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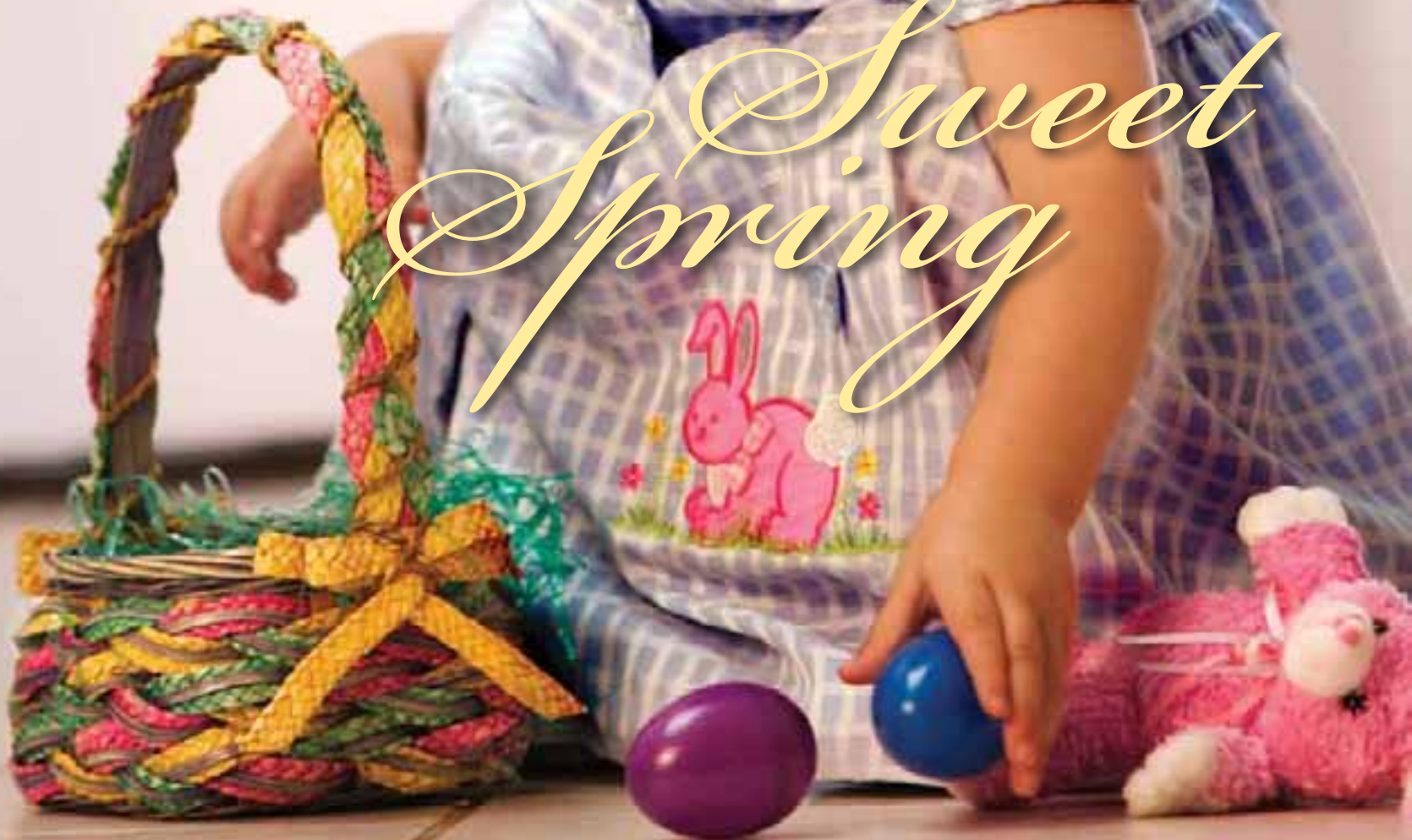
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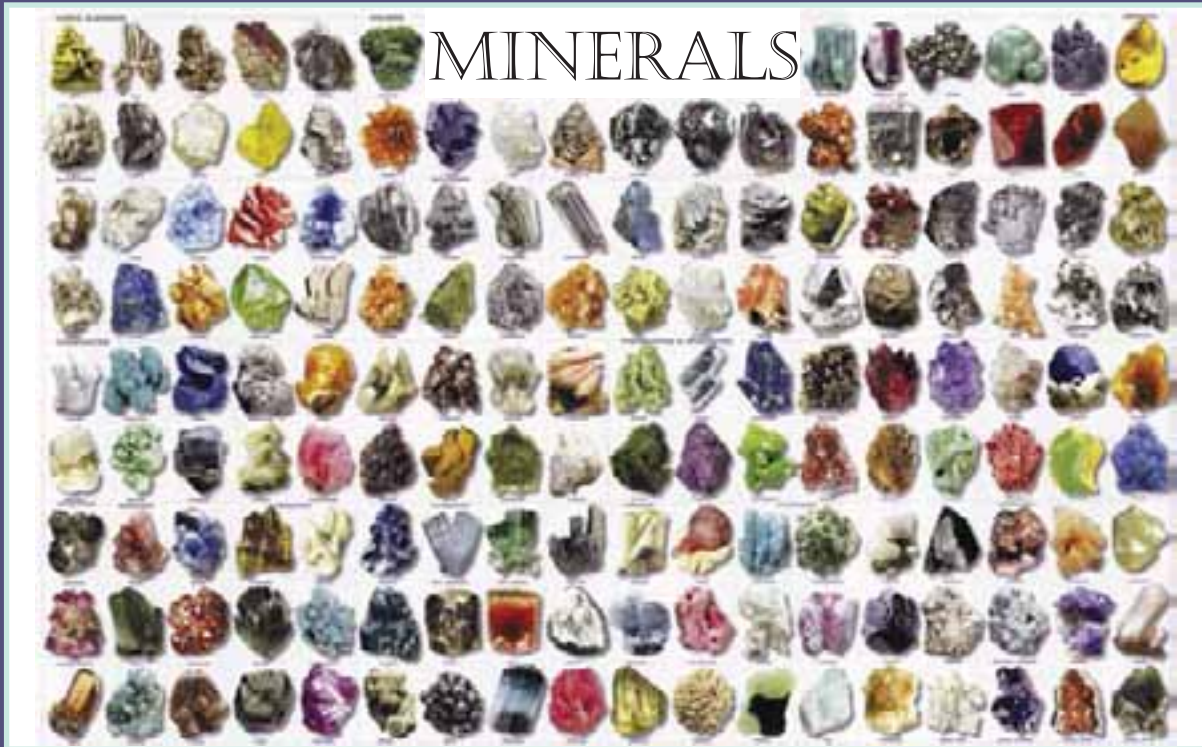
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# editor's note

## Make a Fresh Start

It's spring! For me, that means it's time to declutter and clean the house until it's sparkling. It means switching out the darker, heavier colors and fabrics of winter for lighter, breezier options.

Our special Trend Watch section in this issue features all the best of what's hot, whether you're building a new home or simply revitalizing a room. We bring you not only the freshest decorating ideas but also the construction and energy-saving features homeowners are now demanding. We're grateful to all the local experts—from architects and builders to landscapers and interior designers—for sharing their tips and best advice with us. Even if you're only giving the bedroom a fresh coat of paint this spring, we're sure you'll enjoy what they have to say about the latest home trends.

When you're ready to take a break from your projects at home, venture out to the Tupelo Music Hall in White River Junction and treat yourself to some top-notch entertainment at an outstanding venue (page 37). Scott Hayward has expanded his Tupelo Londonderry location to now include a second music hall in Vermont. Be sure to stop in and tell him how much you enjoy it.

Other area events you don't want to miss are spring skiing at Mount Sunapee (page 15) and the grand opening of the New England "Living" Show House in Windsor, Vermont, on May 27 (page 94). After a year of planning, organizers are hoping to raise \$1 million for seven local and international nonprofits. Many exciting events will be taking place there throughout the spring and summer.

Whatever you're doing during this lovely season, we invite you to spend some time with *Image* magazine. Enjoy!



*Deborah Thompson*

Deborah Thompson  
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**Lori Ferguson**

An art historian by training, **Lori Ferguson** pursues her love of the visual arts and the written word through various channels. She serves as the executive director of the New Hampshire Furniture Masters; runs a small writing and public relations business; and writes for Bookpx, a publisher of environmentally conscious eBooks for children.



**Mary Gow**

**Mary Gow** holds the middle place in a family with three generations of women writers. Best known for her award-winning history of science books for middle school students, she is also a regular contributor to regional magazines. Her latest book, *The Great Thinker: Aristotle and the Foundations of Science*, was released in September 2010. She lives in Warren, Vermont.



**Elizabeth Kelsey**

**Elizabeth Kelsey** specializes in business and higher-ed publications including website text, newsletters, brochures, and public relations. She lives in Lebanon, New Hampshire, where she writes for Dartmouth College, the Lebanese American University, and other organizations. She's covered scientific discoveries, soap opera stars, local heroes, and sporting events.



**Susan Nye**

A corporate dropout, **Susan Nye** left a 20-year career in international sales and marketing for the fun, flexibility, and fear of self-employment. She is a writer, speaker, entrepreneur, and cook. Susan's work appears in magazines and newspapers throughout New England. Her favorite topics include family, food, and small business.



**Jack Rowell**

**Jack Rowell** has been capturing personalities and places with his photography for more than 40 years. In this issue his work is featured in a story about fiddleheads—the harbinger of spring. Jack was associate producer on feature films *Man with a Plan* and *Nosey Parker*. Born and raised in central Vermont, he's also an enthusiastic and experienced angler.



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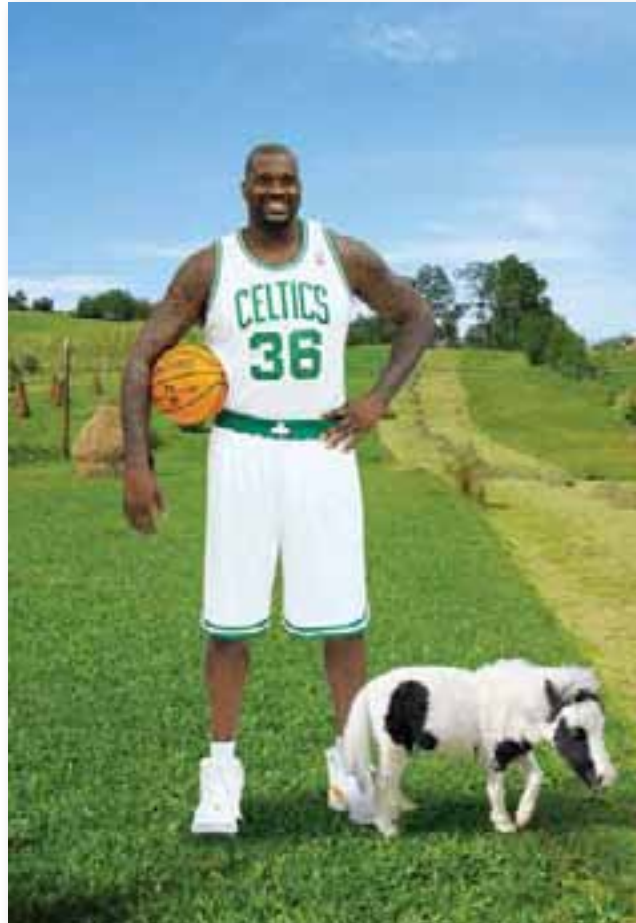


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Foot and ankle specialist  
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**Charles Carr, MD**  
Knee and shoulder specialist  
Golfers, snowboarders, skier, scuba diver

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

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**Kirsten Gleason, PT**  
Sports medicine physical therapist  
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Not pictured: Steve Vincent, PT  
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# Life's a Beach



PHOTOS COURTESY OF MOUNT SUNAPEE

## SPRING SKIING AT MOUNT SUNAPEE

After freezing cold and biting winds, New England skiers deserve a little spring skiing. It's time to put away our Michelin man disguises—those big, bulky parkas and that heavy fleece. For a few short weeks we can ski in a sweater or windbreaker, trade our goggles for sunglasses, and bare our heads to the sun.

The air is not just warmer—it's more festive. Up and down Mount Sunapee, there is a general feeling of—well, there is no easy way to express it except to yell, "Yahooooo!" Bruce McCloy, director of marketing and sales at Mount Sunapee, explains, "Spring is a great time to ski. There is plenty of snow on the mountain. It's warm, it's sunny, and the moguls are nice and soft. It's just fun to be outside."

### Head to the Beach

And then of course there is the Sunapee Beach. No, not the state beach down the road on Lake Sunapee. That doesn't open until Memorial Day weekend. The infamous beach at Mount Sunapee is the big flat area at the base of the resort. A few diehards will be out in January, but the beach really comes alive when the days get longer, sunnier, and warmer. ▶

*Flying high at the  
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Skiers make big splashes during the Slush Cup.

Paige Totman and her husband Neil are regulars at the beach. Most weekend mornings they are out there, bright and early, cooking breakfast on the grill. A ski instructor, Paige has been coming to Sunapee for 16 years. She gives an enthusiastic endorsement: "The beach is fabulous. It's a lifestyle! Sunapee is a great place to spend the day with family and friends. We ski a few runs, hang out on the beach for a while, and then ski some more." Paige continues, "Kids play in the snow and sled, there is lots of music and tons of food, even an occasional cook-off."

### Springtime Fun

Sunapee hosts three special events in the spring—the Dummy Big Air Contest, the Slush Cup, and the Intragalactic Cardboard Sled Race. The newest of these annual events, Dummy Big Air, celebrates its fifth run on March 13. The staff builds a special track and jump for the event. Ski or snowboarding manikins careen down the track and then launch into the air. The entry fee goes toward cash prizes for Best-Designed Dummy, Best Air, and Best Crash. In the past, families, kids from the race team, the local fire department, and other groups have created dummies for the contest.

The Keanes are season pass holders at Sunapee and enthusiastic Dummy Big Air participants. Diane Keane explains, "It is absolutely hysterical and infectious. The beach is in full swing, music is blaring,







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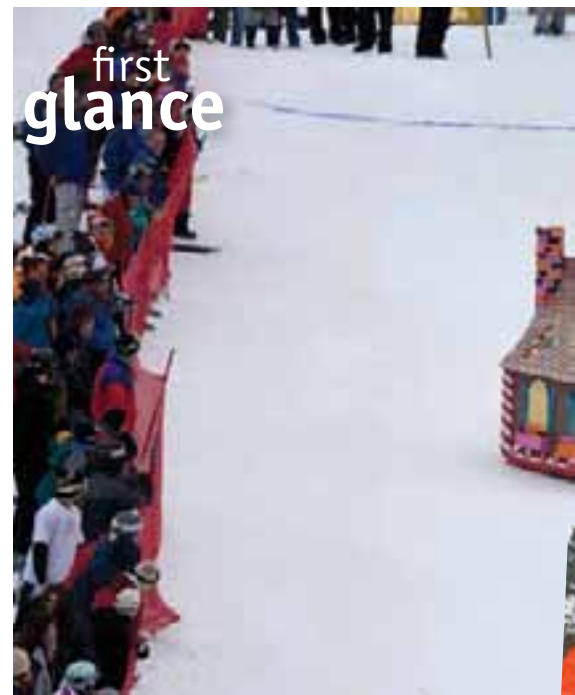
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first glance  
Above: A gingerbread house careens down the hill during the Cardboard Sled Race. Right: Participants vie for the Best Costume prize.

people are barbecuing, and the whole family gets involved. In the past we've entered a bride and last year the Health Care Bill."

The weekend of April 2nd and 3rd will be a special one at the mountain this year. The FestEVOL Concert will be held on Saturday with O.A.R. and the Pete Kilpatrick Band. O.A.R. is a rock band known for its energetic performances. On the same day, the mountain will host an Eco-Village, featuring businesses and products that support a sustainable environment. There will be natural and organic food sampling, music, and ski and snow-board demos.

### Good Times for a Great Cause

The 13th Annual Slush Cup will be held on Sunday. It is Mount Sunapee's biggest spring event and in the words of Travel Channel's Bert the Conqueror, "This ain't no bunny slope action." Bert participated last year along with about 200 other entrants. The fun starts with a quick ski down a steep slope to pick up speed and then ends with either a graceful skim across or colossal splash into an ice-cold, 90-foot pond. Prizes are given for the Best Splash, Best Skim, Best Costume, and Best Team

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Costume. A part of the proceeds is donated to the New Hampshire Chapter of the Make-A-Wish Foundation.

Sunapee's season finale is the Intragalactic Cardboard Sled Race on April 9. Built out of cardboard, duct tape, paint, and wax, 10 to 25 amazing sleds race down the mountain every year. Prizes are given for best and fastest sled as well as best self-destruction while on the course.

Newport's EMTs have had a sled in the race for several years. Ambulance attendant Keith Gregory says, "We have a lot of fun plus we like to do it for the kids." The entire entry fee goes to David's House, which provides accommodations to families of children who are being treated at Children's Hospital at Dartmouth.

Keith remembers, "Our first sled was an exact replica of an ambulance. Since then we have raced in a box of rubber gloves, a bed pan, and a tribute to breast cancer survivors." Amazed at some of the speeds they have clocked, Keith sums up the event: "It's quite a ride." ●

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#### CAMP 4 Presidential Expedition

- 6 Days over the Presidential Range of the White Mountains

#### CONTACT

#### Cardigan Summer Programs

- 603.523.3526
- [core@cardigan.org](mailto:core@cardigan.org)

[www.cardigan.org/core](http://www.cardigan.org/core)





BY LISA DENSMORE

# Spring FLY-IN

DISCOVER THE REGION'S MIGRATORY BIRDS

**W**hen the deluge finally abated, I stepped outside intending to take a long walk. The rainstorm had trapped me indoors for three tedious days. My legs ached for exercise. The grass, a couple of weeks free of its winter blanket, was now more green than pale yellow. The crocuses bloomed in colorful bursts of purple, orange, and yellow. Nature was waking up again after its long winter nap.

As I turned down the lane, I spied a robin, the first of the year, hopping across a small patch of lawn. It paused, cocking its head as if listening for its subterranean prey, though it really scanned the ground for a telltale squirm. I chuckled at the accuracy of the cliché, “the early bird gets the worm.” This red breast was certainly ahead of the migratory curve in New England. Its payoff was a fat, brown night crawler that it pulled from the saturated ground and then carried off to a nearby spruce tree.

Interestingly, worms are not the mainstay of a robin’s diet. Berries are, but they also eat insects and larvae, especially in springtime when they have a hungry family to feed. Worms

are robin baby food, partially digested by the mother bird and then regurgitated into the mouths of her babes. Her demanding brood eats constantly! What’s more, robins typically lay two sets of delicate blue eggs every spring, with up to six in a clutch. Robin eggs take about two weeks to hatch. The young live off Mom and Dad for a mere 15 days and then take off, literally.

The ability to fly allows millions of birds to wing around the world, or at least across great stretches of it, on their biannual migrations. In the fall, some species fly thousands of miles from New England to balmy habitats in Central and South America. They return each spring to raise their young, often in the exact nests they vacated six months earlier. ▶







- ❶ Mourning dove.
- ❷ Immature pileated woodpecker.
- ❸ Osprey on a tree top.
- ❹ Baby red-winged blackbird.
- ❺ Tree swallows get a bug.





Photo © Dreamstime



### Cedar Waxwings

Not all migratory birds migrate great distances. Some go only as far as the next food source. For example, cedar waxwings prefer to dine on fruit produced by the trees in which they nest, as well as carpenter ants, grasshoppers, and caterpillars. When they deplete a food source, they gather in large flocks of 200-plus birds and head south, but only as far as the next available grove of fruit trees. If a garden has ornamental shrubs with berries, they'll gladly visit, though their natural habitat is open woodland around water.

Cedar waxwings summer from the mid-latitude states into Canada, particularly in the Northeast and Central Atlantic regions. They shift south out of Canada, spreading across much of the lower 48 states during the winter. Their courtships begin during their spring migration, but they nest relatively late due to their reliance on fruit as a staple of their diet.

### Hummingbirds

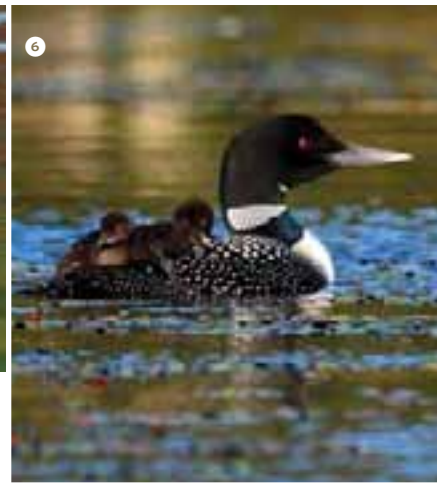
Hummingbirds may be the smallest birds on earth, but those that migrate cover impressive distances, spending their winters as far south as Chile. Unique to the western hemisphere, of the 320 known species of hummers, 12 summer in North America and then travel to the tropics when the flowers here fade.

Hummingbirds eat primarily flower nectar, tree sap, and pollen by sticking their long, tapered bills into the center of tubular blossoms as they hover in front of them. To hover, they flap their wings extremely fast, 80 beats per second in a figure-eight pattern, which makes a humming sound hence their name.

These little darters have a big Napoleon complex, aggressively guarding their territories. I hang a hummingbird feeder over my deck. It brings me such delight when the first ones show up to sip the red sugar water. Inevitably, one bully hummingbird claims the feeder. He drinks his fill and then perches, on guard, in a nearby maple tree. If another bird comes to visit, he dive-bombs the intruder, chasing it away. And not just the other hummingbirds! He attacks orioles 10 times his size. ▶







- ❶ Canadian geese with chicks.
- ❷ Cormorant on dock pylon.
- ❸ Common merganser running on water.
- ❹ Heron with fish.
- ❺ Wood duck.
- ❻ Common loon with chicks.
- ❼ Gulls with chick.
- ❽ Wading heron.
- ❾ Hen mallard with ducklings in pickerel grass.







## Waterfowl

Among waterfowl, loons are perhaps the most territorial. One loon might claim an entire pond to itself. Last summer, I went canoe camping on a lake that was five miles long and three miles wide, yet only two pairs of loons lived there. If another dared dive for a fish in the lake, one of the resident loons immediately forced it to leave.

The resident loons yodeled to each other constantly. Perhaps they were saying, “You stay on your side of the lake,” but I’d like to think they were bragging about their young. One morning, while fishing in a sheltered bay, one of the loons let us get within 30 yards of her and her two little ones. They entertained us for an hour, hopping on and off their mother’s back and poking around the lily pads on what was likely their maiden voyage.

When the loons return, then I know it’s really spring. Their lonely warble has become one

of the most recognizable calls of the wild. Like other waterfowl, loons need open water to survive. They subsist on fish, so they must migrate south before freeze-up. After wintering along the Atlantic coast and the Gulf of Mexico, they return to their northern waterholes to nest.

The ducks and Canada geese are among my most favorite spring nesters. Though the geese become my bane by midsummer, roosting on my lawn and making a mess, their fluffy yellow goslings tug at my heartstrings. Geese are a long-time symbol of bird migration, with their fantastic flying Vs that travel over 50 miles per hour and over 600 miles per day. They fly north, following the snowline, stopping to feed and rest, and then laying their eggs as soon as they arrive back at their traditional summer lakeshores and riverbanks.

Last spring, I sat on the beach on a lake in the Adirondacks watching some adorable ducklings struggle to make

headway in the waves. The mother duck waited patiently for her bustling brood, gently corralling those that strayed too far. Above me, several immature tree swallows perched in a maple tree. More swallows swooped and darted over the water, periodically delivering a fat fly to the hungry birds in the tree. It seemed birds were everywhere, when just yesterday there were none.

The return of the birds is a sure sign that spring has sprung; their cacophony of chirping, honking, quacking, warbling, and cawing ending winter’s silence. They return each year by some sort of genetic GPS. They’ve got a lot to do upon their arrival, building nests, laying eggs, incubating them, and then raising their young during the short period before they need to fly back to their winter range. I wonder why they make the effort, but I’m glad they do. It’s just not spring until the birds come back. ●

### HELPFUL RESOURCES

Want to go birding, or at least learn more about the birds returning to your backyard this spring? These key resources will get you started.

Vermont Raptor Center at the Vermont Institute of Natural Science (VINS)  
Woodstock, VT  
[www.vinsweb.org](http://www.vinsweb.org)

“Vermont Explorer’s Guide” from the Vermont Fish and Wildlife Department  
Montpelier, VT  
[www.vtfishandwildlife.com](http://www.vtfishandwildlife.com)

Vermont Audubon Society  
Huntington, VT  
[www.vt.audubon.org](http://www.vt.audubon.org)

Green Mountain Audubon Society  
Burlington, VT  
[www.vt.audubon.org](http://www.vt.audubon.org)

Montshire Museum of Natural History  
Norwich, VT  
[www.montshire.org](http://www.montshire.org)

The Birds of Vermont Museum  
Huntington, VT  
[www.birdsofvermont.org](http://www.birdsofvermont.org)

Squam Lakes Natural Science Center  
Holderness, NH  
[www.nhnature.org](http://www.nhnature.org)

Silk Farm Audubon Center  
Concord, NH  
(603) 224-9909  
[www.nhaudubon.org](http://www.nhaudubon.org)

Professional writer/photographer Lisa Densmore is a blogger for [AudubonGuides.com](http://AudubonGuides.com). Look for Lisa’s new book, *Best Easy Day Hikes Adirondacks* (FalconGuides, Spring 2011). To see more of her bird photographs, go to [www.DensmoreDesigns.com](http://www.DensmoreDesigns.com).



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1000 Cold Spring Road  
Dixville Notch, NH 03576-9710  
(800) 255-0600  
[www.thebalsams.com](http://www.thebalsams.com)

### BLACKMOUNT COUNTRY CLUB

Golf at the challenging Blackmount Country Club, a 9-hole, par-36 course with four sets of tees to accommodate all levels of play. Scenic vistas, unhurried play, and a welcoming clubhouse make for an unforgettable golfing experience. Visit us on Facebook at [blackmountcountryclub.com](http://blackmountcountryclub.com).

400 Clark Pond Road  
North Haverhill, NH 03774  
(603) 787-6564  
[www.blackmountcountryclub.com](http://www.blackmountcountryclub.com)

### CARTER COUNTRY CLUB

Enjoy fun, affordable, 9-hole play at Carter! Never intimidating or boring, both beginners and scratch players alike take pleasure in the course's vintage Donald Ross layout. With 3,000 yards and four sets of tees, this par-36 course offers great golf for everyone. Carter is easily accessible from exit 19 off I-89.

27 Mechanic Street  
Lebanon, NH 03766  
(603) 448-4483  
[www.cartercc.com](http://www.cartercc.com)

### OMNI MOUNT WASHINGTON RESORT GOLF CLUB

Omni Mount Washington Resort is home to 27 holes—the 9-hole Jeffery Cornish and Brian Silva-designed Mount Pleasant Course and the 18-hole Donald Ross-designed Mount Washington Course. Voted the number-one "Course You Can Play" by *GolfWeek* magazine in 2009 and 2010 and host to the 2010, '11, and '12 New England Open Championship, the Mount Washington Course has quickly established itself as one of the premier destination golf courses in New England.

210 Mount Washington Hotel Road  
Bretton Woods, NH 03575  
(603) 278-GOLF (4653)  
[www.brettonwoods.com](http://www.brettonwoods.com)

### HANOVER COUNTRY CLUB

Hanover Country Club, located on the campus of Dartmouth College since 1899. HCC is a college-owned, semiprivate course open to the public. We offer 18 holes of Championship Golf, four practice holes, a short-game practice area, and PGA professional golf instruction. HCC offers memberships, daily fee rates, and golf outings. Feel free to give us a call for more information and/or a tee time.

36 Hilton Field Lane  
Hanover, NH 03755  
(603) 646-2000  
[www.dartmouth.edu/~hccweb/](http://www.dartmouth.edu/~hccweb/)

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6 Clubhouse Lane  
 Grantham, NH 03753  
 (603) 863-4500  
[www.eastmangolflinks.com](http://www.eastmangolflinks.com)



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Conveniently located just off I-89 at exit 11: Contact Craig Gardner in our Golf Shop: (603) 526-0295  
 289 Country Club Lane  
 New London, NH 03257  
[www.lakesunapeecc.com](http://www.lakesunapeecc.com)



**NEWPORT GOLF CLUB**

The Newport Golf Club is cradled in the heart of the Sugar River Valley Basin surrounding mountains, streams, and ponds to frame the 18 holes built on 151 acres. Well-drained fertile soil supports the growth of the lush bent grass grown on the greens, tees, and fairways. The changes in elevation, the meandering Sugar River, natural wetlands areas, flower gardens, eight ponds, and tree-lined fairways create a beautifully scenic and serene backdrop for an enjoyable round of golf.

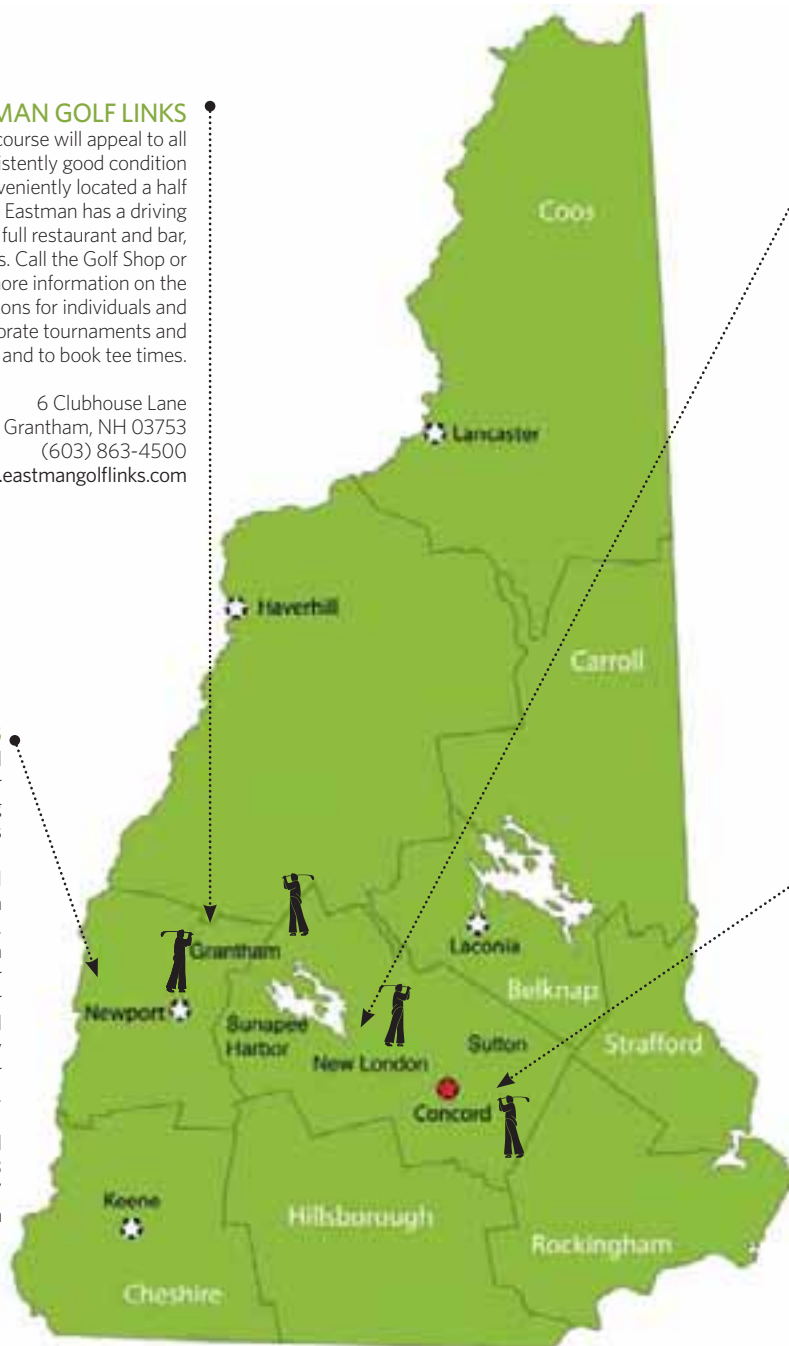
112 Unity Road  
 Newport, NH 03773  
 (603) 863-7787  
[www.newport-golf.com](http://www.newport-golf.com)



**BEAVER MEADOW GOLF COURSE**

Beaver Meadow is New Hampshire's oldest golf course with a walkable, player-friendly layout. The original 9 was laid out by Willie Campbell and then expanded to 18 by Geoffrey Cornish. Beaver Meadow has hosted the LPGA's FUTURES Tour since 2005. Play where the pros play!

1 Beaver Meadow Street  
 Concord, NH 03301  
 Pro shop: (603) 228-8954  
[www.BeaverMeadowGolfCourse.com](http://www.BeaverMeadowGolfCourse.com)



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and also nearby in

# Vermont

## SUGARBUSH RESORT GOLF CLUB

Set in the magnificent Green Mountains of central Vermont, Sugarbush Resort Golf Club is an 18-hole layout designed by Robert Trent Jones Sr. Established in 1962, the course offers stunning mountain views, incredible conditions, and first-class service.

The golf club has a full-service retail shop and Hogan's Pub where you can relax on the deck, enjoy lunch, and soak in the sun. Lessons and clinics are taught by accomplished PGA staff.

1091 Golf Course Road  
Warren, VT 05674  
(802) 583-6725  
[www.sugarbush.com](http://www.sugarbush.com)

## MONTAGUE GOLF CLUB

This spectacular 97-year-old, magnificently maintained 18-hole, 6,300-yard links golf course fronting on the Third Branch of the White River is only three miles from exit 4 off I-89. Two new greens. Seven new tees. Adjacent to the beautiful Three Stallion Inn. Fun, friendly, and open to the public.

Exit 4 off I-89  
Randolph, Vermont  
Pro's Shop: (802) 728-3806  
[www.montaguegolf.com](http://www.montaguegolf.com)

## LAKE MOREY COUNTRY CLUB

Lake Morey Country Club was established in 1915 and eventually expanded to 18 holes in 1929. The 18-hole layout was redesigned by Jeffry Corrish in 1989. The par-70, 6,024-yard course boasts evergreen-lined fairways with small greens. The front 9 is relatively flat, which gives way to a rolling back 9 offering breathtaking views. Lake Morey has been the home of the Vermont Open for over 50 years. Come play where the pros play!

179 Clubhouse Road  
Fairlee, VT 05045  
(802) 333-4800  
[www.lakemoreyresort.com](http://www.lakemoreyresort.com)

## THE WOODSTOCK INN & RESORT GOLF CLUB

The Woodstock Inn & Resort Golf Club, named one of the world's "Top 100 Golf Resorts" (*Golf Magazine*), boasts an 18-hole masterpiece designed by legendary course architect Robert Trent Jones, Sr. This full-service golf club offers a pro shop, practice range, putting green, private lessons, clinics, and dining. 6,000 yards, par 70.

14 The Green  
Woodstock, VT 05091  
(802) 457-6674  
[www.woodstockinn.com](http://www.woodstockinn.com)

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Weathersfield Center Road  
P.O. Box 413  
Springfield, VT 05156  
(802) 885-1010  
[www.crownpointcc.com](http://www.crownpointcc.com)

## OKEMO VALLEY GOLF CLUB

Vermont's only heathland track features lush, emerald fairways framed by open, rolling fields of golden fescue. Every detail of Okemo's par-70, 18-hole course has been meticulously shaped to golf's great traditions.

77 Okemo Ridge Road  
Ludlow, VT 05149  
Pro shop: (802) 228-1396  
For more information go to: [golf.okemo.com](http://golf.okemo.com)



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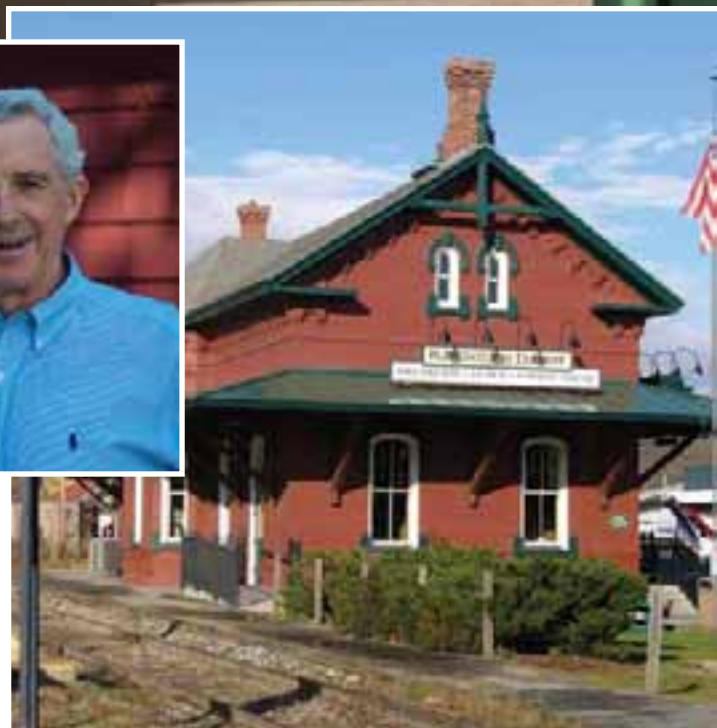




# Entrepreneur Extraordinaire

## LOCAL DEVELOPER SHARES HIS VISION

RANDOLPH, VERMONT, FOUNDED IN 1781 when Vermont was an independent republic, is a charming place, with a classic turn-of-the-century downtown featuring attractive brick facades along Main Street and Merchants Row. The former traditional brick Canadian National Railway Station has been renovated inside and out to become the Randolph Depot restaurant, where the friendly ambiance is augmented by the periodic clacks and whistles of the Washington, DC, to St. Albans Amtrak trains that make stops in Randolph at its new station. ▶







*Clockwise from top left: A sign greets visitors. The inn's welcoming front porch. The beautifully restored inn. Horses graze peacefully. Flowers add to the inn's charm. The Depot Restaurant. Jinny and Jesse "Sam" Sammis.*



Along with the pleasant rolling hills and open farmland, the town's greatest natural resource is its central location. Randolph Center, the original town, was once considered as the location for the state capital and even boasts a preserved governor's mansion along its tree-lined main thoroughfare. Although Randolph is a town that has seen relatively little physical change in the last century, it has the Gifford Medical Center, the Chandler Center for the Arts (a wonderful Carnegie Hall-quality historic music hall), a good library, an inviting arts center, and much more.

This is the Randolph that real estate developer Jesse F. "Sam" Sammis III encountered when he came to Vermont in 1971, shortly after the completion of Interstate 89, the road that made central Vermont more accessible to travelers from Boston, Hartford, New York, and Montreal. Sammis happened across the Green Mountain Stock Farm, a beautiful 1,300-acre horse farm that had been the original breeding site of the legendary Lippitt Morgan horse. Sammis called his



wife Jinny, who's also his business partner, and told her he saw what he described recently to *Greenwich Magazine* as an opportunity for some "exceptional long-range value."

Uh-oh. To most Vermonters this would mean tacky vacation homes on half-acre plots, fast-food joints, and strip malls—just the kind of development that entrenched natives fiercely resist. What is remarkable about this story is that has not happened over the past 40 years.

### Preserving the Countryside

Today, a few horses graze peacefully behind the large, rambling estate house that has been tastefully—and almost invisibly—enlarged and restored as the Three Stallion Inn, "the best lodging and dining experience in central Vermont." According to *Vermont Country Sampler*, during the 1970s, the inn and its facilities hosted the Lippitt Morgan Horse Show, named after Green Mountain Stock Farm founder Robert Lippitt Knight, who developed the Lippitt line of Morgan horses. Early in the '70s, the inn also hosted a girls' summer horseback riding camp, and over the years the inn has had a close relationship with Vermont Bicycle Tours and Battenkill Canoe, relationships that continue today. During the late 1970s the inn was initially fixed up as a cross-country ski center run by former Olympic skiers Bob Gray and Kim Mumford, who now own Four Corners Farm in South Newbury, Vermont.





Left: A comfortable guest room. Left bottom: Dining in Morgan's Pub. Below, clockwise from top left: Common areas feature comfortable furnishings. Cozy sitting area. Morgan's Pub has a relaxing atmosphere. A plate of mussels prepared by Chef Tim Kingzett.

Sammis has always opened the inn and the Stock Farm for community events such as an outdoor summer concert the second Saturday in July by the Vermont Symphony Orchestra, the Vermont Chamber concert series in August, and the Randolph Fire Department's annual Fourth of July fireworks display just down the road from the inn. The inn often hosts state, town, and local business gatherings as well as weddings and reunions. In recent years, the inn has also been one of former Governor Jim Douglas's favorite spots to hold meetings.

Today, the attractively renovated Three Stallion Inn features the cozy Morgan's Pub and full-service Lippitt's Restaurant. The menus for both accentuate the fresh, local, organic foods that are increasingly available from the strong community of small-scale



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rural farmers. Tim Kingzett, the executive chef at the Three Stallion Inn, who was formerly at the Stowe Inn in Stowe and the Ritz Carlton Hotels in Cleveland and Boston says, "The inn offers a great variety of food choices from our Burger & Beer Night every Tuesday, our Italian Night every Thursday, to delicious entrees featuring veal, chicken, fish, and beef. We always try to use local farmers' produce."

The inn has all the creature comforts, including a game room, exercise room, whirlpool, and steam showers. The focus is the sporting life and the great outdoors. In addition to the 18-hole golf course, there are 25 miles of trails that are ideal for hiking, cross-country skiing, snowshoeing, mountain biking, and horseback riding. Also, you can relax and swim in the pool surrounded by magnificent gardens or play tennis on what have to be the most secluded courts in the state. What you won't find are traffic lights or road noise.

### A Golfer's Delight

The Montague Golf Club expanded from 9 to 18 holes in 1992 because of a gift by Sam and Jinny of 90 acres of land. Since they purchased Montague in March of 2009, they have overseen many improvements, including new bunkers with white sand, an irrigation system, two new greens, eight new tee boxes, and one new hole. The entire golf course has exceptional drainage. Their efforts have been rewarded with a more than 60 percent increase in membership over the past two seasons, and they believe that number will continue to grow as word spreads about this beautiful, family-friendly course.



### Play and Stay

Play and Stay Golf Outing packages are available at the Three Stallion Inn. For rates and more information, call the inn at (802) 728-5575 or visit the website at [www.ThreeStallionInn.com](http://www.ThreeStallionInn.com).

For information about golf memberships and tee times, call the Montague clubhouse at (802) 728-3806 or visit the website at [www.MontagueGolf.com](http://www.MontagueGolf.com).

For information on the Green Mountain Center, call (802) 522-8500.

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## The Green Mountain Center and Visitors' and Showcase Center

For the past 10 years, the Sammises have worked closely with the town of Randolph zoning committees to come up with a master plan for the Green Mountain Center's 174 acres that the Sammises own at the Exit 4 Interchange on I-89. The 174 acres comprise two parcels of approximately 85 acres each on the northwest and southwest quadrants at Exit 4.

The town of Randolph recently voted seven in favor, no negatives, for the Green Mountain Center's master plan that will permit a clustering of office, light industrial, residential, and accessory retail uses and a 180-room hotel and conference center. All of the development will take place on only 30 percent of the land with the remaining 70 percent left as open space.

In addition, in May of 2010, the state of Vermont came to the Sammises and asked them to consider the state's locating a new Visitors' and Showcase Center at Exit 4. The plan is to construct a new Visitors' Center that will resemble a beautiful Vermont barn much like the Visitors' Center on I-89 in Grafton. The Showcase Center would be under the same roof as the Visitors' Center and would house mainly Vermont products and services. Ten percent of the Showcase Center would be set aside for local businesses to display their products and services. There is the distinct possibility of





“The beauty of the land—its hills, valleys, and river views—make this course a very special place,” Sammis says. “You can see the Third Branch of the White River from nine of its holes.” Sammis favors the back nine holes “because they are the Scottish-style links noted for uneven fairways, windblown natural terrain, and deep bunkers.”

### The Stock Farm

In developing the historic Stock Farm, the Sammises wanted to preserve the land’s natural beauty. The master plan for the Stock Farm provides for large, private lots of 10 to 60 acres each, deed restricted to subdivision.

“We wanted to ensure that any development preserved the open fields. One of the great features of the project is a 25-mile trail system that interconnects the lots and

having display areas in the Showcase Center featuring colleges and events taking place throughout the state. It is envisioned that the Visitors’ and Showcase Center would be a place where the governor and other state of Vermont officials could bring executives who are considering locating a business in Vermont, to come and see in one place all the products and services that Vermont has to offer.

The Sammises have invested in Randolph over the past 40 years because they believe that Randolph’s location in the geographic center of the state, along with its beautiful countryside, excellent schools, outstanding hospital and cultural facilities, Amtrak, and immediate access to Interstate 89, make it a great place to live and work.

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enables all lot owners to enjoy the Green Mountain Stock Farm’s 1,300 acres.” The 25 houses that have been built on the property are discreetly tucked away from the open fields and into the wooded hillsides. The open land along the Third Branch of the White River is just as bucolic as when Sammis first saw it in 1971. The difference is now you can see a sprinkling of golfers there in the summer and cross-country skiers in the winter.

Meanwhile, the horses graze in paddocks near the Three Stallion Inn located on the Stock Farm Road that runs alongside the Third Branch of the White River, one of Vermont’s last free-flowing streams. The horses are blissfully oblivious to any intrusions in their day, such as the occasional swish of a cross-country skier, the click of a camera, or music from a wedding tent or the Vermont Symphony Orchestra. For the horses, or indeed the patrons sipping hot cocoa or a glass of wine in the nearby Morgan’s Pub or Lippitt’s Restaurant, the Sammises’ vision of “long-range value” looks beautiful and intact. And it looks a lot like Vermont. ●





# Tupelo Music Hall

*A restored 1906 Steinway graces the Tupelo stage.*

FEATURING  
**BIG ARTISTS**  
IN A SMALL SPACE

BY LORI FERGUSON

PHOTOS BY TOM McNEILL

FOR OWNER SCOTT HAYWARD, the purpose of Tupelo Music Hall is deceptively simple: to present talented, nationally recognized musicians in a friendly, relaxed, attractive, and intimate setting. In reality, it takes a special eye and just the right setting to make a venture of this kind successful. Hayward clearly has both. ▶





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## on the town



Left: Ani DiFranco, Amber Rubarth, and Big Bad Voodoo Daddy. Above: The Tupelo Experience is always intimate. With cabaret seating (shown here), the capacity is 150. For bigger shows, the venue is set up for concert seating, with a capacity of 240. Right: The main entrance.

The original Tupelo Music Hall opened its doors in Londonderry, New Hampshire, a little over six years ago. "At the time, the concept was just something I wanted to try out," recalls Hayward. "I wasn't even working at it full time." But public response was such that the venue soon demanded Hayward's full attention. Indeed, Hayward's concept proved so popular that he recently opened a second music hall in White River Junction, Vermont. The Vermont venue is housed in the historic Boston & Maine Freight House, a former railroad freight station that has been restored and adapted for mixed-use retail.

### An Intimate Experience

Tupelo Vermont opened in October of 2010 and, like its Londonderry counterpart, offers concertgoers an intimate musical experience. The hall is outfitted with a low stage, warm colors, and seating for approximately 240. It features music from a variety of genres, including rock, blues, folk, and jazz, performed by legendary artists as well as rising stars. The schedule also includes a monthly comedy act. Not surprisingly, Tupelo #2 is thriving. "We hosted 38 shows in our first three months of operation," notes Hayward proudly. "I was really pleased."

There's been a bit of a geographical learning curve, Hayward admits, as each area has different tastes, but overall the response has been about what they expected. The audience ranges in age from 35 to 65

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and favors offerings with a hint of nostalgia. As with the New Hampshire locale, Tupelo Vermont offers concertgoers the chance to see big artists in a small space, an experience that is as rewarding for Hayward as it is for his audience. "To see the crowd sitting there, reacting to the venue and the music, with everything going just right, is really magical," he asserts. "It just doesn't get any better."

### It's All About the Music

Nor is the intimate atmosphere the only exceptional aspect of the Tupelo Vermont experience. The hall is outfitted with a MINA sound system—a new, state-of-the-art speaker system for small concert venues created by Meyer Sound. Tupelo Vermont was the first installation site in the world for MINA, a fact that earned the hall industry kudos, including a recent cover story in *Live Sound International* magazine.

"Artists have everything they need when they play our venue," asserts Hayward. "We look like a club, but act like a theatre. We have an intimate club feel, but when the show starts, the venue turns into a theatre and the focus is all on the stage." There are none of the typical club distractions like waitstaff moving about and people chatting, explains Hayward. When the concert begins, it's all about the music. Tupelo patrons come to see the artist and immerse themselves in the experience, an attitude that Hayward both appreciates and encourages. ▶

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Bo Bice, Adam Levy, Ana Popovic, and Arlo Guthrie.

## Community Partnerships

Tupelo Vermont is not only committed to offering visitors a pure listening experience but also to giving back to the surrounding community. In its short life, the hall has forged alliances with several White River Junction businesses in an effort to increase overall visitor traffic to the town. Tupelo extended a hand to the Center for Cartoon Studies, a fellow White River Junction organization, providing the Center with space for lectures and seminars during off hours. Shortly after opening last October, the hall hosted the annual awards ceremony for *The Complete Hoot*, the Upper Valley's monthly arts and events guide. Additionally, Tupelo Vermont has formed lodging partnerships with the Hotel Coolidge and nearby Norwich Inn, offering visitors special packages that include accommodations and tickets to a concert.

The White River Junction community's response to these overtures has been overwhelmingly positive. And they're not alone. The music community at large has also taken notice; in less than a decade, Tupelo has made a name for itself as a venue that offers

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both performer and patron a singular experience. The roster of past performers at the New Hampshire location stands as testament to the venue's appeal, including such names as George Winston, John Hiatt, and Judy Collins. Tupelo Vermont is clearly poised to continue this fine legacy; upcoming acts include John Mayall (March 31), Jefferson Starship (April 2), Don McLean (April 17), Ottmar Leibert & Luna Negra (May 8), and comedian Paula Poundstone (May 13).

"One thing we can guarantee people," concludes Hayward, "is that they'll have an experience here unlike anything they've had before." ●

#### Tupelo Music Hall

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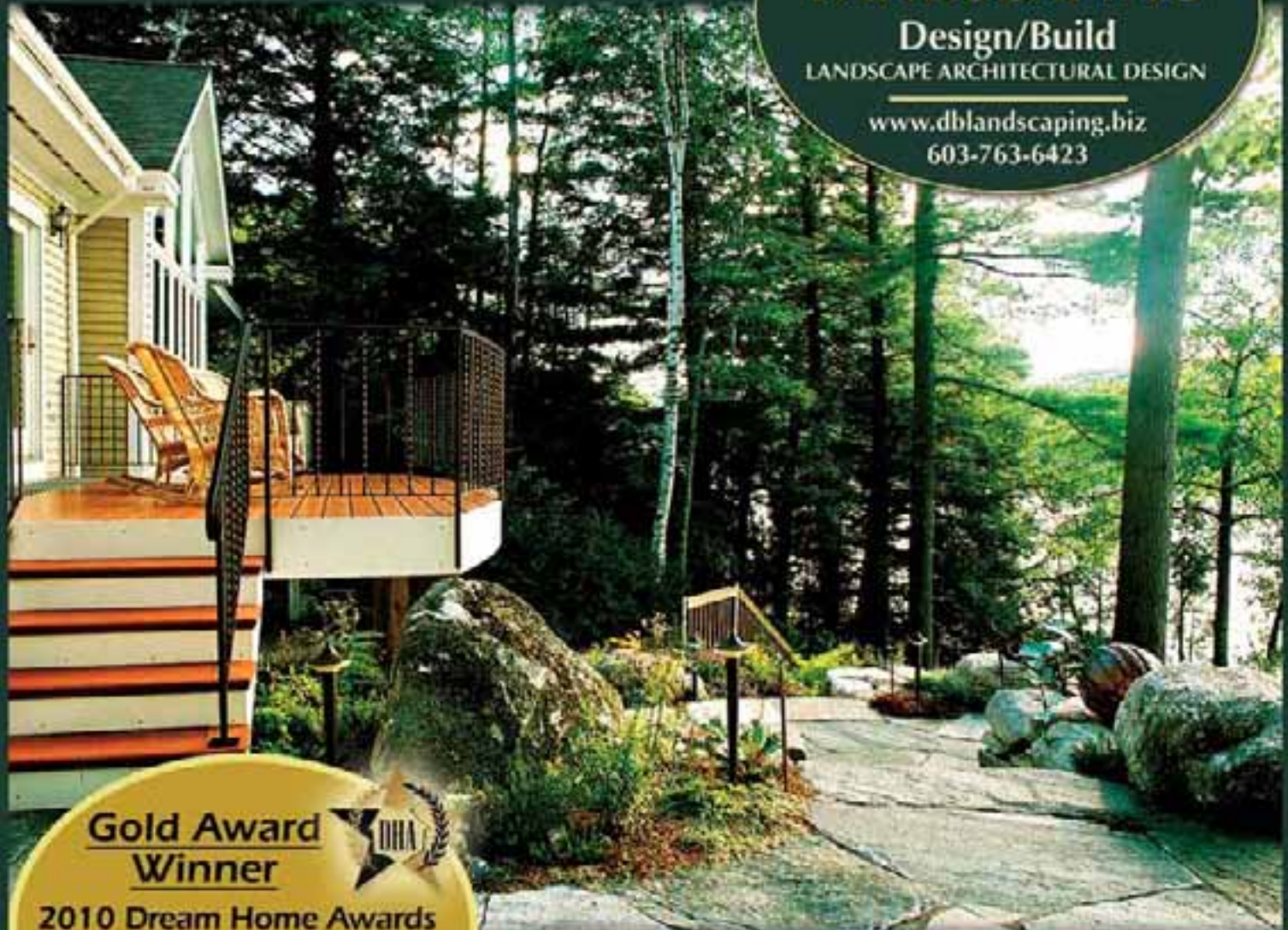


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TEXT BY MARY GOW

# trend watch

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## THE GREAT OUTDOORS

"Overall, people are enlarging their outdoor living spaces as they are spending more time eating, lounging, and entertaining outdoors."

**George Pellettieri, President, ASLA**  
Pellettieri Associates, Inc.



Whether it's due to the economic challenges of the past few years or it's simply a nod toward comfort and convenience, families are staying home more than they used to. This nationwide trend means homeowners are investing to make their living spaces more functional, more beautiful, and—quite simply—more fun.

Indoor living is moving out as boundaries between indoor and outdoor spaces are changing. Well-appointed outdoor kitchens bring alfresco meal preparation and dining together. Beyond fabulous grills, outdoor kitchens feature refrigerators, sinks, even espresso machines and pizza ovens. From a morning cup of coffee to a gracious dinner party, outdoor meals are becoming part of daily life.





Opposite: Residential pool and fountain. Top: Natural stone patio and pool with water feature. Top right by Pellettieri Landscape. Lower right: Home with pond by George Wohlgemuth Landscapes. Below: Relax outdoors with furniture by Telescope Casual Furniture from All Decked Out.





## landscaping &amp; outdoor spaces

Outdoor spaces are becoming more useful. Fire pits—from simple stone circles to features with hearths and seating—provide gathering spots for family and friends.

“We’ve seen an increase in outdoor kitchens,” says George Pellettieri. “Some outdoor kitchens include areas for preparing food, food storage including a refrigerator, a sink, as well as the grill. A lot of people are also asking for fire pits—a place to have a campfire, roast marshmallows, or cook hot dogs on a stick.”



Courtesy of Pellettieri Landscape



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landscaping & outdoor spaces

**OUTDOOR OPTIONS**

“If you have a yard in New England, the minute you can get out there in the spring, you do,” observes Sally Bourdon of Deck Dock Home & Garden in Sunapee, New Hampshire. “People are spending more time outdoors and spiffing up their patios, decks, and outdoor furniture.

“The outdoor living room concept is getting bigger,” Sally says. “People are looking for that comfort outside and are choosing from a variety of seating options, not just outdoor dining sets.”



Courtesy of Carriage Shed



Courtesy of Pellettieri Landscape

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Must-have outdoor items include (clockwise from top) Weber's Summit Grill Center with Social Area, patio heater, mahogany bench, French garden urn, settee and fabrics from Telescope Casual Furniture, ebony fire pit.

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## landscaping &amp; outdoor spaces

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landscaping &amp; outdoor spaces

## BACKYARD GARDENS

In keeping with the movement to live a simpler and more sustainable life—and with a look back to their grandparents—more homeowners are planting vegetable gardens.

“One aspect of the trend is that the home landscape now often includes some form of food production,” observes George Pellettieri. “People want to control where their food is coming from, and also its quality, so we are including more backyard farming in our designs.”

George continues, “Your landscape can include blueberry and raspberry bushes, a vegetable garden, fruit trees, and even chickens! While this productive landscape is both useful and practical, these features are carefully planned along with aesthetic considerations. We do many shoreline properties throughout the state and have used blueberry bushes in our designs for a long time. One client called us last summer to tell us he and his grandson had just been out together picking blueberries for pancakes. He wanted us to know how much they enjoyed that experience.”







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Being in the forefront of the “green movement” long before it was popular, Johanna recognizes the importance of using indigenous plants to have a low impact on the environment. Working with a wide array of clients, she designs spaces that complement her clients’ lifestyles while addressing functional needs.

Using her background in horticulture as well as Landscape Architecture, Johanna creates landscapes that complement native habitats. Her landscapes ebb and flow through the seasons, as in nature, allowing the house to become an integral part of the site

instead of a separate entity. Her specialty gardens reflect her knowledge of perennials, ornamental grasses, herbs, and groundcovers and have earned her respect from landscape masters such as Wolfgang Oehme and James van Sweden. Her mastery of color, texture, and scale work together effortlessly in her designs.

Johanna has served as a consultant on many urban design projects using her extensive knowledge in European design to create user friendly, textural, and durable landscapes that enhance a community year-round.

There are important elements in the design process which are often overlooked. A custom landscape design should address functional issues such as drainage, orientation, existing utilities, erosion or stabilization, proper or corrected grading, and any major excavation issues. Johanna begins every design by ensuring her clients that the results of their project will yield a functional, successful, and beautiful landscape.

Johanna can be reached at (603) 856-3391 or log on to [www.jfklandscapedesign.com](http://www.jfklandscapedesign.com) to begin your landscape design process.







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## What's happening with kitchens today?

The kitchen area is not only a functional space for cooking, it's where the family gathers to dine, watch television, and do homework. The kitchen island has become of hub of the house.

"We are seeing smaller kitchens with higher quality materials, hardware, faucets, and sinks," says Jon Blodgett of Blodgett Sash and Door. "These smaller kitchens use every ounce of space, with features like cabinets to the ceiling, and they open into the living areas."



Courtesy of Timeless Kitchens



design

# COMFORT

### NATURAL IS BEST

"Ninety-five percent of my clients are buying natural stone. They like the movement and natural variances of stone rather than the uniformity of laminates."

**Patti Mullin, CKD**  
Timeless Kitchens, New London, NH





Courtesy of Ellen's Interiors



Courtesy of Bonin Architects





kitchens

### KITCHEN STYLE

Kitchens are becoming very personalized, and many people have a theme in mind. It's helpful to show your kitchen designer magazine pages of the style you want to capture in your new kitchen. Tuscan, French Country,

and Shaker or farmhouse styles are popular. Painted cabinets are commonly seen in these kitchen styles. In a Tuscan kitchen cabinets may have an Old World look and a distressed painted finish. Someone restoring an old farmhouse may want wide plank

floors and cabinets that respect that history.

"Today's clients are more adventurous and willing to think out of the box," says Patti Mullin of Timeless Kitchens. "Colors are so much more loved than they used to be."

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Indoors, in new homes and remodeled ones, spaces are more fluid as rooms and uses blend. Walls that once divided kitchens from dining are disappearing. Family spaces for doing homework, watching TV, and simply gathering are moving into the kitchen, and the formal dining room is becoming rare.



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# SMART BUYS

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Accessories we love are (clockwise from top center) a wrought iron candelabra, no-fuss countertop wine cooler, flexible faucet, LiveTec sleek range hood, iridescent fused art glass cabinet knobs and pulls by Uneek Glass Fusions, and KitchenAid compact refrigerator.





kitchens



Courtesy of Timeless Kitchens

“Painted kitchens are the rage,” says Patti Mullin of Timeless Kitchens. “Also big is doing kitchens with two different cabinet colors—linen white cabinets with a cherry island with granite countertops. Or the same cabinets and two different color countertops.”

#### FRESH NEW HUES

Pantone recently announced eight new color palettes. Here are a few recommended choices for a splash of color in the kitchen:

**Agrestic** This contemporary country style calls for comforting combinations like bruschetta browns, tender greens, or warm golden yellows, with an unexpected accent of a vibrant pink.

**Savories** This palette includes tasty blends of chocolate and daiquiri green, with dollops of bright hues to embellish the mix.

**Ethnic Chic Style** Reach a new level of sophistication by pairing deep purple with misty yellow and stone grays or juxtaposing burnt orange against vibrant blue and dark brown.



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"Smaller is definitely a trend," says Jeremy Bonin of Bonin Architects in New London. "The size of the custom house is coming down. We're seeing fewer rooms and more multi-use spaces. Instead of two separate rooms with several hundred square feet each, these are combined into one slightly larger room."

## INDOORS & OUT

"We design many lakefront homes in the Sunapee region. These homes have a lot of interaction of the indoor living space and the exterior landscape or lake side of the home with views and outdoor activities."

**Jeremy Bonin AIA,  
NCARB, LEED AP**  
Bonin Architects, New London, NH





**OPEN SPACES**

Newly built homes for today's consumers reflect open floor plans, with most offering master bedrooms on the first floor and updated appliances and granite countertops in kitchens.



Photos courtesy of David Anderson Hill



Courtesy of Loewen Windows. Photo by John Hession, Paul Bilgen, Architect.

Courtesy of Bonin Architects



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## building & remodeling

### LIVING GREEN

Things are changing in the 21st century, and homeowners want a combination of convenience, comfort, and quality while being ever mindful of the impact their choices have on the environment.

“Green products and processes are those that don’t introduce toxins into the environment or our bodies,” says Kim Quirk, owner of Energy Emporium in Enfield, New Hampshire. “With increased interest in green products, more manufacturers are eliminating harsh chemicals and documenting exactly what is in their products and the processes used to create them. For example, flooring, building materials, cleaning products, even cosmetics are being labeled as consumers want to know how green they are.”

Kim continues, “Sustainability has to do with the entire life cycle of a product. What energy did it take to make it? To package it? To get it to the consumer? What happens to the product when it is no longer useful? The trend among consumers here is to become more knowledgeable about the life cycle of products in order to make responsible choices about what they want,” Kim explains. “The Local First Alliance ([www.vitalcommunities.org](http://www.vitalcommunities.org)) helps consumers find companies, products, and foods that are managed, grown, and/or manufactured locally.”

### DID YOU KNOW?

Residential architects in the latest AIA home design trends survey report a growing interest in sustainable and cool roofing, tubular skylights that provide natural daylight, and low-maintenance cladding materials such as fiber cement, stone, tile, and natural-earth plasters.

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### TOP TRENDS

Whether you're building a new home or remodeling your existing structure, contractors say there are several features homeowners are requesting most often.

#### SOLAR DESIGN

Thanks to advancements in technology, solar roof panels are more attractive and efficient in storing solar heat and converting it into a viable energy source for the home. Passive solar design is also becoming more popular. Architects and builders are situating homes based on the angles of the sun for maximum exposure, resulting in natural heating and lighting for the home.

#### SUSTAINABLE BUILDING MATERIALS

Materials such as wood, glass, cork, rubber, and plastic can be recycled and reused by companies that turn them into construction materials like flooring, decking, countertops, cabinets, and even carpeting.

#### LED LIGHTING

LED lighting is a creative and energy-efficient way to add decorative lighting to any space, indoors and out. LED lights are an easy way to bring a little eco-friendly style into the home.









Courtesy of Blanc & Bailey

**ON-DEMAND WATER HEATING**

Tankless water heaters are one of the best ways to lower your utility bills. They eliminate the need for a storage tank and dramatically increase energy efficiency by only heating water when you need it.

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Radiant heating is more efficient than forced-air heating because no energy is lost through ducts. Plus, the lack of circulating air is perfect for those with severe allergies. Hydronic systems, which are liquid based, use little electricity and can be heated with a variety of energy sources, from gas, oil-fired or wood-fired boilers, and even solar water heaters.

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## HEALTHY DESIGN

The focus on building today includes more than just the sustainability of building materials and their impact on the environment—it also focuses on the creation of healthy environments inside the home. *USA Today* reports the following trends:

### A Holistic Approach

The entire building industry will begin to place a high priority on integrating natural resources and health and community concerns into building design. This new holistic approach examines the impact of all the elements inside a building, ranging from water conservation and indoor air quality to minimizing waste and toxin emissions. Planned communities are a solution (growing in popularity) that encourages this type of healthy and convenient lifestyle.



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### Multigenerational Living

With two and three generations living together, the need for retire-in-place home solutions is growing. New home designs will accommodate the elderly with areas for privacy on the first floor while providing living quarters for their children on the upper floor, and rooms for their grandchildren on sublevels. Homes featuring a large kitchen for shared meals on the main level with private morning kitchens on other levels will also be seen.

### Remodeling

The volume of remodeling now exceeds that of new single-family construction. As homeowners find creative ways to finance these projects, they are modifying their homes for elder care and to accommodate the evolving needs of their growing families.





### UPDATED AMBIANCE

“For years we have had reproduction kitchens—looking like old-fashioned kitchens. Now kitchens are cleaner. Cabinets are painted but in simple styles, with very, very clean lines. There is a lot more stainless steel.”

**Ellen Winkler,**  
**Founder and Principal Designer**  
Ellen's Interiors, New London, NH

House and Kitchen by NorthCape Design

### Resurgence of Mid-Century Design

Organic architecture that expresses clean simplicity through the integration of nature will continue to be an important trend. This includes floor plans with an abundance of natural light and designs that reduce energy consumption.

### Reinventing Streetscapes

Expect to see homes with front elevations that are unique and memorable because of the interaction of styles, textures, colors, and materials used.

### Americanization/Globalization

Global thinking will become evident in all aspects of home building through the cross-pollination of cultures among artists, designers, architects, builders, and developers.

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“For energy efficiency and sustainability, we use guidelines from LEED and Energy Star” says Jeremy Bonin of Bonin Architects. “The building envelopes are well-insulated, we specify durable low-maintenance materials, high-quality windows and doors, and homes are sited to take advantage of passive solar as well as views.”





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The average family spends \$2,200 a year on energy bills, nearly half of which goes to heating and cooling.



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Other building and remodeling trends Jeremy is seeing include:

- Kitchen living and dining spaces integrated into one large open living area.
- More master suites on the main floor to accommodate single-floor living later in life.
- Three-season porches. They get year-round use except in the coldest of weather. New window technology and efficient design also contribute to extending a sunroom's use time.

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“Green, sustainable, and renewable are the three trends I’m watching right now both for my home renovation and my business,” Kim says.

“The renewable energy trend includes more use of solar hot water and solar electricity. The technologies for solar hot water have really improved. Now, with technologies like evacuated tube systems, here in New England you can heat 50 percent of your domestic hot water in the winter and 100 percent in the

summer. Overall, solar hot water systems can provide about 70 percent of your home’s hot water.

“With solar electric systems, we continue to get a little more electrical output per square foot of panel each year as well as better pricing. A trend I’m hoping to see is more US-based manufacturers for both solar electric and solar hot water.”

Tim Cardwell of Green Mountain Skylights and Solar in West Lebanon says, “A major trend we’re seeing is



Courtesy of Energy Emporium



**DID YOU KNOW?**

Despite the recent economic recession, the US green building market has expanded dramatically since 2008 and is projected to double its size by 2015, says a new report by McGraw-Hill Construction.



Courtesy of Prudent Living



that a huge number of people are converting to solar hot water systems. These systems have a pay-back period of three to five years and can reduce your hot water bill by 80 percent. It makes so much sense: you are using the power of the sun, which is free.”

As the demand for fossil fuel increases, use and development of solar energy—unlimited in its availability—will continue to move forward.

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## TAX CREDITS

"I hope the trend for tax incentives and rebates continues since it improves the cost-benefit analysis for renewable systems in the home," says Kim Quirk of Energy Emporium in Enfield. "The federal renewable energy tax credit available today provides a 30 percent credit for purchasing and installing these systems. Both Vermont and New Hampshire have offered rebates, but the total amount of the rebate has changed quite a bit over the last two years. I think the trend is for these rebates to phase out over time. Right now, in the beginning of 2011, the solar hot water incentive in New Hampshire is very good and will probably encourage a number of homeowners to become a little less dependent on fossil fuels."

## SAVING ENERGY

"We are using far more green products including energy-efficient lighting. New houses are wired with smart systems with motion detectors that turn lights off if a room is unoccupied."

**Ellen Winkler, Founder and Designer**  
Ellen's Interiors, New London, NH





## BRING IN THE LIGHT

Tim Cardwell of Green Mountain Skylights and Solar in West Lebanon says, "People are revitalizing space in their homes using skylights, especially venting skylights, and many people are turning attic space into attractive living space. The benefit of a venting skylight is that you get bright natural light and ventilation. Beyond that, the skylight creates a chimney-like effect in cooling the house in summer. If you open basement or ground floor windows to let in cool air, it moves right up through the house. It saves energy and improves air quality."

Tim continues, "A new trend is improving natural lighting in your home with a sun tunnel, which brings natural light into a room that may not have a window, like a hallway or a bathroom. With the sun tunnel connecting to the outdoors, you get more light and better light. It is a relatively inexpensive way to make a big difference in a room."



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“There are many choices with windows and doors,” says Frank O’Donnell of Blodgett’s Sash and Door in Lebanon. “For example, most products are available with wood exterior and interior or with clad maintenance-free exterior that are available in different colors and never need painting.”

Frank explains, “When considering windows and doors, pay careful attention to products that offer you higher R values (which is the resistance material has to heat flow). The higher the R value, the better. With U value (which is a measure of total heat flow through a window or door from room air to outside air), lower numbers indicate greater insulating capabilities.”

“Warranties are very important,” says Frank, “and many companies are now offering 20 years or longer. The better manufacturers have service teams in place that will assist you and correct problems that may arise.”



Architect: Robson Bilgen Architects Project: New England Country Home

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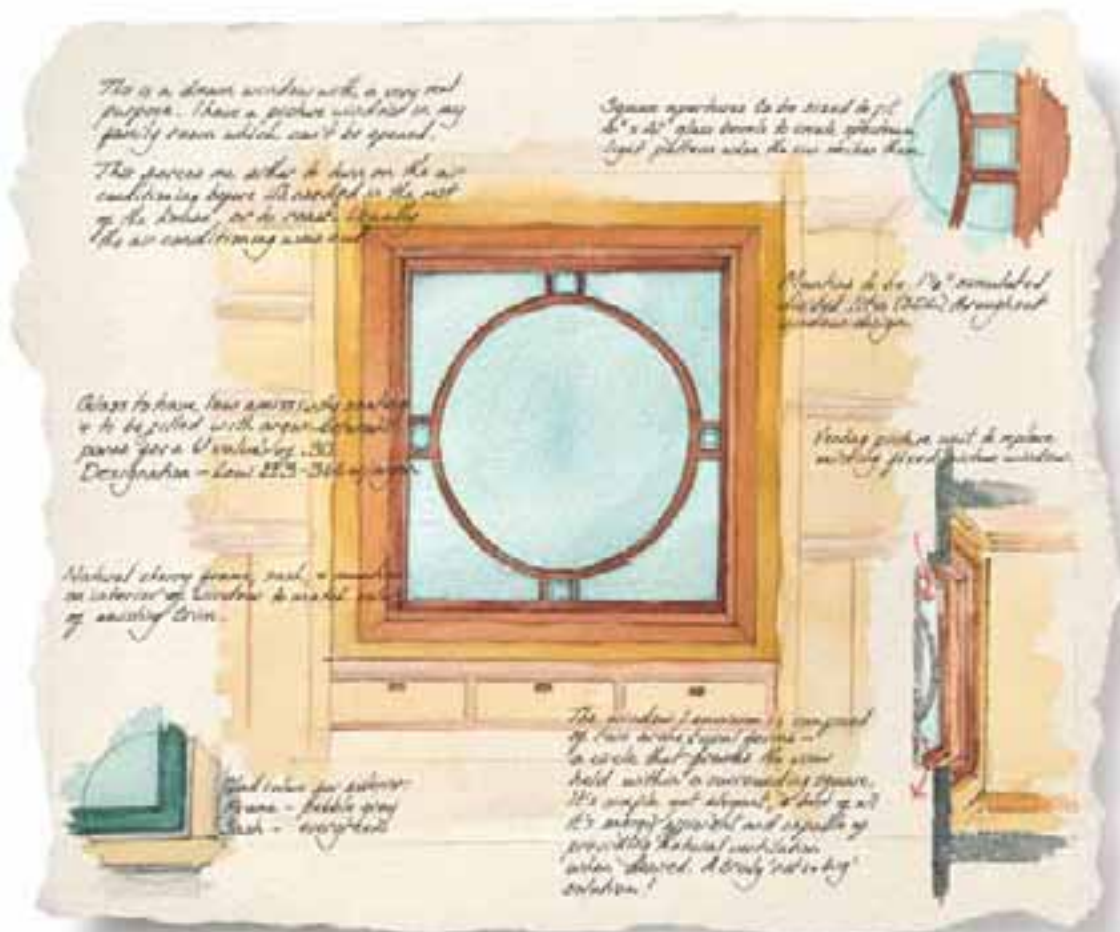


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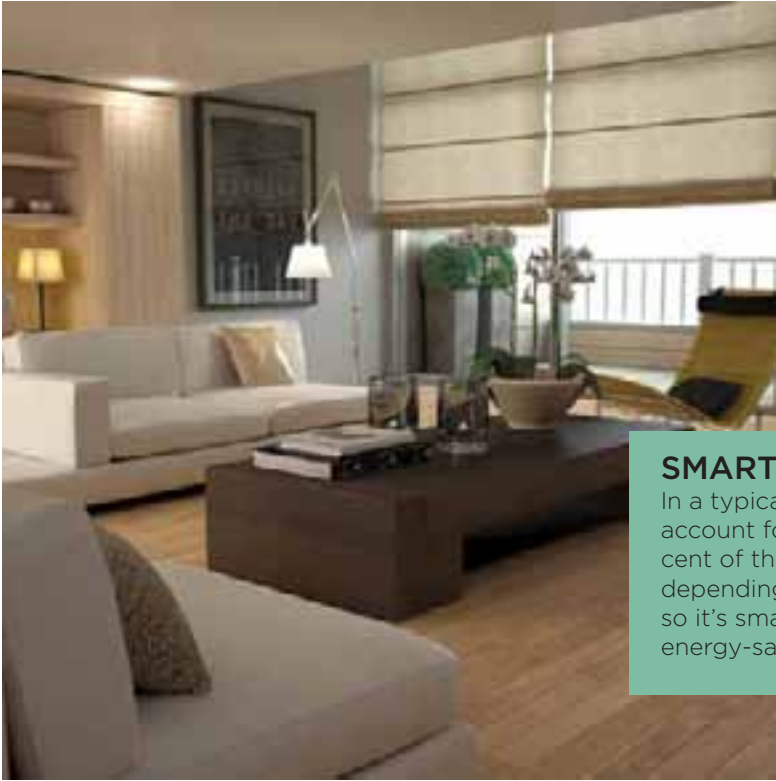
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**SMART TIP**

In a typical home, windows account for nearly 50 percent of the heat gain or loss depending on the season, so it's smart to invest in energy-saving blinds.

**WINDOW TREATMENTS**

From energy-efficient cellular and Roman shades, eco-friendly bamboo shades and blinds, or flowing draperies, quality window treatments add beauty to any room.

Today's homeowners are opting for natural fabrics for their draperies. Organic cottons, linens, and silks remain popular choices.

**BEAUTY & BRAINS**

Looking for convenience? Try motorized window treatments. Shades, blinds, or draperies can be activated by remotes, timers, sun sensors, or even an iPhone. "Regarding window treatments, some of the new trends are technology driven with products that are energy efficient," says Dan Rutledge of Bridgman's Fine Home Furnishings in Lebanon. "Honeycomb shades that trap air and help insulate in summer and winter have been around for 25 years or so, but they have been improved. They are more efficient and better looking. They are not just hospital white anymore; they are available in nice muted designs and colors."

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## LUXURY

Today's bathrooms are sleek and modern. Fixtures have clean, classic lines and simple shapes, and once again, natural materials are in demand.

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With a broad color palette and finishes ranging from glossy to flat, glass tiles can fit most design schemes.

"In tile, there is a lot of glass tile, also tile that has

a rough look in terms of texture, but not rustic. It's very contemporary and very cool," says Ellen Winkler of Ellen's Interiors in New London. When used sparingly, vivid glass tiles can provide exciting visual highlights. Conversely, when covering an entire bathroom wall, glass tile can create a luxurious spa-like atmosphere. As an added bonus, many glass tiles are made from recycled glass.



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# FUN IDEAS FOR THE BATHROOM

Freestanding tubs are all the rage, as are rain shower heads, glass tile, and towel warmers. Overall colors lean toward neutral, brightened with splashes of vivid accents.



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## STYLE



Courtesy of Copeland Furniture

## THINK COLOR

"One of the biggest trends is the change in color palettes toward varying tones of grays accented with warmer highlights. I'm seeing cool grays with accents in pinks, fuschias, reds, and purples."

**Ellen Winkler, Founder  
and Principal Designer**  
Ellen's Interiors, New London, NH

The pared-down, uncluttered look continues throughout all the living areas of the house.

"This seems to be one of those trend times that you will really notice. We've just come out of a period with a lot of bright colors. Now we have cleaner lines and

cooler colors. Designs are simpler and more monochromatic," says Ellen Winkler of Ellen's Interiors in New London. She continues, "Rather than the tribal and traditional oriental rugs, I'm seeing a lot of contemporary designs—two-color rugs with geometric patterns, lines, even squiggles."







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**STYLE FLASHBACK**

“We have seen a resurgence of what can be loosely described as mid-century modern,” says Tim Copeland of Copeland Furniture in Bradford, Vermont. “These are designs of the 1950s and 1960s—plain, well-proportioned designs like Danish modern. Styles tend to skip a generation—people are often more attracted to the styles of their of their grandparents’ era. Arts and Crafts style has been popular for about 25 years. Now a new generation of customers is driving a resurgence of interest in mid-century modern designs.”

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**Tim Copeland**, Copeland Furniture  
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**NATURAL WOOD**

“Our customers have always shown a strong interest in natural cherry pieces with clean lines,” says Tim Copeland of Copeland Furniture. “Our designs are best described as transitional and have influences from Shaker design, Japan, Scandinavia, and the Arts and Crafts movement. While in urban markets there is a lot of interest in dark gray-black finishes, people here are more tuned into wood in its natural state—natural cherry, natural walnut, natural maple.”



Courtesy of Copeland Furniture

**STYLE FOR TODAY**

“Some people are interested in modern and contemporary,” says Dan Rutledge of Bridgman’s Fine Home Furnishings in Lebanon, “but we’re seeing more of the ‘retro’ look—simple, straightforward, modern lines of the 1960s and 1970s.” He continues, “Natural fabrics and fibers are popular in upholstered furniture and carpets and rugs. People love cotton and linen and wool. Young buyers, a lot of young moms, are looking for natural fabrics as they are concerned about having healthy living space for their families. They prefer natural fabrics and are concerned about the off-gassing of some synthetics.”

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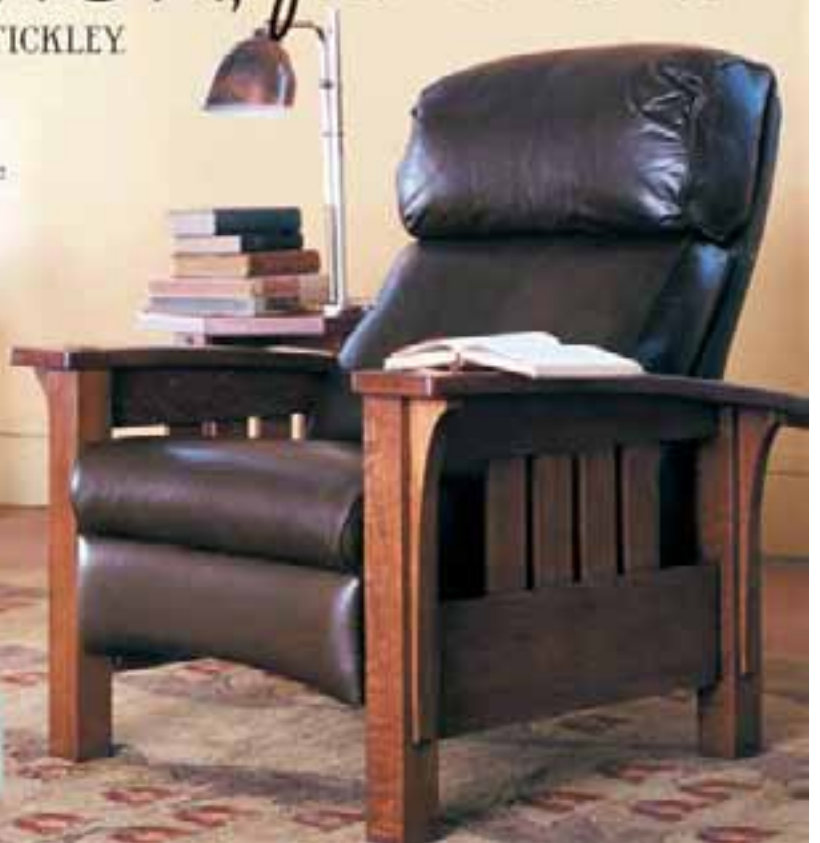
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**WARM & NATURAL**

"We are seeing more muted colors and fewer bright ones—warm grays and neutrals, earthy greens, pops of red and gold."

**Tom Evans**, Lebanon Paint and Decorating  
West Lebanon, NH

Courtesy of Ellen's Interiors



Courtesy of Ellen's Interiors





Courtesy of Loewen Windows

### PAINT & PATTERN

“Instead of people selling their houses and moving into new ones, we are seeing people put money into remodeling,” says Tom Evans of Lebanon Paint and Decorating in West Lebanon. “They are adding space and upgrading finishes. You can make a dramatic impact with just a change of paint color, giving your home a fresh, new feeling.”

“Wallpaper is making a comeback—again,” says Tom Evens of Lebanon Paint and Decorating. “We have new products that make wallpaper hanging and removal much easier than it used to be. There is no end to the colors, patterns, and textures available today! Vinyl-free is also an option.”

What do local homeowners prefer? “Trends tend to be regional,” Tom explains. “In New England, historical, traditional, and country patterns have a slight edge over contemporary and modern styles.”



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"It marks the year," says Tom Bivins, executive chef of the Montpelier, Vermont, campus of the New England Culinary Institute. "In early May, your body is sort of craving nutrients, and that crunch you've lost all winter long. You're so over the root vegetable thing by that point." While some fiddlehead fans can or freeze the greens, most, like the restaurant at NECI, serve them only during the magical brief spring moment when they are available fresh.

Growing interest in fiddleheads is sprouting on the heels of the locavore food movement. "People are much more interested in local foods than they were in the past," Bivins says. "Part of it now is economic concerns and food security, and part of it is the idea of supporting local farmers, artisans, and chefs."

### Vermont Green

Fiddleheads are not only the living essence of New England, shooting up bravely in the midst of mud season and, of course, wearing emerald green. They are also the official state vegetable of Vermont, so eating them is a point of patriotic pride. Named for their resemblance to the scroll at the tuning-peg end of a violin fingerboard, the coiled new sprouts of the ostrich fern (*Matteuccia struthiopteris*) can be plucked from the last week of April through the month of May, depending on location and elevation. Although they seem most popular in Vermont and Maine, they grow from the far northern reaches of tundra to the bottomlands of Virginia, in alluvial and swamp muck soils.

Muck is the key word—their boot-sucking habitat makes fiddlehead picking a quest worthy of true believers like Ruth Combes. Once introduced to



the emerald-green curls when she moved to Ludlow, Vermont, 33 years ago, she became a lifelong devotee.

"I have gone fiddleheading every year since, except two years I couldn't," Combes says. "You have to go out in the woods; you can't pick them alongside the road because of the salt. Sometimes I miss the season here if we're gone at that time. They are only out for a short while. But then I catch up with them in places where they have a later spring, higher up the mountain or farther north."

At the Combes Family Inn, Ruth uses an abundance of locally picked foods in season, including wild strawberries for jam and blueberries for pies and muffins. In early spring, fiddleheads make their way onto her guests' plates in many different ways, including the ubiquitous Vermont Fiddlehead Pie, and a casserole with wild rice, three different types of wild mushrooms, cheese, and white sauce.

### Picking, Peeling, and Putting in the Pot

Bringing home a bucket of fiddleheads is a bit like bringing home a bucket of fish in need of cleaning: There are still hours of work ahead removing the papery brown scales that cover the overwintering fern crown. While it's possible to sit on a porch and pick the skins off by hand, akin to shelling peas, Ruth Combes reports that in Ludlow, local pickers make use of a small dam to do their fiddlehead "skinning." "Here they put them in those plastic laundry baskets and they go by the dam and put the basket underneath and it gets most of the membrane out," she says.

A good washing and blanching in boiling water helps prevent any possibility of contamination from polluted river water. There have been a few rare instances of *E. coli* contracted from undercooked fiddleheads taken from contaminated areas. Tom Bivins



# Fiddlehead Ferns

BY CINDY HILL

PHOTOS BY  
JACK ROWELL



Curly, green sprouts mean spring has arrived

**T**he first of May brings streams overflowing with snowmelt, pink buds on apple trees, and fresh trout searing in a pan. But for some, the sure harbinger of spring is fiddleheads, sensually spiraling fern sprouts emerging in masses along sandy river flats. Fiddleheads, or fiddle greens as some call them, taste like a cross between green beans and asparagus. The flavor is pleasant, but the timing and appearance of this free wild green is more the attraction. ▶







takes precautions to ensure that the fiddleheads NECI purchases don't come from polluted sources or from unscrupulous pickers.

"During fiddlehead season we get four or five people showing up to sell them, and they have plastic sheeting down in their car trunk with a whole trunk full of fiddleheads, and I'm thinking that they probably destroyed a patch somewhere," he says. "So we are very cautious and conscientious about who we buy from and how things are harvested. It's like buying from a local farmer, so you know how your food was raised, and you also want to know how and where wild foods were harvested."

### It's All About Taste

While wild foods are bringing chefs and home cooks alike closer to the natural environment, it's pure taste and quality that keeps bringing more of them around to working with

wild foods.

"I really like the flavors of wild foods. They are very intriguing, something familiar but still with a gamey-ness and wildness to them," Bivins says, adding that wild additions are a great enhancement to NECI's educational repertoire as well. "Students now seem to be bristling against the classical cuisine training, but there has always been some tradition in working with wild foods, particularly around cooking game. Our students get enough 'typical' foods, so when they get something different they are very interested in it."

Fiddleheads fit perfectly into the wild foods menu. "They are tasty. They are also beautiful. They are easy to prepare and have a lot of applications. They can be pickled, or sauteed with garlic, or used alone as a simple vegetable. If you haven't had one, you should," Bivins says. "It's a taste of spring." ▶

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## Fiddlehead Pie

Fiddleheads can substitute for the asparagus, green beans, or other vegetables in most quiche or cheese pie recipes, and they make a fine gratin with a well-aged Gruyere. This variant of the classic Quiche Lorraine is simple, and it works equally well for a hearty breakfast with home fries and toast, or a light dinner with a side soup or salad.

### Ingredients

- Pastry for 9-inch one-crust pie
- 6 slices bacon (optional, or substitute vegetarian bacon or tempeh), crisply fried and crumbled
- ¾ cup shredded Swiss cheese
- ¾ cup shredded sharp Cheddar cheese
- 1 cup lightly boiled fiddleheads
- ½ cup finely chopped onion (or slice onion in rounds and saute on low in butter until caramelized)
- 4 eggs
- 2 cups cream
- ¾ tsp salt
- ½ tsp pepper
- ½ tsp cayenne pepper (or, for milder flavor, paprika)


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## Cooking Fiddleheads

The simplest way to enjoy fiddleheads is to boil a pot of water and drop in the cleaned fiddleheads for 3 to 5 minutes. Saute some garlic in butter while the fiddleheads are cooking. Drain the fiddleheads well, and then toss with the butter, garlic, and a squeeze of fresh lemon juice.

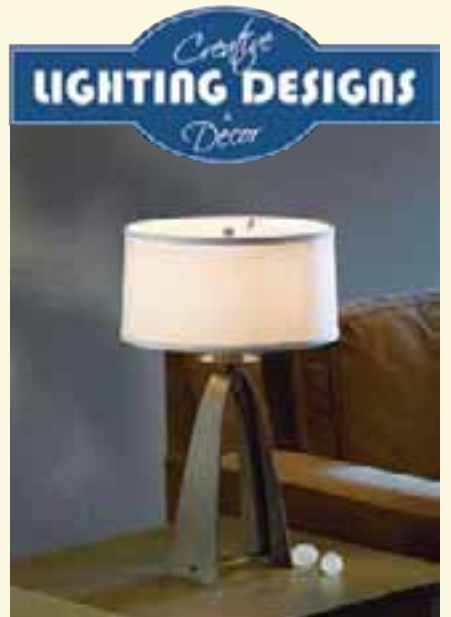
For a more salad-like version, mix up a good Italian salad dressing with olive oil, cider vinegar, and fresh herbs to taste. Amply drench the cooked fiddleheads in the dressing and let them marinate for a while. Serve the marinated fiddleheads either chilled or at room temperature, on their own or over pasta.



### Directions

Preheat oven to 425°. Prepare pastry. Sprinkle bacon over bottom of pastry-lined plate. Top with half of the cheese, then layer in the fiddleheads and onion, then the remaining cheese. In a medium mixing bowl use a whisk or hand beater to beat eggs well, then beat in cream and spices. Cook in 425°

oven for 15 minutes, and then reduce temperature to 300°. (To help avoid browned crust, you can cover the crust edge with a ring of aluminum foil for the first 15 minutes of baking.) Cook approximately 30 minutes more, until a knife inserted halfway between edge and center of pie comes out clean. Let stand 10 to 15 minutes before serving.



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# NEW ENGLAND “LIVING” SHOW HOUSE

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GRAND OPENING SET FOR MAY 27

How would you like to be whisked away to Monte Carlo for an evening of romantic dancing, trying your luck at the gaming tables, and delicious food from top chefs—without ever leaving the Upper Valley? It's all happening at An Evening in Monte Carlo, a spectacular *Casino Royale*-themed event taking place at the Juniper Hill Inn in Windsor, Vermont, to celebrate the New England “Living” Show House Gala Opening and Grand Design Reveal on May 27, 2011.





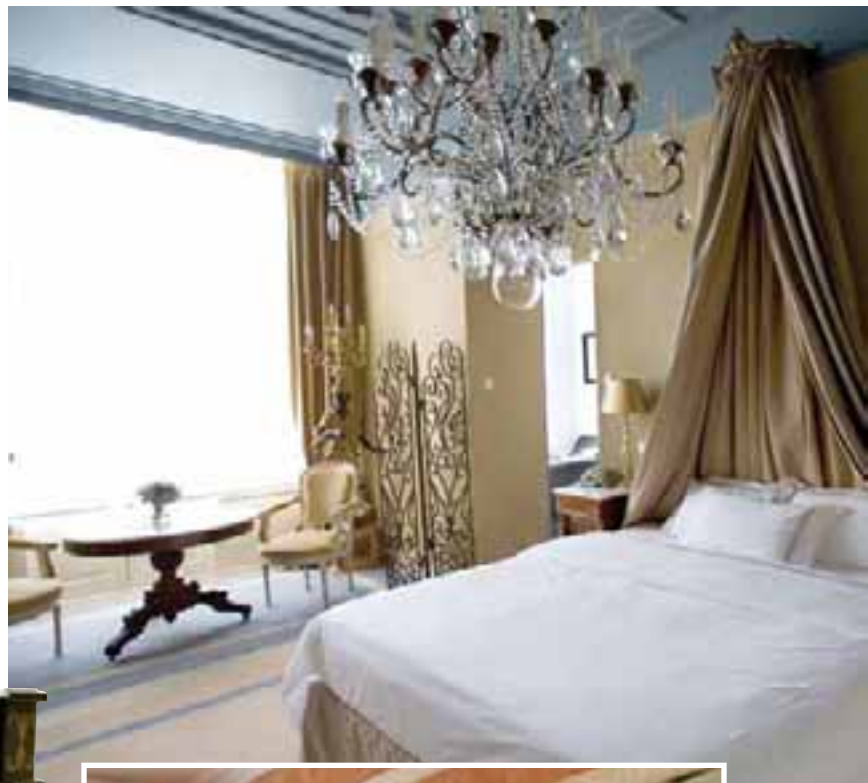
The elegant black-tie event promises to be a fabulous evening with Honorary Celebrity Chairwoman Cloris Leachman on hand to mingle with guests. She has been very generous with her support for the six Show House beneficiaries. The evening will feature three music venues from big band swing to jazz. Spectacular food from around New England will be featured with contributions from Juniper Hill Inn, Home Hill Inn, Grafton Inn, Norwich Inn, Hawk Inn, A to Z Cakes, Dovetail in New York City, and Rosa Mexicano in New York City with many more to be announced over the coming weeks. The evening will also feature an amazing silent auction and a live auction offering fine furniture, antiques, home-related products and services, cooking classes, vacations, dinners, and a very special live art auction with pieces from the coveted artists of the Cornish Colony Artist Guild. Participating artists include painters Jane Ashley, William Hoyt, and Gary Milek, and sculptor Lawrence Nowlan.

A year of planning has gone into achieving the goal of the Show House, which is to raise \$1 million to benefit nonprofit organizations. Beneficiaries include AHEAD (Adventures in Health, Education, and Agricultural Development); Fine Arts Museum of the Cornish Colony in collaboration with Friends of Saint-Gauden; Historic Windsor, Inc. and Preservation Education Institute; the Humane Society of the United States; the Vermont Institute of Natural Science; and Woodstock's Norman Williams Library. ▶

The Show House opens to the public on May 28 from 10am to 3pm. These hours continue for the next 10 days and after that on Sundays, Mondays, and Tuesdays until early Labor Day weekend. For tickets, parking information, and frequent updates go to [www.newenglandlivingshowhouse.com](http://www.newenglandlivingshowhouse.com).

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The Show House has been made possible by generous sponsors and donors including Juniper Hill Inn, *Image* magazine, *New England Home* magazine, Cambria, Mascoma Savings Bank, Harpoon Brewery, Sata Airlines, Occasions Catering and the Linen Shop, Lebanon Floral and Plants, Chocolate Now, and The Point Independent Radio.

**WINDSOR AS A SHOW TOWN**

As an extension of this historic event, the Dean & Frisch Foundation, in conjunction with the Show House committee has created the first of its kind Show Town. "This feature of the Show House will act as the gift shop," says Robert Dean II, co-chair of the overall event. The premise is to build on Windsor's history and create an identity for the town centered around New England products, the arts, farm-to-table cuisine, and home and garden.

"The twist is that the committee is working with furniture makers, manufacturers, artists, crafters, artisanal food producers, and farmers to be the High Point of the Northeast," says Jill Michaels, Show House executive director, referring to the North Carolina center of the furniture industry. This innovative approach to encompassing everything related to the home and family will take full advantage of the many styles of buildings in Windsor, from the Victorian and art deco storefronts to the warehouses that once housed the mighty businesses of American industry.

Co-chair Cheryl Frisch says, "We are bringing high-quality vendors to our region through the Show House and further highlighting their products and services, including those of our esteemed designers, in a Main Street setting." Dean adds, "What Windsor has needed is this critical mass of quality businesses to serve both the local and tourist/destination market for home-related





products.” Each storefront will offer a different theme of products and services and vendors will be able to rent spaces within each storefront to promote their products and services to the more than 30,000 visitors and local residents expected to tour the Show House over the summer and into the fall. Spaces will start at \$185 a month and are intended to be affordable to allow every vendor the opportunity to profit in this economy.

K Carriere, Show Town coordinator, says, “We wanted to offer these vetted vendors the opportunity to come to Windsor, make a profit, and promote their websites, products, and services. Since every Show House visitor will be parking downtown and first stopping at the Show House Visitors Center on Main Street, it is destined to capture people’s interest and offer values in fine products and services to the general public and design professionals.” Tickets are already being reserved for the opening gala and the first 10 days of the Show House. Tickets to the Gala Opening and Design Reveal are \$250 per person or VIP tables (very limited) of eight for \$1,600 if purchased before April 1, 2011. Tickets to the House Tours beginning May 28, 2011, are \$25, which includes the *Show House Magazine and Resource Guide* and a shopping certificate toward any purchase at cooperating Show Town stores. ●

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# Swim, Bike, Run

**LAST FEBRUARY, WHEN THE WIND AND SNOW SWIRLED AND HOWLED OUTSIDE** the windows, a 21-speed racing bicycle turned up in my kitchen, the rear wheel off the floor on a wind trainer. “What is this thing doing here?” I asked, incredulous.

“I’m training,” my wife answered, pedaling at about 75 revolutions per minute, a set of knitting needles clutched in her hands as she knitted and purled her way through a half-finished ski hat. For what, I asked, was she training? “Mooseman,” she said, as if everyone I know set up bikes between their sinks and stovetops.

Held on the first weekend in June, Mooseman is an athletic fiesta that takes place at Wellington State Park in Bristol, New Hampshire. The event consists of three races—an international distance triathlon and kids’ fun run on Saturday and a half-Ironman triathlon on Sunday. And my wife was right about one thing: nearly everyone I know did train and compete in Mooseman. She and 11 friends swam at a local indoor pool, pedaled on trainers or in spinning classes, and ran on treadmills or—at least in my wife’s case—outside in the elements, in preparation for the international distance triathlon. ▶





### Triathlon Terminology

For those unfamiliar with tri-terminology, here is a primer: an international distance triathlon is a .9-mile swim followed by a 27-mile bike followed by a 6.2-mile run. If that's not tough enough for you, the half Ironman is a 1.2-mile swim followed by a 56-mile bike followed by a half marathon (13.1 miles). If *that's* not enough, here's another definition unique to the Mooseman event: the BullMoose Challenge. The BullMoose club is the small circle of uberathletes who participate in and complete both Mooseman triathlon races over the weekend. Clearly not your everyday, run-of-the-mill recreational athletes.

Continuing with our terminology lesson, one should note that nobody who swims, bikes, and runs distances like these all in a row, of course, is run-of-the-mill. There is, however, a wide range of ability levels at Mooseman—from invited pro racers attempting to qualify for the international distance World Championships in Clearwater, Florida, to triathlon neophytes. One way to identify each is to look at their bicycle helmets. Beginners wear normal bike helmets, while the more experienced, downright hard-core (or you might even say obsessed) wear long, pointed, aerodynamic helmets. Secretly, the less experienced refer to the aero set as “coneheads.”

More than 600 individuals and members of local sports teams and organizations volunteer at Mooseman. Says Mooseman race director Audra Tassone-Indeck, “Without our volunteers, there would be no race.” The volunteers do everything from handing out water on the course, directing traffic, and stuffing goodie bags to picking up garbage and stripping. Wet suits, that is. That's right: volunteer “strippers” stand at the water's edge to help racers out of their wetsuits after the swim and before the bike portion. “Peelers” is the more politically correct term,” says Tassone-Indeck.

### Projects and Logistics

According to Tassone-Indeck, triathletes enjoy projects and logistics. Take, for example, the project of preparing for a triathlon. Maria Cimonetti, former masters national and world champion triathlete, coached my wife and her group for Mooseman. “I met with them twice a week for four months,” Cimonetti says. “We did a 90-minute swim workout and a brick workout.” And this was just the training they did together; it doesn't take into consideration the solo kitchen pedaling sessions and morning runs from early February all the way until the first weekend of June. Training for an event like this takes time, determination, and diligence.

Part of the training is the mental preparation for the logistics of race day. This is no road race where all you need to remember is running shoes and maybe a water bottle. At a triathlon, athletes need to plan for three aerobic distance events. Race day logistics center around a transition area (for you terminology buffs, refer to this as the “T-Zone”)—a roped-off, gated, “athletes-only” space where athletes shift from one event to the next. At each athlete's spot in the T-Zone are their bike, shoes, towels, energy bars, electrolyte replacement drinks, and changes of socks and clothes. If you leave something in the car, that's it. The better you prepare, the better equipped you are to compete—or just finish.

There's only one logistical challenge more complicated and taxing than running a triathlon. And that's *organizing* a triathlon. That's where Tassone-Indeck comes in. “There are so many moving parts,” she says. “We've really created this monstrosity!” Employed by the World Triathlon Corporation, which organizes 50 races across the United States, Tassone-Indeck makes full-time, year-round work out of organizing Mooseman and the nearby Timberman triathlon in Gilford, New Hampshire, held in August. Both events the brainchildren of Gilford triathlete and resident





Athletes await the start of the swim portion of the triathlon.

Keith Jordan, Mooseman will celebrate its 9th birthday in 2011, while 2011 will mark the 11th running of Timberman.

### Positive Impacts

When my wife and her friends headed to New Hampshire from the Burlington, Vermont, area for Mooseman, they reserved hotel rooms, ate at restaurants, and shopped local businesses. With over 2,400 participants in the Mooseman events—and many of them traveling with friends, families, and other supporters—the economic impact of events like these on local communities is profound. According to Tassone-Indeck, Mooseman participants spend about \$3.5 million in Bristol and surrounding communities, while the 4,200 participants of Timberman leave \$7 million. “There are many positives to having events like these,” says Tassone-Indeck.

This economic impact isn't the only positive. Consider the celebration of fitness and the inspiration that these

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“There’s so much goodwill surrounding these events,” says Tassone-Indeck. “Triathletes are very upbeat, fun people to be around.”

The Mooseman course itself is beautiful. “There’s not a bad view on the course,” Tassone-Indeck says. Athletes don’t get to just enjoy nice views, however. “It’s a tough course,” she says, especially referring to the 10 percent grade on the uphill on North Groton Road and the steep descent at Hall’s Brook. “You really need to have bike handling skills,” she says.

In case you wonder why someone would choose a triathlon with a notoriously tough course, Tassone-Indeck offers some insight. “It’s a great training race before Ironman Lake Placid,” she says. For many enthusiasts, Mooseman is the kickoff to the summer triathlon season. And with the half-Ironman distance being 70.3 miles combined, you should be able to figure out the distance of Lake Placid’s full—that’s right, it’s 140.6. Ouch.

Witnessing events like Mooseman and Timberman is an incredible experience. Here are thousands of people wheeling bikes, carrying gear, with their families and supporters in tow. For each of the thousands of participants lining up at the start, the event is the culmination of months of cold and sometimes lonely training through the dead of winter. Every athlete has a different story and followed a unique journey to reach this point, whether they trained at a gym or on a bicycle set up in their kitchen. Seeing so many individuals expanding their physical and mental limits makes Mooseman and Timberman special events that happen right here in our own backyard. ●



BY ELIZABETH KELSEY

# Word to the WISE



## ORGANIZATION CELEBRATES 40 YEARS

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WISE has been serving the Upper Valley of New Hampshire and Vermont for 40 years. Founded in 1971 as a career resource for women, WISE has evolved into an organization with a mission to empower victims of domestic violence and stalking to become safe and self-reliant, and to create safer communities through education and prevention. The organization serves 15 communities in the Upper Valley with a dynamic team of volunteer advocates and 12 employees, and a volunteer board of directors. From April 26 to June 4, 2011, WISE will dedicate 40 days to commemorate its 40th anniversary when concerts, lectures, exhibits, and other events will be held throughout the Upper Valley. ▶





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Image recently spoke with WISE's Executive Director Peggy O'Neil and Prevention and Education Coordinator Kate Rohdenburg about the organization's history, mission, and values.



**image:** What are the main services WISE offers?

**O'Neil:** WISE operates two main programs. Our core program is the crisis intervention and support services. WISE supports over 1,000 people annually who are affected by domestic violence, sexual assault, or stalking. It could be talking to someone in the middle of the night or responding to DHMC's emergency department to offer a victim support and resources. We have a safe home program—a two-bedroom apartment where people can live for short periods of time if they are fleeing violence. We work with Twin Pines Housing Trust and other providers to offer transitional housing for people that need up to two years of housing and support services around them. We can help people with legal resources, social services, housing services—whatever somebody needs to

move from their immediate safety needs to self-reliance.

**Rohdenburg:** The second program we offer involves eliminating domestic and sexual violence through education and prevention. Last year WISE reached 4,300 youths, community members, and professionals in the Upper Valley, and offered 340 trainings ranging from domestic violence in the workplace, presenting at nursing grand rounds at Dartmouth-Hitchcock Medical Center, and offering primary prevention programs in our local middle and high schools. Our education programs are offered so that one day no one will experience domestic or sexual violence. WISE has also had the amazing opportunity to create and pilot a number of projects that we've found highly successful. These have included on-site groups for children who have witnessed violence at home, activities with youth living at the local homeless shelter, and the Woodstock Healthy Teens project in Woodstock, Vermont, where we are working to build the community's ability to promote healthy youth relationships.





Far left: Executive Director Peggy O'Neil, Prevention/Education Coordinator Kate Rohdenburg, and Bella. Left: Development Director Alicia Connors.



.....  
**image:** What are some of the most memorable experiences you've had in your work at WISE?

**O'Neil:** There are many memorable experiences. It's an honor to work with WISE. Particularly seeing somebody we've worked with become safe, fuller, and happier. I'm thinking of one person in particular—she actually looks different, she's transformed. She's had a lot to deal with, and she trusted us enough to make changes in her life.

Just a few weeks ago someone walked into my office, her scars are still pretty visible, and she gave me this little business card that read, "You make a difference." She just lights the whole building up when she walks in and she's gone through a really tough time. Truly, she is the one who makes the difference.

**Rohdenburg:** There are so many! Just recently a girl that I had in a pilot group years ago, then more recently in a health class, called me at the office out of the blue because she was experiencing a crisis at home. ▶

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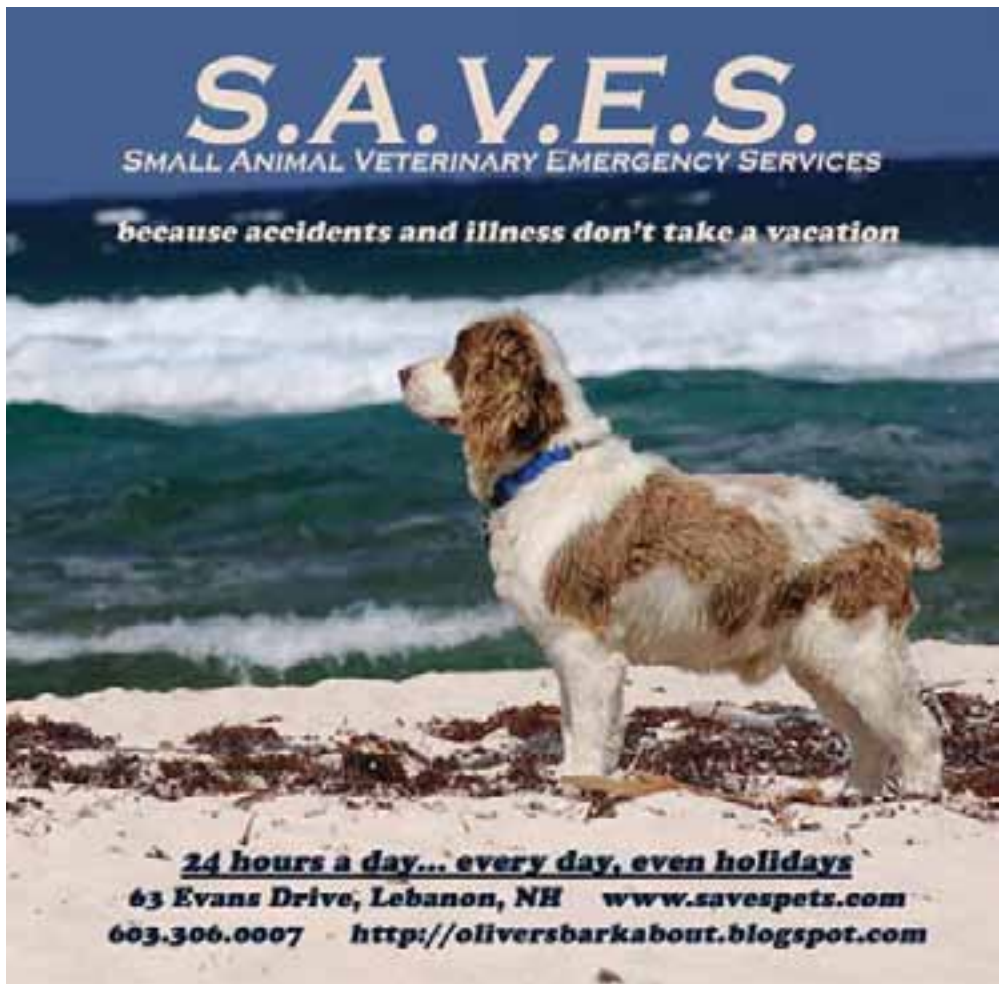
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Being recognized as a safe adult for young people in the community is truly a privilege. Others have disclosed experiences of violence to me in class or have been able to access help because of a class presentation that made them realize they didn't do anything wrong, or they aren't alone; more people have promised to look out for one another and stand up for those who are being victimized. When I have the opportunity to see the evidence of a social shift—that people are becoming more aware and more vigilant against violence, that fewer will suffer in silence—it is the most rewarding job!



**image:** Have you noticed changing perceptions of domestic violence over the years? Are things getting better or worse in some respects?

**O'Neil:** Generally I see that perceptions about domestic violence have





Above: Mindy talking on the crisis line. Left: Anne on piano, creating some ambiance in the downstairs waiting room.

changed for the positive over the years, and this parallels the fact that there are better protections in place now for victims as well as more community supports and resources available. Domestic and sexual violence are very much seen today as human rights issues. But there still remains much misperception. We are often asked at WISE, "Why doesn't she just leave?" as if leaving a terrible situation didn't occur to a victim of domestic violence. It's not easy to "just leave" when you are fearful for your safety and life and the safety of your children.

**Rohdenburg:** The fact that I'm invited into schools and organizations to talk about domestic and sexual violence is a huge advance—just being able to acknowledge and talk about these issues was not possible a generation ago. That places like WISE exist is an amazing testimony to the dedication and tireless efforts. And there's lots of work to do. I think we've made

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great strides and we still have a long way to go!




**image:** Is the situation in the Upper Valley different or unique in these issues from elsewhere in the United States or the world?

**O'Neil:** WISE is fortunate to carry out its mission in a supportive and close-knit community. This is what is unique about the Upper Valley: a strong safety net of support because we really do want to help our neighbors when they're going through a tough time. We have a community that is curious and wants to learn. It is because of this community strength that WISE is welcomed into so many places to educate more people about domestic and sexual violence and why we continue to work with more and more victims of violence every year.


**Rohdenburg:** Just like the rest of the world, domestic and sexual violence and stalking exist. Just like the rest of the world, these crimes are underreported and misunderstood; there are systems and institutions that aren't able to incorporate the realities of trauma and interpersonal crimes. Just like the rest of the world, there are people and communities working hard to serve victims and end violence. While there are unique qualities to every place, the basic problems are largely the same. ●

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# Here Comes Peter Cottontail

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**WHEN WE WERE LITTLE, MY SISTER AND I ALWAYS LOOKED FORWARD TO EASTER.** It was a festive time. The town threw a children's party on Saturday afternoon. Bedlam reigned with games, music, and a visit from the Easter Bunny. Every year some poor dad was cajoled into a rabbit costume with floppy ears and fluffy tail. He was welcomed





*If you're still using Nana's recipes, maybe it's time for an update.*

*Here's my take on a few Easter classics.*

*Asparagus Soup*

*Fennel Slaw*

*Maple-Mustard Glazed Ham  
with Apples & Onions*

*Strawberries with Lavender-  
Infused White Chocolate  
Cream*

*Potato Gratin*

to the party with a rousing chorus of "Here Comes Peter Cottontail." After passing out a few chocolate eggs, out he'd hop, leaving chaos and a bunch of kids high on bright yellow Peeps in his wake.

Easter Sunday was a family day. My grandparents arrived at noon in their Sunday best with baskets of food and good humor. Too many cooks bustled around the kitchen, bumping into each other and serving up enough food to feed an army. The table positively groaned from the weight of an enormous ham, scalloped potatoes, and lemon pound cake with strawberries. When the weather was good we held our own little Easter parade with a walk after dinner. One Easter Sunday, much to the delight and giggles of his two little girls, my dad dressed up as the Easter Bunny. The details have always been a bit sketchy; we were told only that Dad lost a bet. As the loser, he was obliged to walk all the dogs in the neighborhood dressed as Peter Cottontail.

After dinner, my sister and I found our Easter bonnets while Dad donned the heavy white rabbit suit from the children's party. Barely able to see, he paraded down the street, tripping over a tangle of dogs and leashes. Like a pied piper, he attracted most if not all the kids in the neighborhood.

I was all of five or six and thought that it was incredibly funny and cool that MY dad was dressed up as the Easter Bunny. It was a glorious afternoon, warm and sunny, more like summer than spring. Dad almost melted in the furry suit, but as far as I was concerned, it was the best Easter ever!







## Maple-Mustard Glazed Ham with Apples & Onions

Serves 12

### Ingredients

- ¼ cup maple syrup
- 2 Tbsp dark brown sugar
- ¼ cup whole-grain Dijon mustard, divided
- 1 tsp dried thyme, divided
- ½ tsp ground cloves
- ½ tsp ground cinnamon
- 2 Tbsp Apple Jack or Calvados
- About 1 ½ cups dry white wine or apple cider, divided
- 1 (9-lb) fully cooked, bone-in, spiral-cut smoked ham
- 2 large onions, cut in half and then in thin wedges
- 2 carrots, finely chopped
- 2 stalks celery, finely chopped
- 6 Cortland or Granny Smith apples, peeled, cored, and cut into thick wedges
- 2 cloves garlic, finely minced
- Kosher salt and freshly ground black pepper
- 2–3 Tbsp olive oil

### Directions

1. Put the maple syrup, brown sugar, 3 tablespoons mustard, ½ teaspoon thyme,

and the cloves, cinnamon, and Apple Jack in a small bowl and stir to combine. Add enough wine to make a nice paste and slather all over the ham. Let the ham sit at room temperature for about an hour or in the refrigerator for several hours.

2. Preheat the oven to 325°.
3. Put the onion, carrot, celery, apples, garlic, and remaining tablespoon mustard in a large roasting pan, season with salt and pepper, sprinkle with ½ teaspoon thyme, and toss. Drizzle with olive oil, toss to coat, and push the mixture to the sides of the pan.
4. Put the ham in the center of the roasting pan, pour the remaining wine over the apples and onions, and bake for about an hour or until the ham is heated through and the glaze is caramelized and brown.
5. Transfer the apples, onions, and pan juices to a saucepan and set on very low heat to stay warm. Transfer the ham to a cutting board and let it rest, loosely covered with foil, for about 20 minutes. Slice the ham and serve with the apples and onions.

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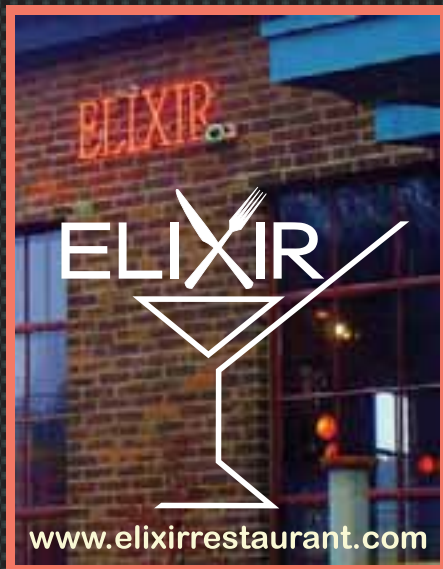
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## cooks' corner *Asparagus Soup*

Makes about 5 quarts

### Ingredients

4 Tbsp butter  
1 large onion, roughly  
chopped  
Kosher salt and freshly ground  
pepper to taste  
3 or more quarts chicken stock  
3 lb asparagus, trimmed and cut  
into 1-inch pieces  
1 cup heavy cream

### Directions

1. Melt the butter in a soup pot over medium heat, add the onion, season with salt and pepper, and cook until translucent. Add 3 quarts of chicken stock and bring to a boil. Add the asparagus, return to a boil, reduce the heat, and let it bubble for about a minute. Turn off the heat.
2. Remove enough asparagus tips to garnish each serving with 2 pieces and reserve. Let the remaining soup sit for 10 to 15 minutes.
3. Transfer the soup to a blender or food processor in batches and process until smooth. Return the soup to the pot, add the cream, more stock if it's too thick, and salt and pepper to taste. Cook over medium heat until steaming and serve garnished with asparagus tips.

Except for the cream, the soup can be made a day or two in advance. After processing the vegetables and stock, cool to room temperature and store covered in the refrigerator. Reheat the soup and resume where you left off.



## Fennel Slaw

Serves 12

### Ingredients

¼ cup extra-virgin olive oil  
Juice of ½ lemon  
2 cloves garlic, minced  
2 good-sized fennel bulbs, thinly  
sliced and cut in julienne  
1 English cucumber, peeled,  
seeded, and chopped  
6-8 radishes, finely chopped  
Kosher salt and freshly ground  
pepper  
2 Tbsp chopped fresh flat-leaf  
parsley  
1 Tbsp chopped fresh oregano  
3 scallions, thinly sliced  
½ cup walnuts, chopped and  
toasted

### Directions

1. Put the olive oil, lemon juice, and garlic in a medium bowl, whisk to combine, and let sit for 10 minutes or longer to combine the flavors.
2. Add the fennel, cucumber, and radishes, season with salt and pepper, and toss to combine. Sprinkle with parsley and oregano and toss. Garnish with scallions and walnuts and serve.



# Potato Gratin

Serves 12

- 8 Tbsp butter
- 3 lb red-skinned potatoes, peeled or not and cut into 1-inch cubes
- 6 oz cream cheese at room temperature
- ½ cup sour cream
- Kosher salt and freshly ground pepper
- 4 oz cheddar cheese, grated
- 2 oz Parmesan cheese, grated
- ¼ tsp nutmeg

1. Preheat the oven to 375°. Butter a large baking dish with 2 tablespoons butter.
2. Put the potatoes and 1 tablespoon butter into a large pot of cold, salted water. Set over medium heat and bring to boil. Reduce the heat and simmer the potatoes for about 10 minutes or until they are tender but not falling apart.
3. Drain the potatoes and return them to the pot. Combine the cream cheese and sour cream in a small bowl, add to the potatoes with the remaining butter, season with salt and pepper to taste, and stir to combine. Sprinkle with the grated cheeses and nutmeg and stir again.
4. Transfer the potatoes to the baking dish. Bake at 375° for 30 to 45 minutes or until the potatoes are piping hot and the top is golden brown.

If you're like me and have only one oven, put the potatoes in about 30 minutes before the ham is due to come out. When you remove the ham from the oven, raise the temperature to 375°.

A real plus—this dish can be prepared in advance. After transferring the potatoes to the baking dish, cool to room temperature, cover, and refrigerate. About an hour before baking, remove the potatoes from the refrigerator, bring to room temperature, uncover, and bake.

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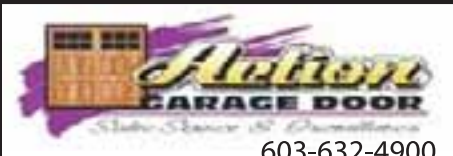
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## Strawberries with Lavender-Infused White Chocolate Cream

Serves 12

### Ingredients

- 7 oz good-quality white chocolate, chopped
- 2 cups heavy cream
- 2 Tbsp honey
- 2 Tbsp dried edible lavender flowers
- 6 large egg yolks
- Pinch nutmeg
- Pinch cloves
- Pinch salt
- 1 Tbsp kirsch
- 1 tsp vanilla extract
- 3 pints strawberries, washed, trimmed, and halved if small, quartered if large

### Directions

1. Put the chocolate into a medium bowl and set aside.
2. Bring the cream, honey, and lavender to just a simmer in a heavy saucepan over low heat, stirring occasionally. Remove the pan from the heat and let steep for 30 minutes. Pour the cream through a fine-mesh sieve into a bowl and discard the lavender.
3. Fill a large bowl about half full with ice and water. Set aside.
4. Whisk the yolks, spices, and salt together in a heavy saucepan. Whisking constantly, slowly pour the cream into the saucepan. Cook over low heat, stirring frequently until it registers 170° on a thermometer.
5. Pour the custard through a fine-mesh sieve into the bowl with the chocolate. Let set for a few minutes and whisk to combine. Stir in the kirsch and vanilla. Set the bowl of custard into the bowl of ice water. Stirring frequently, let stand until cool. Refrigerate until very cold, at least 6 hours or overnight.
6. Using an electric mixer, beat on high speed until the cream increases in volume by about 50 percent. If not serving immediately, return to the refrigerator and chill for up to 4 hours. Spoon the strawberries into dessert or wine glasses, add a large dollop of cream to each glass, and serve.







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# the pick

arts & entertainment

## March 11

March 16–April 3

### **The Rainmaker**

One of Katherine Hepburn's most memorable film roles comes to life on stage! Northern Stage, Brigg's Opera House, White River Junction, VT. (802) 296-7000, [www.northernstage.org](http://www.northernstage.org)

March 17

### **Spring into Spring Locavore Dinner**

Meet at the Chapel, a community space in Grafton, VT. The challenge is to find local food at this time of year! The conversations can go to what to plant next spring, how to store what you plant, and how to cook the dishes at the potluck. 6:30–7:30pm. The Nature Museum at Grafton, Grafton, VT. (802) 843-2111, [www.nature-museum.org](http://www.nature-museum.org)

March 18–19

### **The Arabian Nights**

Mysterious legends and stories of Persia take wing in *The Arabian Nights*. Claremont Opera House, Claremont, NH. (603) 542-4433, [www.claremontoperahouse.com](http://www.claremontoperahouse.com)

March 18–20

### **Floribunda Marketplace**

Gala opening party on March 18, 6–8pm. Wine and beer, delicious food, and a silent auction. \$40/person, \$75/couple. To purchase tickets for the gala, call (802) 649-1684 or e-mail [SusanPitiger@comcast.net](mailto:SusanPitiger@comcast.net). Ticket is good through the weekend. Saturday and Sunday, enjoy great shopping with home, personal, garden, floral, and garden items, plus more silent auction! \$5, children 12 and under free when accompanied by adult. Ticket good for both days! Proceeds benefit the NWC's community projects fund. 10am–2pm. Info: Mindy Penny, (802) 649-2169, [dmpenny2@comcast.net](mailto:dmpenny2@comcast.net). Tracy Hall, Norwich, VT.

March 19–20

### **City Center Ballet Presents *Coppelia***

Lebanon Opera House, Lebanon, NH. 19, 3 & 7pm; 20, 2pm. (603) 448-0400, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

## Hopkins Center Highlights

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March 19–20

### **Met Opera: *Lucia di Lammermoor***

19, Lowe Auditorium, 1pm; 20, Spaulding Auditorium, 1pm  
Natalie Dessay returns to the role of the innocent young woman driven to madness, opposite Joseph Calleja, who sings her lover Edgardo.

March 31

### **Trio Mediaeval**

Spaulding Auditorium, 7pm  
The Oslo-based trio wields its voices on the Worcester fragments, a collection of more than 100 elegant polyphonic compositions from the 13th and 14th centuries.



April 2

### **Susie Burke: Spring Sing-a-Long!**

Alumni Hall, 11am  
Drawing on her unique background as both a professional musician and an early childhood teacher, Susie presents a program that is entertaining, educational, and of high musical caliber.

April 4–5

### **Radio Macbeth**

The Moore Theater, 7pm  
Seven-time Obie Award-winning SITI Company delivers a "brilliantly conceived and fascinating to watch" (*Calgary Herald*) adaption of Shakespeare's "Scottish play."

April 8

### **13 Most Beautiful...Songs for Andy Warhol's Screen Tests**

The Moore Theater, 8pm  
In his 1960s New York art playground The Factory, artist Andy Warhol persuaded a series of young, beautiful people to sit for four-minute silent "screen tests." Against a backdrop of 13 of those portraits, the char-

ismatic indie rock duo Dean & Britta perform a haunting, seductive combination of original compositions and cover songs.

April 9–10

### **Met Opera: *Le Comte Ory***

9, Lowe Auditorium, 1pm; 10, Spaulding Auditorium, 1pm  
Rossini's vocally dazzling comedy stars Juan Diego Flórez in the title role of this Met premiere production.

April 14

### **The Klezmatics**

Spaulding Auditorium, 7pm  
The Grammy Award-winning Klezmatics team up with African-American Jewish vocalist Joshua Nelson to celebrate a Biblical struggle for freedom that has inspired Jews and African Americans through the ages.



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April 15

### **Tempest: Without a Body**

The Moore Theater, 8pm  
Samoan choreographer Lemi Ponifasio and his company perform luminous, cutting-edge dance theater deeply rooted in the culture and values of the Pacific Islands.

April 21

### **Sonic/Vision**

Spaulding Auditorium, 7pm  
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**April 23–24**

**Met Opera: *Capriccio***

23, Loew Auditorium, 1pm; 24, Spaulding Auditorium, 1pm

On opening night of the 2008–09 season, Renée Fleming dazzled audiences when she sang the final scene of Strauss's wise and worldly meditation on art and life. Now she performs the entire work, in which the composer explores the essence of opera itself.

**April 28**

**Angélique Kidjo**

Spaulding Auditorium, 7pm

Fans of Grammy Award-winning vocalist Angélique Kidjo leap to their feet and dance in the aisles when this charismatic singer delivers her legendary performances.

**April 30 & May 22**

**Met Opera: *Il Trovatore***

30, Loew Auditorium, 1pm; May 22, Spaulding Auditorium, 1pm

James Levine leads this revival in what might be the composer's most melodically rich score.

**May 1**

***Darwin the Dinosaur***

Spaulding Auditorium, 3pm

Darwin is a trusting innocent who ventures forth from Professor Henslow's lab and encounters Verla, the gangly ostrich; Peche, the beautiful fish; and Brutus, the menacing red dinosaur.

**May 8**

**Dartmouth College Gospel Choir**

Spaulding Auditorium, 2 & 5pm

**May 14**

**Barbary Coast Jazz Ensemble**

Spaulding Auditorium, 8pm

The Coast celebrates its graduating seniors in this high-energy concert.

**May 14–15**

**Met Opera: *Die Walkure***

14, Loew Auditorium, 12pm; 15, Spaulding Auditorium, 12pm

A stellar cast comes together for this second installment of the *Ring* cycle.



**May 15**

**Dartmouth Chamber Singers**

Rollins Chapel, 2pm



**May 18**

**World Music Percussion Ensemble**

Spaulding Auditorium, 7pm  
Drumming and percussion reign supreme in the music of Brazil.

**May 6**

**Dartmouth Wind Symphony**

Spaulding Auditorium, 8pm



**May 7**

**Dartmouth College Glee Club**

Rollins Chapel, 8pm







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## the pick arts & entertainment

**March 23**

### Lebanon Junior High Quiz Bowl

Lebanon Opera House, Lebanon, NH.  
7pm. (603) 448-0400, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

**March 24**

### Lebanon High School & Junior High Choral Concert

Lebanon Opera House, Lebanon, NH.  
7:30pm. (603) 448-0400, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)



**March 24**

### Cherish the Ladies

Over the past 18 years, Cherish the Ladies has become one of the most engaging ensembles in Irish music. Claremont Opera House, Claremont, NH. (603) 542-4433, [www.claremontoperahouse.com](http://www.claremontoperahouse.com)

**March 24**

### Backyard Wildlife

The Fells, Newbury, NH. 4-5 pm. (603) 763-4789, [www.thefells.org](http://www.thefells.org)

**March 26**

### Kathy Mattea

A blend of bluegrass and folk, Kathy Mattea has created timeless narratives and melodies delivered with beauty by an unmistakable voice. Lebanon Opera House, Lebanon, NH. 7:30pm. (603) 448-0400, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)



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Registration is going on now for  
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professional workshops to be held at  
PHOTOSTOP Gallery:

### WEEKLY CLASSES

- "Introduction to Photoshop Elements" with Lia Rothstein, begins March 15
- "Lightroom 3 Basics" with Ted Jerome, begins March 23
- "Seeing With New Eyes" with Carla Kimball, begins May 7

### WORKSHOPS

- "Photo Collecting for Beginners, Photographers, Investors, and the Just Plain Curious" with Jason Landry, director, Panopticon Gallery, Boston, MA, April 30, 12-3pm
- "Lightroom and Landscape, A Perfect Match" with Keith Johnson, exhibiting artist and instructor, Maine Media Workshops, May 7 & 8
- "Playing With the Portrait" with Suzanne Opton, exhibiting artist and instructor, International Center of Photography, NY, June 4 & 5

## April 11

### April 1-2

#### Lebanon High School's Puttin' on the Hits

Lebanon Opera House, Lebanon, NH.  
7:30pm. (603) 448-0400, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

### April 2

#### Connecticut River Valley Orchestra Chamber Music

Claremont Opera House, Claremont, NH.  
7:30pm. (603) 542-4433, [www.claremontoperahouse.com](http://www.claremontoperahouse.com)

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# the pick arts & entertainment

**April 3**

### Support the Upper Valley Hostel

Belleza's hairstylists and nail technician will be donating their time to do hair and nails, and proceeds will benefit the Upper Valley Hostel. We will have hourly giveaways for anyone who drops in to make a donation or a retail purchase. Auction items will be available throughout the day. Call to make an appointment! 10am–3pm. Belleza, The PowerHouse Mall, West Lebanon, NH. **(603) 298-7630**

**April 5**

### Strike Up the Band!

The members of the Upper Valley Community Band are sharing their music with students in this concert featuring music chosen especially for its appeal to younger listeners. Lebanon Opera House, Lebanon, NH. 7:30pm. **(603) 448-0400**, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

**April 6**

### Anne of Green Gables

The power of imagination and the importance of love and trust! Claremont Opera House, Claremont, NH. 10am. **(603) 542-4433**, [www.claremontoperahouse.com](http://www.claremontoperahouse.com)



**April 7**

### The Johnny Clegg Band

Johnny Clegg is a singer, songwriter, dancer, anthropologist, and musical activist whose infectious crossover music has exploded onto the international scene. Lebanon Opera House, Lebanon, NH. 7:30pm. **(603) 448-0400**, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

**April 12**

### Out and About: A Day in the Life of a Raindrop

The Fells, Newbury, NH. 10–11am. **(603) 763-4789**, [www.thefells.org](http://www.thefells.org)

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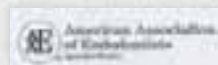
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### Enfield Shaker Museum Highlights

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

#### April 2, 9, 23 & 30 Explore Shaker Trails

A guide will lead you to the Shaker canal system or the Feast Ground. Each Saturday will present a different aspect of the trails.

#### April 24-29 & May 15-20 Service Elderhostel

Stay overnight at the Museum and learn about the Shaker way through lectures, demonstrations, and tours.

#### May 6-8 Spring Forum on the Shakers

Immerse yourself in Shaker studies for a full weekend packed with lectures with new scholarship, tours, performances, and craft workshops.

#### May 20-21 Benefit Yard Sale

This will be a HUGE sale offering books, furniture, household items, and much more!

#### May 26-29 New England Stitcher's Retreat

Participate in an all-inclusive intimate retreat, restricted to a maximum of approximately 30 overnight guests. Learn new needlework designs, specialty stitching, and finishing skills from the experts.

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## the pick arts & entertainment



**April 13–May 1**

### Evita

The rise to power and acclaim of the larger-than-life Eva Peron has thrilled audiences around the world for 30 years. Northern Stage, Brigg's Opera House, White River Junction, VT. (802) 296-7000, [www.northernstage.org](http://www.northernstage.org)

**April 14 & 21**

### Introduction to Home Vegetable Gardening

The Fells, Newbury, NH. 9:30am–noon. (603) 763-4789, [www.thefells.org](http://www.thefells.org)

**April 15**

### Camerata New England Presents Two Centuries of London

Lebanon Opera House, Lebanon, NH. 7:30pm. (603) 448-0400, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

**April 16**

### Discovering Vernal Pools: A Walk for Families

The Fells, Newbury, NH. 1–2:30pm. (603) 763-4789, [www.thefells.org](http://www.thefells.org)

**April 16**

### Crazy 'bout Patsy

Sherrill Douglas stars as Patsy Cline. Claremont Opera House, Claremont, NH. 8pm. (603) 542-4433, [www.claremontoperahouse.com](http://www.claremontoperahouse.com)

**April 23–24**

### Five Colleges 50th Anniversary Book Sale

Usually 35 to 40,000 carefully sorted, modestly priced books of all categories, DVDs, CDs, audio books, etc. Proceeds support scholarships for Vermont and New Hampshire students at Mt. Holyoke, Simmons, Smith, Vassar, and Wellesley Colleges. 9am–5pm Saturday, 12–4:30pm Sunday (half-price day). Lebanon High School, Lebanon, NH. (802) 295-0906, [www.five-collegesbooksale.org](http://www.five-collegesbooksale.org)

**April 30**

### Psychic Medium Lauren Rainbow

15 psychics will give readings from 11am–5pm. Claremont Opera House, Claremont, NH. (603) 542-4433, [www.claremontoperahouse.com](http://www.claremontoperahouse.com)

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# May 11

May 1

## Herricks Cove Wildlife Festival

Meet at Herricks Cove Road, Rockingham, VT. Cost \$2/person, \$5/family. Rain or shine. This festival includes nature presentations, activities featuring live animals, guided nature walks, crafts, tasty food, workshops, birding, and much more. 10am–2pm. The Nature Museum at Grafton, Grafton, VT. (802) 843-2111, [www.nature-museum.org](http://www.nature-museum.org)



May 4

## Junie B. Jones

First grade is a whole new world for Junie B. Jones, with a new teacher, a new classroom, and lots of new problems! Lebanon Opera House, Lebanon, NH. 10am. (603) 448-0400, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

May 6–8 & 13–15

## Wait Until Dark

A sinister con man and two ex-convicts have traced a mysterious doll containing several grams of heroin to the apartment of Sam Hendrix and his blind wife, Suzy. Through a cleverly constructed deception, the con man and his pals convince Suzy that the police have implicated her husband in a murder, and she believes the doll is evidence of his innocence. Old Church Community Theater, Bradford, VT. [www.oldchurchtheater.org](http://www.oldchurchtheater.org)

May 7

## Beatlemania Now

Recapture the excitement and frantic intensity as the show's cast performs live against a backdrop of stunning images spanning the most exciting and turbulent decade of modern times. Claremont Opera House, Claremont, NH. 8pm. (603) 542-4433, [www.claremontoperahouse.com](http://www.claremontoperahouse.com)



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# Celebrate the Moment



The Brocks relax with a round of golf at the Mid Ocean Club in Bermuda.



The Delaneys celebrate Ed's birthday in Las Vegas.



State champs! Congratulations to the Lebanon High School football team.



CJ enjoys his visit with Santa.



Sophia and Natalie visit the Marine Life Touch Tank in Portsmouth, NH.



Briella's first Christmas.

We're looking for photos of Upper Valley families to share in the magazine and online. Please include a caption with names and location. E-mail submissions to [dthompson@mountainviewpublishing.biz](mailto:dthompson@mountainviewpublishing.biz). Send your photos today!





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