An Inspirational Journey to Puerto Rico

Meghan Wilson

Norwich Residents Lend a Hand

Noelia, Yiria, Elliot, Rose and Glenda. They are the reason why I’m motivated to continue to support and reach out after Hurricane Maria landed on Puerto Rico in September. They are my colleagues and friends on the island, and they are leaders in their separate communities, supporting others and affecting positive change after the storm.

I’m taking a leave of absence this year from teaching biology at Hartford High School and am currently in Mexico to improve my Spanish in order to communicate more

Passion for Sports Brings Valuable Life Lessons

Katie Caveney

Navigating young-adulthood is not always easy. Relationships are difficult. School is challenging. Responsibility is not always an easy concept to grasp. And control does not always seem attainable. Often times, passion and involvement are the things that make all of these challenges seem less daunting and more manageable.

For Sophie Cardenali, that passion and that involvement have been found within the sporting community. Sophie, a Norwich resident and Hanover High School graduate, has been playing sports for as long as she remembers.

Continued on page 18

Bringing It Home with a Workout Partner

Cindy Heath

For friends and workout partners Christy (Zider) Pearce and Christina Tangredi, it all began with a chance meeting at the Andrew Pearce store in Hartland. While mulling over handcrafted wooden bowls – Christy owns the business with her husband Andrew Pearce and Christina was shopping – the two quickly discovered a mutual passion for yoga and running. The stars aligned further when they learned that they both lived in Norwich. Christy joined Christina’s Norwich Recreation yoga class the very next day, and their friendship and workout partnership was on its way, much to their mutual benefit.

Playing and exercising with a friend can double your health benefits, according to behavioral medicine researchers at Michigan State University. The relationship with another person motivates us to keep that commitment to getting up in the wee hours for a bike ride, walk or run, to play ice hockey, or practice yoga, or hitting the gym at the end of the work day, especially in the winter months.

Continued on page 18
Winter Calendar
• Thursday, December 7, 5-7pm
  Holiday Gathering, Norwich Historical Society
• Monday, January 8, 10-11am
  Coffee and Conversation, Norwich Inn
• Wednesday, January 24
  Citizen of the Year nominations close
• Monday, February 5, 10-11am
  Coffee and Conversation, Norwich Inn
• Monday, February 26, 11am-1pm
  Book and Author Luncheon, Norwich Inn
• Monday, March 5, 10-11am
  Coffee and Conversation, Norwich Inn
• Saturday, March 24, 6-10pm
  Spring Gala, Tracy Hall
• Monday, April 2, 10-11am
  Coffee and Conversation, Norwich Inn

For more information on these events, find us on Facebook or www.norwichwomensclub.org. All welcome!

Now Accepting Nominations for Norwich Citizen of the Year

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For those who have vivid Holiday memories of making gingerbread houses, victory is often achieved just by getting the simple biscuit and icing house to stand upright without looking like a hurricane has passed thru. Take one look at the ornate gingerbread creations of Shannon Wallis, and you'd be tempted to call it sorcery. Wallis however, says she's just “an amateur with wild success.”

For the last several years, she's been a staple at the Family Place’s annual Gingerbread House competition. Four times she has been grand champion, and twice the runner up. From Pirate Ships, Circuses, and Santa’s Beach house, her work is far from the cookie cutter houses that look like they belong in gingerbread suburbia.

Wallis revels in the small details and credits that for her accomplishments. The beach house Santa is lounging in candy caned striped shorts while holding a tropical beverage with an umbrella and straw. On her pirate ship, the gingerbread men have little eye patches. The lengths she goes to capture the little things are far beyond that of your average amateur, but as a professional egg artist, a sophisticated level of detail is par for the course. Each year's creation always includes a hidden message or joke. For example, the year she created the Muffin Man Bakery, she had a sign entitled ‘Now Serving Pizza’ in reference to Dan and Whit’s, which had just begun serving pizza.

Getting ready for the gingerbread competition is time consuming, but she never spends more than two weeks on assembly. As for getting the family involved, Wallis says her teenage daughter and husband are primarily consultants. They'll bounce ideas, but ultimately, she's the chief baker, engineer, and decorator. She's grateful for the local business in the Norwich community which she utilizes to make her creations. For baking the gingerbread, she uses King Arthur White Flower and also uses their royal king icing. Dan and Whit’s, has also been a huge resource for picking up oddball ingredients like blue gum that was used for wall siding on Santa’s beach house, and little pink bunny head sprinkles that were repurposed for cherry blossoms.

While she's been happy with her winnings, she doesn't do it for the glory. One year she was surprised to have won, because she told the officials that she did not want to be judged in the competition. Primarily, it's just a fun and creative way to get in the holiday spirit. As for this year, her theme is ‘T was the night before Christmas.’ But besides that, she will also lead a gingerbread house making demonstration, and is particularly enthused to assist nursery students decorate a large gingerbread house with candy.

Shannon Wallis with her 2013 Pirate Ship masterpiece

Shannon’s first win and 2012 Grand Champion: Santa relaxing on the beach

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The holiday season is upon us once again! Every year I marvel at how quickly each year flies by (didn’t we just take down the tree?) and every year I do my best to celebrate without stress. Not long ago, I was reminded by a close friend that if one takes the “stuff” out of the holidays and simply focuses on the people, it can be a lovely time of year. I managed to pull it off last year and I’m feeling optimistic about my ability to do this again this year.

I kept this advice in mind as I brought together stories from our community for this Holiday issue. Having family and friends around us does indeed make the season brighter. We can build our community and extend our family in so many ways — sharing hobbies with friends, baking seasonal goodies, connecting with neighbors around the globe, or just taking a stroll around ‘the Block.’ Perhaps that’s what I love about the Upper Valley — it’s small enough that we all can feel like family.

If you have the opportunity to expand your circle of family and friends this holiday season, I hope you do so. Enjoy your time with them and leave the stress behind. I think you’ll find that creating new ties in town will bring a new, and welcome, peace of mind. Happy Holidays to you and yours. We’ll see you in the new year.

~ Elizabeth Craib

PS: If you enjoy receiving the Norwich Times, please share your enthusiasm and tell our advertisers you appreciate their support!
Keeping Norwich Roads Safe This Winter

If you’ve driven the roads of Norwich during the winter over the past 35 years (who hasn’t!), you owe a debt of gratitude to Andy Hodgdon. Hodgdon, the current director of Norwich’s public works department, spent a career devoting his time and energy keeping town roads safe. The hazards posed by winter weather require a crew of dedicated individuals devoted to operating the plows and sanders on our roads. One member of that dedicated Norwich crew, Neal Rich, has, like Hodgdon, spent over 30 years clearing Norwich roads.

According to Hodgdon, the winter road maintenance season begins in mid-November. Prior to then, his crew works on preparing the plows, and calibrating the salt and sand devices, making sure they will disperse the needed amount of material on the roads. Taking into account the local environment, “We use as little road salt as possible,” Hodgdon says. Though currently there are no state restrictions on the amount of salt used on the roads, he reminds us, “It’s coming.”

The department has a staff of seven for road maintenance with most of those being long-time veterans of the crew. Despite being director, Hodgdon still takes on his share of the plowing and sanding duties. Having spent 35 years on the job, “The technology (of the job) has come a long way,” he said. One big change is in the comfort of the equipment. Hodgdon recalls an old 1964-era truck he first used on the job which would never warm up the cab on those cold winter days.

A key in maintaining a successful road crew is making sure the drivers get proper rest during an extended storm period. Though the Norwich crew is always on standby during the winter season, they try to rotate during a storm so everyone can get home for a few hours of sleep. This changes during an ice storm, however, when everyone is on duty around the clock. Hodgdon and his crew have worked out an efficient schedule and routine; “We’ve got it down to a science,” he said.

When planning for the winter season, Hodgdon says they base their budget on dealing with 35 snow and ice events. So what causes problems, besides the weather, for the Norwich plow operators? “People driving too fast,” Hodgdon warns. This concern seems to be universal among snowplow operators.

When cleaning up your driveway, properly disposing of the accumulated snow is another way residents can assist the road crew in their job. “Don’t put the plowed snow in the road,” Hodgdon reminds homeowners. Overall, Hodgdon finds Norwich residents are extremely helpful in cooperating with the road workers. “The people here are great.”

Some roads and areas seem to always cause more problems during snow and ice events. In Norwich, the Beaver Meadow Road area is of particular concern, as are the roads around Willey Hill. The crew uses the philosophy of “worst is first,” meaning the more troublesome roads and areas are treated first. Keeping clear the routes the school buses travel is another priority for Hodgdon and his crew.

Not only does the Norwich roads crew have the roads to clear in the winter, they also take care of the in-town sidewalks. In recent years, they have used a newer treatment for keeping the sidewalks clear, that is salt free. This application that residents will recognize from its blue color works to temperatures down to 20 degrees below 0. Though this treatment is currently too expensive for road use, Hodgdon sees a time in the future when it will replace salt use on the roads.

So when traveling the roads of Norwich this winter, have patience – slow down, don’t follow the plow trucks too closely, and give a tip of your hat to Andy Hodgdon and his crew. They deserve it.

An appreciative traveler shows his love of the work of winter road crews.

One of the dedicated crew of Norwich plow drivers, Neal Rich has helped keep Norwich roads clear for over 30 years.
Turkey Trot

This year’s Turkey Trot hosted by the Upper Valley Haven attracted hundreds of participants on Thanksgiving Day. It was the ninth annual Norwich Trot that welcomed runners and spectators alike who wished to enjoy some fresh air before sitting down to a big meal. The run was free of charge and donations of food, clothing, or money to the Haven were encouraged.

Top left: Norwich resident Cathie Redpath (left), with sons Woody (center) and Bo prior to the start of the Thanksgiving Day Turkey Trot.
Top right: Cathie ran the Turkey Trot fashionably wearing her drumstick hat.
Bottom left: Hundreds of people showed up for the run on a cold, clear Thanksgiving morning.
Bottom right: Donations of food, clothing, and other goods were collected for the Haven at the event.
One treasure of Norwich that you will never find in a real estate listing, a guide book, or a town report is “the Block.” It is the two-mile loop comprised of Main Street, Turnpike Road, Moore Lane, and Beaver Meadow Road. It has about as much in common with a city block as a crow has with a flamingo: some similar features, but radically different.

From a distance perspective, the Block is a beaut. Little Legs can handle it, especially if Big Legs remembers to bring a couple bribery snacks. For Schnauzers, poodles, beagles, and the people they manage, the Block is ideal for the daily constitutional. The Block offers a perfect way for workers on lunch break, friends, and couples to squeeze a 30 or 40 minute walk into their schedule. The 10,000+ feet are enough to wipe away stresses, energize the mind and body, and remind one of the benefits of good old fashioned fresh air. In inclement weather, circumnavigating the Block is just serious enough of an undertaking to make you tough without risking hypothermia. Runners use it as a quick cruiser or as an add-on to longer treks. The blind, sidewalk-less curve by Bragg Hill brings an element of danger. You can extend it with a jaunt down Huntley or around Hazen. It is, simply, a route for every age at every time of the year.

As substantial as the cardiovascular benefits of the Block are, its finest role is as glue in our community. No matter where you begin your trip, you encounter a smattering of positive points of the 05055. Start out from the bridge on Moore Lane and Mother Nature’s melodies soothe you as Bloody Brook babbles underfoot. On Beaver Meadow, as you pass the Lyman F. Pell American Legion, it is only natural to give a little nod of appreciation to the veterans of Norwich who have served our country and our community so well. Sometimes, there are people gathered around the pizza oven as you stroll by. Ascending the gentle slope by the cemetery, every car within a country mile stops to let you cross the street, a small but remarkable courtesy. The pace of activity picks up: small businesses, started and run by Upper Valley entrepreneurs, populate the buildings, a testament to our professional independence. The Inn, home of wedding parties, family dinners, reunions, and community events, stands witness as thousands of residents make their daily pilgrimage to the universe’s finest general store at the halfway point of your journey.

You recall pancake breakfasts at the Grange as you amble past, mindful of the new building going up to house police and firefighters. Kids are playing in front of the library, burning off some steam post-Cross School before they go inside and crawl into another book.

Houses on Main Street, a series of New England postcards, are older, their history almost palpable. There’s a famous Democrat’s house. A fire chief used to live in that one. Right before Turnpike, you try to puzzle out if residents of Main Street are required by the town to keep their front lawns immaculate. On your last stretch, traffic slows, and you get a break from initiating or returning the waves and smiles that seem to be the primary currencies of the town.

You’ve gone far enough to feel limber, revitalized, good. As you finish your loop around the Block, you gaze down on Mink Farm/Huntley Meadows. Constellations of little people chase balls under the watchful, supportive eyes of parents and coaches. Dogs zig and zag across the terrain. And you know it’s a bubble, and you know there’s big bad stuff out there, and you know you have responsibilities. But sometimes, it’s nice to forget all that and just take a walk around the Block.

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Mark Lilienthal

Walking the Block

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For Christy and Christina, working out together has been fun and rewarding. Christina says, “We have a lot in common: running, sports, yoga. She’s one of those people I feel like I’ve known forever.” In fact, the two friends make exercise and wellness activities part of their daily routine. Christy adds, “We had an automatic connection. We’re both into health and wellness and eating well. People look at us like we’re absolutely crazy because we’ll do a yoga class then go for a run together.”

The multi-sport, all-in-one workouts actually aren’t so crazy for these busy young moms who both work full time. While Christy and Christina developed their relationship through the practice of yoga and running together, they both like to maintain good health and stay active on a regular basis. They agree that exercise, health, and good nutrition will always be an important priority in their lives, as well as for their families.

Christina works as a nurse practitioner and has two golden retrievers, her ‘furry children.’ She and her husband relocated to Dartmouth from Florida where she had a thriving yoga practice. “I started doing yoga in Florida and I enjoyed it so much. My teacher told me to apply for a scholarship to take a teacher training. I won the scholarship and loved every second of it. From that moment on I vowed that I would teach to give back. I cherish it every day. I teach Ashtanga yoga, which is very athletic and disciplined.”

Christy grew up in Vermont and attended Boston College on a full scholarship to play Division I field hockey for the BC Eagles. “Training at the level I was at in college was almost a full-time job. Running was always the one way for me to mentally relax and be on my own. Now that my kids are old enough (Madison, 5, Oliver 3), I look forward to getting involved in more local races – I’ve done the Covered Bridges Half Marathon and the Boston Marathon. I enjoy cycling as well. I feel like I’m in tune with my body today.”

To say Christy and Christina have come to admire each other’s commitment to health and each other’s special skills and strengths in the course of their friendship is an understatement. Their mutual motivations – health maintenance, overall wellness, injury prevention, and the joy of exercising together – have taken their friendship to a deeper level. “I think Christina is amazing,” says Christy. “She brings a lot of mindfulness and healthy nutrition aspects to her NP (nurse practitioner) practice. She’s a great mentor and a great friend. I love her energy, and she motivates me to keep going. When I run with her it brings me back to running with my teammates.”

Christina echoes her friend’s sentiments. “She (Christy) is really fast and fit. She pushes me. When she takes my yoga class, I push her. She’s an inspiration of mine. She gets up really early, puts her headlamp on, and runs out the door. Every time I think about hitting the snooze button, I think of Christy getting up early and going out for a run.” In fact, Christy inspired Christina to start a Monday morning yoga class for young moms who drop their children off at school, reaching a whole group of people who may not have been able to fit yoga into their schedules.

Speaking of snooze buttons – it’s better for your health to resist the temptation – there is growing evidence that going back to sleep for short stints actually
decreases the benefits gained during a good night’s sleep. Get up when the alarm goes off and you’ll be that much more alert for those early morning workouts and throughout the rest of the day.

As Christina acknowledges, “We like the challenge. We like to work our muscles and get a good workout – it sets the tone for the day and helps us to feel strong and confident. Because I’ve been practicing so long, I have a lot of strength in yoga, and Christy runs hills and has a lot of running skills. So we help each other.” Christy agrees, “We work hard, but it’s fun. All my life, athletics was so intense, but now I have been able to find joy in physical activity. I realize you can have fun exercising in a recreational way, sharing it with friends, while feeling good and staying healthy.”

Both women agree it’s important to get into a routine to achieve a balanced, healthy lifestyle amidst a busy schedule, and it also allows them to catch up as friends. While they have a lot in common, they also lean on each other for support and socialize with each other’s families. Says Christina, “We do take time to go out to dinner and double date. I love to cook and Christy does, too. She’ll come over we’ll make a healthy meal, something we all can enjoy. We swap recipes and love Asian food. We exchange ideas for healthy meals like smoothies that fuel our workout and maintain our high energy levels.”

As if you had any doubts about the health and wellness benefits of working out with a friend, consider that having a workout partner immensely reduces the chances that you’ll drop out of a class or give up your planned routine. Researchers at the Department of Kinesiology at Indiana University found that couples who worked out separately had a 43% dropout rate, while those who went to the gym together had only a 6.3% dropout rate. On the psychological and emotional side, studies show that exercise can boost brainpower, self-confidence, productivity at work, memory, and creativity. “I think I’m a better Mom and a better person when I get that release from exercise. Athletics helped me become who I am today,” says Christy.

And the results of the wooden bowl adventure? Christina purchased a Pearce original handmade cutting board, which no doubt shows up at dinners the couples enjoy together. And as Christy notes, “Our friendship has been really special. It’s wonderful to have found a really great friend.”

Cindy Heath is a licensed massage therapist and has a B.S. degree in Physical Education. She enjoys playing ice hockey, kayaking, skiing, and taking long walks with friends.
Cooking Up Some Fun at the Library

Jillian Hinchliff

Picture yourself walking into a library on a brisk winter day. You see smiling faces and a variety of tempting new books. You hear snippets of conversation, rustling newspapers, the cheerful chirps of the checkout stations. You feel your toes beginning to warm up as the snow melts from your boots. And, taking a deep breath, you smell... cookies?

It’s just another day at Norwich Public Library. Since 2016, when grants from the Norwich Women’s Club and the Norwich Lions Club sponsored an update of the library’s kitchen facilities, many events have taken advantage of the power of food to bring people together. “Cupcake Wars,” for example, gathered kid chefs and adult judges for some friendly competition. As an excited audience looked on – and sampled the goodies – four teams vied to take home top honors for their baked confections, appraised not only on presentation and creativity, but also on teamwork and collaboration.

More recently, an afternoon of cooking science presented young chefs with a delicious challenge. What happens, and why, to a basic chocolate chip cookie recipe when you vary the amounts of flour or baking soda? Or when you use shortening instead of butter? Events geared toward adults include a cookbook talk and baking demonstration with King Arthur Flour head bread-baker Martin Philip.

These types of offerings don’t just bring people together within the library’s four walls. The Cook Nook, which made its debut in October, allows cardholders to borrow unusual kitchen items such as an apple peeler, a food mill, an empanada maker, and various specialty baking pans. “We encourage people to share photos of their creations! We’re really hoping that the Cook Nook will be a spark for creativity, a place where community members can inspire each other,” says Library Director Lucinda Walker.

The library’s cooking resources can also serve as an impetus to share what we have with others. At a November event, kids and adults made fresh-baked dog treats, as well as fleece pet toys, to donate to the Upper Valley Humane Society. And the upcoming Baking for Good series invites young people to the library to make cookies, muffins, and quickbreads to donate to organizations throughout the Upper Valley.

“Baking combines science and collaboration, math and texture,” says Children’s Librarian Beth Reynolds, who spearheaded the Cook Nook and organizes many of the library’s cuisine-related events. “It’s a chance for people to see a project through from beginning to completion. They can enjoy the results themselves, and feel good about giving to others.” What more could we say? Life at the library is pretty sweet.
There’s nothing like a fresh start to inspire creativity. This is certainly true for 10-year-old Nora Bradley, a fifth grader at Marion Cross School. She is one of Norwich’s newest residents having only arrived this summer from Acton, MA with siblings Ryan (6), Maeve (9), Aidan (12), and parents Emily, a preschool teacher, and Patrick, a patent lawyer.

Nora admits to being bored upon arrival, and turned to sketching to pass the time. Her new hobby took a serious turn when her mother introduced her to the July edition of Cricket Magazine, a children’s magazine for ages 9-14 that publishes fiction, poetry, literary nonfiction and artwork. Each edition features either an artwork or writing competition. July’s competition was entitled, “Summer Recess”, and asked readers to submit an original art piece of their favorite summer activities. The theme was well suited for an active girl like Nora, who also enjoys playing soccer and hockey.

Like all quality pieces of artwork, the creative process was neither rushed nor instantaneous. For a week Nora persevered on her sketch, which was done in colored pencil. The end result was titled My New Swing, a self-portrait of her sitting on a wooden swing underneath a shady tree. The background featured a bright yellow house set in a green field. And in tradition of the finest summer days, the sky was blue. While Nora says it’s not an entirely accurate depiction of where she lives, any local onlooker could easily picture this as an idyllic Norwich setting.

When Nora received a thin letter from Cricket, she chose to not open it assuming it’s slimness equated to rejection. But when her curious siblings interjected, she learned the big news sometimes comes in tiny packaging. Upon hearing that she had been selected as a 2nd-prize winner in the 10-and-under category, she immediately started jumping around the room with excitement. With hundreds of applicants from around the nation, her proud mom knew the competition would be stiff, but remembering her daughter’s diligence, was not shocked that Nora was bestowed this honor. As an award, her sketch is featured in the November/December edition of Cricket Magazine.

Currently, Nora has plans to continue creating art, and has been enjoying her time in Norwich. With her immense talent, Norwich is glad that she and her family are here, too.
There is a black and white photograph of Norwich’s Main Street in 1940. It’s the view a driver would see heading out of town towards Hanover. Huge maple trees hang out over the road; by the sidewalks the grass is bushy and unmowed and there is only one parked car in sight. What was it like in the village of Norwich that day? In 1940, the Norwich Women’s Club assembled a detailed 103-page booklet entitled Know Your Town, whose purpose was to “evaluate the town’s social assets and liabilities... and to present a picture of contemporary life which shows the changes and trends in the community.” In its twelve chapters, the survey covered everything from community health programs to leisure time activities.

Norwich was 172 years old in 1940, and since the town was founded, its population had always been on the move, explained Carrie Barrett and Margrit Rosenstock-Huessy, surveyors of the town’s population trends. Chief among the emigrants would have been Norwich farmers. “How different the face of the earth must have looked in 1850! Wheatfields, oats, the apple orchards and sheep pastures compared with the monotony of our hayfields and cow pastures. Four-hundred-eighty-one horses (compared with 250 today) and 406 oxen (compared with 40).” In 1850, 376 men in Norwich called themselves farmers. In 1940, only 100 citizens held this occupation. Norwich had also seen its professional citizens move away. According to the 1850 census, there were 31 lawyers, doctors and teachers in Norwich, but by 1940 only 23 professors and instructors lived in the town. “But their center of interest now is mostly on the other side of the river... and they do not take part in the life of the community. Today,” they concluded, “Norwich is on the way from town to suburb.”

In the chapter on Norwich town government, Della Sargent MacAulay wrote “that to know your town is to understand better your state and national affairs.” And what better place to understand a Vermont village than at the town meeting. In 1939 Norwich, with the opening of Tracy Memorial Hall, welcomed a permanent home for community gatherings. It was a dream come true. Before Tracy Hall was constructed, the town meeting had been held in churches, meeting houses, the Norwich University and above Merrill’s Store in the Union Hall. Now
the March gathering had a home that also provided a center for the town with a stage, auditorium, gymnasium and a well-equipped kitchen. MacAulay described the highlights of the 1940 town meeting. The town agreed to operate on Daylight Saving Time as Hanover did because, “the difference in time causes confusion especially in border towns.” Another article asked that the town give $100 for the Norwich Band’s free concerts. “Our voters from all over town drive to the village campus, sit in their cars, and relax for an hour on a summer evening, with a nickel bag of popcorn to munch, and enjoy the pleasure of listening to the band concert.” The town also discussed whether $350 should be given to the Norwich Fire District to cover expenses. Although the fire district was primarily responsible for fire protection, it could also “construct sewers and sidewalks and sprinkle and oil streets.” According to MacAulay, citizens discussed a “cooperative sewage disposal.” Hopefully, she wrote, “When action is taken that they will not employ the old unsanitary method of dumping sewage into our brooks to be carried to the river. Probably such practice will, in time, be forbidden by state authorities...” and scientific septic tanks and drainage beds be required.

In Our Educational Opportunities, Alberta Jacobson and Hazel Thorburn outlined the status of the Norwich schools. Of the six schools in town, all were rated superior except the Village School, which was rated standard. Fire protection was the main problem at the Village School. Two boilers were just below the main floor and the lowest grades with the smallest children had classes on this floor. If there were a fire there was the only one exit out the main door. “Some have suggested that the windows afford additional exits... but it would be a high jump for tiny tots... and in the panic and confusion of a fire, it is not safe to assume that older people will be on hand to pass these tots safely through the windows.” Mr. Kingsbury, the fire chief, suggested that a window on the ground floor be converted into a door. This he believed, “...would assure adequate protection to the little ones.”

School costs had “skyrocketed” in the years leading up to 1940, when education costs topped out at $18,000 annually – six times what it cost in 1900 – even though the student population remained the same. The cost of living had increased and “teachers’ salaries have gradually increased to $20 a week.” But the real problem was that the state spent “61.8% for highways and only 10% for educational purposes.” To rope in the school taxes, Norwich was gradually
consolidating its schools. In 1905, there were thirteen rural schools. In 1940, there were only six.

Much of the survey concerned the town’s health and welfare. It reported that Norwich was blessed with wonderful local doctors who still made house calls. But a trend had started where many of its citizens were going to Mary Hitchcock Hospital when they were ill. For those on welfare, Norwich ‘pledged’ to cover the hospital costs. Citizens who might “be deprived of hospitalization because of lack of funds are accommodated through our ‘free beds,’ made possible by endowments from public-spirited Norwich donors.” The endowments covered between 150 and 175 days of care each year, and these patients were given “regulation ward care plus daily visits by a staff doctor.” The churches in 1940 also helped out those in need with Christmas baskets. Several groups made quilts for families “in need of warm bedding.” A “Mitten Fund” was established to see that every child in town had warm hands in the winter. In 1940, Norwich children were given 215 pairs of mittens. The description of the generosity of the town went on for many pages and was summed up with these words, “No matter how much we work through organization, nothing will ever replace the need for a great measure of much so called old fashioned kindness, friendliness, and neighborliness!”

“Over its spidery roads, leading through valleys and climbing steep hillsides,” began Helen Southworth’s report on the town’s roads, “Norwich folk have traveled from the generation of vigorous frontiersmen to the effete descendants whose luxurious cars keep more and more to the broad valley highways.” The writer regretted that there were no more carriages rushing to the station and that old roads were, “...ruthlessly destroyed in the modern obsession for speed and still more speed.” Most of the town roads were kept open in the winter, but during spring mud season it was a different story. “In March,” she noted, “many an ancient horse and buggy is seen going serenely along the village streets while the owner’s car remains in his hilltop garage.” Southworth felt the corner at Church and Main Street near the school, “...is a traffic hazard, and in spite of improved signs, a blind turn to strangers.” To protect the school children, the entire 8th grade at the town school became members of the state run School Patrol System. Each patrol leader wore a white belt with the state safety patrol buckle, along with a sweater and cap donated by the American Legion. Patrol leaders were stationed at the white church across from the school, at Tracy Hall, and at Elm Street. “These are the most dangerous points on the home-to-school route, and patrol leaders stationed at these points protect the children at the confusing turn on Route 5 at the school house corner.”
By 1940, the business scene in Norwich was changing, wrote Mrs. Southworth in the section on Norwich Industries. There were 21 ‘businessmen’ in town, but Southworth noted that the service for “blacksmiths, and harness makers was falling off, while the garages flourished.” A few new ‘industries’ were beginning in 1940. A ski school was opened on Cemetery Hill with a portable tow run by a tractor. A ‘cozy cabin’ with a stove and lunch counter was built near the ski tow with high hopes for a snowy winter. Plans were also underway to construct sheds for a mink ranch to be built in the western part of Norwich. By the summer of 1941, “...it is expected that the sheds will be occupied by 3,000 mink.” Norwich was selected for the ranch because “mink food is manufactured near here and the weather is believed to be cold enough to assure pelts of high quality.”

“At the close of the day,” began Mrs. Southworth in the chapter on recreation, “when the town’s ledger has been balanced, when the town’s offices and shops are closed; the school bells are hushed and the mill-wheels have ceased turning, then our town people seek relaxation and recreation.” In 1940, there were a variety of free time choices. In Union Village there was a Young People’s Club that taught teenagers how to introduce speakers and run a meeting “according to parliamentary procedures.” In the same hamlet, Rev. Rand ran an “extremely successful arts and crafts class.” There were circulating libraries in Union Village and in Norwich. In winter there was the Dartmouth Winter Carnival, skiing, and skating on “the pond on the campus, prepared and maintained by the Firemen with some help from the children.” There was also the annual school sleigh ride for the children. “When the sleigh bells jingle, and the children ride by laughing and calling to each other, many an older experiences nostalgia for the days of cutters and proudly stepping horses.”

“The village itself, 177 years after the first settler came is dignified and charming in spite of the rush of motor cars along Route 5,” proclaimed Mrs. Southworth at the conclusion of Know Your Town. “The pride in lawns and gardens is widespread. The number of unkempt and unsightly buildings is few. Even the stores and garages in most cases are in keeping with the village character.” Written in 1940, at the end of the Depression and on the eve of the United States’ entry into World War II, Know Your Town discussed the beauty of the town, how it cared for its poor and children, and how it coped with changes in transportation and technology. “It would be a tragedy,” she concluded, “to have some outside industry through its modern and progressive interests mar this age-old atmosphere of stability and leisure too rare today. When civic pride is strong, such an inheritance remains a delight to visitors and joy forever to those whose home is Norwich.”
Gratitude is an attitude that gives our life latitude, and I hope that this sentence is more than a platitude. That’s how Marion Cross principal “Mr. Bill” Hammond started off his weekly newsletter before the Thanksgiving holiday. Whether this was an original quote or not, it certainly captures the spirit of the season and the philosophy of our school community.

The fall was a busy time for our students. It was a time of change – new teachers, new classrooms, new friends – which can be both exciting and unsettling. Now that students have settled in to their school routine, though, they can take some time to think about gratitude and reflect on the relationships they’ve built over the past few months. One way that Mr. Bill has encouraged kids to do this is to make eye contact when speaking with others. He challenged students (and teachers too!) over a two-week period to make eye contact when they greet and speak with people around them. He points out that, “it’s a simple habit that sometimes slides, and with cell phones sometimes compelling our gaze, we neglect the easy but powerful acknowledgment of the nearby people.” The next time you greet someone from school be sure to make eye contact with them – they’ll be looking at you too!

**Bike to School**

In the fall and spring, students at Marion Cross School bike together to school from Huntley Meadows. Escorted by Chief of Police Doug Robinson and organized by parent Dan McGinley-Smith, the Marion Cross community demonstrates its dedication to energy-sensitive transportation by riding en masse. The younger children join the group at the Norwich Public Library. This has been an ongoing event for many years. This fall they counted 143 bikes!

**Holiday Happenings**

It is hard to keep the distraction of the holidays at bay during the school day. There’s just so much going on! This year the school is hosting their annual Holiday Concerts on December 18th and 19th featuring the creative works of grades kindergarten through 6th grade. The PTO has already hosted a Gift Making Festival and students participated in Hanover’s Celebrate the Season event at the beginning of the month. The merriment-making is well underway!
19 Days of Norwich Program Keeps Growing

Five years ago, a Dan & Whit’s customer happened into the store, and mentioned that the food shelf at the Upper Valley Haven was in need of foodstuffs. Dan Fraser, of Dan & Whit’s, considered the shortage, and decided to launch an initiative in town to help fund the Haven’s food shelf. The plan was to donate 1% of store sales from the first 19 days of December to the Haven, and to challenge other Norwich businesses to do the same. “We had no idea what to expect that first year,” says Fraser.

That initial campaign proved to be a success, with $26,000 raised. Fraser says about 40 businesses took part during that first year.

Now five years later, Fraser says the 19 Days of Norwich campaign is on track to pass the $1 million mark in funds raised over the five-year period. This year’s program will involve 80 businesses to do the same. “We had no idea what to expect five years ago, a Dan & Whit’s store, and mentioned that the customer happened into the store, and mentioned that the food shelf at the Upper Valley Haven was in need of foodstuffs. Dan Fraser, of Dan & Whit’s, considered the shortage, and decided to launch an initiative in town to help fund the Haven’s food shelf. The plan was to donate 1% of store sales from the first 19 days of December to the Haven, and to challenge other Norwich businesses to do the same. “We had no idea what to expect that first year,” says Fraser.

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When an initiative such as 19 Days of Norwich (and beyond) grows into such a success, often an organization with administrators and a board develops around it. Not so in this case. “We’re a grassroots group of people,” says Fraser.

of those carrying out the effort.

Though Dan Fraser continues to coordinate and organize the 19 Days initiative, he does have plenty of volunteer support in the effort. Different individuals are in charge of each of the special events during the 19 Days, and each business takes care of accounting for the money they raise. With businesses from towns beyond Norwich involved in the effort, Fraser hopes to establish an anchor business in each town, which will coordinate fund raising activities in their town. Businesses in Lyme, White River, and Hanover are part of the 19 Days effort. Fraser does realize that during the busy holiday season, business owners can take on only so much. “I don’t want (the effort) to be a headache for them,” he says.

The special events taking place during the 19 Days campaign add to the fun and festive nature of the program. Some of the events happening this year include: an online pet contest, with funds raised from this initiative split between the Haven and the Upper Valley Humane Society; Mascoma Bank will sponsor a pancake breakfast; Dan & Whit’s will host a wine tasting for the Haven at the Norwich Inn; and bird enthusiasts can take part in a bird walk with the folks from the Vermont Center for Ecostudies.

For more information on the 19 Days of Norwich, and a calendar of the events, visit the Upper Valley Haven website at uppervalleyhaven.org.

~ Frank Orlowski
The week was completely packed with learning experiences for myself and my students. The people on the island were warm and generous, every place that we stayed the parents of the students prepared meals for us. We even had an impromptu salsa lesson from a local family!

I can’t begin to imagine what the island looked like after Maria, however, every few days I get an update from my friends... how they are doing, and what their families and communities need. If I can support them by connecting them to people on the mainland and resources, I try to help out. Carolina, the municipality that is focused on education, was hit really hard. Eighty percent of families and schools lost everything. The school that we had visited was damaged so badly that it is not in service now, nor will it be for the foreseeable future. Yiria and other teachers that we met in Carolina are now focused on providing food for hundreds of residents daily. Florida was also hit hard and there are towns that, for the next several months, will not have electricity or water service restored because Maria destroyed roads and pipes connecting the towns.

Noelia, the Long Term Ecological Research (LTER) Schoolyard Education Coordinator at El Yunque, said that after the storm, she ventured out to assess the damage in her neighborhood. She observed trees toppled across the roadways, roofs ripped off houses, and some homes completely demolished. “Looking up toward El Yunque National Forest, we saw a bare landscape where just the day before a verdant tropical canopy had existed, seemingly unalterable. We were utterly shocked and saddened by Maria’s impact” Noelia said.

“Our spirits were soon lifted!” she continued, “Puerto Rico is a resilient country, with its people working together and supporting each other.”

Elliot and Rose’s daughter, Alana, teach a local family to use a water filter. For just $52, this filter can provide drinking water to 18 people for a year. Please contact Meghan if you want to support this effort.

To have light! Grateful teachers, Elliot and Rose, receive their first delivery of lights. Hopefully the first of many such deliveries.
strength rooted deep in the soil as well as the community. In a matter of hours, local groups of citizens were out clearing the roads with machetes and chainsaws, and helping neighbors sift through debris and stabilize their homes. Others passed by with warm meals and potable water. Within a week, many trees began to leaf out again, testimony to the will to live and the natural capacity for renewal. External aid from partners in the US and internationally has been amazing as well. These efforts have made heroic strides toward helping those in need through the provision of emergency relief. We are grateful for and humbled by the outpouring of solidarity and support received thus far.”

Yet Puerto Rico is just beginning what will be a long road to full recovery. A majority of the island’s 3.5 million inhabitants remain without basic water and electric utilities. For many people, access to food, clothing, medical supplies, and fuel is also compromised due to limited stocks and blocked transportation routes, particularly in rural mountain areas. Elderly and residents of low-income communities are among the most vulnerable. It is anticipated that these difficult conditions will persist for several more months, potentially exacerbating public health crises.

Continued on page 20
The Network’s inaugural fundraiser took place in October and raised more than $12,000. All proceeds have been delivered directly to Iniciativa Comunitaria, a trusted community based organization working with vulnerable populations in and around San Juan.

Norwich resident, Jennifer Roby, helps to coordinate the BGSC and assists with outreach across the Upper Valley. “The opportunity to work with local partners in the Network has strengthened our community’s bonds of friendship. It is so gratifying to see people making connections and developing plans to work together in support of Puerto Rico. Outreach to our broad-based membership has helped connect people here at home and on the island.”

A few years ago my extended family started a new tradition. During the holidays when we get together to celebrate, we no longer purchase gifts for each other. Instead, we rotate through the family and choose one organization that we support monetarily or with resources.

This tradition is rich because it brings together support and we get to learn more about what each of us values. This year my family is supporting ongoing relief efforts in Puerto Rico.

The world seems overwhelming at times, but there are so many ways to lend a hand. If you want to support the communities on the island with supplies and resources, please contact me directly at hewitt.meghan@gmail.com for more information, or contact the Upper Valley Solidarity Network for Puerto Rico at BGSC: uvbuenagentesocialclub@gmail.com.

Thank you and have a happy holiday season.

Meghan Wilson

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**LOCAL BUSINESS PROFILE**

**Sargent Design Company**

Whether one has owned their home for some time, or is buying a pre-existing home, customizing the home to match the tastes and needs of the owner enhances the home-owning experience. Having a dwelling suited to an owner’s desires makes living there easy, and enjoyable. Renovating a home to match one’s desires, or needs, is a big undertaking and often requires assistance. Who can one turn to in getting that needed help, though?

Norwich boasts a business that assists homeowners in this important task. Since 1988, the Sargent Design Company has assisted homeowners in the Upper Valley, and beyond, in designing a home space suited to their needs.

Owned and operated by David Sargent and Ann Shriver Sargent, this firm works closely with their clients, and contractors, to create a new, functional, and elegant living space. David has a background in graphic and architectural design; Ann, in interior design. Though the pair does work on commercial projects, their work is “primarily residential,” says Ann Shriver Sargent. Much of that work involves renovations, and additions to existing homes. “We love renovating,” says David Sargent. Renovation and re-design is often a cost effective alternative to adding on to a home. “We don’t encourage clients to over build,” he says.

David Sargent finds that one aspect of their service is particularly important to their clients. “We’re unique in the level of attention given,” he says.

Along with the attention devoted to their clients, the Sargents devote time to community, and volunteer efforts. David spent 13 years on Norwich’s planning commission, and is currently a volunteer fundraiser for his alma mater, Connecticut College. Ann serves on the board of the Hanover Co-op. “Managing time is always hard, but we squeeze it all in somehow,” says David.

The level of attention and detail to their work extends to the various contractors working with the Sargents. As their work involves a high degree of custom building, finding contractors capable of fulfilling the needs of each job is important. “We really like working with craftsmen,” says Ann Shriver Sargent, adding that in the building trades, “There are lots of quality craftsmen locally.”

Along with their work, and volunteer efforts, Ann and David find time to relax and enjoy life at their Norwich home. “We spend a lot of time on our farm,” says David Sargent. “We help take care of a large piece of conservation land here, and spend time maintaining the trails, meadows, and woodlands,” he adds.

Gardening is another favorite pastime for the couple; “Ann does the vegetables, I do the perennial gardens,” says David.

Of the work projects they undertake, upwards of 80% are local projects, in Vermont and New Hampshire. The rest include jobs in places such as Boston and New York, though they have worked as far away as Florida. Sargent Design does not actively solicit jobs in distant locales, says Ann Shriver Sargent. They find, however, that local homeowners for whom they’ve worked may have a second home in places such as Florida, and will ask Sargent Design to take on that work.

As much of their work takes place close to home, working from their home is a big advantage for the couple. “Our office is in our barn, with our horses,” says David.

After close to 30 years in operation, I wondered what keeps the pair excited about the work they do. The unique nature of the work is exhilarating, says Ann Shriver Sargent. “Each project is different,” she says, adding, “The most exciting part is the problem solving we do.”

David Sargent finds combining work, home life, and community involvement a positive combination. “It’s truly an aesthetic lifestyle, which is really important to us.”

~ Frank Orłowski
Christmas Mystery Pageant Enters Its Second Century

Our neighbors in Norwich join their friends from the Hanover High School community to participate in this year’s Christmas Mystery pageant. This year will mark the start of the second century of this cherished holiday performance, making it one of the longest running pageants in the country. It was first performed in 1917 at the Church of Christ at Dartmouth College; when fire destroyed the church in 1931, the Mystery moved to Rollins Chapel.

Although the Mystery is a telling of the Nativity through song, it has become a beloved tradition in the community among members of all or no religious persuasions. The Christmas story is told through carols, with Hanover High School senior girls as angels and boys as shepherds, and local men lending their voices as elder shepherds, the wise men and Joseph. The identity of Mary is a mystery until the performance. She is a member of the previous year’s graduating class, and is chosen by a secret vote of her angel group.

Pam Holbrook of Norwich has had a long history with the pageant. Growing up in Hanover, her mother took her to see the pageant every year – starting when she was three or four. “We lived in a large neighborhood” Pam recalls “and year after year the older girls, who were often my babysitters, were angels. I watched in awe as they reverently walked the aisle and sang so beautifully. When I was a bit older, my mother was a committee member for several years, and I recall flitting around the basement of Rollins, where the shepherds used to wait to come up, and where they served delicious home baked cookies to the cast after the production.”

When she got older she joined the production and eventually joined the cast as an angel in 1981. “It was the highlight of my senior year!” She said. Now, as
an adult, she has returned to the Mystery Pageant as a member of the Steering Committee as her mother had done years before. Involvement in this special event has become a real family tradition.

When asked what she loves about it, she said “I love the tradition and the fact that this is our 101st year. I love the dimly lit chapel on a winter’s eve, the choir of beautiful young voices and the reenactment of the story. I love the mystery within the mystery. I love the participation from the HHS students and community members. I love to see the chapel full of families who share in the joy of this tradition. I love this community whose contributions support those in need at this time of the year.

We’ll look for our friends from Norwich on stage this year – local cast members included: Isabelle Hall, Sarah Bozuwa, Charlie Goodrich, Alex Mosenthal, Rachel Enelow, Sophie Dunn, Harris LaRock, Arturo Johnson, and Michael Mackall.

For more information about this annual event, visit the group on Facebook: 2017 Christmas Mystery Hanover, NH. The event is Sunday December 10, 2017 at 4 and 5pm.

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Any winter-weary resident of the Northeast knows to look for emerging plant life and the return of colorful songbirds as a sign that spring is approaching. Those lucky enough to live near a vernal pool are also serenaded by chorusing frogs that herald the changing season. Vernal pools are small, seasonal wetlands that provide essential breeding habitat for many woodland creatures, from amphibians to invertebrates. Despite their ecological importance and vulnerability, vernal pools are poorly monitored across our region.

In 2018, the Vermont Center for Ecostudies (VCE) will kick off a new citizen science effort – the Vermont Vernal Pool Monitoring Project – to remedy that. Despite the well-recognized importance of vernal pools to a host of wildlife, their locations in Vermont have only been recently documented, and we know almost nothing about how the animals inhabiting them are faring. With help from volunteer enthusiasts in Norwich and elsewhere across the state, the Monitoring Project plans to address this knowledge gap.

This timely undertaking follows VCE’s earlier Vermont Vernal Pool Mapping Project, a statewide citizen science effort that began in 2009 and is ongoing, as there are potential vernal pools still in need of on-the-ground verification. The Monitoring Project is distinct from the Mapping Project in that it will provide VCE, as well as our partners in local and state agencies and other conservation groups, with much-needed data on the health of Vermont’s vernal pools over time. Citizen scientists will collect standardized field data that range from weather conditions, to land use around surveyed pools, to counts of breeding amphibians. Currently in the planning stages, VCE will pilot this citizen-science project early in the spring of 2018.

Data from the Mapping Project indicate that Norwich and other Upper Valley Vermont towns offer many opportunities for vernal pool monitoring. The Mapping Project revealed our region to be particularly rich in potential vernal pools – 8 of Vermont’s top towns with vernal pools are in the Upper Valley. Norwich boasts the single highest number of potential vernal pools statewide at 158, although only 10 of those have been field-verified. Data from the Monitoring Project, as well as additional verification of mapped pools in the Upper Valley and beyond, will provide state agencies, local municipalities, and non-profit entities with needed information to improve conservation planning via better understanding of these critical, but often overlooked, wetland habitats.

Anyone can contribute to VCE’s efforts by signing up to be a Vernal Pool Monitor and/or Mapper next spring. Please lend a hand; the success of this project depends on volunteers who will visit “adopted” pools on an annual basis to assess their biological and physical features. If you are interested in getting involved, please contact Liza Morse at emorse@vtecostudies.org and visit VCE’s Monitoring Project web page: www.vtecostudies.org/projects/forests/vernal-pool-conservation/vermont-vernal-pool-monitoring-project. Grab your rubber boots, head outdoors, and become a citizen scientist!

~ Liza Morse, VCE Americorps Member
Welcome to The Village Green, a new talk show featuring only the GOOD news happening around the Upper Valley.

Norwich Times publisher, Jen MacMillen, is the host along with the company’s new content manager, Elizabeth Craib, as co-host. Over the coming months, their mission is to discuss a variety of topics with the purpose of shining a light on and promoting the POSITIVE people, places, and events that happen on a daily basis.

The first episode, to air sometime in late December or early January, will focus on the importance of storytelling as a way to connect people, promote community, and foster global tolerance and peace. Interviews with Norwich residents Scott and Lindsay Miller of World Story Exchange, and clips from AVA Gallery’s Mud Room storytelling events will provide insights and examples of how and why sharing our stories is so important on the local and global stages.

The format will be similar to a sports commentating show in that the co-hosts will discuss the month’s topic, and then air previously recorded interviews with individuals and representatives from organizations around the Upper Valley. The pre-recorded interviews will touch on examples relevant to each month’s topic.

“I have been wanting to do this for over a year now,” said Jen. “While we already feature good-news-only in our print publications, the Quechee, Norwich, and Lebanon Times, I wanted to expand into the digital world to reach more people around the Upper Valley with our positive content. Also, because our papers publish quarterly, we wanted to be able to share more examples of good people doing good things in their communities on a more frequent basis. Video is the most fun and versatile way to accomplish these goals, and the studio at CATV is a fabulous resource in which to create these videos.”

Stay tuned, as they say in the broadcast world! The Village Green is hitting the airwaves on a TV or computer screen near you! Go to www.CATV8.org for more information about CATV and the programming schedule. Call Village Green Publishing office at 802-698-8184 to speak to either Jen or Elizabeth for more information about the show and to offer topic suggestions.
Cardenali played soccer until her sophomore year of high school before realizing that the match was not meant to be and pursued field hockey for the rest of her high school career. She has played lacrosse since third grade.

Cardenali started her first year at St. Lawrence University in Canton, New York in August. While she acknowledges the challenges and the ways in which her freshman experience differs greatly from her experience at Hanover High, she also enthusiastically notes how much she has enjoyed the year thus far.

Despite a demanding and wide-ranging course load, Sophie is a member of both the field hockey team and the lacrosse team at St. Lawrence. Her field hockey team just finished their season during which she started as the team’s goalie in nearly every game. She reflects on her appreciation for her experience with field hockey this fall. As she started her field hockey career much later than that of lacrosse, she appreciated the more challenging level of play that she experienced at the college level and notes that she gained valuable knowledge of the game that she was able to apply to her performance throughout the season.

Cardenali also takes the time to reflect on the ways that lessons learned throughout her sporting career have translated into the rest of her life. She capitalizes on the work ethic that she has gained from playing sports, commenting that these values are ones she may not have otherwise learned. She also touches on the time management skills that she has gleaned from her sporting experiences as well as interpersonal skills that she has acquired and the ability to adapt quickly to different situations.

“It’s taught me a lot about how things can change and how to adapt to different situations and how to work with people that are different or similar to you but also having fun and getting to meet new people.”

She acknowledges that during her transition from high school into college life, these lessons, values, and strengths have played an important role.

Juggling a heavy course-load with daily practices as well as travelling for away games was very hard and different from what she had grown accustomed to during her time at Hanover High School. She notes that time management was key in keeping her on track with her busy schedule, she also firmly states that despite the difficulty of the situation, “...it’s better to learn it now.”

Above all else, Cardenali capitalizes on the importance of the relationships that she has cultivated within the sporting community. Noting that the friendships she made with her freshman year Field Hockey team were among the things that helped to make her transition into college life smooth and seamless.

Sophie also speaks at length about the relationship between athletes and their coaches. With experience as both an athlete and a coach, she provides great insight into the qualities that make a coach successful. She acknowledges that while all coaches are different, each one has helped her “...in one way or another.” Cardenali states that, overall, an effective coach is “...able to connect with the players and support us, but also able to be the that person that gets us focused and get us going and teaches us what we need to learn.”

Among coaches that have been particularly influential throughout her career are her high school field hockey coach, Jean Essex, and her field hockey coach.

Sophie credits much of her success to great coaching, pictured here with Coach Chris Seibel.

Sophie with her father, Jim, and her stepmother, Amy Tuller.
at St. Lawrence University, Fran Grembowicz.

She reflects, specifically on the coaching duo that led her junior year high school lacrosse team to win the state championship: Chris Seibel and Whit Stearns. While Seibel had coached Sophie and her teammates for years, Stearns was a new addition to the team and Sophie confidently states that Stearns’ difference from past coaches was one of the things that helped most in bringing the team together and helping everything to fall into place. She goes on to state that the two coaches had the “...perfect balance...when one of them needed to be intense, the other one could be our friend and support us.” She goes on to say that so much of the victory that year was due to the coaches’ ability to relate to the players in different ways and their consistent support throughout the season.

However, Sophie closes by emphatically stating, “Though overall it was my teammates and the girls I was playing with everyday that made me the player I am, we just had the help of these coaches.”

The lessons that Cardenali has learned from her consistent involvement in the sporting community are boundless and valuable and have helped to mold her into the person that she is today.

When asked whether she sees herself pursuing a career in this vein, the answer is one of relatively distinct affirmation. Sophie, herself, has a great deal of coaching experience. From coaching skiing in France and at various camps across the country, to coaching locally at Quechee Mountain, to working for Empower Lacrosse club (a local club team for young girls looking to develop their skills), she has found an appreciation for coaching that she can see herself pursuing in the years after college.

However, for now, Sophie is quite happy keeping her options open and experiencing life as it comes as she continues to grow as a person and an athlete both on and off the field.
Open Space: a Critical Asset in Norwich

What do your favorite trail, your neighbor’s Community-Supported-Agriculture share, flood control, the odds of seeing a moose in town, and the iconic view of Norwich from Gile Mountain’s fire tower all have in common?

They all depend on intact open spaces. Luckily for us, our town provides many opportunities for enjoyable scenic walks, drives, and bike rides along contiguous forests, wetlands, old fields, hay meadows, and other open components of an historically rural landscape. These undeveloped expanses provide a peacefulness, sense of comfort, nostalgic feel, and for many a psychological benefit that developed lands in more residential and commercial areas do not. Such a strong, deeply-valued sense of place is a prime reason why maintenance and protection of open space is an integral part of strategic community planning.

Maintenance of open space promotes what are called ecosystem services: the benefits that humans freely gain from the natural environment. Norwich’s diverse mosaic of forests, fields, meadows, and wetlands supports viable populations of important pollinators, which are critical to our food production. Natural vegetation and intact wetlands act as a sponge and a filter, dampening flooding, reducing erosion, and cleaning surface waters of pollutants. Forest canopies filter out atmospheric pollutants and keep us cool on summer days by providing shade and retaining moisture between the ground and canopy. From providing scenic views to securing land for local farms to limiting future flood damage, there are many short-term and long-term reasons to protect open space.

Conservation of open space also provides food security in a world where the value of growing local food and using local resources wisely is ever more important. Across the open spaces of Norwich are found rich agricultural soils that should be both employed now and banked for possible future use, like a savings bond. Working forests are another important form of local agriculture, and their values increase with their size. Larger forests support a broader diversity of forest types, yielding a more diversified logging portfolio for landowners while providing improved shelter and food availability for wildlife. Even our iconic fall foliage is made more striking in diverse forests, where leaves of each tree species boast a different shade. Larger forests also support more viable populations of their component tree species, limiting the effects of inbreeding and increasing their resilience to insects, disease, and climate change. These productive forests are able to support a higher frequency of sustainable harvests, selective and small clear cuts, because substantial numbers of every age-class of trees continue to exist somewhere in the forest. Productive forests can provide long-term income and tax-relief benefits for landowners through programs such as Current Use. There are important food-security and economic reasons to protect open space.

It is not just we humans who benefit from open space. Norwich’s many non-human residents — flora and fauna alike — flourish in our relatively undeveloped landscape. Large, core forest tracts connected by corridors support viable populations of the charismatic wildlife we associate with our rural landscape, some examples being moose, bobcat, black bear, fisher, and gray fox. These contiguous forests are also crucial homes to many breeding bird, bat and amphibian populations. The rich mosaic of different forest ages and types, logged areas, old fields, managed meadows, wetlands, and waterways that comprise Norwich’s open spaces provide crucial seasonal feeding, breeding, migratory, and over-wintering habitats for many species. The list of Norwich’s wildlife is impressive, including hundreds of mammal, bird, reptile, amphibian, fish, and insect species. This diversity alone provides countless ecological reasons to protect open space.

We can all do our part to ensure that open space remains a key element of Norwich’s future by making wise land use decisions and supporting strategic planning that clusters development into the historic villages, also referred to as the “hamlets,” of our town.

~ Chris Rimmer
Jamie Kenyon, Mascoma Savings Bank

When you live in a small town, it’s all about community – and when you work in a small-town bank, you’d better love the idea of community. That’s what makes the Norwich branch of Mascoma Savings Bank a great match for Jamie Kenyon. “I’ve been in banking for the past seven and a half years, but just came to Mascoma in August.” Jamie explains, “I think my favorite part of my job has been the friendly atmosphere in town, and in our branch. We work as a team here, and I like that.”

Originally from out of state, Jamie moved to Vermont four years ago and has settled in Wilder. She loves spending time with her son and two step-children. She’s active in their schools and has enjoyed volunteering there. As a parent volunteer, she’s helped with crafting activities, field day and even an outing to the Tunbridge Fair. She’s not sure what’s next on her volunteer calendar but she’s looking forward to it!

When she gets a break from work and family, Jamie is an avid reader. She enjoys romances, crime stories, thrillers and mystery stories. When asked, she had a hard time nailing down a favorite book, “How about favorite authors instead? Blake Pierce, Nicholas Sparks, Heather Huffman, James Patterson... just to name a few.” As a teen, she collected Chicken Soup for the Soul books and still has them to this day, which might explain her positive outlook on life.

It wasn’t so hard to find a favorite children’s book, though. She’s shared her love of reading with her children and together they’ve enjoyed Roald Dahl’s BFG and B.J. Novak’s The Book With No Pictures. “We suspect that she’ll pass the cold, winter months in Vermont happily with a reliable book by her side.

If you stop by the bank, you may find Jamie in training as a Personal Banker, which is a new title for her. She’s completed her teller training at Mascoma and is now working on the other aspects of job. So far, training has been going well and Jamie said “I’m here to help and look forward to providing folks with the best service possible.” As far as the future plans are concerned, she’s looking forward to “staying happy and taking life day by day.”

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MEET YOUR NEIGHBOR

David Barlow
with wife Kate and
8-year-old twins Teddy and Amelia

What brought you to Norwich?
I grew up in Hanover. In 2007, my wife Kate and I relocated back to the area, in part to raise kids, get away from city living, and be close to family.

What’s your favorite hang out in Norwich?
Norwich Racquet Club... paddle/platform tennis

Favorite way to spend a snowy day in Norwich?
Nothing’s better than enjoying a few hours of snowshoeing or sledding, and snowball fights with Kate, the twins, and our two black labs Carlo and Coco.

What are you most looking forward to this winter?
Skiing around Vermont/ NH with the family.

What fictional place would you like to visit?
Asgard. That’d be cool. I’m still a big Marvel fan.

What skill would you like to master?
Typing. I’m still using the two-finger method.

What would be your first question after waking up from a 100-year sleep?
Did the Patriots win?

What is your idea way to spend a weekend in Norwich?
Huntley Meadows is a great venue... tennis, soccer, baseball... being outside.

What is the best way to start the day?
Coffee is the best, perhaps essential these days.

What weird food combinations do you really enjoy?
As a kid, peanut butter and salami sandwiches.

What was cool when you were younger, but not now?
8-tracks, Spam, hacky sack

What charity do you donate to regularly?
I wish I could say I did this more often, but my daughter and I have volunteered with Aging in Place (or were volunteering) on the steps of my porch.

What’s your favorite hang out in Norwich?
The Norwich 30

What’s your favorite hang out in Norwich?
Church Street

Favorite way to spend a snowy day in Norwich?
If it’s a weekday, I spend a snowy day grumbling about it. If it is a weekend, I’m still grumbling, but with a little cheer peppered in. Mostly grumbling.

What are you most looking forward to this winter?
April.

What fictional place would you like to visit?
The Temple of Doom.

What skill would you like to master?
Not screwing up idioms.

What is your ideal way to spend a weekend in Norwich?
Digging in the dirt on a warm day while my daughter builds a fairy house next to me. Just spending the day together without anywhere to go, except for a trip to Dan & Whit’s for soft serve and a Dr. Pepper.

What is the best way to start the day?
Waking up with the sun and drinking a black coffee on the steps of my porch.

What charity do you donate to regularly?
I wish I could say I did this more often, but my daughter and I have volunteered with Aging in Place (or were volunteering) on the steps of my porch.

What weird food combinations do you really enjoy?
Brussels sprouts!

What’s your favorite hang out in Norwich?
The Norwich 30

Favorite way to spend a snowy day in Norwich?
If it’s a light snow and not too windy or cold, skiing around Vermont/ NH with the family. If it’s really snowy, my black armchair also faces our wood stove and that’s a good place to settle in for a good read.

What are you most looking forward to this winter?
This really depends on who made what. My all-time favorite is stuffing with sausage, but some versions are better than others.

What weird food combinations do you really enjoy?
I don’t find these weird, but I’ve been told by others that they think they are: peanut butter and banana, or peanut butter and jelly. I don’t think it’s one thing, but then again, I don’t like either.

What skill would you like to master?
I kind of like being "capable at some and expert at none" so I’m not sure I want to master any. But I really would like to learn to play the bass guitar. I even bought one over a dozen years ago, but I have never put in the time to learn much of anything.

What was cool when you were younger, but not now?
All three together, but Elvis might have.

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The Norwich 30

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The Norwich Times team

The Norwich Times team takes great pride in showcasing what makes Norwich unique, vibrant, endearing, and full of passion. For the past 20 years, we have delighted in sharing with you the authentic, daily life stories about the “good people, good places and good things happening” in our beloved community. With your help, we look forward to continuing to connect neighbors with neighbors and to ensure that every resident receives a copy – free of charge – for years to come!

Our writers

We would like to take this opportunity to sincerely thank our writers. The time and talent they dedicate to writing about their fellow community members, their positive observations, their uplifting passions and good-news stories is what makes the Norwich Times the quality publication that our readers have come to expect and love. Below are the writers featured in 2017...

Jaci Allen
Katherine Bascom
David Callaway
Katie Cawley
Elizabeth Craib
Dan Fraser
Cindy Heath
Jillian Hinchliff
Mark Lilienthal
Lisa Morse
Dave Nelson
Molly O’Hara
Frank Orlowski
Chris Rimmer
Tamar Schreibman
Jen Shepherd
Peter Stanzel
Ruth Sylvester
Warren Thayer
Lauren Whittlesey
Meghan Wilson
Sarah Zabendra

Read more about the Gingerbread Queen on page 3.

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