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# image

Fall 2012  
vol. 7 no. 3 \$4.95

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**Sarah Kemble, MD, MPH**  
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**James Lyons, MD, FACOG**  
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**Shayne Foley, PA**  
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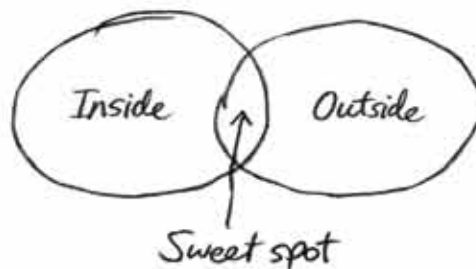


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Bring the spirit of Italy home.

Cover photo by Christian Jung/Dreamstime.com





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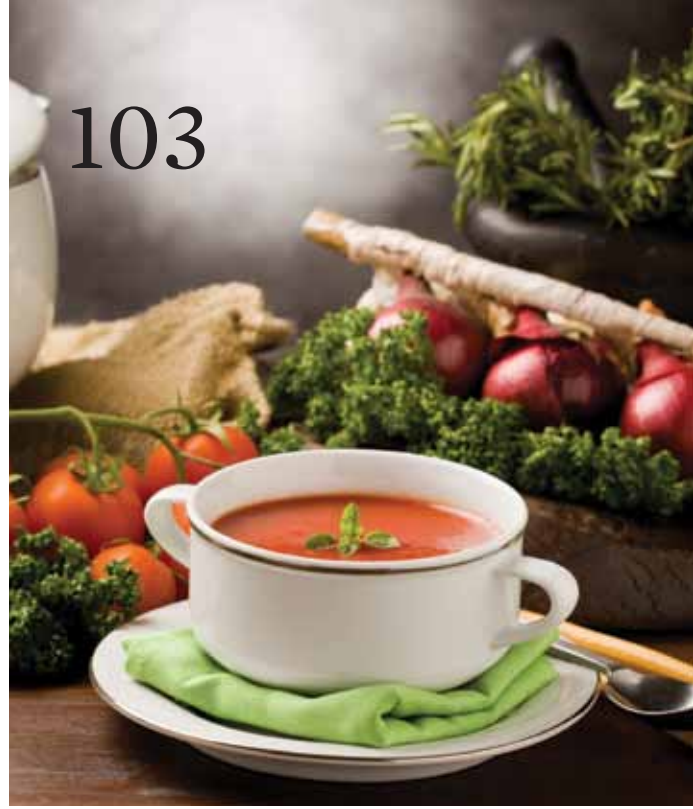


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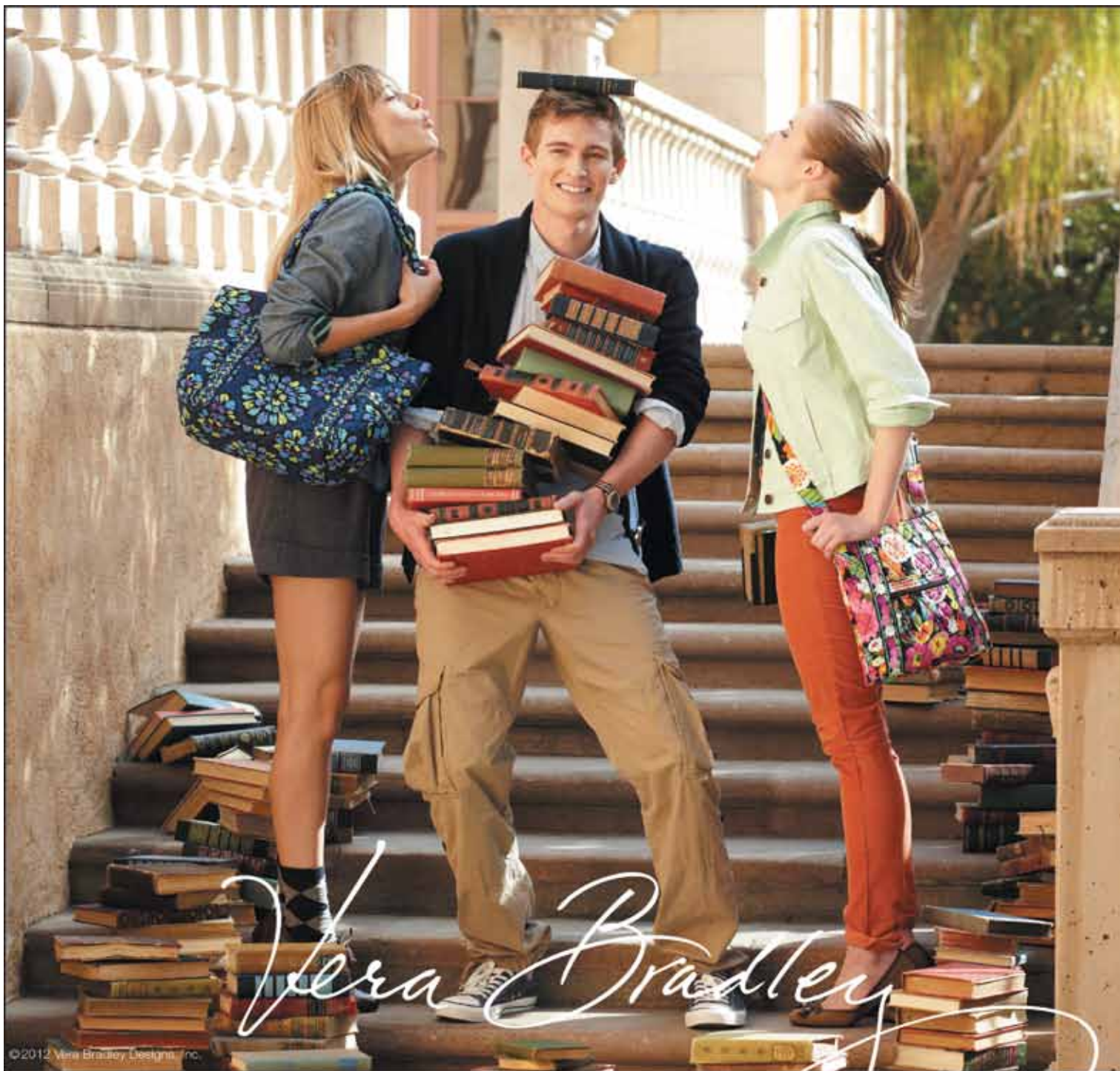
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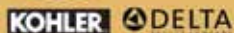


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# Autumn Glory

Fall's return to the Upper Valley brings clear days, crisp nights, and sending the kids back to school. It means the return of football, soccer, and raking leaves. After a summer of record-breaking heat, I'm more than ready to break out my favorite Patriots sweatshirt and embrace autumn's cooler temperatures.

The rest of the staff and I have had a great time putting this issue together, and we've packed it full of entertaining and interesting articles for you. Join us as we go exploring with Vermont's 251 Club (page 26), an organization whose members travel the highways and back roads to visit all 251 towns and villages in the state. Fall is the perfect season to hit the road, enjoy the foliage, and cross another shire off your list.

We're also traveling to Europe to discover all the charm and allure of Italy (page 50). From Rome, Venice, and Florence to the lakes in the north and picturesque villages in between, our tour will take you to favorite vineyards, cafés, and historic sites. You'll find tips from local experts on pasta, wines, bread, cheeses, olives—everything Italian, and then we'll show you how to bring the captivating atmosphere and spirit of Italy to your home. That's amore!

In Vermont you'll be visiting Studio Place Arts in Barre and the Upper Valley Haven in White River Junction, and in New Hampshire we'll take you to Smith's Auctions in Plainfield and New England Classical Academy in Claremont.

Log on to our website to find even more articles and events. As you enjoy a glorious autumn, remember to support local businesses by shopping locally. Enjoy!



Deborah Thompson  
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## about our contributors

### Lisa Densmore ▶▶▶

A three-time Emmy-winning television producer and host, Lisa Densmore has been a familiar face around New England for her work on PBS and for various sports and outdoor networks. An accomplished writer and photographer, she contributes regularly to over 30 regional and national magazines on various backcountry, adventure travel, nature, and wildlife topics.



### ◀◀◀ Lori Ferguson

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

### Elizabeth Kelsey ▶▶▶

Elizabeth specializes in business and higher-ed publications including website text, newsletters, brochures, and public relations. She lives in Lebanon, New Hampshire, where she writes for Dartmouth College and other organizations.



### ◀◀◀ Stephen Morris

Stephen is the publisher of *Green Living: A Practical Journal* for Friends of the Environment. He is also a novelist whose most recent work, *Stories & Tunes*, is set in Vermont. It is available at area book stores and online booksellers. He lives in Randolph, Vermont.

### Susan W. Nye ▶▶▶

Susan is a writer, photographer, and chef. Her short story *Murder on the Mountain* is one of 20 in *Live Free or Die, Die, Die!* (Plaidswede Publishing, October 2011), an anthology of murder and mayhem in the Granite State.



### ◀◀◀ Jack Rowell

A fifth generation Vermonter, Jack has been a professional photographer for over 35 years, shooting documentary, commercial, and advertising photographs. His work has been published in *People Weekly*, *London Independent*, *Time*, *Newsweek*, *New York Times*, *The Economist*, and *the Times of London*.



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Clockwise from top: Our Gallery Interior; \* Fine Federal grandfather clock, c.1790, origin NY; \* Collectors grade Drilling shotgun; 1775 map, The Seat of War New England; \* Exhibition size oil by Jack Gray; \* Raymond Yard Ruby & Diamond ring; View of Grafton VT by Eric Sloan; Oil by Ralph Cahoon.  
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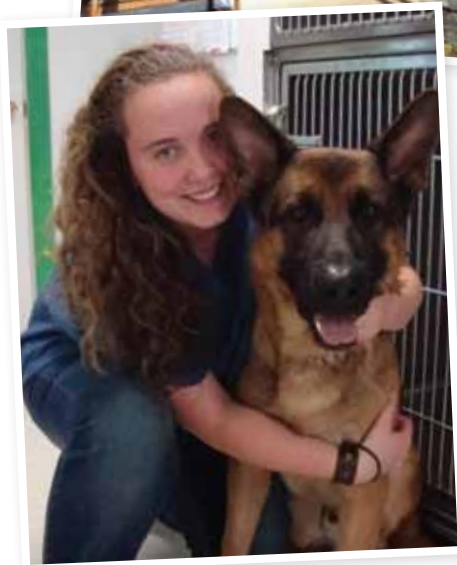
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*Featured This Quarter:*

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**2** The Coleman 54-Quart Silver Steel-Belted Cooler is large enough to hold 85 cans, and the stainless steel handles with rubber grips make it simple to carry. The base, lid, and liner are easy to clean. Six-year limited warranty.

\$159.99, Item 6155B707, <http://coleman.com>

**3** The Coleman RoadTrip LXE Grill sets up and packs down in minutes. Two burners provide 20,000 BTUs for fast cooking. Matchless push-button lighting. Removable grease tray makes cleanup easy. Folds to a compact size with a handle and wheels for easy transport. Propane cylinder not included. Five-year limited manufacturer's warranty.

\$189.99, Item 2000005493, <http://coleman.com>

**4** The Patriots Metro BBQ Tote is a great way to spice up your grill area for the big game. The 3-piece set comes with tongs, a fork, and a spatula. The case features a red carrying strap and the New England Patriots logo.

\$39.95, Item 024384, <http://proshop.patriots.com>

Photo © Courtesy of the New England Patriots

**5** The patented Stadium Chair stadium seat is designed to fit virtually any type of bleacher, old or new, wood or aluminum. The back cover is double fabric for strength and comfort. Maximum weight capacity 350 pounds.

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**6** Check out the new Ladies Nike Wes Welker Game Jersey! This scaled-down version of #83's home jersey is especially designed for women. All Nike Patriots Game Jerseys feature a tailored fit, vented mesh side panels, and screen printed numbers for a light and soft feel.

\$94.95, Item 0171020002, <http://proshop.patriots.com>

Photo © Courtesy of the New England Patriots

**7** This Tom Brady Nike Game Jersey is designed after the game-day jersey worn by the New England Patriots QB. Nike Patriots Game Jerseys feature a tailored fit design for movement, screen printed numbers for a light and soft feel, and a no-tag label for clean comfort.

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# Contributors Earn Recognition

Congratulations to our outstanding journalists!

## Meredith Angwin Honored

Local resident and Mountain View Publishing contributor Meredith Angwin was presented with a Presidential Citation from American Nuclear Society President Eric Loewen, PhD, at the Society's annual conference in Chicago in June. The Society has 11,000 members worldwide; 1,500 nuclear professionals from the US, France, China, Japan, and Korea attended the convention. The Presidential Citation was awarded in recognition of Angwin's successful public information efforts.

A long-time research scientist in nuclear energy, Angwin received this award for her work in science and nuclear education in Vermont. Angwin holds a BS in chemistry, with special honors in chemistry, and an MS in physical chemistry from the University of Chicago.

Congratulations, Meredith, on being recognized for your excellent work!



American Nuclear Society (ANS) President Eric Loewen, PhD, (right) presented ANS members Meredith J. Angwin and Howard C. Shaffer III with Presidential Citations in recognition of their successful public information efforts.

## Lisa Densmore Wins Four Awards

Regular contributor Lisa Densmore, a long-time Hanover resident and Dartmouth graduate, has won four awards in the Outdoor Writers Association of America's annual Excellence in Craft contest. Densmore won two second-place awards in the magazine writing contest and two photography awards.

She won second place in the Outdoor Fun and Adventure category for "Powder Trip," an extensive story on lift accessible backcountry skiing in Montana. The article

was published in the Winter 2011 issue of *Montana Headwall*.

Densmore's other writing award was in the Gear and Technical category, which recognizes excellence in relaying information about outdoor gear or instruction in how to use outdoor equipment in an entertaining and easy-to-understand manner. Her second-place entry, "Savvy Shotgunning for Women," was published in the January/February 2011 issue of *Colorado Outdoors*.

Of local interest, Densmore also won two awards in the photography contest. Her entry "Snowshoeing Girl," published on the cover of the Winter 2011-12 issue of *Around Concord* magazine, placed third in the People category, which recognizes excellence in photography emphasizing people enjoying the outdoors.

Her entry "Aster," published in the Spring 2011 issue of *Best of Burlington* magazine, won third place in the Flora category. *Around Concord* and *Best of Burlington* are sister publications of *Image*. Congratulations, Lisa! 🍷





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# Fall Bounty



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IF WE HAD A NATIONAL FRUIT, IT WOULD BE THE APPLE. And its greatest promoter would be John Chapman, or as every schoolchild knows him, Johnny Appleseed. Children in colonial times played with apple-head dolls, while their older sisters peeled apples in one long strip to see the initial of the boys they would marry when it fell off their knives. Children in the 21st century still bob for apples, visit orchards each autumn, and present teachers with the most perfect fruit they can find.

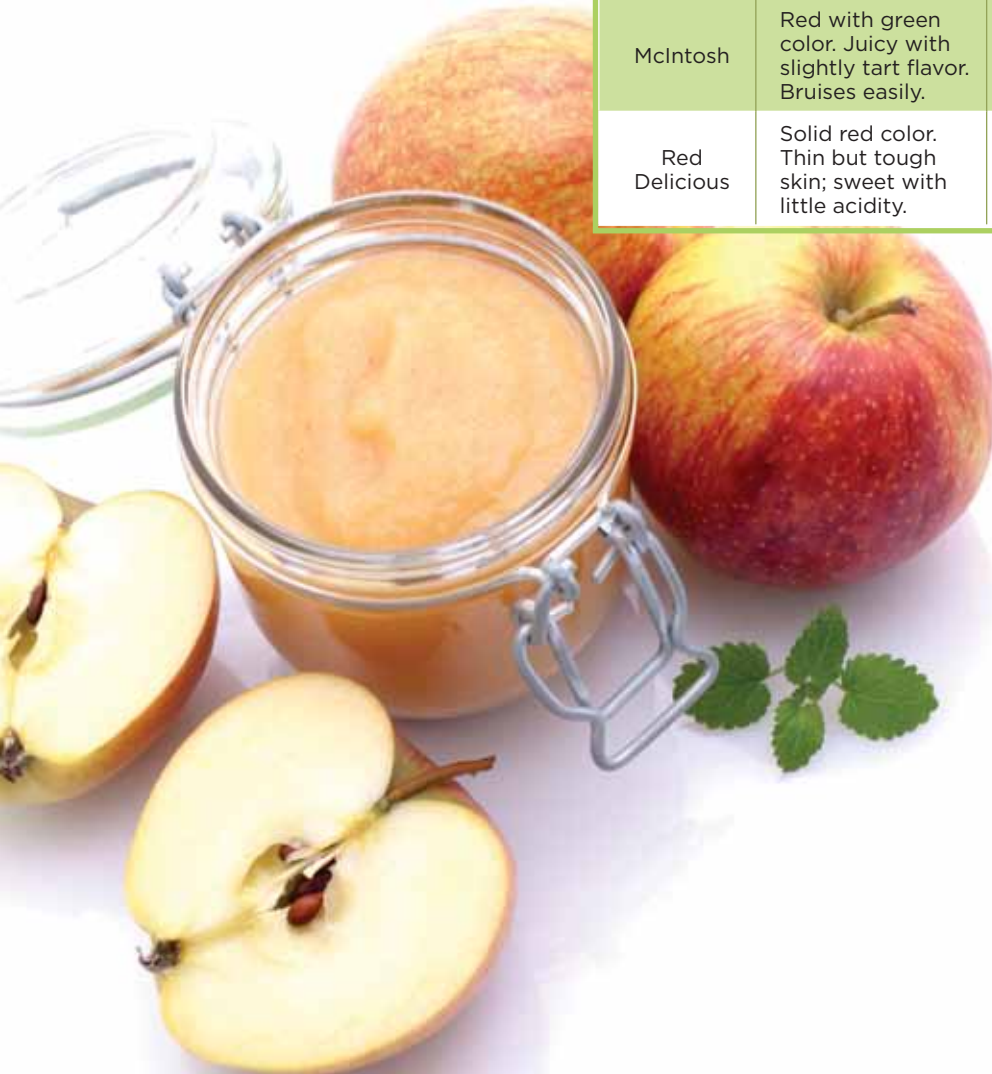
season's best

# apple varieties & their uses

**DID YOU KNOW?**  
2,500 varieties of apples are grown in the United States.

SOURCES  
Apple Statistics: USDA National Agricultural Statistics Service  
• United States Apple Association

type	characteristics	fresh eating	sauce	baking	salad
Braeburn	Color varies from greenish gold with red to solid red. Blend of sweetness and tart flavor.				
Cortland	Large red fruit; resists browning.				
Golden Delicious	This freckled, golden apple is the most popular yellow variety. Sweet, well-balanced flavor. Does not brown easily when sliced.				
Granny Smith	Pale green color. Crisp texture and tart flavor.				
Honeycrisp	Yellow with mottled red; very juicy.				
McIntosh	Red with green color. Juicy with slightly tart flavor. Bruises easily.				
Red Delicious	Solid red color. Thin but tough skin; sweet with little acidity.				



## Choose Organic Apples

There are good reasons to eat organic and locally raised fruits and vegetables. They usually taste better and they tend to be a whole lot fresher.

Most families can't afford to buy all their food at farmers' markets or natural food stores. If you can buy only a few organic varieties, what should you choose? Which single produce item could have the greatest impact on agriculture, the environment, and your family's health?

### THE DATA SAYS THE ANSWER IS THE APPLE.

The average conventionally grown apple has more pesticide residue on it than any other fruit or vegetable.

SOURCE: [www.forbes.com/sites/bethhoffman/2012/04/23](http://www.forbes.com/sites/bethhoffman/2012/04/23)

Photo © Christian Jung | Dreamstime.com





## VICTOR'S OLD COUNTRY FRESH APPLE CAKE

- 2 cups apples, peeled, cored, and quartered
- 1 tsp salt
- 1 cup Sucanat or light brown sugar
- 1 tsp vanilla extract
- 2 tsp baking soda
- 1 tsp cinnamon
- $\frac{1}{2}$  tsp nutmeg
- $\frac{1}{4}$  tsp ground cloves
- $\frac{1}{4}$  tsp ground ginger (or 1 tsp freshly grated)
- 1 cup golden raisins
- $\frac{1}{2}$  cup unsalted butter, melted; reserve small amount for brushing on top
- 2 cups cake flour
- 2 red apples sliced into  $\frac{1}{2}$ -inch sections for top (see photo) Note: stems and seeds are left in as a decorative element.
- 1 tsp sugar

1. Preheat oven to 350°.
2. In the bowl of a food processor, add 1 cup peeled and cored apple pieces with salt, sugar, vanilla, baking soda, cinnamon, nutmeg, ground cloves, and ginger. Process quickly so some small chunks of apple remain. Add the second cup of apples, processing just one pulse. Add raisins and melted butter. Pulse once.
3. Add flour and process only until combined; dough will still have some lumps.
4. Turn mixture into a well-buttered and floured 9x9x2-inch baking pan.
5. Arrange sliced apple sections around the top of the cake.
6. Brush with reserved melted butter. Sprinkle with sugar.
7. Bake 40 to 50 minutes or until a toothpick inserted in the center comes out clean.



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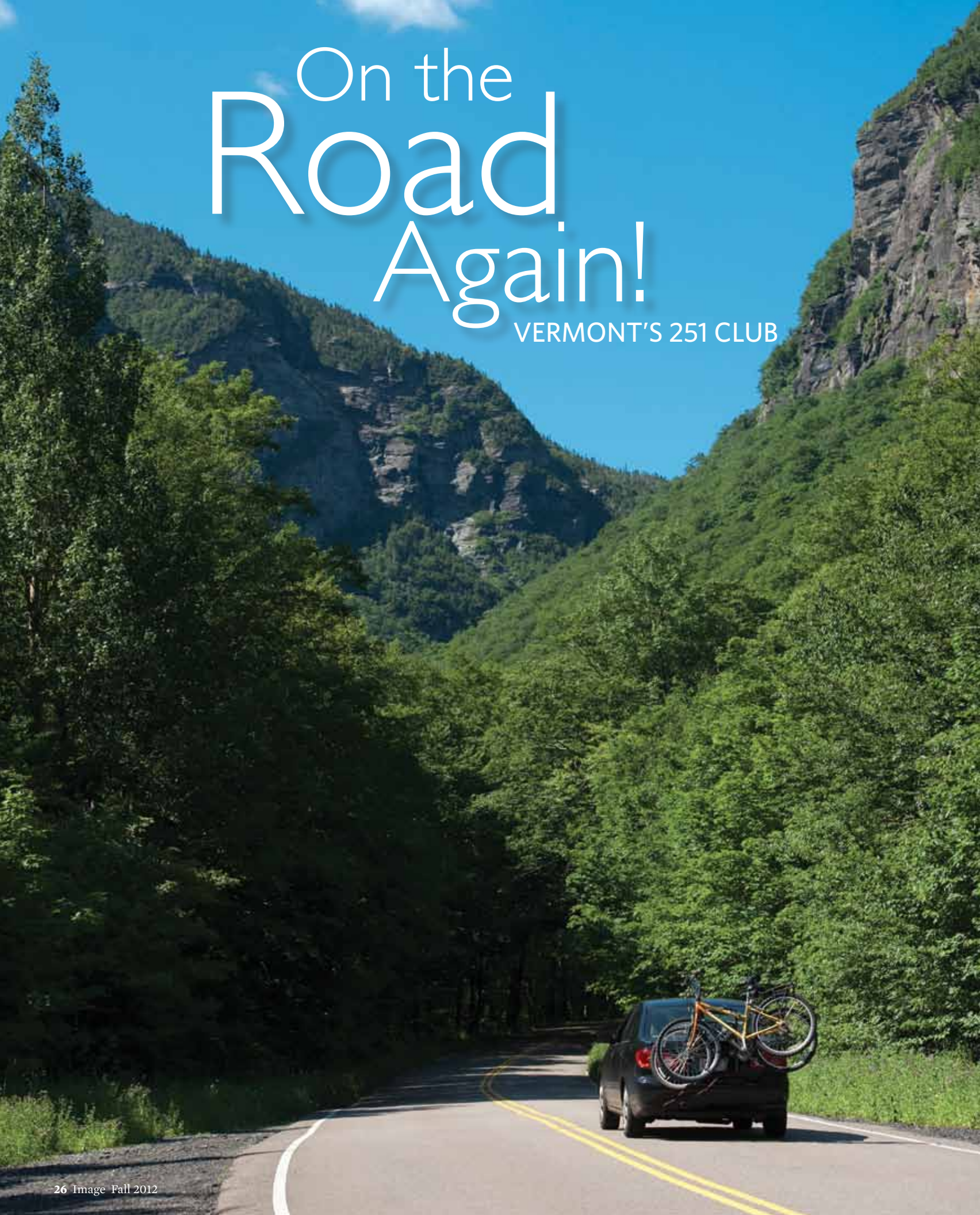
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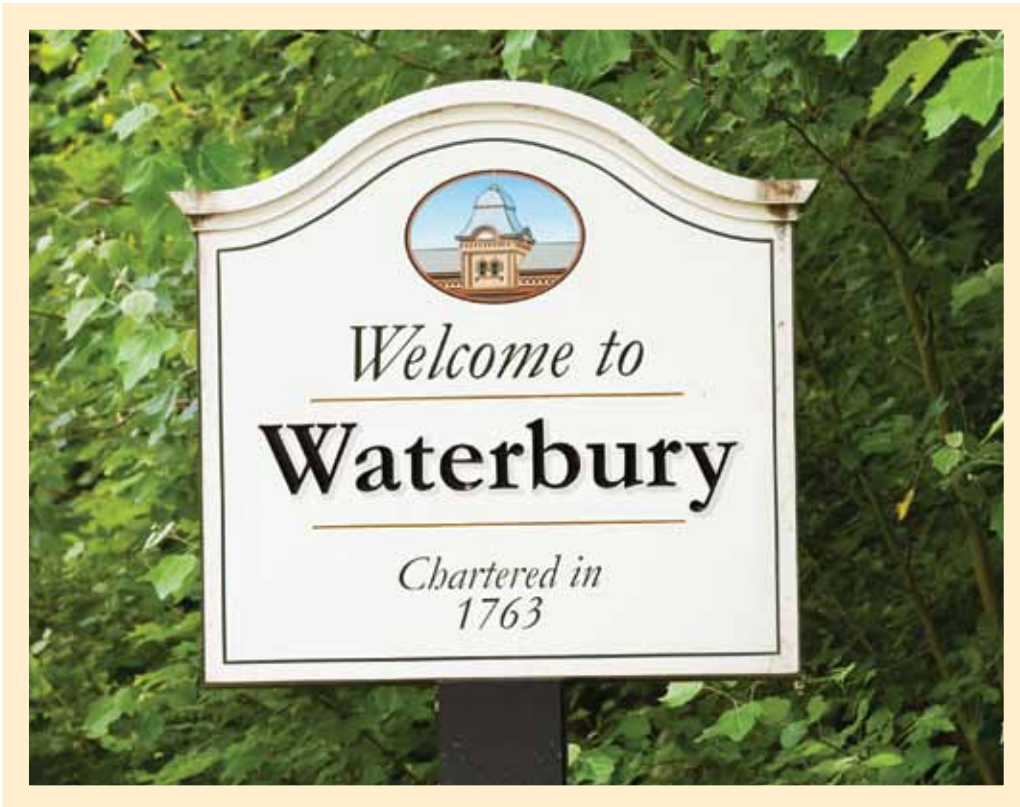
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# On the Road Again!

VERMONT'S 251 CLUB





**THE ANNUAL GATHERING** of the 251 Club takes place the first weekend in October, at peak foliage time. These are people united by the mission to personally visit all 251 of the state’s towns, villages, and shires. Before the formal meeting begins, the topics at the individual tables are the usual—the weather, the foliage, and comparing notes on the state’s most obscure places. A popular topic is Lewis, Vermont. Never heard of it? That’s because no one lives there and hasn’t since 1910, when the population was eight. In addition to no people there are no buildings or roads. Does this sound like a destination for tourists? As one of Vermont’s five unorganized and unpopulated towns, however, it represents a crown jewel for the club’s “Plus” members, the status conferred upon those who have completed this geographic quest. ▶



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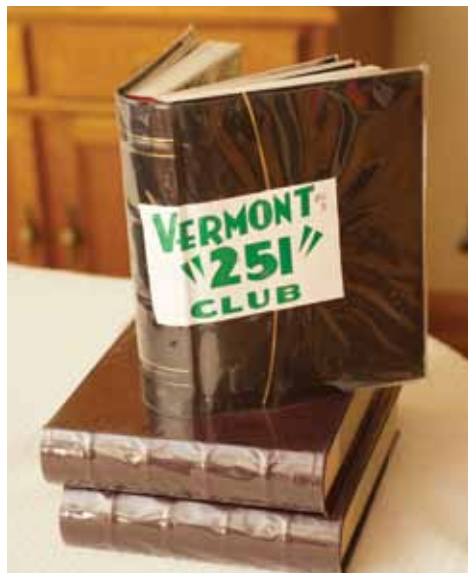
### Highlights Along the Way

The club was first mentioned in a *Vermont Life* article by Dr. Arthur Wallace Peach, a writer and former director of the Vermont Historical Society. Peach suggested visiting all 251 towns as a way for individuals to get to know their state better. In his view people should experience the towns, not merely drive through them. The club now has, according to current Executive Director Sandy Levesque, close to 4,000 members, making it one of the largest membership organizations in the state. Levesque has been the director since 2008.

But back to Lewis. "Lewis is the one town that I didn't visit in my Chrysler," says Craig Cota of Stockbridge, who along with his wife Joan completed the circuit several years ago. "I had heard horror stories about getting there," says Cota, a retired superintendent at CVPS, the state's power utility, "so I figured I better take my four-wheel drive."

Cota had already traveled the state extensively in his professional capacity before joining the 251 Club. "I was part of the team that brought the power lines to Victory and Granby in 1963, the last two Vermont towns to get electrified."

Like many 251-ers, the Cotas document their visits with photographs. They've brought a three-volume photo album to the meeting to share with other club members. This is an impressive document, with color-coded lists of towns organized by county seats, shire towns, and unorganized towns.



Clockwise from top left: Drew and Claire Nelson, owners of Board and Basket, joined the 251 Club in the late 1980s. Scenic view beyond a sign. The Cotas' scrapbooks document their travels. Craig and Joan Cota share photos of their adventures.

Occasionally their enthusiasm has gotten them into trouble. Once they were cruising back and forth in Derby Line, looking for the best photo opportunity, when their suspicious behavior attracted the attention of the border patrol, who pulled them over. "Luckily we had brought all our albums with us," says Cota with a laugh, "so he could see we weren't terrorists."

For years Derby Line straddled the border seamlessly. There's even a building (Haskell Free Library and Opera House) where the performers on stage are in Canada while the audience is in the United States. It was intentionally built to straddle the international boundary at a time when the prevailing orientation was to open

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Vermont is home to many styles of signs.

the border. Not so any more. “Homeland Security has changed all that,” says Cota.

He’s a font of Vermont state trivia. Example: “Bennington County is the only one in the state with two county courthouses. Manchester used to be the shire town; now the official shire town is Bennington.” His travel tip: “When in Lyndonville, the place for lunch is the Miss Lyndonville Diner. It’s a must-stop.”

**The State Everyone Loves**

The featured speaker for last year’s event was Roger Hill, weather forecaster at renowned radio station WDEV. He surveyed the audience on the foliage they saw en route to the meeting. Since attendees had come from all points of the compass, he had a statewide summary in seconds. “Not too good,” is the consensus. Hill agreed, adding, “but I think it’s still coming.” He explains that the trees, inundated by Tropical Storm Irene, “still think it’s summer.” They won’t shed their leaves until the decreasing daylight forces them to shut down for the approaching winter.

The attendees listen politely. Everybody in Vermont is interested in the weather, but when the floor is opened up to questions, it’s obvious that travel, not weather, is the primary focus. A number of people have completed the odyssey

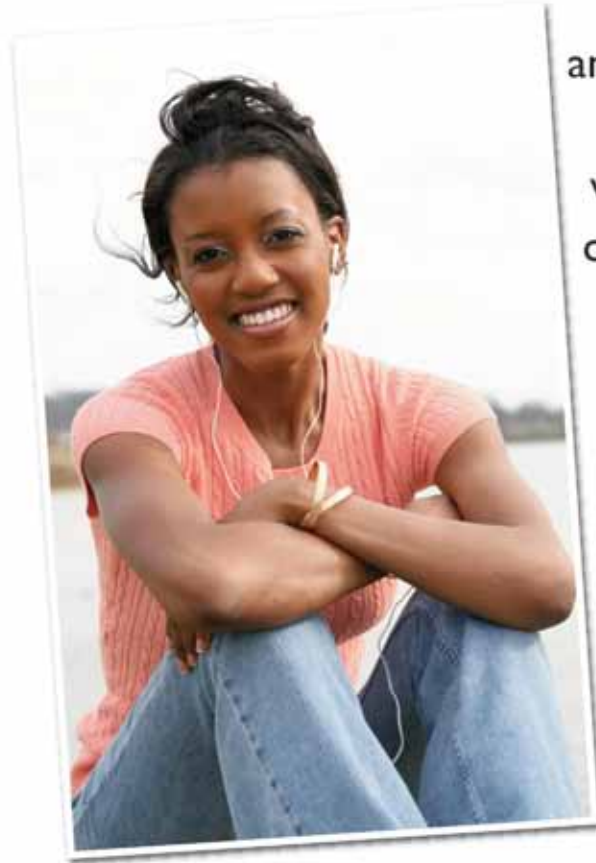




in odd or colorful ways. It's been done on foot and on bike. It has been done from the air, and Levesque says it has even been done by canoe. It's been done as a continuous journey or in segments spread over many years. The club has no official requirements or verification process but does promote members sharing their stories through the events, website, and a twice-a-year newsletter. "This isn't about setting records," she says, "It's about experiencing a state we all love."

The story swapping continues after the meeting officially ends. John Dumville of Royalton is attending his first annual conference. He loves travel and he loves Vermont. The 251 Club,

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he says, “just gives me an excuse to do something I always wanted to do.” His travel tip? “Whenever you go by Plymouth Notch, stop at the Calvin Coolidge Historic Site to buy some licorice at the general store.”

### “We’re All in This Together”

Drew and Claire Nelson are New Hampshire residents who own and operate the Board and Basket Kitchen Store in West Lebanon. Drew spent summers in the state as a youth. He and Claire met while they were attending college in Burlington, he at UVM, she at Champlain. “I have a vague memory of seeing a club emblem on a car when I was at UVM in the ‘60s,” he says, “but my interest was rekindled by a *Vermont Life* article years later.” They finally became members in the late 1980s. It wasn’t until they sold their former business and took a year off that their 251 quest began.

“Our first trips were in Bennington and Windham counties in the summer. We put the top down on our

Jeep, loaded our dog and lunch, and enjoyed driving around the back roads. Claire has an old book about Vermont towns and would read about each on our way there. This gave us hints for places, buildings, or memorials to see and photos for our picture album. Sorting these photos became an enjoyable post-trip experience as we relived our visits.”

Their 251st town? “Wolcott on August 10, 2008,” says Nelson with precision. And Lewis? “Not really a problem for us. We found a road that took us right up to Lewis Pond. It even had a sign!”

Asked why there is not a comparable organization in New Hampshire, he replies, “There is a difference between Vermont and New Hampshire. It’s difficult to explain—sometimes I can just feel it. There’s a feeling of community and mutual support in the small towns in Vermont. It’s never stated but felt and demonstrated. It’s something like, ‘We’re all in this together, so let’s make it work.’” Just not in Lewis. ☺

#### For More Information

Membership in the 251 Club is \$6 for one year or \$25 for five. More information is available from [vt251.com](http://vt251.com), or by writing to 251 Club, 100 Gilead Brook Road, Randolph, VT 05060.



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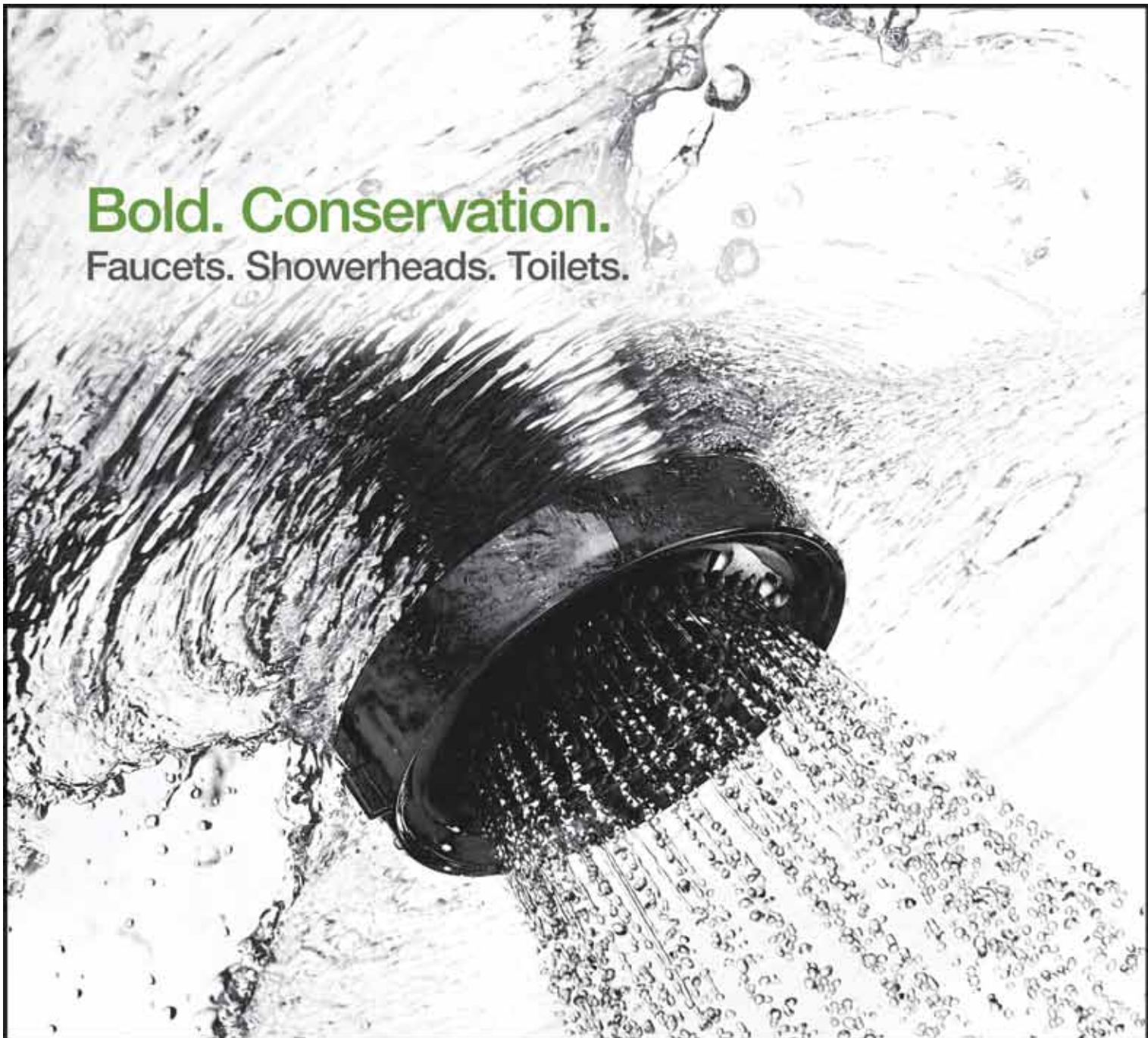
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STORY AND PHOTOS BY LISA DENSMORE



# Predicting Fall Weather

BY DEW, FROST,  
AND FOG

DURING THE FALL, THE WEATHER IS IN FLUX, perhaps more than at any time of the year. The days get shorter and the weather turns colder, but not in a steady downward spiral. One moment it's 80 degrees, and the next it's below freezing. Some mornings dew coats the grass, but by late October, the coating is more likely frost. And morning fog is more common than not until the Connecticut River freezes.

Dew, frost, and fog are most prevalent during the fall, particularly in the Upper Valley, similar to any geographic location containing a large body of water. In this area, that body of water is the Connecticut River. While we usually look at the sky for clues to incoming weather, ground effects like dew, frost, and fog can be good weather predictors too. ▶

Steam fog forms over bodies of water, such as Lake Sunapee and the Connecticut River, during fall mornings when the water is warmer than the air.



### Morning Dew

Waking in the morning to find the deck chairs soaking wet is a common occurrence after Labor Day. Dew does not fall from the sky, so it is not technically precipitation, but it does come from water vapor that has cooled and condensed. Dew forms on objects such as a bike left under a tree or the garden hose forgotten beside the house when they become colder than the air around them. The closer you are to water, such as Mascoma Lake or the White River, the more likely dew will bedeck your stuff in the morning.

Dew tends to be heavier on valley floors than on hilltops, in part because there's usually a stream at the bottom of the valley, though if it's a clear night when radiant cooling is high, there will be dew at higher elevations too. Regardless of where it forms, if dew is heavy in the morning or late in the evening, you can expect fair weather for at least the next 12 hours—though all bets are off if it rained the night before, increasing the amount of moisture at ground level. If the ground is dry (dewless) in the morning, expect rain later that day.





### Two Types of Frost

Frost forms when water vapor comes in contact with an object that is at or below 32 degrees Fahrenheit, which causes it to condense into ice crystals. There are two types of frost: “depositional frost,” also known as white frost or hoar frost, and “frozen dew.” Depositional frost forms when water vapor skips its liquid form and goes directly to a solid. If thick enough, it resembles a coating of light snow. Frozen dew forms when water droplets condense on an object, and then turn to ice as the temperature drops below freezing. It does not have a crystal pattern and can be very slippery and hard to see. The treacherous black ice that surprises drivers during the late fall is frozen dew.

Like dew, a heavy frost in the morning or late evening usually means fair weather for at least 12 hours. Frozen dew in the morning is a sign that a cold front came through during the night. In this case, expect a sunny day but colder temperatures. ▶

Heavy dew and frost, which is frozen dew, usually mean fair weather for the next 12 hours, and they look intriguing up close. Clockwise from top left: Dew on a cedar shrub. Dew on a spider web. Frost on bunchberries. Frost on blueberry leaves. Frost on tip of a fir branch. Dew on a spruce branch. Dew on lupine leaves.





### Understanding Fog

Fog is a stratus cloud that forms near the ground. When the surface of the earth cools, water vapor near the ground condenses into fog. When we talk about “fog burning off,” it’s really evaporating (becoming water vapor again) as the sun warms the air.

Fog and mist are similar; fog is just thicker. Pilots pay serious attention to fog when visibility drops below a half mile, but it really doesn’t affect most people until it becomes “as thick as pea soup.” When you can no longer see, foggy conditions become dangerous, whether you are driving a car, sailing a boat, or hiking on a trail. The chances of a collision or of getting disoriented increase. By recognizing the conditions around you that lead to fog, you can better predict when the fog is going to lift and what the weather will be like when it does.

You can predict the weather by the fog too. And it’s a good prediction! If the dawn is gray and there is fog in the valley, keep your plans for a barbecue dinner. The weather will likely become nicer as the day goes on. If a foggy morning burns off by noon, it will usually stay clear for the remainder of the day. ☺

*In addition to her various hiking guidebooks, Lisa Densmore is the author of Predicting Weather: Forecasting, Planning and Preparing (Globe Pequot, 2010). [www.DensmoreDesigns.com](http://www.DensmoreDesigns.com)*







Left: Mountaintops above hill fog. Above: Backpacker on the Appalachian Trail hiking through a foggy forest. Below: Fog on Sachem Field between Hanover and West Lebanon on a cool fall morning.



## Types of fog that are most common in the Upper Valley:

### Radiation Fog:

- ☉ Forms on a clear, windless night as the ground loses heat through radiant cooling.
- ☉ Typically patchy and confined to low-lying areas, but can become widespread.
- ☉ Burns off as the day heats up, but can hang around during the winter.

### Hill Fog or Upslope Fog:

- ☉ Forms when mild, moist air travels up the windward side of a mountain range.
- ☉ Covers a large area on the lower part of mountains, where the land slopes gradually upward.
- ☉ More common during the winter.
- ☉ Can be very dense.

### Steam Fog:

- ☉ Forms after a rain shower if the ground is warmer than the rain. It looks like steam rising off the ground.
- ☉ Also occurs in the early morning or evening when the air over a lake or river is colder than the water.
- ☉ Typically short-lived. Usually dissipates by mid-morning as the sun warms the air.
- ☉ Feels damp and very uncomfortable.

### Freezing Fog:

- ☉ Composed of super-cooled water droplets, which remain liquid even though the temperature is below freezing.
- ☉ Forms at night.
- ☉ Usually means a warm front is pushing out a cold front.
- ☉ Causes rime, an opaque coating of tiny, white granular ice particles, to form on the windward side of vertical surfaces.

### Valley Fog or Tule Fog:

- ☉ Forms in mountain valleys as a result of a temperature inversion.
- ☉ Expect the air at the mountain's summit to be warmer than at the trailhead.
- ☉ If conditions are calm, it can last for several days.

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# Taking Care of the Earth

AUSBON SARGENT  
LAND PRESERVATION  
TRUST CELEBRATES  
25 YEARS



STORY AND PHOTOS  
BY SUSAN W. NYE

*“ . . . the care of the Earth is our most ancient and most worthy and, after all, our most pleasing responsibility. To cherish what remains of it, and to foster its renewal, is our only legitimate hope. ”*

—WENDELL BERRY

**IN THE MID TO LATE 1980s**, New London was blessed—and cursed—with a real estate boom. Land values were on the rise, and developers were actively pursuing large tracts. In early 1987, concerned and wanting to ensure that open land did not disappear from view, the Town Conservation Commission asked for an increase in its annual appropriation. ▶



Above: The Hager family hikes to the Bunker homestead. Opposite: Mary D. Haddad Bandstand on Sargent Common. Mary was a close friend of Ausbon Sargent. The bandstand is the only structure permitted on Sargent Common.



The request was denied. However, the selectmen shared the Commission's concern and drafted a committee to give land preservation further study. The group of five concluded that a private, nonprofit land trust was the best solution. A land trust could both fundraise and respond quickly to landowners with flexibility and confidentiality. The committee recruited additional concerned citizens, and Ausbon Sargent Land Preservation Trust was registered with the state on September 25, 1987.

### A SHINING EXAMPLE

The name Ausbon Sargent Land Preservation Trust is admittedly a mouthful, but it pays tribute to a shining example of preservation. In 1985, Colby-Sawyer College was struggling financially. With land prices soaring, the college decided to sell the three-acre town green on Main Street. At the age of 94, Ausbon Sargent, a retired maintenance worker with no inherited wealth, took his life savings and bought the land from the college. Fearing the green would be turned into a mini mall or worse, Ausbon paid \$150,000 to guarantee its preservation. He immediately deeded the land to the town of New London on condition that the parcel would remain forever undeveloped.

Ausbon's generous donation did not go unnoticed. "I had just started working at Colby-Sawyer when Ausbon gave the green to the town," Nancy Teach remembers. "I was fascinated that someone from the maintenance department could do that. It made me realize that you didn't have to be wealthy to contribute. Everyone can give." Nancy went on to join the Ausbon Sargent Board of Trustees and volunteer as a land monitor.

Heidi Lauridsen was an early supporter and served on the first Board of Trustees. She remarks, "From the beginning, interest was high throughout the community, and it continues to grow. While we began in New London, the organization now serves 12 towns in the Mount Kearsarge/Lake Sunapee region."

With development the driving force behind the

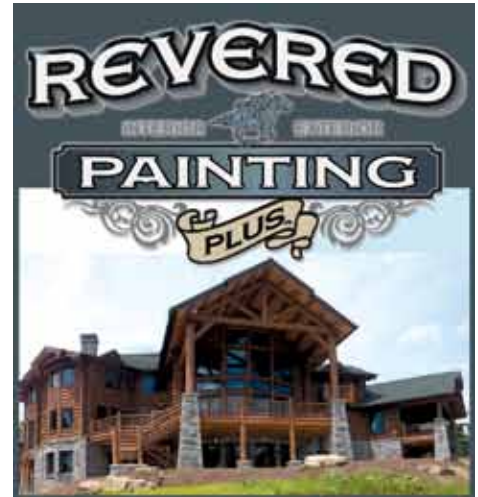




Clockwise from far left: Cynthia Hayes and John Trachy on their farm in Springfield. The Hager family rests during their hike to the Bunker homestead. Sheep on the Hayes-Trachy farm. Andrew Hager, Ausbon Sargent Investment Committee member and easement monitor, with daughters Shelby and Healy on a Sunday hike up to the Spofford Property near Pleasant Lake. The Spofford Property has both fields and woods and includes the old Bunker homesteads. It is part of a network of regional hiking trails and enjoyed year-round.

### Ausbon Sargent Land Preservation Trust Profile

- ▲ Founded in 1987
- ▲ Towns covered: Andover, Bradford, Danbury, Goshen, Grantham, Newbury, New London, Springfield, Sunapee, Sutton, Warner, and Wilmot
- ▲ Land under protection: 120 properties totaling 9,742 acres, including more than 7 miles of shoreline with more than 4,700 feet of frontage on Lake Sunapee
- ▲ 1,100 memberships
- ▲ Operated by a volunteer board of trustees
- ▲ Full-time executive director, 2 full-time land protection specialists, and 5 supporting staff members
- ▲ 165+ volunteers provide year-round support for easement monitoring and committee work
- ▲ Funded through membership, donations, special events, and grants
- ▲ Private, nonprofit, 501(C)(3) organization



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in the spotlight



Above and right: Debbie Stanley and signs at Stanley Farm.

land trust, Heidi explains the organization’s approach. “Early on, the board developed close ties with local realtors and developers. We have always wanted to share our goals and work together and not at odds.” Realizing that an easement can add value, several developers have protected and donated land that surrounds their projects.

After a 10-year break, Heidi returned to the board in 2005 for a second stint. “The mission is extremely important to me, to my family, and to the area,” she says. “It is emotional and intangible. Knowing that these beautiful properties are protected for my kids and grandkids gives me a feeling of peace.”

**CREATING CONSERVATION EASEMENTS**

All agree that Debbie Stanley has played a huge role in making Ausbon Sargent a success. The organization’s first and only executive director, Debbie joined Ausbon Sargent in 1988. She recalls, “Everyone thought the land trust was a good idea, but no one knew if it would work. The board decided they could not do it with volunteers alone. They found funding, offered me a one-year position, and I accepted. There were times when I wondered what I got myself into, but I have never regretted it.”

While Ausbon Sargent does receive donations of land and funds to buy land, the majority of their work is helping landowners create conservation easements. A conservation easement is a legally binding agreement that places permanent restrictions on land use for a particular piece of property. Annual monitoring ensures that fields are mowed, forests are harvested, and only approved changes are made to the property.

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### Ausbon Sargent Land Preservation Trust's Mission

To preserve and protect the rural character of the Mount Kearsarge/Lake Sunapee region for public benefit through:

- ▲ Conservation agreements that protect the farms, forest, streams, and wetlands—the special undeveloped, open spaces
- ▲ Stewardship of our conserved land, now and forever
- ▲ Partnerships with private individuals, local governments, and likeminded organizations to share expertise and efforts in protecting land
- ▲ Education of the people of our communities about the importance to them of protecting our environment and its ecosystems through land conservation.

Donors know that Debbie understands firsthand what it means to create an easement. Her husband Peter's family has owned land in New London since 1863. The Stanley Farm was the third property to be conserved by Ausbon Sargent. Debbie shares, "The land is important to Peter, to our family, and to me. Since our family donated an easement, I can put myself in the shoes of a property owner. It is a huge decision. Creating an easement is very personal, and it is permanent." She adds, "It can get complicated. No two easements



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Travel provided by  **COLLETTE VACATIONS**

## in the spotlight

are alike. Every family has different concerns and needs, and we build those into each agreement.”

After years as summer visitors, Cynthia Hayes and her husband, John Trachy, moved onto her family’s 257-acre farm in Springfield in the late 1990s. A tree farm since 1962, Cynthia and John added chickens, bees, and sheep. “About the time we moved, my mother suggested that we create an easement,” Cynthia remembers. “Back on the farm again, memories started to surface—Ausbon mowing the lawn at the Barn Players, my father’s stories about the farm and hunting birds, long walks in the woods. I realized all these things were important to me.”

There were other options, but Cynthia is enthusiastic in her praise of Ausbon Sargent. “The people make it work. You are taking your most prized possession and putting it in trust. You need to trust the people. I had an immediate good feeling with everyone at Ausbon Sargent. They really listened to us and to our concerns before, during, and after we put the easement in place.” Cynthia continues, “We worried that some day we might not be able to handle the farm and the farmhouse. We were able to pull a five-acre site from the easement in case we need to move in the future.” Cynthia sums it up, “It is wonderful knowing that I’ll be able to look down from my white cloud and see the farm—not a subdivision.”

When Ralph and Mickey Spofford moved to New London 50 years ago, there were exactly three houses on the market. Figuring they would need to build, they found 20 acres at the north end of Pleasant Lake. The beautiful property had forest, apple trees, and two meadows. Mickey remembers, “We fell in love with it immediately.”

The buildable land is at the top of a very long, very steep hill, and Mickey admits, “Soon after we bought the land we realized it wasn’t practical to build there. Even though we never built a house, I feel at home on that corner of the lake. I spent a lot of time taking care of the meadows. It’s amazing how fast trees will come up if you let them.” Mickey continues, “I knew



Springledge Farm was the second property protected by Ausbon Sargent. The pick-your-own strawberry field is a popular destination in early summer.

### What is a conservation easement?

- ▲ A conservation easement places permanent restrictions on land use for a particular piece of property. It is a legal agreement between a landowner and Ausbon Sargent.
- ▲ The landowner retains ownership and can sell or bequeath the property.
- ▲ Easement terms are flexible and tailored to the property and landowner’s particular situation.
- ▲ Restrictions of use become part of the deed and bind all future owners.
- ▲ Easements must provide a public benefit but not necessarily public access.
- ▲ Ausbon Sargent monitors the property and is the enforcement agency.

Ausbon and his family. I kept horses at his cousin’s farm at the foot of our hill, so I was down there every day for years. I love the land.” The Spoffords’ property is part of a regional network of hiking trails and is enjoyed by local residents and visitors throughout the year.

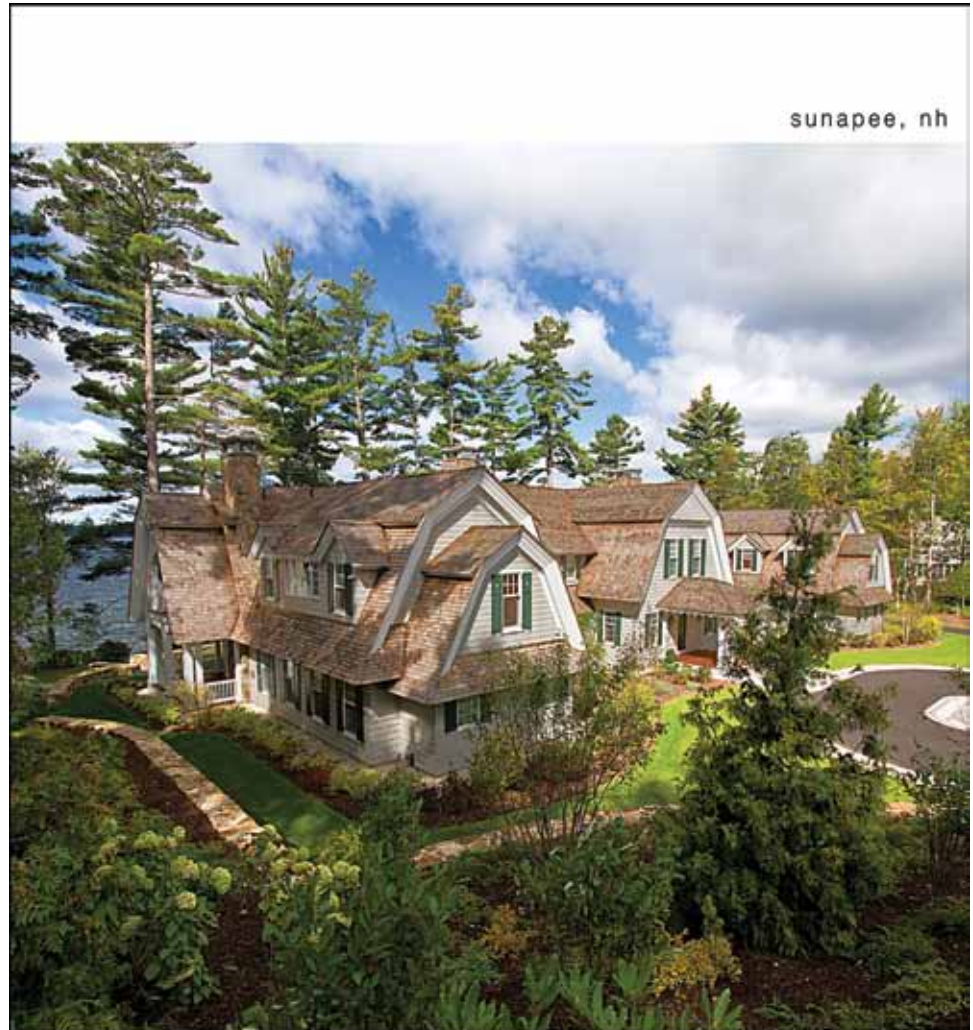
## A CULTURE OF CONSERVATION

Ausbon Sargent could not operate without its more than 165 volunteers. They serve on committees, host events, help with fundraising, and monitor properties for compliance. A longtime summer resident, Charlie Foss became a monitor after he moved to New London full-time in 2005. He says, "I guess I'm an environmentalist at heart. It's important to protect the land, the lakes, and the watershed. Plus, I enjoy visiting the properties and meeting people who share my love for the region."

Board member and Membership Chair Cindy Lawson echoes Charlie's sentiments. "We moved here because we love the area. I got involved with Ausbon Sargent because it is such a worthy cause. It's wonderful to see the squirrel logo that indicates a property is under protection. You know that the land will stay as it is." She continues, "The organization is very open, and Debbie makes it feel like a family."

Betsy Forsham is a property monitor and chairs the Sutton Conservation Commission. Ausbon Sargent works closely with the various town commissions. She says, "It is important to hang onto these special places. When King Ridge Ski Area was sold in the mid 1990s, the developer deeded 440 acres to the Town of Sutton for recreation. Originally designed for downhill skiing, the trails offer wonderful year-round fun and spectacular views." Betsy explains the importance of the easement. "King Hill Reservation is a real asset. It's to the town's advantage to place it under an easement with a Land Preservation Trust. Times can change and the easement creates an extra layer of protection."

Van Webb agrees. As the chair of the Sunapee Conservation Commission, Van believes that an easement under a Land Preservation Trust provides a final assurance. Van, his father Dick, and son Tyler have protected 3,400 acres of forest and fields on the family's Harding Hill Farm with Ausbon Sargent and the Society for the Protection of New Hampshire Forests. Van explains, "We were raised in a family culture of conservation. We grew up believing. An easement ensures that our promise will live on long after we are gone." ☺



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BY SUSAN W. NYE

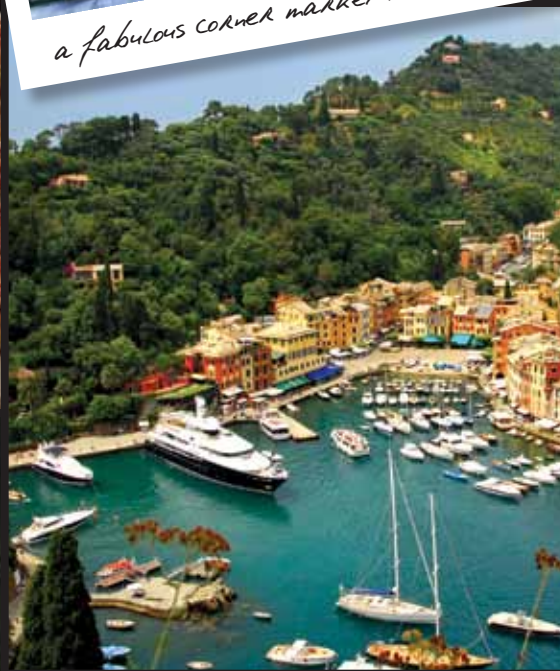


# VIVA ITALIA!

BRING THE SPIRIT OF ITALY HOME



a fabulous corner market in Florence, Italy



We all have favorite spots in the world, places we go back to time and time again, even if it is only in our dreams. Italy is one of those places. From the sparkling waters of the lakes region in the north to the rolling hills of Tuscany, the Venetian canals, the Adriatic coast, and the splendors of Rome . . . what's not to love?

There are too many historic sites to take in, wonderful shops with names like Gucci and Armani, and lively markets for fresh fruit, a just-baked loaf of bread, and a wedge of cheese—and, oh yes, a leather jacket which never quite fits. And then there is the wonderful wine.

The Italians love good wine, and no trip would be complete without a tasting or two. Meals are a joy. Italian cooking is famous for its use of fresh, local ingredients, simply and beautifully prepared.

And if you can't make it to Italy any time soon? You can always capture a vicarious glimpse of this wonderful country with a night at the movies with Woody Allen's *To Rome with Love*. Or wait until the next rainy Sunday and settle in for a marathon of *Cinema Paradiso*, *Tea with Mussolini*, and *Under the Tuscan Sun*. ▶



# EXPLORE



“A trip to Italy is a wonderful opportunity to indulge—to immerse yourself in centuries of history and ancient traditions; to feast your eyes on wonderful landscapes, charming villages, and beautiful old cities; to savor delicious foods and wines and meet some of the skilled artisans who produce them. Our travelers meet local chefs and enjoy special tastings and demonstrations.”

—Sarah Sucharzewski, owner of Wheelock Travel in Claremont

Wouldn't it be lovely to jump on a plane and visit la bella Italia? There is so much to see. The fabulous Duomo in Florence. The leaning tower in Pisa. The ancient winding streets of San Gimignano. The awe-inspiring Saint Peter's Basilica, Sistine Chapel, and Coliseum in Rome. Centuries of history await your every turn.

Besides history, there is much else to experience. A trip to the market wouldn't be complete without an attempt at a little haggling. Even if you do pay too much for that ceramic platter, it's all part of the entertainment. There are little galleries down hidden side streets to explore and treasures to find.





*Our lunch cafe, right near the center of town.*



“We love bringing new experiences and perspectives to travelers. We stay in charming villas with spectacular views, travel in small groups, and dine in intimate restaurants. We immerse ourselves in the local culture. It is a joy to help our clients find hidden country roads, explore some of the world’s most vibrant cities, and experience life like a local.”

—Sarah Sucharzewski,  
owner of Wheelock Travel in Claremont



*View from the balcony, Capri, Italy*

When you need a pick-me-up, the coffee bars are full of life, noise, and banter. And the coffee—it comes in tiny cups and is very potent. Or enjoy an outdoor café. Late afternoon is the perfect time to watch the world go by as you sip a glass of wine.



Dinner in Italy is savored for the meal and for the company. A lively affair, the table is set simply and beautifully with color and flair. Beautiful wines, cheeses, olives, and traditional sauces and pasta will make you forget chilly New England. Bring a little of la bella Italia to your table this fall!

“For souvenirs, I love to bring back aprons and kitchen towels and espresso cups to make me feel like I am in Italy in my kitchen,” says Amy Tuller, a registered dietitian in Norwich who has taken a healthy eating tour group to Italy for the past 10 years. “Eating outdoors on long wooden tables with a handful of friends, some fresh-cut flowers, and a bottle of good Italian red wine also takes me back to Italy. Of course the meal is made with only fresh ingredients.”



# SET THE STAGE





“Italians follow a healthy lifestyle. People walk most places they go, and they eat smaller portions than we do. Meals are relaxing, often taking two or more hours and usually eaten with friends and family, which has been found to provide health benefits. And they usually include a glass of wine, which is high in antioxidants.”

—Amy Tuller, RD, LD, CDE



“Our customers are delighted with Piral cookware. Made in Italy since 1870, this terra cotta cookware works beautifully on the stovetop and in the oven. It’s lightweight and keeps the food moist and delicious.”

—Drew Nelson, owner of Board & Basket  
([www.boardandbasket.com](http://www.boardandbasket.com))

Photos by Jack Rowell

# PASTA



## GET TO KNOW YOUR **PASTA**

Pasta comes in many fun and fabulous shapes—all the better to complement your favorite sauce. For lighter sauces, grab a handful of thin, delicate pasta, like angel hair. Thicker, sturdier pastas like fettuccine, tagliatelle, and penne need a heartier sauce.



“From Piedmont, the home of some of Italy’s most famous and expensive wines like Barolo, there are a number of excellent producers of Barbera. A favorite is DeForville, which produces both a Barbera D’Alba and a Barbera D’Asti. These are outstanding wines to pair with very flavorful foods, making a perfect match with tomato-based sauces in particular. They retail for about \$18 and are consistently appealing reds from year to year.”

—Peter Rutledge, Norwich Wines & Spirits

## TOOLS OF THE TRADE





*Simply the best local bolognese*



## TRADITIONAL MARINARA SAUCE

*Makes about 3 quarts*

- Olive oil
- 1 large onion, chopped
- 1-2 carrots, finely chopped
- 4 cloves garlic, minced
- Pinch or to taste dried chili pepper flakes (optional)
- Kosher salt and freshly ground pepper
- ½ cup dry red wine or dry white wine\*
- 9-10 cups (three 28-ounce cans) crushed tomatoes
- 2 sprigs fresh thyme
- 1 bay leaf
- 2 Tbsp each chopped fresh basil and parsley

1. Heat a little olive oil in a heavy saucepan over medium-high heat. Add the onion and carrot and season with pepper flakes, salt, and pepper. Sauté until the onion is translucent. Add the garlic and sauté 1 to 2 minutes more.

2. Add the wine and simmer until reduced by half. Add the crushed tomatoes, thyme, and bay leaf to the pot. Bring to a simmer, reduce the heat to low, and simmer for 30 minutes. Stir in the basil and parsley and simmer for a minute or two. Serve immediately with your favorite pasta and a sprinkle of grated Parmigiano-Reggiano cheese.

\*Depending on my plans for the marinara, I use red or white wine—red if I'm going to toss it on spaghetti or in a lasagna and white if I'm going to use it to braise chicken or seafood.

## TURN YOUR MARINARA INTO BOLOGNESE

*It takes quite a bit longer, but you can easily turn your marinara into Bolognese or meat sauce by adding:*

- 1 lb ground beef
- 1 lb ground pork or Italian sausage (hot, sweet, or a mix), casings removed
- 1 cup half & half

1. Lightly coat the bottom of a large heavy skillet with olive oil and heat over medium-high heat. Add the beef and pork and, breaking up the meat into bite-size pieces, cook until brown, about 5 minutes.

2. Add the meat to the sauce and simmer on very low heat for 1 hour. Slowly stir in the half & half a couple spoonfuls at a time and simmer for 1 hour more.

The Bolognese should be very thick and is traditionally served with tagliatelle.

# OLIVES

Long a symbol of peace, the olive branch brings us a marvelous, healthy fruit.



## OLIVE TYPES

The classic nibble with cocktails, a bowl of olives and a glass of wine are all you need for a relaxed aperitivo. But don't stop there. Olives are great in salads and sauces. With lots of delicious options, it's hard to choose a favorite olive!



**CASTELVETRANO:** A favorite of one and all, their bright green color is so vivid it almost seems unnatural. These Italian olives have a mild, buttery flavor.

**GAETA:** These small brown olives can be hard to pit, but the nutty flavor is worth the effort.



**LIGURIA:** Small and sweet, these black olives are lovely with a glass of wine or a cocktail.

**PONENTINE:** Great in a salad or as a snack, these small purplish-black olives are firm with a nutty flavor.



**LUGANO:** A medium-size brownish-black olive, Luganos have a firm texture with a delicately rich and salty flavor. Most often served as an hors d'oeuvre, Lugano olives are also good in salads and pasta.



**SICILIAN:** These green olives are wonderful marinated in a little olive oil, lemon, herbs, and spices. They have a tart flavor and are a good choice for any recipe calling for green olives.



# THE DELICIOUS & HEALTHY WORLD OF **OLIVE OIL**



*Harvesting olives in Tuscany.*

## TOOLS OF THE TRADE



OLIVE OIL CAN



OLIVE OIL  
MISTER



OLIVE  
OIL POUR  
SPOUTS

# OLIVE OIL

**OLIVE OIL** is an integral part of the Mediterranean diet. It is a heart-healthy choice for cooking and finishing some of your favorite Italian dishes. Olive oil comes in three basic grades: extra virgin, virgin, and pure. Both extra virgin and virgin olive oils are from the olive's first press and have a nice fruity flavor.

High temperatures will destroy some of the flavor and nutrients in extra virgin olive oil. It is best to reserve it for salads and the final flourish on soup or pasta. A drizzle of fruity extra virgin olive oil will enhance fresh vegetables as well as a hearty minestrone. Both virgin and pure olive oil are fine for cooking.

# BREAD



## RUSTIC ITALIAN CIABATTA

From the Bakers at King Arthur Flour

- 1½ cups cool water (12 ounces)
- 3½ cups King Arthur European-Style Artisan Bread Flour (14¾ ounces)
- 2 tsp instant yeast
- 1½ tsp salt

1. Stir the water, 2 cups of the flour, and 1 teaspoon of the yeast together, cover, and let rest at room temperature for several hours or overnight. Add the remaining flour, yeast, and salt, mixing vigorously until the dough begins to hold together. This is a very sticky dough; add more flour only if it's "soupy."

2. Place the dough in a lightly floured bowl. Let it rise for 1 hour, then gently deflate it. Let it rise another hour, then turn it out onto a liberally floured work surface or silicone rolling mat and sprinkle lots of flour on top. Flatten the dough to an 8" x 10" rectangle, about ¾" thick, and cut it into two pieces, each about 4" x 10" inches. Transfer the loaves onto a piece of parchment, leaving about 6" between them. Cover with a proof cover or heavily oiled plastic wrap, and let rise till they're very puffy, about 2 hours.

3. While the dough is rising, place a baking stone in the oven and set the temperature to 500°. Allow the oven to heat for 30 minutes. Spritz the dough with water, then transfer the bread to the stone, parchment and all, and lower the oven temperature to 425°. Bake the ciabatta until it's golden brown, approximately 22 to 25 minutes. Turn the oven off, place ciabattas on the oven's middle rack, crack the door open about 2", and allow ciabatta to cool completely in the turned-off oven. Yield: 2 ciabattas.

Note: If you don't have a baking stone, transfer parchment and ciabattas to a cookie sheet and bake on the middle rack of your oven.



*"The Italians take the proverb, you will spend one year in purgatory for every crumb of bread you waste, to heart."*

—Susan Reid, editor of *The Baking Sheet* at King Arthur Flour

**"WHEAT, BREAD, AND PASTA, THEY ALL FLOW THROUGH ITALIAN CULTURE,"** says Susan Reid of King Arthur Flour. "The early emperors gave bread to the people to stave off revolution. It is a part of every meal and never wasted. You find day-old bread in many Italian recipes. It's toasted for salads and used to thicken soups."

If you don't have time to bake, pick up a loaf of ciabatta any Wednesday and focaccia and pizza daily at King Arthur Flour's retail store and café. Visit their website at [www.kingarthurfour.com](http://www.kingarthurfour.com) for their daily bread and café menu.



# CHEESE & WINE



*Great cheeses from the Lebanon Food Coop*



## FAVORITE ITALIAN CHEESES

from Kat Peront, Cheese Specialist at the Co-op in Hanover ([www.coopfoodstore.coop](http://www.coopfoodstore.coop))

Our **Gorgonzola Dolce** is very popular. Made in Italy, it is rich and creamy with a hint of a doughy flavor and a sweet finish. It's great sprinkled on salads or on a baguette. Or serve it for dessert with apples, pears, and caramelized walnuts.

**Piave** is a hard table cheese. Similar to Parmigiano-Reggiano, you can use it in cooking and salads. It is great on a cheese plate or all by itself. Piave has a nutty flavor with a bit of a sweet finish. It is delicious with cured meats, fruit, or a drizzle of honey.

Real Italian **Fontina** has a fuller flavor than the Danish version. Made from raw milk, it is wonderful for cooking. A great melter, Fontina is good in casseroles and fabulous in fondue. It is a complex cheese. It starts with a bit of a bite when it hits your mouth and ends with grassy and nutty notes.

**Caseificio dell'Alta Langa** makes a wide array of wonderful cheeses. Langa makes cheeses from cow, sheep, or goat milk as well as a mix. They are a little like a brie but the rinds are delicate. Cut into a round and it is soft and gooey close to the rind and thick, almost flaky on the inside. These cheeses are definitely addictive.

Aged **Pecorino de Pienza** has a sharp salty bite. It is ideal for grating and is mellower and nuttier than Pecorino Romano. It's good with a glass of wine before dinner and just as good after. Cheese, instead of a sweet dessert, is a wonderful way to end a meal.

## MAKE IT RED OR WHITE

from Peter Rutledge, Norwich Wines & Spirits

Tuscany's most famous wine, besides Chianti, is Brunello, from the slopes surrounding the town of Montalcino. Brunello is usually quite expensive, typically \$50 and up for a wine from a great vineyard. Luckily, most Brunello producers also make a lesser wine, often from younger vines, which spends less time aging in barrels and in the bottle, so is released earlier to be enjoyed in its youth. Labeled as "Rosso di Montalcino," these show many of the classic bright cherry flavors of their bigger siblings, pairing beautifully with Osso Bucco or risotto dishes. A small but outstanding producer is Collematoni, whose Rosso sells for about \$24.

When it comes to white wines, there are so many besides the ubiquitous Pinot Grigio, but people often seem frightened to branch out from the familiar. A grape worth seeking out in Piedmont is Arneis, which is used to make very crisp, dry whites that pair beautifully with flavorful cheeses and salads, and will usually stand up to the intensity of balsamic vinegar, which can often make other wines taste bland or bitter. These wines typically sell for less than \$20. Two great producers are San Giuliano and Malvira, both of which show great intensity of flavor for light-bodied whites.

# COFFEE & DESSERT



“I really enjoy a morning cappuccino in the courtyard of the hotel in Acqui Terme. I love my visits with Mirella, the owner of the hotel, after she brings out the cappuccino and biscotti.”

—Amy Tuller, RD, LD, CDE

## DRINK UP ITALIAN COFFEE

The perfect end to an Italian-inspired dinner is a bite of something sweet. Italians love chocolate, so why not indulge? Full and happy, finish up the evening with tiny cups of espresso. And don't forget the grappa. Said to aid digestion, grappa is brandy made from the pomace or marc (skin, pulp, seeds, and stems) left after wine making. It is strong stuff but no Italian feast is complete without it. Enjoy a shot of grappa in your espresso for a caffè corretto or sip it slowly from small glasses. Buon appetito!







*There is always time for coffee in Italy!*

“Italian desserts are delicious. They usually come in a small portion, and most Italians don’t regularly have dessert, so it is a great treat when it is served.”

—Amy Tuller, RD, LD, CDE



## CROSTATATA AL CIOCCOLATO ALLA NOCCIOLA (CHOCOLATE-HAZELNUT TART)

Serves 12 to 16

**Graham Cracker-Hazelnut Crust\***  
 1½ cups graham cracker crumbs  
 ½ cups finely ground hazelnuts  
 Pinch salt  
 6 Tbsp (¾ stick) unsalted butter, melted

4 large egg yolks  
 ¾ cup heavy cream  
 1 Tbsp hazelnut liqueur (optional)  
 1 tsp vanilla extract  
 1 cup peeled, chopped, and toasted hazelnuts  
 Whipped cream, for garnish (optional)

1. Preheat the oven to 350°. Line the bottom of a 9-inch tart or springform pan with parchment paper.

2. Put the graham cracker crumbs, ground hazelnuts, and salt in a bowl and whisk to combine. Add the butter and stir until well blended.

3. Press the crumbs into the bottom of the pan and about 1½ inches up the side. Bake the crust at 350° until golden, about 7 minutes. Cool to room temperature and refrigerate until ready to use.

\*The Graham Cracker-Hazelnut Crust is not Italian, but it is really delicious with chocolate. If you insist on a more traditional approach, you can add ground hazelnuts to your favorite recipe for flaky pastry dough and prebake the crust.

### Chocolate Filling

8 oz very good Italian or Swiss dark chocolate, chopped  
 3 Tbsp sugar  
 1 tsp espresso powder  
 ½ tsp cinnamon  
 Pinch salt

1. Put the chocolate in a small bowl.

2. Whisk the sugar, espresso powder, cinnamon, and salt together in a 1-quart heavy saucepan.

3. Whisk in the yolks and cream and cook over low heat, stirring constantly until the mixture registers 170° on a candy thermometer. Immediately remove from heat and pour the custard through a fine-mesh sieve into the bowl with the chocolate.

4. Let the chocolate sit in the hot custard for a few minutes to melt, and then whisk to combine. Whisk in the hazelnut liqueur and vanilla.

5. Pour the chocolate filling into the Graham Cracker-Hazelnut Crust. Let the tart cool for 10 to 15 minutes and sprinkle with chopped hazelnuts. Continue to cool to room temperature and then refrigerate for at least 6 hours.

6. Remove the tart from the refrigerator about 20 minutes before serving. Cut into thin wedges (it’s very rich), garnish with whipped cream, and serve.

# Ladies and Gentlemen, start your mixers.



Whether you shop online or in the store, our goal is to deliver products of the finest quality with a level of service unmatched in retail. And just as important, our knowledgeable and experienced staff ensures that your shopping experience is better than you'd hoped it could be. We stock some 16,000 items in the store, including cookware, bakeware, barware, dinnerware, tools and gadgets, countertop appliances, glassware, flatware, tableware and woodenware from vendors including All Clad, Cuisinart, Swiss Diamond, Wusthof, Henckels, Portmeirion, Hadley, Breville, KitchenAid, Le Creuset, Staub, Riedel, Viking, OXO, Calphalon and SodaStream. If we don't have it, you probably don't need it, but if you want it, we'll get it for you!

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## SOURCES

### Set the Stage

For a true feeling of Italy, set your table with bright linens, colorful stoneware or ceramic plates and bowls, and natural materials like woven bread baskets and wooden cheese boards. The items used on our beautiful table are available at Board & Basket in West Lebanon.

Once you add your favorite Italian wines, cheeses, fruit, olives, and freshly baked artisan breads, you and your friends and family will be ready to enjoy an authentic Italian feast right here in the Upper Valley. Our delicious selections are from the Lebanon Food Co-op Store.

### Available at Board & Basket

Wine glasses by Luigi Bormioli Company, Michelangelo pattern, made in Italy. Saba balsamic vinegar, made in Italy. Red casserole and small bowls, Pirral terra cotta cookware, made in Italy.

### Available at Hanover and Lebanon Food Co-op Stores

Red wine: Villa Donna Montepulciano d'Abruzzo

White wine: Banfi Centine Toscana Pinot Grigio, 2010

Cheese: Fontina Val d'Aosta and Piave table cheese

Olives: Green Cerignola and Black Cerignola, Italy

Special thanks to Drew and Claire Nelson, owners of Board & Basket, for lending their beautiful wares, and to Sally Hall, stylist at Board & Basket, and Erika Stillson, store manager, for their expertise and assistance with setting our beautiful table.



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Top: Sue Higby, executive director of Studio Place Arts. Above: An exhibit of multimedia works by Maggie Neale in the third-floor gallery at SPA. Right: A group enjoys "Digital Topographies" by Karolina Kawiaka, Dartmouth College, during the opening reception in June. Kawiaka is pictured fourth from the right.



BY LORI FERGUSON  
PHOTOS BY JACK ROWELL

# Studio Place Arts

## A WIN-WIN FOR BARRE, THE PUBLIC, AND THE ARTS

The “Granite Capital of the World,” Barre, Vermont, is a town indelibly shaped by the vast deposit of igneous rock on which it rests: a vein of granite estimated to be some 4 miles long, 2 miles wide, and 10 miles deep. In the late 1800s, granite was the town’s lifeblood, drawing artisans accomplished in quarrying and working the stone from England, Sweden, Canada, Scotland, and Italy. Their contributions supported Barre’s development. Two centuries later, artists are once again breathing new life into the city, this time through the creation of Studio Place Arts (commonly known as SPA), a nonprofit community visual arts center located in downtown’s formerly abandoned historic Nichols Block. ▶



the arts





Top left: Director Higby adjusts a painting in the “Weathering It Out” exhibit, a show that explored dynamic weather patterns and included work made from flood debris. Below left: Sculptor Sophie Bettmann-Kerson poses beside her piece, *The Suppliant*, which is located in the temporary sculpture park next to SPA. Center above: *G.W. Bush and B. Clinton* carved by Stanislaw Lutostanski, exhibited in the annual “Rock Solid” show. Sculptors Nick Santoro and Jim Sardonis discuss the exhibit (rear). Center below: A young family enjoys paintings by Jane Pincus. Above: SPA is located in the three-story Nichols Block building in historic downtown Barre. There are exhibits on all three floors, artist studios on the second and third floors, and a classroom on the first floor.

### A Threefold Vision

SPA’s Sue Higby has been with the center from the start, first as a volunteer and since 2003 as executive director, and her enthusiasm for the venture is palpable. “This was a grassroots community effort from the outset,” Higby notes, “and the founders of SPA are incredibly proud of what’s been accomplished.” The founders’ vision for the center was threefold: to encourage economic development, provide cultural enrichment, and offer a service to the community. Practically speaking, they imagined SPA as a place where people could come to enjoy free exhibits of contemporary art by artists from Vermont and beyond, meet working resident artists, and discover their own creative vision through art classes and workshops.

With this charge in mind, the center offers a dynamic schedule of exhibits

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the arts



throughout the building's three floors and changes them every five to six weeks. Both curated group shows and individual shows fill the docket, and in every instance, freedom of expression is paramount. In fact, so seriously does SPA take this concept that it has written an explicit "Freedom of Expression" policy, probably the only gallery in the state to have such a document. "We believe very strongly in every artist's right to self-expression," Higby explains, "even though they sometimes create works that may cause discomfort or offense among viewers. We make every attempt to warn visitors of potentially offensive or challenging content if necessary, but we leave it up to them to exercise their own judgment, rather than censor the artists."

According to Higby, the policy has worked out beautifully. "Everyone brings their own 'internal baggage' to bear when they view an exhibition," Higby observes, "and this, of course, colors the way they interpret any given piece. But people have been willing to give our more provocative exhibitions a chance, and often they've been pleasantly surprised to discover that things aren't always as they initially appear." ▶



Left: Founding artist Janet Van Fleet in her third-floor studio at SPA with her grandson, Emanuel David Van Fleet. Center left: David Kraus, guitarist, performs on the third floor of SPA during the BASH (Big Arty SPA Happening). Center right: Two paintings from the *At One with Nature's Wiles* series by Joan Curtis exhibited in the "Weathering It Out" show. Bottom: Stone sculptor Gampo Wickenheiser poses with his *River Rocks* series exhibited in the annual "Rock Solid" show.





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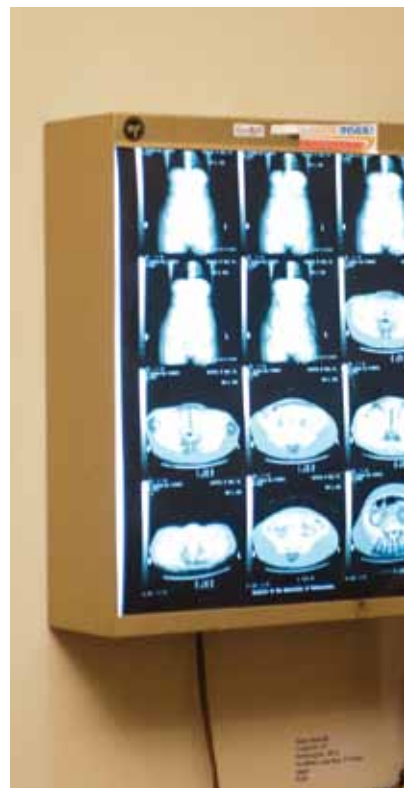


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the arts



Clockwise from above left: Viewer enjoys *Activity Dependent Gene* by Dana Walrath, which was installed for the "Sc-EYE-nce" exhibit at SPA. From left: SEABA acting president Mark Waskow, artist and filmmaker John Douglas, and Dr. Peter Bingham, UVM College of Medicine, discuss the recent "Storytime" exhibit. Artist Dana Walrath poses beside *Borborygmi* (a modified x-ray box and CT scan), exhibited in the "Sc-EYE-nce" show. Reception participants view the painting *Anyas as St. Joan of Arc* by Jill Pabich exhibited in the "Never Forget" show.



That audience diversity is part of the fun of being in Barre, Higby continues. You never know who is going to walk through the door—or into the temporary sculpture garden adjacent to the center, a space that illustrates yet another way that SPA fulfills its mission of community service. “There was an old building adjacent to SPA that was taken down, leaving an empty lot in the center of downtown,” Higby explains, “so SPA seized the opportunity to create a temporary sculpture park to display work created by local artists.” This is an installation that could only have happened in Barre, Higby asserts. “The

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## the arts

sculptures chosen for the park were huge pieces, some of which weighed a ton or more. We were able to convince local, experienced crane operators who are adept at handling stone to volunteer their time to install the works. They did a great job and the park turned out beautifully.” Today, Higby notes, the park is enjoyed by SPA visitors and passersby alike. “It’s not at all unusual to see a burly workman in a plaid shirt sitting in the park having lunch,” she says. “The center really does take art out into the community.”

### Art for Everyone

Another way that SPA enriches the community is through its diverse schedule of classes, workshops, and lectures. “We work with all sorts of people in our education program,” Higby observes, “from adults and children interested in exploring their creative side to young mothers, individuals from the Department of Corrections, and disadvantaged youth. We’re trying to get people to realize that the creative process is available to everyone,” she explains. “Every facet of SPA is dedicated to demystifying the artistic process.”

Local artists also benefit from SPA’s presence in the community. In addition to the exhibition opportunities the center provides, SPA also rents studios on the building’s second and third floors to working artists. These studios afford artists valuable and much-needed space for creating art, collaborating with fellow artists, and interacting with the public. Visitors to the studios can watch artists work and buy pieces directly from them if they so desire. “Here at Studio Place Arts, we’re totally about access to the visual arts,” Higby concludes, “not about setting up barriers.”



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BY E. SENTEIO

# THE Upper Valley Haven

## MORE THAN A SHELTER

“Wherever there is a human being, there is an **opportunity for kindness.**” —Seneca

**FOR OVER 32 YEARS**, the Upper Valley Haven has served as a lifeline for those in need. In Vermont alone, there are an estimated 5,000 people who are homeless—every year. “We’ve been known mostly as a homeless shelter, but now we are so much more,” says Liz Verney, Development & Communications Director of the Haven. “If people are struggling to make ends meet, out of housing, or just out of solutions, they can come to us.” The Haven’s mission is not only to lift people out of poverty but also to help them avoid it. “We partner with over 25 nonprofit organizations,” says Liz. “We might not always be the solution for everyone, but we can guide them.” ▶



Byrne House at the Haven. Photo by Eli Burakian.



The Haven's full-time case managers help families and individuals find resources for their specific needs. These may come from the state or the community. "Our shelter case managers," Liz says, "help with red tape like getting a driver's license, filling out housing and job applications, applying for food stamps, enrolling kids in school, accessing proper mental and physical health resources, and even adult education opportunities." Community case managers can also help those not staying in shelters with solutions for various crises, like overdue utility bills and mortgages, transportation problems, or other life issues.

"We have very limited funds, but sometimes just a month's rent will provide breathing space for people to move forward. Sometimes we can offer small, interest-free loans—between them and us—with a payment plan that's manageable for them." To get their license back so they can drive to jobs, people may need help paying off traffic violations. "Sometimes," Liz says, "people are only temporarily homeless, and we use vouchers for a few nights at a hotel, or work with other agencies to find solutions. We exhaust all possible resources and opportunities before using a shelter. There's always a roof over their heads by the time they leave, but it may not be with us."

**"Never look down on anybody  
unless you're helping them up."**

—Reverend Jesse Jackson

**WHEN ALL ELSE FAILS**, the Haven is still in part a homeless shelter, a last refuge. "We have three buildings on our campus. One is the Byrne House Family Shelter for families with children under 18. The average length of stay is about three months, "but no one is put out. It all depends on how long they need to get back on their feet," Liz says. "We can house eight families at a time. There are common areas, eight small, private family bedrooms, and shared bathrooms. It's important for families to stay together and have their own space to temporarily call home."

Then there's Hixon House, the shelter for adults without children. "It has 20 beds, a library, computer room, and dining room. We house both men and women and are one of the few shelters that allow couples to stay together."

Both Byrne and Hixon have 24-hour staffing and kitchens for cooking. "In Byrne, the families usually cook their own meals—separately or together—but in Hixon, many of the meals are prepared with help from community groups, staff,





board members, or volunteers, as well as our guests.” According to Liz, “Pretty much any type of group that wants to do something for the community can participate.”

Much of the food comes from the Haven’s Food Shelf. “People living in our shelters or living in poverty in the community can come to the Food Shelf—also in Byrne—once a month and choose a week’s worth of free groceries. Bread and fresh produce are available every day. We even carry toiletries,” Liz adds. “And when diapers or feminine products have been donated, we give those away too—because you can’t pay for them with food stamps.” Referrals are not required to access the Food Shelf because the Haven found the process often got in the way of getting people the help they needed. “Most people are honest and they are here because they need to be.”

The Haven also has a Clothing Room, which provides clothes for children and



Clockwise from top left: Happy Haven Food Shelf visitors “shop” the shelves for emergency food and supplies. The Haven’s After School Program in action. The Haven’s free Clothing Room is stocked with seasonal clothing, shoes, and accessories. Tara Mullen, Outreach Case Manager, and volunteers at work in the Food Shelf.

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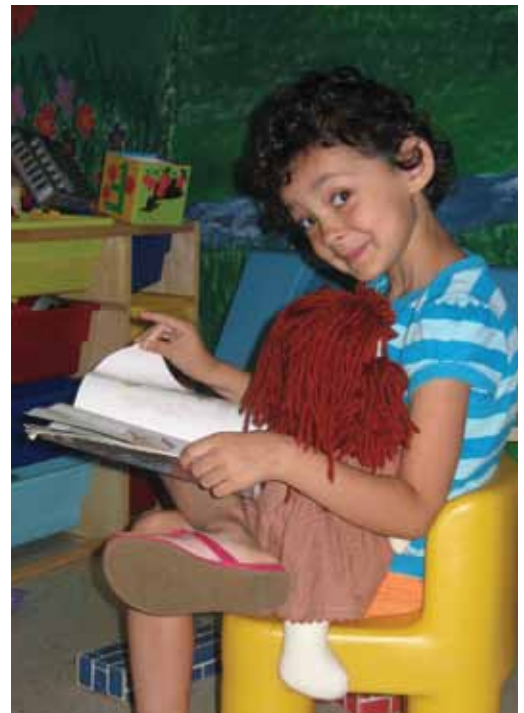
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Above: Enjoying the After School Program. Top right: Buddy Guy will be playing to benefit the Haven on October 28 at the Lebanon Opera House. Above right: A meal is served.

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"The greatest good you can do for another is not just share your riches, but reveal to them their own." —Disraeli


**AS FAMILIES STRUGGLE AGAINST POVERTY**, childcare can be one of the most expensive and difficult hurdles to manage. The Haven provides impressive solutions. "For our shelter guests," Liz explains, "we provide a Children's Education and After-School Program, as well as a Summer Enrichment Program. It is totally free for children in



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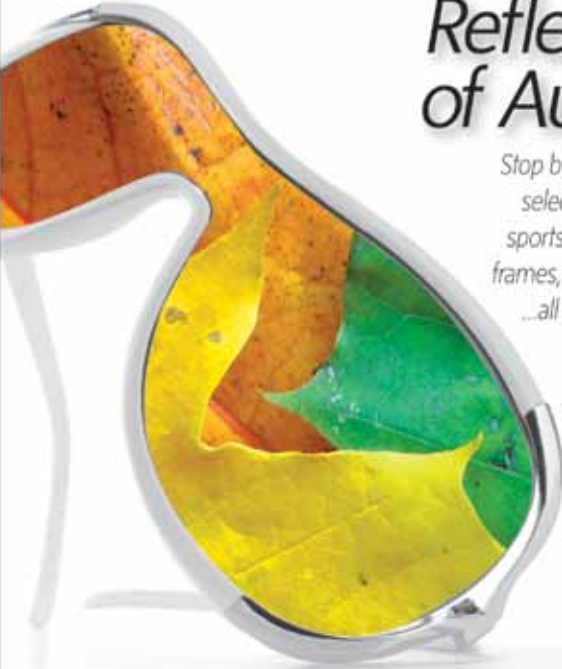


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kindergarten through college who are currently in our shelters or who have ever stayed with us.” In the third building on the Haven campus—the Beverly Fowle Fiertz Community Center—the after-school program runs from 2:30 to 5pm every weekday. The school bus drops children off at the Haven, “and we bring them home when the program is over,” Liz says.

Volunteers help children with homework and tutor them; they’re also provided with a healthy, free, “robust snack, because sometimes that doubles as dinner for these kids.” They might enjoy activities like music and art projects, or hiking, tennis, or skating, or go to the climbing wall. “One child,” Liz recalls, “came to us when he was 5 years old and was in our after-school program until he went off to college.” There’s also an Early Childhood Development Program, for children from birth to 5 years. “We help to make sure children are up to speed and ready to enter kindergarten.” Through these free programs, the Haven helps children succeed in school and provides worry-free summer and after-school hours for parents as they work to make a better life for their families. ▶


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community



“No act of kindness,  
however small, is ever wasted.”

—Aesop

**CONSIDER THIS:** many people who are living in poverty are working. Many have jobs at the businesses you frequent, or are retired and struggling, or have lost a job and are living on meager benefits. Consider that many veterans and the majority of individuals and families in poverty who access the Haven come from within a 45-mile radius of White River Junction.

Consider how some misfortune—a job loss, an illness, a death, or perhaps simply an avalanche of the “small stuff” can lead individuals and families down a path they never expected to travel. “We measure success by people leaving our shelters and being able to sustain their housing and their jobs long term. It’s also children being excited and engaged in learning. It’s about knowing what resources are available and how to access them to keep moving forward. It’s important to dispel the negative images of people who are in poverty,” Liz says. “Several people who use our Food Shelf donate time to sort clothes.

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Far left: A Byrne House family enjoys some fun time! Left above: The Haven's 2011 Covered Bridges Marathon team. Left below: 2011 Mud Ball committee members. Come join the fun in March 2013!

It's this type of giving and receiving that makes this place work. Some past guests of our shelters have even come back offering us small financial donations. We encourage them to put it into their savings, but they insist because they are so grateful."

Consider how fortunate you are—and what you can do to help others who are less fortunate. Consider that if you need help, now or in the future, the Upper Valley Haven is there for you. ☺



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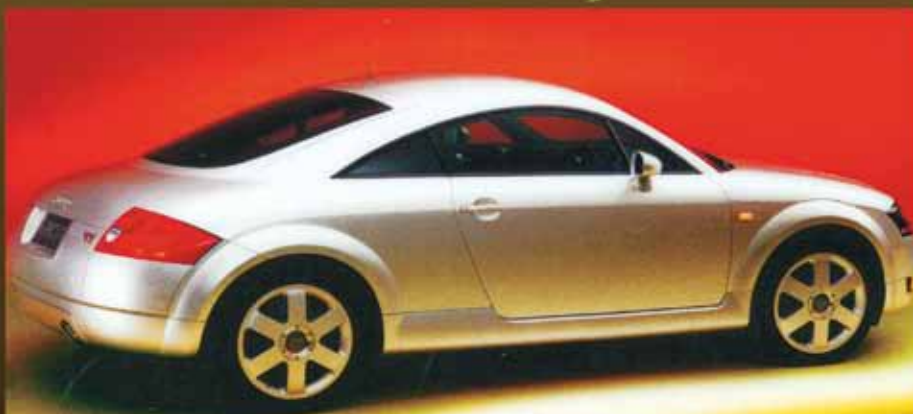
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# Beer Steins, Cadillacs & More

THERE'S SOMETHING FOR EVERYONE AT SMITH'S AUCTION GALLERY



IT'S AUCTION TIME AT SMITH'S AUCTION GALLERY, an old-school New England auction house in Plainfield, New Hampshire, where computer bidding is unheard of but a brisk business is being done in donuts and coffee as hundreds of potential buyers cram into the gallery to find their reserved seats. Eventually the crowd will spill out onto the back porch where a barbecue is set up to serve lunch later in the day. Many determined bidders are back after spending the previous day at the preview, kicking the tires (sometimes literally) on the almost 700 lots for sale. That's just one of the beauties of a "real" auction: you get to touch the upholstery, smell the varnish, and examine closely the signatures on paintings and the dovetail joints on lowboys. ▶

Auction attendees preview items in the gallery.





**The Thrill of a “Real” Auction**  
Traditional auctioneers will declare with relief that the novelty value of eBay appears to have worn off; people are no longer getting the same buzz they did 10 years ago from an online bidding war over an exotic item offered by a faceless seller across the country. Instead, entering a real auction gallery such as Smith’s is like stepping into Aladdin’s cave—treasures everywhere, including sculptures, rifles, porcelain, and old signs. The catalogue for today’s auction is overflowing with everything from diamond rings to paintings and huge oriental rugs. And, yes, it is a mixed bag—some stuff will go for \$75, while the choice items that anchor the auction will make their way well into six figures. After carefully evaluating the merchandise, the question on the mind of everyone at an auction is, of course, how much would I be willing to pay for this particular item and still consider it a good deal?

“There are no bargains here,” an art dealer from Windsor, Vermont, declares with a shrug, as he takes a break from exchanging trade gossip with a colleague while watching the unfolding auction out of the corner of



A large crowd is on hand for an estate auction of beautiful household items.

his eye. “You get a lot of retail here,” quips another, “people with second homes that need filling.” For someone like him, the presence of well-heeled individual buyers is a setback, since they are likely willing to pay more than he can afford to bid with an eye for resale, and that pushes up the prices. But for the seller and for the auction house, that’s good news, of course. Retail or not, there are lots of dealers in the room, and while some may have come mainly to watch the action and get a sense of the market, many are also placing bids. ▶



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That leaves the collectors (one bidder waits patiently on the back porch for hours, then nips in and successfully bids \$250 on an old derringer), the second-home shoppers, and other regular people who simply have “a thing” for antiques.

That would be someone like Carl Franco from Connecticut, who is here looking for a couple of paintings and has a couple of things circled in the catalogue. He makes a point to attend auctions at Smith’s gallery if he’s in the area. Another gentleman is here looking for presents—mostly jewelry, he reckons—while a third who normally comes

to auctions looking for that kind of “small” stuff has decided that he’s going to bid on a couple of oriental rugs today.

### Hunting for Treasure

Many of them have played this game for decades and have the demeanor of hardened poker players, scrutinizing the competition, analyzing the bidding, recording final bids in the margins of their dog-eared catalogues. They’re mostly older, and the overall impression of the crowd is an eclectic mix of slightly eccentric bohemians and honest, salt-



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of-the-earth penny pinchers. There's not a tie in sight—indeed, apart from the auctioneer, nobody in the gallery appears to have dressed up for the occasion. It's not about us; it's all about the stuff. We haven't come to look at each other; we've come to look at what's for sale. That's quite refreshing, really, and surely makes it less intimidating

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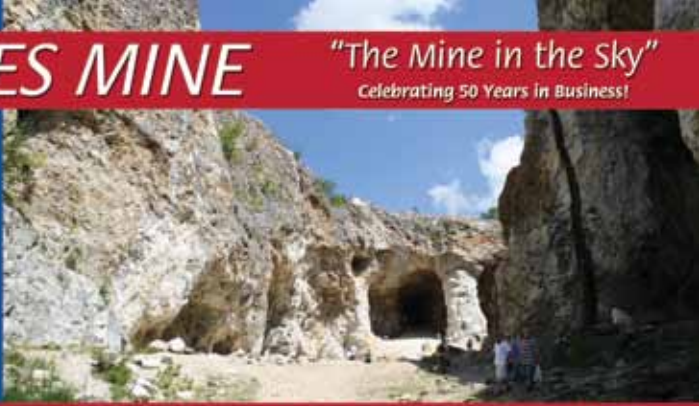
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business sense



for those unfamiliar with the rest of the protocols of the live auction format. This, then, is the traditional New England country auction format that Smith's knows how to do so well and has perfected over almost 50 years: part bazaar, part show, part serious business. You start with an ungodly amount of random stuff that may or may not be of value to someone else. The job of the auction house is to sort through it all





The bidding wars begin!

an auction house is to sort through it all and separate the wheat from the chaff, organize it, and present it well. In the case of an entire estate, there may be a lot of mediocre things to unload in order to be able to showcase a few choice items.

What's left is the real auction action—a good auctioneer will combine an incredible knowledge of styles and art history with the showmanship and charm required to entice reluctant buyers forward with a bid. “Provenance is key,” says gallery owner Bill Smith. “Having the story behind an item is one thing that can really make a huge difference in the price at a sale.” Knowing many of the buyers by name from decades in the business probably helps too. Time and again during the auction, Bill will call out individual bidders and playfully entice them to bid with what appears to be a detailed memory of their buying histories and preferences.

A stunning Cadillac from 1940 is on the block. Bill gives a quick history of the car and then starts taking bids. The eight-hour marathon auction leaves less than a minute per lot, so even

# Jeff Wilmot

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## business sense

though the car is a fairly big-ticket item, the gavel comes down about as fast as for the countless, small framed portraits and pieces of silverware. A flurry of back-and-forth bidding across the room, and the car is sold for \$22,000. The next item is brought forward by the army of gallery workers straining to keep up with the pace. It's a beautifully choreographed display where the props can be yours at a price that you can help set.

At the end of the day, a traditional auction is the art of carefully nurturing a group of buyers to act on their inclination to pay top dollar for unique and hard-to-find items with character, history, and cultural heritage—sort of a matchmaking service for antiques. Regardless of whether you're a buyer, seller, dealer, or simply a spectator on the sidelines, it's an entertaining, thrilling, and entirely fascinating way to do business. ☺

### Fall Events at Smith's Auction Gallery

In addition to their regular Tuesday evening auctions throughout the year, Smith's is preparing two major events this fall.

The first is the traditional two-day **Labor Day sale** taking place on Sunday, September 2 and Monday, September 3. This year it will feature a huge selection of antique firearms in addition to several hundred other lots.

The second is their large **Thanksgiving Holiday sale**, which will take place on Saturday, November 24.

**Smith's Auction Gallery** is located in Plainfield, New Hampshire, about 20 minutes south of Hanover on Route 12A.

Learn more about the gallery at [wsmithauction.com](http://wsmithauction.com), or contact them at (603) 675-2549 or [info@wsmithauction.com](mailto:info@wsmithauction.com) for more information about upcoming auctions or their appraisal services.

# Revival of “Classic” in Claremont

NEW ENGLAND CLASSICAL ACADEMY



“Learning is the path to truth, and the path to truth is a happy one.” —Plato

**WHO KNEW?** In a world where there is an app for everything, where you can ask your iPhone to find the nearest Chinese restaurant, classical education is experiencing a revival in Claremont, New Hampshire. Here Latin is queen. ▶

*Abeunt studia in mores.*  
(Acts practiced become habits. —Ovid)

New England Classical Academy, serving students from prekindergarten through high school, is an independent, coeducational day school that defines education as the pursuit of wisdom rather than the path to financial freedom or job security. "Our curriculum reflects the classical formation established in ancient Greece and preserved and developed through the ages in the Catholic tradition," says Headmaster Mario Enzler. He is quick to point out that NECA is not, however, a religious school with an official affiliation to any church. Students of many faith traditions, both Christian and non-Christian, find a home in NECA's student body. Religious education is not a goal of the curriculum.

### Steady Growth

Mario Enzler is of Italian and Swiss heritage and spent four years serving in the Swiss Guard, an elite corps charged with providing personal security for the Pope. He is probably one of the few educators in New England who has studied classics and attended a private mass performed by Pope John Paul II. New England Classical Academy was founded in 2008 by Enzler's wife Julie, whose experience as an educator came directly from home-schooling her own children. The initial enrollment was five ninth-grade girls.





Now, it stands at 135 with more growth projected, according to Enzler. Ironically, some of the growth that NECA has experienced has been related to the closure of Catholic schools. It is even located in a building that was formerly a parochial school (the former St. Mary's).

As in the parochial schools of yore, students wear uniforms, removing fashion as an element to compete for student attention. For high school boys, this means white Oxford shirts with striped school necktie, navy twill chino-style pants, navy dress socks, black leather shoes, and belts. For girls the options are equally straightforward. While students may find the uniformity constricting initially, fashion soon fades into the background. Teachers and students alike are convinced that the uniforms actually promote rather than squelch intellectual curiosity and freedom. Tuition ranges from \$3,800 for a part-time preschooler to \$6,100 for a high school senior. ▶

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**A Rich Learning Environment**  
Surrounded by religious icons, with uniformly dressed students and a faculty that is nearly 100 percent educated at Catholic institutions, one might assume that New England Classical Academy is a pretty intimidating place. Apparently not. According to Enzler, the integrated curriculum appeals to families, and engaged families create rich learning environments. “At NECA we recognize parents as the first educators of their child,” says Headmaster Enzler. “We attribute the school’s growth to the desire shared by many parents that their children learn to think logically, choose wisely, and articulate clearly.” Parents play a key role within the school as well as the home.

For a relatively small institution, NECA offers a surprisingly broad array of outside activities in the form of sports and the arts. Many of these choices are made possible by the contributions of volunteers from the ranks of parents and community members. Enzler uses the word “vibrant” to describe the extracurricular environment. “NECA students leave the Academy as young men and women—free, wise, and virtuous—well prepared for college, career, and home life, and alive to the richness and depth of the culture to which they are the heirs.” ▶

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*Historia magistra vitae et testis temporum.*  
(History is the teacher and witness of time. —Cicero)

“Kids feel safe here. They feel happy. They work hard. They are challenged.” He points as well to the dedication of the teachers, all of whom could earn twice as much in a unionized teaching environment. He says the school is fortunate to be located in New Hampshire, where there are many highly qualified educators “hiding in the woods.”

#### An Old-School Future

Asked about the school’s prospects for the future, Enzler replies, “We hope to sustain a growth rate similar to that which we have seen over the past few years. We are firm believers in remaining small enough to allow administrators, teachers, students, and their parents to form an intimate community dedicated to the personal formation of each student.”

This is definitely education the old-fashioned way, but like Grandma’s apple pie, there’s nothing that can improve upon it. Google and iPads may be the wonders of our video-dominated world, but a small school in Claremont, New Hampshire, has shown that there’s a place for Aristotle, Shakespeare, and Dickens, for diagramming sentences and memorizing poetry, for penmanship, Latin, the arts, and good manners. ☺

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# A Tour of *Tuscany*

UNDER  
THE  
AUTUMN  
SUN  
AND  
STARS

**TUSCANY IS BEAUTIFUL THROUGHOUT THE YEAR, but it turns magical in the fall. At dawn, the rolling hills are transformed by fog that drifts up from the valleys. As the sun rises, the mist turns a soft pink and then burns off in the warm sunshine. The Italian landscape doesn't explode with brilliant reds and orange like the foliage in New England, but don't despair. Sunflowers shine in the sun, hayfields turn a beautiful, pale gold, and bright yellow leaves gleam in every vineyard. Move in a little closer, and you will see fat, purple grapes ready for harvest. ▶**

If you can't make it to Tuscany this fall,  
you can still enjoy a Tuscan feast at home with  
Pappa al Pomodoro (Tomato-Bread Soup)  
Stinco di Agnello con Fagioli Bianchi  
(Lamb Shanks with White Beans)  
Crostatina Rustica Di Mele  
(Rustic Apple Tart)

For the athletically inclined, autumn is the perfect time for a long bike ride through the countryside. Shoppers can spend hours wandering through the market and window-shopping on the Ponte Vecchio in Florence. And everyone will enjoy a meandering walk through the ancient streets of San Gimignano and Siena.

While you are out and about, take some time to enjoy Tuscany's wonderful food and wines. Enjoy a mid-morning coffee and biscotti while you watch the world go by from a sidewalk café. Pick up a picnic of delectable cheeses, dried sausage, and fruit at the market, and find a quiet spot along the Arno River. Don't forget to bring along a loaf of crusty bread and a good bottle of Chianti.

After a long, busy day, relax and watch the sun go down with a glass of Brunello di Montalcino from a rooftop or terrace. When the air turns cool, it's time to gather around a bountiful table of local specialties. Have a splendid evening with good friends, brilliant conversation, and wonderful food. Buon appetito!



### PAPPA AL POMODORO (TOMATO-BREAD SOUP)

Serves 6

- 3 lb tomatoes, peeled, cut in half, and seeded
- 1 carrot, finely chopped
- 1 small onion, chopped
- Olive oil
- 1 Tbsp balsamic vinegar
- Sea salt and freshly ground black pepper
- 2 cloves garlic, minced
- 2-3 cups chicken stock
- 8-12 oz day-old Italian peasant bread, cut into large cubes
- 1 cup fresh basil leaves, roughly chopped
- Garnish: freshly grated Parmigiano-Reggiano cheese

1. Preheat the oven to 350°. Put the tomatoes, carrot, and onion in a large, shallow pan. Drizzle with enough olive oil to lightly coat, and add balsamic vinegar, season with salt and pepper, and toss again to coat. Cook for about 20 minutes.
2. Stir in the garlic and continue roasting until the vegetables are tender and caramelized, about 15 minutes more. Let cool for about 10 minutes.
3. Transfer the vegetables to a food processor in batches and pulse until the tomatoes are broken down but still chunky.
4. Put the soup in a large pot. Add 2 cups chicken stock and the bread cubes, and bring to a simmer on medium-high heat. When the soup starts to bubble, reduce the heat to low and simmer until the bread is soupy and falling apart.
5. Give the soup a good stir to break up the bread and combine all the flavors. If necessary, add more chicken stock, but this soup should be very thick. Stir in the basil, season with salt and pepper to taste, and simmer for 5 to 10 minutes more. Serve immediately, garnished with Parmigiano-Reggiano. ▶

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cooks' corner



**STINCO DI AGNELLO CON FAGIOLI BIANCHI (LAMB SHANKS WITH WHITE BEANS)**

Serves 6

- 4-5 lb lamb shanks
- Sea salt and freshly ground black pepper
- Olive oil
- 1 large onion, chopped
- 3 carrots, chopped
- 3 stalks celery, chopped
- 4 cloves garlic, minced
- 2 cups Brunello di Montalcino or other full-bodied, dry red wine
- 2-3 cups chicken stock
- 1 cup crushed tomatoes
- 2 sprigs fresh thyme
- 1 Tbsp finely chopped rosemary
- Bay leaf
- 2-3 cups cooked small white beans, drained and rinsed
- Garnish: chopped fresh parsley

1. Pat the lamb shanks dry and season with salt and pepper. Heat a little olive oil in a large Dutch oven or flameproof casserole over medium-high heat and brown the shanks in batches and reserve.

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2. Add the onion, carrots, and celery to the casserole, season with salt and pepper, and sauté until the onion is translucent, about 5 minutes. Add the garlic and sauté 1 minute more.
3. Add the wine and bring to a simmer. Reduce the heat to low and simmer for 5 to 10 minutes. Add 2 cups chicken stock, tomatoes, and herbs. Raise the heat to medium-high to quickly bring the pot back to a simmer, and then reduce to low. Simmer the sauce, stirring frequently, for 15 minutes.
4. Return the lamb shanks to the casserole and raise the heat to medium-high. As soon it starts to bubble, turn the heat back to low, cover the pot, and simmer for 1½ hours, occasionally stirring and turning the lamb shanks.
5. Add the beans to the lamb along with more chicken stock, if necessary. Stirring occasionally, continue to simmer, covered, for 30 to 45 minutes. Remove the cover and simmer for 15 to 30 minutes more until the sauce thickens and the lamb shanks are very tender.
6. Transfer the lamb to a cutting board and remove the bones. Cut the lamb into large pieces. Ladle generous spoonfuls of vegetables into shallow bowls, top each with lamb, and add a spoonful or two of sauce. Sprinkle with parsley and serve. ▶

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## cooks' corner



### CROSTATA RUSTICA DI MELE (RUSTIC APPLE TART) Serves 8

- 4-5 Macoun or Granny Smith apples, peeled (optional), cored, and thinly sliced
- 2-4 Tbsp brown sugar
- ½ tsp cinnamon
- ¼ tsp nutmeg
- Pinch salt
- Grated zest of ½ orange
- 1 Tbsp Grand Marnier
- 2 Tbsp cold butter, cut into small pieces
- Flaky Pastry (recipe follows)

1. Preheat the oven to 400°.
2. Roll out the dough into a rough circle about 14 inches in diameter. Carefully transfer the dough to a baking sheet and refrigerate while you prepare the apples.
3. Put the apples, orange zest, and Grand Marnier in a medium bowl and toss to combine. Add brown sugar to taste and the spices, and toss to coat evenly.
4. Leaving a 2-to-3-inch border, arrange the apples in overlapping concentric circles, covering the pastry dough evenly. Gently fold the edge of the dough over the fruit.
5. Dot the top of the tart with butter. Bake until the crust is golden brown and the fruit is tender, about 40 minutes. Let cool for 10 minutes, cut into wedges, and serve with ginger or vanilla ice cream.

#### FLAKY PASTRY

- 1 cup all purpose flour
- 1 tsp sugar
- ½ tsp salt
- 2-4 Tbsp ice water
- 4 Tbsp (½ stick) chilled butter, cut into pieces
- 3 Tbsp solid vegetable shortening, cold

1. Blend the flour, sugar, and salt in a food processor. Add the butter and shortening, and process until the mixture resembles coarse meal.
2. Sprinkle with ice water, 1 to 2 tablespoons at a time, and process until the dough comes together in a ball. Flatten the dough into a disk, then wrap it in plastic and chill until firm enough to roll, at least 30 minutes. ☺

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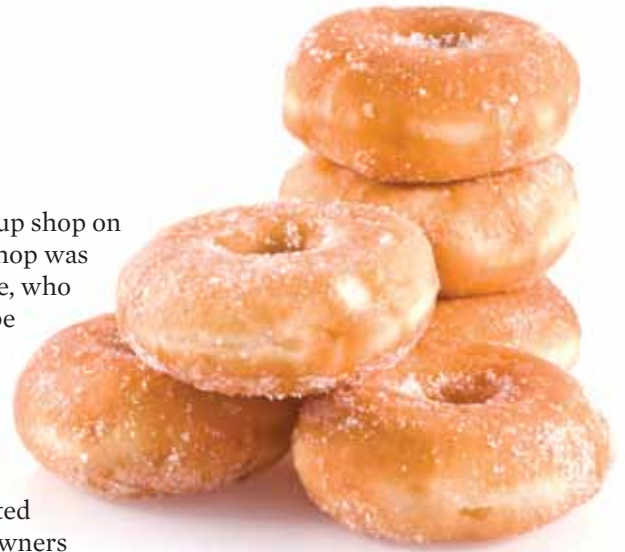
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## real people

Muriel and Francis Maville set up shop on West Street in 1967. Actually, the shop was already there. Francis's Aunt Marie, who developed the original secret recipe Muriel still uses today, founded it years before. Marie had sold her donut shop to another couple, but the Mavilles purchased the apartment building that housed the shop, and when Francis collected the rent one day and learned the owners wanted to sell, it was donut destiny.



### A Shop by Any Other Name

The shop was a joint effort, but the couple named it after Muriel. The 74-year-old explains with a chuckle how her husband told her: "We'll name it after you, and then if we fail it'll be named after you." She adds, "But no, we named it after me because of being a woman we thought it would be best."

Muriel and Francis added flavored varieties to the plain donuts that were already on the shop's menu. They raised five boys as they grew their business, waking early to make the donuts, selling to customers who stopped by, boxing up donuts, and making deliveries to shops, truck stops, and grocery stores. Some of those places have come and gone over the years, but the customers themselves never leave.

They hail from throughout New England—from as far away as Maine and Connecticut and throughout the Upper Connecticut River Valley. They come down from Woodstock and White River Junction, Vermont, and over from Canaan and Manchester, and of course, Lebanon, New Hampshire. "The whole neighborhood smells 'em, so they come in," Muriel explains. "They're everywhere! It's just a







Left: Muriel works to make sure her customers enjoy the freshest donuts possible.

variety of people. A lot of the older people, they've lived on 'em, they bring their kids, and they're my next generation who are now bringing in their kids. So I can see three generations of the customers here over the years."

### Generations of Fans

Muriel recalls a group of girls who recently stopped by the shop when they had the afternoon off from school. "They got out the quarters and what little bit of money they had between them. I give them to the kids for 50 cents, instead of the usual 70 cents, and they think that's just great."

Sometimes the younger generation gives the older generation a hand getting their donut fix. "There are some that come in and get donuts for their 90-year-old grandmother who's been eating these donuts forever," Muriel says. "A lot of them do. If you've lived in Lebanon, you've had my donuts, and if you can still eat them, you do." ▶

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real people



Stop in to see Muriel for fresh, hot donuts.

And what's the best way to enjoy Muriel's donuts? She recommends eating them fresh—getting them hot. "They're crispy. Customers like to buy them fresh, in the brown bags," she says. "And a lot of people tell me they like peanut butter on them. But they also like the sugar ones. And there are lots of people who just like the plain old donut."

**The Competition?**

Muriel has had a few setbacks, but they haven't stopped her. In 2007, Francis lost his leg to a staph infection. To care for him, she closed the business for seven months. "Boy, did I hear about it," she says. "So when it got to the point where he was better, I came back." Francis didn't regain his health completely. He still helps box the donuts, but Muriel basically runs the business on her own these days, making batters and driving the rounds in her station wagon to Lebanon businesses such as Jake's Market and The Little Store.

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She also delivers right around the corner from her shop to the Jiffy Mart, whose main attraction is none other than Dunkin' Donuts. In fact, if you stand in line at the Jiffy Mart's Dunkin' Donuts and turn around, you'll see packages of Muriel's donuts on the shelf.

Does Dunkin' Donuts worry her? "It's fine with me. People tell me they're no competition because they want to make me feel good," she says. And then she adds with a smile, "And because they mean it." ☺



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*Alight: the Spirit of the Red Tail Hawk* by  
Andy Moerlein and Donna Dodson. Photo  
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**September 1, 8, 15, 22 & 29,  
October 6 & 13**

**Saturday Family Program**

Come and experience the life of a Shaker child in the Enfield Shaker Village during the 1850s. This program includes hands-on activities related to school, work, and play that were typical for a Shaker child.

Info: (603) 632-4346, [www.shakermuseum.org](http://www.shakermuseum.org)

Enfield Shaker Museum, 11am & 1pm

**Through September 2**

**Agatha Christie's *The Mousetrap***

Info: (603) 526-6710, [www.nlbarn.org](http://www.nlbarn.org)

New London Barn Playhouse

**September 7**

**Theatre with Northern Stage**

Info: (603) 526-4444, [www.centerfortheartsnh.org](http://www.centerfortheartsnh.org)

[www.centerfortheartsnh.org](http://www.centerfortheartsnh.org)

The Lake Sunapee Center for the Arts

**September 14**

**The Village People**

Info: (603) 448-0400, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

[www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

Lebanon Opera House, 7:30pm

**September 16**

**Steve Vai**

Info: (603) 448-0400, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

[www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

Lebanon Opera House, 7:30pm

**September 21-23 & 28-30**

**A Drama by Arthur Miller**

Info: [www.oldchurchtheater.org](http://www.oldchurchtheater.org)

Old Church Theater

**September 22**

**Banjo Dan & the Midnight Plowboys**

Info: (603) 542-4433, [www.claremontoperahouse.org](http://www.claremontoperahouse.org)

[www.claremontoperahouse.org](http://www.claremontoperahouse.org)

Claremont Opera House, 8pm

**September 28-30**

**Fall Foliage Family Canoe Adventure**

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**September 29 & 30**

**Fairy House Tour**

Info: (802) 843-2111, [www.nature-museum.org](http://www.nature-museum.org)

The Nature Museum at Grafton



**October 3-21**

**Born Yesterday**

Info: (802) 291-9009, [www.northernstage.org](http://www.northernstage.org)

[www.northernstage.org](http://www.northernstage.org)

Northern Stage, Briggs Opera House

**October 5**

**Storytelling and More**

Info: (603) 526-4444, [www.centerfortheartsnh.org](http://www.centerfortheartsnh.org)

[www.centerfortheartsnh.org](http://www.centerfortheartsnh.org)

The Lake Sunapee Center for the Arts

**October 12**

**Skippyjon Jones**

Info: (603) 542-4433, [www.claremontoperahouse.org](http://www.claremontoperahouse.org)

[www.claremontoperahouse.org](http://www.claremontoperahouse.org)

Claremont Opera House, 10am

**October 28**

**Buddy Guy**

Info: (603) 448-0400, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

[www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

Lebanon Opera House, 7:30pm

**October 28**

**Beadwork and Quillwork Demonstration**

Native American artist Chris Bullock (Wampanoag)

Info and to reserve your spot:

(603) 456-2600, [www.indianmuseum.org](http://www.indianmuseum.org)

Mt. Kearsarge Indian Museum, 1-3pm

**October 31-November 18**

**Sleuth**

Info: (802) 291-9009, [www.northernstage.org](http://www.northernstage.org)

[www.northernstage.org](http://www.northernstage.org)

Northern Stage, Briggs Opera House

**November 2**

**Gallery Walk and Receptions**

Info: (603) 526-4444, [www.centerfortheartsnh.org](http://www.centerfortheartsnh.org)

[www.centerfortheartsnh.org](http://www.centerfortheartsnh.org)

The Lake Sunapee Center for the Arts

**October 25**

**Mermaid Theater of Nova Scotia in *Treasured Stories* by Eric Carle**

Info: (603) 448-0400, [www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

[www.lebanonoperahouse.org](http://www.lebanonoperahouse.org)

Lebanon Opera House, 10 & 11:30am

**November 2**

**Christmas at The Fells Preview Party**

Info and tickets: (603) 763-4789 ext.3,

[www.thefells.org](http://www.thefells.org)

The Fells, 5-8pm

**November 3-4 & 10-11**

**Christmas at The Fells: Winter Wonderland**

Info and tickets: (603) 763-4789 ext.3,

[www.thefells.org](http://www.thefells.org)

The Fells, 10am-3pm

**November 9**

**We the People**

Info: (603) 542-4433, [www.claremontoperahouse.org](http://www.claremontoperahouse.org)

[www.claremontoperahouse.org](http://www.claremontoperahouse.org)

Claremont Opera House, 10am

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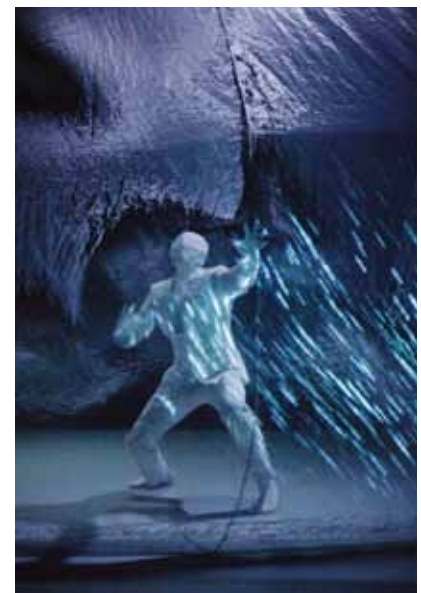
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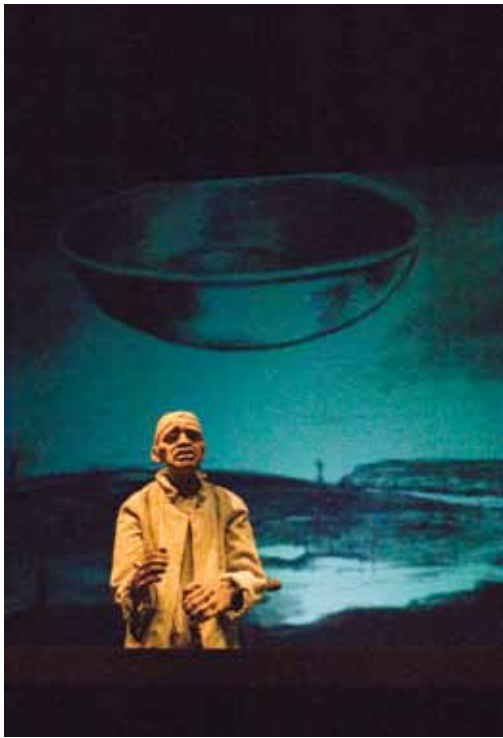
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**September 14 & 15**  
**Kidd Pivot**  
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The Moore Theater, 8pm



**September 21 & 22**  
**Handspring Puppet Company**  
 The Moore Theater, 8pm

**September 27**  
**The Curious Incident of the Dog in the Night-Time**  
 The "New" Loew Auditorium, 7pm

**September 29**  
**Fatoumata Diawara**  
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 Spaulding Auditorium, 8pm

**September 30**  
**Dartmouth Symphony Orchestra**  
 Spaulding Auditorium, 4pm

**October 2**  
**The Capitol Steps**  
 Spaulding Auditorium, 7pm

**October 13 & 14**  
**The Met Live in HD: L'Elisir d'Amore**  
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## the pick

**October 13**  
**John Lithgow**  
Spaulding Auditorium,  
8pm

**October 17**  
**Ensemble Basiani of Georgia**  
Georgian choral music evokes the remote, pristine beauty of its homeland.  
Spaulding Auditorium, 7pm



**October 18**  
**Chick Corea & Gary Burton, with the Harlem String Quartet**  
Spaulding Auditorium, 7pm

**October 21**  
**Dartmouth College Gospel Choir**  
Spaulding Auditorium, 4 & 7pm

**October 23**  
**Dartmouth College Wind Ensemble**  
Spaulding Auditorium, 7pm

**October 25**  
**Human Beatbox Adam Matta and Friends**  
Warner Bentley Theater, 7 & 9:30pm

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**October 25**

***The Last of the Haussmans***

A funny, touching, and sometimes savage family portrait.  
The "New" Loew Auditorium, 7pm

**October 27 & 28**

**The Met Live in HD: Verdi's *Otello***

The "New" Loew Auditorium, 1pm

**October 31**

**World Music Percussion Ensemble**

Spaulding Auditorium, 7pm

**November 1**

***Timon of Athens***

Shakespeare's strange fable of consumption, betrayal, and ruin.  
The "New" Loew Auditorium, 7pm

**November 2-4, 8-11**

**Dartmouth Theater Department Presents *Angels in America: A Gay Fantasia on National Themes: Part One: Millennium Approaches***

The Moore Theater, 2, 3 & 8-10, 8pm; 4 & 11, 2pm

**November 3**

**Dartmouth Symphony Orchestra**

Spaulding Auditorium, 8pm

**November 4**

**Dartmouth College Glee Club**

Rollins Chapel, 2pm

**November 10**

**Barbary Coast Jazz Ensemble**

Spaulding Auditorium, 8pm

**November 10 & 11**

**The Met Live in HD: *The Tempest***

The "New" Loew Auditorium, 1pm

**November 13**


**Handel Society of Dartmouth College**

Spaulding Auditorium, 7pm

**November 18**













**Chamberworks**

Rollins Chapel, 1pm



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Jacqueline and Jeremy Stout celebrate the big day! Photo by Amanda Perkins Photography.



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Cheryl, Teddy, and Robin in New York.



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Samantha Packard at her Hartford High graduation.

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