



# The Lebanon Times

EST. AUGUST 2013

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Serving the City of Lebanon, N.H.

Summer 2017

## Volunteerism in the Digital Age: LHS Alumni Looking for Next Gen

Cindy Heath

At 65 years young, the Lebanon High School Alumni Association is among the City's oldest community service organizations. If you've been anywhere near Colburn Park in mid-June, you've likely come across the association's multi-faceted and colorful alumni parade weaving through downtown Lebanon, dating back to its founding in 1952.



This alumni float honored classmates who serve in the Armed Forces as well as those who are 'always in our hearts.'

Like many social and civic organizations around the country, the LHS Alumni Association is eagerly seeking out the next generation of leaders to sustain its community service activities, and finding ways to navigate alumni recruitment in the digital age. With more than 1,400 members on its Facebook page, the LHS Alumni Association is an extensive and active network of Lebanon High School graduates from around the country. Still, the average age of the current leadership is 61, and "It's time for new blood," says Association Treasurer Susan McBain '72.

National volunteering trends suggest that young people are actively volunteer-

*Continued on page 6*

## Lucky All Around New Coffee Shop on the Green



Deb Shinnlinger, proprietor of Lucky's Coffee Garage

Ruth Sylvester

It's just like Ben and Jerry's! exclaimed a cellist at the Upper Valley Music Center, "starting in an old garage." The musician was looking at Roy's Garage, diagonally across Colburn Park from the Music Center's new home. The garage is soon to be the home of Lucky's Coffee Garage. Creative dynamo, Deb Shinnlinger, aims to develop a community meeting spot, a home away from home. And you don't have to be the barista or the baker.

Deb has been working on the idea of opening a coffee shop for over a year. "A series of fortunate conversations put Mike

*Continued on page 17*

## Bob Pringle: Hard Work Has Its Rewards

Dave Nelson

West Lebanon resident Robert (Bob) Pringle's life story could very well be used as a prime example that with hard work and sheer determination, one can come from a modest background and rise to the pinnacle of success in their chosen profession.

Longtime Upper Valley residents who remember the mid-'80s should recall watching the arrival of a brand new auto dealership that proudly bore his name: Pringle Chevrolet-Volvo, located on LaBombard Street in Lebanon, just off Route 120. In its hay day, the dealership was constructed from the ground up featuring a state-of-the-art 20,000-square foot building that cost \$750,000 back in 1984.

With Bob at the helm, the dealership quickly became established as a major player in the Upper Valley expanding to more than 34 employees and sold some 800 automobiles while

*Continued on page 13*



Bob Pringle and his restored 1937 Chevrolet Coupe, circa 1990s

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### City Center Ballet

Seventeen years ago, Linda Copp had a tough time with dancers in the Lebanon Ballet School leaving the area. Students looking for performance experience or advanced training often had to move to New York or head to private schools after attending the Lebanon school. "There were young people in the school who really wanted to go on and pursue ballet. We would lose them," said Copp, the director of Lebanon Ballet School. "They needed performance experience, so we formed City Center Ballet," Copp – a lifelong ballet dancer herself – explained. "Mascoma Savings Bank stepped right up and made that possible. No one has surpassed them in their contributions," Copp said.



**Mascoma  
Savings Bank**

City Center Ballet, of which Copp is artistic director, opened in 1999 as a non-profit ballet company, producing both classical and repertory ballets. For each of the ballet's seasons, MSB has been a supporter, both through grants and corporate funding.

"We have had corporate funding 17 years from them," Copp said. "They have been our main underwriter. I'm not sure we would've made it without them." Samantha Pause, senior vice president of marketing at MSB, said the arts are an "economic driver" for Lebanon, giving people "a reason to visit here and to live here. "They help make the community vibrant, which in turn helps our local economy," said Pause.

Students who can commit, Copp said, receive benefits beyond just the instruction. There is often the opportunity to work with guest artists and choreographers, thanks to grant funding from MSB. "A lot of connections are made through CCB, and a lot of young people go to New York City to dance via connections they've made through these guests," Copp said.

Each year, Copp takes a look at the areas within her upcoming productions that might need extra support, and submits grant proposals to MSB. For the 2015 performance of Clara's Dream: A Nutcracker Story, extra dancers were needed, and a grant from the MSB Foundation provided the finances needed to bring additional ballerinas in. "Linda and her company are an amazing gem in Lebanon that more people need to become aware of," Pause said. "The quality of the performances and the amazing skill of the dancers are so much more than one would expect. City Center Ballet not only provides a wonderful opportunity for local dancers, they give our local community an opportunity to view this art form at a high level in our own backyard." ■

~ Originally appeared in the Lebanon Times Holiday 2015 spotlight by Meghan Oliver

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**Bill Loven,  
Green Street West, West Lebanon**

*What's your favorite Lebanon hang out spot?*

Any bar next to my wife

*What fictional place would you like to visit?*

Avatar

*What skill would you like to master?*

Playing the piano

*What would be your first question after waking up from a 100-year sleep?*

Ok, who gave me the knock out drops?

*What's your ideal way to spend a weekend in Lebanon?*

Relaxing in and out of my pool

*If you could only eat at one local restaurant for the rest of your life, which restaurant would you choose?*

Jesse's

*What's the best way to start the day?*

By waking up

*What are you most looking forward to this summer?*

Vacation in Saco

*What charity do you donate to regularly?*

My time with the Hanover Lions Club

*What weird food combinations do you really enjoy?*

Sour-cream-onion dip with salt-and-vinegar potato chips

*What's the last good book you read?*

A Life in Parts by Bryan Cranston

*What would a world populated by clones of you be like?*

BO-O-RING!

*What was cool when you were younger, but isn't cool now?*

Bell bottoms

*What is your favorite movie from childhood?*

Gold Finger

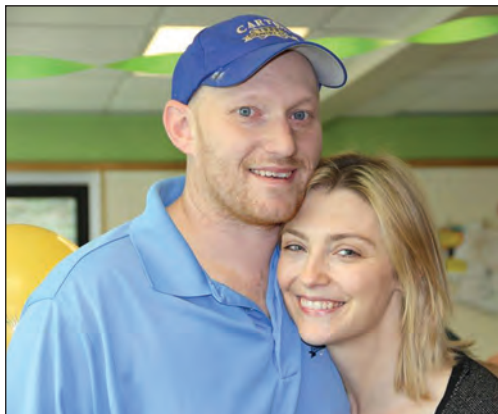
*What is your motto in life?*

Read between the lines

*If I gave you \$1,000, what would you spend it on?*

A bigger drone

# Meet Your Neighbor



**Courtney Moote (and Sean)  
Winter Street, Lebanon**

*What's your favorite Lebanon hang out spot?*

It's a toss up between Carter Country Club and the Rail Trail. My favorite thing is entering the trail at different sections and seeing the different scenery. My daughter loves the section by the lake because it looks like jewels in the water when the sun hits it.

*What fictional place would you like to visit?*

Sesame Street... definitely Sesame Street. I don't even feel like that requires any explanation at all.

*What skill would you like to master?*

Sewing. My mother still hems my child's pants because I just cannot figure it out. I get very frustrated just trying to thread a needle.

*What would be your first question after waking up from a 100-year sleep?*

What are these rectangular things that no one will look away from? (That would be cellphones.)

*What's your ideal way to spend a weekend in Lebanon?*

A BBQ and a swim at my Dad and step-mom's, followed by s'mores and a fire pit at my Mom and her fiancé's house, with my husband and kids. Then putting the kids to bed and listening to crickets in the yard with my husband and our two best friends.

*If you could only eat at one local restaurant for the rest of your life, which restaurant would you choose?*

Three Tomatoes. I haven't been there in so long, but it is SO delicious. Rosemary chicken and garlic dip.

*What's the best way to start the day?*

With a coffee and the Today show

*What are you most looking forward to this summer?*

My Dad just made us some awesome outdoor furniture and a sweet sandbox. I just can't wait to sit and enjoy those.

*What charity do you donate to regularly?*

Lots of clothes and toys to the Listen Center.

*What was cool when you were younger, but isn't cool now?*

Doing all of the things my parents asked me not to. Looking back, I was so much luckier than I realized to have them, and I have no idea how they put up with me, but I'm grateful they did.

*What is your favorite movie from childhood?*

The Last Unicorn! I watched it over and over again and sang the theme song (by the group America) in the driveway at the top of my lungs.



**Indrika Arnold  
Evergreen Court, West Lebanon**

*What's your favorite Lebanon hang out spot?*

My home. I work full-time and have a long commute. There is no place I'd rather hang out than at home with my family.

*What fictional place would you like to visit?*

Wonderland

*What skill would you like to master?*

I'd love to learn to play the guitar.

*What's your ideal way to spend a weekend in Lebanon?*

If it's a nice summer day, start the day off at the Farmers' Market, take a walk, grill some food, mix some drinks, and chill at home. What can I say? I'm a homebody!

*If you could only eat at one local restaurant for the rest of your life, which restaurant would you choose?*

In Lebanon, Jesse's. If 'local' includes Hanover, I'd say Market Table.

*What's the best way to start the day?*

Having some quiet time with a hot latte.

*What are you most looking forward to this summer?*

Warm weather, fresh fruits and vegetables, and gelatos at Morano Gelato

*What charity do you donate to regularly?*

We sponsor a child through World Vision from our native Sri Lanka.

*What weird food combinations do you really enjoy?*

Toast, butter, sprinkle of sugar with mango... is that weird?

*What's the last good book you read?*

I'm reading Euphoria by Lily King right now and it's great.

*What would a world populated by clones of you be like?*

Clean, organized and happy. Also, there'll be lots of great restaurants with spicy food.

*What was cool when you were younger, but isn't cool now?*

Big hair, shoulder pads, neon, Punky Brewster...

*What is your favorite movie from childhood?*

Annie

*What is your motto in life?*

Be content – happiness comes from contentment.

*If I gave you \$1,000, what would you spend it on?*

I'd put \$500 in my daughter's college savings account, and spend the rest on doing something fun with my family.





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## PUBLISHER'S NOTE

### Go LEB!

First things first, congratulations go out to the Lebanon Crew Team for taking home the Granite State Championship Cup and for the tremendous day of racing by all boats. Girls 1st Varsity also had the honor of winning the finals and taking home the individual cup for that race. Go LEB!

And speaking of Go LEB, this issue could be called the *Lebanon High School Times* for the many articles that pertain to this unifying institution. While the Alumni Association is still going strong and continues to bring people from all classes together, they are seeing their numbers drop among the younger classes. This is a call to arms in the digital age. Go LEB!

Writer Dave Nelson is in his element! Read his enthusiastic piece about the Lebanon High School girls and boys basketball teams and their incredible feat of bringing home dual State Championships. Go LEB!, indeed!

And, finally, Lebanon High School celebrates veteran math teacher, Sue Seamans, retiring this year after 43 years of service shaping the math minds. With cases of trophies to her credit, the school's math team, the NumeRaiders, came in 2nd in their division in this year's New Hampshire State Meet, allowing her to retire with their best finish ever at that level... Go LEB!

And in other features, Lebanon's own Manna Parker reminds us about the City's commitment to going solar; and hometown guy, Theron Peck, educates us about the ins and outs of organic lawn care. Although from Cornish, neighbor Steve Gordon quietly works his magic with his hands by easing the pain and angst of cancer patients through therapeutic massage. And, aren't we all lucky to have the Lucky Coffee Garage opening up on the Green.

So, we've covered sports, academics, non-profits, business, the environment... what's missing... the Arts! See page 2 and the back cover. It's no wonder the City of Lebanon is so special... Go LEB!

And, as our friend, Donnie Perkins, advises... let summer commence!

— Jen MacMillen

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## LOCAL LEADERS



Dave Nelson

### New Leadership at CCBA: Lebanon Born and Raised

The Carter Community Building Association (CCBA) has been an iconic part of downtown Lebanon's history for a longtime. Just how long? The CCBA was incorporated in 1919 and in 2019 will celebrate its 100th birthday.

Now consider the fact that the newest addition, The Witherell Recreation Center, the ultra-modern recreation and

fitness center across the street from The Carter Community Center (CCB), will celebrate its 30th anniversary this coming July. Exciting times indeed!

That's exactly how Lebanon native Shelby Gile felt when she discovered she had been chosen to be the new Executive Director of the CCBA and took over those duties from the retiring Curtis Richardson, who held that position for 26 years. Shelby describes herself as Lebanon "born and raised" with a deep attachment to the CCBA.

"I could not think of a better time to start this position," Shelby exclaimed with a huge smile. "I grew up in Lebanon and the CCB was a big part of my life since I was about six years old. I remember heading there after school, stopping at Woolworth's for penny candy and then heading over to the CCB for all those activities they featured. I retained a pure passion for the place and hold it today."

Shelby started her duties with the CCBA this past December 1st and is still settling into her new position, but is already looking toward the future with eagerness and enthusiasm. The new endeavor also serves as a bit of "homecoming" for her. Shelby had been employed at Norwich University in Northfield, VT for 18 years. Now her commute will be from her home on Poverty Lane in Lebanon where she resides with Aaron Day and their four children Zack, Avery, Mason and Cameron. She graduated from Lebanon High School in 1993 and earned a degree in Marketing from UMass Amherst.

Shelby has already compiled a list of priorities that she would like to incorporate as part of her marketing concepts.

"Of course the CCBA with its amazing location and wonderful reputation will continue to expand its growth and development. One of my priorities will evolve around youth development programs and, while athletics will remain in focus, I would like to develop programs for non-athletes as well. I also see a generation "gap" here and would develop new programs for younger adults."



### Smooth Transition for LOH's New Executive Director

Many of us have often fantasized about that perfect "dream" job. You know the one that was simply too good to be true, but always seemingly out of reach. Well, consider the fate of local resident Joe Clifford, who at the tender age of 44, transitioned from one of the most prestigious cultural institutions in the United States to another one without missing a beat or having to relocate.

In late March, Joe assumed the duties of Executive Director of the Lebanon Opera House (LOH) assuming the duties held by Heather Clow for 15 years. Joe came to the LOH after a brilliant 17-year career at Dartmouth College's Hopkins Center for the Arts. While at the Hopkins Center, he held the position of Director of Audience Engagement. He managed the marketing, communications and publicity duties. At first glance, a match made to order for the LOH.

"Yes, it was a good match," Joe explained. "I took away an impressive toolkit from the Hopkins Center. The experiences there blended with the duties here. Heather Clow was instrumental in helping me make this transition. She and I were longtime colleagues working on artistic venues and she worked with me when this position opened. I am so excited about the projects that I would like to approach here. What impressed me most was the solid community support the LOH enjoys."

The LOH was built in 1924 and boasts an historic 800-seat performing arts center, and is the largest proscenium theater in the Upper Valley. Today the LOH operates on a budget just shy of the one-million-dollar mark, so Joe is fully prepared to dive into the world of fundraising.

"I am so anxious to meet and work with all the community partners who have supported the LOH for so long. This place is so linked to this wonderful area and we have such a solid base of support. Again, it all reflects on the depth of this community's involvement and that impressed me very much."

Looking into the future, Joe can now focus on the continued programming that has made the LOH a true legendary arts center and he desires to add his own concepts.

"The current programs do have a great baseline," Joe noted. "I simply love music and especially music legends. I would also like to concentrate on emerging artists as well. At the Hopkins Center, I cut my teeth on kids programs so that will be a priority. I would also like to work with all school districts, as well."

Joe and his wife Kamron and their two sons, Max age 15 and Dalton age 12, reside in Plainfield, New Hampshire. ■



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## LHS ALUMNI – continued from page 1

ing, just not in the traditional ways that their parents did. According to Points of Light President Tracey Hoover, many younger volunteers serve their communities through paid outreach opportunities at work, online crowdfunding for causes they believe in, and by purchasing goods from socially responsible retailers. These trends could mean that community service organizations need to explore unconventional strategies to sustain their good works.

For the LHS Alumni Association, the fun of connecting for the annual parade float contest still holds appeal to the majority of the membership. “The Alumni Parade is flourishing,” says McBain. This year’s theme is “Celebrating 1952”, and there are already seven floats entered ranging from the Class of 1957 to the Class of 2002. Members of the current graduating class and other classes on a five-year rotating schedule spend weeks designing and constructing elaborate floats and costumes. The association holds funds from some graduating class treasury that can in turn be used to build their floats. McBain says it takes



Board members cooking and serving at Senior night football at LHS



roughly 15-20 years for graduates to actively engage in alumni activities because they are busy attending college and starting off in their careers.

The lag time for new graduates to become involved can be a challenge, says McBain, but the association stays in touch with members using social media and email, and sends an annual newsletter by regular mail. Connecting with other area alumni associations to share ideas and compare notes on how to keep their memberships growing also helps the organization stay in touch with potential new members.

The wide array of educational and school improvement projects the association provides is impressive. The annual golf tournament (in its 8th year) and membership dues support a \$4,000 annual scholarship and individual awards of \$500 for books. Additional funds are used for projects like shirts for the LHS band, tree plantings, and re-dedication of school gymnasiums to honor long-time Lebanon coaches and teachers Lang Metcalf and Linda Preston. Local members

### Mark Your Calendar!

**Lebanon Alumni Golf Tournament**, June 9, 9am, Carter Country Club

**Lebanon Alumni Day Parade**, June 10, Noon, Downtown Lebanon

For more information visit [www.lebnhalumni.com](http://www.lebnhalumni.com).





Carl Adams 1935



DORRIT WESTERBERG

NANCY STONE

## ALUMNI PARADE

1957 Queen Being Crowned by Queen of 1955

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CLASS OF 1958

John Peck on stilts made by Jon Putnam, both class of 1970

volunteer at sports events and Storrs Hill Ski Area, and support the senior class in getting a truck and trailer for their inaugural Alumni Day float. Association President, Dianne Moody Grant '69, is concerned about the succession plan for recruiting new members. "We are very dedicated to giving back to the school community, but we're not sure how much longer we will be able to contribute if younger graduates don't become involved."

McBain, who graduated in 1972, says her class is

still very active even 45 years after their graduation. "Back then we knew everyone's parents and maybe even the grandparents. We were all 'locals'. Many of the students today are from families that are brought to the area by employment, and when the job is done, they move on." That can't be said for the oldest active alum, Wayne Follensbee, Class of 1936, who pays an annual visit to Colburn Park on Alumni Day and consistently keeps up with his \$10 dues payment!

It's also encouraging that the youngest active

alumni member is from the Class of 2013. Perhaps this bodes well for the future, and maybe the Class of 2013 can be the first to explore a crowdfunding project to build on the foundation that's been established by their predecessors. After all, everyone loves a good parade! ■

Cindy Heath is a graduate of Littleton High School Class of '76 and remembers winning and losing in hotly contested basketball games between the Littleton Crusaders and our archrivals, the Lebanon Raiders.

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Simply Done	Aluminum Foil 12x25	25 sq. ft.	\$0.99	Save \$0.20	Grocery
Shurfine	Aluminum Foil 12x25	25 sq. ft.	\$0.99	Save \$0.20	Grocery
Prince	Angel Hair Capellini	16 oz.	5 for \$5	Save \$0.69	Grocery
Shurfine	Animal Crackers	13 oz.	\$2.59	Save \$0.70	Grocery
Shurfine	Apple Juice	64 fl. oz.	2 for \$3	Save \$0.79	Grocery
Ceres	Apricot Juice	33.8 fl. oz.	\$2.79	Save \$1.00	Grocery
	Extra Virgin Olive Oil	16.9 fl. oz.	\$12.49	Save \$2.00	Grocery



## LOCAL SPORTS

# Lebanon High School Athletics Grab the Spotlight



Roster: #1 Meredith Melendy, #2 Isabelle Fabry, #3 Madeline Hastings, #10 Leah Mayes, #12 Kassidee Rogers, #14 Zoë Soule, #15 Anna Wolke, #20 Josephine Brown, #22 Megan Gradijan, #23 Rebecca Wright, #24 Caroline Borger, #25 Joslin Wainwright, #30 Isabel Peress, #32 Olivia Greeley, #34 Caroline Laramie, Head Coach Tim Kehoe, JV Coach Matt Dancosse, Managers Annabelle Stott and Clara Cole

Dave Nelson

Lebanon High School has a long-standing tradition of producing simply outstanding student-athletes. That should go down as an uncontested statement. However, this past winter sports' season those student-athletes who wear the maroon and gold on the basketball court have reached the apex of success.

The Raiders basketball teams, both the boys and girls teams, swept through their NHIAA Division II opponents to bring home two state championships. If you follow any sport, you quickly realize just what an amazing feat that represents. In the Granite State that rare accomplishment has only taken place 19 times since the NHIAA started keeping records back in 1970.

However, winning both titles should not come as a surprise to Lebanon fans. Lebanon has been a hot bed of hoops for a very long time. How do you build winning programs? Simply get great coaches. To back that statement up, consider another mind-blowing fact: current girls coach Tim Kehoe went over the 500th win mark this past season while boys



Roster: #1 Hunter Bienvenu, #3 Ryan Preston, #10 Joshua Graham, #11 Graham Chickering, #13 KJ Matte, #14 Keelan Carey, #15 Logan Falzarano, #20 Matthew Eylander, #22 Wade Rainey, #23 Rya Milliken, #30 Paul Slabinski, #32 Christopher Nulty, #35 Noah Didehban, Head Coach Keith Matte, JV Coach Kyle Colburn, Reserve Coach Darren Johnson

coach Keith Matte recorded his 300th win. That is a stunning 800 wins between the two, an unheard of number when normally 100 wins is considered quite a milestone. Now here is the real chart topper in this story. The Lebanon boys have only had two head coaches in 56 years!

Can't mention Lebanon basketball without dropping the name of Lang

Metcalf. That legendary mentor racked up 507 wins during his colorful career. I recall all too fondly watching Lang prowl the sidelines wearing that handle bar mustache, a fierce scowl on his face and maroon towel around his neck. In the dictionary under "intense," you would find his name in bold letters. After the final whistle blew, he converted to the warm, easy-going gentleman that made him a beloved figure.

I can now officially declare Lebanon as the high school basketball capital of the Granite State! There is another huge reason for all that success that often goes unnoticed at times. That would be the CCBA recreation center in downtown Lebanon. Lebanon kids from grade school on up have spent countless hours there developing their hoop skills. Indoor and outdoor courts are always busy especially in March when they host the Karp's Basketball



The Boys Varsity & Girls Varsity teams won state basketball championships.



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Klassic featuring teams of all ages. That classic just wrapped up its 38th year and is going strong. Then there is all the AAU basketball played at the CCBA along with countless youth programs.

CCBA Sports Director, Kevin Talcott, who is one of the region's premier basketball officials, summed up the hoop connection with Lebanon High perfectly.

"I wish I had a place like the CCBA to go to after school when I was a kid," he stated. "So many times you see kids of all ages – and adults for that matter – shooting hoops here inside and outside."

Now having been a sports writer, sports editor, radio and television announcer for many, many years, I recognize that Lebanon's hoop success is merely a small fraction of what makes Lebanon High School excel in athletic and academics. Lebanon High gained national recognition especially from the NICHE website which ranks 14,000 public high schools based on statistics and collecting millions of opinions from students and parents. NICHE ranks Lebanon 18th out of 82 schools in public schools in New Hampshire and an overall grade of A-. That grade covers academics, teachers, club activities, diversity, college readiness, and health and safety. The most critical part of that grade is the fact the Lebanon has a 95% graduation rate.

Lebanon currently offers some 16 varsity sports. All have achieved outstanding success. Space restrictions prevent me from listing them all. It would literally take several pages, but here are a few recent achievements. My good friend Rob Johnstone, Lebanon boys soccer coach, was named to the NHSCA Hall of Fame.



Dave Nelson

A long overdue award! Lebanon sophomore Ryan Sullivan will be headed for Australia this summer to compete in the Down Under Track and Field in Brisbane, Australia. Also, being an avid tennis player, I particularly enjoyed seeing the Lebanon boys tennis team take the championship last season by knocking off perennial champions, the Hanover Marauders.

Again, it is impossible in this edition to feature all the Lebanon achievements in both athletics and academics, but in each edition of the Lebanon Times I will attempt to keep pace. Time for summer and baseball! ■

## Let's Prouty!

On Friday, July 7, and Saturday, July 8, 2017, more than 4,000 participants will converge on Hanover, NH to cycle, walk, row, and golf to support the Dartmouth-Hitchcock Norris Cotton Cancer Center (NCCC). What began in 1982 with just four nurses riding 100 miles through the White Mountains in honor of cancer patient Audrey Prouty, has evolved in the 35 years since to become one of northern New England's largest and most popular sporting events. Over that time frame, the event has raised more than \$30 million dollars thanks to the continued local support of more than 1,000 volunteers and 150 corporate partners on an annual basis.

Funds raised by The Prouty support NCCC by funding innovative cancer research and important services for cancer patients and families within our local community, such as support groups, massage therapy, art and writing programs. Support The Prouty and help continue to move the needle forward in the fight against cancer.

Learn more about The Prouty at [www.theprouty.org](http://www.theprouty.org). ■



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## PEOPLE AND PETS



John Stone carries his chicken at their home on Pasture Lane.



Sarah Guernsey's cat Mitsy drinks from the bird bath in their backyard in West Lebanon.



Terry Hall and Luke T. Hall playing fetch with Luke's prized 'chuck' on the lawn of their home on Green Street West.



Jack Finley and his dog Harvey on a walk at the Mount Lebanon School.

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Jools & Jack  
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## Natural and Organic Lawn Care

The use of professionally delivered natural/organic lawn care programs continue to gain popularity from consumers demanding less impact on the environment, their family and their pets. The increased demand for natural/organic alternatives has fueled the development and release of newer and safer products that can deliver results not attainable in the past.

This good news does not simply end with implementing new 'tonics' to improve turf health, but rather a fresh mindset as to what a healthy lawn system really is and the notion that perhaps not having that perfectly manicured lawn is okay. Furthermore, education and stepping away from decades of conventional "spray it and go" programs continues to challenge and indeed reshape the industry of professional lawn care.

Today's modern lawn care health program focuses on resolving underlying issues such as soil quality/bio-health, organic matter and turf varieties present in the lawn. Additional considerations are how the lawn is used and the microclimate present, such as exposure to wind or deep shade. Only by addressing the cause of poor turf health and what is deficient, can we truly address the underlying problems. This change in mindset is a vastly different approach than simply treating visible symptoms such as poor density, color, weak roots, insect, and disease issues to name just a few.

The Upper Valley has typical lawn problems ranging from compaction, hard-to-control weeds, moss, and pests such as grubs. Core aeration is a



simple, yet effective tool to reduce soil compaction and when combined with overseeding, grass varieties that are better suited to site conditions are added. Aeration and overseeding are best done with adequate soil moisture in the spring and fall for optimum results.

While spraying for weeds (including moss) is still a viable rescue tool to reduce an unwanted plant in a lawn, so too is creating a habitat that is more favorable to turf. This includes reducing compaction through aeration; adding more vigorous grasses via overseeding; adding compost tea; and utilizing organic/natural fertilizers and calcium based lime. Correcting soil deficiencies through organic and natural actions will address underlying problems leading to a healthier lawn.

There are new products that can address crabgrass, broadleaf weeds (even tough ones like ground ivy and violets), ticks, grubs, and disease issues. Although these natural/organic materials are not magic wands compared to conventional lawn care, they do provide great value when combined with proper mowing (3" from May – September), aeration, overseeding and improving soil health.

As more homes are built by rivers and lakes, the need for natural/organic lawn care will only continue to increase due to imposed restrictions...and rightly so. And as communities and schools adopt more eco- and child-friendly products, natural/organic lawn programs will continue to be more than just a trend. ■

~ Theron Peck, Chippers Turf Division Manager

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**ELDER PROFILE: BOB PRINGLE** – continued from page 1

recording \$6-million in sales in its debut. From there, the dealership had quite a journey before it was finally taken over by the Miller Auto Group just last year before it was sold off and demolished to make room for the new Dartmouth Coach facility. Through it all, Bob Pringle silently watched as a portion of his success story faded into history.

"I have photos in my house taken with me in front of the building when the dealership was constructed and now sadly, I have one taken with me in front of the demolished structure. Bob explained. "I have so many memories connected with that building and now it's completely gone, but not the memories and friendships I developed there. I still get many calls from former employees on my birthday and that simply means the world to me."

Bob will turn 79 years of age this June and while "retirement" appears to agree with his lifestyle, it hasn't slowed him down one bit. He currently works part-time for North Country Auto Rental and Shuttle Service in Lebanon, a company he originally founded. Bob now transports VIPs in the luxury town car

One of Bob's crowning moments behind the wheel came during Speed Weeks at Daytona, Fla. when he competed at the nearby New Smyrna Speedway against 14 highly ranked drivers and took the Purple Machine into victory lane.

"That was some heavy-duty racing," Bob quipped. "Everyone meant business that night. No "gentlemen racing" involved. I had the pole position and took the win. The next night I started in the middle of the pack and finished second. It was a great experience."

Bob's racing experiences were a welcomed pasttime from his hectic work schedule. His work ethic, combined with his compassion for both his customers and employees, bordered on legendary. He lived by one simple but effective rule of business.

"If you are going to run a business you should be the first one who puts a key in the door in the morning and the last one to lock up at night. The customer deserves a full effort."

Bob was born in a tiny town near Hartford, Conn. by the name of Weatogue. His father, George Oliver Pringle, a World War I veteran, had come to the United State from Scotland to raise his family and later establish his own business, a

New Hampshire Racing News - May 1998

Page 3



## New England Antique Racers

By Dave Nelson

LEBANON - NASCAR's 50th

Anniversary has undoubtedly captured the racing spotlight, but there is an organization that has been reliving the glory days for some time.

The New England Antique Racers (NEAR) is a group of racing enthusiasts that is dedicated to the preservation of the fellowship and nostalgia of automobile racing. In its mission statement, NEAR contends that it was formed "To restore antique race cars, display them at race tracks, sporting events, automotive shows and similar events. To honor outstanding people in the field of auto racing and foster and develop knowledge of the history of auto racing in the New England area."



Dave Nelson Photo

New England Antique Racer Bob Pringle, of Lebanon, NH (the car is the antique!)



service while also handling group outings. He has never lost his love for driving.

"Oh, I just love doing this! You meet so many nice, interesting people. I can't wait to help with all those transportation needs. Being around and helping people was always something I enjoyed and still do."

Bob acquired his passion for driving on the racetrack. He joined the New England Antique Racers (NEAR) back in the 1990s and it became one of his most cherished passions. Bob had competed in his younger days on short tracks around New England so joining NEAR was a natural. He restored a 1937 Chevrolet Coupe decked out with a Purple Passion paint job and the number 92 on the doors.

Mobil Gas Station adjacent to a car dealership. Bob's talent was quickly realized by other business owners in the area, and before long he landed a position at nearby Mitchell Volvo as the parts and service department manager, where his fortunes soared. Bob had taken that Volvo service department to the number one rating in New England. He never forgot those roots in his own business.

"I was once told that the service department and parts room of a dealership were not the back rooms of the business, but the backbone of that business. I have always lived by that saying."

Today Bob and his wife Frances (Fran) live in West Lebanon and have two daughters, Leslee and Wendy. ■

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## GOODNESS InDEED

## Hand to Heart

Ruth Sylvester

People look up to Steve Gordon, and not just because of his commanding height. He has turned part of his second career – massage – into a service for cancer patients, the Hand to Heart project, which sends massage therapists on home visits to cancer patients. Though more acquainted with dying than most people, he radiates a serene calm that perhaps grows from spending so much time thinking about and dealing with death and our journey to it.

“All I ask is that you not be afraid,” the woman from his massage class said to Steve, as they discussed practicing on each other. He was taken aback; it had not entered his mind to be afraid of someone with life-threatening illness like the recurrence of aggressive breast cancer she had discovered as the class began. But cancer patients were often told, “I can’t give you a massage – you have cancer.” Schools taught that the

stimulation of massage might encourage cancer cells to detach and relocate. “It’s using science to show  $2 + 2 = 9$ ,” exclaims Steve.

## An Early Seed

Those who have read the *Valley News* for years may recognize Steve’s name. Over 25 years, he was a reporter and editor of the Sunday edition. His experiences of massage, as an occasional practice subject for college friends from the nursing school at Keene State in the ’70s, lived in his memory and eventually took him from the paper.



Around the turn of the millennium Steve began a course in massage at [then] New Hampshire Technical College in Claremont while he was still working full time at the *Valley News*. “I’d leave the newsroom and drive a half hour,” for a 5-hour course and practice, he recalls. “It was like getting on a rocket ship to another planet.”

The formal training was just the beginning. “It’s like everything else: it’s not like you really know it when you graduate college,” Steve says. “After graduation you begin relearning and rebuilding what you know.” He hadn’t begun the



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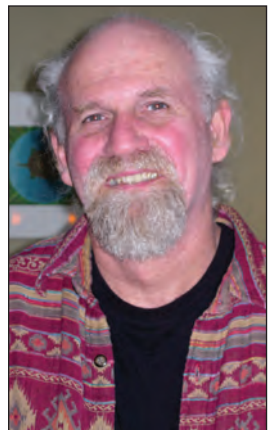
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training with the intent of going into oncology massage, but experiences led him to more and more involvement with it.

Steve spent some of his internship time at DHMC, supervised by Briane Pinkson, coordinator of healing arts. "The only place in the hospital we don't go is the emergency room, and the operating room," she says. She supervises a



team of four part-time massage therapists who, for example, give short foot massages to people receiving chemotherapy infusions. The massage and the feeling of being cared for and about can lower the patient's level of tension.

### Taking It on the Road

In addition to his massage practice, Steve was giving massages at DHMC's cancer center once a week, a service that was then paid for as treatment, since its benefits of pain relief and physical and emotional relaxation were well known. Nurses reported that patients slept better and needed less pain medication. Steve began to think of the patients who were not in the hospital, released to home awaiting another round of treatment, or hospice care. Many couldn't afford to have a massage therapist come to them. The idea of Hand to Heart was born.

With advice from his friend Leo McKenna, an expert businessman with strong Dartmouth ties, Steve founded Hand to Heart in 2007. The small nonprofit provides a stipend to a handful of massage therapists who visit patients at home. It can be a strenuous task, since it often means carrying a portable yet heavy massage table into clients' houses. "The whole idea is to work with a range of people," says Steve. "It's not a type of hospice, something just for people with terminal disease." Most referrals come from DHMC, visiting nurse and hospice agencies, friends, or churches. Patients must live within a certain area and have "beyond minimal" cancer. So recovery can mean loss of the massage service.

Though the number can change suddenly, Steve is currently working with about 15 clients. He is the principle therapist with Hand to Heart, now in its tenth year, with Briane being the other primary massage provider.

Relatives of clients experience the release massage brings to their family. A client's sister said, "The massage therapist... is encouraging, enabling and healing. He has the gift of understanding and contemplating the scary process of dying. He does not judge, criticize or promise." Briane agrees wholeheartedly, and notes that home visits bring a richer connection for the therapist also. "Family members really appreciate it – they're so stressed, grieving – they don't have the psychic energy themselves. The body relaxes... It's really intimate, kind of sacred. Especially at the end of life, it's more about soothing, calming. Like laying on of hands." ■



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## GOOD FOR YOU

# Lebanon Police Department's Crisis Intervention Team Focuses on Behavioral Health

The Lebanon Police Department's Crisis Intervention Team (CIT) is a community partnership with mental health professionals, hospitals, and other local agencies. Lebanon police officers who participated in the training received 40 hours of specialized instruction in dealing with behavioral health crises due to mental illness. After completing the training, the officers are better prepared to recognize signs of mental illness and safely de-escalate situations with individuals in crisis. Based on national model started in Memphis, the program defines mental illness as a medical issue rather than a criminal problem and encourages treatment rather than incarceration. This model for community policing that brings together law enforcement, mental health providers, hospital emergency departments and individuals with mental illness and their families to improve responses to people in crisis.



*Lt. Matt Isham*

Lieutenant Matt Isham (pictured at right) started the trainings in Lebanon, and later worked with police forces in Hartford, Haverhill, Sullivan County, and the Vermont Forest Service to share the training across the area. To implement the trainings, the Lebanon Police Department works in coordination with a diverse team of volunteers and professionals from Dartmouth-Hitchcock, West Central Behavioral Health, the National Alliance on Mental Illness (NAMI), the Public Health Council of the Upper Valley, and many more. Marjorie Matthews, a volunteer with NAMI New Hampshire says, "Matt is really the hero of this story. He saw the need, found the national Crisis Intervention Team model, and started the training here in Lebanon."

The CIT program is focused on identifying, de-escalating, and diverting situations involving mental health crises. Once these situations are identified, the cases can be sent to the Mental Health Court in Grafton County through Halls of Hope. Lieutenant Matt Isham says, "It was the right thing to do. We have a lot of calls involving mental health issues or in crisis, so the more training we can get, the better for our officers."



*LPD Crisis Intervention Team*

Lieutenant Isham is especially grateful for the partnerships and collaborations that they have been able to create through the work with the crisis intervention team. Both private and public entities provided training free of charge, and made a commitment to the intensive training. "It's a total community and Upper Valley initiative that we started here in Lebanon and with the help of the Public Health Council," Lieutenant Isham says. "The more officers have the knowledge, the more they will be able to help."

Donna Stamper is a NAMI New Hampshire volunteer who has participated in six CIT trainings in the Upper Valley. She feels passionately about working with the Lebanon Police Department and other local law enforcement agencies to help address mental health issues in the community. She says that the key is to avoid the cycle of individuals going to jail instead of getting the help they need. Stamper says, "Lives can be saved by these diversion tactics." ■

## Lebanon Police Department Programs & Services

### Alzheimer's Program

As part of our mission to protect life and to assist the public-at-large in a manner consistent with the rights and dignity of all persons, the Lebanon Police Department has developed an Alzheimer Assistance Program to rapidly respond in the event that an Alzheimer patient should become lost.

### Fingerprinting

The Lebanon Police Department performs fingerprinting services only to the City of Lebanon residents, the Lebanon School District, or for Lebanon businesses.

### Pharmaceutical Drop Box

In order to give residents a safe and environmentally friendly way to dispose of unwanted medications, the Lebanon Police Department has a Pharmaceutical Drop Box installed in our lobby.

### Rape Aggression Defense (RAD) Program

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women.

### Problem Oriented Policing

In 2016, the Lebanon Police Department launched our "Problem Oriented Policing" initiative within the community. This initiative is a department-wide strategy that is dedicated to identifying and solving persistent community problems. Identified issues can be criminal in nature or quality of life issues that are affecting neighborhoods and areas of the City.

### Safety Tips

Tips and suggestions promoted by the Police Department that will help keep you and your loved ones safe.

### Sharps Disposal Container

The Lebanon Police department has partnered with Alice Peck Day Memorial Hospital to offer a Sharps Disposal Container in the lobby of the Lebanon Police headquarters.

For more information about any of the above programs, please contact the Lebanon Police Department at 603-448-1212 or email: [police@lebcity.com](mailto:police@lebcity.com); <https://lebanonnh.gov/227/Police-Department>.



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**LUCKY'S COFFEE GARAGE** – continued from page 1

[Davidson, who owns the property] and me together,” she explains. This energetic woman with curly red hair has had experience from many jobs, all pointing towards this opportunity. She has managed food service operations since she was 20, and she owned a deli in Oregon. “I feel like I’ve done more than most for my age” – she’s in her mid-forties – “and I have entrepreneurial blood.” Other factors in her successes are her artistic talents and outgoing nature. Many people know her as ‘the hula hoop lady’ from the Lebanon and Hanover farmers markets.

### Being Lucky Helps

Deb also sees lots of good fortune in her life experience – hence the name of the cafe. She ran her deli in Oregon from 1997 until January 2002, but the economic slowdown after 9/11 led to diminishing sales. “Fortunately, I was able to sell the business,” she says. In her earliest planning for her current venture she surveyed almost 600 people, and several

forwarded the survey to Mike, telling him “You have to get together with her for this project.”

Mike is a strong believer in mixed-use, walkable downtowns. “Reworking old buildings is very hard,” he admits, after being involved in many such projects, but using old spaces has aesthetic and community benefits. If someone built out to the edge of the garage lot, it would visually cut off the route to the Carter Community Building, a social and athletic center of town. Mike has a fondness for Roy’s since he has bought gas there for 32 years. Lucky’s will contribute to the lifestyle of people who live and work in the area, says Mike. “It will be a place to sit and watch the world go by, like a Hopper painting. It’s why people come together in cities” – that pleasure in watching and chatting with each other.

### Homemade Lemonade

Closer to home, good luck – or lemonade from some challenging lemons – ruled when Deb and her husband Dave, a high school woodshop teacher who grew up in Canaan, moved back east. They were living in a 200-year-old farmhouse with Dave’s mother and their two young daughters, planning to use the timbers from the old structure to build a straw-bale house. But when they took down the garage to start the project, they found the timbers were no longer strong enough. Then a storm knocked down a bunch of trees on the property. “Dave bought a sawmill,” recalls Deb, “so we built the frame from our own trees.”

### Building a Business

Now Deb, working with Mike, is turning her efforts to shepherding plans through the city’s permitting processes. Remodeling plans occupy her days, and she knows she has to hurry: She’s eyeing mid-June for an opening. “The city of Lebanon has been wonderful to work with so far,” she says.

Deb is teaming up with New Harvest Coffee Roasters in Pawtucket, RI, a wholesaler committed to fair trade and organic beans bought direct from small producers. New Harvest is creating a coffee blend especially for Lucky’s. “We’re all really excited for it to get going,” says Sam from the wholesaler



team at New Harvest. “It’s a good place for coffee to branch out in New Hampshire.”

In addition to espresso drinks and drip coffee, Deb aims to provide pastries baked in house to soups made fresh daily and artisanal toast piled high with delectable toppings. She will use locally produced foods as much as possible, starting with King Arthur Flour bread. Clearly a sociable person, she realizes her cafe will be a service, but also a means to a larger end. “I’m really looking forward to providing a premium coffee experience – and connecting with the community!” she exclaims.

This business does not compete directly with the Lebanon Diner or other eateries in town, says Mike. The menu will be different, as will the atmosphere. In fact, having a choice of places to stop actually increases business for all, as the city becomes a destination because of its restaurants, and people develop the habit of eating in town. “This is providing what people demand,” he says. “It just makes sense.” ■





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## THESE TIMES

# Let Summer Commence



Donnie Perkins

A wise man once said something about time waiting for no man, and lately I've felt like that man. Just a few weeks ago I'm standing in a front porch doorway watching the last of the mounds of snow around the porch disappear into thin air, as I mused about this not being the first time having seen this annual metamorphosis.

There was the time when I was 21 years old, dragging my tired feet off of Interstate 91, three-and-a-half days after leaving Los Angeles, with a few bucks in my pocket and a destination sign (N.H.) made from a flap off a cardboard box. My buds in the house on Route 12A charged to meet me; for when one decided to hitchhike across country in the long-ago year of 1977, you were officially missing-in-action until you resurfaced.

The porch on which I resurfaced is now a tire store, and I think of these types of things whenever I pass the spot. Sentimental fool that I am, I think of the time I was outside a convenience store in Windsor, VT, fresh from a short stint in the Navy a few years before that. The birds chirped and the sound of automobile tires sloshing through spraying puddles of water gave me the feeling of a fresh start for the taking – which it was, in a romantic kind of way.

I think of playing marbles on the muddy dirt road I lived on, and my brothers and I and a few neighbors

made our way home after debarking the school bus and had time to kill. The thought of my brother flipping his bag of marbles into the air to celebrate a winning shot became memorable when the bag got caught on an overhanging tree branch high in the air, raining marbles onto the road... a Norman Rockwell moment, if ever there was one.

I think of my baseball team at Lebanon High ("our strong bands may ne'er be broken") being liberated from practice in the gymnasium, even if it meant running to downtown Lebanon and back. The crisp wind in our faces jettisoned us to completion of the run, and even though Oyster River bumped us from the playoffs that senior year, the nicer memory remains.

And to this day, I feel that crisp air. I was feeling it in that front porch doorway a few weeks ago, happy to prop the door open and just watch what little could really be seen. There was a bird flying from branch to branch – no doubt watching me like I was watching him. I listened to the breeze rustle through the trees, wondering why it took this long to marvel at the change of seasons and what it meant. I wondered when the cones would be removed from the fountains at Colburn Park to officially mark the merging of spring and summer, and I wondered what the skiers at Storrs Hill might say at this moment.

"Time waits for no man," you say? It's true, and let me close with a sentimental tidbit of thought: What means little to you when you are young will one day mean a great deal. I've seen it, and all the men who passed before me learned time would not wait for them either, and I wished I had paid more attention to things they might have told me.

That being said, let summer commence. ■

## WHERE IN LEBANON?



How well do you know the city? Take a look at this photo and see if you can identify where in Lebanon it was taken. Think you know? Email us at [editor@thelebanontimes.com](mailto:editor@thelebanontimes.com) to submit your guess and be entered to win a fun little prize.



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## 43 YEARS AND STILL COUNTING

## Math Teacher Sue Seamans Retires

Ruth Sylvester

**M**y goal is to have them understand why things work the way they do, says Sue Seamans, a Lebanon High School math teacher who is retiring this June after more than four decades of teaching – all at Lebanon. She got into teaching math because she herself always enjoyed math and found the concepts easy, but she worked with enough of her contemporaries growing up to know that many people struggled with those concepts.

"I enjoyed solving problems," Sue says, and one of the problems she has solved again and again over the years is making the math landscape clear to others. "You think of different ways to explain things," she says. "You think of different ways to approach a problem."

Sue grew up in Grafton, graduating from Mascoma High School in 1970. She worked hard in school. In the summer after her junior year, she attended St. Paul's Advanced Studies program, where she met a Wellesley College student who was interning. The contact sparked an interest in Wellesley, which gave her the best scholarship of the colleges she applied to. "I'd have liked to go to Dartmouth," says Sue, "but it was not coed then." Dartmouth was, however, a member of the 12 college exchange, and she figured she could take her junior year as an exchange student, which she in fact did. It was the year the college went coed.



different discipline (biology, chemistry, physics) each year, the class was a double-period, multi-year commitment. It was an exciting way to make clear to students applications of math concepts that otherwise often seem pretty useless. The difficulty of scheduling contributed to the eventual death of the experiment.

Sue's life was changed by the course, however. One Monday morning she knew the science teacher would be leading the class first; she planned to touch up her lesson plan during that time. But in walked a sub, ready for her to carry the class! It was a difficult day. The sub, a young man named Terry Reynolds who'd grown up in White River, worked in the school fairly often. After four years of active service in the Army, he'd taken a VA aptitude tests that pointed him towards teaching. He told a friend, "There's a young woman I'm really not getting along with," and the friend said, "Invite her for coffee, and talk to her outside of school." Before long the initial clashes in their connection faded to nothing, and eventually they married. Terry became a tutor at the school, providing specialized academic, practical, and emotional help to small groups of students. "I work with the kids academically," he explains, "but I also make sure they eat, and have their coat." He is also retiring this spring.

Terry prods Sue to recount some of her non-math activities. "Did you tell about being a firefighter?" he asks. Before she met Terry, Sue and three of her



Sue was too busy studying and working to involve herself much in dorm life. She met most of her friends through her campus job at the library. She would meet her father, the head custodian at Dartmouth Hall, each day for lunch, which he would bring from home. She engaged in one illegal activity: She had a hotplate in her room on which she prepared her dinners, to save money.

Sue earned her teaching certification from Wellesley and applied for jobs, but nothing came her way. She was living at home the summer after graduation, wondering where next to apply for work. Maybe banking, she thought. Then the phone rang. It was Lebanon High School. A math

teacher had resigned suddenly – would she take the job? It was a week before school, August 1974, and having no money she had no car for independent transport. But of course she said yes.

"Everybody was very friendly, but there was no written curriculum – the textbook was it," recalls Sue. "Now we have mentor programs" and other systems to help teachers new to the profession or to Lebanon.

Sue survived and thrived, and grew and changed with the department, as educational theories blew one way and then another. In 1987 she taught a pilot integrated course that blended science and math. Co-taught with a science teacher from a

female friends joined the fire department. She had joined the Grange when she was in high school, for the sociability with a cross-section of her neighbors, and her father was very active in the fire department, which he had helped found. Her mother was the dispatcher, in the days before beepers when the messages were handled by phone. "We [women] drove the trucks, pulled hose, ran pumps – everything but going into burning buildings," recalls Sue. "Then we decided that we really needed an ambulance. The police chief had a station wagon that was used. They'd lay people into the back and drive them to the hospital. We got an old ambulance donated – it was a World War II vehicle – and a

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bunch of us took a first aid course. Soon we realized that was not enough, and we became EMTs. I did that for quite a few years until I met Terry," she says with a smile.

A special point of pride for Sue is the Lebanon NumeRaiders Senior Math Team, which she has coached to great success for 43 years. The teams have accumulated two cases full of trophies – and that's still not enough space: Other trophies and plaques have flooded into other available space. She leaves on a high note: This year she had teams which came in first and third in the Twin State Math League for the year, and the team that she took to the New Hampshire State Meet came in second in their division, the best they've ever placed at the State Meet.

Sue has seen changes over the years. Most recently she finds the evolving use of technology can be a problem as well as a benefit. For example, students are not supposed to use their phones in the classroom; theoretically the teacher confiscates the phone and turns it in to the office. In practice, teachers typically just tell the student to put the phone away. "They cannot remove themselves from the constant contact," says Sue, adding that sometimes it's parents who are interrupting by phone or text. Software allows parents to see their children's grades, and to post notes to teachers, which is helpful to all, but which can put intense pressure on teachers to get grades and comments onto the system fast. Teaching has changed because of tools like graphing calculators, which can provide an auxiliary avenue of insight into a problem. On a darker plane, students can use the internet to find answers to problems and avoid mastering the material, a pointless, but not unknown procedure.

Sue acknowledges that her beloved field of study can be difficult. "Even in calculus class" – where the students are electively pursuing math studies – "some just get it and others struggle," she says. "But if we don't teach them, they can't go on" in fields like physics or engineering. "I tell them, 'You need this if you want to go farther than this class.'" In her decades of teaching, she has given many students the tools to venture much farther. ■

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## GREEN PAGE

# Lebanon Promotes the Power of Solar

Manna Parker

The use of solar power has risen dramatically in the past 5 years in the U.S., with 1 million homes operating on solar as of February 2016. According to the Solar Energy Industries Association, the cost of solar installation continues to fall, and solar technology is becoming more efficient. The opportunities to install solar have never been more plentiful.

Lebanon, New Hampshire is no exception to this rule. Since 2016, over 58 private residences and businesses have applied for solar permits. This would have not been possible however, without Vital Communities Solarize initiative in the Upper Valley, which worked to convince locals to go solar.

The initiative started in 2015 to promote solar energy in 24 towns in the Upper Connecticut River Valley. After two years, the program almost doubled the amount of homes in the area whose owners committed to solar installation with Lebanon alone hosting 42 new solar contracts. Part of the program's success was the federal and state tax credits, as well as discounts and financing offered by the solar companies that volunteered to be a part of the initiative.

According to Sarah Brock, who is the energy program manager at Vital Communities, the reason Vital Communities was so successful was because of the many community members spreading the positive message about solar. In a study done during the Solarize Connecticut program, Brock said researchers discovered the importance of community in promoting solar energy.

"They have found incredible evidence that having people around you, people in your neighborhood who have gone solar, significantly increases the chances that you are going to go solar," said Brock. The wave of people committing to solar in the area created a snowball effect which helped the market for solar in the region grow, even after the Solarize initiative ended.

This positive message compelled another leader in the community to make the investment in solar as well. AVA Gallery and Art Center in Lebanon, New Hampshire finished installing a solar system on their two buildings in 2016 with net zero energy usage. This means that AVA does not pay for any energy from local utilities, solely relying on their solar panels and net metering to receive credit for the energy they give back to the grid. For them, it's really about promoting clean and sustainable energy for the community.

"AVA exists on a three legged stool that's our foundation and one of those legs is environmental stewardship," said Trip Anderson, executive director at AVA. "So it's really a part of AVA's mission to be environmentally responsible and to do everything we can to create green buildings, and solar renewable energy is certainly one of those initiatives we wholly, whole heartedly endorse."

This would not have been possible for the gallery without receiving a rebate from the New Hampshire Public Utilities Commission totaling \$28,000. State

legislation has helped companies and individuals go solar by offering rebates and tax incentives for their investment in clean energy. This large installation for AVA's two buildings that included 140 solar panels, actually bumped Lebanon, New Hampshire into the next tier of funding. "Everybody in the city who had a renewable energy project got an additional amount of funding rebate for participating," said Anderson. This allowed Lebanon, New Hampshire residents to receive a rebate 30 percent of the cost of installation.

Many residents took advantage of the Solarize Lebanon program to achieve their own sustainable energy goals. Liane and Andrew Avery of Lebanon specifically searched for a house which would be able to accommodate their own ground-mounted tracker solar panels. "We were really wanting to be net zero and environmentally friendly, so I knew that the solarize program was coming, and we were actually looking for houses at the time. So, we were trying to pick a house that would have the potential to add solar on purpose," said Liane Avery.

Their solar system benefited by the solarize program as well. They received a federal tax credit and a rebate from the New Hampshire's renewable energy fund. In the future, the Avery's hope to turn further away from energy such as fossil fuels and replace their propane heating system with wood pellet boilers. "It's not perfect but it's much cleaner than oil and then we would try to balance our heat between the heat pumps and the wood pellet boilers," explained Avery. Others took the initiative to invest in clean energy even before the solarize initiative started.

Linda Shirley of Lebanon first bought fifteen solar panels in 2006. "I figured I would start by getting the solar panels that I could afford at that time, and then eventually I could add more solar panels and switch my heating system," said Shirley, which she eventually did in 2016.

Of course, the Solar initiative wouldn't be possible without solar companies such as Energy Emporium, that participated in the solarize initiative, and continue to advocate for renewable energy. Kimberly Quirk, founder and manager of Energy Emporium in Enfield, New Hampshire, has worked to promote sustainable energy both locally, and in the New Hampshire legislature to make solar installation more accessible for many residents.

Although some New Hampshire legislators are actively working to cut down on costs by trying to get rid of the renewable energy fund which gives rebates to participants in solar, The New Hampshire Sustainable Energy Association, which Quirk is a part of, keeps fighting for these rebates to remain in place. "I have for quite a few occasions in the last couple of years, gone down to Concord and wrote up some testimony that says, I am a solar business in New Hampshire and these solar rebates are very important to our customers... So far we've kept it for the past few years," said Quirk. ■



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## SPOTLIGHT ON OUR SPONSORS

### Dartmouth-Hitchcock: Donna Stamper



Donna Stamper is a passionate advocate for mental health resources in the Upper Valley. She works tirelessly as a volunteer with the National Alliance on Mental Illness (NAMI) for 17 years, and has worked with the Lebanon Police Department and other local law enforcement agencies on six Crisis Intervention Team trainings across the region. Although she took a few psychology courses in college, Donna says, "I wasn't involved in the mental health world until I needed it."

Donna and her husband are jewelry makers, and members of the League of New Hampshire Craftsmen. They have two kids, and her daughter was diagnosed with mental illness in college, which is a common time for mental illness to arise. Donna wanted to learn to support her daughter and help her have the best outcome, which is how Donna found NAMI. She went to the support group, and after attending a couple of meetings, the leader was elected to the state legislature. When asked if anyone was interested in taking over as the leader of the support group, Donna enthusiastically volunteered. Donna feels strongly about sharing her experiences and working with others to do the same. "If you keep mental illness a secret, it feeds the stigma. If you're open about it, people will open up and talk."

NAMI New Hampshire is a grassroots organization of and for people of all ages, their families and friends who are affected by mental illness. In the Upper Valley, NAMI has support groups that meet monthly in Lebanon, and is also offering a 12-week Family to Family course in the fall. Both offerings are free of charge. Donna says, "People come to the support group and find that they are not alone. People are able to recover – there is no cure – but there's a light at the end of the tunnel." NAMI also works in New Hampshire to advocate at the state level for science-based practices to promote recovery, and better access to support and community services.

For more information about NAMI in New Hampshire and in the Upper Valley, visit [naminh.org](http://naminh.org) and [uvmentalhealth.org](http://uvmentalhealth.org).

### Ro Wyman, Cabinetry Concepts



"I just really love supporting NCCT [North Country Community Theater] because of the talent. The local talent is amazing and the Teen program brings kids from all over the Upper Valley," said Ro Wyman, owner of Cabinetry Concepts/Surface Solutions. "And, it's not limited to just high school kids. Young kids get involved, too, and will often stay involved through their high school years."

Ro Wyman and her husband, Bill, recently donated a week's stay at their lovely home in Richmond Hill, Georgia, to be raffled off as part of

NCCT's fundraising efforts to benefit their Teen program. The home is actually located at The Ford Plantation (as in Henry Ford – [www.fordplantation.com](http://www.fordplantation.com)). The website describes the incredible amenities the lucky raffle winner will enjoy:

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As the owner of Cabinetry Concepts and Surface Solutions, Ro works with many homeowners from all over the Upper Valley to help people create beautiful spaces in their homes. From the aesthetics of interior design to live theater, Ro clearly loves The Arts and has been a longtime supporter in this realm. By donating her time on the Board of River City Arts (precursor to Northern Stage) and contributing financially to NCCT and many other organizations, Ro continues to demonstrate her love and commitment to the Upper Valley community. ■



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# THE ARTS OF LEBANON

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