

HERE IN

SUMMER 2012 VOLUME 17, NO. 2 \$4.95

HANOVER

and neighboring communities

**Best
Swimming
Holes**

**Summer
Pet Care**

→ Tips from Local Vets

**Enjoy
Melons
& Citrus**



CLAREMONT, NH Beautiful 1803 cape in park-like setting with 100+/- acres and gorgeous views. Open fields, 4 stall horse barn, 4 bedrooms, large living room. Charming! \$725,000



HANOVER, NH In gorgeous condition in a great in-town location. Beautiful moldings throughout; elegant hardwood floors. With 5 bedrooms and 5.5 baths, there is wonderful entertaining space; superb flow. \$2,300,000



NORWICH, VT With fabulous long range views this home is only a half mile from the center of Norwich! Fir, slate and bamboo floors, radiant heat, magnetic induction cooktop, this home has 3 bedrooms, 3 baths, a fireplace, great garden space plus a guest house. \$720,000

HANOVER, NH Smaller home in a great location – just a 4 minute drive from Main Street. Delightful new home with one floor living, first floor master suite, soaring spaces! \$449,000



STRAFFORD, VT Charming modernized cape with delightful old house features set in beautiful 5+/- acres meadow with stunning views. Super kitchen, large livingroom, library, 1st floor master suite and separate apt. in barn. \$439,000

The
fine art



of
finding
a home.

On The Green
Lyme, NH 03768
603-795-4816

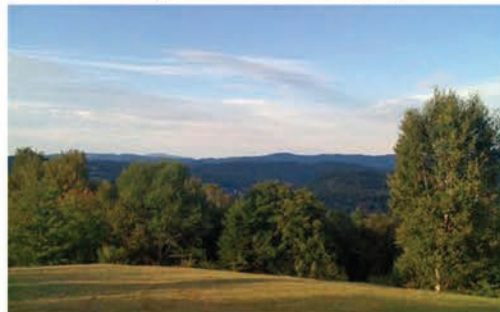
Allen Street
Hanover, NH 03755
603-643-4200

www.marthadiebold.com



LYME, NH Architect designed 3 bed/3 bath home on 5+/- acres. Offering a large family room, beamed greatroom, office, separate studio/office above the 2 car garage. Views, a pond, mature gardens, mini orchard and complete privacy. \$825,000

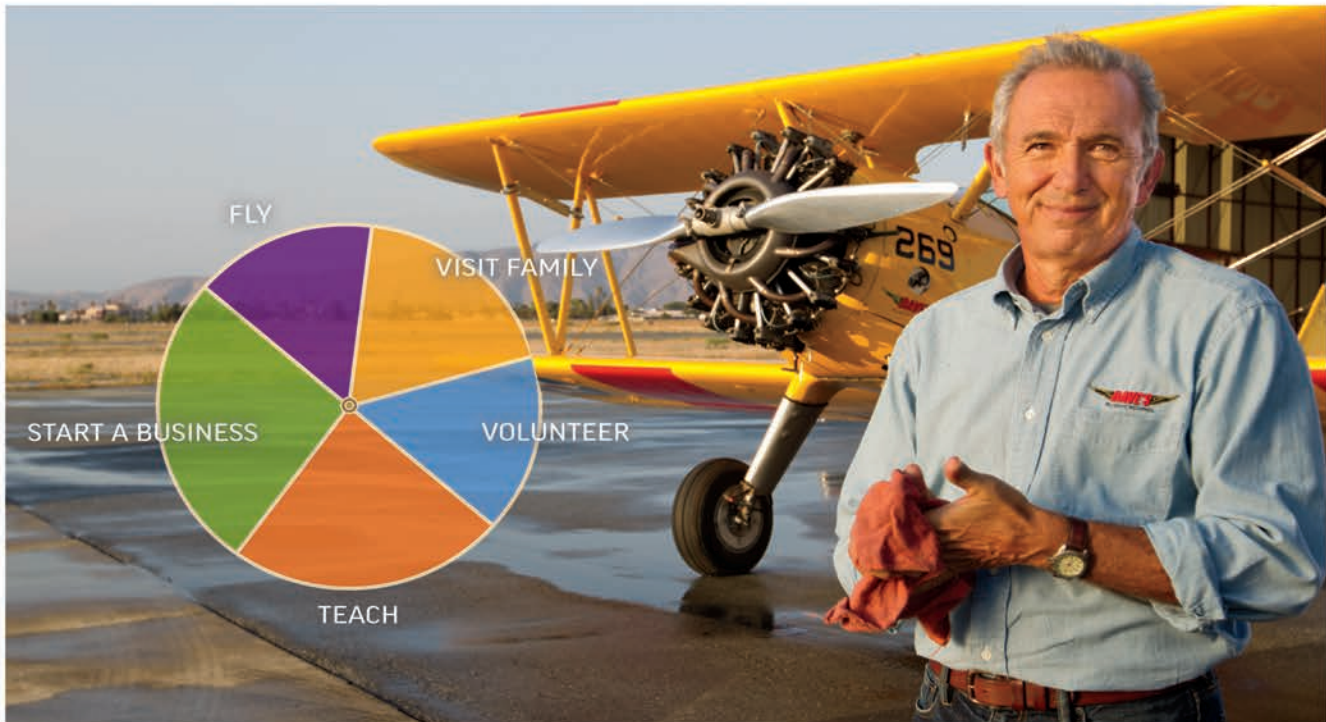
CORINTH, VT Breathtaking White Mountain views. Complete privacy with 123+/- acres of open and wooded land. 2 ponds and a cabin. Perc test results available. Unique and beautiful. \$325,000



THETFORD, VT Charming antique cape with 10+/- acres of gorgeous land. Extensive perennials, fields and woods. Lovely views. 3 bedrooms, 2 baths, fabulous garden room and terrace! A treat! \$385,000

WELLS
FARGO

ADVISORS



With you when *retirement is only the beginning*

You have big plans for retirement. You want to keep working, only this time for yourself. Wells Fargo Advisors understands that planning for the future is more than just numbers. That's why we take the time to sit down and understand your needs. We'll look at your entire financial picture, even money you've invested elsewhere, before creating a strategy that is designed to help get you to and through retirement. With more than 125 years of investment experience, Wells Fargo Advisors offers more than just knowledge and insight. We offer vision. To learn more about our comprehensive approach, call today.

Together we'll go far



INVESTMENTS • PLANNING • RETIREMENT

Wells Fargo Advisors

35 Centerra Parkway
Lebanon, NH 03766
603-643-6060 • 800-258-9717
www.wellsfargoadvisors.com

Investment and Insurance Products: ► NOT FDIC Insured ► NO Bank Guarantee ► MAY Lose Value

Wells Fargo Advisors, LLC, Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company.
©2011 Wells Fargo Advisors, LLC. [86189-v1] A1515



THE NEW
GARDEN PARTY
 COLLECTION

A beautiful garden

Blooming petals in cheerful pinks, lavenders, blues and greens inspire while dancing butterflies and dangling dragonflies dazzle and delight.

Stroll through the new Garden Party Collection from Chamilia at The Paper Store.

to be continued 



The Paper Store
 GIFTS & MORE
www.thepaperstore.com

CHAMILIA
 YOUR LIFE. YOUR STYLE.

The Paper Store of West Lebanon
 Upper Valley Shopping Center, 250 Plainfield Road • 603.298.9989



© Chamilia, LLC. 2012. All rights reserved. © DISNEY 2012. Made with Swarovski Elements. Swarovski is a registered trademark.





HOME HILL INN

RESTAURANT & LOUNGE

SERVING DINNER WEDNESDAY THROUGH SUNDAY
SUNDAY BRUNCH FROM 10 A.M. UNTIL 2 P.M.

603.675.6165

Kate Preftakes Photography

703 RIVER ROAD, PLAINFIELD, NH 03781
HOMEHILLINN@GMAIL.COM
WWW.HOMEHILLINN.COM



D. EXTERIOR

Made in Italy

Rare Essentials

in style since 1981

603.643.5398 | 37 SOUTH MAIN STREET HANOVER | WWW.RAREESSENTIALS.NET

A close-up photograph of a woman's hand and forearm. She is wearing a white long-sleeved top. On her wrist, she has a delicate diamond bracelet with several small round-cut diamonds. On her ring finger, she wears a large, brilliant-cut diamond ring with a split-shank design. Her hand is positioned just above a body of water, with ripples visible. The background is a blurred yellow and blue, suggesting an outdoor setting like a boat or a dock.

Distinctive design.
Exceptional diamonds.
Remarkable value.

VON BARGEN'S

The finest diamonds & artisan jewelry

Hanover, NH ▾ VonBargens.com
also in Burlington, Springfield & Stratton, VT

CONTENTS



54

Features

36

Summer Delights

Celebrate the season with melons and citrus.

42

Summer Pet Care

by Vicki Beaver
Area experts share tips and advice.

54

Savor Sweet Corn

by Susan Nye
There's nothing better than locally grown.



42

AMIDON

BE OUR GUEST

AMIDONJEWELERS.COM



MARCO BICEGO

JEWELERS
SINCE 1935

HANOVER • WEST LEBANON
AMIDONJEWELERS.COM

CONTENTS



29

60 Summer Sparklers

Fine local shopping,
dining, and lodging.



64



77

Departments

- 11 Editor's Note
- 12 Contributors
- 14 Online Exclusives
- 16 Around & About
by Cassie Horner
- 24 Seasonal Views
by Scott Achs
Cool off at your local
swimming hole.
- 29 Dining Out
by Karen Wahrenberger
Salubre Trattoria.
- 49 Good Neighbors
by Elizabeth Kelsey
Superheroes soar in Norwich.
- 64 Spotlight
by Katherine P. Cox
Making healthy choices with
nutritionist Amy Tuller.
- 71 Living Well
by Katherine P. Cox
Tips from antiaging expert
Dr. Andre Berger.
- 75 Money Matters
by Brian Doyle
Manage windfalls wisely.
- 77 The Arts
by Lori Ferguson
CraftStudies classes and
workshops.
- 84 The Hood & The Hop
Arts and entertainment at
Dartmouth.
- 88 Happenings
A calendar of events.
- 96 Hanover Talks
by Mark Dantos
A chat with David Leatherwood.

Trying stuff

is an adventure. Dress accordingly.



**Ladies Willowdale™ II
Bermuda Short**

- Omni-Shade™ UPF 50 Sun Protection
- Classic Fit, regular rise



Ladies Vista Ridge Tee

- Omni-Wick™



Mens Mountain™ II

- Omni-Wick™
- UPF 15 Sun Protection
- Antimicrobial



Hubert's
Family Outfitters

 **Columbia**
Trying stuff since 1938

Newport • Claremont • New London • Woodsville • Lebanon • Peterborough



*Kitchen Remodel:
New Marvin windows!*

Pros	Cons (con.)
- better light	- Cozier - No more Drafts
- opens up view	- Look Beautiful
- easy to open & clean!	

Let your remodeling project begin with windows and doors that provide a whole new perspective - and better energy efficiency for your home. At Windows & Doors By Brownell we can help you customize the perfect combination of size, style and function for your remodeling project.



Visit our Marvin Design Gallery showroom at the PowerHouse Mall today and see the possibilities begin...

MARVIN DESIGN GALLERY

By Windows & Doors By Brownell

PowerHouse Mall
West Lebanon
(603) 298-5555 or 866-928-5558

Plattsburgh, NY
877-500-3393

wdbrownell.com

Williston, VT
800-773-4803



HERE IN HANOVER

and neighboring communities

Mountain View Publishing, LLC
135 Lyme Road, Hanover, NH 03755
(603) 643-1830
www.mountainviewpublishing.com

- Publishers*
Bob Frisch
Cheryl Frisch
- Executive Editor*
Deborah Thompson
- Associate Editor*
Kristy Erickson
- Copy Editor*
Elaine Ambrose
- Creative Director*
Ellen Klempner-Beguin
- Art Director*
Brad Wuorinen
- Ad Design*
Hutchens Design
- Web Design*
Ryan Frisch
- Advertising*
Bob Frisch

KEEP US POSTED. *Here in Hanover* wants to hear from readers. Correspondence may be addressed to: Letters to the Editor, *Here in Hanover*, 135 Lyme Road, Hanover, NH 03755. Or e-mail us at: dthompson@mountainviewpublishing.biz. Advertising inquires may be made by e-mail to rcfisch1@comcast.net. *Here in Hanover* is published quarterly by Mountain View Publishing, LLC ©2012. All rights reserved. Reproduction in whole or part is strictly prohibited. *Here in Hanover* accepts no responsibility for unsolicited manuscripts, artwork, or photographs.



Goodwin Construction, LLC

- TREE AND TRACTOR -

- LAND CLEARING
- STAND IMPROVEMENT
- LOW-IMPACT LOGGING
- LAND ENHANCEMENT
- EXCAVATION

Thad Goodwin
Owner/Operator

(802) 649-2562 | thad.goodwin@yahoo.com
183 Turnpike Road • Norwich, Vermont 05055

Fun in the Sun



IAN RAYMOND

Welcome to the lazy days of summer—the season to enjoy swimming, backyard barbecues, and fresh local produce. What better way to usher in the warm, sunny days than with stories about favorite swimming holes in New Hampshire and Vermont (page 24), recipes featuring delicious sweet corn (54), and fresh ideas for serving sweet and juicy melons and citrus (page 36).

While you're out having fun in the sun, don't forget your four-legged friends. Dogs, cats, and other pets need special care during the summertime heat, and several veterinarians in the region are sharing tips and advice in this issue (page 42). If it's more than 70 degrees, don't leave your pet in the car for more than a few minutes, park in the shade, and leave the windows down. If your pet is outdoors during the day, be sure he has access to plenty of water that can't be tipped over. Fleas and ticks are rampant during warm weather, so take care to protect your animal friends as well as your family. My special pal Baylee loves summer because it means going for frequent swims in the lake—her favorite thing to do! I also give her a summer haircut to thin her thick coat to help her keep cool. She shows her appreciation for my efforts with many licks and kisses!

Also in these pages we're visiting Norwich nutritionist Amy Tuller (page 64), dropping in on some classes at the League of New Hampshire Craftsmen's CraftStudies program (77), and meeting chef/owner Barry Snyder at Salubre Trattoria in downtown Hanover (page 29). Don't forget to visit our new website at www.mountainviewpublishing.com. Turn to pages 14 and 15 for highlights of what's waiting for you there.

The carefree days of summer seem to fly by, so make it a point to get out to all your favorite activities as often as you can. Enjoy! ↩

Deborah Thompson

Deborah Thompson
Executive Editor
dthompson@mountainviewpublishing.biz

AVERAGING
AVERAGE MATURITY **Annuity**
ABSORBED COST
Acceleration Clause
AVERAGE EFFECTIVE MATURITY
Acceleration Vesting
Appreciation Absolute Title
Allocated Annuity
Acceleration Principle
Acceptance Market
Absolute Return Funds
Annual Renewal Term
Accelerated Payments
Absolute Return
Allocated Pension
Accelerated Option
After-Tax Return
Arbitrage
Absolute Priority
Annual Rate of Return
Acceptance Sampling
Abstract of Title
Asset Allocation
Asset Classes

Sick of the
Investment
Jargon...

Come Talk
With Us.



17 1/2 Lebanon Street, 3rd Floor
Hanover, NH
603-643-6509

Questions@chartertrust.com

CONTRIBUTORS



Vicki Beaver

Vicki is a freelance writer and photographer interested in too many topics to focus on any one of them (though animals, the environment, and travel top the list). In this issue Vicki brings us summer pet-care tips from local veterinarians. Vicki lives in Claremont.



Katherine P. Cox

Kathy is a freelance writer and former writer and editor for the *Keene Sentinel* in Keene, New Hampshire. Her work has also appeared in *Vermont's Local Banquet*, *So Vermont Arts & Living*, and the anthology *Beyond the Notches: Stories of Place in New Hampshire's North Country*. She was also a writer and producer for Captured Light Studio, Inc., a video and interactive production company in Keene.



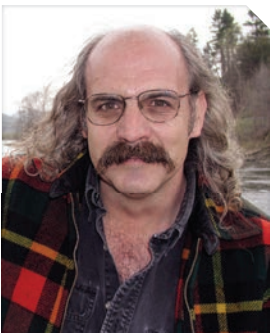
Lori Ferguson

An art historian by training, Lori pursues her love of the visual arts and the written word through various channels. She serves as the executive director of the New Hampshire Furniture Masters, runs a small writing and public relations business, and writes for Bookpx, a publisher of environmentally conscious eBooks for children. When she isn't working, Lori enjoys travel and the visual arts in whatever form she finds them.



Elizabeth Kelsey

Elizabeth specializes in business and higher-ed publications including website text, newsletters, brochures, and public relations. She lives in Lebanon, New Hampshire, where she writes for Dartmouth College and other organizations. For this issue Liz writes about the Super Heroes Out of School program in Norwich.



Jack Rowell

Jack has been capturing personalities with his photography for more than 40 years. His work has been published in *Time*, *Newsweek*, the *New York Times*, *Times of London*, and more. One-man exhibitions include the Hopkins Center at Dartmouth College and, in Vermont, at the Chandler Gallery in Randolph and the Governor's Reception Area in Montpelier. Jack was associate producer on feature films *Man with a Plan* and *Nosey Parker*. Born and raised in central Vermont, he's also an enthusiastic and experienced angler.



Karen Wahrenberger

Karen Knowles Wahrenberger lives with her family in Hanover and teaches English at Hanover High School. A vegetarian for 25 years, she enjoys writing, yoga, and hiking with her dogs. In this issue Karen takes us on a delicious visit to Hanover's Salubre Trattoria.



the ultimate
bath[®]
showroom

The Ultimate Bath Showrooms...
The Granite Group's Exclusive Showrooms

Proudly Featuring **GROHE** premium kitchen & bath faucets, showers and shower systems.

Enjoy Beauty, Enjoy Ingenuity,
Enjoy Precision, **Enjoy Water!**

Come see for yourself, visit one of our local showrooms in:

Lebanon
262 Mechanic St.
Lebanon NH 03766
(603) 442-6488

Rutland
160 Seward Rd.
Rutland, VT 05701
(802) 773-1209

Burlington
180 Flynn Ave.
Burlington, VT 05401
(802) 658-2747



For More Information
& Showroom locations,
Scan Here



Follow us



Visit GROHE and The Ultimate Bath Showrooms online.

GROHE

ENJOY WATER[®]
groheamerica.com

the ultimate
bath[®]
showroom

theultimatebathshowroom.com



THIS QUARTER @ MOUNTAINVIEWPUBLISHING.COM

MOUNTAIN VIEW PUBLISHING ONLINE

Community, Culture, and Lifestyle in the Connecticut River Valley

ONLINE EXCLUSIVES

Lou's: A Hanover Tradition since 1947

Shortly after World War II ended, Lou Bressett, a recently discharged marine, opened Lou's Restaurant on Main Street. Find out why current co-owner Pattie Fried says Lou's has remained a local staple.



TAKE OUR SURVEY



WIN TICKETS to the Killington Wine Festival Grand Tasting!

INSTRUCTIONS:

1. Visit www.mountainviewpublishing.com/survey
2. Provide your e-mail address at the end of the survey for a chance to win.
3. Check your e-mail on June 30 to see if you're the winner.

WHEN:

Saturday, July 21, 2012
1-4pm
Killington Resort's K1 Lodge
Killington, VT

Tips to Improve Your Garden

With the arrival of summer, many people are excited to be working in their vegetable or flower gardens. Check out our seven tips to keep your plants happy.



10 Best Hot Dog Toppings

Grill your dogs to perfection then give them some pizzazz! Everyone in your neighborhood will want to know your flavorful secrets!

LOCAL SPOTLIGHT

Keep an eye out for our new section highlighting businesses in the community. Don't forget to shop local!

Featured This Quarter: **Home Hill Inn**



Newsletter

Would you receive our newsletter?
Subscribe!

E-mail:

Unsubscribe Newsletter!

Subscribe

eNEWSLETTER

Sign up for our newsletter

www.mountainviewpublishing.com/newsletter

What does our newsletter include?

- A summary of our most popular blog posts and comments from our readers
- Local event listings from our calendar
- Exclusive insights into each of our publications (*Here in Hanover*, *Image*, and *Woodstock Magazine*)
- Special offers from Mountain View Publishing and local businesses, and much more...



LIKE US



www.mountainviewpublishing.com/facebook

ONLINE BUSINESS DIRECTORY



Check out our Online Business Directory to see the latest listings for fine products and services in the Connecticut River Valley.

CLICK ON

mountainviewpublishing.com

A.M. PEISCH & COMPANY, LLP
ACTION GARAGE DOOR
BARTON INSURANCE AGENCY
BILLINGS FARM & MUSEUM
BLANC & BAILEY CONSTRUCTION, INC.
BRAESIDE MOTEL
BROWN'S AUTO & MARINE
BROWN'S FLOORMASTERS
CABINETRY CONCEPTS
CARPET KING & TILE
CARROLL CONCRETE
CHIEFTAIN MOTOR INN
CLEARLAKE FURNITURE
COLDWELL BANKER-REDPATH & CO., REALTORS
COTE & RENEY LUMBER CO.
CREATIVE LIGHTING DESIGNS & DÉCOR
DARTMOUTH SKIWAY
DATAMANN
DAVID ANDERSON HILL, INC.
ELEMENTS SALON
ENGEL & VOELKERS, WOODSTOCK
GILBERTE INTERIORS
GRANITE GROUP, THE ULTIMATE BATH SHOWROOM
GREGORY L. BAKER, D.D.S
HANOVER COUNTRY CLUB
HIGH COUNTRY ALUMINUM
HILDE'S SALON VIENNA
HOLLOWAY MOTOR CARS OF MANCHESTER
HOME HILL INN
JAMES R. PREDMORE, DDS
JCB DESIGNSCAPES, LLC
JEFF WILMOT PAINTING & WALLPAPERING, INC.
JUNCTION FRAME SHOP
KEEPERS A COUNTRY CAFÉ
LANE EYE ASSOCIATES
LAVALLEY BUILDING SUPPLY
LEDYARD FINANCIAL ADVISORS
LEDYARD NATIONAL BANK
LISTEN COMMUNITY SERVICES

MARTHA E. DIEBOLD REAL ESTATE
MASCOMA INSURANCE AGENCY
MONTSHIRE ENDODONTICS PLLC
NATURE CALLS
NEW LONDON BARN PLAYHOUSE
NEXT STEP CONSULTING SERVICES
NORTHERN MOTORSPORT LTD
PELTZER CAPITAL MANAGEMENT
PEOPLE MOVERS, INC.
PURPLE CRAYON PRODUCTIONS
QUALITY INN QUECHEE
RIVER ROAD VETERINARY
RIVERLIGHT BUILDERS
RODD ROOFING
ROGER A. PHILLIPS, D.M.D.
ROW43 MEDIA, INC.
STATE PARK REALTY
STONE DENTAL, PLLC
SURFACE SOLUTIONS
SYSTEMS PLUS COMPUTERS
TAKE A HIKE FITNESS
THE BIKE HUB
THE CLINIC FOR NEUROSTIMULATION
THE DOWDS' COUNTRY INN
THE DOWDS' INN EVENTS CENTER
THE HANOVER INN AT DARTMOUTH COLLEGE
THE PAPER STORE
THE TAYLOR-PALMER AGENCY
THE VERMONT FLANNEL COMPANY
THE WOODSTOCK INN & RESORT
TIMELESS KITCHENS
TWIN STATE DOOR
VALLEY FLOORS
VITT & ASSOCIATES
VON BARGEN'S
WHEELOCK TRAVEL
WHITE RIVER FAMILY EYECARE
WILLIAMSON GROUP SOTHEBY'S INTERNATIONAL REALTY
WOODSTOCK AREA CHAMBER OF COMMERCE

For more information on how your business can get listed on our ONLINE BUSINESS DIRECTORY or for other online advertising opportunities, contact Bob Frisch at (603) 643-1830 or e-mail rcfrisch1@comcast.net.

AROUND & ABOUT 

| By Cassie Horner



Above and right: Five homes and six gardens will be featured on the July 21 tour.





Norwich Historical Society *House & Garden Tour*



The third annual Norwich Historical Society House & Garden Tour will be held Saturday, July 21, from 10am to 4pm. Featured will be five houses and six gardens, all new to the tour. The tour includes a lovely mix of historic and more contemporary home styles. “Some of the owners have designed and maintained their gardens themselves and others have professional help. All of them are unique and delightful,” says Nancy Hoggson, president of the board of trustees.

The tour sites this year include a garden created by a professional gardener whose small, custom-built home is complemented by gardens that have evolved over the course of her career. Other stops include a historic farmhouse that was recently fully renovated, and a property that is accented by beautiful stone walls built by the owner. One of the homes is owned by an antiques dealer, and people will enjoy seeing the collections.

“Home owners are happy to talk with tour-goers about the unique features of their properties,” says Hoggson. “Volunteers are also present with information about each site.”

This year, a delicious lunch from Bakewell, a Norwich caterer, will be available for purchase at

the Historical Society. “The food is fabulous,” says Hoggson. People can eat there or take lunch with them on their tour.

A Vermont garden cart loaded with gardening tools and supplies will be raffled off at the end of the day. Raffle tickets are available for purchase at the Society or online.

Maintaining a historic house is a labor of love. Norwich Historical Society tends with care its 1807 farmhouse home on Main Street. The proceeds from the House & Garden Tour for the past few years have gone toward restoration of its windows. “We have done 21 and have 16 to go,” says Hoggson. “We are following secretary of the interior historic guidelines and adding energy-saving storm windows. This year we will be investing in several other projects to improve energy efficiency.”

Tickets to the House & Garden Tour are \$20 for nonmembers and \$15 for members. Tickets for the tour and raffle can be purchased at the Society, located at 277 Main Street (open Wednesday and Thursday from 10am to 3pm), or by visiting www.norwichhistory.org or calling (802) 649-0124. They can also be purchased the day of the event. The tour is held rain or shine. ←



CiRCUS CAMP



Above: Over a dozen youth took part in acrobatics at the 2004 circus. Photo courtesy of Ted Lawrence.

Below: Pie throwing is a fun activity. Photo by Linda Conrad.



The circus is coming! The circus is coming! Circus Camp, that is. From July 16 to 27, the Van Lodostov Family Circus Camp, with veteran instructor and director Ted Lawrence, will be in full swing at the Marion Cross School in Norwich. The intended audience is kids and teens, ages eight and up.

Even adults will have a chance to learn some of the tricks and skills during a three-hour evening session. That session is set for July 24, if enough adults sign up to join the fun. The week will culminate with a gala entertainment for the public put on by students on Friday, July 27 at 5pm at the school.

There is also a faculty show on July

17 at 7pm, highlighting the talents of the camp coaches. The staff this year includes folks from Big Apple Circus, Circus Smirkus, New England Center for Circus Arts, and international circus venues.

Sponsored by the Norwich Rec. Department, this extremely popular camp has been a highlight of summer for at least 15 years, says Rec. Director Jill Kearney. The range of skills participants will learn sends tingles up the spines of circus buffs. Students eagerly take to the tight wire, acrobatics, multi-person bike tricks, stilts, and aerials, to name a few. And don't forget the art of clowning, including mime, and the fun of pie throwing.



Lawrence's experience in teaching the circus arts dates back to summers when he was a college student majoring in electrical engineering. He taught kids to do such activities as juggling, mime, and walking on stilts. He later graduated from Ringling Clown College. A teacher in various subjects after college, he founded Slapstick Science, a fun approach to learning about science, which travels from Philadelphia to Maine and New York.

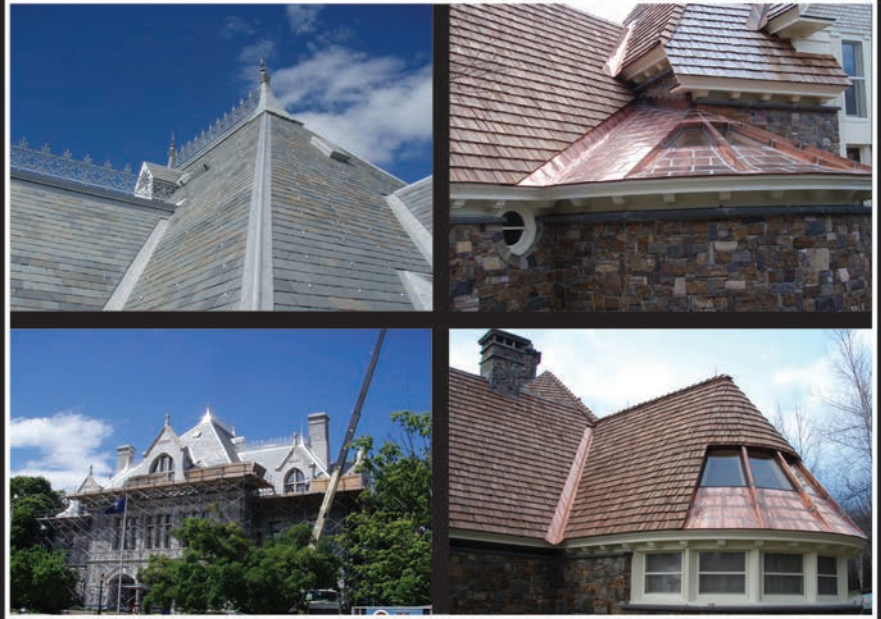
The circus camp will also be held in the Upper Valley at the Plainfield School in Meriden July 2 to 13, and at Union Arena in Woodstock beginning July 30. Check with these local venues for details about registration and the faculty and kids' shows, as well as adult evenings. ←



Local residents perform a variety of thrilling stunts. Photo by Linda Conrad.

COMMERCIAL AND RESIDENTIAL ROOF SYSTEMS

— Over 90 Years of Experience —



We provide many options for Roof systems & Repairs and Maintenance as well as Consulting Services by evaluating your existing roof system and recommending repairs or replacement.

www.roddroofing.com

P.O. Box #69 49 PERKINS STREET
ST. JOHNSBURY, VT 05819 - 800.331.7663

ALSO HAVE OFFICES IN MONTPELIER, GREENSBORO AND BURLINGTON VT

The journey home begins here.
 LYME, NH Beautifully situated on the southern slope of Pinnacle Hill with spectacular views from every window, the home is on 30+/- acres surrounded by conservation land. This energy efficient, award winning, architect designed home features superb craftsmanship and attention to detail throughout. Approx 4100 sq.ft., all on one level. \$1,900,000. One of a kind!

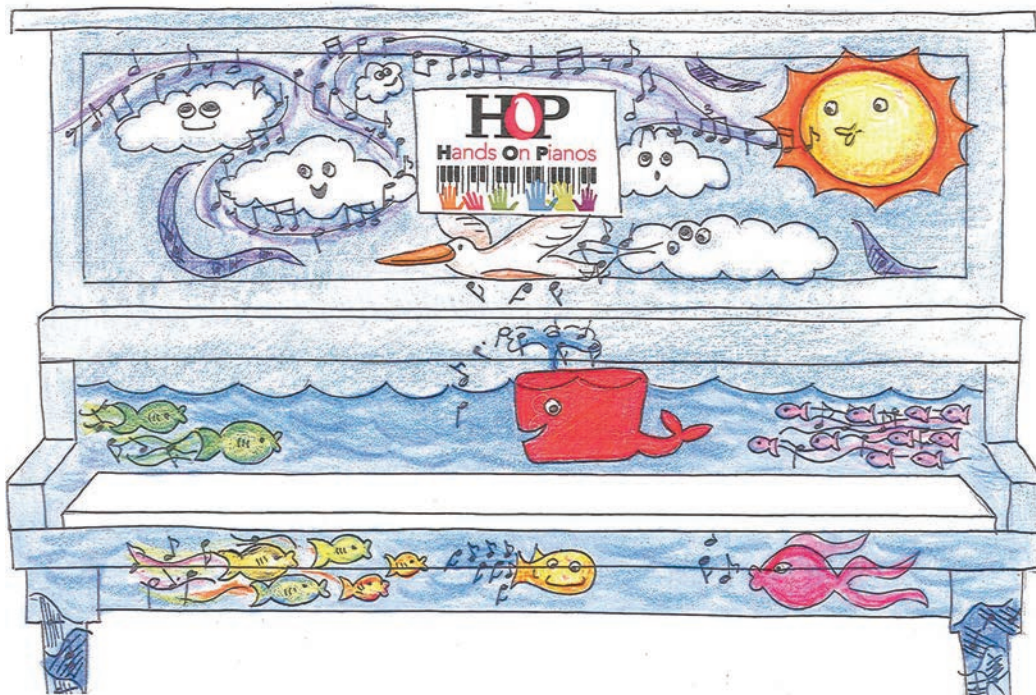
MARTHA DIEROLD REAL ESTATE
 Lyme, NH • 603-795-4816
 Hanover, NH • 603-643-4200
www.marthadierold.com

Hands on Pianos

The Hopkins Center turns 50 and is celebrating with festivities throughout the summer. One of the most intriguing events is Hands On Pianos, a collection of donated pianos decorated by artists for a melding of music and visual arts.

Music throughout July will come from people of all ages who spot the arty pianos around the community at farm stands, general stores, bus stops, and many other places, and decide to make some impromptu music. It might be a simple version of “Chopsticks” or an elaborate Gershwin tune, depending on the mood and the day. There will also be an interactive website where former owners can share the history of their pianos.

Clockwise from above: Adeline Dragunas Samalionis, c. 1943, former owner of one of the donated pianos. A donated piano. Adeline Samalionis and daughter Joann Samalionis Wood, c. 1953. Megan Ehresmann's artwork will decorate one of the pianos.





Art by the Mid Vermont Christian School will enhance one of the pianos.

The call for pianos for this project yielded some amazing stories of these instruments and their places in people's lives. Joann Wood, one of the donors, tells the story of her mother, Adeline Dragunas Samalionis, and the piano that was so important in her life. Samalionis, born in Brooklyn in 1918, loved music and had talent. She not only sang professionally but also attended the Trapp Family Music Camp in Stowe, Vermont, for two seasons during World War II. She purchased her Krakauer piano in the early 1940s, and it was a fixture of the household during Wood's growing-up years. "I remember her playing and singing her favorite Lithuanian folk songs and practicing church music," Wood recalls. "Her favorite, and mine,



NEW HOTEL IN HANOVER.
STEPS FROM DARTMOUTH.



SIX SOUTH ST
HOTEL

HANOVER

CONTEMPORARY ACCOMMODATIONS
VALET PARKING • ATTENTIVE SERVICE
STATE-OF-THE-ART AMENITIES

sixsouth.com • 603.643.0600 • six south st, hanover, nh 03755



Nutrition & Lifestyle Management

Amy Tuller, RD, LD, CDE
Registered Dietitian,
Certified Diabetes Educator

303 Route 5 South
Norwich, VT 05055
(802) 649-1444
www.amytuller.com

Join us in Italy
this year to
learn & live the
Mediterranean
Diet!

COMPASSIONATE

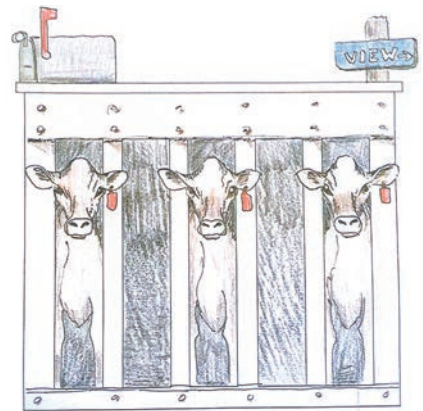


and personalized approach to women's health care for women of all ages.



The Women's
Care Center
Lebanon, NH
603 448 3996
www.alicepeckday.org

AROUND & ABOUT



Piano artwork by the Upper Valley Land Trust.

was the Ave Maria.” The piano eventually ended up in Vermont, where Wood’s daughter learned to play on it, but gradually it fell into a state of neglect.

The piano’s fate was linked to Hands On Pianos after Wood’s son Matthew, in his final year of the MD PhD program at Dartmouth Medical School, told her about the special event. “As I read about the project, I felt so sure that this would be a wonderful way for this piano to go out in grand style,” Wood says. “For my family, inclusion of our piano would be a celebration of my mother’s music and talent, and I will let go of the piano with a happy heart.”

For more information about Hands On Pianos, visit hop.dartmouth.edu. The website also includes details about other activities and entertainment—all free and centered on the Dartmouth Green and Hopkins Center—celebrating the Hop’s 50th anniversary. ←

peter french
fine woodwork & design company

Custom Design/Build
Norwich, VT 05055
802.649.2333

TRUST

The Most Valuable Asset



Kimberley Robinson,
Vice President,
Financial Consultant
CERTIFIED FINANCIAL PLANNER™

Every day my clients say, "I'm looking for a planner, not a broker." They want someone they can trust to guide them in planning a secure future. I've been helping my neighbors in the Upper Valley pursue their goals for nearly two decades. Call me, and I'll help you pursue yours.



Mascoma Investment Services

mascomabank.com | 888-627-2662

Securities, advisory services, and insurance products offered through LPL Financial and its affiliates, a Registered Investment Advisor, Member FINRA/SIPC.

LPL Financial representatives offer access to Trust Services through The Private Trust Company N.A., an affiliate of LPL Financial.

Not FDIC Insured • No Bank Guarantee
• May Lose Value

Not A Deposit
• Not Insured By Any Federal Government Agency





Left: Fun at Bristol Falls.

TAKE THE PLUNGE!

Cool off at your local swimming hole

| By Scott Achs

Over the course of several hot summer afternoons last year, I ventured to a few well-known swimming holes to catch some relief. My first stop was Bristol Falls (also known as Bartlett Falls) in Bristol, Vermont, where a delightful 25-foot jump into the “icy” snowmelt water was just the thing for a 90-degree day. On other days, traveling south led me to two of my favorite swimming holes closest to the Upper Valley in Felchville on the North



Top: Captured in midair in Gaysville.

Above: Hanna enjoys reading at Felchville.

Left: Free floating at Bristol Falls.

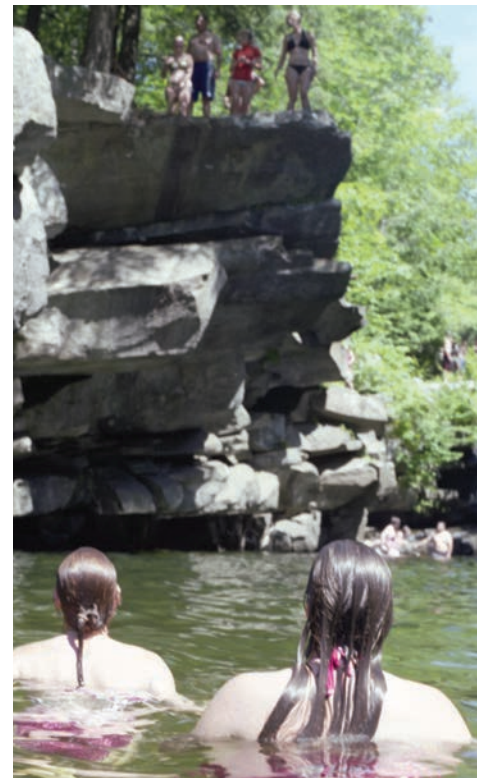




Doing a back flip at Bristol Falls.

Branch of the Black River and Gaysville on the White River. Felchville is second to none when it comes to rope swings, and the one here is located in the Knapp Brook Wildlife Area. The anticipation of standing on the ledge with an old rope in your hands sends enough chills down your spine that you may feel refreshed even before taking the plunge. Once you do make the leap, though, you'll find relief—and safety—in the deep pool below you.

The last stop on my “summer heat relief tour” was a local swimming hole located on Route 107 just north of Barnard in Gaysville. When you arrive, you park as close as you can to the edge of the 25-foot cliff on a one-way dirt road. As you descend to the swimming hole,



Teens enjoy cooling off on a hot summer day.



Relaxing on the lounge at Bristol Falls.

you'll hear the excitement of splashing and carrying on by local teens as well as adults. There is a tall rock tower—not for the faint of heart—that youthful swimmers tend to flock to more than those of us over 30. It drops a good 35 to 40 feet before you hit the water. The nice part about this place is that it is expansive; wading in your own little secluded area along the river is easy to achieve.

There are literally hundreds of swimming holes within a two-hour drive anywhere in New Hampshire and Vermont—all a little slice of summer heaven just waiting to be discovered. ↵



THE LYME INN

*Serving Dinner Wednesday through Sunday
from 5 to 10 pm and*

Sunday Brunch from 11:30 to 2:30

Accommodations ~ Libations ~ Victuals

1 Market Street, Lyme, New Hampshire

603-795-4824 • www.TheLymeInn.com



White River Family Eyecare

Eyecare for Life.

587 Hartford Ave., White River Jct, VT
(across from Hartford H.S.)

802-295-4887

www.myeyecareforlife.com

M, W and F 8:00AM - 5:30PM

T and Th 8:00AM - 7:00PM

Plan well. *Live well.*



To provide the best financial advice, you need the best financial team.

At Ledyard Financial Advisors, we take that mission to heart. We seek out the best and brightest to join our team and to help our clients preserve and enhance their wealth.

Meet Fred Wainwright. Fred is a graduate of Stanford University and earned his MBA at the Tuck School of Business at Dartmouth. He is a researcher, strategist and board advisor with more than 20 years of experience in investment decision making, strategic planning and business development throughout New England and Silicon Valley. Fred's breadth of knowledge, as well as his strong commitment to community, further enhances the level of financial advice and services available to Ledyard clients.

Our people - one more way Ledyard helps you **plan well** so that you can *live well*.

Ledyard Financial Advisors has assets under management and custody of \$895 million as of December 31, 2011. Ledyard Financial Group, Inc. shares are transacted through the NASD sanctioned "OTC Markets" under the trading symbol LFGP.

Fred Wainwright
Senior Vice President and Senior Investment Strategist

*Fred can be reached at 603.640.2698,
fred.wainwright@ledyardbank.com
and on Twitter @FredWainwright*


LEDYARD
FINANCIAL ADVISORS

INVESTMENT MANAGEMENT | TAXES | BANKING | WEALTH MANAGEMENT

LEDYARD FINANCIAL ADVISORS LOCATIONS HANOVER | NEW LONDON ledyardbank.com 1.888.746.4562

Personal and business banking relationships within the retail bank are subject to FDIC insurance coverage limits. Investment, tax and wealth management services offered by Ledyard Financial Advisors are not insured by the FDIC, are not deposits or other obligations of, or guaranteed by the Bank or any affiliate, and are subject to investment risk including the possible loss of principal amount invested.



Brittany Burnside serves dinner.

Salubre Trattoria

It's the middle of the afternoon, and Barry Snyder, owner of Salubre Trattoria, the newly reopened and re-envisioned Italian restaurant in the Subterranean of the Hanover Park Building, is telling one of his cooks a story about the Masters Open. The two are enjoying that time of day when a restaurant's staff takes a break after lunch and before the dinner rush, and they are laughing about what happened on the last green of the course.

**Salubre means
"healthful"—
and delicious!**

| By Karen Wahrenberger
| Photos by Jack Rowell

In the warmly lit dining room, Mariah, the evening server, is setting up for dinner, knotting white cloth napkins and setting out the silverware and blue-tinted water glasses. Mariah asks Barry a question about the credit card machine. He stops to explain it to her. We sit down with glasses of fresh ice water, and he grins, starting with the most important thing on his mind today—that he is extremely proud of how hard his staff works every day to improve his new restaurant. »



Focus on Taste & Value

“It never stops—it’s always changing,” says Barry, of the evolutionary process of running a restaurant and making it the right place to eat for his clientele. “Yoga is essential in this business—you have to be flexible in body and mind.” He and his staff are always listening to their customers, finding out how they

Right: Classic white linen adorns tables in the dining room.

Below: Brodetto (fish stew).





Lauren Fifield, Brittany Burnside, and Bridget Cushman enjoy preparing drinks at the bar.

feel about the food, and figuring out ways that Salubre can improve. They always do their best to accommodate dietary restrictions, for example. Barry says that everything about a good restaurant is an art form—from serving and clearing, to cooking, doing dishes, and keeping the kitchen organized. He wants to make his restaurant a place where people enjoy what “we are trying to do,” where the focus is on taste and value.

Barry received his degree from the Culinary Institute of America, but he says he really learned to cook at a place called Arrows in Ogunquit, Maine. The staff at Arrows had been students of Madeleine Kamman, a famous French chef. Her style of cooking influenced his later work at The Parker House in Quechee and La Poule a Dents in Norwich.

Hanover foodies will delight in finding that this gourmet chef reopened Salubre in September of 2011 with the

hair | skin | nails

KÉRASTASE
PARIS

Just like your skin, your scalp and hair require consultation to enhance their natural beauty.

As a prescriptive brand, Kerastase addresses your specific needs.

We're Makin' Waves
34 South Main. Hanover
603.643.1244

VOTED UPPER VALLEY'S "BEST OF THE BEST" SALONS 5 YEARS RUNNING

WWW.WEREMAKINWAVES.COM

Making sure your tomorrow is even **better than today.**

We can't predict the future, but as independent insurance agents who have been helping our neighbors in the Upper Valley for almost half a century, the Maloney Associates team can find the plan that best fits you or your business and give you peace of mind that you will always be well covered. **Give us a call today.**



MALONEY ASSOCIATES INSURANCE

Hanover: 603.643.4223
Orford: 603.353.4885
www.maloneyassoc.com

intent of establishing a restaurant with more reasonable prices. He teaches and directs, rather than doing all the cooking himself, and works together with his staff to create the menu. He wants to create a place where he can look out over the dining room and “see the whole community,” from parents of his daughters’ friends to college students, from residents of Kendal to his former clientele from La Poule a Dents. The result is the best of both worlds: delicious, affordable fare with a touch of the gourmet experience.

Tasty Changes

The dinner menu offers familiar Italian items such as whole-grain pizza, pastas, soups, risotto, and salads priced competitively with other local affordable restaurants. Guests can choose from a



Above: Sharise and Arabella, daughters of Salubre’s chef and owner, are always happy to taste-test the meatballs.

Left: Pastry chef Jonathan Brazil.



full plate of, say, shrimp fettuccini—or pesto, or carbonara, or alfredo—or a half-plate, depending on their mood and appetite. In addition, the “Secondi” or entrees are more upscale, such as veal

T-bone seared and served with rosemary and balsamic vinegar reduction, or brodetto, fish stew with crusty bread, saffron, and smoked paprika sauce.

Barry says that if he were coming with friends for dinner at his restaurant, he’d start with the piatini—or small plates for table sharing—and a good bottle of red wine. He likes the idea of everybody

passing around and trying several plates of piatini, such as the Trio of Bruschetta or Olives Warmed with Oil and Herbs or Spinach Gnocchi Parmesan Cream, among other options, before moving on to a salad and perhaps a half-plate of pasta.

Not only the menu but also the dining room décor has changed since Barry bought the assets of the former Salubre, which closed last February, from the owner of the building, who remains his



Pork steak and sausage on kale.

landlord. He kept the Salubre name because his landlord loved it and has been so helpful in the process of reopening the restaurant. For the décor, Barry worked with a friend's mother who had lived in Italy to redecorate with more of a "city feel." She said that Italy is bright and bold, and so the colors on the walls are blocks of vibrant red, metallic copper, metallic blue, and yellow. The overall feel is urban, but also warm and cozy without being "flowery."

During the summer months, outdoor seating will be available in front of the Hanover Park building, and the restaurant's artisan breads—olive, cherry chocolate, pain rustique, bird bread



Bruschetta.

The us in Systems Plus!

Why Systems Plus?

- Dedicated to serving our community
- Devoted to quality, excellence + customer satisfaction
- Donated over \$250K to Upper Valley non-profits
- Over 525 combined years of experience in computer sales + service
- Our employees are offered health insurance + a wellness program
- Our employees serve as volunteer Firefighters, EMTs, Scout Leaders, + Coaches

BUY BETTER. BUY QUALITY. BUY LOCAL.

**SYSTEMS plus
COMPUTERS**
Solutions • Products • Services • Quality

Systems Plus Computers, Inc.
South Street > Hanover, NH
Centerra Market > Lebanon, NH

(800) 388-8486
(603) 643-5800
www.spci.com

FINE FRAMING IS AN ART IN ITSELF

We offer customized framing for a variety of items, from antique calipers, to wedding dresses.

Artisan Finished Corner Frames
Custom Frames
Ready-made and Photo Frames

Providing Fine Custom Picture Framing for the Upper Valley and Beyond for Over 25 Years.

"Where Framing is an Art"

802-296-2121 • www.junctionframeshop.com • WRJ, VT

your vision is
our vision



comprehensive eye care
medical eye care
low vision services
pediatric eye care
specialty contact lenses
full optical services

603.448.2575
www.fieldsofvisioneyecare.com

410 miracle mile, suite 13
lebanon, nh

hours:
tues 8-5 wed 7-7
thurs 7:30-6 fri 8-5
2nd & 3rd saturday - 9-2
closed sunday & monday

Chris R. Fields, OD



DINING OUT



Sous chef Daniel Molina (front) works with Spencer Perkins in the kitchen.

(whole wheat with seeds), and ciabatta—will be sold at the farmers' market.

A Date Night or Any Night

Although the restaurant is certainly not exclusive to couples on a date, it is difficult not to think of the décor, lighting, and atmosphere as romantic. Certainly Barry's staff thinks so—they convinced him to create a special for Sunday nights: a corner table with two glasses of wine is just what the chef orders for Sunday date night, when for just \$50 a couple can choose two piatini, two soups or salads, two half-plates of risotto or pastas, and two glasses of wine. The restaurant also serves panini sandwiches, soup, salad, and pasta dishes for lunch.

Salubre Trattoria fills a void as the only real Italian place in town—it's casual and comfortable, with a quality that is more than you would expect for the price. Buon appetito! ←



Representing Discerning
Buyers and Sellers
of Properties in
Vermont and New Hampshire

306 Main Street
Norwich, Vermont

www.RatliffPropertiesLLC.com

802 356 2258
802 649 1333

RE/MAX Group One
Each office individually owned and operated.

**AN INDEPENDENT
DAY AND BOARDING SCHOOL**
FOR GRADES 9-12 & POST GRADUATE YEAR

- Small classes/personal attention
- 22 Advanced Placement courses
- STeM Program—college-level engineering courses
- 5 Languages: Chinese, French, Japanese, Latin, and Spanish
- More than 260 boarding students from 25 U.S. states and 27 countries
- We empower our students to Dream Big!



VERMONT, NEW HAMPSHIRE & QUEBEC RESIDENTS
CALL US ABOUT OUR GOOD NEIGHBOR SCHOLARS PROGRAM
(802)-751-2130 | WWW.STJOHNSBURYACADEMY.ORG

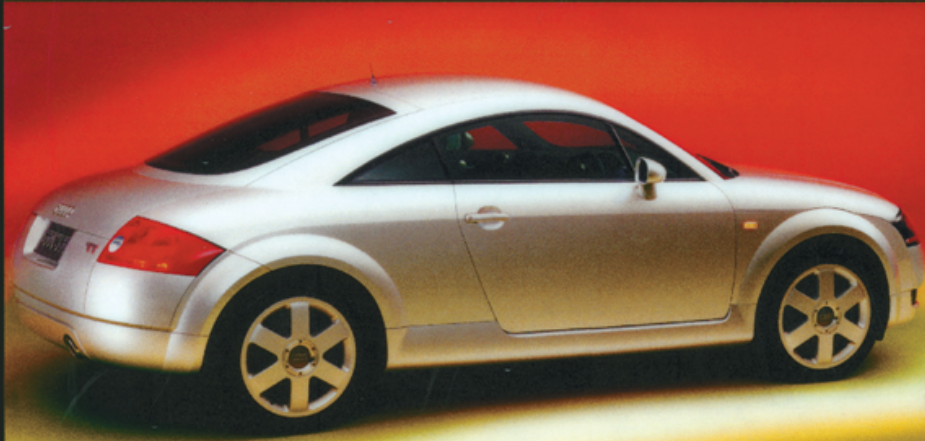
PLEASE CALL (802) 751-2130 TO SCHEDULE A CAMPUS VISIT

Salubre Trattoria

3 Lebanon Street
Hanover, NH
(603) 643-2007
www.salubrehanover.com

NMS **NORTHERN MOTORSPORT LTD.**

“We Keep You Running”



The Area's Only
Authorized
BOSCH Service Center

VOLVO • VW
AUDI • BMW
MERCEDES BENZ

On Route 5 In Wilder • Off 1-91 Between Exits 12-13

Call To Schedule Expert Service
(802) 296-2099



Enriching.

At Wheelock Terrace, everything is simply splendid – from the first class care, ambience, and activities, right down to the appetizers. I enjoy the cultural and educational offerings in Hanover, as well as easy access to world-class medical care. There's so much more to life now than I ever expected.

TERRACE COMMUNITIES
PREMIER ASSISTED LIVING & MEMORY CARE

Please call Gretchen Stoddard at
603-643-7290

Wheelock Terrace

32 Buck Road, Hanover, NH 03755 (603) 643-7290

Valley Terrace

2820 Christian Street, White River Jct., VT 05001 (802) 280-1910
Physical location: Wilder, VT near Norwich

Woodstock Terrace

456 Woodstock Road, Woodstock, VT 05091 (802) 457-2228

TerraceCommunities.com







summer delights

celebrate the season with melons and citrus

Not much compares to fresh melon for a cool, flavorful summer treat. These delectable fruits get top ranking for ease of preparation and portability as well. What's a picnic or a day at the beach without a watermelon or cantaloupe, after all? And melons are one treat that won't heat up your kitchen on a summer day.

Friends are like melons. Shall I tell you why? To find a good one, you must one hundred try.

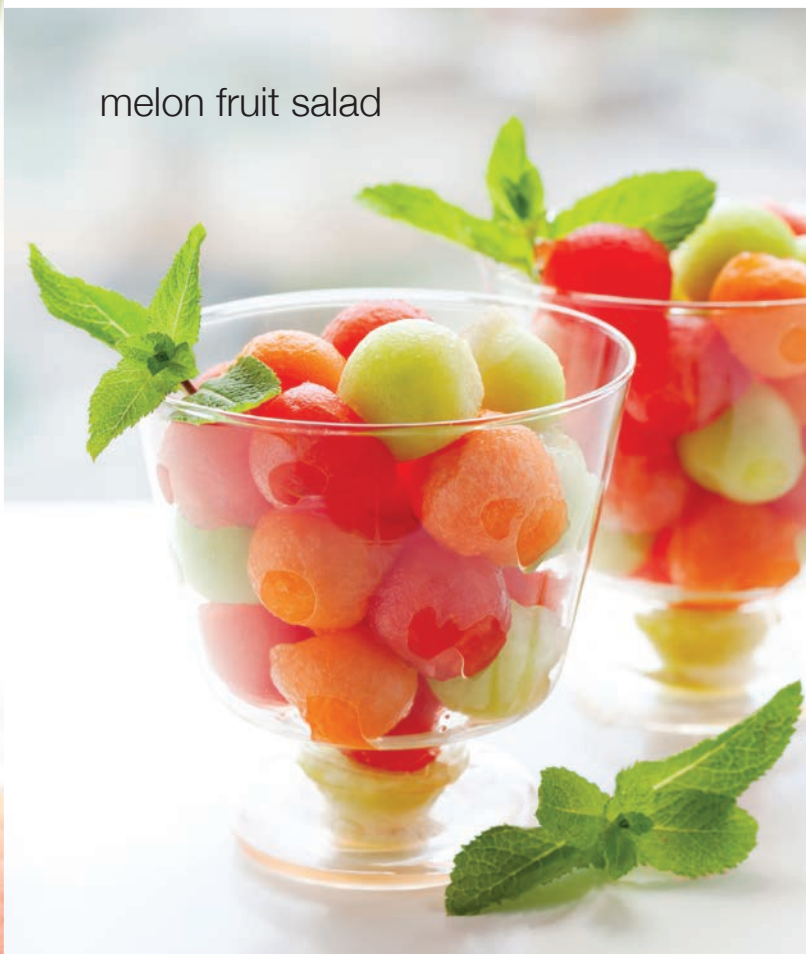
—Claude Mermet



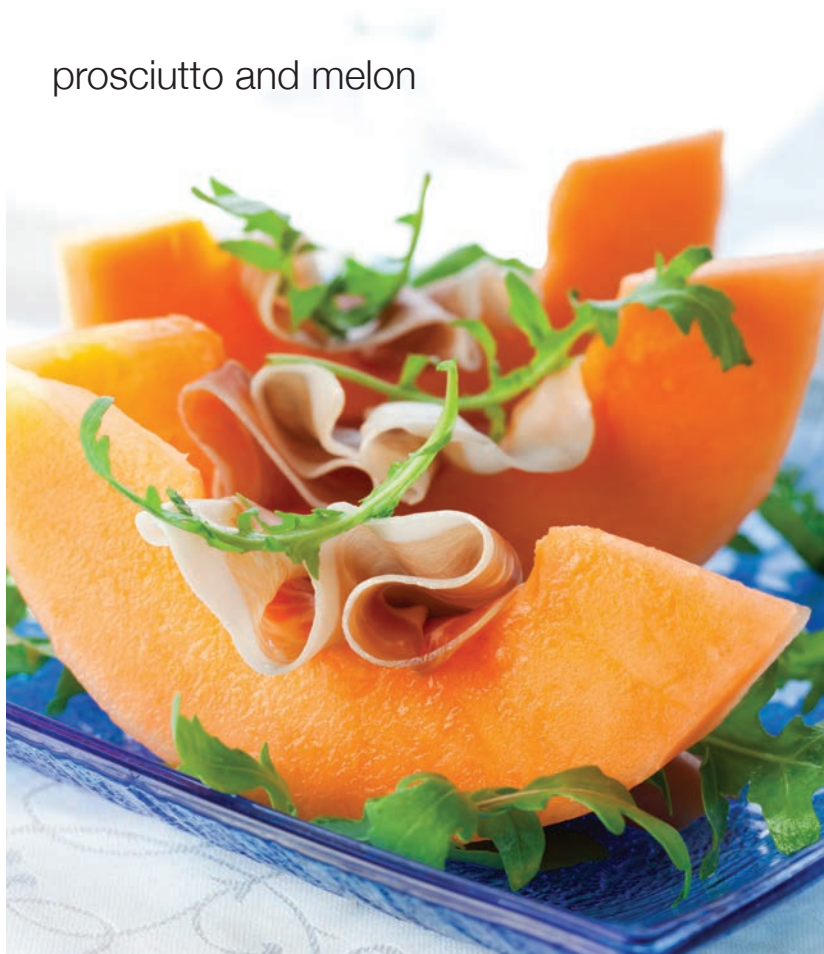
When one has tasted watermelon, he knows what the angels eat.

—Mark Twain

melon fruit salad



prosciutto and melon



melon soup



watermelon salsa





For a truly spectacular treat, try melon with citrus. A spritz of fresh lemon or lime really sparks the flavor of most melons, especially served at room temperature. Or combine chunks of melon with your favorite citrus fruits, such as clementine oranges or grapefruit. When citrus meets melon, the variety of flavors, colors, and aromas is nearly endless.

Even mature melons may need a few days to ripen fully. You can leave uncut melon on your counter for up to four days or until ripe. Once melon has been cut, refrigerate it in a covered container for up to a week.

orange salad



orange juice cocktail



fresh fruit dessert



Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.

—Henry James

Find refreshing melon and citrus recipes online at www.mountainviewpublishing.com.

summer pet care

| Story and photos by Vicki Beaver

Area experts share tips and advice

As summer returns, we look forward to sharing time outdoors with our pets as much as they do. But the change in season brings hazards as well as fun. With the help of local veterinarians (see page 48), here's a review of ways to ensure that you and your pets enjoy a safe and healthy summer.



Heatstroke

“Heatstroke is most critical and most preventable,” cautions Ruth McDevitt, DVM, of Valley Center for Animal Referral and Emergency Services (VCARES). “We see heatstroke more commonly in the spring when pets aren’t yet acclimated to warmer temperatures, and when temperatures aren’t as hot.”

- Extra measures must be taken in hot weather: abundant fresh water, shade, and careful exercise on hot days.
- Flat-faced, obese, or thick-coated dogs, as well as dogs with laryngeal paralysis, are more severely affected.
- First signs include glassy eyes, frantic panting, drooling, increased heart rate, and lethargy; these escalate to vomiting or diarrhea and body temperatures above 104 degrees.
- If you suspect heatstroke, call your veterinarian immediately. Cool your dog slowly. Recognizing the signs quickly could save the life of your loved one.

“The key to treatment is early recognition and treatment by your



If it's more than 70 degrees, open car windows, leave water, and return to your vehicle quickly.

ENJOY A
BETTER LOOK AT

HILDE'S SALON VIENNA

HAIR & SKIN CARE
TREATMENTS &
PRODUCTS FOR WOMEN,
MEN & CHILDREN



Introducing Beth Minardi Color Support Products

- Classic to Trendy Cuts
- Custom Hair Color & Gloss
- Professional Straightening
- Ethnic Hair Styling
- Body Waxing
- Facials & Manicures

FREE PARKING
WI-FI • MC/VISA
WALK-INS WELCOME

Mon-Fri 8-5 & Sat 8-3
Evenings by appointment

MASCOMA SAVINGS BLDG
80 S MAIN ST, HANOVER

603 643 4260 
HILDESSALONVIENNA.COM



Provide plenty of water for your pets.

veterinarian,” advises Elisa Speckert of River Road Veterinary Clinic (RRVC). “If you suspect heatstroke, call your veterinarian immediately. During transport, it is helpful to spray your dog with water and cool him with a fan. You can also apply isopropyl alcohol to the foot pads and groin area to encourage cooling. Ice baths are not recommended.” Heatstroke can occur anywhere but happens especially fast inside vehicles.

Dogs in Vehicles

Many dogs love riding in cars, and we enjoy their company, but a seemingly

temperate day can end tragically for a pet left in a vehicle. “You shouldn’t leave them in a car if it’s over 70 degrees,” says Kim Jones, DVM, of Stoney Brook Veterinary Hospital (SBVH). “It may not feel hot, but it will be 90 degrees in the car.”

- If it’s absolutely necessary to leave your pet in a car, park in the shade, open windows more than a crack, leave water, and return quickly.

“Even if left running with the AC on, cars have been known to stall or overheat,” says Speckert of RRVC. “Even a few minutes in a hot car can kill a dog.”

Haircuts & Sunscreen

“Haircuts often keep dogs cooler. However, if dogs’ coats are clipped fairly short, we must take action to ensure that they will not have sensitive skin and be harmed by the sun,” recommends Jennifer Lesser, DVM, of Norwich Regional Animal Hospital (NOAH). “Arctic breed dogs often take years for the coat to return to normal, and often the regrowth may be slow and incomplete. Opinions are split with these guys.”

- The areas most susceptible to sunburn are around the eyes, nose, and groin, because light reflects off pavement.
- Short-haired and light-skinned dogs are at the greatest risk for sunburn.
- A dog-specific sunscreen is best, but baby sunscreen does work. PABA and zinc oxide can be toxic for dogs.

Hot Surfaces

- Avoid hot pavement or sand with your barefoot buddies as much as possible, and watch for signs of limping, refusing to walk, licking feet, and foot pads that look darker or red.
- Short-legged dogs are closer to hot pavement and will absorb heat much faster.
- After swimming, softened pads burn more easily.
- Cool feet with water and carry your pet if necessary.

Lawn & Garden Care

- Compost, cocoa mulch, rose fertilizers, snail/grub/fly insecticides, organophosphate fertilizers, bone or blood meal, and pool chemicals can all be especially harmful or even toxic to dogs.
- If you’re treating your lawn with chemicals, keep pets off grass until it dries.

Travel

“When our companion animals inadvertently stray from our sides, we want every advantage in returning them home,” says Lesser of NOAH. “Especially entering the season of outdoor activity, open doors and windows, hikes, home visitors, and vacations, our pets are at in-



NORWICH REGIONAL
— ANIMAL HOSPITAL —
We Are Here For You

13 FOGG FARM ROAD • WHITE RIVER JUNCTION, VT
www.norwichanimal.com • 802-296-2273 (CARE) • norwichvet@gmail.com



VERMONT'S AWARD-WINNING
INTERNATIONAL YOUTH CIRCUS

CIRCUS SMIRKUS

TOPSY TURVY
TIME TRAVEL

2012 BIG TOP TOUR
JULY 21 & 22
SAT: 2 & 7 PM
SUN: 11 AM & 4 PM

HANOVER
Fullington Farm Field

“One of America’s best.”
- Family Fun Magazine

“Joyful... foot-stomping applause!”
- New York Times

1-877-SMIRKUS
SMIRKUS.ORG



High Quality, Cost-Effective Alternatives to Replacing Your Windows

- Wood Sash Repair and Restoration
- Transparent Dual-Film Insulation Panels

CALL FOR AN APPOINTMENT TODAY

WINDOW IMPROVEMENT MASTERS

603-353-4512
www.WindowImprovementMasters.com
PROUDLY MANUFACTURED IN ORFORD, NEW HAMPSHIRE

GILDED EDGE

CUSTOM FRAMING & ART GALLERY



NEW AT THE GILDED EDGE
CUSTOM FRAMING FOR
YOUR TELEVISION



Express Your Personal Style
Accessorize Your Walls

Officially Licensed
Dartmouth Images
Art Appraisals - Archival Framing
Services - Ready Made Frames
Antique & Custom Mirrors
Shadow Boxes - Antique Prints
Local Cards & Gifts

Hours

Tuesday- Friday 9 - 5:30
Saturday 9 - 3:30
Monday by Appointment



35 S. MAIN ST
HANOVER, NH
BELOW RARE
ESSENTIALS

603-643-2884

gildededgehanover.com



Voted Best Of The Best
Framers In the Upper Valley
2011 & 2012
Proprietor ~ Rob Jenisch



Long-haired cats should be groomed regularly to avoid matting. Long-haired cats and dogs both benefit from summer haircuts.

creased risk of venturing away from us. Having our pets microchipped dramatically increases the rate of their return home. The chip is the size of a rice grain and is easily injected via syringe. Microchips are a fantastic measure of protection for both cats and dogs.”

- Microchipping could prevent you from losing your loved one permanently during this active season, especially if traveling.
- If you fly with your pet, avoid placing him in cargo unless it’s an emergency.
- Sedation while flying decreases pets’ ability to compensate for movement, temperature, and pressure changes and may cause more medical issues than if pets are only lightly sedated.
- Best choice: leave your pet with a trusted sitter.

Fireworks & Thunderstorms

Dogs don’t enjoy fireworks like we do. Leave them at home in a quiet area. More anxious pets may benefit from calming medications like sedatives, tranquilizers, or natural supplements. Products like the Thundershirt, designed to relieve anxiety, may help with both fireworks and thunderstorms.

Annual Preventive Treatments & Checkups

“We put a huge emphasis on having pets on preventives for fleas, ticks, and heartworm,” says Jones of SBVH. “It’s critical to get them on preventive treatments. The majority of people like having an annual visit in spring to make sure their pets are covered.”

- Heartworm, transmitted by mosquitoes, affects both dogs and cats and is completely preventable but difficult and expensive to treat in dogs.
- Though rare in cats, heartworm is impossible to treat.

“Rabies is also a human health concern,” McDevitt of VCARES says. “Keeping your pets’ rabies vaccines up to date provides a barrier between wild animals and humans.”

Wildlife

“Any time your pet has a potential bite wound from a wild encounter, it’s im-



perative to contact your veterinarian for the protection of your pet, as well as for you and your family, against rabies,” stresses Tom Heitzman, DVM, of Lyme Veterinary Hospital (LVH).

A skunk encounter is never what you had planned that day. Veterinarians vary on recommendations of products like Skunk Off and Nature’s Miracle as well as homemade recipes.

Another unplanned encounter that can cause havoc for you and your pet is with a porcupine.

- Porcupines cannot shoot their quills. They must make contact with an unfortunate pooch to release them.
- Quills are slightly barbed with small ridges.
- If there are only a few, you may be able to pull them out.
- If more than a few, take your dog to your veterinarian right away.
- All quills must be removed. Never cut the ends off. Even overnight, quills will begin to move, eventually migrating to other body parts or internal organs.

Lyme Disease

Our mild winter means it will be a bad year for Lyme disease. Most veterinarians recommend tick (and flea) preventives during all months except December, January, and February.

“We research the effectiveness and safety of each vaccine when choosing the product we recommend for our pets,” says Lesser of NOAH. Lesser has found that one of the biggest tick products being used is not working very well, and clients often remove engorged ticks on their pets or have ticks falling off in the house and getting on people.

“There’s more Lyme disease in the area than there was six or seven years ago,” warns Heitzman of LVH. “And there’s definitely an increase in animals testing positive.”

- Limping is a sign that your dog may have Lyme disease.

“They may be lame in one leg one day and another leg another day,” says Lynn Little, DVM, of Small Animal Veterinary Emergency Services (SAVES). “But it doesn’t have to shift legs. Any time a

Serenity and Style



Serene and sophisticated, **The Spa at The Woodstock Inn & Resort** redefines the luxury spa experience in New England. Enjoy soaring ceilings, natural light, intimate, cozy nooks, a unique outdoor courtyard, our luxurious Woodstock Suite, and special Signature Treatments like Deep Forest, Pumpkin Spice, and Berry Bliss.

Book today by calling 888-707-1746 or visit: www.woodstockinnspa.com



the Spa



14 The Green | 888-707-1746 | woodstockinn.com





Valley Center for Animal Referrals & Emergency Services

For
PET EMERGENCIES
call
603.643.6333

Offering Weeknight and Weekend Emergencies and Critical Care Services

391 N Main Street
West Lebanon, NH 03784
www.vcaresvet.com

JEWELRY RE-IMAGINED



Platinum ring with princess cut center diamond surrounded by round diamonds

DG DESIGNER GOLD
The fine art of Jewelry

Paul Gross, Goldsmith
3 Lebanon Street • Hanover, NH 03755
www.designergoldjewelry.com • 603.643.3864

distinctive design for every room



CALL ABOUT
OUR
SUMMER SALE

Gilberte
INTERIORS INC.



DESIGN CENTER ■ 10 ALLEN STREET HANOVER, NH 603.643.3727 ■ SHOWROOM
VISIT US AT WWW.GILBERTEINTERIORS.COM

[pet] is not acting well or not eating is a reason to see your veterinarian.”

Beyond limping, the most common signs of the disease are enlarged lymph nodes, lethargy, and kidney problems.

Having a pet as a companion has many rewards, and keeping your best friend and your family safe and healthy promises a fun summer ahead. ←

Thank you to these area veterinarians for their expertise and summer pet-care tips. Consult your veterinarian for concerns and more information.

Lyme Veterinary Hospital (LVH)

48 High Street
Lyme, NH
(603) 795-2747
www.lymevethospital.com

Norwich Regional Animal Hospital (NOAH)

13 Fogg Farm Road
White River Junction, VT
(802) 269-CARE (2273)
www.norwichanimal.com

River Road Veterinary Clinic (RRVC)

445 US Route 5 N
Norwich, VT
(802) 649-3877
www.rrvetclinic.com

Small Animal Veterinary Emergency Services (SAVES)

63 Evans Drive
Lebanon, NH
Emergencies: (603) 306-0007
www.savespets.com

Stoney Brook Veterinary Hospital (SBVH)

88 Riverside Drive
Lebanon, NH
(603) 448-4448
www.stoneybrookvets.com

Valley Cares Center for Animal Referral and Emergency Services (VCARES)

391 North Main Street
West Lebanon, NH
(603) 643-6333
www.vcaresvet.com

ROGER A. PHILLIPS, D.M.D.

*General, preventive, implant and cosmetic dentistry.
Exceptional dental care for the whole family.*

UPPER VALLEY
**EstheticDental
Designs**

NEW PATIENTS ARE ALWAYS WELCOME!

603.643.3190

31 South Park Street
Hanover, NH 03755

www.drrogerphillips.com



The adventure playground creates age-appropriate challenges.

SUPERHEROES SOAR IN NORWICH

Creative play empowers kids

| By Elizabeth Kelsey

After school one day at the Super Heroes Out of School program in Norwich, two elementary-school-aged girls stand confidently in the kitchen, making snacks before their peers arrive. “What are you baking today?” Janna Genereaux, the program’s director, asks them as she walks by. “Muffins,” says the younger of the two girls, who must be about five but who pours sugar into the bowl with the aplomb of Julia Child.

Are they even following a recipe? “Oh, no,” Janna says, “The girls don’t need recipes. They’re great bakers; they’ve been doing this for months.” »

Learning Outside the Box

Baking cookies, bread, or muffins; shooting pinecones into the wilderness from the playground's massive slingshot; sailing the imaginary high seas in a giant wooden pirate ship; or crossing the property's stream to build forts from sticks. Just another afternoon in the lives of Janna Genereaux's Super Heroes.

By 2:30pm, children start arriving at the after-school center. Genereaux says, "We're out of school, so we can really be outside of the box. And we're superheroes because every child has super potential, and we'll help them figure it out here."

Genereaux established the Super Heroes Out of School program at the Upper Valley Event Center last September. The venue formerly hosted a number of different enterprises, but now it's devoted entirely to the after-school program, which enrolls kindergartners through sixth graders who hail from schools throughout the Upper Valley. The program also accommodates children dur-



**"IT IS A
LOVING
ATMOSPHERE
WHERE KIDS
ARE ENCOURAGED
TO LEARN AND
GROW THROUGH
WHATEVER
WORKS BEST
FOR THEM."**

Children of all ages enjoy the playground and 3.5 acres of land.



Children make friends from at least five schools.

ing school vacations, snow days, and early release days. In summer, it becomes a daylong summer camp.

Genereaux, who in the past created other children’s programs in the Upper Valley, including Summer Days Camp and Open Art Room, says Super Heroes is similar to these earlier programs but fulfills a need in the community for an educational after-school and out-of-school program for children ages 4 through 13.

Play Is Kids’ Work

Jennifer Lee-Feinberg, whose six-year-old daughter Neale attends the program, says she has “great peace of mind” knowing that not only is her child well cared for after school but also that she is growing and maturing from her experiences at Super Heroes. “The most special thing about Super Heroes,” she says, “is that Janna has created an environment where each child can excel in what he or she is strong in as well as have opportunities to learn new skills. It is a loving atmosphere where kids are encouraged to learn and grow through whatever works best for them.”


Genereaux says the concept of play is central to her philosophy. “There’s a lot of talk about play in education today, and how we’ve lost that in our child rearing, and I think that no one should underes-

time the importance of it. You should certainly learn to do things that need to be done, but play for children and adults alike is something that hopefully can be rekindled in our community, and maybe I’m just one small piece of that.”

She says her aim is to recreate the concept of an old-fashioned neighborhood—the type where children could wander from house to house to interact with friends and engage in different activities. The atmosphere is empowering; her superheroes have the full run of the




Group projects teach art skills as well as teamwork and cooperation.





Listen
Community Services

The Upper Valley’s Safety Net since 1972.



We serve over 4,000 Upper Valley households each year.

603-448-4553
800-263-1166
60 Hanover St, Lebanon NH
www.ListenCS.org



Above: Children experience joy through play.

Below: Building a neighborhood community that embraces creative play and friendship.

Event Center's playgrounds and trails. If they decide to play outside when the weather cooperates, they can play on themed playgrounds, ride on zip lines, build a fort, or relax in a hammock with a book. Inside, they have access to art materials, dress-up costumes, and building and sewing supplies.

The key, says Genereaux, is that the play is self-guided. "It's always choice-driven," she explains, "so they choose where they want to be and make friends because they're sharing similar interests." And despite the program's age range, she reports that children often work on projects together, each one learning an age-appropriate lesson. When baking, for example, younger children may be learning how to measure ingredients, while their older friends investigate baking soda's





Director Janna Genereaux has devoted the last decade to learning and facilitating the art of play, which helps to build confidence and self-esteem.

chemical properties.

Genereaux has provided a safe, inclusive atmosphere that gives children the confidence to take such controlled risks and to experience new activities. It is through this, she believes, that children learn to make wise choices and discover the inner strengths they each possess. "They really rise up here," she says. ←

Super Heroes Out of School

The Event Center
80 Route 5 South
Norwich, VT
(802) 649-2772
www.superheroesoutofschool.com

Super Heroes Out of School is currently accepting applications for its three programs:

- ❶ **After-School Program**
2:30-6pm
- ❷ **Snow Days, School Holidays, In-Service Days, and School Vacation Camps**
The Super Heroes Program is open for full days (8am-5pm) on all snow days, school holidays, in-service days, and during school vacations.
- ❸ **Super Heroes Summer Camp**
Full-day sessions: June 18-August 24

Browns FLOORMASTERS
802-295-0933

Refinish your floors and make them look NEW again!

- Free Estimates
- Wood Floor Sales
- 100's of Hardwood and Softwood Lines
- Professional Installation
- Dust-less Sanding & Refinishing
- Prefinished or Unfinished

2617 Hartford Avenue, Wilder, VT • Hours by Appointment
WWW.BROWNSFLOORMASTERS.COM

HOP HOPKINS CENTER FOR THE ARTS
SAVE THE DATE!
HOPFest
FRI & SAT
JULY 20 & 21
THE DARTMOUTH GREEN
FREE

Asphalt Orchestra

**FAMILY-FRIENDLY ARTS FESTIVAL
CELEBRATING THE HOP'S
50TH ANNIVERSARY!**

LIVE MUSIC ON TWO STAGES
"THE GREAT COMMUNITY DANCE-IN!"
OUTDOOR FILM SCREENING
ACTIVITY BOOTHS
FOOD AND BEVERAGES

603.646.2422 | hop.dartmouth.edu
Hopkins Center | Dartmouth College
Hanover, NH

River Road Veterinary Clinic
Route 5 North, Norwich, VT

Norwich Vermont
River Road
Veterinary Clinic
Est. 1985

Large & Small Animals
Office Hours by Appointment

Christine Pinello,
M.S., D.V.M., C.V.A.

(802) 649-3877
www.rrvetclinic.com

What's Cooking?

- Lobster with Corn, Tomato & Arugula Salad
- Risotto with Corn, Seared Scallops & Roasted Tomatoes

Savor Sweet Corn

There's nothing better than locally grown

| By Susan Nye



One of the most traumatic periods of my life began when I was 13. As if being 13 wasn't bad enough, a sadistic (at least I thought he was sadistic) orthodontist encased my teeth in torturous steel. My once-charming grin became a blinding flash of metal. Every month for three years, I visited his torture chamber. His clean white coat and cheerful banter belied the terror and pain he caused.

Dr. Straightteeth was constantly looping and pulling wires to the breaking point. He claimed it was to force my crooked incisors into submission. I'm not sure I believed him. To add insult to injury, he added rubber bands. At least a couple of times a day, a rubber band snapped and leapt across the dinner table or—much worse—the classroom.

But braces brought more than pain and humiliation; they made it virtually impossible to eat corn on the cob. After the first bite, kernels were hideously and obstinately embedded in every steel nook and cranny. Taking pity on me, my mother tried cutting the kernels off the cob. It just didn't taste the same. In despair, I gave up fresh corn for the duration. »



bakery • restaurant



summer • fresh



healthy • traditional



30 South Main St. • Hanover, NH

603.643.3321

Save Time
Order Bakery Items Online
lousrestaurant.net



So forget the Fourth of July fireworks, sand castles, and homemade ice cream. As far as I'm concerned, there is no surer sign of summer than fresh ears of local corn. Humorist Garrison Keillor would probably agree. The creator of *A Prairie Home Companion* claims that fresh sweet corn is better than sex. Before you disagree, you might want to wait until you've taken your first bite of this year's local crop.

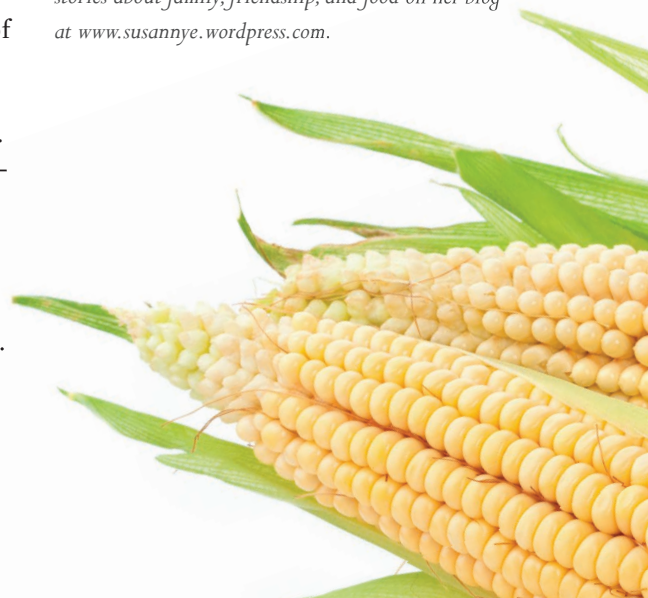
Want perfection? Within minutes of picking, husk ripe ears of butter-and-sugar corn and immediately plunge them into a large pot of boiling water. Cook for exactly four minutes and enjoy bliss with a little butter and salt.

As wonderful and easy as quick-steamed corn is, don't stop there. There are many memorable dishes you can make with this summer treat. Hot off the grill, in salsas and salads, corn is a wonderful addition to your mid-summer cookout. And it's just as wonderful when evenings turn cool

in late August and September. Fresh corn is delicious with pasta and in risotto, and perfect in soups and chowders.

You'll find magnificent local ears from late July through September. Enjoy summer's bounty, and bon appétit! ☞

Writer and chef Susan Nye lives in New Hampshire and writes for magazines throughout New England. She shares many of her favorite recipes and stories about family, friendship, and food on her blog at www.susannye.wordpress.com.



Lobster with Corn, Tomato & Arugula Salad

What could be better than a colorful salad on a warm summer night?

» Serves 6

- 2-3 ears corn (enough for 2 cups of kernels)
- ½ European cucumber, peeled, seeded, and chopped
- 1-2 scallions, thinly sliced
- Lemon-Basil Vinaigrette (recipe follows)
- 8 oz arugula
- 1½ lb cooked lobster meat,* cut into bite-sized pieces
- 9 red grape tomatoes, halved
- 9 yellow pear tomatoes, halved



1 Fill a large pot about three-quarters full of water. Bring the water to a boil; add the corn and cook for 2 to 3 minutes. Remove the corn from the pot and plunge into an ice-water bath to stop the cooking. When the corn is cool enough to handle, wipe dry and cut the kernels off the cob.

2 Put the corn, cucumber, and scallions into a large bowl. Add a little Lemon-Basil Vinaigrette and toss to combine. Let rest for 15 to 20 minutes at room temperature or up to a couple of hours in the refrigerator to combine the flavors.

3 To plate: toss the arugula in a little vinaigrette and arrange on a large platter or individual plates. Top the arugula with the corn mixture. Artfully arrange the lobster and tomatoes on top of the salad. Drizzle a little vinaigrette over the lobster and tomatoes and serve.

* A 1-1½ pound lobster will yield 3-4½ ounces of meat. You can find the recipe for Joe Nye's Perfect Lobster on my blog at www.wordpress.susannye.com. If lobster's not your thing, substitute grilled shrimp or boneless chicken breasts.

Lemon-Basil Vinaigrette

- Juice of 1 lemon
- 2 cloves garlic
- 1 Tbsp red onion, chopped
- 2 Tbsp fresh basil, roughly chopped
- 1 Tbsp fresh parsley, roughly chopped
- Kosher salt and freshly ground black pepper to taste
- About ½ cup extra-virgin olive oil

Put all the ingredients except the olive oil in a blender or mini food processor. Process until well combined. Add the olive oil (more or less to taste) and process until well incorporated and emulsified.

Makes about 1 cup. Store extra vinaigrette in the refrigerator.

»

Post.
Beam.
Dream.™




YANKEE
BARN
HOMES
1969

YankeeBarnHomes.com/mvp

AMERICAN TRUST INVESTMENT ADVISORS

INSIGHT ★ INTEGRITY

BASED IN THE UPPER VALLEY
SINCE 1991



*We invite you to call
Carey Callaghan,
Chief Investment Officer*

- Investment Management Personalized to Support Your Goals
- Expertise in Security Analysis of US and Emerging Markets
- Investment Programs for Institutions and High Net Worth Individuals
- Conservative & Confidential Investment Management

www.ameritrust.com

(603) 448-6415 ★ One Court Street ★ Lebanon, New Hampshire 03766

AMERICA'S #1 SELLING BRAND OF DUCTLESS

www.mitsubishicomfort.com



COOLING & HEATING

ARC MECHANICAL CONTRACTORS
Heating • Cooling • Plumbing

Installing and Servicing
Mitsubishi Electric Ductless
Heat Pumps for Over 20 Years!

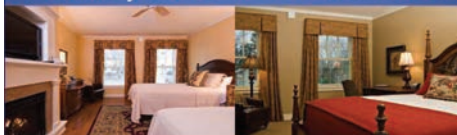
*Serving Vermont and
New Hampshire since 1947*

603-443-6111
www.arcmech.com

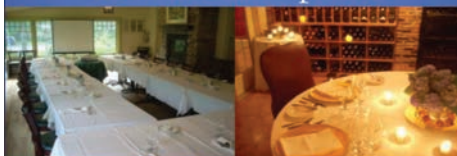
The Norwich Inn



Luxury Accommodations



New Event Spaces



Local Cuisine & Jasper
Murdock Homebrewed Ales



325 Main Street, Norwich, Vermont 05055
www.norwichinn.com (802) 649-1143



Risotto with Corn, Seared Scallops & Roasted Tomatoes

*When summer evenings turn cool, risotto is
a warm and comforting dish.*

▸ Serves 6

- 5 cups chicken or vegetable stock, divided
- 1 pint grape tomatoes
- 1 small red onion, cut into thin wedges
- Extra-virgin olive oil
- Balsamic vinegar
- 1 tsp fresh thyme
- Kosher salt and freshly ground pepper
- 1 clove garlic, minced
- 1 small onion, finely chopped
- 1½ cups Arborio rice
- ½ cup dry white wine
- ¼ tsp nutmeg
- About 2 cups (3 ears) fresh corn kernels
- 1½ lb sea scallops
- About ½ tsp paprika
- ½ cup finely chopped red bell pepper
- 2 Tbsp butter
- 2 Tbsp heavy cream (optional)
- 3-4 oz grated Parmesan cheese
- Fresh basil, chopped

- 1 Preheat the oven to 450°.
- 2 Put the stock into a large pot and heat to a simmer.
- 3 Put the tomatoes and red onion in a large, ovenproof skillet. Drizzle with enough equal parts olive oil and balsamic vinegar to lightly coat. Add ¼ cup stock.



Sprinkle with thyme, salt, and pepper and toss to coat. Bring to a boil over high heat and then transfer to the oven. Reduce the oven temperature to 375° and roast, stirring occasionally, while you make the risotto. After 20 minutes, stir in the garlic and continue roasting for 5 to 10 minutes. The tomatoes can be roasted in advance, cooled to room temperature, and refrigerated. Reheat in a 350° oven for 10 to 15 minutes.

4 Heat a little olive oil in a large, heavy saucepan over medium heat. Add the onion and cook until translucent. Add the rice and cook, stirring, for a minute or two to toast. Reduce the heat to medium-low, add the wine, and simmer until it's absorbed.

5 Add ½ cup hot stock and simmer until it's absorbed, stirring frequently. Add the remaining stock ½ to 1 cup at a time, allowing the stock to be absorbed before adding more, and stirring frequently until the rice is tender, 20 to 25 minutes.

6 Stir in the nutmeg and corn. Give the risotto a few stirs and let the corn cook for 2 to 3 minutes.

7 While the corn is cooking, heat a little olive oil in a large, heavy skillet over medium-high heat, pat the scallops dry, and season with paprika, salt, and pepper. Put the scallops in the skillet and cook until opaque in center, about 1 minute per side.

8 Season the risotto to taste with salt and pepper. Add the red pepper, butter, cream, and Parmesan, and stir until the butter and cheese have melted. Serve the risotto immediately, topped with scallops and roasted tomatoes and garnished with chopped fresh basil.



Select service
now available on
Saturdays!

Schedule Today for
Monday-Saturday Service Work
603.643.6650

Hanover's Only In-town Auto Repair!

Visit our convenient location for trustworthy service from the Co-op's trained mechanics.

Try us for

- brakes
- inspections
- oil changes
- struts and shocks
- and major repair work.

www.coopfoodstore.coop/about/service-center 51 South Park Street, Hanover

Farmstand & Education Center
CERTIFIED ORGANIC
VEGGIES & BERRIES

Farmstand
Mon-Sat 10-6; Sun 10-5
Coffee Shop: Daily, 8-5
802-785-4737
E Thetford, VT

**Flowers, Hanging Baskets,
Bedding Plants & Veggies**

Father's Day Berry Brunch
June 17, 11-1 ~ Wagon rides, music

**You-Pick Organic
Strawberries & Blueberries**

**10th Annual
Strawberry Festival**
Sun, June 24, 10-4 ~ Family Fun!

**Also Coming Up- Tomato Tasting,
Dinners in the Field, Cooking &
Gardening Classes!**



Details at CedarCircleFarm.org

Mountain View Publishing ONLINE

VISIT US @ mountainviewpublishing.com

YOU'LL FIND:

- Weekly Blog Articles
- Local Spotlight on Community Businesses
- Events Calendar
- Coupons
- Featured Real Estate Listings
- Local Recipes... and more!

LIKE US

www.mountainviewpublishing.com/facebook



Summer Sparklers

*Fine Local Shopping,
Dining, and Lodging.*

Carpenter and Main

Chef/owner Bruce MacLeod has cooked in San Francisco, South Carolina, and Virginia, but his loyalties lie here in Vermont. Carpenter and Main features carefully prepared local ingredients in the French tradition. Two intimate dining rooms provide elegant dining, and a lively bistro features casual offerings and a fully appointed bar.

326 Main Street
Norwich, VT
(802) 649-2922
www.carpenterandmain.com

Dinner is served Wed
through Sun evenings:
Bistro 5:30pm-10pm;
Dining Rooms 6pm-9pm
Closed Mon and Tue.

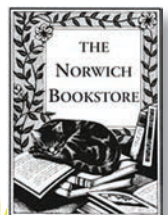


The Norwich Bookstore

A reader's haven since 1994, the Norwich Bookstore offers thoughtfully chosen books and an eclectic selection of toys, notecards, and other treasures for everyone in the family. In addition to our friendly store, please visit our website for the calendar of exciting author appearances, reviews of favorite books, and eBooks for your digital reading pleasure.

291 Main Street
Norwich, VT
(802) 649-1114
www.norwichbookstore.com

Mon-Sat 9am-6pm
Thur 9am-8pm



Bunten Farmhouse Kitchen

The Bunten Farm is a family farm where there's a beautiful herd of Heritage "Milking Devon" grass-fed cows. The "Pantry" Farm Store features raw milk, artisan cheeses, meat, and dairy products, freshly made bread, pickles, and preserves. Call ahead for special orders.

1322 NH Route 10
Orford, NH
(603) 353-9066
www.buntenfarm.com
Open daily

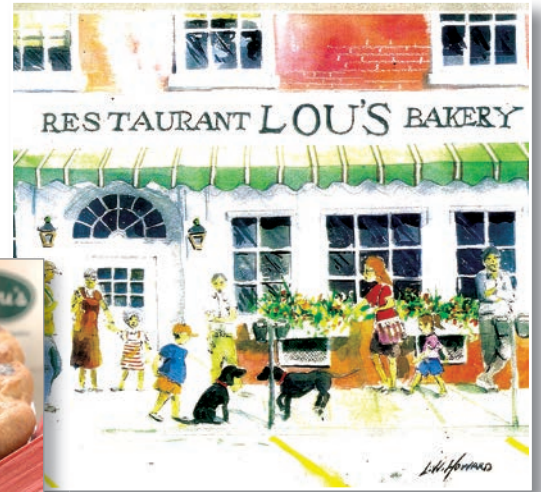


Lou's Restaurant & Bakery

A tradition since 1947, Lou's Restaurant and Bakery is proud to be a certified green restaurant with a focus on locally sourced food products. We enjoy serving our strawberry rhubarb and peach blueberry pies, made only with local fruit and berries. Indulge in a thick, creamy milkshake, and for a retro treat, try it malted. Breakfast is served all day, and you can order our bakery products online. Care packages and catering available.

30 South Main Street
Hanover, NH
(603) 643-3321
www.lousrestaurant.com

Mon-Fri 6am-3pm
Sat & Sun 7am-3pm



Killdeer Farm

Proudly offering beautiful, healthy bedding plants, starters, pots, and hanging baskets for the growing season. Killdeer Farm is located on the banks of the Connecticut River off of Route 5, just minutes from downtown Hanover and Norwich. Killdeer is also a certified organic vegetable and strawberry farm. Our conveniently located Farm Stand offers a diverse selection of fresh, local edibles from our farm and more in season.

55 Butternut Lane (Farm Greenhouse)
163 Route 5 South (Farm Stand)
Norwich, VT
(802) 448-2852
www.killdeerfarm.com

Farm Greenhouses:
55 Butternut Lane in Norwich
Open daily in season from
mid May to July.

Farm Stand:
163 Route 5 South in Norwich
Open DAILY mid May through Halloween,
plus weekends through Thanksgiving.



The J List

Fine & Exuberant Clothing & Gifts

Smart, stylish, fun, and well edited, THE J LIST has clothing and gifts for the way we really live. We offer fabulous sweaters, tunics, tops, dresses, skirts, pants, sleepwear, jewelry, bags, scarves, and baby clothing that you won't see everywhere. Personalized service, phone orders, wrapping, and shipping are our pleasure.

Norwich Square
289 Main Street
Norwich, VT
(802) 649-9000
www.thejlistonline.com
Mon-Sat 10am-5:30pm



Molly's Restaurant & Bar

Molly's has become THE spot for the Dartmouth community and locals alike. Enjoy a chef-inspired seasonal menu that brings out the freshest local flavors, including thin-crust pizzas, burgers, pasta specialties, steaks, and Molly's famous Buffalo wings. Enjoy all that Hanover has to offer while you celebrate great local dining on Molly's outdoor patio. Opening at 11:30am seven days a week.

43 South Main Street
Hanover, NH
(603) 643-2570
www.mollysrestaurant.com



Summer Sparklers Shop Local



Essentials for Men

Suits, jackets, sportswear, shoes, and accessories for the discriminating man. Simply the best in New Hampshire and Vermont. We work hard to make and keep it that way!

3 Lebanon Street
Hanover, NH
(603) 643-6367



Jesse's Steaks, Seafood & Tavern

Jesse's offers the most extensive salad bar, thick juicy burgers, hand-cut steaks, prime rib, and fresh seafood in the Upper Valley. Enjoy summer dining on the patio while you take in the local talent with open mic every Thursday and live entertainment on Fridays. Jesse's opens six nights a week at 4:30pm, and enjoy a buffet brunch beginning at 10:30am every Sunday.

Route 120
Hanover, NH
(603) 643-4111
www.jesses.com



Quechee Country Store

Getting lost in Quechee Country Store is something to look forward to! Homemade fudge, Penny Candy, Minnetonka Moccasins, Solmate Socks, Klutz, Schleich, and Breyer toys, Bananagrams, puzzles, games, books, jewelry, tee shirts, sweat-shirts, made-in-Vermont skin care products, original art, and much more.

Quechee Gorge Village
Route 4, Quechee, VT
(802) 295-9955
www.quecheecountrystore.com
Mon-Sun 9:30am-5:30pm





Breakfast on the Connecticut

Close to Everything, Far from Ordinary.

On a knoll overlooking the Connecticut River and the hills of Vermont, Breakfast on the Connecticut sits on 23 acres in rural Lyme, NH, just minutes from Hanover and Dartmouth College. Built in 1996, the Inn has 15 guest rooms, each with private bath, TV, WIFI, A/C, and serves a full country breakfast each morning.

651 River Road
Lyme, NH
(603) 353-4444
(888) 353-4440
breakfast.connecticut@valley.net
www.breakfastontheconnect.com



227 Mechanic Street Design Center

For both residential and commercial projects, Cabinetry Concepts design professionals can help you create more functional and comfortable spaces for your home or commercial project. Cabinetry Concepts offers the widest variety of cabinetry lines (stock or custom) and styles, countertop materials, and cabinetry hardware. Surface Solutions has the newest materials from VogueBay and Artistic Tile to assist architects, designers, and home owners to create fresh and innovative looks in porcelain, glass, marble, or natural stones for any surface. A fully stocked contractors' warehouse offers Mapei setting materials, Wedi Shower Systems, and custom tile cutting services.

Just off I-89, Exit 19
Lebanon, NH
www.cabinetryconceptsNH.com
www.surface-solutionsNH.com



Hanover True Value

Consider Us Your Weber Headquarters!

Enjoy grilling at its finest on the Weber Summit Series. Combining all the top features, this dramatic six-burner gas grill proudly boasts everything from a Sear Station smoker box and burner to an infrared rotisserie burner and Tuck-Away motor with separate fork and spit storage, side burner, LED tank scale, and enhanced lighted knobs.

Factory Authorized Weber Sales & Service.

7 South Street
Hanover, NH
(800) 643-2308
www.TrueValue.com

Open 7 days



*Clockwise from top:
Amy Tuller enjoys meeting
her nutrition class. Fresh
produce and other healthy
ingredients are featured in
Amy's recipes. Marie Wesson
adds a finishing touch.*

Making Healthy Choices

Dietitian Amy Tuller
can help

By Katherine P. Cox
Photos by Jack Rowell

“In America today there are a lot of barriers to healthy living,” says Amy Tuller, a registered dietitian and certified diabetes educator in Norwich. She should know; she’s on the front lines in the battle against obesity, type 2 diabetes, and an assortment of other health problems that affect Americans today, including high blood pressure and digestive disorders such as celiac disease.

But those barriers are not insurmountable, especially with the guidance of someone like Tuller. The first thing people have to do is lose the feeling of shame they may feel about seeing a dietitian, she says. Tuller does not wag her





*Above: Amy shares nutrition knowledge with a class.
Right: Polly Forcier shows off a rice dish.*

“I look at lifestyle, personal tastes, their motivations, and the whole realm of their emotional connection to food.”

finger at clients or lecture them. She helps clients develop a plan for nutritional weight management that fits their lifestyles and budgets and will lead to success. A good part of what she does is basic education and myth-busting.

Valuable Advice

“I look at lifestyle, personal tastes, their motivations, and the whole realm of their emotional connection to food,” Tuller says. She suggests clients keep a food diary and consider why they choose certain foods. She proposes healthier alternatives and urges them to keep the right foods in their homes. She might advise using simple ingredients such as olive oil, vinegar, and fresh herbs instead of processed dressings that contain high levels of sodium





The things you want to protect the most aren't exactly things.

Family. It's the most important thing in the world. And no one knows that better than your local independent agent. We know you. We understand what's important to you. From auto to homeowners to customized policies, we try to ensure you and your loved ones are protected by helping you choose the right coverage for your needs. After all, you're practically family to us. Call 571.261.2700 and let us provide you with a free quote and answer any questions.



AUTO
HOME
FLOOD
IDENTITY THEFT PROTECTION
VALUABLE ITEMS

Taylor-Palmer Agency
Hod Palmer, III CIC
25 North Main Street
P.O. Box 392
Bradford, VT 05033
Phone: 802.222.5222
Fax: 802.222.4201
Email: hpalmer@taylor-palmeragency.com



The Travelers Indemnity Company and its property casualty affiliates
One Tower Square, Hartford, CT 06183

© 2007 The Travelers Companies, Inc. All rights reserved. CAPL22



Marcia Peterson, Polly Forcier, and Ross Howard prepare a healthy dish.



*The nicest guests
walk through
our doors.*



www.dowdscountryinn.com
Lyme, New Hampshire 800.482.4712



Family and Cosmetic
Dental Care
Treatment of Obstructive
Sleep Apnea

**Dr. Thomas G. Schell &
Dr. Patrick C. Noble, PLLC**

31 Old Etna Road, Suite N1
Lebanon, NH 03766
603.448.3800

www.schellnoble.com
New Patients Welcome!

and sugars, for example. "I try to move people in a positive direction and stress what you can have, not what you can't have," she says.

Planning ahead is important for maintaining a nutritious diet. "We're so busy today we don't take the time to plan our meals, and we look for more convenient foods" in pouches, boxes, or at the drive-through, which are much higher in calories, fat, and additives. Tuller suggests designing a weekly menu that includes snacks and drinks and sticking to the shopping list. Don't shop when hungry, as this can lead to impulse buying of items that might sabotage your plan. Things to put on the shopping list include fruits and vegetables, beans and whole grains, low-fat dairy products, and eggs, an inexpensive source of protein. And read those labels. Check the serving size, sodium content, and carbohydrate count. "There are so many unhealthy choices," she says, pointing to whole aisles in the grocery stores dedicated to sugary cereals. She sometimes



conducts grocery tours. “We pull boxes off shelves and compare products.”

In some cases, regardless of how high the nutritious items pile up in the grocery cart, it’s a daunting task to then prepare meals in a healthful way. Some people are unsure about how to prepare certain foods that may be unfamiliar to them, or they may feel that good food can’t taste good. Toward that end,



Stock your pantry with olive oil, balsamic vinegar, and other smart choices for delicious dressings.

Top Drawer
NH's Premier Bra Fit Specialist

Experience the perfect fit.

Bras • Bustiers • Shapewear
Lingerie • Hosiery • Sport
Nursing • Sleepwear • Gift Certificates

A - K Cups & So Much More!

Shop Online! www.topdrawerboutique.com
147 Water Street, Exeter, NH 603.778.2211
#200 Route 101, Bedford, NH 603.472.6622
PowerHouse Mall (Exit 20 off I89), West Lebanon, NH 603.298.8255

BEST OF NH 2011
BEST OF BRIDE 2011

Beans Art Store

Supplies for Artists • Drafting & Graphics
Custom Framing and Ready Mades
Quality at Reasonable Prices

38 South Main Street
Hanover, NH
(Behind Ledyard Bank)
603-643-2607

Family owned and operated for 25 years

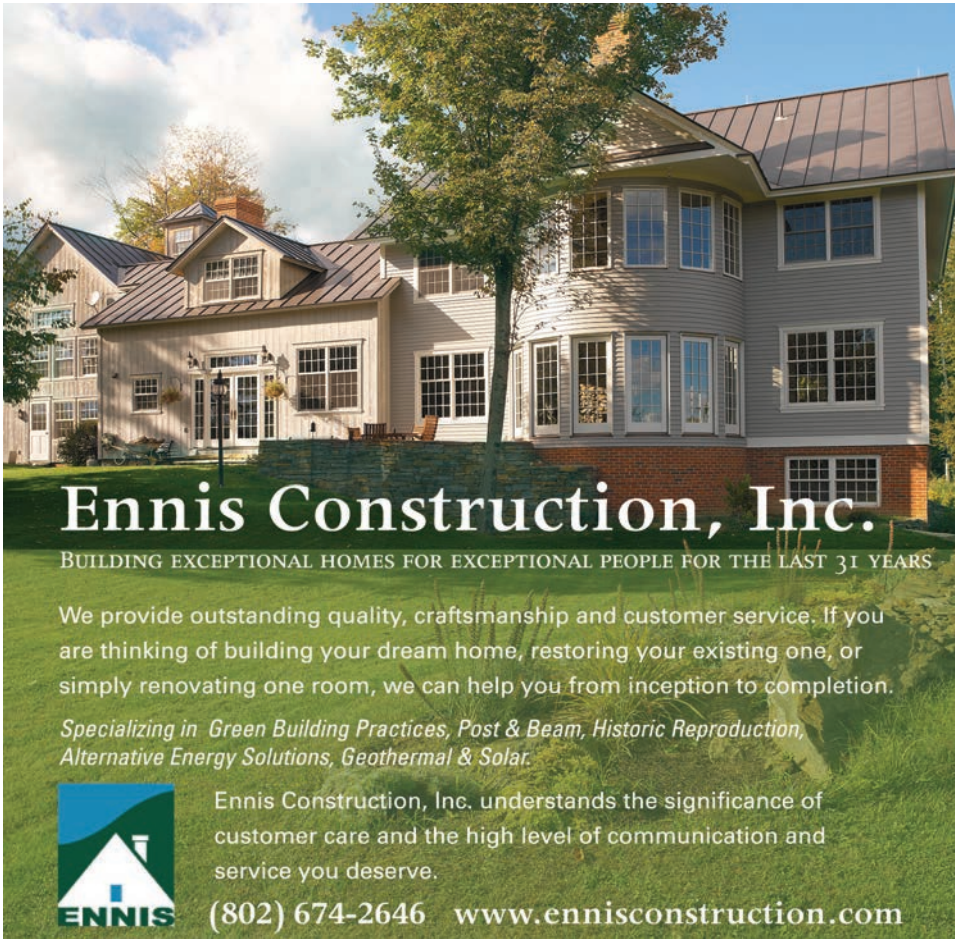
Aging with Armistead
In the Comfort of Your Own Home!
Provider of Non-Medical In-Home Care

 Armistead
CAREGIVER SERVICES

Personal Care & Bathing
Companionship & Recreation • Grocery Shopping & Cooking
Transportation & Errands • Alzheimer's & Dementia Care
Hourly & 24/7 Care • Respite Care • And Much More...

For a complimentary Home Care Assessment
Call Toll-Free: 1-877-448-7088

Serving Vermont & New Hampshire www.armisteadinc.com Locally Owned Fully Insured/Bonded




Ennis Construction, Inc.

BUILDING EXCEPTIONAL HOMES FOR EXCEPTIONAL PEOPLE FOR THE LAST 31 YEARS

We provide outstanding quality, craftsmanship and customer service. If you are thinking of building your dream home, restoring your existing one, or simply renovating one room, we can help you from inception to completion.

Specializing in Green Building Practices, Post & Beam, Historic Reproduction, Alternative Energy Solutions, Geothermal & Solar.




Ennis Construction, Inc. understands the significance of customer care and the high level of communication and service you deserve.

(802) 674-2646 www.ennisconstruction.com

HILL OPTICIANS

*Complete eye care
for the entire family*

Ronald W. Hill, ABOC
Robert C. Musante, ABOC
Stephanie M. Sawyer, Optician



HITCHMOTH EYE CARE

Dr. Dorothy L. Hitchmoth, OD, FAAO

*Comprehensive Eye Exams
and Contact Lenses*

53 S. MAIN ST., NUGGET ARCADE
HANOVER 603.643.2400



CNS
The Clinic For
NeuroStimulation

Specializing in TMS treatment for depression



181 Three Mile Road • Hanover, NH 03755
T: 603.443.1524 F: 603.643.4383
TheClinicForNeuroStimulation.com
info@TheClinicForNeuroStimulation.com

Healthy Recipes

Try these delicious ideas from Amy.

Kale Crisps

- 1 bunch kale
- 1 Tbsp olive oil

Seasoning of choice, such as cumin, turmeric, ground red pepper, or others

1 Wash and dry kale leaves and tear into bite-sized pieces. Toss with olive oil and spread out on a cookie sheet lined with parchment paper. Dust with seasoning of choice.

2 Bake at 350° for 10 to 15 minutes until slightly browned and crisp.

Red Lentil Salad

- 1 heaping cup red lentils
- 4 cups water
- $\frac{3}{8}$ cup seedless cucumber, diced small
- $\frac{1}{3}$ of a red bell pepper, diced small
- $\frac{1}{2}$ small sweet onion, diced small
- 1 clove garlic, finely minced
- $\frac{1}{2}$ cup fresh tomato, diced small
- 3 Tbsp walnut oil
- 2 Tbsp white balsamic vinegar
- 2 Tbsp dried parsley
- Sea salt and pepper to taste

1 Rinse lentils in fine-mesh strainer and remove any pebbles or debris. Put lentils in saucepan with water. Bring to boil and cook lentils until soft but not mushy, about 8 minutes. Drain.

2 Place in a mixing bowl and add remaining ingredients. Toss well, cover, and refrigerate for at least one hour to allow flavors to develop and mellow.

Tuller teaches people how to cook and shows them “how much fun it is to be in the kitchen,” she says. Trained at the Culinary Institute at Hyde Park, “I get excited about good food. There are so many creative cooking techniques—car-

amelization, bringing out flavors with herbs and spices.” (See sidebar for two healthy recipes.)

Take Control

She first became interested in food and nutrition as an athlete, she says. “I was an athlete, and I knew that what I put into my body affected my performance, and I wanted to learn more about that.” At college she did just that, earning a bachelor’s degree in food and nutrition at the State University of New York in Plattsburgh. She then did an internship at Beth Israel Hospital in Boston and received accreditation as a registered dietitian. Her interest in diabetes is even more personal. “I had a cousin who had type 1. I watched him develop complications and



Grating lemon zest.

die. It became my mission to help people so that it doesn’t happen to them. Today we have so many tools to help manage diabetes,” key tools being weight loss and proper nutrition. “What’s not in our control are genetics and age. What is in our control are exercise, a healthy diet, and weight management.” She helps people cope with their diagnoses and often works as part of a health-care team that includes a physician, a physical trainer, and a mental health counselor.

“It’s a huge challenge for people to change their lifestyles,” Tuller acknowledges, and one of the first questions she asks is, “What are your goals?” Motivation is central to eventual success. “People have to want to make a change,” Tuller says. They then develop a plan



Dorr Mill Store

A NATIONAL CENTER
FOR RUG HOOKING, QUILTING & BRAIDING WOOLS









BLANKETS & FINE CLOTHING FOR MEN AND WOMEN

Located on Routes 11 & 103, halfway between Newport and Sunapee, NH
603-863-1197 800-846-DORR Open M-Sat. 9-5 www.dorrmillstore.com



Valley Floors

Bringing the best in flooring to
the Upper Valley since 1981



Hardwood

Laminate

Carpet

Natural Stone

Ceramic Tile

Vinyl

Area Rugs

Custom Showers

www.ValleyFloorsInc.com

Showroom: Routes 5 & 25, Bradford, VT ■ 802.222.9611 ■ 800.324.8001

Jeff Wilmot

Painting & Wallpapering, Inc.

- Interior & Exterior Painting
- Fine Wallpapering
- Floor Sanding & Finishing
- Pressure Washing
- Siding Restoration
- Residential & Commercial

802-763-2055
 jwilmotpaintinc@aol.com
 Established 1986

“Superior Workmanship”

JMH Wealth Management, LLC

Confidential, Independent, Sensible Investment Management

JEFFREY M. HARRIS, CFA®

45 Lyme Road ▲ Suite 307 ▲ Hanover, NH 03755 ▲ 603.643.8899
 visit www.jmhwealth.com

2012

NEW LONDON BARN PLAYHOUSE

80TH ANNIVERSARY SEASON

NOW AIR CONDITIONED!

55TH ANNUAL STRAW HAT REVUE • RAGTIME • OKLAHOMA
 LEGALLY BLONDE (REGION PREMIERE) • OUR TOWN • HAIR
 THE MOUSETRAP • NEW LONDON BARN INTERN IDOLS!

603.526.6710/4631 • www.nlbarn.org • 84 Main Street, New London, NH 03257

Eating Our Way Around Italy

Or how to enjoy a healthy Mediterranean diet

For the past nine years, Amy has been going to Italy with her family, some years accompanied by a group of five to ten people. This year's tour will arrive in Milan on October 23. After two days in Acqui Terme, a town with natural hot springs used by the Romans hundreds of years ago, the group will travel to Torino to attend *Salone del Gusto*, or the Slow Foods Festival. Next will be three days of exploring the food and wines of the Piedmont region of Northern Italy and learning about local foods, including risotto, farinata, and amaretti, and enjoying meals prepared with these delicious regional foods.

For more information, go to Amy's website at www.amytuller.com.

and follow up to see how it's going. It may need to be adjusted. Follow-up and maintenance are critical, she says. Diets are hard to sustain over the long term. "I put clients in the driver's seat to determine what will be successful." Her job is to keep people moving in a positive direction and remind them what their goals are.

"I love helping people to become healthier when they feel like they can't do it," Tuller says. "I love helping people realize they can help themselves. I see myself as a coach." ←

Amy Tuller, RD, LD, CDE

(802) 649-1444
 E-mail: amyrd@together.net
www.amytuller.com



This article is the first in a series of antiaging news, treatments, procedures, and preventive measures from one of the field's leading physicians, Dr. Andre Berger, Medical Director of Rejuvalife Vitality Institute in Beverly Hills.

A pioneer in contemporary cosmetic antiaging treatments, Dr. Andre Berger of California provides a holistic model that includes a focus on healthy lifestyles as well as procedures that keep the inevitable forces of nature at bay.

“My focus is on making people feel better and look better,” he says. “We’re complex organisms. What

Look & Feel Your Best

Tips from antiaging expert Dr. Andre Berger

| By Katherine P. Cox

“What happens on the inside will affect what happens on the outside.”



happens on the inside will affect what happens on the outside. I built my practice on dealing with the whole person. There are things we can do to help people improve their health.” Good health and looking good go hand in hand, and Dr. Berger leads the field in a new approach to noninvasive cosmetic therapies.

The Whole Person

Dr. Berger founded Rejuvalife Vitality Institute in Beverly Hills in 2003 and was one of the first to integrate the practice of providing in-depth consultation with patients that includes examining lifestyle, diet, stress factors, sleep issues, medical problems, and, of course, how they feel about the way they look as they age. When it comes to deciding what course of action to take, Dr. Berger says he focuses on “procedures that will have tangible outcomes and minimum downtime. No general anesthesia, no IV sedation. Patients walk in and walk out.” This minimally invasive approach is generally cheaper and safer than more drastic surgical procedures.

It’s catching on, and not just in Beverly Hills. “Vanity is as old as humans,” Dr. Berger says; it’s part of our culture. It’s also economic—with the baby boomer generation now between the ages of 45 and 70, many are competing in the workplace with younger people, and looking youthful provides an edge.

Individual Care

But Dr. Berger cautions against looking at cosmetic procedures as a commodity. We are bombarded with marketing campaigns that aim to sell a product, but he says what works for one patient does not always apply to another. You may think you need Botox for that frown line in your forehead, when in fact another treatment might make you look younger and less tired. In-depth consultation with an experienced cosmetic dermatologist or surgeon is crucial, Dr. Berger says, as there are many, many treatments available today that run the



“You’re not treating a wrinkle; you’re treating a person.”

gamut from Botox and numerous kinds of fillers to lasers and exfoliation.

“You need to see someone who understands and has an aesthetic eye and can take you through what others are seeing,” Dr. Berger advises. We can get obsessed with what we see as our perceived flaws, but if we are considering treatment, we have to take a step back and say, “Is this what others see also?”

“If you’re going to spend money, spend it wisely,” Dr. Berger says. “Get good value for your money. Find someone who can provide education and make an informed decision about what you need.” There are many tools in the doctor’s arsenal today, “but the most important tool is the hand and the brain of the doctor” who knows how to use

Botox not just to soften a wrinkle but to sculpt a face, for example, and who can help determine which procedure is most beneficial and appropriate. The one with the best tools and a variety of options is one who will do the best work and provide the best outcome, based on what the patient wants.

“Most people want to look refreshed and youthful, not different,” Dr. Berger says. “There are so many options it’s difficult for most consumers to understand. The first question a doctor should ask is ‘what’s bothering you?’ He or she should listen, then offer observations and provide advice based on budget, motivation, and desire.”

Dr. Berger’s guiding principle is “You’re not treating a wrinkle; you’re

GREEN HORSE

A VERMONT WOOD FLOORING COMPANY
SUSTAINABLE HARDWOOD FLOORING
INSTALLATION & HEALTHY FLOOR FINISHING
OFFERING SUSTAINABLY HARVESTED
VERMONT WOOD FLOORING

802-765-4182
GREENHORSEFLOORING@GMAIL.COM
GREENHORSEFLOORING.COM

Member National Wood Flooring Association

Salt Hill Pub
New Hampshire

Hanover

Outdoor Patio
Live Music

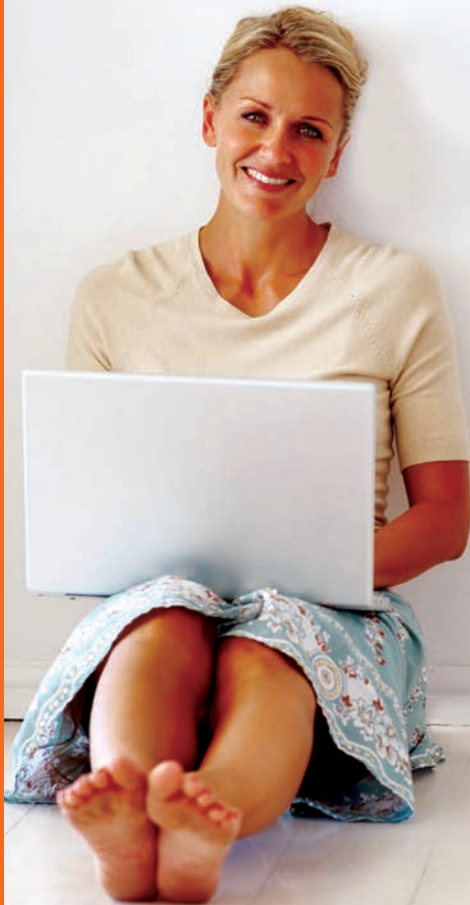
Open Seven Days
Catering Available

Honest food. Perfect pints. Living music.

7 Lebanon Street, Hanover
www.salthillpub.com
603.676.7833

treating a person.” That philosophy has made him a leader in his field, as he guides his patients toward a healthy lifestyle that will keep them younger on the inside as well as the outside. Using the analogy of a four-legged chair or table, he says, “There are four legs that support us: nutrition, exercise, sleep, and stress. If those four are not in order, if one leg is wobbly, you’re going down.” Proper nutrition—healthful foods and supplements—is fundamental, as is daily exercise, and “you need seven or eight hours of restorative sleep to be well.” Stress is harder to take control of, but its signs are written all over our faces and can affect our immune systems. Lifestyle changes may be the most effective antiaging approach there is. In the end, “Everything is connected, whether you like it or not,” Dr. Berger says.

For more information on Dr. Berger and Rejuvalife Vitality Institute, visit www.rejuvalife.md. ←



GET CONNECTED

Get listed on the mountainviewpublishing.com BUSINESS DIRECTORY and you will also be included on our printed list in every issue of *HERE IN HANOVER*. (See page 15.)

GET CONNECTED NOW!

E-mail Bob Frisch at rfrisch1@comcast.net, or call Bob at (603) 643-1830. Find out how you can connect with our readers. It’s easy, inexpensive, and another way to reach an affluent and educated audience.

SUBSCRIBE

Share the wonder of our beautiful area and the latest news all year long with a gift subscription. Friends and family who have moved away from the area will be especially appreciative. Be sure to order a subscription for yourself, too!

Send a check for \$19.95 for one year (4 issues) to *Here in Hanover*, 135 Lyme Road, Hanover, NH 03755. Or conveniently pay online using PayPal at www.mountainviewpublishing.com.



Manage Windfalls Wisely

A financial advisor can help you plan

| By Brian Doyle

Although the odds of winning the lottery may be stacked against you, there's a chance you'll receive a large—perhaps unexpected—financial windfall at some point during your life. Regardless of how it arrives—inheritance, insurance payout, divorce settlement, retirement-plan distribution, sale of a business, or company stock options—careful money management is critical to enjoying the money for years to come.

Unfortunately, many windfall recipients fail to manage their newfound wealth wisely and are left with little or no savings—and lots of regret. To avoid joining their ranks, there are a number of important considerations to keep in mind when receiving large cash payouts.

Avoid Sudden Impulses

Most windfalls are squandered during the first days, weeks, and months as recipients make impulsive decisions to quit their jobs, take exotic vacations, or buy a new house or car. For this reason, often the best course of action is to leave the entire sum in a money market account for the first six months. This requires a great deal of discipline, but you'll avoid making irrational decisions and give yourself time to evaluate your options and develop a solid long-term plan.

Many people mistakenly believe that a large sum of money is the answer to

all their problems. In fact, it often creates new anxiety and stress. By explaining your options and creating a plan, a qualified financial advisor can help you manage a windfall successfully and wisely.

Invest for Long-Term Gains

While using a portion of the windfall to reduce debt and pay bills is often a good idea, investing a significant sum for your future is also recommended when suitable. The windfall's potential for appreciation can be significantly increased through long-term investments in both stocks and bonds. Keep in mind, though, that investing money carries risk as well. In many cases, investing a windfall

can be a difficult decision, but it's important to remember that, factoring in inflation, cash that is not invested could be losing purchasing power.

When they hear about your windfall, friends and relatives may come forward offering financial advice. While they may have your best interests at heart, their advice might not help you achieve your financial goals. Before you make any investment decision, it's important to review your existing holdings, expected expenses, employment security, risk tolerance, taxes, and time horizon before retirement. A professional financial advisor can help you evaluate these variables and craft a long-term plan to help you achieve your goals. »



SANTAVICCA DENTAL PROFESSIONALS

DENTISTRY THAT CARES

Dr. Angela Santavicca, Dr. Mari Berry and the entire staff are happy to care for your dental needs.



We provide the following complete, cost-efficient services to patients of all ages:

- ZOOM WHITENING - up to 8 shades lighter in one visit!
- Preventive Care
- Cosmetic Services & Tooth Whitening
- Sleep Apnea & Snoring Orthotics
- Tooth Crowning & Veneering
- Bite Guards & Treatment for TMJ
- Gum Disease Care
- Second Opinion

SANTAVICCA DENTAL PROFESSIONALS, PLLC

www.SantaviccaDental.com 603.643.4142 info@SantaviccaDental.com
 Patient Care Hours:
 Monday 7:30am - 4pm • Tues & Wed 7:30am - 6pm • Thurs 7:30am - 4pm • Call for Friday availability
 Hanover Road Professional Center, 367 Route 120, Unit C, Lebanon, NH



The Quechee Inn at Marshland Farm

Visit a place your imagination has spent a lifetime enjoying...

“Relax and restore your spirit at one of the best intimate inns...”

“Chef Edward Kroes prepares [dinner] with local ingredients, creating unique and flavorful dishes...”

Yankee Magazine

Prix Fixe Wednesday Menu ~ Friday Two-for-Specials ~ Dinner Menu

25 Tastefully Decorated Rooms ~ Wilderness Trails Adventures

Enjoy a spectacular Vermont Country Wedding in our spacious outdoor tent!



Serving dinner nightly 6-9pm, Reservations Suggested

119 Quechee Main Street, Quechee, Vermont ~ 800-235-3133, www.quecheeinn.com

Listed on the National Register of Historic Places

One strategy a financial advisor might recommend—to avoid investing the entire sum during unfavorable market conditions—is dollar-cost averaging, or investing a predetermined sum of money on a regular basis. Such a program does not guarantee a profit or protect against loss in declining markets. It involves continual investments, so you should also evaluate your ability to continue purchases through low price levels. But it can help even out the market’s peaks and troughs; it can also help you resist the urge to time the market—something even professional investors seldom do well for any length of time.

Manage Taxes

A large financial windfall will quickly educate the unsuspecting recipient about the tax strings attached. To determine how much to set aside for taxes, check with a tax advisor or accountant. The sooner you can calculate tax implications, the easier it will be to plan for the future. Since the windfall may push you into a higher tax bracket, it’s also a good idea to discuss what steps can be taken to manage taxes in the years to come.

How you spend, save, and invest your financial windfall will determine whether it helps you achieve your financial goals or leaves you with regret. To learn more about effectively managing an inheritance, insurance payout, divorce settlement, retirement-plan distribution, sale of business, or company stock options, contact your financial advisor. ←

Brian Doyle is a financial advisor and First Vice President with Wells Fargo Advisors and lives with his wife and three children here in Hanover.

Wells Fargo Advisors / Wells Fargo Advisors Financial Network is not a tax or legal advisor. Investments in securities and insurance products are: NOT FDIC-INSURED / NOT BANK-GUARANTEED / MAY LOSE VALUE. Wells Fargo Advisors, LLC, Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company.

CraftStudies Classes & Workshops

Flex your creative muscles

| By Lori Ferguson

Art enables us to find ourselves and lose ourselves at the same time. –Thomas Merton

Are you a parent looking for an enriching, engaging summer crafts program for your children? Perhaps you're a professional artist looking to take your skills to the next level or a dedicated hobbyist who finds the joy of creation a perfect antidote to the demands of your nine-to-

five job. Whatever your situation, there's an excellent chance that CraftStudies at the Hanover League of NH Craftsmen has just the type of class you're looking for, and if they don't, they'll happily look into creating one!

The Hanover League of NH Crafts-



Above: Finishing off a bowl on the pottery wheel.

Left: Tim McCosker instructs Deb Churchill on finishing a rim on a bowl.



men is a beloved fixture of the town's creative community. Organized in 1940, the League found its first physical home in the community in 1952 through the largesse of Dartmouth College, which provided a building in which the League could offer classes as well as space for local artists to sell their work. In 1959, the League erected a new building at 13 Lebanon Street, where it continues to be headquartered today.

From this location, the League operates a retail gallery and its dynamic education program, CraftStudies. This vibrant program provides classes for people of all ages, abilities, and experience levels to flex their creative muscles

“Twelve years ago the board decided that the Hanover League really needed to develop the educational component of its offerings,” Jones says, “so this has been my charge ever since.”

in the arts of clay and metalworking as well as in a host of mixed media including glass fusing, mosaics, basket making, rustic furniture making, altered books, paper, textile surface design, sewing, felting, and upholstery. CraftStudies also offers summer camps for children and a Design Your Own Class option for individuals or groups or a private birthday party class in one of their studios.

Offerings for Everyone

Although the majority of students in CraftStudies’ programs are residents of the 32 towns that make up the Upper Valley, some travel to Hanover from as far away as Laconia and Concord to attend classes and workshops. For Education Director Suzanne Jones, this diverse demographic is a testament to the uniqueness of the facility, its faculty, and its offerings. “Very few places offer such a range,” Jones asserts.

It is Jones and studio heads Nathan Webb, clay studio; Kerstin Nichols, metals studio; and Linda Danilek, mixed-media studio, who come up with the rich mix of programming that makes CraftStudies such a popular enterprise. “Twelve years ago the board decided that the Hanover League really needed to develop the educational component of its offerings,” Jones says, “so this has been my charge ever since.” It’s clear



Sandra Seymour soldering.

from Jones’s comments that she’s very proud of all that CraftStudies has accomplished in the intervening years, and at the same time a bit awed.

And who can blame her? This part-time employee (Jones works just 25

hours per week) has helped build CraftStudies into a program that offers a year-round roster of more than 40 classes and special workshops that serve adults, as well as children ages 5 through 12 and teens. Classes take place throughout the



Steve Reeder and his grandson make a monkey tree.

year, during the course of the day, as well as in after-school programs, and, during school vacations, in both half- and full-day camps. Administrators do their best to make classes accessible to everyone through partial scholarships and a work-study program that enables participants to earn class credits.

Capturing the Community's Imagination

Each year, CraftStudies runs an established schedule of classes in the Clay, Metals, and Mixed Media studios, supplemented by workshops on particular topics of interest to students. But the program does not stop there. Jones is always on the lookout for new opportunities to capture the creative community's imagination, and this year has proved to be particularly prolific. This summer, CraftStudies' faculty and students will participate in Hands On Pianos, a community project hosted by Dartmouth College's Hopkins Center for the Arts to kick off its 50th anniversary season. In May, program participants decorated a piano that will then be on display outside the gallery throughout July, one of 50 transformed by artists and placed in locations across the Upper Valley.

New also this year is Distillations, a special workshop on outdoor installations led by Peter Walls and Allegra Kuhn. This class, which draws inspiration from the work of British artist Andy Goldsworthy, will allow participants to



Sunny Holt and Alden Taylor confer in the metals studio.

EXPERIENCE A
STATE-OF-THE-ART SALON

Acrylic Nails • Gel Nails • Nail Art
Spa Pedicures • Manicures

NEFERTITI NAILS & SPA
Professionals Nails Care
Hanover Park, Hanover, NH
(603) 643-8878
www.nefertitinaisandspa.com
Monday-Saturday 9am-7pm

Real Science.
REAL FUN!

SAVE all year
Montshire Membership!

- Unlimited visits for 12 months
- Save on education programs
- Early registration and discounts for Montshire Summer Camp
- Museum Store savings

OPEN DAILY 10-5

Montshire
Museum of Science
montshire.org • 802.649.2200
Exit 13 I-91, Norwich, VT

"Living at Kendal is like being on vacation all the time."

**Find yourself surrounded by 65 rolling acres,
perched above a bend in the Connecticut River.**

Live close to everything you love in Hanover, New Hampshire. Discover a community where lifelong learning and cultural opportunities abound. Hanover is home to Dartmouth College and within a short drive to downtown Woodstock—you'll find the enriching intellectual and cultural stimulation of a college town just minutes from shopping and outdoor recreation!

603-643-8900 • www.kah.kendal.org



KENDAL® at Hanover

Together, transforming the experience of aging.®

A Continuing Care Retirement Community

Not-for-Profit • Serving Older Adults in the Quaker Tradition



©2012 KENDAL

THE ARTS



HANOVER COUNTRY CLUB
at Dartmouth College



**DARTMOUTH
COLLEGE**

(603) 646-2000

- ❖ 18 Hole Championship Course
- ❖ Public Welcome!
- ❖ Lessons Available
- ❖ Online Pro Shop Sales
- ❖ School Owned and Tax-free Sales

www.golf.dartmouth.edu



Wendy Woodman rolls out clay.



Tina Nadeau, an instructor in the children's studio, is set to needle felt.

work in nature and use natural materials as their medium. "We're really excited about this class because it allows participants to break out of the confines of the studio," Jones says. "Additionally, since the project is a site-specific installation, it teaches students the importance of non-attachment to results. When you finish, you have to walk away, not easy for every artist to do."

A third and powerful initiative is CraftStudies' newly conceived Wellness Program, which offers classes for people experiencing a chronic illness or caring for someone with a chronic illness. The hope is that immersion in a creative activity will afford students a few hours' relief from the pain and anxiety of illness. "We believe that by working with one's hands and transforming raw materials, people will gain a sense of empowerment that may have

TOWNLINE EQUIPMENT

PROVIDING YOU WITH THE BEST EQUIPMENT OWNERSHIP EXPERIENCE

Family owned and operated since 1972, we are committed to our reputation for excellent, reliable service. We are friendly, knowledgeable, and experienced in helping everyone from first-time equipment owners to multi-generational family farms and businesses. Visit our establishment on Route 12A in Plainfield or online at TownlineEquipment.com



Kubota

www.kubota.com



1474 Route 12A • Plainfield, NH • 603.675.6347 • TownlineEquipment.com



*The Place to Gather
for Business
or Pleasure*

Dowds' Inn



EVENT CENTER

www.dowdsinncenter.com

Lyme, New Hampshire 800.482.4712

JASMIN AUTO

COLLISION REPAIR & RESTORATION
- ESTABLISHED 1974 -



802.295.7572

Rt 5 South - White River Junction, VT
(Across from VA Hospital)

- Guaranteed Work -
- Free Estimates -
- Major Collision Repair -
- Insurance Approved -
- Shuttle Service to Upper Valley -

www.JasminAutoBody.com

SUMMER TENNIS CAMPS 2012

Ages 5-15, ALL LEVELS

9AM-1PM Weekly June 18th-August 24th

TENNIS



ROCK CLIMBING



SWIMMING



RAIN OR SHINE



CERTIFIED TENNIS PROS

DISCOUNTS: EARLY BIRD
MULTIPLE CAMP
MULTIPLE SIBLING



DETAILS OR TO REGISTER, PLEASE E-MAIL
TENNISDIRECTOR@RIVERVALLEYCLUB.COM
OR CALL 603-643-3627

RVC TENNIS



THE ARTS



Pat Glowa throwing a plate on the pottery wheel.

High Country ALUMINUM PRODUCTS

ALUMINUM DOCKS & SWIM FLOATS



Lightweight Aluminum frame • Slip resistant • No sharp edges or abrasive materials • Maintenance free • Installations • Custom sizes • Handicap accessible • Stairs • Gangways
Made in Vermont • 5 Yr Warranty

- Environmentally friendly
- Fixed or Floating
- On site consulting
- Available with Cedar, Thruflow™ panels or Aluminum decking
- Ramps, Ladders, Benches, solar lights & other accessories



Phone: 802-281-8245

Toll Free 877-274-2721

Open Mon-Fri 8:00-4:30 Email: info@highcountryaluminum.com

1567 Rt 14, Hartford, VT Behind the CT Valley Auto Auction



Hammering (forging) plays a big part in making metal jewelry or sculpture.

been lost to the chronic illness they are experiencing or to the stress of caring for someone with a chronic illness,” Jones notes. “Our hope is that participants will discover the healing power of working in our studios as well as learn some craft techniques they can take away with them.

“At CraftStudies, we offer people the opportunity to transform raw materials into functional or decorative objects,” Jones concludes. “I can’t imagine a more wonderful way to spend my time . . . can you?” For a full roster of CraftStudies’ offerings, visit www.craftstudies.org.

League of NH Craftsmen

13 Lebanon Street
Hanover, NH
CraftStudies: (603) 643-5384
craftstudies@craftstudies.org



**THE
WHITE MOUNTAIN
SCHOOL**
An intentionally small boarding and day school where students make a difference in the classroom, the community, and the world.

*We are what
high school should be.*

- Average class size: 10
- AP options
- Individualized college counseling
- Learning Center support
- Team & individual sports
- Off-campus field courses



603.444.2928, ext. 26
www.whitemountain.org

Moms and Dads Have You Heard?

At the Chieftain Inn you can have a fantastic, fun party for your child and relax! We do all the work. You join in the fun or socialize with friends and family.

THREE PARTY LEVELS TO CHOOSE FROM:

- Bronze:** This gives you standard access to use our grounds, barbeque grills, outdoor furniture, pool, and gazebo
- Silver:** This gives you everything that Bronze gives you plus; decorating service (you pick a theme from our list) and mailed invitations.
- Gold:** This gives you everything that Bronze and Silver gives you plus an all American Barbeque, a coordinator with scheduled games, and a two-hour pontoon river cruise.

Canoes ♦ Volley Ball ♦ Tether Ball ♦ Pontoon Boat ♦ Yard Games



84 Lyme Rd., Rte 10N, Hanover NH 03755
(less than a mile North of the Richmond Middle School)
Call for Pricing: 603-643-2550
or e-mail: manager@chieftaininn.com



FAMILY FUN ON THE RIVER

THE HOOD MUSEUM OF ART

@ DARTMOUTH COLLEGE



Through August 19 | *Edward Burtynsky, Rock of Ages #7, Active Granite Section, Wells-Lamson Quarry, Barre, Vermont, 1991, digital chromogenic color print. Photograph courtesy Howard Greenberg & Bryce Wolkowitz, New York / Nicholas Metivier, Toronto.*

hoodmuseum.dartmouth.edu

The Hood Museum of Art is free and open to all. Public programs are free unless otherwise noted. Hours: Tuesday to Saturday, 10am to 5pm; Wednesday, 10am to 9pm; Sunday, 12pm to 5pm. For information, visit www.hoodmuseum.dartmouth.edu or call (603) 646-2808.

SUMMER EXHIBITIONS

A Space for Dialogue: Fresh Perspectives on the Permanent Collection from Dartmouth's Students

Ongoing

José Clemente Orozco: The Epic of American Civilization

Ongoing

Egyptian Antiquities at Dartmouth: Highlights from the Hood Museum of Art

Ongoing

Men of Fire: José Clemente Orozco and Jackson Pollock

Through June 17

Nature Transformed: Edward Burtynsky's Vermont Quarry Photographs in Context

Through August 19

Modern and Contemporary Art: Two Installations

Marcel Duchamp: The Box in a Valise and The Expanding Grid.

Through September 9

Looking Back at Earth: Contemporary Environmental Photography from the Hood Museum of Art's Collection

July 7–August 26

JUNE

1 | Day Trip: Hope Cemetery and Rock of Ages Quarry, Barre, Vermont

Join us for a day trip to explore the quarries that inspired Edward Burtynsky's photographs.

To register: (603) 646-9660, sharon.reed@dartmouth.edu

9 | Special Tour: *The Epic of American Civilization and Men of Fire: José Clemente Orozco and Jackson Pollock*

▷Baker Library, 2pm

27 | Adult Workshop: Nature Transformed: Edward Burtynsky's Vermont Quarry Photographs

Space is limited. Please call (603) 646-1469 by June 25 to register.

▷6:30-8pm

JULY

10 | Lunchtime Gallery Talk: A Collector's Perspective

▷Second-floor galleries, 12:30pm

11 | Adult Workshop: Learning to Look at American Art

Space is limited. Please call (603) 646-1469 by July 9 to register.

▷6:30-8:30pm

12 & 13 | Special Event: An Evening of Opera and Art

The Hood partners with Opera North to present Mozart's *The Impresario*. Two free performances; reservations required. For reservations, please e-mail events@operanorth.org. Space is limited.

▷Kim Gallery, 5:30-7pm

14 | Tour: *Nature Transformed: Edward Burtynsky's Vermont Quarry Photographs in Context*

▷2pm

18 | Film Screening and Discussion

Anne Kapuscinski, The Sherman Fairchild Distinguished Professor of Sustainability Science, will lead a Q&A following the film *Edward Burtynsky: Manufactured Landscapes* (2007).

▷Loew Auditorium, 7pm

25 | Adult Workshop: Looking Back at Earth

Space is limited. Please call (603) 646-1469 by July 23 to register.

▷6:30-8:30pm

28 | Tour: *Looking Back at Earth: Contemporary Environmental Photography in the Hood Museum of Art's Collection*

▷2pm

AUGUST

4 | Tour: *Nature Transformed: Edward Burtynsky's Vermont Quarry Photographs in Context*

▷2pm

8 | Adult Workshop: Artistic Inspirations

Space is limited. Please call (603) 646-1469 by August 6 to register.

▷6:30-8pm

14 | Lunchtime Gallery Talk: The Idea of Nature in Environmental Photography

Second-floor galleries, 12:30pm

18 | Tour: *Looking Back at Earth: Contemporary Environmental Photography in the Hood Museum of Art's Collection*

▷2pm

22 | Film Screening: *Herb and Dorothy* (2008)

Offered in conjunction with the Hood's installation featuring objects from the Dorothy and Herbert Vogel Collection.

▷Loew Auditorium, 7pm

23 | Adult Workshop: Art and Creative Writing

Museum staff will lead participants in a number of simple, evocative writing activities with works of art.

To register: (603) 646-1469 by May 21

▷6:30-8:30pm

23 | Conference Panel: Icons, Charts, and Talismanic Scripts: Daoist Visual Culture

Reception to follow in Kim Gallery.

▷Loew Auditorium, 5:30-7pm

The Hood & The Hop is sponsored by



☞ Root Canal Therapy ☞ Endodontic Microsurgery ☞
☞ Dental Implants ☞ Emergencies Welcome ☞

Timothy B. Meyers, DDS • Andrew M. Bradley, DMD



367 Rte 120 Unit B-3, Lebanon, NH 03766
603.643.6100 www.montshire-endodontics.com

*She's one of a kind.
Her ring should be too.*

*Specializing in the Art of Custom
Jewelry Design in Platinum and Gold*



FERRO

✦ *Jewelers* ✦

~ A Family Tradition Since 1947 ~



91 MAIN STREET
STOWE, VT 05672
(802) 253-3033
STOWE@FERROJEWELERS.COM

WWW.FERROJEWELERS.COM

11 CENTRAL STREET
WOODSTOCK, VT 05091
(802) 457-1901
WOODSTOCK@FERROJEWELERS.COM

THE HOOD & THE HOP

HOPKINS CENTER EVENTS

@ DARTMOUTH COLLEGE

hop.dartmouth.edu

For information, tickets, or Dartmouth College student prices, call the Hopkins Center Box Office at (603) 646-2422. Information is also available from the Box Office about the Dartmouth Film Society film series and films in the Loew, and is also listed on the Hop's website at www.hop.dartmouth.edu. All events are subject to change. Additional events may become available after press time. The Hopkins Center Box Office is open Monday through Friday from 10am to 6pm. For information about related educational events, visit www.hop.dartmouth.edu or call (603) 646-2010.

June 22 & 23

Momix Dance Company

The company will perform its latest work, *Botanica*.

▷The Moore Theater, 8pm



JUNE

8 | Glee Club Commencement Concert

▷Spaulding Auditorium, 9:30pm

28 | Johnny Clegg Band

▷The Dartmouth Green, 5pm; Rain time and location: 7pm, Spaulding Auditorium

JULY

Hands On Pianos

Thanks to the Hands On Pianos community project, colorfully decorated pianos will be turning up at bus stops, parks, sidewalk plazas, farm stands, general stores, and other unexpected places around the region, available for people of all ages and skill

RIVERLIGHT BUILDERS
FINE CUSTOM HOMEBUILDING
*Superior quality and value
through experience and innovation.*



General Contracting · Architectural Design
Additions & Remodeling
Custom Kitchens & Baths
Norwich, Vermont
802.649.1615 • www.riverlightbuilders.com

look what fun
FORE-U
Golf Center

has to offer:

36 holes of miniature golf
92 bay driving range
batting cages
short game practice area
professional golf lessons
and don't forget
ICE CREAM FORE-U
the creamiest soft-serve
36 flavors of hard-serve
shakes, sundaes, smoothies,
hot dogs and more!

298 Plainfield Rd.
West Lebanon, NH 03784
603-298-9702
Next to Home Depot

levels to explore, enjoy, and engage in impromptu music-making.

During the month-long project, each piano will be checked daily and those in exposed locations will be guarded against rain by means of removable tarps. At the end of the project, the donated pianos will be mined for usable and recyclable parts.

To Get Involved:

- Volunteer as a piano “angel.” Help assure the pianos stay healthy while outside by signing up to check on one (or two) daily.
- Offer a partner piano.
- Donate a seat. Do you have a sturdy piano bench, stool, or other seat you’re no longer using?
- Offer a piano for donation.
- Decorate a piano. In partnership with the AVA Gallery, the Hop will choose artists, both professional and amateur, to visually transform our donated pianos.

Visit hop.dartmouth.edu/calendar/piano-project-2 for more information and all the contact info you need to get involved.

20 & 21 | HopFEST

Friday:

- Asphalt Orchestra
- >4pm
- Filligar
- >4:30pm
- Matuto
- >6:30pm
- Pine Leaf Boys
- >8:30pm

Saturday:

- Instrument Petting Zoo
- >12-6pm
- Feiffer Dancer Films/Community Dance-in
- >4pm
- David Wax Museum
- >5pm
- Sergent Garcia
- >7pm

AUGUST

4, 11 & 18 | New York Theatre

Workshop: New Works-in-Progress

Six new theatrical works-in-progress, titles to be announced, presented as readings by New York theater professionals.

>Warner Bentley Theater, 5 & 8pm

Live **LOCALLY,** Learn **GLOBALLY**

Korean, Chinese, German, Spanish, and Zulu. With students from over 18 countries, these are just a few of the languages spoken every day at Kimball Union. Ours is a place where different cultures are embraced and diversity

is respected, where every student comes to understand his or her place as a global citizen.

Are you ready to find your place in the world?



KIMBALL UNION
ACADEMY

Emily Kelly
Class of 2012
Cayman Islands



Kimball Union Academy | Meriden, NH | 603.469.2100 | Admissions@kua.org | www.KUA.org

KOREAN, CHINESE, GERMAN, SPANISH, ZULU

DRESS TO IMPRESS



Get your school spirit going with Dartmouth Gear

The Dartmouth Bookstore carries a wide variety of tees, sweatshirts, shorts, sweatpants, caps, Under Armour and more.

Monday-Saturday 8am-8pm
Sunday 11am-5pm

The Dartmouth Bookstore



33 South Main Street,
Hanover, New Hampshire
603.643.3616

www.dartmouthbooks.bkstore.com

www.superheroesoutofschool.com

the building
blocks
for all that
matters

Super Heroes Out of School: a program
at the Event Center for children K - 6

open snowdays, inservice days,
all vacation days
contact 802 649 2772

HAPPENINGS: SUMMER 2012

JUNE | JULY | AUGUST

**August 25 | 4th Annual
Tomato Tasting by
the River**

Enjoy a casual celebration on the farm along the Connecticut River with live music honoring heirloom tomatoes and the generations of farmers who have preserved them through seed saving. Sample a rainbow of heirloom varieties and delicious farm-made tomato appetizers. Info and free preregistration: (802) 785-4737, www.cedarcirclefarm.org
↳Cedar Circle Farm, 2-4pm



PHOTO BY ROBERT EDDY



August 4 | Super Science Days: Splash! Exploring Water

Montshire Museum of Science

One Montshire Road
Norwich, VT
(802) 649-2200
www.montshire.org

JUNE

6 & 9 | Mountaintop Birding and Conservation

This two-part course includes a Wednesday evening lecture and a Saturday field trip to Mt. Mansfield with VCE researcher and director Chris Rimmer. We'll study the "island" ecology of New England's boreal mountaintops and visit VCE's research site, where ongoing research on the Bicknell Thrush takes place.

➤6, 7-8:30pm; 9, 6am-4pm

JULY

7 | Super Science Days: Up, Up, and Away!

21 Super Science Days: Nature: Up Close and Personal

AUGUST

18 Super Science Days: Microworlds: Investigation of the Very Small

25 | Reading the Forested Landscape

Using evidence such as the shapes of trees, scars on their trunks, the pattern of decay in stumps, the construction of stone walls, and the lay of the land, it is possible to unravel complex stories etched into our forested landscape. This process of forest forensics is similar to interpreting a crime scene. Instructor: Tom Wessels, author of *Reading the Forested Landscape* and instructor at Antioch University New England.

➤9am-4pm

Howe Library

13 South Street
Hanover, NH
(603) 643-4120
www.howelibrary.org

June 14 | Downloadable Books: An Introduction for Non-Kindle Users

Did you know that you can download electronic books to read from Howe Library at no charge—and without leaving your home? This class will demonstrate how to download and access electronic books that are compatible with most eReaders; they can also be read on computers and through the Overdrive Media Console app on smartphones and tablets. The EPUB format is not compatible with Kindles, and the class will not discuss Kindle eReaders or the Kindle app.

➤5:30pm, Mayer Room

»

Happenings Sponsored by:

GREGORY L. BAKER, D.D.S.

ORTHODONTICS FOR
ADULTS AND CHILDREN

18 BUCK ROAD
HANOVER, NH 03755
(603) 643.1552

299 MAIN ST.
NEW LONDON, NH 03257
(603) 526.6000

*We Make Smiles
Happen!*

Member American Association of Orthodontists



POWER HOUSE MALL



Outdoor Sporting Equipment • Women's and Men's Footwear & Apparel
 Jewelry • Candy • Lingerie • Fashion Accessories • Gifts
 Toys • Children's Clothing • Salon • Restaurant
Enjoy the Journey!

Exit 20, 1-89 • Route 12-A, Glen Road West Lebanon, New Hampshire
 603.298.5236 www.powerhousemall.com

HAPPENINGS



PHOTO BY JULIE ACKER

June 24 | 10th Annual Strawberry Festival

Ongoing horse-drawn wagon rides, strawberry picking, kids' crafts and activities, theatrical performances, storytelling, and live music. An organic food concession offers strawberry shortcake and cheesecake, grilled local sausages, salads, and local organic ice cream. Rain or shine! Parking \$5 per car. Come by train, bicycle, or foot and get in free!

Info: (802) 785-4737,
 www.cedarcirclefarm.org
 ▶Cedar Circle Farm, 10am-4pm

June 12, July 10 & August 14 | Books and Lunch on Tuesday

Bring a bag lunch and join us to discuss our monthly book selection! June's choice is *Born on a Blue Day* by Daniel Tammet. Contact Howe Library for information on subsequent book selections.

▶12pm, Rotary Room

CRISWELL GORDON DESIGN STUDIO

DESIGN SERVICES & ARCHITECTURAL FABRICATION

HOME DESIGN ~ FURNITURE ~ LIGHTING ~ WOOD ~ STONE ~ METAL ~ GLASS



JON CRISWELL
 603.277.0116

CRISWELLGORDON.COM

SCOTT GORDON
 603.277.9434



Great wines for Special Occasions
 Excellent values for Tonight's Dinner
 The Best Beers from Vermont and Beyond
 Knowledgeable Service from Wine Lovers

Contact us at:

(802) 649-1970

or Norwichwines@aol.com

Open 9-6 daily, Until 7 on Friday, Closed Sunday

June 13, July 11 | Graphic Novel Discussions

June 13: *Watchmen* by Alan Moore, July 11: *The Influencing Machine* by Brooke Gladstone. This series will be capped with a lecture by Steve Bisette in August, date to be determined. It is co-sponsored by Howe Library and the Center for Cartoon Studies. Three discussions will be co-led by Howe staff and CCS students, staff, or faculty.
 >6:15pm, Howe Library café

June 20, July 18 & August 15 | Inspire Active Living

A three-part series (participants do not need to attend all three) in which local elite athletes will speak about their sports, their training, and why they are good at what they do. Speakers TBA. Co-sponsored by Howe Library and Team AMP, an adventure organization that specializes in providing unique multisport events for outdoor enthusiasts of all ages and abilities, focused on developing and maintaining a healthy lifestyle.
 >7pm, Mayer Room

Other Noteworthy Summer Events

JUNE

June 1-October 12, Wednesdays | Farmers' Market

This market will include fresh produce, meats, herbs, cheeses, flowers, plants, dairy, baked goods, and locally prepared foods.

Info: (603) 643-3115, farmersmarket@hanoverchamber.org

>The Green, 3-6pm

7-10 | 55th Annual Straw Hat Review

An original musical review!

Tickets and info: (603) 526-6710, www.nlbarn.org

>New London Barn Playhouse, Thu-Sat 8pm; Sat & Sun 5pm

10 | Back in Time on Tunis Brook: Outdoor Trip

Explore Hanover's history in the remote northeast corner of town, with a look at how natural resources shaped human history here. We'll visit a restored one-

Grow A Green Kitchen

SUB-ZERO IS COMMITTED TO PRESERVING FOOD AS WELL AS THE PLANET IT COMES FROM.

Committed to building more products that are powerful in the kitchen and gentle to our earth, we are proud to feature Sub-Zero Energy Star products and Wolf energy efficient appliances.

Quality Appliances / Dependable Service

SUB-ZERO **PERRY'S** OIL SERVICE INC. **WOLF**

Downtown - Bradford, VT (802) 222-9211 / 800-654-3344

Eastman's PHARMACY

PRESCRIPTIONS • COMPOUNDING PHARMACY
FREE DELIVERY

STOCKED PRODUCTS:

- MELISSA & DOUG TOYS
- CASWELL MASSEY SOAPS & FRAGRANCES
- 4711 FRAGRANCES
- VITABATH
- CARDTHARTIC GREETING CARDS
- SPENCO FOOTCARE PRODUCTS

22 SOUTH MAIN STREET, HANOVER, NH
603.643.4112
 EASTMANSPHARMACY@COMCAST.NET

Lang McLaughry Spera An Affiliate Of **Lion & Davis**

*We Make it Easy to get the Answers You are Looking For.
 Visit us at Any One of our Eight Upper Valley Locations*

New Hampshire

- Hanover • 32 South Main Street
- PowerHouse Consumer Center • 8 Glen Road, West Lebanon
- Grantham • 49 Greensward Drive
- Lang McLaughry Commercial • 93 South Main Steet, West Lebanon

Vermont

- Norwich • 316 Main Street
- Fairlee • 103 Route 5 North
- Woodstock • 59 Central Street
- Lyndonville • 277 Main Street

Opening New Doors Every Day™ **Online at www.LMSRE.com**

HAPPENINGS

room schoolhouse, an early cemetery, and the protected site of an 18th century mill on Tunis Brook (requires sturdy shoes).
 Info: www.hanoverconservancy.org
 ▶Goose Pond Road and Wolfeboro Road (see website for details), 1-4pm

12-17 & 19-24 | Ragtime

A powerful portrait of life in turn-of-the-century America, full of showstopping tunes.

Tickets and info: (603) 526-6710, www.nlbarn.org

▶New London Barn Playhouse, Tue-Sat 8pm; Sun 5pm; Wed matinee 2pm

June 18, July 2 & 23, August 13 | New London Barn Intern Idols

Audiences vote for one of two teams of interns as they create original musical reviews!

Info: (603) 526-6710, www.nlbarn.org

▶New London Barn Playhouse, 18 & 23 8pm; 2 & 13, 5 & 8pm

June 26-July 1, 3-8 & 10-15 | Oklahoma!

Set in Western Indian territory just after the turn of the century, the high-spirited rivalry between local farmers and cowboys provides the colorful background for one of America's most beloved musicals!

Info: (603) 526-6710, www.nlbarn.org

▶New London Barn Playhouse, Tue-Sat 8pm; Sun 5pm; Wed matinee 2pm

28 | Charlotte's Web

The beautiful story of friendship and love in the unlikely of places.

Info: (603) 526-6710, www.nlbarn.org

▶New London Barn Playhouse, 11am & 2pm


JULY

July 1 & August 5 | Norwich Craft Fair

The Norwich Craft Fair will be open on the grounds of the Norwich Farmers' Market. Come enjoy the selection of fine arts and crafts from around the region while you listen to area musicians perform and taste some of the wonderful foods available.

Info: www.norwichcrafts.org

▶10am-3pm



"Reputation is Everything."

G.R. PORTER & SONS, Inc.
 Custom Homes • Renovations • Additions
 802.649.5222 • www.GRPorterSons.com • P.O. Box 409 Norwich, VT 05055

CONTINUING YOUR CARE

When people leave the hospital, they often need continued care in order to recover completely. That's where we come in.

Kindred Nursing and Rehabilitation – Hanover Terrace features:

- specialized Alzheimer's program
- physical, occupational and speech therapies offered up to seven days a week
- easy admission, with referrals accepted 24/7
- experienced, national provider of nursing and rehab services


To learn more or schedule a tour, call 603.643.2854.




Kindred
 Nursing and Rehabilitation
 Hanover Terrace
 49 Lyme Road • Hanover, NH 03755
 603.643.2854

© 2012 Kindred Healthcare Operating, Inc. CSR 146793-01

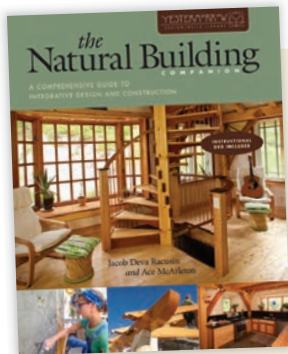
Beauty, performance, and prestige in every door.



Add curb appeal with The Sawmill Creek Difference



603-632-4900



**August 4
Norwich
Bookstore's 18th
Birthday Bash**

Featuring several exciting authors with new books: Mindy Fox, *Salads:*

Beyond the Bowl: Extraordinary Recipes for Everyday Eating; D. B. Johnson, *Magritte's Marvelous Hat: A Picture Book*; Jacob Deva Racusin, *The Natural Building Companion: A Comprehensive Guide to Integrative Design and Construction*, and more.

Info: (802) 649-1114,
www.norwichbookstore.com
►Norwich Bookstore, 9am-6pm

4 | Annual Old-Fashioned Parade & Celebration

►Dartmouth Green

12 | *The Princess and the Pea*

Meet a true princess with spunk in this new adaptation of the fairy tale.

Info: (603) 526-6710, www.nlbarn.org
►New London Barn Playhouse, 11am & 2pm

13 | An Evening Down Memory Lane

Enjoy great food, music, and entertainment by the Barn Playhouse Company.

Tickets and info: (603) 526-6572,
www.nlbarn.org
►New London Historical Society, 5-8pm

15 | Pest Control

Free educational workshop offered by Colin High, Shaker Museum garden coordinator.

Info and to register: (603) 632-4346,
info@shakermuseum.org,
www.shakermuseum.org
►Enfield Shaker Museum, 10:30am-12pm

17-22 & 24-29 | *Legally Blonde*

When Elle Woods's boyfriend dumps her for someone "serious," Elle puts down the credit card, hits the books, and sets out for Harvard Law.

Info: (603) 526-6710, www.nlbarn.org
►New London Barn Playhouse, Tue-Sat 8pm; Sun 5pm; Wed matinee 2pm

RE-OPENING JUNE 2012

REDEFINING THE LUXURY EXPERIENCE

HANOVER INN
DARTMOUTH

TWO EAST WHEELOCK STREET, HANOVER NH 603.643.4300 www.HanoverInn.com

Vitt & Associates PLC
ATTORNEYS AT LAW

Serving the legal needs of businesses and individuals throughout Vermont and New Hampshire with personal attention, creative strategies, and an eye toward winning in the courtroom.

8 Beaver Meadow Road
Norwich, VT 05055
tel 802.649.5700
fax 802.649.1692

Hanover, NH 03755
tel 603.640.6473

www.vittassoc.com

COME ENJOY THE REAL VERMONT BY RAIL!

2012

SCENIC VERMONT TRAIN RIDES

2 HOUR EXCURSIONS

Round Trips departing at 11:30am & 2:30pm
White River Junction - Thetford

SUMMER SEASON
Thursday - Sunday
July 12 - September 2nd

FALL SEASON
Tuesday - Sunday
September 18th - October 28th

1-800-707-3530

ONLINE TICKETING
www.rails-vt.com

CARPET KING & TILE



Featuring A Rare Breed
The Softer, Stronger Carpet

tigressa
 SoftStyle

check us out @
CarpetOne.com

at Fogg's Hardware 261 River Street
 Route 5, Norwich, VT Springfield, VT
 802-649-3030 802-885-8322

Quality Care for the Whole Family



Cioffredi & Associates
 THE CENTER FOR PHYSICAL REHABILITATION

*Restoring Pain Free Movement
 to Help You Get Back Out and Enjoy Life
 Immediate Access ~ Appointments 7am - 7pm*

33 Morgan Dr ▪ Centerra Park ▪ Lebanon, NH
 603-643-7788 ▪ www.cioffredi.com

Movement For Life



Open Mon - Sat
 10am - 6pm



Bailey's Chocolate
 Chip Cheesecake



Boston
 Creme Pie



Mississippi Mud

Slice Cream
 Custom Ice Cream Sundaes To Go



Cool Mint Chip

802.698.8135 • Quechee Main Street, Quechee, Vermont

HAPPENINGS



June 21 | 3rd Annual House & Garden Tour

Enjoy visiting some of Norwich's lovely homes and gardens. This popular event helps raise funds to renovate the historic Lewis House.

Info: www.norwichhistory.org
 >Norwich Historical Society,
 10am-4pm

18 | Rob Mermin & Rob Gurwitt Present Circus Smirkus: 25 Years of Running Home to the Circus

Info: (802) 649-1114, www.norwichbookstore.com
 >Norwich Bookstore, 7pm

26 | Alexander and the Terrible, Horrible, No Good, Very Bad Day

Between lima beans, cavities, and no dessert, Alexander is ready to move to Australia! Watch as he learns to deal with his daily dramas in this delightful adaptation of the classic children's book.

Info: (603) 526-6710, www.nlbarn.org
 >New London Barn Playhouse, 11am & 2pm

28 | Twelfth Night

Mistaken identities, disguises, and long-lost twins cause hilarious mix-ups in this Shakespearean comedy. This will be presented free to the public at an outdoor

location to be announced.

Info: (603) 526-6710, www.nlbarn.org

▷2pm

July 31–August 5 | **Our Town**

Thornton Wilder's classic tale of small-town New England and living each day like it's your last.

Info: (603) 526-6710, www.nlbarn.org

▷New London Barn Playhouse, Tue–Sat 8pm; Sun 5pm; Wed matinee 2pm

AUGUST

4 | **Dealing with Produce**

Free educational workshop offered by Colin High, Shaker Museum garden coordinator.

Info and to register: (603) 632-4346,

info@shakermuseum.org,

www.shakermuseum.org

▷Enfield Shaker Museum, 10:30am–12pm

7–12 & 14–19 | **Hair**

The 1970 smash comes to the Barn for the first time ever!

Info: (603) 526-6710, www.nlbarn.org

▷New London Barn Playhouse, Tue–Sat 8pm; Sun 5pm; Wed matinee 2pm

9–12 | **Jawsfest: The Tribute**

Includes presentations by original cast and crew members, a museum-style exhibit of *JAWS* memorabilia, a shark conservation exhibit, and a tribute to Robert Shaw, Roy Scheider, and Peter Benchley, followed by a screening of *JAWS*.

Info: www.jawstribute.com

16 & 18 | **Beauty and the Beast**

The enchanting fairy tale about loving beyond appearances in this Disney classic.

Info: (603) 526-6710, www.nlbarn.org

▷New London Barn Playhouse, 11am & 2pm

August 21–26 & 28–September 2 | **The Mousetrap**

The longest-running show in the world, Agatha Christie's *The Mousetrap* is the best thriller of its kind!

Info: (603) 526-6710, www.nlbarn.org

▷New London Barn Playhouse, Tue–Sat 8pm; Sun 5pm; Wed matinee 2pm



Crossroads Academy

Accepting Applications

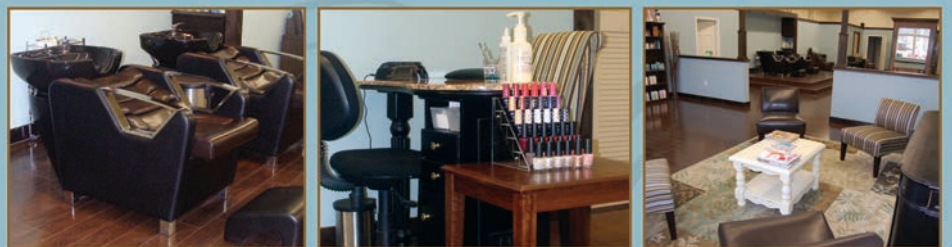
Please come for a visit!

Full Day Kindergarten • Grades 1–8

An independent school in Lyme, NH

603.795.3111 • betsy.warren@crossroadsacademy.org

www.crossroadsacademy.org



James Olin

SALON

Colonial Plaza . 5 Airport Road Suite 8 . West Lebanon, NH 03784 . (603) 790-8024 . www.jamesolinsalon.net



Salubre
trattoria

Urban Italian Restaurant

Dinner Nightly
Lunch M-F

www.salubrehanover.com

Subterrian, 3 Lebanon Street, 603-2007

A Chat with David Leatherwood

CEO and Managing Member
of Norwich Partners, LLC

| By Mark Dantos

When it comes to real estate development and charitable undertakings, David Leatherwood has immersed himself totally in the region. Among various projects here and nationally, David and his partners developed the Courtyard by Marriott at Centerra Park in Lebanon. Now they are building Altaria Business Park on Route 120.

Meanwhile, David, his family, and his partners incorporate philanthropy into their overall agenda. In 2003, David and another local developer and philanthropist, Jenny Williams, established the Children's Fund of the Upper Valley. The idea was to channel a percentage of revenues primarily to children's charities like CHaD (Children's Hospital at Dartmouth). Thus far, over one million dollars from the fund has supported health care, child care, the arts, and educational initiatives in Hanover and the surrounding areas.

What motivates you philanthropically?

I grew up in a very modest setting. I know what it's like

to struggle. Having almost lost our son at birth (he's perfectly healthy now) was also a dramatic reminder of how fortunate we are.

What is the Altaria project and how will it benefit the Upper Valley?

Altaria is a very cool, smart-growth, mixed-use project that will finally bring office, hotel, residential, and retail space together in one environment. People will live, work, and play in the same location. Altaria is a 409-acre, environmentally sensitive development with well over half of the land set aside for conservation. I believe Altaria will change the way we view development in the Upper Valley.

How will the urban landscape of the Upper Valley change over the next 20 years?

Hopefully smart-growth projects like Altaria will lead to more "live, work, and play in the same location" lifestyles. Anything that promotes a reduction in commuting is a good thing.



MOUNTAIN GRAPHICS

What kind of high school student were you?

I'm not answering—my kids might read this!

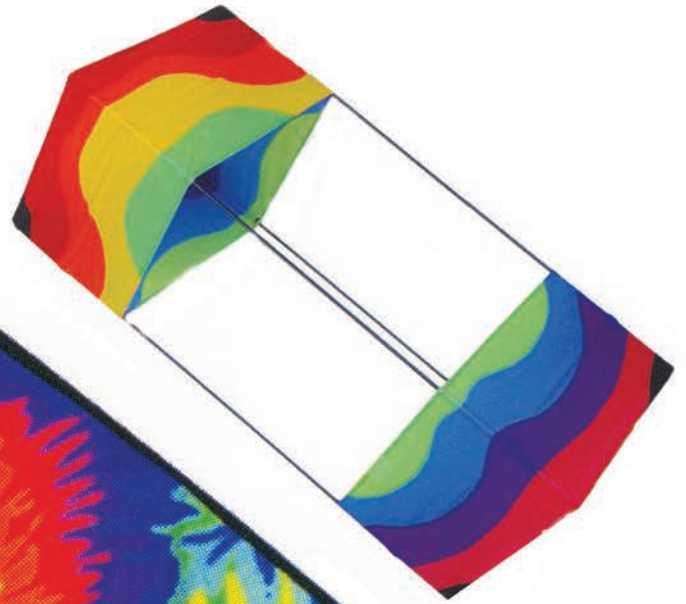
Can the overall market for lodging in the Upper Valley support an imminent influx of supply?

The Upper Valley is almost recession proof. Hotels in Centerra or Altaria Business Parks or downtown Hanover will always thrive.

Dartmouth Hitchcock Medical Center and Dartmouth College provide tremendous stability.

How do you identify and approach prospective real estate projects?

It's been 20 years of saying "no" to 99 percent of the deals I see. I've found that being patient almost always pays off. "Waiters make the best tips!" ←



Go Fly

Deltas, Diamonds,

A Kite!

Box & Stunt Kites



Available at:

nature calls

powerhouse mall

west lebanon, nh

603-298-5522

Here In Hanover
135 Lyme Road
Hanover, NH 03755

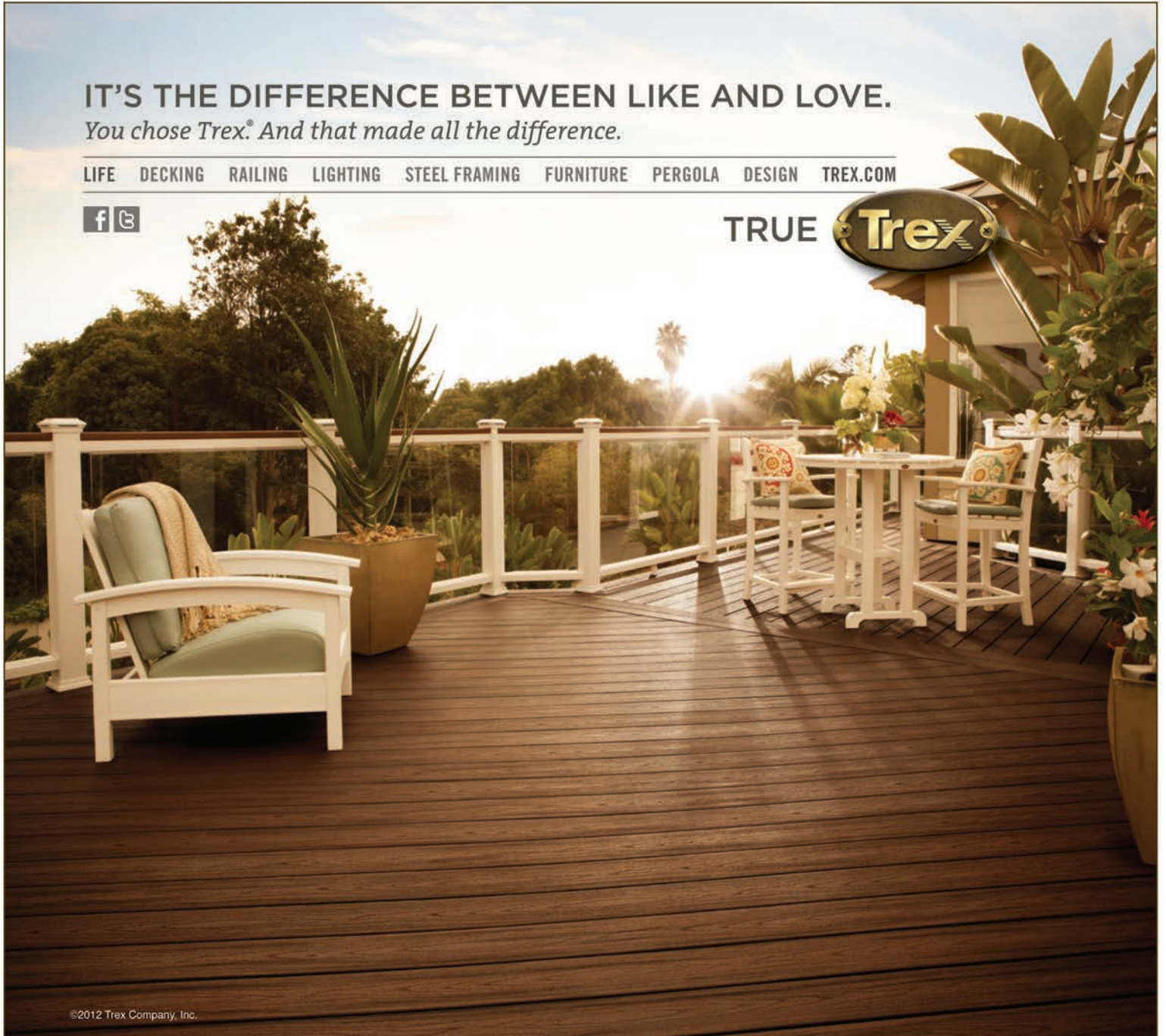
PRSR STD
U.S. POSTAGE
PAID
PERMIT NO. 60
HANOVER, NH

IT'S THE DIFFERENCE BETWEEN LIKE AND LOVE.
You chose Trex.® And that made all the difference.

LIFE DECKING RAILING LIGHTING STEEL FRAMING FURNITURE PERGOLA DESIGN TREX.COM



TRUE **Trex**



©2012 Trex Company, Inc.



NEWPORT: 603-863-1050
CLAREMONT: 603-543-0123

WEST LEBANON: 603-298-5641
WALPOLE, NH: 603-454-5544

WWW.LAVALLEYS.COM