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# HANOVER

WINTER 2010-2011 VOLUME 15, Nº 4

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# For a *Wonderful Winter*



IAN RAYMOND

It's time for another holiday season and all the fun that winter brings. After a glorious autumn, our favorite celebrations come around again with the arrival of Thanksgiving and Christmas. A time for joy and giving thanks for our many blessings, searching for the perfect gifts for loved ones, and sharing with those less fortunate take center stage for most of us.

In this issue we focus on our wonderful friends and neighbors in the Hanover area. You'll read about the

remarkable accomplishments of some local women, who have made it a point to contribute to the community in many ways (page 52). You'll meet the Schoutens of Main Street Kitchens (page 65), a fixture in the heart of downtown, and you'll also find a handy gift shopping guide featuring several area businesses (page 42). Make it a point to boost the local economy this year by supporting area merchants and putting your money to work in your own community.

If you're planning on leaving town for a winter vacation, Lesley O'Malley Keyes offers great ideas for a relaxing getaway (page 75), and if you're planning on downsizing your home or simplifying your life, art and antiques expert Mary Jane Clark is the person to advise you. Nancy Pompian's fascinating article on page 29 profiles MJ's extensive background in museum work and outlines the many ways she comes to the aid of her clients.

Besides enjoying our magazine in print, be sure to visit *Here in Hanover* online. We're excited to be bringing you the entire magazine in a digital version, allowing you to flip through the pages and print out articles and recipes. You'll also find extra content not in the magazine in our Online Exclusives area. And be sure to follow us on Facebook.

The rest of the staff and I thank you for your continued support and wish you and your family a blessed holiday season and a wonderful winter! Enjoy! ☺

*Deborah Thompson*

Deborah Thompson  
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# About Our Contributors



Mark Aiken

Mark Aiken writes about a wide range of topics and especially enjoys covering recreational pursuits. For this issue, however, he turns his sights indoors to interview some outstanding women in the community. When he's not writing, Mark heads to bike trails, trains for marathons, and plans bigger and better vacations.



Mark Dantos

Mark Dantos is an Upper Valley native who is happy to have returned. Mark is a graduate of Colby College in Maine, and was a journalist for McGraw-Hill Companies in Washington, D.C. He also worked in advertising and operated his family's business from Boston. Currently, Mark is part of the Dartmouth College Development Office and lives in Lebanon.



Nancy Pompian

Nancy Pompian lives in Hanover with her husband, Stuart. She reviews documentation for the Educational Testing Service for students with disabilities taking high-stakes tests. Previously, she was director of Student Disabilities Services at Dartmouth and a teacher at the Audubon Society.



Karen Wahrenberger

Karen Knowles Wahrenberger lives with her family in Hanover and teaches Journalism and Fiction Writing at Hanover High School. She has four children—her oldest is in her third year of medical school at UVM, and her youngest is in third grade! Karen enjoys writing fiction, and she is publishing her first novel, *The Stroller Club*, online. A vegetarian for 25 years, she enjoys cooking Rhapsody Teriyaki tempeh stir-fry with her new econostick pan from Main Street Kitchens, which she writes about in this issue.



# MY TOWN MY MUTUAL

**My town.** Norwich, VT. “I’ve lived here since 1972. I moved here because of lifestyle. It’s all around me. It’s the things I do, the opportunities I have. It’s what my children have. It’s what my wife has. It’s lifestyle. It’s great. It’s the best!”



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# Around About

BY CASSIE HORNER



*Pierre Chartrand  
doing Quebecois  
step dancing.*







*Clockwise from left:  
Group step dancing.  
Drinking song.  
"The Flying Canoe."  
Debra tells the story  
of The Handsome  
Dancer.*



## 36TH ANNUAL CHRISTMAS REVELS

Ashley and Peter Milliken and 10-year-old daughter Perin, of Norwich, are all taking part in the Old Quebec Christmas Revels at Hopkins Center in Hanover December 16 through 19, singing in the adult and youth choruses. Both Ashley and Peter grew up in Cambridge, Massachusetts, where the national Revels was born about 40 years ago, and both of them have lasting memories of attending the holiday tradition as children. "I did the Revels when I was seven years old," Ashley recalls. "It was an incredible experience. I love the introduction to different cultures around the world related to solstice. You start to see commonalities in all of the cultures in myth, song, and storytelling."

This year, the Christmas Revels are a French Canadian Celebration of the Winter Solstice, drawing on the lively playfulness of that culture. "The Revels is a partnership of professional performers and community amateur performers," explains community performer Julie Frew of Norwich. "It makes for a high-quality show." She, along with her seven-year-old daughter Lydia, will be singing, and Julie will also dance. One of the highlights for her will be travel-

Photos by Sheppard Ferguson

ing to Quebec to work with renowned master step dancer Pierre Chartrand (called the Fred Astaire of step dancing), who will be appearing in the show. Another pro is Bernard Simard, a "melt-your-heart" singer. There will also be a fiddler and accordionist. All of the pros are steeped in the rich traditions of the show.

Rebecca Bailey, publicity coordinator for Hopkins Center, praises the colorful production this year that is built around the magical French Canadian tale "The Flying Canoe." "The story lets you move into this place for awhile in your imagination," she says. A volunteer chorus of about 60 adults and children, including local soloists, joins the professional guest artists.

Milliken notes, "Tickets go fast." For more information, call (603) 646-2422 or visit [hop.dartmouth.edu](http://hop.dartmouth.edu) or [www.revelsnorth.org/xmasrevels](http://www.revelsnorth.org/xmasrevels).





## Hanover/norwich Christmas Bird count

*Female Pine Grosbeaks, photo by Steve Faccio.*

Did you know the Hanover/Norwich area is a “major center of abundance” for the Black-capped Chickadee? In 2003, with only a few people doing the tallying, the area had the top number of this diminutive bird—2,788—and the figure is often more than 2,000. How did this stat come to be known? The answer is the annual Christmas Bird Count for Hanover/Norwich.

Nationally and internationally, vol-

unteer birders gather in small flocks in the few weeks around Christmas to count the population of winter birds in their area. The Hanover/Norwich count takes place on December 31, one of about 15 in Vermont, and dates back to 1960.

“They are social gatherings, a great excuse to get a bunch of birders out, and it is also a monitoring tool started over 100 years ago,” says Chris Rimmer. “The

data generated over the years is useful to track population trends. The counts provide an index of what is there.”

Bird experts Nancy Martin and Walter Ellison come back to Vermont from Maryland every year to coordinate the Hanover/Norwich count. They report some interesting trends for the local count circle, such as the fact that the Wild Turkey showed up in the count for the first time in 1984 (two birds) and

now 100 or more are common, usually in Thetford.

The meeting place for the Hanover/Norwich count is in front of Hopkins Center in Hanover at 7:00 am. The range is a 15-mile diameter circle centered near the Hanover reservoirs, and reaches south to Lebanon, west to West Norwich, north to Thetford Center, and east to Goose Pond. Groups will cover assigned areas. This is an all-volunteer project, so people are encouraged to participate.

The day concludes at Everything but Anchovies in Hanover for the count-down. “Each group reports and there are always a few surprises at the end,” Rimmer says. “We save the best for last for a little drama. You never know with birds what’s going to show up where.” Surprises have included six Tundra Swans on the Connecticut River in 1990 and a Snowy Owl in Hartford in 2009.

One option for the local count is to join Rimmer—researcher/ornithologist and director of the Vermont Center for Ecostudies—for an expert guided tour of his neighborhood in Norwich (e-mail



Above: Black-capped Chickadee, photo by Steve Faccio. Right: Tufted Titmouse, photo by Steve Faccio.

crimmer@vtecostudies.org). For general information, contact Martin and Ellison at borealdee@baybroadband.net.



Above: Common Redpoll, photo by Steve Faccio. Left: Male Pine Grosbeak, photo by Nancy Martin.





*Creating art together.*

## HOOD MUSEUM CELEBRATES 25TH

Photos by Jon Gilbert Fox

The Hood Museum in Hanover welcomed the community on October 9 in a celebration of its 25th anniversary. Activities indoors and out for all ages revolved around the museum's mission of connecting people to art through creation of learning encounters and the opportunity of teaching with objects. There were art scavenger hunts, art-making using a variety of materials, and short art talks all afternoon, along with live music and refreshments.

The distinctive skyline of the building that houses the Hood took shape in the 1980s, and the museum opened in 1985. For the first time, the art objects of Dartmouth College had their own home, appropriately located next door to the Hopkins Center. The college's collection of art dates back to 1772, three

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Parents and children enjoy the activities during The Hood's 25th anniversary celebration.

years after its founding, and now includes over 65,000 items, dating from ancient times to the modern era. Among the oldest and the most prized are six Assyrian stone reliefs from around 900 BCE. The Hood is proud of the richness of its cultural holdings, including the Americas, Europe, Africa, and Papua, New Guinea.

One of the amazing things about the Hood is that admission is free of charge, a wonderful gift to the community. The museum offers a diverse schedule of exhibits and programs throughout the year, ranging from lectures to gallery talks, workshops, and tours.

The museum is open Tuesday through Saturday from 10 am to 5 pm, Wednesdays from 10 am to 9 pm, and Sunday from noon to 5 pm. For information about exhibits and other programs, visit [www.hoodmuseum.dartmouth.edu](http://www.hoodmuseum.dartmouth.edu).



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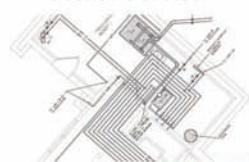


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# Party at the Pond

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*Sugar on snow.*

Reverend Samson Occom could sure draw a crowd. During the Mohegan's 1766 to 1767 tour of England to help raise money for Eleazar Wheelock's "Indian charity school," people came from near and far to hear his sermons. During one of Occom's 400 orations, King George III and the Earl of Dartmouth liked what they heard enough

to support Occom's cause, which ultimately led to the founding of Dartmouth College.

Today Occom's namesake pond on the northern end of the Dartmouth campus attracts a substantial crowd of its own, but not for religious or academic inspiration. Each

February, during Dartmouth Winter Carnival, Occom Pond hosts a party. This enormous volunteer effort brings together the town, the college, and the Occom Pond neighborhood for the benefit of Upper Valley families. Now in its 13th year, the Occom Pond Party is a free festival where kids can partici-

## Don't Miss It!

The 2011 Occom Pond Party is scheduled for February 12 from noon to 3 pm. For more information or to volunteer, contact the Hanover Recreation Department by calling (603) 643-5315, or online at [www.hanovernh.org](http://www.hanovernh.org).

participate in traditional winter activities such as sledding, skating, and pond hockey, as well as the less traditional events of penguin bowling and couch racing. Whether you desire to dash through the snow on a horse-drawn sleigh or to slowly savor maple sugar on snow, this is one party you won't want to miss.



*A high-five from "Dartmoose."*



Families take to the ice with both skates and snow boots at the Occom Pond Party.



Clockwise from left: A girl sits in an armchair left over from the chair races, the perfect place to put on her skates. The miniature ice palace is both festive and a fun place for kids to explore. Sleigh ride pulled by horses.

## SEASONAL VIEWS



*A first-time ice-slider takes off with the help of a volunteer as other kids wait their turn.*





Top: A pond hockey player ready for more action.

Bottom: Crack-the-whip.

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SEASONAL VIEWS



*Top: Bill Young, a visionary and organizer of the event, sends a smiling tuber down a snowy slide.*

*Above: Horse-drawn sleigh rides are among the many activities at the annual Occom Pond Party.*

*Right: There's more than one way to glide across the pond!*





# Wine Season

HOLIDAY  
SELECTIONS FROM  
NORWICH WINES



Like many retailers, wine shops are busy places during the holiday season. Peter Rutledge at Norwich Wines says November and December bring his busiest days of the year, especially the day before Thanksgiving, the Saturday before Thanksgiving, Christmas Eve, and the Saturday before Christmas. Along with purchases for gifts, he notes, “Everyone has some sort of family gathering where they want to serve wine.” »





**THE GIFT OF WINE**

When it comes to a gift-giving wine purchase, Rutledge suggests wine lovers think about the same questions he asks his customers before making a recommendation:

- Do you want a red or a white wine?
- Will it be served with a particular food?
- Do you prefer a wine from a specific region, such as France, Italy, or California?
- What is the price range?
- Do you want a light or full-bodied wine?

“I’ll often ask a customer if their friend made a trip recently or is fascinated by a particular region of the world,” Rutledge notes. “The gift of a wine from that area will often be appreciated.”

The challenge in selecting wines for a holiday meal comes from the vast variety of flavors found on the table. Rutledge said, “We like to think of pairing the flavors in a wine with a particular dish, and while that approach works well with many meals, there are usually so many different tastes and textures at big family gatherings that this becomes impossible.”

**CONSIDER THE CHOICES**

To make the holiday wine selection task a bit easier, Rutledge makes recommen-

dations in the white, red, and sparkling wine categories. His selections are ones he feels would be new and unique for most people, and each can be enjoyed on its own or at the holiday table, as well as be a much appreciated holiday gift.

**Sparkling Wines**

Michlits Pinot Noir Frizzante, a dry Austrian sparkling wine made from the Pinot Noir grape (\$18). Rutledge says, “It has a lovely pink color in the glass, and is produced from organically grown grapes by a brilliant young winemaker in Burgenland who practices biodynamic agriculture. But the best thing about it is the delicious flavor, full of fruit but with a refreshingly dry finish.”

Schramsberg, which Rutledge notes is an old but great name in California sparklers. His favorite is the Blanc de Noirs (\$35). “It has some of the classic toasty, yeasty flavors of true Champagne and represents fantastic quality in this price range,” he explains.

If your budget allows \$50 for a bottle of Champagne, Rutledge suggests wine lovers ask for a “grower-bottled” variety. Created by smaller producers, these bottles will allow people to enjoy what he describes as a “true artisanal wine made by the people who grow the grapes and control the process from start to finish. A. Margaine and Guy Larmandier

are two names to look for, but there are hundreds of other great examples.”

**Whites**

Rutledge notes these selections taste wonderful on their own and work well with both sweet and savory food selections.

Mention Italian whites, and Rutledge acknowledges most people think only of Pinot Grigio. He says, “Don’t get me wrong, there is nothing wrong with the grape, but the vast majority of it is bland, mass-produced stuff that is inoffensive, but certainly not exciting, and usually costs less than \$10. If you move up to the \$15 to \$20 range, Italy has some of the most interesting and food-friendly wines available anywhere.”

The southern Italian wines Rutledge recommends are Bruno DeConcilis, Fiano, and Falanghina from Campania. From the North, he says, “Inama’s Soave Classico has nothing in common with the watery stuff you may remember from years ago, and the wines of Alto Adige from producers like Alois Lageder are fascinating examples of dry—yes, dry—Gewurztraminer and Moscato.”

Vouvray from France’s Loire Valley will also match a meal full of diverse flavors. Rutledge says, “Like Italian whites, Vouvray is often maligned as bland and a little sweet, but that is due to our expo-

sure to only the most generic examples. Look for a demi-sec if you'd like a little sweetness, or a Sec for a drier style, but venture into a quality example from Foreau or Champalou, and you will find wine with softness and finesse, in which any sweetness is more than balanced by great natural acidity."

Austrian wines, such as Leo Hillinger's Small Hill White Riesling, and Anton Bauer and Schloss Gobelsburg Gruner Veltliners and Rieslings, make good selections. Rutledge says, "There is perhaps no better place in the world to find wines with beautiful, pure fruit, great minerality, and food-friendliness made by small growers and at relatively good values."

**Reds**

"For red wines that go well with a range of flavors on the table, it is hard to beat a really good Cotes-du-Rhone," Rutledge says.

Baron de Magana from Spain's Navarra region is a good choice. "This \$20 blend of Merlot, Cabernet Sauvignon, and Tempranillo is rich, full-bodied, and enormously ageworthy," according to Rutledge.

"Don't forget the grape that made California famous—Zinfandel," Rutledge reminds. He recommends Sebastiani Sonoma (under \$15) and Frog's Leap Napa (\$30). "The ripe fruit and roundness of Zinfandels make them very versatile with the bounty of food flavors we enjoy this time of year."

Vermont's Lincoln Peak Vineyard's Marquette (\$15) is one Rutledge describes as "showing a great combination of flavors, including distinct spiciness and cherry fruit that may remind you of Pinot Noir. This reasonably priced red is a great wine to pair with the rest of the local foods we are so fortunate to enjoy!" ☺

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## Treasures in your Attic?

ART AND ANTIQUES  
EXPERT MJ CLARK  
CAN TELL YOU



An ironing board bearing a hot iron deftly guided by Mary Jane Clark, an attractive woman with shiny brown hair, stood between us the first time I met MJ on a brisk September morning at her house in Wilder, Vermont. Under her iron and nearly sweeping to the floor was a vintage black Japanese wedding kimono—a tomesode—suitable not for a bride but for a close female relative attending a wedding in Japan. She explained that its short sleeves indicate that the wearer was married. A member of the Norwich Historical Society, where MJ is on the board, had donated

*Above: Mary Jane Clark.*

*Left: Maker's mark helps determine this tea set's value.*





Careful storage and handling have kept this quilt in excellent condition.

the tomesode to help raise money for new windows for the society's home, Lewis House. It would go on sale at the n HS a ntiqes Show a few days later.

### The evaluaTion Process

Illustrating the tools of her trade, mJ demonstrated techniques for evaluation on her own art and antiques, all of which are mixed gracefully with modern furniture, and whole bookcases of reference books she has collected over the years while working in museums in the U.S. and abroad. She's now turning her museum, research, and teaching skills into a new business venture, c ollection c are & a ppraisals llc , working from her home office.

w hat does this mark mean? How old

is it? w hat kind of wood is this? How much is it worth? How do I take care of it? These are the kinds of questions mJ fields when she visits clients' homes. Her expertise and research capabilities can provide the answers, whether the objects are a sian (her special area of training), a merican, e uropean, or from other parts of the world.

c lients' objects may be large furniture, tiny pots, dishes, calligraphy, paintings, books, rugs, silver, vintage clothing—whatever he or she has questions about. mJ works with what her clients have: fine art, decorative art, antiques, books, individual pieces, collections, or collectibles. She'll identify personal property, sort it, catalog it, and appraise it. She'll locate someone to build a crate, carry



Detailed carving helps date this chair.





*The tools of an appraiser.*

valuable goods as a courier (she's done it herself many times), or install a large painting. She'll tell people what they have and what their personal property is worth. "An informed client is an empowered client," she says.

Moving to a smaller residence is a common occasion for evaluating possessions, as are other life episodes when an accounting for personal possessions is needed: death, divorce, dividing up, insurance or tax purposes, or simply "spending down."

### Back to the Upper Valley

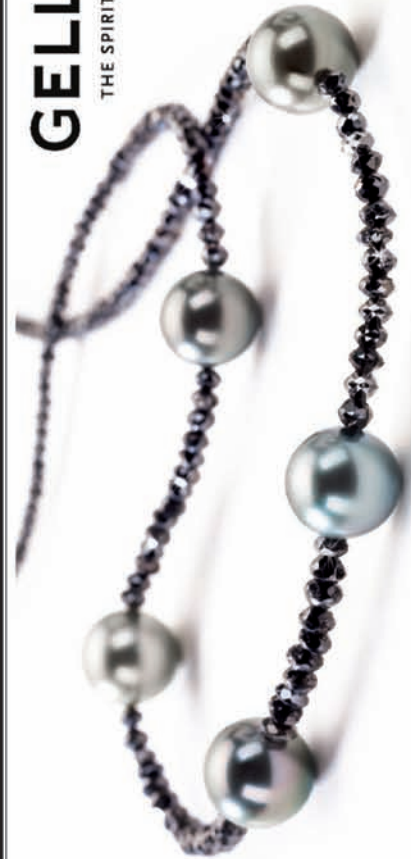
MJ's familiarity with the Upper Valley comes from having lived here twice, first in Thetford and Hanover in the '70s, when she worked at the Dartmouth College Museum and Galleries and taught in Dartmouth's Asian Studies program. In 1978, she led a three-week group tour to China for Dartmouth's Friends of the Hopkins Center.

Following years of museum work, she returned to the Upper Valley in the late '90s and taught Chinese for The Moun-



*Looking at the joints under a table.*

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17th century "Pilgrim" table.



Looking for telltale clues to date this table.



Examining the bottom of the drawer.

tain School in veshire and did collec- tions consulting. During her time away, she was head registrar of the Smithson- ian's Traveling e xhibition Service; a contract registrar for the Solomon r . Guggenheim museum in n ew York and Bilbao, Spain; and worked in the Far e astern a rt Department at the Yale Uni- versity a rt Gallery and the U.S. c apitol v isitors c enter in w ashington, D. c . She also taught a course at Yale called "Daily l ife in c hina" and co-wrote a book, *Traces of the Brush: Studies in Chinese Calligraphy*, Yale University Press, in 1977 when she was a PhD candidate at Yale. She has also worked as a translator, editor, and researcher at the n ational Palace museum in Taiwan.

Her new business is not a traditional one. She doesn't buy and sell art or an- tiques, though she may act as intermedi- ary to help a client sell an object, using identification and evaluation techniques that are her stock and trade. Her tool- box, her research books, her connec- tions, her advice, her translation skills (in addition to her native e nglish, she speaks fluent m andarin, French, and some Japanese and Italian), and know- ing how to read identification marks helps clients sort, value, or care for their own possessions. She detects restora- tion or distinguishes an original from a reproduction. (n ot surprisingly, she vol- unteers at the Five-c olleges Book Sale, pricing books on art, architecture, and antiques.)

### GivinG Clients expert Advice

w hat does "c are" mean in "c ollection c are?" mJ is referring to the care and preservation of special objects, including insurance coverage, storage, handling, and display. moreover, she has a mis- sion to educate clients with practical advice on how to better care for a valu- able object. Some—not all—textiles, for example, should be kept in unbleached muslin, which doesn't bleed, transfer chemicals, or off-gas. Tightly sealed plastic traps moisture inside, and mJ doesn't recommend using it.

Some recent projects mJ has under-



Dating an early Chinese ceramic jar.

taken are with clients in the Upper Valley moving into retirement residences. These clients want to know about what they have accumulated and its worth, to help them decide whether to keep, sell, or donate personal property, or divide it equitably among their children. "Sort, identify, catalog, and appraise," she summarizes. She is a certified appraiser of art and antiques as well as a collection consultant. Sorting can include taking care of shipping, finding storage spaces, or taking objects away for donation. »



Checking for chips and cracks.

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## GREAT IDEAS

She finds that people are better able to make decisions after they have accumulated sufficient information. “Sometimes it’s helpful to a client if I act as a surrogate daughter, someone who can say to an older client, ‘let it go.’ The children don’t want the family silver? ‘Use it or donate it,’ or ‘I can recommend a dealer.’”

Her interest in Asian art and an-

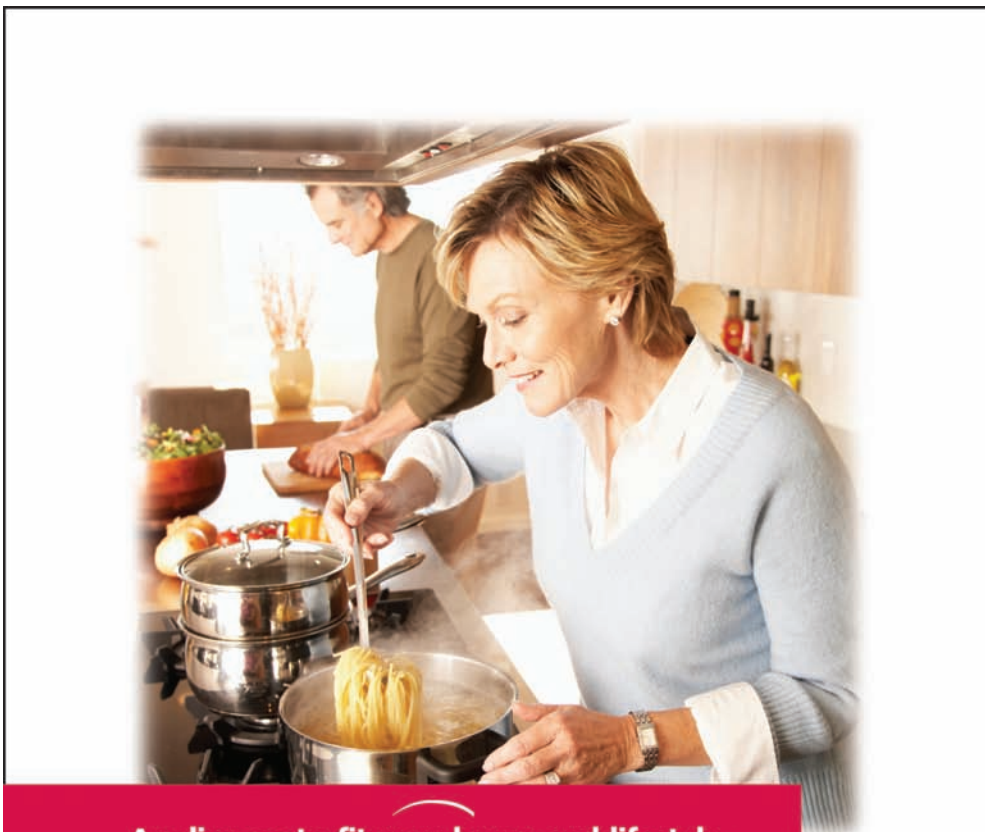
tiques began on an extended trip through Asia with her mother, when her parents lived in Taiwan and Korea because of her father’s military post there. After the trip, she came back to the U.S. and changed her Wellesley major to Asian Art. Her first museum job, between her junior and seniors years in college, was at the Ashmolean Museum at Oxford, where she was a volunteer



Native American knife sheath undergoes remounting.

assigned to organize and catalog a collection of early Chinese pottery, beginning her initial experience in using the tools she now carries with her in her toolbox.

The contents of her toolbox illustrate the kind of helping hand she offers: two cameras, latex and nonlatex gloves, a “gorilla” tripod, magnifiers, a timer to track her hours, a large over-the-door picture hook, a headlamp, a black light that detects restoration on paintings and damage on rugs, a Swiss Army knife, a multi-purpose tool, tape measures, an articulating mirror on a stick to search out marks on the undersides or backs of heavy furniture, a thread counter for rugs—tools she once carried in a kit for traveling exhibits for the Smithsonian and the Guggenheim, now packed and ready for use at homes in the Upper Valley and beyond. ☺



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Dye your hair. You'll be wearing a hat most of the season anyway.

Volunteer to work on a hotline for whatever you're passionate about (suicide prevention, breast cancer, teen pregnancy, alcoholism). Nothing warms the soul like lending an ear.



Camp indoors and roast veggie dogs and marshmallows on long skewers in the fireplace. Make s'mores and drink mugs of hot chocolate or sugar-free flavored seltzer. Stay up all night.

# The Best Winter Ever!

BY E. SENTEIO

HOW TO ENJOY THE LONG, COLD SEASON WHEN YOU DON'T SKI

The cold has already crept in under the doorframes and whistled through the windowpanes. Winter in New England is many things; it can be jaw-droppingly beautiful, and it can be long—like, “will I never feel sunshine on my face ever again, please help me.” It is not too late to prepare for the stretch of winter that still lies ahead.

When snow falls or the temperature drops and all you can think is “hibernation,” you're not alone. We all—well, most of us—have to go to work, so the ideas that follow are for after you get home, shrug off the parka, and kick off the mukluks, or for a weekend, or wherever you can fit them in for the run of the season. Enjoy winter from inside triple-paned windows, buoyed up by the crackle of a fireplace.

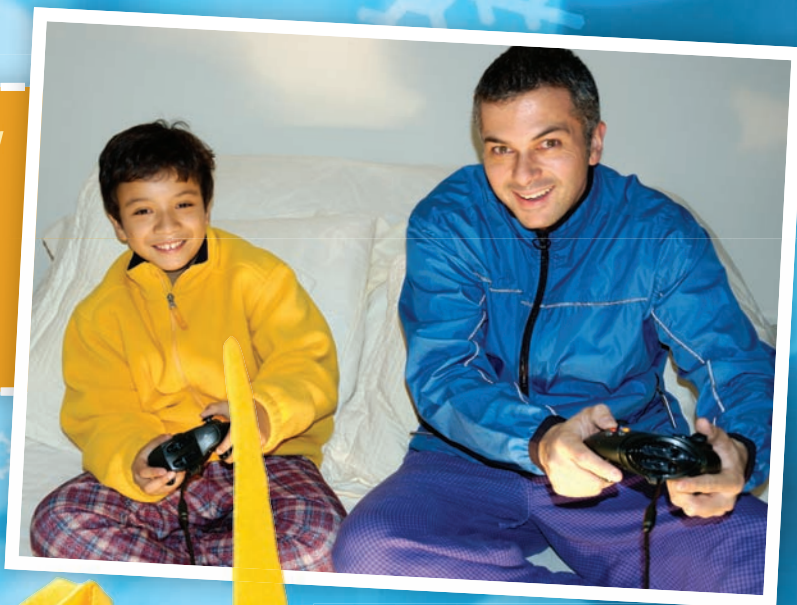
Don't let the season get the better of you—use the season to get better. Make it a time for enhancement, enjoyment, and fun. As you snuggle in for a long winter's night or day, have a battle plan to get through the winter.

Pull out the board games during every snowstorm. Remember how fun friendly competition and raucous conversation can be? Spiced cider doesn't hurt.



Or to teach someone one of your many talents; they just have to show up. If it's an immediate family member, they probably already live with you, so that's even easier. Are you a good chess player, singer, baker, or mathematician?

Every Saturday afternoon, play video games with your kids. You'll see what all the hype is about while improving your reflexes and exercising your eyes and mind. Quality time.



Have a Mug O' Soup non-event—mainly because it's so easy—and chances are you have a lot of mix-and-match mugs around the house, as well as a few friends. Line up your mugs next to a humongous steaming pot of the best soup ever (deli bought, homemade, or even canned). Soup. Just soup. Maybe add a crispy bread loaf and a crock of butter. That's it. Now have a body-warming midday Mug O' Soup on a cold day with some friends. You get to stay home and everybody gets to talk, laugh, and slurp.

Reawaken your creativity. Take a lesson in sculpting or watercolors at Saint-Gaudens in Cornish, New Hampshire. Buy a DVD or instruction book, or check out YouTube and try it at home. Learn calligraphy, sculpting, watercolors, or origami.



Make a month of menus—that's 93 in total—a breakfast, lunch, and dinner plan for 31 days of the month (on 30-day months you'll have a bonus meal). Don't plan to put your menu to use until January 1, 2011. Be practical—repeat family favorites and freeze and prepare big meals (like lasagna) once a week and you won't have to worry when you're running late. Go through your cookbooks and online resources, watch cooking shows. Write it down! Don't worry, you can cross them off or swap meals and days. No more than 30-minute meals for weekdays, and save multicourse feasts for weekends. Plan for pizza, burgers, or ziti on those days you won't feel like or won't have the time for cooking.

Take up sewing and make blankets for the needy. Take up knitting or crocheting and make matching hats and scarves to go with the blankets. It's good practice and good karma.

Make a serious attempt to catalogue your expenses and debits—from daily coffee to the mortgage payment and everything in between. Maybe later you can do a budget, but first just figure out what is going where and why. Make a big chart and maybe include a graph. Track every nickel, gas tank, and pack of gum at the end of each day. You'll be surprised.

Learn a foreign language. Do you want to move beyond "oui, oui" and "ciao?" Order DVDs in the language of your choice online through Rosetta Stone or any other language program. Commit an hour or two each day or a day each week. You can learn a language on TV, online, in a book, on audio books, or in classes taught at local community colleges. What about sign language? That's a definite thumbs up. You have absolutely no excuse not to. N'est-ce pas?





**Dance.** If you want to make it a family affair, buy a strobe light bulb, move aside the furniture, and make Saturday nights Oh, I Know I Can Dance night. You might be able to turn the kids on to some of your golden oldies, but remember, they may want to reciprocate. If you live alone, strip down to your undies and let yourself go. Who's stopping you? Burning calories and having fun. Groovy.

Volunteer to record audio books. All books in the public domain are going live on <http://Librivox.org>. Combine two talents—talking and reading.

Have a romantic dinner with wine, and, well, see where the night leads. If you have children, preplan this one for every other Friday of the season. Stay up all night.

Have a fright night with candles, a comedy night with popcorn, or a cartoon night with children (or the young at heart). Make a list of all the movies in the genre that suits your mood. Watch them that night or weekend or throughout the season every Friday. Maybe enjoy the *Star Trek* movies all in a row. Laugh, cry, scream; totally suspend your disbelief.



Learn to play cards, sing opera, play jacks, build a bookshelf, redesign the guestroom, do papier-mâché, or groom your dog.

Adopt a pet and train it to get your slippers, or at least to curl up on your lap and look for snacks and love. Best way to get through the winter, ever! Name him or her Sunshine.

Make a photo album or scrapbook. If you already have one, spend some time on the couch looking at the pictures and telling old family tales. Let the kids tell the new ones. Write a paragraph about each picture and put it in the album.

Watch travel shows with a notebook in hand and plan your next vacation or dream vacation in detail. Check hotels, routes, airplane tickets, points of interest, pet travel, vacation times, and maps. Print a Trip-Tik from AAA. Go wild—and then pare down to what's doable.



Watch a month of design shows with a notebook in hand, and find a flare for decorating your home and life. Or at least make it more manageable, comfortable, and attractive.

Take instant photos of the season, like little Malcolm or Buddy enjoying hot chocolate, big Daddy in his long johns, Mrs. Claus in her reindeer robe, or an early present under the tree. Hang them on the mantle at Christmas time, or stick them in surprising places throughout the house or in a lunch box. You'll find random reasons to smile.







*Wuthering Heights? Catch-22? Shakespeare? Iris Murdoch? Toni Morrison? Dostoyevsky? Stephen King? Lee Child? Pick one category—author, century, classics or contemporary, poetry, fiction, sci-fi, memoirs, international, or local, whatever you have been itching to get to. Make a winter reading list and buy (or borrow) all the books on the list; make it a manageable number for the season. Read them.*



## Bumble and bumble spoken here.



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Take cooking lessons so you can use your wok as more than a fruit bowl. Go online or read a book and learn to make sorbet, snow cones, or cotton candy. I'm sure there are also healthy things you can make. Tune into one of the cooking channels, and schedule your DVR for whatever recipes you want to try—all fish recipes, or Hungarian, or desserts—and then spend a few afternoons or a weekend in your apron mastering a new cuisine. Have a weekly Family as Guinea Pig night.

Do you want to go back to school and continue your education? Then spend the winter making a plan. Do all your research. Decide on a school and a program. Call the school and talk to a counselor. Apply for financial aid. Ask for a brochure. Review the schedule so you know what's feasible. Make it happen.

Learn to play a musical instrument. Always thought you were the next Guitar Hero, with a real guitar? Ever want to tickle the ivories like you knew what you were doing? How about the harmonica? If you have it, can rent it, borrow it, buy it—just do it. The music is in you. Compose your own theme song.



Spend one day every weekend cleaning, painting, or reorganizing something. You know all the boxes and papers in your office, guestroom, and attic? Well, sort out one box a day throughout the winter and you will have gone through everything by the time mud season rolls around.



Clean out your cabinets and closets, one a week for the season, and then donate everything you can to a shelter. Many pet shelters need towels and sheets!



Make a list of people you care about and go to [www.123greetings.com](http://www.123greetings.com) to find the perfect e-card for everyone's birthday, anniversary, graduation, etc. Sign up for a free subscription or pay a minimal price on another site and schedule all e-cards to go out automatically on the correct date. That way you never forget a friend or family member's special day.

Take up bird watching from your couch. Put up a birdfeeder early so the birds will know where to find you (winter birds like seeds, suet, and berries). If it's early enough, put in a bird nesting box. Make a list of birds you are likely to see in your area, and check them off when you spot them. Give a prize at the end of the season for the most eagle-eyed voyeur. Keep a few blank lines for unexpected or undetermined bird spotting.

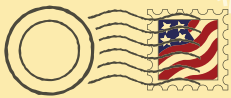


Feeling ambitious? Hold a can drive (or whatever is number one on the shelter's wish list: towels, dry goods, etc.) at your place of employment (with management's permission, of course) or at a gathering of friends and family. All it takes is a box and a sign in a well-trafficked area. The following month, hold a dollar drive. Ask each person to donate one dollar—no more, no less. Even if you raise only \$10, it will be appreciated at any human or pet shelter. All you need is a jar and a smile. People often want to give but don't take the time. Make it easy for them.

Buy a multipack of white t-shirts and personalize them for family and friends with indelible markers or t-shirt kit patterns from a nearby store. Look for patterns and designs online. Say anything, like "Real Men Don't Shiver" or "Mama Bear in Hibernation."



Write long letters to people who matter to you, even if you retype them later and send them by e-mail. Or buy an envelope and a stamp. Imagine their surprise to get a handwritten letter!



Every Sunday midday pull out that beautiful tea set you never use and invite your sisters, mother, mother-in-law, or girlfriends over for A World of Tea Day. Lay out teas from around the globe, scones from a local bakery, or cookies from your oven; add an assortment of unique jams and creams. Use clotted cream for authenticity, and have a tea-tasting contest. Who can really tell the difference? If you want to do this with your brothers, father, father-in-law, or boyfriends, try A World of Beer Day with chicken wings and barbeque sauces from around the globe.



Spend a day or so figuring out Facebook and Twitter, and if you are already familiar with them, spend the day looking up old friends and lovers and eavesdropping on their lives or dropping them a howdy-do.

Do everything on this list at least once throughout the season. Before you know it, the ground will thaw, spring will be here, and you will be rejuvenated and better than ever.

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# Holiday Gift Guide



## Brambles

A must-stop when you're in Hanover. Fun and unusual gifts and cards. Stylish bags, wallets, jewelry, home accents, bath and body products, and 'Little Brambles' adorable clothing and toys for newborn to 5 years. With free gift wrapping and a play corner for the kids, shopping couldn't be easier. Next to the Dartmouth Co-Op.

15 South Main Street  
Hanover, NH 03755  
(603) 676-7837



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Steaks, Seafood  
& Tavern

## Jesse's Steaks, Seafood & Tavern

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Route 120  
Hanover, NH 03755  
(603) 643-4111  
[www.jesses.com](http://www.jesses.com)



RiverValleyClub

## River Valley Club

Life is good... River Valley Club makes it better!

The River Valley Club offers New England's finest health and fitness, tennis, and day spa. For over 10 years, RVC has been an UpperValley fixture and the preeminent full-service health club in New England. We have industry-leading personal training, group exercise, nutrition, tennis, and aquatics programs for people of all ages and fitness levels. Our friendly, expert staff is committed to helping you live a healthier, more active lifestyle and achieve your fitness goals. Come join us!

33 Morgan Drive, Centerra Park  
Lebanon, NH 03766  
(603) 643-7720  
[www.RiverValleyClub.com](http://www.RiverValleyClub.com)



## helium—a shoe store

Exceptional women's shoes and accessories. Helium offers a selection of beautiful and eclectic shoes and accessories, carefully chosen for style, quality, and comfort. Think helium for special holiday gifts like silk tights, cashmere socks, and beautiful leather goods.

61 South Main Street  
Hanover, NH 03755  
(603) 643-1313  
[www.heliumshoes.com](http://www.heliumshoes.com)  
Monday-Saturday 10am-6pm  
Sunday 12pm-5pm



### League of N.H. Craftsmen Retail Gallery and CraftStudies Program

Visit our Gallery offering a stunning collection of unique and one-of-a kind traditional and contemporary fine craft by top regional artisans and an extensive CraftStudies Program offering classes and workshops for children and adults.

13 Lebanon Street  
Hanover, NH 03755  
(603) 643-5050 (Gallery)  
(603) 643-5384 (Craftstudies)  
www.craftstudies.org  
Monday-Saturday 10am-5pm



### Hanover Outdoors

The finest quality clothing and gear for an active lifestyle. Winter apparel and accessories from Quartz Nature (parkas from Canada), Barbour, Ibex, Patagonia, Smartwool, and much more! Need a Christmas gift? Try our fully stocked fishing department. Free gift wrapping and shipping!

17½ Lebanon Street  
Hanover, NH 03755  
(603) 643-1263  
www.hanoveroutdoors.com



### King Arthur Flour

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135 Route 5 South  
Norwich, VT 05055  
(802) 649-3361  
www.kingarthurfLOUR.com/ourstore

Monday-Friday 7:30am-6pm  
Saturday 8:30am-6pm  
Sunday 8:30am-4pm



### 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. Whatever the season, Breakfast on the Connecticut is the perfect place to do it all or simply relax.

651 River Road  
Lyme, NH 03768  
(603) 353-4444, (888) 353-4440  
breakfast.connecticut@valley.net  
www.breakfastontheconnecticut.com

### Canoe Club

Inventive bistro food in the center of downtown Hanover. Lunch and Dinner from 11:30 am to 11:30pm. Live acoustic entertainment 7 nights a week. South-of-the-Equator wines, 24 draft beers, and late-night frivolity. The Canoe Club's leather couches, waterwall, and rustic Northwoods memorabilia suggest a welcoming, comfortable setting for fresh local food with a flair.



27 South Main Street  
Hanover, NH 03755  
(603) 643-9660  
www.canoeclub.us





# Holiday Gift Guide



## Long River Studios

Founded in 1991, Long River Studios is an artisans' cooperative carrying fine arts and crafts and a few etceteras from the Upper Valley and beyond.

Main Street  
Lyme, NH  
(603) 795-4909  
Monday-Saturday 10am-5pm  
[www.longriverstudios.net](http://www.longriverstudios.net)



## Molly's Restaurant & Bar

Molly's in Hanover 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 and bring friends in for some great fun while you watch the game in Hi-Def in the bar! Opening at 11:30am seven days a week.

43 South Main Street  
Hanover, NH 03755  
(603) 643-2570  
[www.mollysrestaurant.com](http://www.mollysrestaurant.com)



## The Mountain Goat

Visit the Mountain Goat, a year-round, outdoor outfitter right in Downtown Hanover.

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Of course it's durable, of course it's the best. Of course it's hand-selected. It's at The Mountain Goat.

68 South Main Street  
Hanover, NH  
(603) 676-7240  
[www.Mountaingoathanover.com](http://www.Mountaingoathanover.com)

Monday-Saturday 10am-6pm  
Sunday 12 noon-6pm



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[www.quecheecountrystore.com](http://www.quecheecountrystore.com)





## The Norwich Bookstore

Offering a fine selection of thoughtfully chosen books as well as toys, games, and notecards for everyone in the family. Gift-wrapping is free and comes with a smile! We host frequent author appearances; please visit our website for upcoming events. The Norwich Bookstore is locally owned and truly committed to the Upper Valley community.

291 Main Street  
Norwich, VT 05055  
(802) 649-1114  
www.norwichbookstore.com

Monday-Saturday 9am-6pm  
Thursday 9am-8pm  
Sundays 12 noon-5pm between Thanksgiving and Christmas

## Murphy's on the Green

The very best in local dining with creations from Chef Brent Battis. Murphy's is the #1 rated restaurant on Zagat and Trip Advisor in the Upper Valley.

11 South Main Street  
Hanover, NH 03755  
Reservations: (603) 643-4075  
www.murphysonthegreen.com



## Hanover True Value

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(800) 643-2308

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Saturday 9am-5pm  
Sunday 9:30am-2:30pm  
www.HanoverTrueValue.com



## 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. From pates, soups, and ice creams to hand-cut French fries, grass-fed Vermont beef, and soufflés, all offerings are made in house. Two intimate dining rooms provide elegant dining, and a lively bistro features casual offerings and a fully appointed bar.

326 Main Street, Norwich, VT 05055  
(802) 649-2922  
www.carpenterandmain.com

Dinner is served Wednesday through Sunday evenings:  
Bistro 5:30pm-10pm; Dining Rooms 6pm-9pm  
Closed Monday and Tuesday.



## 227 Mechanic Street Design Center

The Upper Valley's newest design center on Mechanic Street in Lebanon is all about helping you make your residential or commercial spaces more functional and beautiful. Cabinetry Concepts offers traditional and contemporary cabinetry, countertops, and hardware. Surface Solutions offers tile, glass, stone, metal, and hardwoods to help you create fresh looks for all your wall and flooring needs. Creative Lighting Designs illuminates and enhances your home or office, both inside and out. The Design Center's professionals can help you create more comfortable and inviting spaces to relax or work. Stop in soon!

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Lebanon, NH 03766  
www.cabinetryconceptsNH.com  
www.creativelightingdesigns.com  
www.surfaceolutionsNH.com



*a simple*  
**Christmas**  
with matthew mead

Matthew and Jenny Mead turn to natural touches to make their holiday home sparkle with simplicity.



Christmas for us is a time to embrace all things natural. We like to gather living plants and evergreens from local nurseries and use our simple mercury glass and silver pieces to keep our rooms easy and pretty. We enjoy spending our time wrapping special gifts collected at the local antique stores and making cookies to give as gifts to friends and family. Fresh flowers are a must as are candles, boxwood wreaths, and holiday casseroles that allow us to entertain at a moment's notice.



Produced, photographed, and written by Matthew Mead, [www.matthewmeadstyle.com](http://www.matthewmeadstyle.com)

*“few ornaments let  
the natural elements take center stage.”*  
—matthew and jenny mead



Ornaments cut from paper to hang on a twig tree. Cookies made from basic pantry items. Icing and coconut make them look like they have been dusted with snow. Living trees are corraled in buckets and ironstone pieces from my collection. We are drawn to a very monochromatic color way punctuated by fresh greens. An old water fountain base in porcelain makes a slender and chic tree stand for a fresh-cut spruce.



## Jam Thumbprints

Makes three dozen cookies

- $\frac{2}{3}$  cup unsalted butter, room temperature
- $\frac{1}{3}$  cup granulated sugar
- 2 egg yolks
- 1 tsp vanilla
- $\frac{1}{2}$  tsp salt
- $1\frac{1}{2}$  cups all-purpose flour
- 2 egg whites, slightly beaten
- $\frac{3}{4}$  cup walnuts, finely chopped
- $\frac{3}{4}$  cup seedless apricot jam

Preheat oven to 350°

1. In a large mixing bowl, cream together butter and sugar, using an electric mixer on high speed, until light and fluffy. Add egg yolks, vanilla, and salt. Beat well, then switch to low speed and gradually add flour until dough forms.
2. Shape into 1-inch balls, dip them in the egg whites, and then roll balls in the walnuts, covering the entire surface of each cookie. Place 1 inch apart on greased cookie sheet. Press center of each cookie with thumb to make imprint.
3. Bake for 15 to 17 minutes. Let cookies cool 2 minutes on baking sheet, and then transfer to wire rack. While still warm, fill imprints with jam. Let cool completely.





Green ribbons are collected all year long to add style to gifts and wreaths. Matthew prefers living greens as the shedding is minimal and the look is lasting right into February. Apricot thumbprints are a prized sweet to have at home and to give as gifts. The recipe is from Janet Dubuc, an invincible cookie baker and mother to my assistant, Lisa Bisson.

• Marilyn Bedell •



• Barbara Couch •



• Josette Malley •



# 5 Remarkable Women



THE UPPER VALLEY HAS ITS SHARE OF OUTSTANDING CITIZENS

BY MARK AIKEN  
PHOTOS BY JACK ROWE II

• *Bente Torjusen* •



• *Kathy Underwood* •



**I**n every community, leaders emerge. Here we introduce five unique members of the Hanover and Lebanon communities and briefly describe their career paths and their active community roles. Despite varying backgrounds, interests, and experiences, they all share certain commonalities. Firstly, they are five women who love living in the Upper Valley. Secondly, they have all risen to the top of their chosen fields—whether here in the area or elsewhere. Each of them had strong mentors as they made their ways professionally and personally—and they see the importance for similar support for today’s young people. In fact, each of these women has great respect for and belief in the young people of this area. When leaders such as these—Marilyn Bedell, Barbara Couch, Josette Malley, Bente Torjusen, and Kathy Underwood—express this sort of faith in our youth, the future must truly be bright. »

• Marilyn Bedell •





## marilyn Bedell

retired associate Director for nursing, Dartmouth-Hitchcock medical Center  
District Governor 2011–2012,  
Rotary Club, District 7850



### Her Path

Marilyn Bedell decided to become a nurse after being hospitalized for a month when she was four years old. “Even at that age,” she says, “I was able to put nurses into two categories—good nurses and those that I didn’t like so well.” The good nurses came into her room in the morning and immediately turned the television to *Captain Kangaroo*. The not-so-good ones watched adult programming like the *Today Show* while tending to the young Bedell. “I wanted to be like the good nurses,” she remembers. Years later, she graduated from the Shadyside Hospital School of Nursing (the same place where she had been treated years before) and began a 36-year career as a nurse at Dartmouth-Hitchcock Medical Center where she retired as the Associate Director for Oncology Nursing.

### Community

Bedell chose her career path at age four, and she still believes in the capabilities of young people. This year she will assume the role of Governor of Rotary Club District 7850, where she has been very active, including helping to organize the Rotary-sponsored Youth Leadership Conference. “Building leadership skills is important,” she says. One aspect of the Rotary that she hopes to challenge is the perception that the club is an organization for older adults. “We need to remind ourselves that Paul Harris was in his thirties when he founded the Rotary,” she says.

Bedell is grateful to mentors who provided guidance early in her nursing career. For example, Lorraine Baker, then a head nurse at Dartmouth-Hitchcock, would take the time to ask Bedell what she learned after attending professional development courses or seminars, “Then she would look for opportunities for me to apply that knowledge,” says Bedell.

Bedell appreciates the give-and-take she has experienced in her careers. For example, she has put many hours and great efforts into improving her community through the Rotary, while, in turn, her membership has opened doors for her. And in her former career as an oncology nurse, Bedell admits that caring for cancer patients can be challenging and even draining work. “The rewards,” she says, however, “are just immeasurable.”

What profession would she do had she not been a nurse? “No idea,” she laughs. “Maybe song and dance!”



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Fri 10-7, Sat 9-3

• *Barbara Couch* •



## Barbara Couch

Vice President for Corporate Social Responsibility, Hypertherm, inc.

### Her Path

Barbara Couch admits that she had her doubts when she first came to the Upper Valley. "I grew up outside of Chicago," she says. "This felt like the end of the earth." Likewise, when her husband Dick Couch asked her to take a leave of absence from her job as a school guidance counselor to help him manage the growth of his tech company Hypertherm, she wasn't sure. She decided to help for six months. "I enjoyed calling other companies and HR reps in the community," she says, "to learn what they were doing." Time flew, and she enjoyed her role. She stayed six more months. She's now in her 27th year.

### Community

One of Couch's roles over the years has been to oversee Hypertherm's philanthropic activities. "We live in an area very rich in cultural activities, natural beauty, and opportunities to learn and grow," she says. She believes that people want to work for a company that contributes to its community. Hypertherm gives associates two paid days annually to perform community service work. This practice, she says, is a great way to involve associates in contributing to the community, and it results in a sense of pride in both the community and the workplace. "Everybody wins," Couch says.

In order to feel complete as a person, four components need to be present in her life: faith, family, exercise, and work. And an increasingly important aspect of her working life is her involvement with nonprofits. What began as volunteering at her children's school activities and extracurriculars grew into larger responsibilities; for example, she is preparing to become Chair of New Hampshire Public Radio, and she serves on the board of directors of Dartmouth-Hitchcock Medical Center. "I've been very fortunate," she says. "Now I thrive on giving back."

Exciting developments in her life: "My first grandchild was born last September," Couch says. "She has changed my life forever. It's the best."



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• *Josette Malley* •



## Josette malley

r etired Social Scientist,  
World Bank

### Her Pat H

Born in Bethune, France, Josette Malley began medical school at the University of Paris before realizing medicine wasn't her interest. She came to the United States as an au pair and came to a realization: "I wanted to learn about cultures of different people," she said. By the time she received her PhD in anthropology, she had further realized she wanted to work to alleviate world poverty.

Malley believes there is never just one side to a given situation. "If you draw your conclusions too quickly," she adds, "you are likely to miss something." This concept served Malley well in a 30-year career as a social scientist, mostly for the World Bank, during which she visited between 40 and 50 nations in Asia and Africa, often going where tourists would never venture. Her role was to evaluate the effectiveness of World Bank-sponsored initiatives and programs in developing nations. She worked alongside people of many nationalities and backgrounds and learned not to let her own background and upbringing over-influence her thinking.

### Community

Although Malley spent extended periods in many of the places she worked, she is very excited about her retirement in the Upper Valley. "It feels good to be part of a community," she says. "I get to meet and learn about people in a variety of settings."

Don't think that Malley is too relaxed in her retirement. In addition to continuing to serve the World Bank in a consulting role, she volunteers in a number of organizations: leading discussions in French for the International Women's Club and seminars about international issues for the League of Women Voters of the Upper Valley. With her husband Raymond, also retired after a career in foreign service, she leads classes through ILEAD (Institute for Lifelong Education at Dartmouth), a program dedicated to continuing ed for the sake of learning. "It is important," she says, "to be aware and informed of what goes on outside our beautiful Upper Valley, in this country and in others."

Hobby: Malley sings with the Bach Study Group, musicians and singers who practice together but never perform. She also enjoys quilting.



### Architects

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# Bente Torjusen



**Bente Torjusen**  
executive Director,  
Alliance for the Visual Arts  
(aVa) Gallery



### Her Path

Cosimo I de Medici of 16th-century Florence had a coat of arms depicting a turtle holding a sail. Underneath the image were the words *Festina lente*. “Hasten slowly” translates Bente Torjusen. Is Medici’s mantra an oxymoron? Torjusen thinks not. “We must push forward,” she says, “but with vision.”

Torjusen, who was born in Norway and lived in Florence before coming to the Upper Valley, has certainly incorporated Medici’s motto throughout her tenure as executive director of Lebanon’s Alliance for the Visual Arts (AVA) Gallery. Raising funds, supporting the arts, and reaching out is unrelenting work for a small, independent, unaffiliated gallery. Still, in 2003, it didn’t stop the organization from charging ahead with the renovation of its current Bank Street site, and an ambitious dual mission of supporting professional and cutting-edge artists and cultivating the creative talents of young people and beginners.

### Community

The reward in Torjusen’s job is seeing artists who started in AVA classes or as student-interns realize artistic goals and dreams. “I love it when former students or interns go off to pursue careers in the arts,” she says. Meanwhile, she is proud that the 21 studio spaces in the Bank Street location are rented and occupied by artists in residence. Although the gallery’s expansion created ongoing funding challenges, it also broadened the scope of the educational offerings and exhibitions that the gallery could offer the community. They could have, according to Torjusen, cut corners cost-wise in the renovation by not conforming to environmental LEED standards. “How else do we demonstrate the relationship between art, the environment, and science?” she asks. “Art is a totally integrated part of our lives.”

Torjusen works with local schools and social services, another important aspect of AVA’s mission. Her parents instilled in her an appreciation for art at a young age, and, with her marriage to the late artist and filmmaker Clifford West, it became a central aspect of her life. Although AVA has a beautiful space and a myriad of offerings and happenings, life for a small gallery is never easy, particularly in these economic times. “But art isn’t about being comfortable,” Torjusen says. “In fact, sometimes art should shake you up.”

Hobby: Torjusen loves reading the same books in different languages. “Language fascinates me,” she says.



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*Kathy Underwood*





## Kathy Underwood

President/Ceo,  
Ledyard national Bank



### Her Path

One size does not fit all. That is what Kathy Underwood learned when she transitioned from a job as district president within the financial giant KeyCorp to President and CEO of the comparatively smaller Ledyard Financial Group. "I wanted to be able to make a difference working for an organization that truly cared about employees, clients, and the community," she says.

Decision-making within a larger organization, says Underwood, is often done from far away. "A decision one might make in Cleveland, Ohio," she says, "could be different than what's right for Hanover, New Hampshire."

### Community

Underwood is proud of the courses, programs, and speakers that Ledyard brings to the area. "I get very excited about educational programs," she says. Financial education classes, speakers, and programming for special groups (women, for example, or small business owners) are some of the offerings. Also, she says, a small organization like Ledyard really can give clients the sort of time and attention that can make a difference.

Underwood had an interest in banking from a young age, because her father was an international banking consultant. But it wasn't until college that she first began to express her own interest in finance to a college professor. "He encouraged me," she remembers, "to get a job at a local bank rather than at the grocery store where I was working." In fact, the professor arranged an interview with a bank manager he knew. That's what good mentors do, says Underwood; they open opportunities and push you.

Although Underwood moved from bigger to smaller in her career doesn't mean she isn't involved in national banking. She serves as a director of the Federal Reserve Bank of Boston. "It's an incredible time to be on this board," she says. Closer to home, she serves on the board of directors of the Kendal continuing care and retirement community in Hanover, as a member of the Upper Valley Corporate Council, and as a board member of the Chamber of Commerce. She is particularly proud of her role in helping to develop the Leadership Awards Committee with the Chamber. "Communities need leaders," she says. "And it's important that we recognize these leaders."

Hobbies: Underwood loves traveling with her husband and daughters and skiing at Dartmouth Skiway or Sunday River. ☺



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A vertical advertisement for Hilde's Salon Vienna. It features a dark background with a silhouette of a bird in flight at the top. The text is white and orange. The main heading is "HILDE'S SALON VIENNA". Below it, it lists services: "HAIR & SKIN CARE TREATMENTS & PRODUCTS FOR WOMEN, MEN & CHILDREN". A list of services includes: "Classic to trendy cuts", "Custom hair color & hair extensions", "Keratin smoothing treatment", "Ethnic hair styling", and "Body waxing, facials & manicures". It also promotes "L'OREAL PROFESSIONAL INOA HAIR COLOR" and a "GIFT CERTIFICATES & HOLIDAY PRODUCT SALE". The address is "80 S Main St, Mascoma Savings Bank Bldg, Hanover, NH". It mentions "FREE PARKING • MC/VISA • WALK-INS WELCOME". The website is "HILDESSALONVIENNA.COM" and the phone number is "603 643 4260".

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**Paul Hecht, MD**  
Foot and ankle specialist  
Cyclist

**Charles Carr, MD**  
Knee and shoulder specialist  
Golfer, snowboarder, skier, scuba diver

**Pete Peterson, PA-C, ATC**  
Sports medicine physician assistant and athletic trainer  
Rugby player, cyclist, kayaker, hiker

**John Nutting, MD**  
Shoulder specialist  
Cyclist, rower, runner, skater, windsurfer, skier

**Kristine Karlson, MD**  
General sports medicine physician  
Olympic rower, cyclist, cross-country skier, runner

**John-Erik Bell, MD**  
Shoulder and elbow specialist  
Cyclist, skier, runner

**Michael Sparks, MD**  
Knee specialist  
Runner, climber, cyclist, skier

**Kirsten Gleeson, PT**  
Sports medicine physical therapist  
Cross-country skier, runner, cyclist

Not pictured: Steve Vincente, PT  
and Jeannee Wainscott, PA-C, ATC

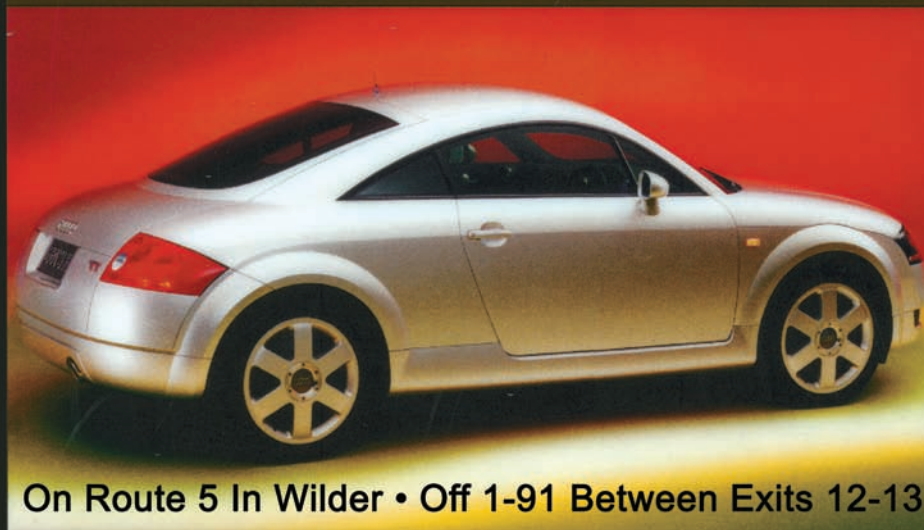
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# Main Street Kitchens

MORE THAN A KITCHEN STORE



*Mary and Marv Schouten  
with Lulu.*



**It's holiday shopping season again**, and the owners and employees at Main Street Kitchens brace for the rush. For weeks the trucks loaded with merchandise have been pulling up in back of the store, and the staff at the shop know to wear practical shoes and clothing because hauling in and unpacking hundreds of boxes is not easy—or clean—work. »



The store features a range of holiday items for gift giving.

Owners Mary and Marv Schouten and their long-time employees have been stocking up on innovative kitchen and home living gadgets, accessories, and utensils like veteran New Englanders preparing for a nor'easter. For the season they also find room for holiday decorations and ornaments to add to the array of products already packed to the ceilings of the two-floor shop.

**Passionate about their Products**

“People can’t wait . . . they come in and ask, ‘when are the ornaments coming?’” says Mary with a smile. Each year she prides herself on finding new quality decorations worthy of satisfying her customers, and she continues to carry some of the previous year’s favorites. Many are handmade, but she strives to keep them “not too expensive.” This year, a line of ornaments to benefit a women’s cooperative in Kenya joins the display. The store is festive, but

Mary assists a customer.

both Mary and Marv insist they never “become a Christmas tree shop.” They primarily sell the most unique kitchen, bath, and home living gift ideas that Mary can find.

Mary’s eyes flash when she describes this challenge and passion of hers—she and Marv go several times a year to New York City and Chicago where Home Life Shows display the year’s newest patents for innovative kitchen gadgets and home and bath products. They also love checking out other home living stores when they are on vacation. Of course, companies often send product sales reps to visit them with catalogs and samples, but the couple insists their most popular product lines stem from customer suggestions. One such suggestion—the Soda Stream machine—became the



biggest hit of their summer season—and they expect it to be popular again for holiday gift giving season. The Soda Stream uses different flavored mixes to make homemade soda pop. “When the customer first suggested it, we ordered four,” Mary laughs. “Now we order 40 at a time.”

### Loving What they Do

Marv and Mary have owned Main Street Kitchens for 14 years, but they dreamed of and almost bought their own business 24 years ago. They decided against it, however, because their daughters were toddlers, and Mary, who had worked as a social worker, got a part-time job instead at HomeScapes, a home living store formerly in the PowerHouse Mall, to learn more about the business. By the time she left HomeScapes, Mary was one of the managers of the store, and she credits that experience with teaching her about the business. She and Marv saw a need for a kitchen store in Hanover and found their niche downtown on Main Street between Eastman’s and College Supplies.

Marv notes, while smiling at his wife, that one of the main reasons they enjoy



Sara Gormley restocks cookie cutters.

many choices,” notes that the couple loves dogs and keeps dog biscuits behind the counter.

Another clear reason the couple enjoys coming to work is their customers. They know many of the regulars by name, and in “a tough economy, they feel the support of the community.” Local customers and yearly visitors from out of town who come to visit Dartmouth students appreciate an independent business where they can count on finding the same employees year to year. Local resident Lisa Cadow, owner of the Vermont Crepe and Waffle stand at the Hanover Farmers’ Market, says she loves “that we have a locally operated kitchen store on Main Street. We are lucky to have them in our community.”

Some grateful customers bring in baked bread or cookies. One regular came in once and asked Marv, “What



Cooks love the selection of pepper mills and Le Creuset cast-iron cookware.

Whimsical cake server.



coming to work each day is that it is “great to work together.” The couple also brings their dog Lulu to work each day, claiming she keeps children happy while their parents shop. Local resident Marie D’Amato, who is having a hard time deciding how to spend a gift certificate from the store due to having “too

## SHOP TALK

can I get for you?” marv joked, “How about some T-bone steaks?” marv was shocked when about a half-hour later the guy came back and slapped some steaks on the counter.

c customers, especially students, appreciate that the store will ship gifts to any location, and mary, marv, and their loyal employees often find themselves counseling lonely young people as they choose birthday gifts to send to their parents from new england to anywhere in the country.

### A Special Staff

The couple refers to their long-time employees fondly, saying “we’re a family here.” Their last new hire was four years ago, and then the previous was four years before that. Employee Sarah Gormley has been with them since they started the business, and mary credits Sarah with being “responsible for the beauty of the store.” She is more “art-brained.” and Sarah doesn’t waste an



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inch of space. The store blooms with rainbow displays of candles, table linens, recycled cutting boards, exotic teas, kitchen utensils, high-quality knives and cooking pans, cloth grocery bags, fine pottery and dishes, cookbooks of every kind, coffee makers, shower curtains, bath towels, rugs, and kids' lunch boxes that somehow fit together like an ornamental garden.

With the busiest season of the year upon them, the Schoutens expect to see the second of their original employees, Kathleen Farrell, who left the job two years ago, return to visit. When she sees a line of customers, she'll probably "roll up her sleeves" and join them behind the counter, like she did last year. "It would have been so much harder to start this business without those two," says Mary, referring to both Sarah and Kathleen.

As I leave the shop, Marv and Mary stop to chat with a customer who's admiring the Baggallini handbags. "How are the kids?" Marv asks, and, somehow,

one of the busiest couples on Main Street suddenly have all the time in the world. ☺



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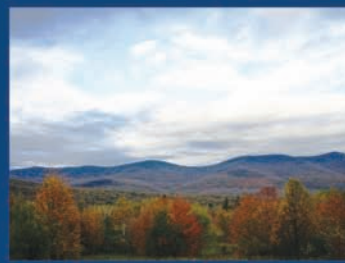
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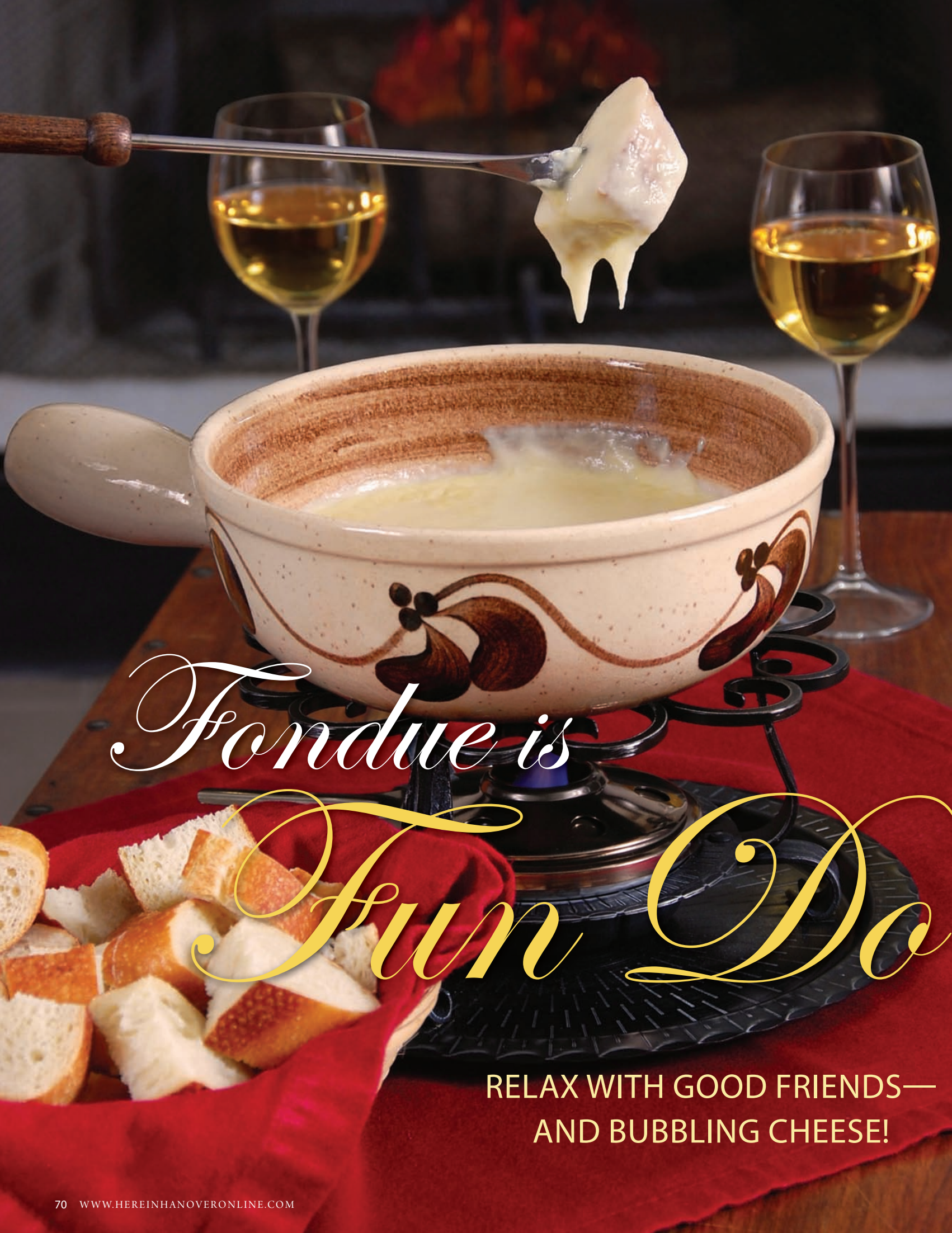
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## SMART COOKING

BY SUSAN W. NYE

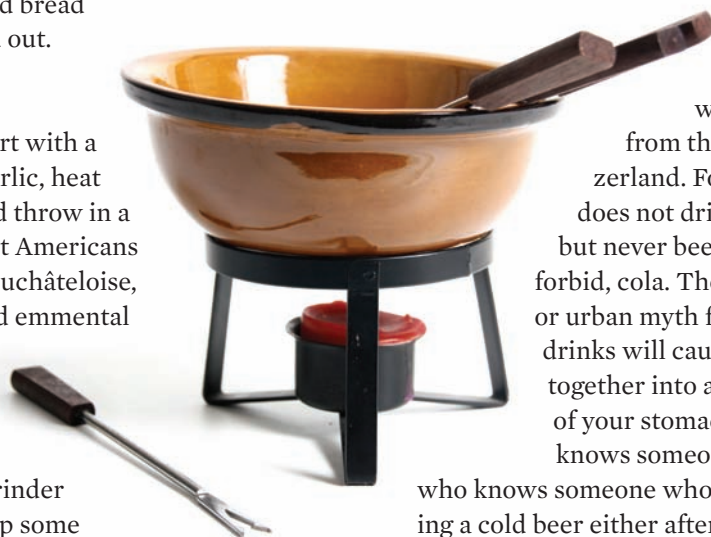
*M*y move to Switzerland started out as an eight-week internship and ended up as a 17-year adventure. Along the way, I became a much better skier and learned a thing or two about fondue. In fact, one of the first things I learned when I moved to Switzerland was that the Swiss take their fondue very seriously. In the United States, fondue comes in and out of fashion on the whim and fancy of style makers and food writers. Not in Switzerland. Fondue is not a trend; it's ingrained in the culture and an integral part of winter in the Alps.

### FONDUE HISTORY

Invented in the 18th century by cow herders, fondue didn't start out as fun party food but was created out of necessity. During the cold winter months, fresh food was scarce in Alpine villages and farmers had to think creatively or starve. Gathering around a flame to share a pot of hot cheese and day-old bread warmed the body inside and out.

### GETTING STARTED

Fondue is a simple meal. Start with a ceramic pot, add a hint of garlic, heat up some dry white wine, and throw in a few handfuls of cheese. Most Americans are familiar with Fondue Neuchâteloise, which combines gruyère and emmental cheeses. My favorite is Moitié-Moitié or half-half with gruyère and Vacherin Fribourgeois. To finish, add a few twists of the pepper grinder and a splash of kirsch. Cut up some



## *Après Ski Party*

After a chilly day on the slopes, there is nothing like a fondue party!

**Alpine Kir Royal**

**Charcuterie & Roasted Vegetable Board**

**Cheese Fondue**

**Crunchy Chopped Salad**

**Fabulous & Fruity**

crusty country bread, pass out long-handled forks, and dinner is served.

### THE RULES

As you would expect in a country where “everything which is not forbidden, is required,” certain rules apply when eating fondue.

1. Never eat fondue in the summer. Relaxing around a pot of piping hot cheese is a lovely way to spend a winter evening, but steamy business in the middle of summer. Every year the Swiss celebrate the first cold, rainy

days of autumn with a fondue.

2. Only drink white wine, preferably Fendant from the Valais region of Switzerland. For children or anyone who does not drink wine, hot tea is okay, but never beer, water, juice, or heaven forbid, cola. The practical explanation or urban myth for this rule is that these drinks will cause the cheese to come together into a hard, cold ball in the pit of your stomach. Every Swiss person knows someone who knows someone who knows someone whose uncle died from drinking a cold beer either after or with a fondue. »



### Alpine Kir Royal

The perfect cocktail to kick off a New Year's Eve après ski celebration!

- Kirsch, chilled
- 1 bottle dry champagne, chilled

Pour about 1 tablespoon of kirsch in the bottom of each champagne glass. Slowly fill the glass with champagne and enjoy.

You can make an Alpine Kir by substituting the champagne with a nice, dry sauvignon blanc, pinot gris, or pinot grigio.

3. Dessert is not required, but if you do indulge, fruit cocktail with a splash of kirsch is the traditional after-fondue sweet. Ice cream is strictly frowned on; see previous rule.

4. From time to time a piece of bread is bound to fall off a fork and into the fondue. Tradition dictates that he who loses his bread buys the next bottle of



### Charcuterie & Roasted Vegetable Board

Dried meats, raw ham, and sausages are traditional appetizers before fondue. I've lightened things up a bit by adding some roasted veggies.

Serves 6

- 1 medium zucchini, cut crosswise into ¼-inch slices
  - Extra-virgin olive oil
  - Balsamic vinegar
  - Kosher salt and freshly ground black pepper
  - 1 red bell pepper, cut into strips
  - 1 small red onion, cut in half lengthwise and then cut into wedges
  - 1 pint grape tomatoes
  - 8–12 oz whole mushrooms, stems removed and cleaned
  - 8–12 oz prosciutto, thinly sliced
  - 1 or more dried sausages, thinly sliced
  - A selection of your favorite olives
- vinegar; sprinkle with salt and pepper and toss. Spread onto a rimmed baking sheet in a single layer. Roast at 375° for 20 to 30 minutes or until tender and lightly browned.
- 3.** Repeat with each of the different vegetables (add more if you like!), roasting each separately. The mushrooms will take the longest, about 45 minutes; they should be nicely browned and shrunken. Let the vegetables cool to room temperature.
- To serve:** arrange the meats and vegetables on large platters. Put the olives in a small bowls and add to the platters. If you like, you can add nuts as well as dried and fresh fruit.

**1.** Preheat the oven to 375°.

**2.** Put the zucchini in a large bowl and drizzle with a little olive oil and balsamic

wine and she who loses her bread offers a kiss to all of the men at the table.

Except for the wine buying and kissing, Americans are notorious for breaking these rules. Walk past any café that serves fondue during July and you'll find a least a few tourists enjoying a fondue in the hot sunshine; and yes, washing it down with a beer

or a Coke.

My favorite time to eat fondue is after skiing. Exercise in the cold sunshine is the perfect prelude to a fondue party. Relaxing around a pot of bubbling hot cheese with a group of friends and a bottle of Fondant is a great way to spend a lazy evening after a long day on the slopes. ☺



## Traditional Cheese Fondue

You should have no trouble finding gruyère and emmental cheeses. If you can track down some Vacherin Fribourgeois, try Moitie-Moitie. A combination of gruyère, tilsit, and appenzell is wonderful if you can find all three.

Serves 6

- 2-½ lb cheese:
  - Try ½ gruyère and ½ emmental
  - Or ½ gruyère and ½ Vacherin Fribourgeois
  - Or ½ gruyère, ¼ tilsit, and ¼ appenzell
- 1 Tbsp cornstarch
- 1 oz Kirsch
- 1 clove garlic, halved
- 1-¼ cup dry white wine
- Freshly ground pepper
- Crusty country bread cut or torn into bite-sized pieces

**Special equipment:** a caquelon or fondue pot, stand for the pot, alcohol burner, and long-handled fondue forks.

1. Grate the cheeses and toss to combine.
2. Mix the cornstarch with the Kirsch.
3. Rub the fondue pot with the garlic. Drop both halves of the garlic in the bottom of the pot. Put the wine in the pot; bring the wine to a simmer over medium heat. Add the cheese. Stir constantly until the cheese is melted and bubbling. Add the kirsch/cornstarch mixture and stir to combine. Sprinkle with freshly ground pepper.

**To serve:** Set the fondue pot on its stand over a low flame. Pierce a piece of bread with a fondue fork and swirl it through the cheese and enjoy.

## Crunchy Chopped Salad

Serves 6

- 2 heads romaine lettuce, washed, dried, and chopped
- 6 radishes, trimmed and chopped
- ½ European cucumber, peeled, seeded, and chopped
- 1 carrot, grated
- ½ red or yellow bell pepper, seeded and chopped
- 2 green onions, thinly sliced

Put all the vegetables in a large bowl. Toss to combine. When you are ready to serve, add enough lemon vinaigrette to lightly coat and toss.

## Lemon Vinaigrette

Makes 1 cup

- ¼ cup freshly squeezed lemon juice
- 1 Tbsp Dijon mustard
- 1 Tbsp anchovy paste
- Kosher salt and freshly ground pepper to taste
- ¾ cup extra-virgin olive oil

Put lemon juice, mustard, anchovy paste, salt, and pepper in bowl and whisk to combine and dissolve salt. Add the olive oil and whisk to combine. Check for seasoning.

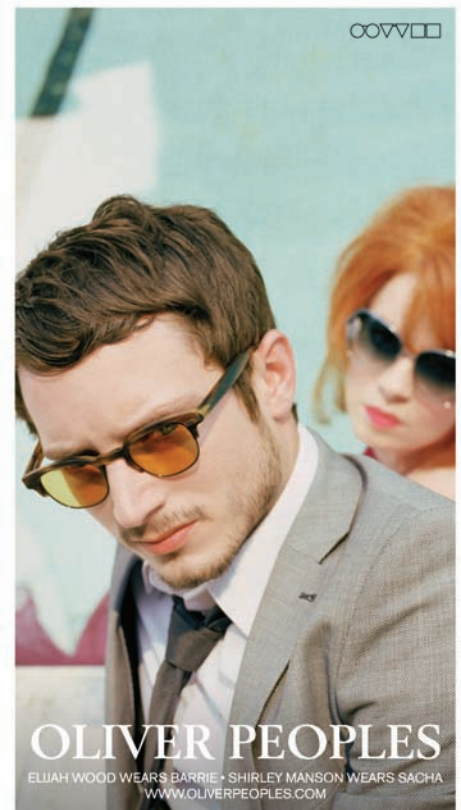
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## SMART COOKING



### Fabulous & Fruity

A lovely combination of citrus, mint, and honey adds sparkle to fresh fruit.

Serves 6

- ¼ cantaloupe, seeded and cut into chunks
- ½ lb strawberries, quartered
- 3 medium kiwis, peeled and cut into chunks
- Grated peel and juice of 1 lime
- 2 Tbsp honey or to taste
- 1-2 Tbsp Grand Marnier
- About 2Tbsp chopped mint

**1.** Put the melon, strawberries, and kiwis in a large bowl.

**2.** In a small bowl, whisk together the lime juice, honey, and Grand Marnier. Drizzle over the fruit, sprinkle with grated lime peel and chopped mint, and gently toss to combine.

*Susan Nye left Switzerland to return to her childhood home in New Hampshire where she writes, cooks, and skis. She shares many of her favorite recipes and stories about family, friendship, and food online at [www.susannye.wordpress.com](http://www.susannye.wordpress.com).*

Right and below: Turks & Caicos Club.



## A Fun Winter Vacation

SUN, SNOW, OR SHOPPING AND SIGHTSEEING?

The winters are beautiful if a little long here in the northeast, and sometimes it is good to have a vacation to look forward to. Maybe you want to warm yourself in the Caribbean or venture to Europe for a different ski experience. There are so many choices—here are a few of my favorites.

### Bring on the SunShine

For a sunny, easy-to-arrange break, the Turks and Caicos Islands are perfect. The language is English, the currency U.S. dollars, they are on Eastern Standard Time, and they're in easy reach by direct flight from Boston and other east-coast airports.

The 40 islands and cays that make up Turks and Caicos are located just 550 miles southeast of Miami. The islands are a British colony whose governor is appointed by the Queen. From November to May the temperature typically hovers around 80 to 84 with a nice

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**TRAVEL LOG**




*Austrian ski hut in the Alps.*


sand. There is plenty to do, including a variety of water sports, snorkeling and scuba diving some of the most impressive walls of coral in the Caribbean, sophisticated shopping at hotel boutiques, a few very nice hotel spas, whale watching, and playing golf.

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tradewind to keep you comfortable. The main beach, Grace Bay Beach in Providenciales, constantly receives tourism accolades and really is one of the most fabulous beaches I have ever seen, with cool turquoise waters and fine white



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*Skiing in Austria.*



on the beach. One of my favorites is the family-run Turks & Caicos Club with just 21 suites, each with its own kitchen and private balcony. It is situated on the quieter part of Grace Bay Beach next to the best snorkeling on the island. It has a great pool, friendly staff, elegant décor, and relaxed evening atmosphere both in the bar and the restaurant.

Most of the hotels along Grace Bay Beach have excellent restaurants. Try a different one each evening, and don't miss the Tuesday night Lobster Beach Barbeque with live music at O'Soleil. For drinks at sunset, try Somewhere on the Beach—very romantic!

### Go SkiinG in Eur opE

A ski trip to Europe is something I highly recommend for serious skiers and skiers like me, who like to ski in the mornings and then enjoy après ski activities, including shopping the local boutiques and sipping hot chocolate served with delicious cakes in small cafes in the afternoons. My favorite European ski destination is Ellmau, one of four towns in the Wilder Kaiser

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**TRAVEL LOG**



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region of the austrian Tyrol, a quaint little town with nice hotels and restaurants and a friendly community eager to make your vacation an enjoyable one. I always enjoyed visiting over the new Year's holiday when the christmas decorations still adorned the streets and hotels and the area was vibrant. new Year's eve is always an elaborate celebration with at least five courses for dinner (austrian food is amazing, by the way), after which everyone goes outside for stunning fireworks displays. with the mountains as an inky backdrop lit by the flashes and sprays of light, it really is a special experience. after the fireworks, everyone returns to warm their toes by the hotel's crackling fires and to drink gluvine and other warming local drinks while mingling with international guests.

The wilder Kaiser area is easily accessible by car and train from munich, Salzburg, or Innsbruck airports, or you

can arrange an airport shuttle to your resort. The key roads are well maintained and the driving time is between one and two hours, depending on where you decide to stay. If you can arrange your itinerary so that you have a day or two to explore these cities, it would be well worth it.

The skiing is very close by and the Hartkaiserbahn mountain railway will take you up to the ski areas where there is something for all levels of skiers. The other towns in the wilder Kaiser—Scheffau, Soll, and Going—are all accessible with the wilder Kaiser lift ticket.

It is not unusual in the austrian Alps to sit outside in the warm sunshine in just a t-shirt to enjoy lunch! There is a vast selection of accommodations available, from B&Bs to apartments and luxury hotels with spas. a accommodation is reasonably priced, but lift tickets and dining out are pretty expensive, and of course you have a significant airfare, too. It's a fun experience!





### Fun in the City

Of course New York City is fun year round, but personally I think the most wonderful, magical time to visit is winter. The blue skies peeping out above the skyscrapers, the crisp air taking your breath away, and the smell of roasting chestnuts are just too alluring! I love to go early in December when the holiday lights are sparkling in the trees, the Christmas tree in the Rockefeller Center is showing off its hundreds of colored lights, and you can watch the tiny figures below on the ice rink practicing their dances for the tourists' delight.

It's a great time to do your holiday shopping and to see some sights you may not have seen before or revisit some old favorites. The Rockettes are usually performing at Radio City Music Hall, and there are bound to be other great shows on Broadway. If you have not tried getting in line in Times Square for "Day of the Show"

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## TRAVEL LOG



*The Bow Bridge in Central Park, New York City.*

reduced-price tickets, it is well worth a try.

a walk in central Park or a ride in one of the horse-drawn carriages is exhilarating on a bright chilly day—just be sure they give you a blanket to wrap yourself in! If you are lucky enough to have some snow on the ground, it is picturesque. The carriage drivers are usually great characters and have a wealth of knowledge of the city, pointing out interesting facts inside and outside of the park.

If you are traveling with children, indulge them in a visit to Fa o Swartz at the top of 5th avenue. This time of year the display of toys and games is just wonderful, with many different departments offering toys for all ages and interests. Beware though if you are traveling with teenagers—the apple store is almost next door!

There is nothing better on a bright winter's day than taking the ferry from Battery Park out to see the Statue of Liberty. You will be entertained by street artists, magicians, dancers, and acrobats while you are in line. Why not take a hot dog or giant pretzel to munch on as you wait? You will find hotel prices quite reasonable if you time your visit to fall after Thanksgiving and before mid-December. Winter in the city awaits you! 😊

**Lesley O'Malley Keyes's** career spans managing a group of travel agencies and a staff charged with writing hotel guides for Conde Nast.

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## *The Ins & Outs of* Social Media

EXPAND YOUR SOCIAL AND  
PROFESSIONAL NETWORK


Once thought to be the domain of high school and college students, social media has become an integral part of American culture. Words like “Facebook,” used as both a noun and a verb, “Twitter,” and “tweet” are now part of our everyday vocabulary. In the words of John Herman, New Hampshire teacher and social media consultant, “Social media has reached the point where it is as normal and commonplace as having a telephone or a television.”

Still, it can be confusing and lots of people are trying to figure out the Internet’s latest phenom-

enon. Don’t worry about the hype and noise; the key to understanding social media is understanding that it is all about connecting with people and conversations. It’s all about building and maintaining relationships.

To get started, or restarted, decide with whom you want to connect as well as what kinds of conversations you want to have. Based on these simple networking goals, you can explore the top social networking sites—open accounts on the ones that best fit your needs and start connecting. Think of it

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## COMMUNITY

“Social media is like a small town. It’s all about relationships. People like doing business locally with people they know.”

—C.C. Chapin

as just another way to talk with your social and professional network of friends, colleagues, customers, and associates.

### ConneCting Brands and Consumers

While social media is nothing more than people talking, it has the power to revolutionize consumerism and the way we interact with brands. In the past, communication about products and brands was one way. Companies told consumers what they wanted them to know and interaction was minimal or nonexistent. Only really happy or really unhappy consumers bothered calling or writing companies or spreading the word to their friends. The Internet and social media have put word of mouth on steroids.

Boloco, a regional chain of restaurants with a store in Hanover, actively engages

with its customers on both Twitter and Facebook. Sara Steeler, the company’s social media and marketing maven, explains, “Social media is a great way for us to listen to and engage with our customers. It helps us understand what they want and align our brand to their needs and interests.” Boloco does more than listen; it responds and acts on the comments and feedback they receive online. Whether it’s changes to the guacamole recipe or turning down the music in a store, the company prides itself in responding in an honest and timely manner.

Sara adds, “Social media is also a great tool to inform our customers, let them know what’s happening in the stores. Many of our customers are college students and young professionals. They are very well connected and like receiving information electronically.” Finally, Sara warns, “Whether it’s a promotion,





## Get Connected

While there are many more to consider, the largest, most popular sites include the following:



**Facebook** ([www.facebook.com](http://www.facebook.com))  
The largest site with more than half a billion users, Facebook continues to grow by leaps and bounds. Initially a site for college students, Facebook's fastest-growing audience is women over 55. People use Facebook to connect, communicate, and share pictures, videos, and news with friends (including long-lost friends), family, colleagues, and customers.



**YouTube** ([www.youtube.com](http://www.youtube.com))  
With close to 50 million users, YouTube is the world's largest video-sharing site. From parodies to old home movies, clips of Aretha Franklin singing "Respect" to dancing babies, happy babies, and sleepy babies, YouTube has got it all. You can watch and share videos, create your own channel, and tag your favorites.



**Twitter** ([www.twitter.com](http://www.twitter.com))  
Twitter is bit like a constant news stream. Twitter users answer the question "What's happening?" in short, 140-character bites called tweets. The company reports that it now attracts more than 190 million visitors per month who generate 65 million tweets a day. Early users were mostly adults. With an explosion of celebrity tweeters, teens and young adults are now the fastest-growing audience.



**LinkedIn** ([www.linkedin.com](http://www.linkedin.com))  
Think of LinkedIn as a giant interactive, electronic rolodex. With over 75 million members and still growing, LinkedIn is a huge network of business people and professionals.

an event, or news about a partner or our charitable work, we can only send out information that is meaningful to our customers. Every tweet, every Facebook post must have a purpose and meaning. Otherwise, it's just annoying junk mail or spam."

C.C. Chapin, an Upper Valley native, encourages businesses, especially small businesses, to embrace social media. He advises, "Social media is like a small town. It's all about relationships. People like doing business locally with people they know. Social media provides you with opportunities to meet and build relationships with your customers and potential customers." He adds, "Your customers are already online, it only makes sense that you join them."

## PRIVACY CONTROL

Privacy is a big concern for many. Remember first and foremost, when it comes to social media, you're in charge. Many sites allow different privacy settings and levels of access to your information. These settings can range from anyone and everyone to a select approved list. Choose the sites and settings that are right for you.

As with any relationship, honesty is critical. However, you don't need to share every secret and dirty little detail with your online community. John advises, "When you are active online, potential

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employers and dates, new colleagues, neighbors, even strangers may have access to information about you. It may seem bizarre but you need to think about your online, public face as a brand. You need to be aware and control your brand. That includes the messages you send and the photographs and videos you post.”

colleges and companies are searching the web during the admissions and hiring process. Students have been turned down at colleges and candidates have lost out on jobs because of videos, photographs, or messages that never needed to go online. As a rule of thumb, if you wouldn't want your grandmother to read it or see it, don't put it online.

You also may want to consider the string of nashua burglaries that were connected to Facebook postings last summer. Before you share information, understand the site's privacy settings. You don't need strangers and criminals knowing when you are out of town. If you wouldn't want the information on the front page of your hometown newspaper or the *New York Times* or *Wall Street Journal* don't put it online.

Now it's time to get started. Don't be shy and wait for the world to come to you. Send LinkedIn requests, friend invitations on Facebook, and follow people who share your interests on Twitter. Share interesting news, information, and links, post pictures and videos. Interact and respond to what others have posted, answer questions, and give opinions, thanks, and encouraging words. Networking is not all about you; it's about connecting and conversations. Go for it and have fun. ☺

Corporate dropout **Susan Nye** is a social media enthusiast. Her communications network covers Facebook, Twitter, YouTube, LinkedIn, several blogs, and a website. Visit Susan's website [www.susannye.com](http://www.susannye.com) to learn more and connect to her network.

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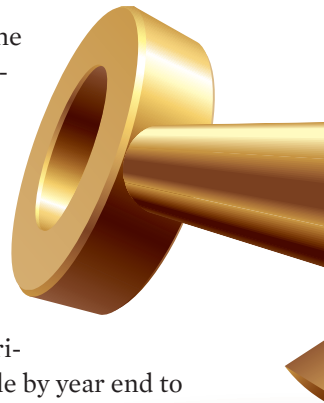
Thinking about your taxes may not be the most enjoyable task, especially around the holidays. But staying on top of your finances as the year comes to a close can make it more tolerable. Here are some tax strategies that may help you think about your tax situation.

**Create or add to a 529 college savings plan.** If you are investing in a 529 college savings plan to help pay a child's or grandchild's higher-education expenses, consider maximizing your 2010 gifts now. Or if you need to establish a new 529 plan, start the process today. Waiting until the last minute could prevent you from claiming a 2010 state income-tax deduction or using your 2010 annual exclusion that lets you gift \$13,000 (for individuals) or \$26,000 (for married couples) to a beneficiary without triggering gift tax implications. Please consider the investment objectives, risks, charges, and expenses carefully before investing in a 529 savings plan. Read the official statement that contains this information carefully before you invest.

**Prepare for possible Education Savings Account changes.** Many significant provisions of the landmark 2001 tax reform legislation are scheduled to "sunset" or expire on December 31, 2010. As a result, Education Savings Accounts (ESAs) are changing in 2011

unless Congress enacts further legislation (which has not occurred as of press time). The annual contribution limit will be reduced to \$500 per beneficiary, only post-secondary education expenses will qualify, and the contribution deadline will move back to December 31 of each tax year. Given these changes and others, many ESA owners are considering moving their ESA funds to a 529 plan. This can be done tax free if you meet certain requirements; check with your tax professional or financial advisor for details.

**Make charitable contributions.** A charity must receive your cash or stock gift by year end for you to be eligible for a 2010 income tax deduction. If you make



a donation by check, the envelope must be post-marked no later than December 31 (assuming the check clears in due course). But if you plan to gift securities, don't wait until the last days of the year—gifts of securities must be irrevocable by year end to allow for a current-year deduction.

**Gift to family members.** The same time frames apply—if you are planning to give cash or a check, you may not need a long lead time but checks must clear by year end. If you are considering gifting securities, there are a few things to keep in mind. First, the processing of paperwork may take some time, so start early. Next, family members in the 10 percent and 15 percent tax brackets (think adult children and grandchildren or parents you may be supporting) may be eligible for the 0 percent long-term capital gains rate in 2010. Obviously, this creates a prime opportunity for you to gift appreciated securities to these individuals for them to sell. However, there are potential pitfalls, such as the “kiddie tax” rules, that you should discuss with your tax professional.

**Fund your IRA and/or employer retirement accounts.** Maximizing your contributions to retirement plans may reduce your taxable income. You can make IRA contributions until April 15, 2011. But you must complete any salary deferral contributions to employer retirement accounts by December 31, 2010.

**Complete your Roth IRA conversion.** Completing the conversion of a traditional IRA or qualified retirement plan to a Roth IRA by December 31 will give you the ability to defer the taxable income from the conversion to tax years 2011 and 2012. For 2010 conversions only, you may decide to pay all of the taxes resulting from the conversion in 2010. The default is to have 50 percent of

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the income included in your 2011 tax filing and the balance in your 2012 tax filing. Your tax professional can help determine which alternative is better for you, especially given potentially higher income-tax rates in 2011 and beyond.

Remember that required minimum distributions (RMDs) have been reinstated. If you're age 70 and a half or older, you are obligated to take RMDs from your 401(k), 403(b), and similar qualified plans, as well as from your traditional IRAs, by December 31—failure to do so can result in a severe 50 percent IRS penalty. There are certain exceptions to this rule, so be careful to find out what they are and if they apply to your situation.

To help you determine which of these strategies are most beneficial for your personal financial and overall tax situation, talk with your financial advisor and tax professional. Happy New Year and happy investing. ☺

**Brian Doyle** is a Vice President with Wells Fargo Advisors. He lives with his wife and three children in Hanover, NH. He can be reached at [Brian.Doyle@wfsadvisors.com](mailto:Brian.Doyle@wfsadvisors.com).

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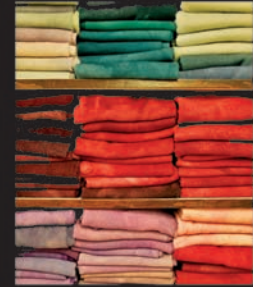
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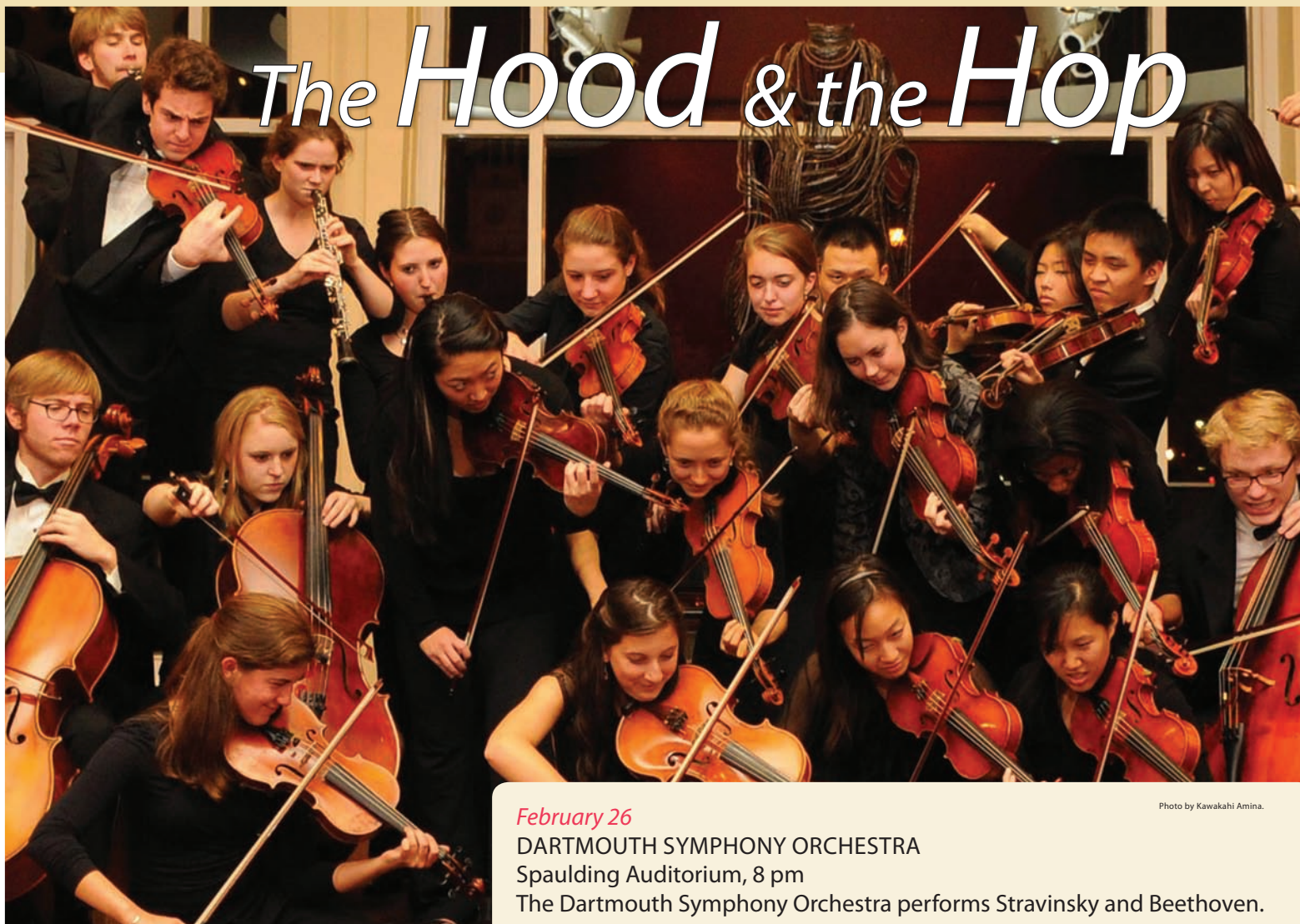


Photo by Kawakahi Amina.

**February 26****DARTMOUTH SYMPHONY ORCHESTRA**

Spaulding Auditorium, 8 pm

The Dartmouth Symphony Orchestra performs Stravinsky and Beethoven.

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

### WINTER 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*

**Native American Ledger Drawings from the Hood Museum of Art: The Mark Lansburgh Collection**

*Through December 19*

**Contemporary Native American Ledger Art: Drawing on Tradition**

*Through December 19*

**Frank Stella: Irregular Polygons**

*Through March 13*

### WINTER EVENTS

**1 December, 6:30–8 pm**

**Adult Workshop: Learning to Look at Modern Art**

Explore paintings by Georgia O'Kee e, Pablo Picasso, Lol Lewitt, and Frank Stella as you learn techniques for interpreting and appre-

ciating any work of modern art.

**8 December, 5:30–7 pm**

**Hood Museum of Art Holiday Open House**

A community celebration of the season in the museum galleries including live performances by local high school students, family scavenger hunts, door prizes, and light refreshments.

**9 December, 12:30–1:30 pm**

**Lunchtime Gallery Talk**

<< *Frank Stella, Moultonville II, 1966, fluorescent alkyd and epoxy paints on canvas, 124 x 86 x 4 in. (314.96 x 218.44 x 10.16 cm). Collection of Mr. and Mrs. David Mirvish, Toronto. © 2010 Frank Stella / Artists Rights Society (ARS), New York. Photo by Steven Sloman.*



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For information about related educational events, visit hop.dartmouth.edu or call (603) 646-2010.



December 4

### THE BERENSTAIN BEARS FAMILY MATTERS: THE MUSICAL

The Moore Theater, 3 pm

There's trouble in the tree house: Brother Bear is vexed by a school quiz, Sister Bear makes friends with a frog, and Papa Bear has been cheating on his diet. The quiz, frog, and empty candy wrappers have all been hidden in the cookie jar and it's up to Mama to sort things out! By the creators of such past Theatreworks hits as *Junie B. Jones* and *Lyle Lyle Crocodile*, this new musical weaves together three of Stan and Jan Berenstain's most popular books.

## DECEMBER

9

### HAMLET

Lowe Auditorium, 7 pm

The National's artistic director Nicholas Hytner directs William Shakespeare's timeless tragedy of failed family dynamics.



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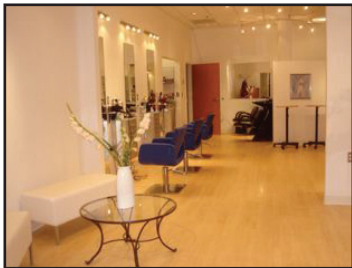
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### JANUARY

7 & 8

The Shipment

The Moore Theater, 8 pm

With *The Shipment*, Korean-american playwright and director Young Jean Lee dares audiences to laugh as they consider their own preconceptions about race and culture. This disquieting "cringe comedy" combines Lee's trademark acid wit with a dose of brutal honesty, daring to ask embarrassing questions and seek solutions to impossible problems.

8 & 9

met Opera: La Fanciulla del West

Loew Auditorium, 1 pm

Puccini's Wild-West opera had its world premiere at the Met in 1910. Now, on the occasion of its centennial, all-american diva Deborah Voigt sings the title role of the "girl of the golden west," Marcello Giordani co-stars and Nicola Luisotti conducts.

14

Jeremy Denk, piano

Spaulding Auditorium, 8 pm

Whether performing great works of the past or illuminating today's masterpieces, a merican pianist Jeremy Denk is the ideal interpreter for music that defies easy classification.

14 & 15

Armitage GONE! daNCE

The Moore Theater, 8 pm

Karole Armitage's company presents the hop co-commissioned *Three Theories*, inspired by physicist Brian Greene's book *The Elegant Universe*. The work contemplates relativity,



photo courtesy of the artist.

January 20

Charles Lloyd New Quartet

Spaulding Auditorium, 7 pm

Concerts by legendary jazz saxophonist Charles Lloyd are events of pristine beauty and elegance, taking audiences on journeys that traverse enormous distances. His music is intense, mesmerizing, and from the heart—reflecting decades-long spiritual exploration.

quantum mechanics, and string theory through a blend of movement, text, projected imagery, and live and electronic sound.

22

Balla Kouyate—What's Sounds Can a Balafon Make?

Alumni Hall, 11 am

Balla Kouyate is considered to be among the greatest balafon players from the griot tradition in Mali. The balafon is a West African ancestor to the xylophone. Balla, who began playing the balafon at age six, shares the stage with his son Sekou (age four), accompanying his dad on the djembe drum. Try your hand playing the balafon and drums following the performance.

25

Balé Folclórico da Bahia

Spaulding Auditorium, 7 pm

Based in the heartland of Afro-Brazil, the 38 dancers, singers, and musicians of Balé Folclórico da Bahia transform traditional culture into "a spectacular display of color, movement, music, and drama" (*Chicago Sun-Times*). The acclaimed troupe celebrates *candomblé*, the uniquely Bahian spiritual



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**February**

**5**

**Dartmouth College Glee Club**

Spaulding Auditorium, 8 pm

Samuel Barber's Prayers of Kierkegaard and other works of Samuel Barber.

**7 & 8**

**LA Party**

Warner Bentley Theater, 7, 7 pm; 8, 7 & 9 pm

A fanatical vegan slides off the wagon one night, falling head-first into a wild L.A. bender. A hit at New York's 2010 Under the Radar Festival, *LA Party* collides live video with six performers to produce a hilariously compelling composite human being.



Photo by Justin Tzou.

**February 12**

**BarBarY CoAst Jazz Ensemble**

Spaulding Auditorium, 8 pm

Guest artist Omar Sosa leads the Coast in Afro-Cuban-based jazz and world music that brims with power, passion, and subtlety.

**12 & 13**

**Met Opera: Nixon in China**

Low Auditorium, 1 pm

Acclaimed director and longtime Adams collaborator Peter Sellars makes his met debut with this groundbreaking 1987 work, an exploration of the human truths beyond the headlines surrounding President Nixon's 1972 encounter with Communist China.

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# Happenings

## IGLOO BUILD

*February 19*

Learn how to build a real igloo! Dr. Bert Yankielun, who has researched polar conditions in Antarctica, will lead you in the fine art of igloo building. Visitors participate in cutting snow blocks and building the structures. By early afternoon, a small igloo village will emerge behind Montshire Museum (this activity is dependent on snow cover). Free with Museum admission.

## ENFIELD SHAKER MUSEUM

447 NH Route 4A  
Enfield, NH  
(603) 632-4346  
[www.shakermuseum.org](http://www.shakermuseum.org)

### FESTIVAL OF TREES

*December 1-21*

Visit the Great Stone Dwelling and see a tree in every dwelling room! Businesses may sponsor a tree for \$500, which their employees may decorate or encourage a nonprofit organization, classroom, or family to decorate. Vote for your favorite tree in the children's and adult categories. The two winners will each receive a \$100 prize! The winners will be announced on Sunday, December 19, noon.

### HOLIDAY OPEN HOUSE

*December 4*

Join us for a holiday celebration! The Great Stone Dwelling will

be decorated for the holidays. Our Museum Store and Gallery will feature locally handcrafted items. Enjoy wassail, music, and more!  
5:30 pm

### CANDLELIGHT HOLIDAY DINNER

*December 4*

Enjoy a traditional dinner in the Great Stone Dwelling, the Shakers' greatest architectural achievement. Register by December 3. Catered by Sharon Carr. 6:30 pm

### CHRISTMAS WITH SANTA

*December 11*

Have your picture taken with Santa! Create your own greeting card! Explore the dwelling rooms—each has a tree for the holiday season. Vote for your favorite. Enjoy cocoa and look for bargains in the Museum Store. 1-3 pm



## COOKIE FAIR

*December 12*

We'll go until the cookies are sold out! Select from more than 100 different varieties of home-

made cookies, festively arranged for the season. Sold by the pound.  
1 pm

## CHRISTMAS SING ALONG

*December 18*

Come and enjoy your favorite Christmas songs at the Enfield Shaker Museum. Sing along carols in the Dining Room and enjoy hot cocoa and homemade cookies.  
1-2 pm

## NEW YEAR'S EVE BALL

*December 31*

Start the celebrations with cocktails, followed by a seated dinner and dance through the New Year!  
6:30 pm

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of science**

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Norwich, VT  
(802) 649-2200  
[www.montshire.org](http://www.montshire.org)

**EvolvaphonE**

*Through March 20*

Step inside the Evolvaphone to create a unique musical composition from your voice, initials, and the laws of natural selection.

**Toys: The Inside Story**

*December 4–January 16*

If your parents never let you break open your Etch-a-Sketch to find out how it works, you'll love Toys: The Inside Story. Peek inside Jack-in-the-Box, Hokey Pokey Elmo, and other familiar toys. Explore 12 hands-on stations illustrating the simple mechanisms commonly found in toys, and then create your own toy-like combinations of gears, pulleys, linkages, cams, and circuits.



**Seasons of change**  
*Through December 5*  
Investigate the local and regional impacts of climate change. Use the climate simulator to explore alternative approaches to moderate climate change while receiving immediate feedback on each approach.

**shop savE, ExplorE**

*December 10*

Free admission to the museum, savings on Museum Store purchases (25 percent for Montshire members, 10 percent for nonmembers), complimentary gift wrapping, refreshments, and more! This year Montshire is hosting authors Mary Holland and Jenepher Linglebach. 5–7:30 pm

**Books and BEyond:**

**sciEncE for prEschoolEr s**

*December 10*

This program combines great children's literature and hands-on activities for fun science learning and exploration. Each day features a different book and activity. For children ages 3 to 5 and their parent or caregiver. Free with Museum admission. 10:15 or 11:30 am

FOR MORE EVENTS, LOG ON TO  
[www.hereinhanoveronline.com](http://www.hereinhanoveronline.com)



**Blue Man Group: MakInG WavEs**

*January 29–May 8*

This 1,500-square-foot exhibit is designed to bring together science and art. At the Slide-u-lum, Build-u-lum, Sand Drum, and Theramin children will have an opportunity to see, feel, and create sound. At the PVC Station, visitors of all ages will have a chance to play the unique Blue Man Group instruments while learning how sound works.

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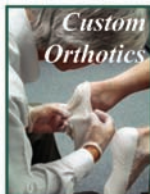
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HAPPENINGS

**MONTSHIRE MUSEUM** (cONTINUED)



**aStroNoMy day**  
*January 15*

Join us for a full day of celestial activities. Learn how to identify winter constellations, make a star clock, and observe the sun. Strap on a pair of snowshoes and make your way to Saturn on the planet walk, and much more! Free with Museum admission.

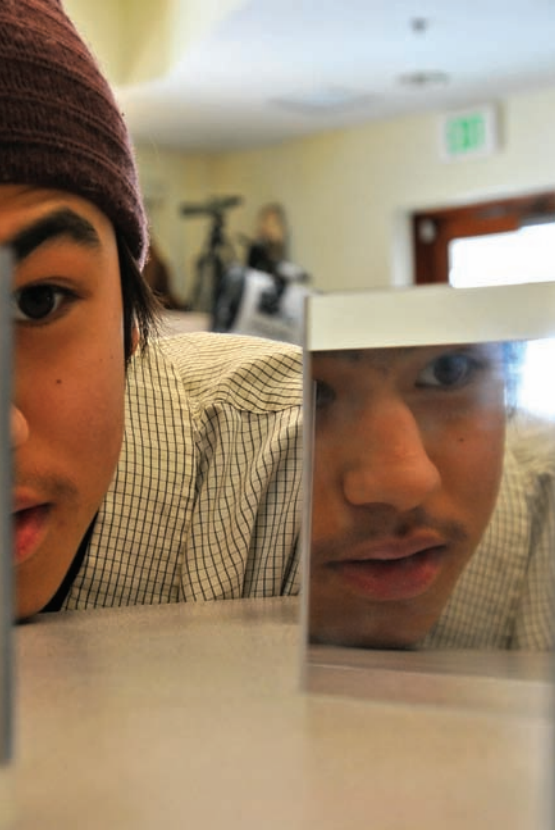
**Magic carpet: Syria, with inge and heinz trebitz**

*December 13*

Climb aboard the Montshire's magic carpet and be whisked away to locales around the world. Each Magic Carpet Luncheon features an extraordinary travelogue followed by a regionally inspired meal. Montshire members \$12, non-members \$15. Pre-registration required.



Photo by John Douglas



Magic carpet: Cambodia, with  
Monteclinton

*January 10*

Climb aboard the Montshire's magic carpet and be whisked away to locales around the world. Each Magic Carpet Luncheon features an extraordinary travelogue followed by a regionally inspired meal. Montshire members \$12, non-members \$15. Pre-registration required.

Magic carpet: New Zealand,  
with Gwen TuSON

*February 7*

Climb aboard the Montshire's magic carpet and be whisked away to locales around the world. Each Magic Carpet Luncheon features an extraordinary travelogue followed by a regionally inspired meal. Montshire members \$12, non-members \$15. Pre-registration required. Free with Museum admission. 1-4 pm

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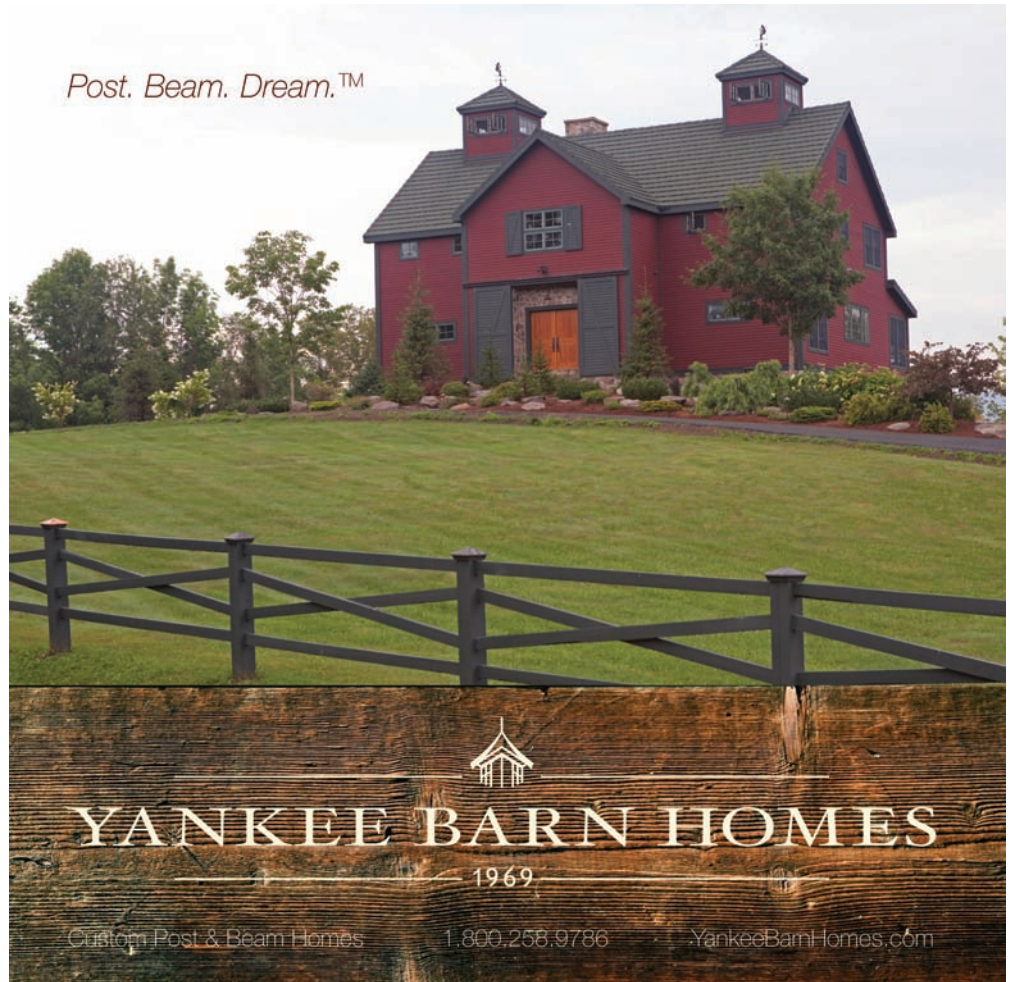
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## HAPPENINGS



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**Katie Evans, D.V.M.**  
General Medicine & Surgery

**Miriam Horowitz, D.V.M.**  
General Medicine & Surgery

**603.643.3313**

**West Lebanon Road, Hanover NH 03755**

### Reading of *A Christmas Carol* *December 11*

Robb Dimmick presents a dramatic reading of Charles Dickens' *A Christmas Carol*. We will be holding this program at the R. W. Black Community Center. This is a return engagement for Mr. Dimmick; he was here last year as Abraham Lincoln. (603) 643-4120, [www.howelibrary.org](http://www.howelibrary.org). 2 pm

### aVa's annual Holiday sale and exhibition

#### *November 26-December 29*

AVA Gallery and Art Center's Annual Holiday Sale and Exhibition will fill all four galleries. A reception, free and open to the public, will be on November 26 from 5 to 7 pm. The exhibition will feature works in oil, watercolor, draw-



a yankee Barn  
christ Mas  
*December 4*

This wonderful event for families features hay rides, face painting, Santa Claus, a petting zoo, a toy drive for a local church, a chili cook off, hot chocolate served by the Chamber of Commerce, local Brownies and Cub Scouts, a bonfire to roast hot dogs and marshmallows, entertainment from a local elementary school, and more. Yankee Barn Homes, 131 Yankee Barn Road Grantham, NH. 12-4 pm

ing, printmaking, mixed media, photography, ceramics, textile, sculpture, jewelry, and glass, all on display and available for sale. The exhibition will be replenished throughout the month, so return to see what new items we may have for sale! Eleven Bank Street, Lebanon, NH.

Duncan Johnson, Charlie Goodwin, Gordon Meinhard, and Patty Castellini  
*January 7-February 5*  
AVA Gallery and Art Center is pleased to present an exhibition of reclaimed wood paintings by Duncan Johnson, oil on panel paintings by Charlie Goodwin, mixed-media/collage by Gordon Meinhard, and oil-based ink on paper works by Patty Castellini. »

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*-Mel Dickenson*

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93rd Annual Christmas  
mystery

*December 19*

Unchanged since its creation in 1917, the Christmas Mystery is a treasured community event. During the singing of "O Come All Ye Faithful," audience members are encouraged to bring new, wrapped gifts to the manger. The gifts will then be delivered to the Haven and to Hannah House. This event is free and open to the public. Donations welcomed. For more information, contact Robin Henry, (603) 643-1802, robin.b.henry@gmail.com. Rollins Chapel at Dartmouth College, 4 and 5 pm performances.

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2011 Best of the Upper Valley high school inVitational exhibition

*February 11-March 4*

An exhibition of artworks created by Upper Valley high school students and nominated for participa-



Photos by Dan Grossman


tion by their art teachers will be on display at AVA Gallery and Art Center. A reception, free and open to the public, will take place February 11, from 5 to 7 pm and will include a "Best of" Awards Ceremony and student Poetry Reading. Eleven Bank Street, Lebanon, NH.

FOR MORE EVENTS, LOG ON TO  
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# Dr. Jim Yong Kim

## LESSONS IN LIFE AT DARTMOUTH

A year and a half ago, Dr. Jim Yong Kim became the 17th president of Dartmouth College at a rather precarious time. The college's \$100 million budget shortfall was just coming to light, and finding a sustainable solution would dominate much of Kim's first year in office. Meanwhile, earthquakes devastated Haiti, and he drew upon his international humanitarian experience to help rally the Dartmouth community in response. Born in Seoul, Korea, and raised in Muscatine, Iowa, Kim, 51, left his job in Cambridge, Massachusetts, for Dartmouth.



PHOTO BY JOE MEHLING, COURTESY OF DARTMOUTH COLLEGE

*You have high expectations for yourself, your colleagues, and for Dartmouth. How do you manage those expectations and any shortcomings you encounter?*

I once spoke with a person who said, "We set goals every year, and every year we meet our goals!" My immediate response to him was, "Then you're not setting your goals high enough." There's no question that if you set really high goals, you are going to fail at some point, but you are going to learn so much more than if you had set a low goal and achieved it. So I think it's extremely important to set very high expectations, even if you do not reach them. Even in failure, you learn more.

*Coming from Cambridge, what are your impressions of the Upper Valley?*

Many of my friends in Cambridge and Boston come here for vacations. So we're living in a place that other people come to in order to escape from the city. In the summer, I don't think there's a more beautiful place on the face of the earth. In the winter, the winter sports and the snow are really great, especially for my son Thomas, who learned to ski this past year. We really have everything you could want, without having to put up with any of the negative aspects of city life. I love it here.

*You have two young sons. What lessons have your children taught you recently?*

My son Thomas, who is 10, has been really affected by the focus on sustainability here in the Upper Valley, especially in regard to sustainable farming and organic food. He's been teaching me a lot about how important it is for us to

try to live and eat in a way that is consistent with sustainability. That's been a tremendous lesson for me and for him as well.

From Nico [nearly 2 years old], I've been learning once again about patience and about how important it is to simply be there for your kids when they are growing up. I've worked hard to structure my job in such a way that I am home a lot. It's my job to give little Nicolas a bath every night, and I'm very happy to say that I don't miss many nights.

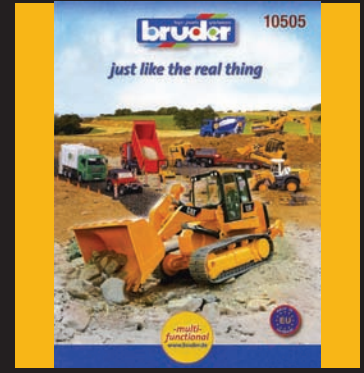
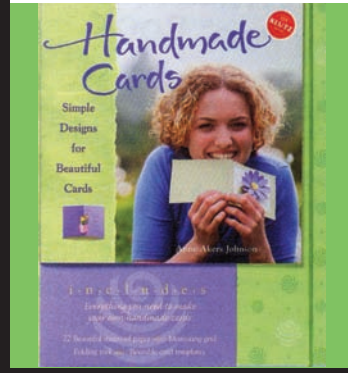
*What are your plans for teaching at the college?*

Next summer, I hope to teach in what will be the first iteration of our new Great Issues course. I have told the students many times that I expect them to use their Dartmouth education to go out and take on the world's greatest problems. I think the Great Issues course will play a key role in preparing them for that task.

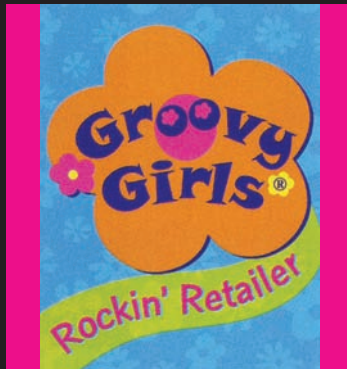
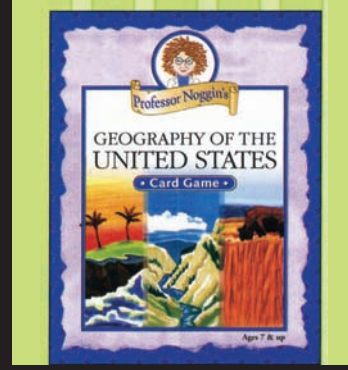
*What life lessons do you remind yourself of each day?*

The most important thing that I remind myself of each day is that everything we do here has an impact on some of the most extraordinary young people on the face of the earth. We have people here who are so impressionable, so eager to learn, and everything we do is going to have an effect on the kind of people they become. So I try to think very hard about every single thing that we're doing and make sure that we're moving in a direction that is good for them. ☺

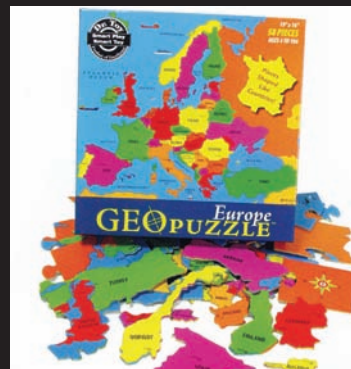
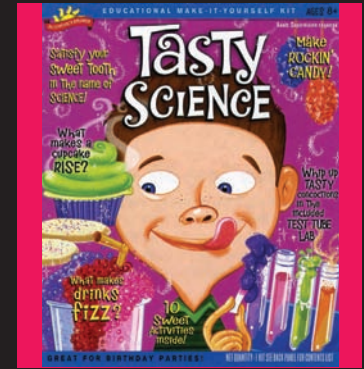
*The interview continues online at [www.hereinhanoveronline.com](http://www.hereinhanoveronline.com).*



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