bringing good things to life in the community. From a neighbor who built her own violin, to students building and tending gardens at Lebanon High School, to peers intentionally creating a supportive and healing environment for each other at Next Step, the city abounds with examples of people doing work that makes our community vital. We take great pleasure in sharing those good stories with you, our readers, and we hope they inspire you as they do us.

Speaking of people bringing things to life, this publication is a group effort which owes much to the dedicated volunteers and community members who discover, write about, and photograph the stories we cover in each issue. If you're interested in contributing your ideas, stories, or pictures, please send us a note at editor@thelebanontimes.com. We always want to add more voices from the community to our pages.

As winter turns to mud season and finally to spring, we hope you find light – and maybe a little more light-heartedness – in your days.

– Allison E. Rogers Furbish



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Meet Your Neighbor



Marjorie Moorhead
Church Street, Lebanon

How long have you lived in the area?
Approximately 19 years

If you moved away, what would you remember most about Lebanon?
The small community feeling around the green

What is your favorite place to eat in the area?
I don't really eat out that much...

How did you meet your local friends?
Through being a parent

What do you want to do once the snow melts?
Take more walks!

What was your New Years' resolution?
Have you kept it so far?
I don't really make resolutions either...

What are you looking forward to in 2014?
Returning to my Tai Chi class

How do you celebrate Valentine's Day?
I give chocolates and Valentines to my family.

What was your favorite book in high school?
I liked John Steinbeck a lot, especially *Travels with Charley*.

Who was your childhood hero?
Jimmy Carter



Ingrid Kottke
Perley Avenue, Lebanon

How long have you lived in the area?
I've lived here for seven years, since I was in the 5th grade.

If you moved away, what would you remember most about Lebanon?
The green and Storrs Hill

What is your favorite place to eat in the area?
Yama

How did you meet your local friends?
Through my siblings, school, and drama productions

What do you want to do once the snow melts?
Commune with nature!

What was your New Years' resolution?
Have you kept it so far?
I haven't made one.

What are you looking forward to in 2014?
Finding out where I'm going to college, visiting my sister in Toronto, and the summer!

How do you celebrate Valentine's Day?
I really like Valentine's colors, especially the rare red and pink combination.

What was your favorite book in high school?
Little Big by John Crowley.

Who was your childhood hero?
Morgan Le Fay, this really cool sorceress from Arthurian legend!



George Hanna
Benton Street, Lebanon

How long have you lived in the area?
Seven quick years

If you moved away, what would you remember most about Lebanon?
The beautiful spots along the Rail Trail

What is your favorite place to eat in the area?
Mingling at the Lebanon Farmers' Market

How did you meet your local friends?
The Lebanon Farmers' Market

What do you want to do once the snow melts?
I start growing vegetables.

What was your New Years' resolution?
Have you kept it so far?
Ride my bike to work more.
As of January 7th, no.

What are you looking forward to in 2014?
Spending more time with the family, building memories.

How do you celebrate Valentine's Day?
I nod my head when my wife reminds me what day it is.

What was your favorite book in high school?
On the Road by Jack Kerouac

Who was your childhood hero?
Bo Jackson

GOT QUESTIONS?
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The mission of this Chamber is to advance economic vitality by providing advocacy, information, and services to our 323 members and the UpperValley. As we continue to forge the best ideas of our business, industry and service organizations into productive actions, we strive to work in harmony with our residents in order to shape our City's best and brightest future for all of us.



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GOOD FOR YOU

Honoring the Return of Spring

Allison E. Rogers Furbish

This issue of *The Lebanon Times* spans an interesting season here in the Upper Valley, covering February through April, the time when we transition from the cold and gray of winter to beginnings of the warmth and verdure of spring. It truly feels like a season of renewal: We've survived another winter of snow and below-freezing weather, and we're possessed of a new, hopeful energy that only comes with this particular season.

Each person welcomes the spring in her own way. Me, I go outside as the snow melts and take "litter-picking walks," collecting the trash suddenly so evident at the sides of the roads. Although I wish it didn't have to be done, I feel good contributing a little something to the refreshing of the landscape – and getting outside into the fresh spring air after the long winter (when, admittedly, I probably spend a bit too much time sitting by the woodstove).

How do other Lebanon neighbors honor the arrival of spring?



Nicole Cormen

"I welcome spring as I do every season, outdoors looking for signs of change on the landscape. Most of these signs occur gradually, but a few really punctuate the start of spring: the quacking of wood frogs, the return of red-winged blackbirds, the blooming of snowdrops, crocuses, and

beaked hazelnut. There's something new out there every day, and even the awakened blackflies are welcome – till they start biting, of course."



Paul Coats

"I do love spring. I grew up in Georgia where we didn't have much of a winter, and I used to take spring for granted. But you earn it here, and there's so much to appreciate about having made it through a long winter. The explosion of green that comes out is one of my favorite things. I almost appreciate it more than fall foliage, going from no color to so much color. My wife Kristen and I enjoy getting into a canoe or kayak when the ice breaks. It's quiet, and it's something we can do together at the same pace. We like to grab a picnic when we get a nice warm day and we can go hang out by a brook and sit in the sun. That's like a rite of passage. We're not bundled up in jackets. We can just enjoy warmth and see all that new growth."



Courtney Rogers

"By mid-April, the days are already getting warmer, but there is always one day when I just know that the warm weather is really on its way. On that day, I put up my storm windows and pull down the screens, in preparation for the summer ahead. From that day forward, I sleep with my bedroom window open, albeit under a pile of blankets, so that I can feel the air getting warmer, night by night. Each May (usually Mother's Day weekend), my mom and I take a trip to Edgewater Farm to pick out flowers for our porches and decks, and I pick up vegetable plants for my garden. Once I get them home, I go to work planting my garden, repotting my plants, and making my deck into a plant jungle. When all my work is done, and I have blisters on my hands and dirt under my fingernails, I like to sit among my plants, sipping a glass of wine in the warm spring air, waiting for the first firebug to make its appearance."



Dave Nelson

"I have a project that I look forward to every spring. Being a photographer, I love to go out in the fields and woods and capture those first moments of spring. The attached photo is an illustration. The very first crocus of Spring! Wow! Being out there with camera in hand lifts my spirits as I see everything coming back to life. Hope springs eternal as the saying goes. Also, just the smell of spring makes my spirits soar. It's kind of spiritual!"



Tonya Gibbs

"I love spring! After the long winter here, I love noticing and photographing the first bulbs popping through the snow. I start planning my vegetable garden. I like to take walks on the sunny days. On rainy days I'll start sorting through things and put stuff aside for a garage sale or a donation to the Listen thrift shop. This year I might be a little distracted – my son graduates from college this spring and my daughter from high school!"



Jesse Barrows

"I look forward every year to the return of the wild ramps (wild leeks) and fiddleheads. These are the first gifts of spring from the earth, and they also remind us that usually by Mother's Day we will find the first morel mushroom. We love when nature wakes up from its winter's rest; it draws us out from our hibernation, awakened and refreshed!" ■




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GOODNESS INDEED

Hidden Heroes

Dave Nelson

While we remain held firmly in winter's icy grip here in the Upper Valley, many residents can't resist the opportunity to let their minds drift off to the lazy, hazy days of July.

Specifically, July 12, 2014, when once again hordes of excited, dedicated, and determined individuals from every walk of life will descend upon the town of Hanover for the 33rd Annual Prouty fundraiser, staged by the Friends of the Norris Cotton Cancer Center in Lebanon.

That prestigious event has become legendary and established itself as the biggest charity fundraiser in Northern New England, incorporating more than 4,500 people from more than 30 states who gather to celebrate life, hope, and the defeat of cancer, an insidious disease that has struck down so many.

Last year the Prouty surpassed its fundraising goal of \$2.75 million, and the praise for that success is heaped upon the army of volunteers and participants who take over the local highways and byways of the Upper Valley.

What makes this well-oiled machine run so smoothly, considering the enormity of the task?

Housed almost in obscurity in the ultra-modern Norris Cotton Cancer Center facility, you will find the true "hidden heroes," the Administrative Team that implements the mission of the Friends of Norris Cotton Board of Directors. That intrepid staff has steadfastly labored and witnessed the dollar total in the Prouty's 32-year history exceed \$20 million.

Situated between those glass walls of the Norris Cotton Cancer Center are Executive Director Jean Brown; Senior Program Manager Rebecca Gray; Prouty Operations Manager Bruce Bouchard; Program Manager Susan Whelihan; and Financial and Administrative Coordinator Catherine Rentz. Last, but not least, is Christine Pariseau-Telge, coordinator for the Friends of Norris Cotton Cancer Center South, located in Manchester and Nashua, N.H.

While these stalwart six do their work in a professional and efficient manner, unlike the often harsh environment of the corporate world, these administrators agree that while the task is labor intensive, the job involves a warm emotional connection.

"When I worked my first Prouty I was focused on the logistics of my job, not anticipating the emotional factor," explained Susan Whelihan. "Watching and hearing the participants' stories that day brought the emotional piece to the forefront."

Senior Program Manager Rebecca Gray can confirm that emotional factor of working for such an impactful cause. She is a 16-year breast cancer survivor who served as a consumer reviewer for the Department of Defense and several grant applications by Norris



Lebanon Crew "Row The Prouty" with teammate and Prouty Hero Cate Pierson (far left). Pictured: Cate Pierson, Tim Hansen, Emily Foster, Hannah O'Conner, Nick Davini, Nick Hanslin, Joe Lauziere, Nick Ogrinc, Ian Girdwood, Ethan Guyer, Aidan Nagel, Vivian Mok, Cassie McCurley, Jack Whittaker, Carin Reynolds, Rowan Carroll.



Volunteers Bruce Bouchard, Prouty Operations Mgr.; Rebecca Gray, Sr. Program Mgr.; Jean Brown, Exec. Dir.; Catherine Rentz, Financial & Administrative Coordinator and Susan Whelihan, Program Mgr. Dave Nelson

Cotton Cancer Center researchers. Gray's daily tasks brings her up close and personal with her work.

"Emotional? Oh, very much so," Gray explained. "You walk through the cancer center on a daily basis and see friends and neighbors waiting for their chemotherapy, and it's a constant reminder. However, the work becomes joyous as well. I have been in fundraising all my life and have found it extremely rewarding."

Program Coordinator Christine Pariseau-Telge handles the southern part of New Hampshire and is also a veteran of fundraising programs. She discovered that the Prouty event has become something very, very special.

"I am an attorney by trade, and after I accepted this position I found out quickly that perhaps it doesn't fill my wallet but it certainly fills my heart. It's extremely heartwarming. Everywhere you look there are unbelievable stories."

Pariseau-Telge coordinates the Prouty Ultimate, a two-day, 200-mile ride that starts in Manchester on the Friday before the Prouty, and travels to Hanover to join the 3,000-plus Prouty cyclists on Saturday. The riders that originate in Manchester each raise \$2,500 and the total contribution from that group tops the \$300,000 mark.

When all six of the administrative staff were

pressed for a one-word answer to best describe their efforts for the Friends of the Norris Cotton Cancer Center, one single response appeared to dominate. That word was "organize." Attending to the thousands of details surrounding such a premier event is a full-time, Herculean task that requires not only time, but special skills.

"Communicate and plan sums it up for me," said Whelihan. "And volunteers. We have a list of over 2,000 volunteers that we can call upon for any given occasion. That is a real asset."

One three-member volunteer team from West Lebanon serves as a shining example: Steve Silver, who is employed at Dartmouth College; his wife Deb Springhorn, a Lebanon High School teacher; and their son Ariel, a freshman at Kimball Union Academy. This trio will tackle their 10th Prouty this July and, thanks to their devoted effort to participate and to recruit teammates and volunteers, estimate they have raised nearly \$30,000 for the cause.

"Since Steve will be celebrating his 60th birthday this year, he wants to up our total raised to \$6,000," said Springhorn. "That may be a little optimistic but we will try. One of the most important tasks we take on occurs on the Friday of the event, when we work on the Green Team. That effort greatly reduces the enormous amount of trash generated down to

just a small amount thanks to recycling. It's a very important part of the event."

The emotional impact of working the Prouty resonates with the local family, as both Silver and Springhorn have lost parents to cancer. Their enthusiasm is contagious, and Silver adds a very special touch for the teammates they assemble. Well known for his artistry with pottery, he uses his talent well to create an added incentive for participation.

"Each year I hand-craft a very special bowl and put all the names into it," Silver said. "At the end I draw out a name, and they receive the bowl. It's a way of giving back to them."

While the next Prouty remains months away, the hard work behind the scenes continues. And as Jean Brown has pointed out, "The Prouty has taken on a life of its own."

Mark Israel, Director of the Norris Cotton Cancer center, explains the mission with precise eloquence: "Sometimes people ask me if there is a secret weapon against cancer. I usually reply that no, there is no secret weapon, but there is the Prouty. The money raised through your efforts as you bike, walk, row, and now golf is making a significant difference to fight the many diseases we call cancer."

To answer the call this July, all you have to do is participate or volunteer. The "Hidden Heroes" will take it from there. ■

Elder Profile: Terri Dudley – continued from page 1

within sight of Mt. Lebanon School. “It’s so much fun to watch the children,” she says. “I’ve always been involved, one way or another, with kids.”

Outside the Home

Raising the next generation is only the tip of Terri’s iceberg. After all, it’s not everyone who has a major city bridge dedicated to them (check the sign as you drive over the Mascoma River between the Miracle Mile and Glen Road).

“I was surprised and humbled when they told me,” says Terri, “because this is my hometown. I was born here, on Slayton Hill.” She laughs and adds, “My son-in-law said the only other person he knew who had a bridge named after him was George Washington, and I said, ‘But you don’t know him!’”

For twenty years, from its inception in 1974, Terri chaired the court diversion program in Lebanon, devising personalized community service programs to turn around young offenders.

“It’s a very effective program,” she says emphatically. “When a child comes before the committee, they have to come with their parents, and admit their guilt. One time two kids, 10 and 11, had turned over stones in the cemetery. I said, ‘How would you feel if someone did that to your grandmother’s grave?’ and they understood that. They worked with the Lebanon cemetery department to reset the stones.”

“She has a very warm place in her heart for teenagers, for young people,” says Nancy Merrill, who’s known Terri for decades. “You’d never hear her say a bad thing about a young person, even when they messed up. She always sees the best in them.”

Terri was the first woman president of the Lebanon Chamber of Commerce, where she served for 18 years, and likewise first woman president of the Lebanon Rotary, where she served 20 years. During part of her time on the Lebanon Chamber she also served on Hanover’s Chamber of Commerce as a member and as president – an era of cooperation, obviously!

United Way, LISTEN, Lebanon College, and the Upper Valley Credit Union have all benefited from Terri’s efforts on their boards, as has Alice Peck Day Memorial Hospital, which named her Trustee Emeritus in 2011, one of only two people ever so designated. In this role she can participate in meetings but not vote. Clearly the trustees want to keep hearing her ideas.

In addition to her work with various community organizations, Terri has been involved in city and state politics. She served on the Lebanon City Council for 15 years, and was Assistant Mayor from 1992 to 1996, and then Mayor for two years. Elected to the New Hampshire House of Representatives in 1998, she served for eight years, and was a member of the Judiciary Committee, gatekeeper for proposed bills. It was strenuous but fascinating work, with buckets of serious legal reading.

“Lawyers, judges, and residents from all over New Hampshire would come before us and talk about why a bill should or should not pass, and we’d listen,”



Terri recalls. After three years she became Clerk of the committee and sat at the head of the table with the chairman and co-chairman during meetings. She was there for the impeachment of Judge David Brock, the first judge impeached in New Hampshire since 1790.

Terri “is absolutely committed to the City of Lebanon,” says Nancy Merrill, who first met Terri when they served on the City Council together. Terri notes of today’s Council, “In the last three elections, there were no challengers. It bothers me: With the number of people in Lebanon, there ought to be folks interested in helping run things. It’s not that I have any complaint about the current council, but it’s good to have a contest.”

Oh Yes... a Job, Too

Terri worked for the Valley News for 37 years, as a reporter and columnist, and in advertising. She was the Advertising Director when she retired. Then she was recruited to start an interview show on WTSL radio. “The owner called me three or four times a week,” she remembers. “Finally I said I’d try it for a month, and I enjoyed it so much that I hosted the show for 15 years.”

The live call-in show aired three times a week, a relentless schedule of arranging guests and doing the necessary research. Eventually the show became weekly on Sunday mornings.

Terri rarely had difficulty eliciting information. “Most people enjoy talking about themselves,” she points out. “The only one I can remember in all that time is Lou Bressett, of Lou’s Restaurant in Hanover. He was a decorated Marine and honorary mayor of Hanover. I had him sitting there – this is live – and I welcomed him and said, ‘Let’s talk about you. When did you enlist?’ and he told me the date. I asked ‘Was it difficult to leave your home, your family?’ and he said ‘Yes.’ This went on till we broke for a commercial, and I said, ‘Lou, you have to talk to me!’ and he said, ‘I am talking.’”

Many Challenges

Terri was born in 1929. The ensuing years were a hard time to grow up. More recently, health problems have surfaced in her family, but she maintains a cheerful outlook, though anyone would forgive her for complaining. In 2011 her beloved Roger fell in an accident involving tree removal and broke his neck. Though he has largely recovered physically, the spinal damage left him with poor memory for recent events, says Terri ruefully, “but he goes out and shovels and does all the things he’s not supposed to do.” She has become much more housebound as a caretaker.

“I took my vows, 67 years ago in March, ‘in sickness and in health,’” Terri says. “I have a wonderful husband, and I’ve felt my marriage has been a blessing. We have three wonderful children, Sharron Smardon, Mike Dudley, and Jo Ann Langone. And I’m fortunate to have so many loyal friends.” With evident sincerity she adds, “Life’s been good to me.” ■

AROUND TOWN

53rd Annual Five Colleges Book Sale

For the past 52 years, the Five Colleges Book Sale has been a wonderful way to give unwanted books a new home, and a valuable book recycling option in the Upper Valley and surrounding areas. The sale recycles more than 40,000 books annually, with net proceeds from the sale benefitting New Hampshire and Vermont students attending Mt. Holyoke, Simmons, Smith, Vassar and Wellesley colleges.

This year the 53rd Five College Book Sale will take place on April 19 & 20 at Lebanon High School, the sale location for the past several years. With the support of hundreds of veteran and new volunteers, and the widespread community response affirming the value of the book sale to the Upper Valley region, the sale continues into its second half century.

Book and media donations for the sale will be accepted at a donation site to be announced beginning in March, and continue until the week prior to the sale. Collection boxes will also be located at the Howe Library, the Lebanon and Kilton libraries, and the Lebanon and Hanover Co-ops. For larger collections requiring donation prior to March, a team of volunteers is available to help transport books to its off-season storage facilities.

The Five Colleges Book Sale welcomes donations of books, manuscripts, prints, maps, memorabilia, CDs, DVDs, videotapes and books-on tape. The sale does not accept or sell textbooks, encyclopedias (except rare volumes of the Encyclopedia Britannica), Reader's Digest condensed books, Harlequin Romances, ex-library books, magazines, vinyl records or audiocassette tapes (with the exception of books-on-tape), and home recordings made on videotape, CD-R or cassette.

For complete information about all things regarding the Five College Book Sale, visit five-collegesbooksale.org. Questions on any aspect of the sale may be directed to Priscilla Dube, (603) 428-3311, or Priscilla@WhiteMtnKettleCorn.com.

- Cindy Heath



Great Strides Fundraiser in May

The 2014 Great Strides walk to raise funds for the Cystic Fibrosis Foundation is planned for May 17 at Storrs Pond in Hanover. The Upper Valley event was formerly held in Lebanon and known as Robert Plante's Fall Foliage Walk, but has been moved to coincide with walks in hundreds of cities nationwide during cystic fibrosis awareness month.

"We still lose precious young lives to this disease every day. It's more important than ever that we rally our community to fight CF by finding a cure through ongoing research," said Nicola Felicetti, volunteer for the CF Foundation's Northern New England Chapter. "We are grateful for every volunteer, donor and corporate sponsor who supports Great Strides."

Funds raised through Great Strides have helped spur dramatic progress in the lives of those who have cystic fibrosis, a fatal genetic disease. Fifty years ago, most children with CF did not live long enough to attend elementary school. Today, people with CF are living into their 30s, 40s, and beyond.

Cystic fibrosis affects about 30,000 adults and children in the United States and 70,000 people worldwide. It causes debilitating lung infections that lead to premature death. More than 10 million Americans are symptomless carriers of a defective CF gene.

Walkers can register in advance online or in person the day of the event. The CF Foundation is also seeking volunteers to help with the walk. To help fight CF, get involved in Great Strides by calling Lindsay Gilbert at the Northern New England Chapter at (603) 598-8191 or by visiting fightcf.cff.org. ■

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EXCELLENCE IN STONE

AROUND TOWN

AVA Gallery to Receive Challenge Grant

AVA Gallery and Art Center is working to raise \$15,000 in order to receive a \$15,000 challenge grant for operating support from the New Hampshire Charitable Foundation. The grant will support and enhance AVA's education, exhibition, and community programming, including numerous free and low-cost programs, as the organization simultaneously strives to reach its recently announced \$2.5 million capital campaign goal.

The NHCF challenge grant will help AVA achieve its primary goals of reaching more diverse audiences, increasing membership, and broadening opportunities for artists, while sustaining current programs and operations during AVA's capital campaign. In awarding the grant, NHCF recognized the challenges of sustaining current operations during a major capital campaign period, while also acknowledging the positive impact that AVA's rich programming has on the community.

In addition to rotating exhibitions of work by local and regional artists, AVA offers a comprehensive year-round art education program for adults and children, as well as vacation camps for children and teens. AVA also offers a number of free and low-cost programs for all ages, including CAOS (Community Arts Open Studio), CAOS for Toddlers, a Senior Art class in conjunction with the Upper Valley Senior Center, Art Lab in conjunction with the Special Needs Support Center, and many more.

For more information about exhibits and programs at AVA Gallery and to make a contribution, visit avagallery.org.

* * * * *



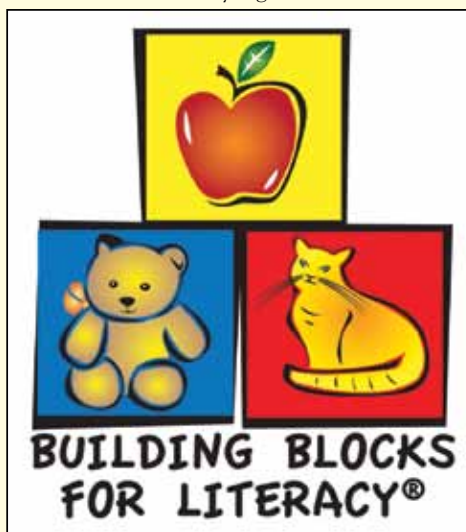
Grant Brings Literacy Program to Lebanon

A nationally recognized early childhood literacy program will bring training to Lebanon and West Lebanon educators this spring thanks to a grant from local funders.

Through Building Blocks for Learning®, created by the Stern Center for Language and Learning, training will be provided in March to early care and education providers, and preschool and kindergarten teachers who work with children who will attend Hanover Street School or Mount Lebanon School. Building Blocks for Learning is a research-based early literacy professional development program that supports early education providers and parents as they build the emergent literacy skills of three- to five-year-old children, helping them become successful readers ready for kindergarten. The Lebanon initiative is funded by a grant from the Mascoma Savings Bank Foundation,

Hypertherm's HOPE Foundation, and the New Hampshire Charitable Foundation.

The nonprofit Stern Center for Language and Learning is celebrating 30 years of helping learners of all kinds reach their full potential. With offices in West Lebanon and in Williston, Vermont, the Stern Center serves more than 1,000 students each year. Learn more at sterncenter.org. ■



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Worker & Shopper Environment

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- Enhance comfort

Customer Service

- Improve education and information access
- Upgrade light fixtures, add windows for natural light
- Widen the aisles and simplify the floor plan—Easier to shop

Sustainability

- Install energy-efficient mechanical and electrical systems
- Insulate the exterior walls
- Replace outdated refrigerants

Find more details online at www.coopfoodstore.coop/news/plan-2014

Learn more at one of these upcoming Member Forums:

HANOVER

Monday, March 3
7-8 p.m.

at the Black Center
48 Lebanon St.

LEBANON

Tuesday, March 4
7-8 p.m.

at the Lebanon Store
Centerra Marketplace on Rt. 120

WHITE RIVER JUNCTION

Wednesday, March 5
7-8 p.m.

at the Bugbee Senior Center
262 N Main St.

ANNUAL MEETING

April 5

3 p.m.–5:30 p.m.

Voting April 1–April 30

**Richard W. Black
Community Center**

48 Lebanon Street,
Hanover

THESE TIMES

Lebanon Tough



Donnie Perkins

So what are all of us up to, Lebanon? With cold weather? Our derrieres in snow? What's that you say? Even a fiery Valentine's Day doesn't make you want to sprint outside into Mother Nature's world of winter and begin making snow angels with the kids on your deeply carpeted front yard? My, what would the tourist say?

I can only speak for myself, but I feel your pain. It doesn't take much to chase this old boy inside anymore; not like it used to be, no sir. Not like it was when I was a kid running around in sub-zero weather with a long-sleeved shirt on my back, not oblivious to the conditions, just uncaring about them. Besides, it took time to get those layers



of appropriate clothing on. And it also took time to get those appropriate layers of clothing off, and I had places to be now, not later.

"Don't worry, Mom," I would say, "only other people get frostbite." Besides, I would argue, aren't we New Hampshire-ites? More precisely, aren't we Lebanon-ites, known throughout the country for our blatant disregard for harsh weather conditions and winters that last from late Autumn through early Spring?

What has happened to...well, um, ME, for example, since I was a

fledgling New Hampshire-ite, back when the winters were *really* harsh, walking to the school bus stop with mismatched socks for mittens (wouldn't make sense to wear matching ones, now, would it?), and bread wrappers in our worn boots to keep the wet out? Those mismatched socks would just get placed atop the classroom's steaming forced-hot-water radiator to dry until it was time to go back home, or until the last recess snowball fight, whichever came first.

Then time marched on, like it will. I shook my head at older people I knew heading south for the winter, due to aches and pains and other cold-weather-driven maladies, or just because they had a chance to sit in the sun during those five or six months of winter instead of constantly shoveling snow from their driveway. "That'll never be me," I would say. I was going to be like my Grampa Perkins, and his daddy before him, and Farmer Brown on the hill milking the herd in the brutal cold – in spite of their ages – because it had to be done.

Now I'm not so sure about all that, but I'm still persevering, and I'm confident all of us Lebanon-ites are doing the same. I can assure you that

it's you people that keep me hanging in there day after day, stoic and unbroken, with a shovel in my hand, knee deep in fresh-fallen powder. Trust me, I see you all whenever a snowfall ends, and the time for cleanup begins. And it has occurred to me that we are one big support group, motivating each other to continue to do what has been done for years and years before us by preceding generations.

And watch, after the next big snowfall, how soon the sidewalk plows are carving Colburn Park into a tidy maze of white-walled walkways, and



the kids are climbing snowbanks and gliding down Storrs Hill, undaunted by the misery of some of us older denizens who are considering having had enough...like those I scoffed at in years past. Either you are Lebanon tough or you are not.

They might have something there. Something I might have had once, when I was their age. Running away from something that defines a person might go against our own grain, and

what type of statement does that make, Lebanon?

Only a month and a few weeks from Spring (I pay no attention to that pampered groundhog down in Pennsylvania), and we will be proudly celebrating surviving another winter with the barest of repercussions, and that is probably more important than we may think.

Because... What would the tourist have said? ■

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AROUND TOWN

Softballs and Snowballs

A softball game played in snow with 19 degree temperatures and a stiff 15-mile per hour wind blowing in your face may not be everybody's idea of a pleasant way to spend the weekend, but don't tell that to a hardy group of softball devotees from around the Upper Valley.

For the seventh consecutive year, co-ed softball teams gathered at Lebanon High School to stage the Ray Roy Memorial Snow Much Fun Co-Ed Softball Tournament. The annual event is always held on the last weekend of January, and this year, unlike the past two years, there was an abundance of the white stuff to make the game a true challenge.

Since 2009, Snow Much Fun has benefited Prevent Child Abuse Organizations of Vermont and New Hampshire, raising more than \$18,750. Five years ago the charity event set a Guinness world record, with 61 teams entered featuring some 795 players. Make no mistake about it, even with this year's severe winter conditions, there was some fierce, very competitive softball played and it drew large crowds.

For more information, visit snowmuchfun-softball.com.

- Dave Nelson



Winter Recreation

Looking for some fun reasons to get out of the house this late winter? From ice skating and skiing to a Girls Sports Fest, indoor farmers' markets, road races, organized recreation trips, swing dancing, quilting retreats, and more, Lebanon Recreation & Parks offers a schedule packed with opportu-

nities to get out and enjoy being part of the community.

February means it's time for the Full Moon Fiesta, this year held on February 8 at the Storrs Hill Ski Lodge. Along with skiing, snowboarding, and even snowshoeing on the wooded trails, revelers sample food and hot beverages provided by a variety of local sponsoring restaurants and businesses.

The Lebanon Farmers' Market continues to operate monthly, with food and craft vendors and local shoppers gathering in the gym at the former junior high school on Bank Street. Upcoming markets will be held on February 15, March 15, and April 19. In May, the market will move back to its outdoor location at Colburn Park.

March 15 brings the 13th annual Shamrock Shuffle, a 5K road race and 1-mile fun run to benefit youth recreation activities scholarships. And recreation trips for students will be offered during the April school break. For details, visit recreation.lebnh.net.

Citizens Academy Seeks Applicants

After a successful first term of the new Lebanon Citizens Academy, launched in late 2013, the City of Lebanon will offer a second term this spring with openings for 10 resident applicants.

Four courses will be held this March and April, covering information from the City Clerk, Public Works, Library, Recreation & Parks, and Airport divisions. Applications are available at lca.lebnh.net. The application deadline for the spring term is February 14. ■

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PEOPLE AND PETS



*Amelia Furbish and Oatis
Lebanon*

Submitted by reader



*Steve Murray with Boone and Lily
Lebanon*



*Tammie Dow and Rocko
Lebanon*



*Laura Rogers and Milli
Lebanon*

Submitted by reader



*Emily, Kathy and Michael Yukica with Bella
Lebanon*

Submitted by reader

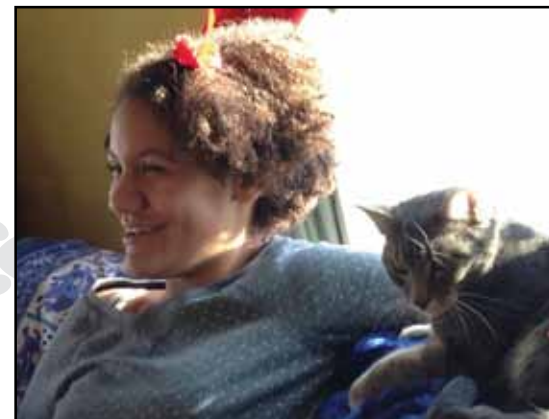


*Hannah Fairbank and Lemongrass
Lebanon*

Submitted by reader

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Please include your name, address,
phone number, and pet's name.

All photos by Jodi Kelly unless otherwise noted



*Marina Liot-Hill and Wolfgang
Lebanon*

Submitted by reader

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See "Spotlight On Our Sponsors" on page 22

COMMUNITY IMPACT

Next Step: Building Community through Peer Support

Allison E. Rogers Furbish

Everybody needs someone to talk with. Whether we're feeling joy or sadness, or facing a daunting challenge, sharing our thoughts and feelings with a trusted confidant who can offer support and encouragement contributes to our personal well-being. Human connections help make us whole.

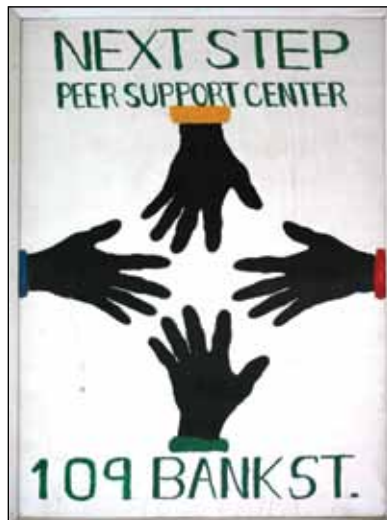
For nearly 18 years, Next Step peer support center has made it possible for people using mental health services to find the support they need within a safe, respectful, and educational environment. Located on Bank Street since 2004, the organization provides consumer-run services designed and driven by consumers to best meet their own needs. That makes it unique among human service providers, according to the organization.

"This place is for anyone in need of social support," said Chris Manns, a West Lebanon resident and trained peer support staff at Next Step. "We welcome everyone."

Next Step's more than 90 members engage in a wide variety of education and social programs that promote recovery and wellness through the dynamic of people working together. From face-to-face peer support to

wellness training, an after-hours warmline, crisis respite, educational events, and more, Next Step offers programs that help everyone involved learn and grow in the contexts of communities and relationships.

What exactly is "peer support"? According to IntentionalPeer-Support.org, it "is a way of thinking about and intentionally inviting powerfully transformative relationships. Practitioners learn to use relationships to see things from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things."



Members socialize at the end of a recent Saturday at Next Step

All of Next Step's programs are grounded in the principles of personal responsibility and accountability; wellness; respecting others; growth beyond the stigma, shame, and limits placed upon people; and creating a strong, active voice and presence dedicated to social change. Experienced peers offer a range of supports to help others along their journeys toward wellness.

Recent offerings at Next Step have included peer support, exercise programs, cooking classes, potluck lunches, creative writing sessions, discussions about how to add more laughter to life, and others. All of these services are provided at no cost to members, while all members offer support to each other and contribute to daily tasks such as cleaning up after meals, Manns said.

Next Step members clearly benefit from the peer support approach.

"Next Step has become a safety net, and I have met a lot of great people. I didn't know much about peer support but have learned it's about sharing and supporting one another. I have found a lot in common with many of the other members," said member Liz W.

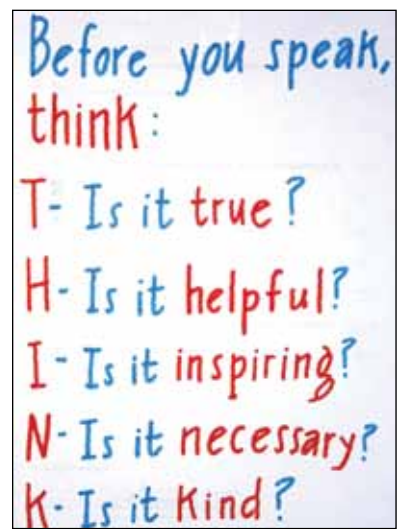
"I have made a lot of friends, and have become a lot less shy around people. I'm not so afraid to speak up," said Michelle B., another member.

"My involvement with Next Step has greatly contributed to my growth in recovery. Because peer support encourages people to look at relationships in new ways, folks have a chance to practice different ways of interacting," said Mark Nichols, site and program development coordinator at Next Step. "I know I have gained confidence to participate in community activities such as shopping in town, going to local restaurants, going to the farmers' market, and attending shows at the

Lebanon Opera House. The more people with mental illness are seen as regular folks who are contributing members of their communities, the more the stigma of mental illness can diminish."

A private, nonprofit agency, Next Step is dedicated to promoting emotional wellness and recovery. It provides peer support for adults at least 18 years of age who use or are at-risk of using mental health services. The agency receives funding primarily from the New Hampshire Department of Health and Human Services, Bureau of Behavioral Health – in part because of the important role it plays in reducing the burden of other state agencies such as the state hospital and emergency responders. Of course, as with any nonprofit organization, donations are always welcome and appreciated.

Next Step is open Monday through Saturday with varying hours each day. Its Peer Support Warmline, open daily from 5 to 10 p.m., can be reached at (888) 582-0920. For more information, call (603) 448-6941 or visit steppingstonenextstep.org. ■




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Students for a Sustainable Future – continued from page 1

“We had a lot of trouble with the electric drill, but once we got the hang of it we built the beds in no time,” she said. “It was just the two of us, but Ms. Clary made it a lot more fun and rewarding.”

During the growing season, students in SSF go outside to the gardens located behind the high school every Monday and harvest that week’s crop.

“They have the most fun with the root vegetables,” Ms. Clary said. “They’re easy to grow and fun to see pulled up. We’re going to try to grow more of those this year.”

Houde has enjoyed making gardening a regular part of her day, saying that “it’s so great to be able to garden during and right after school.”

The garden is integrated into the biology classes to give students a first-hand look at processes like soil testing and germination. It also provides food directly into the school’s cafeteria. Carrots that a student eats at LHS are grown on site and seasoned with herbs grown just a few feet away.

“You can imagine the kind of environmental effect that has,” Ms. Clary said. “Those vegetables



are not being trucked in from California, and they’re organic, too.”

By integrating on-site vegetables into the school’s diet, SSF can ensure that students have access to healthy food from a source with the lowest environmental impact possible.

Not only does SSF help determine what students eat, they help manage how that food waste is disposed of once students are finished eating. A composting initiative spearheaded by Ms. Clary and SSF benefits both the high school and elementary school, and has had an impact on reducing the amount of solid waste the schools send to the landfill.

Composted food scraps go from a portable composting station (designed by the school’s Applied Engineering class) to a farm in Vermont to be composted. Ms. Clary estimates that in one week, the school composts about 128 gallons of food, avoiding methane emissions associated with landfilling organic wastes.

“That’s 128 gallons of waste that would have sat in a landfill before!” she exclaimed, clearly proud.

Over the past three years, students at both schools have embraced the program. “If I’m standing at the composting station, 98 percent of the kids will compost



SSF member Nell Houde shovels compost into raised garden beds she helped build at Lebanon High School.

their waste. If I’m not there, maybe 75 percent will. Most kids are very conscientious,” Ms. Clary said.

She hopes to restart a similar initiative at the middle school, where a composting program has not yet become sustainable. But she’s limited by the amount of time she spends teaching and volunteering at the high school. “If you could have environmental advisors be a real position with a stipend, you could really get things started,” she said.

While Ms. Clary contributes many extra hours to SSF, she’s careful to integrate students into every level of the process. “My goal is to expose kids [to helping the environment] and instill habits for when they go forward in life.”

Students do all of the recycling for every room in the school. They stand at the composting station at

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the end of their lunches and carefully sort between compostable material and the trash. Students also serve at a municipal level, taking spots on Lebanon's Energy Council to offer new strategies to change the city's environmental impact. Ms. Clary has even encouraged students to help



with Lebanon's streetlight audit, marking down streetlight numbers to shut off when the city wanted to reduce its power consumption.

Talking to the students, it's clear that SSF has opened their eyes to their own environmental impact. "It's scary seeing how much food we collect every day," senior Rebecca Holdowsky of Grantham said. "Our food isn't being distributed well.... We need to realize that humans are not the only species."

Nell Houde has been inspired by Ms. Clary herself. "She puts in a lot of time and letter writing, but she cares enough to stand in the lunch room during her planning period and pick food out of the garbage to put it in the compost. It's really remarkable. It makes me want to be that selfless."

Ms. Clary hopes that she can give even more students the same perspective about helping the environment. "They should consider: What would happen if everybody was doing it?" ■

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For more information about Lebanon's club and Rotary in general, visit **www.rotarylebanonnh.org**
Call Ron Carr at 603-863-4298 or email him at rcarr38@comcast.net

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PTO – continued from page 1

“The PTO has been an integral component to the school community the entire 30 years I have been in the school district,” said Lebanon resident and Hanover Street School third-grade teacher Susan Desrosiers. “They were instrumental in developing activities to make the three Lebanon elementary schools – School Street School, Sacred Heart Public School, and Hanover Street School – a more cohesive unit. Since the consolidation, their focus



has been on putting together events to promote a positive relationship between school and home.”

Founded on the belief that children become motivated, life-long learners when they are part of a thriving learning environment that integrates families, schools, and the community, the PTO’s mission is to foster that cooperative community spirit among teachers and school staff, students, and families. Since 1988, parent and teacher volunteers connected to the Lebanon schools have operated the

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nonprofit PTO to provide students with events, activities, and amenities that are beyond the normal school budget.

"I like that they do so many things that provide opportunities to bring the families together: Winter Carnival, Movie Night, Mystery Dinner Theater, Kindergarten Ice Cream Social, and more," Desrosiers said. "They also provide academic support through the funding of mini-grants for science or social studies projects, book programs, dictionaries for third graders, and more. Their fundraisers support improvements to the school: the play space, the gazebo, the playground water fountain. They take care of us, the staff, through Soup Week, teacher appreciation, and treats throughout the year."

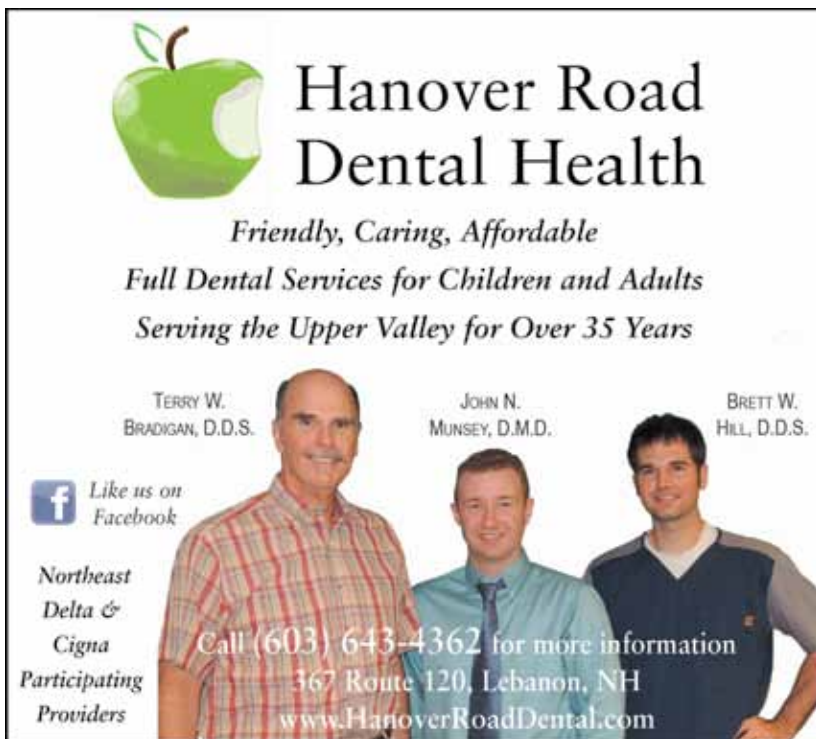
The PTO hosts its largest fundraiser at the beginning of each school year, typically raising several thousand dollars to fund the year's planned activities and programs. For the 2013-2014 school year, those include a Staff Appreciation Luncheon, Halloween Parade, Fourth Grade Farewell, Nutrition Month, Hanover Street School Drama Club, and others.

One of the PTO's recent big accomplishments was the installation of a 24-seat gazebo in the Hanover Street School courtyard, a celebration of the school's 60th birthday. With donations from parents, the help of student fundraisers, and a grant from the Jack and Dorothy Byrne Foundation, the PTO reached its goal to fund the purchase of the gazebo, which sits just off the playground, surrounded on three sides by classroom and library windows. It provides a quiet space where students can read during recess, a place for teachers to have outdoor classroom time in the fall and spring, and a welcoming spot for teachers and staff to have lunch and meetings on nice days.

"I am amazed by their ability to organize volunteers and make things happen in the school," Desrosiers added. "The end result is always appreciated by the staff and the students. We are very fortunate to have such a dedicated group of people willing to go the extra mile to help make our school the best it can be. They are truly a remarkable group of parents!"

According to Lebanon PTO President Jodi Gilligan, who has been directly involved with the PTO for seven years as her two sons have gone through Hanover Street School, the precedent set by the organization during the past 25 years is inspirational. "I've dedicated my time to the PTO for two reasons. First, it was a way to meet a lot of moms and dads in our community who had children the same age as mine," Gilligan said. "Secondly, I wanted to do what I could to help keep all the wonderful events and programs going for the school community. My hope is that parents have seen, attended, and been happy with the events and programs the PTO has supported or managed throughout the years and will be willing to help keep the fun happening for many more years at Hanover Street School."

The end of the school year brings with it election season, when the PTOs in both Lebanon and West Lebanon seek new parent volunteers to serve on their boards of directors. No prior experience is required, Gilligan said – just a willingness to help and a love for the school community. For more information about PTO activities and membership, visit sau88.net. ■



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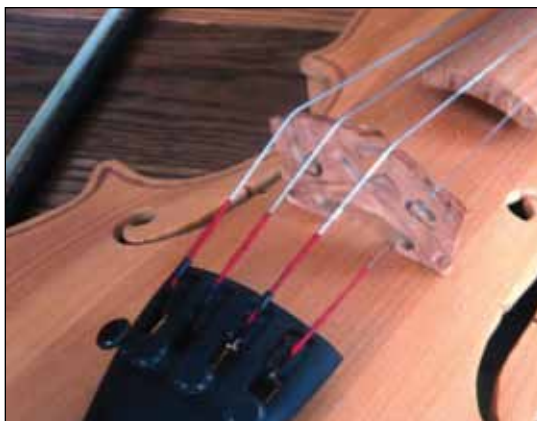
When Heidi Bundy of Tomapo Farm in Lebanon agreed to make a violin from scratch for her daughter to take to college, getting up at 4 a.m. to fit the project into her busy schedule was the least of her challenges. When her daughter brought a book home from the library on how to build a violin, Heidi recalls, "I looked through it and told her she'd better buy the book, because this project was going to take a lot longer than two weeks."

And it did.

Working entirely from the book and using a bit of Yankee ingenuity, Heidi spent two years designing and building her musical masterpiece. She had to learn the woodworking skills to hand carve the maple, pine, cherry, and butternut used for the violin, all grown and harvested on her family's 200-year-old farm on Storrs Hill.

Heidi admits to being a novice luthier, or maker of stringed instruments (from the French word for lute), but she's a lifelong musician, and, indeed, a true Yankee.

"All the wood except the veneer came from the farm," says Heidi. "It was grown, harvested, and milled here. I used maple for the neck and the back, white pine for the belly, cherry for the pegs, and butternut for the finger board. I had to design the



scholars, musicians, and luthiers debate the performance of the older instruments compared to violins being made by today's masters. The sounds of the violins made during the 16th and 17th centuries are uniquely created by the passing of time, how often they are played, the wood used, the skill and artistry of the maker, and the quality of the varnish.



life-long learning. "Dad (Bruce Townsend) helped me mill the boards, and taught me how to use a lathe, and I made the forms for the sides and interior. I learned a lot about hand carving from working on the inside and outside to get the right depth in the wood."

"It was an unbelievable task to do what she did," Kloss says. "An incredible accomplishment."

It takes Kloss, a master violin maker, about 170 hours to design and build one instrument, and he admits his work is his play. Growing up amidst the spruce and maple forests in Mittenwald, Germany, Kloss recalls, "On my way to school as a child, I used to walk past a row of violin makers' shops every day.



According to Horst Kloss, a master violin maker, restorer, and teacher at the world-renowned UNH Violin Craftsmanship Institute, a high-quality violin is distinguished by the fact that it is designed by the maker as opposed to copying an existing design.

"Trying to duplicate the violins of the past is not the way to go about it," he says. "Whether an instrument was designed 400 years ago or today, it is

absolutely important to have the correct proportions for the instrument's intended use."

bridge myself because the book had no instructions, and I had to buy the tailpiece and the bow."

Despite Heidi's long-standing ability to 'make do' with the tools and materials on hand, building a violin is no simple task, and the art of it is steeped in history.

Violins were first designed and crafted in Italy in the late 1500s by the master violin makers of the time: Amati, Stradivari, Bertolotti, and Guarneri. Violins and other authentic stringed instruments that bear their names are synonymous with the highest standards in design, craftsmanship, and the sounds they produce. There are only a few hundred of these classic instruments left in the world, and

absolutely important to have the correct proportions for the instrument's intended use."

Kloss says that the makers of 16th- and 17th-century violins were immersed in the arts – surrounded by other artists creating large cathedrals, commissioned paintings, musical instruments, and sculpture. Years of training with master teachers and carefully observing nature were integral to their work. Only a few of today's master violin makers can claim this level of training and design sense, and Kloss, a member of the elite American Federation of Violin and Bowmakers, is one of them.

Heidi says taking on the challenge of building a violin from scratch was in keeping with her love of



I would push my nose against the window and watch these men carving and chiseling. Every so often, a finger would beckon and call me in to watch. The process awakened my curiosity and interest."

Heidi had her own brush with the violin's rich history at a Pennsylvania steam engine show last summer. Her daughter proudly told a fiddle player that her mom played the violin.

"He handed me his violin and asked me to play something. I could tell right away that it was a high-quality instrument from the sound." Later, her daughter revealed that the player's violin was a valuable Stradivarius.

Heidi says her duties on the farm don't allow her to practice the violin as much as she'd like to. She's particularly fond of bluegrass music, but also plays classical tunes, accompanying her son on the piano.

"When I finished making the violin, I said to my daughter, 'Well, hon, you're going to have to carry your cello around a little longer, because I'm keeping this one.' I may make another out of oak or cherry, or I may make a four-stringed dulcimer."

Whatever instrument Heidi Bundy decides to create next with her Yankee ingenuity, you can be sure she'll be working away during the quiet hours before dawn. ■



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Co-op Food Stores: Culinary Learning Center

Cooking classes have been a tradition at the Co-op since the late 1980s, when the organization began offering up to a dozen classes every three months in its employee breakroom in Hanover. Over time, the space proved inadequate in many ways, and the need for an in-store, state-of-the-art teaching kitchen became apparent. The opportunity to build one into the Lebanon store presented itself, and the Co-op took it.

If you haven't seen it yet, the Co-op's new Culinary Learning Center is worth a peek.

The new, dedicated facility was designed as a teaching kitchen, with cameras and monitors, high-quality lighting, and appropriate work surfaces, storage, and flooring. Visible to passersby from the newly renovated café area, the classroom is attractive, inviting, welcoming, and exciting, a pleasurable space in which to work and learn.

The in-store location allows the Co-op to offer ongoing opportunities for members and shoppers, both during the day and in the evening, seven days a week. Offerings include classes for cooks at all levels of skill, nutrition and wellness classes, and topics such as cooking for one, meeting special dietary needs, children's classes, and opportunities to meet vendors and farmers and learn more about the products they provide.

Chef Eli Morse (in the photo above) is the Co-op's Food Service Director and a lead member of a diverse group of instructors teaching classes each month. Upcoming events this spring include Sparkling Wines for Valentine's Day, Chocolate Tiramisu Torte for Your Valentine,

Pancakes (a class that includes kids), Taco Night!, Respect the Meat: Veal (with a Robie Farm representative talking about humane veal production as well as cooking veal dishes), a variety of ethnic-cooking classes, and a quarterly "Culture Club," which will discuss all things cheese (Ken Weldon with guest cheesemakers). All classes include extensive samples or a meal – tasting the results is, after all, part of the learning process.

For the full schedule, more information, to join the Culinary Learning Center's email list, and to register for classes, visit coopfoodstore.coop/classes. ■



S.A.V.E.S.

Doug Rexford knows what it's like to lose a beloved pet. "I cried like a fountain," he says, about the recent death of his Aussie. So he understands the depth of sadness in people who seek the services of his business, Twinstate Pet Cremation. Located in rental space at Small Animal Veterinary Emergency Services (S.A.V.E.S.), on Evans Drive near Lebanon High School, Doug's operation is low-key, as one might expect, and extremely well thought out.

Doug worked for three years with Dr. Dan Kelly, who founded S.A.V.E.S. "Yes, I guess I was a general dogsbody," he agrees, laughing. He helped out with all phases of small animal work, quite the change from his career as a business manager, first in the public school systems in Richmond and Middlebury, Vermont, and then at the Dartmouth Bookstore in Hanover. Two years ago, he and Kelly were at a North American veterinary conference and trade show in Toronto, where they learned of the crematory machines.

"The cremation of animals is

something that's just starting, really," Doug explains. "It's because pets are becoming a bigger and bigger part of families." Some choose cremation to have a lasting memorial, some because of worries about burying animals that have had extensive chemical treatments, and others are in the area temporarily and don't want to leave their lost pet behind. The crematory is the same kind of machine used for people, but smaller. It heats to 1800°F, and uses over 500 gallons of propane per month.

Doug's business works with vets, who make arrangements and set charges with pet owners; he also works directly with owners. Fees are based on the animal's weight, and also vary according to whether the owner chooses to receive their pet's ashes back, or let them be combined with others and spread at a Vermont farm. For individual pets, Doug supplies small cedar boxes. An additional nice touch is an imprint in plaster of the pet's paw. "People are touched to receive this small remembrance," says Doug. "They usually hadn't thought of it, but they're glad to have it."



DHMC: Dr. Robert Harris

In the corner of Dr. Robert Harris M.D.'s office, among the overflowing shelves and towers of medical books, there is a small gray case not bigger than the airline-regulated size of most carry-on luggage.

"It's a portable ultrasound machine," explains Harris, co-director of Ultrasound at Dartmouth-Hitchcock and Professor of Radiology at Dartmouth Medical School. "I think ultrasounds are a good first step to global health care access."

Harris wanted to be an oceanographer. However, after one course, he realized he would rather help people

than "take samples all day." He went into medicine, though his Jacques Cousteau dreams remained.

"It's been a gradual process. [Dartmouth-Hitchcock] has been a good place for me to learn and grow," he said of his 27-year career at DHMC.

"Ultrasound is considered the 'poor step child' of radiology, but radiologists are hi-tech prisoners. They can't take their equipment with them," said Harris. "Ultrasounds are the easiest and least expensive diagnostic test to get first. If you have a portable ultrasound, you can take it on a plane, through customs, and do basic scanning anywhere. I think that for maternal and child health, this is particularly important. You can see that a baby is breeched, that it's twins and not a singleton, or that there is a tumor that needs to be removed, and get patients to a hospital setting to receive appropriate care."

Harris' work abroad began after meeting a patient in Sierra Leone who received treatment for extensive facial tumors through Mercy Ship, a rehabilitated Danish ferry-turned-sea-faring-hospital that travels along the West African coast. The ship staffs six operating rooms, a radiology department, laboratory, and 120 in-patient beds. Harris and his wife volunteered onboard four voyages, their first trip three years ago.

Harris plans to continue his humanitarian work with Mercy Ship next fall but will travel to Haiti this spring to start a radiology residency elective in collaboration with Partners in Health Hospital. Of his biggest challenges working abroad, he says, "Don't have huge expectations. Take pleasure in the small accomplishments." ■

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