



Sant Bani School Notes

Celebrating 36 years

June 2010

www.santbani.org

Calendar of Events

6/2 Move-Up Day

6/2 Jazz Band and 8th
Grade Performances
7 p.m.

6/4 8th Grade Graduation
and reception
K-6 Field Games (8th
Grade assists.)
7th Grade Field Trip
Last day of classes 9-12
All-School Capture the
Flag at 2:15 p.m.

6/7 All-School Beach Day
Last day of school K-8

6/8, 6/9 High School Finals
8th grade trip

6/10 High School Finals
Senior lunch with staff

6/11 High School
Graduation prep 8-12
(Grades 9-11 required.)
Graduation 4 p.m.

6/12 **Auction & Cabaret**
5 p.m.
Alumni Reunion
SBS Board of Trustees
Meeting

6/14-18 Staff Meetings

8/28 Parent Work Day

Senior Service Project Greenstock 2010 Rocks The Middle

by Chapin Evans

Greenstock 2010 was an all-ages event organized by the Sant Bani School Class of 2010, with the aim of bringing the community of central New Hampshire together to create a sustainable and healthy environment. The event was held on Friday, May 14th at the Middle New Hampshire Arts and Entertainment Center located in the historic Franklin Opera House. An open mic was offered to the general public and featured the talent of Betty Wallingford, 16, from Hopkinton High School and Jacob Moss, 16, Amazjah Grant, 18, and Sophia Grogan, 14, from the White Mountain School. The performances ranged from a sweet, melodic piano piece by Wallingford, a Coldplay cover by Moss, powerful poems written by Grant and strong guitar and vocals from Grogan. The evening then moved onto the local bands Raising Anchors, The Yellow Team and East is East. Each act was energy-filled, both by the band and by the small but devoted crowd that lined the front of the

stage in support.

In between each band's performance, a member of a local green organization spoke to the crowd about his or her program and how the community could help. Delaney Carrier, the chair of the Franklin Recycling Committee, spoke about single-stream recycling for Franklin, which will save the city money and make our community more sustainable. Karen Ober, a volunteer at the Sanbornton Food Pantry and Community Garden, reminded us that it is important to remember neighbors and people in the community who don't have enough to eat. Jeff Burns inspired the crowd with simple ways to reduce our carbon footprint. He is a passionate member of the Sanbornton Energy Committee, which led the initiative that is bringing a wood chip energy plant to Winnisquam Regional High School and Middle School this summer. Ruth Bowley spoke on behalf of the Franklin Animal Shelter, which is in dire need of
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Editor Jyoti Demian
Sant Bani School Notes is published monthly during the school year to share news of the school community. We are grateful for contributions from staff, friends and the Parent Committee.

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Middle Building Students Embrace Service

by Todd Schongalla

Middle Building students at Sant Bani School have worked hard to help communities near and far this school year. They enthusiastically tackled a wonderful range of group and individual service projects. Some of the highlights include:

In August, high school students helped sell the school's garlic harvest at local farmers markets.

Seventh and eighth grade students participated in the International Coastal Cleanup for the fifth straight year and gathered fifty pounds of garbage and 1,671 cigarette butts. The ICC is the world's largest single-day volunteer effort to improve the health of the ocean and its wildlife. On a sunny mid-September Friday at Hampton Beach State Park, we managed to gather more trash than any of the other participating school groups.

On the same day the high school traveled to Wellington State Park and cut and removed lots of trees and brush that had grown up in the Triathlon staging area near the moose tracks parking lot. Retiring Park Manager Bill Grout said, "As usual, your students worked very hard and saved the park a lot of time and money."

Jen Schongalla's foreign language classes doubled the garlic project by planting more than 1,000 cloves in October. They also kept the beds weeded and applied worm tea this

spring. [See "Garlic Fiesta" in this issue for more details and how you can help with the harvest this summer.]

In the fall students helped out at the Canterbury Shaker Village Harvest Festival and the White Tiger Karate Haunted Hike.

Almost 500 newborns in Rwanda's Burera district will be protected from hypothermia thanks to a great crew of knitters of all ages. Beginning as an art block, the group expanded organically as more and more people joined the fun of knitting and crocheting the tiny, colorful hats.

In the wake of the devastating earthquakes in Haiti in January, students collected \$1,400 from bake sales and donations to support Partners in Health's critical aid efforts on the ground. In April students and staff eclipsed our previous record by raising \$6,000 in pledges for the Urban Walk for Haiti in Cambridge. Led by Walk for Haiti Organizing Committee member Jen Schongalla, our students played a big role in running this festive event. Over \$45,000 was raised in this year's walk, which will be used to support schools, teachers and students. At press time, our students have raised more than \$19,400 for PIH over the last six years, which shows how our Sant Bani students have stood with local communities all around the world. On June 5th, students will help run the Mooseman

Triathlon and raise more money and awareness about PIH.

After eight months of hoping for visas that never got issued to the Gaden Tsawa Buddhist monks, the senior class changed their Judith Perkins Memorial Senior Service project to organizing the event Greenstock 2010. With great leadership from Tajian de Mello-Folsom and Liana Hardcastle, the seniors did an awesome job of planning and managing all aspects of this successful event in a very short time period. They are giving the \$500 they raised to the Franklin Animal Shelter and Sanbornton Food Pantry and Community Garden. [See "Greenstock Rocks The Middle in Franklin" in this issue for more details.]

Led by spring garden intern Travis Filter of Lesley University and Jen Schongalla, the Earth Support Committee got a lot done. Students expanded composting to food waste generated by the high school and middle school. They also cleared and cleaned up the school's greenhouse. They started lettuce, kale and basil, which students from all grades transplanted into the school's garden under Travis' guidance.

Eighth grade students and staff returned to Camp Wilmot on a rainy day in April to help the camp's staff prepare for the summer season. They stained picnic tables, washed windows and cleaned the kitchen and dining hall from top to bottom.

Students, staff and parents celebrated Earth Day by planting in the school's garden, clearing the cross-country trail and

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picking up trash and recyclables from 25 miles of Sanbornton's roads. Working in mixed-age groups, students gathered enough to fill a dump truck and two pickup trucks.

The sixth grade raised hundreds of dollars through their pizza lunches and Projects Period Parent Café. They are currently deciding which nonprofit organizations they want to support.

Led by Rose Marie Marinace, the Pennies for Peace art block was in the midst of a successful fundraising campaign at press time. They are supporting the Central Asia Institute's programs led by Greg Mortenson to build schools for children in remote areas of Afghanistan and Pakistan. [See "Pennies for Peace Helps Schools in Central Asia" in

this issue for more details.]

Once again the good works of the Stealth Secret Service art block could be seen all over campus, but their identities are a closely guarded secret.

Throughout the year students helped out with school events and fundraisers like the Yard Sale, the Sant Bani Chamber Music Series, the Holiday Catalogue, the citrus sale, the Gilmanton Road Race, the High School Art Opening, the annual Auction and Cabaret, Admissions Open Houses, including the first student-led high school open house in May, and home sporting events.

Students continued to choose great service projects for Projects Period. Some of the organizations helped by our students during Projects Period were the New Hampshire Humane Society, New Hampton

Montessori School, the Waterville Valley Adaptive Ski Program and the Franklin Conservation Commission.

High school students continue to more than meet their fifteen hours per semester individual service requirement in exciting and diverse ways. Many students have made long-term commitments to the people and organizations they serve. They explore career options, gain life skills and make new friends. Their service reports are inspiring. You can see their reflections on service on the bulletin board outside of room 2A in the Middle Building.

My apologies if I left out any sixth through twelfth grade service projects. Congratulations to everyone in the SBS community and especially to our students for serving so many people so enthusiastically this year!

Sant Bani Elementary Students Serve throughout the School Year

by Hillary Pincoske

Service at Sant Bani begins in Kindergarten. Service projects for K-5 this year are below.

The kindergarten visited the Pyareo Home throughout the school year. They raked leaves and built a scarecrow, decorated for the holidays, read stories, sang songs and did watercolor paintings with the residents.

The first grade toured the facility at the New Hampshire Humane Society and did projects to help the animals. They raised \$74.00 at their bake sale and used the money to foster two cats before they were adopted. They also collected items from the Humane Society's wishlist to donate.

The second grade did literacy

activities with Red Oak Montessori School in Franklin. They shared the story of the first Thanksgiving, helped Red Oak students make cards for Valentine's Day and read their Writers Festival books to them. Second graders also read books to the children at the Children's Place in Concord for the Week of the Young Child.

This class also hosted an ice cream social and raised \$128.00 for a local family whose house burned down.

The third and fourth grade did many service activities during their worktime period each week. They planted bulbs in the fall around the school, made puppets for Red Oak

and Piggy Toes Pre-school, raked and worked in the garden in the spring and various other activities as the year went on.

The fifth grade class is always eager to take on the food donations during the holidays. They collected for the Cash and Cans food drive sponsored by Mix 94.1 radio station. The morning DJ's come meet the students and pick up their donations.

The entire school participated in the Empty Bowls dinner event earlier in the year, brought in many donations during the holidays for the Tilton, Northfield, Sanbornton Welfare Dept, and was always eager to help whenever there was a need.

Seniors Make College Choices

Congratulations to Sant Bani School's Class of 2010, which has made its choices of colleges and universities to attend.

Jacqueline Bartz, daughter of Margo Bartz of Franklin, will be attending Sterling College in Craftsbury Common, V.T.

Justine Borceux, daughter of Francoise and Jean-Louis Borceux, is returning to her native Belgium to attend Facultes Universitaires Notre-Dame de la Paix.

Emily Braconier, daughter of Kellie and Karl Braconier of Hebron, will be attending the University of New Hampshire at Durham.

Mira Carey-Hatch, daughter of Brenda Carey of Laconia and Marshall Hatch of Sanbornton, will be attending Bates College in Lewiston, M.E.

Tajian de Mello-Folsom, son of Elaine de Mello and Michael Folsom of Sanbornton, will be attending Loyola Marymount University in Los Angeles.

Chapin Evans, daughter of Joyce and David Evans of Meredith, will be attending College of the Holy Cross in Worcester, M.A.

Liana Hanrahan, daughter of Deb and Steve Hanrahan of Bristol, will be attending Keene State College.

Liana Hardcastle, daughter of Maya and Kenneth Hardcastle of Sanbornton, will be attending University of Puget Sound in Tacoma, W.A.

Enelys Kalmus, daughter of Anita and Endel Kalmus, will be returning to her native Estonia to attend Uppsala Universitete.

Nicholas Lockwood, son of Laurie and Briggs Lockwood of Canterbury, plans to take a year off and then attend University of New Hampshire at Durham.

Quan Tran, son of Tran Hong Nguyen and Nguyen Thi Minh Chau, will be returning to his native Vietnam before attending college in the United States. He has deferred at Bentley College.

Jr. High on Track

by Maya Hardcastle

This spring's Junior High Track athletes are going strong as they head into the last two weeks of the season. All have worked hard to learn new skills, improved technique and try to top their personal records, and it has paid off hugely for every one of them.

Returning eighth graders, Giullia, Javin, Raianna, Harrison, Brooke, Emmy and Cameron, set personal bests in competition and in attitude. Their helpfulness with the rest of the team was a value in many ways for which their coaches are grateful. Kate, also in eighth grade, bravely joined the team this year and held her own as she acquired a lot of new knowledge. These eight shining stars will bring their talent and charm to their high school teams of choice next year.

Up and coming leaders, seventh graders Teresa, Liam G., Sloane and Caroline, will be awesome next year, with Colin, Marshall, Peter and Mohamed helping. These seven seriously spectacular kids have been a coach's dream, having the record for being on time and on task.

Sixth grade athletes Liam C., Callum and Mariah set the pace for their youngest teammates with their enthusiasm, bright smiles, bounciness and speed.

Fifth graders Gretchen, Finn, Brennan and Sam really challenged themselves by training and competing with focus and impressive levelheadedness against giant eighth graders who tower over them! Bravo, Junior High Track 2010!

Summer Projects Help Wanted

by Sam Conkling

Dave Coulter and I will be busy again this summer with several carpentry projects around campus. If you are able to help out during the summer please let me know. We like to have carpentry projects completed by the end of summer, so this can make up for Work Day, and we need all the help we can get. Call me at 387-2378 or e-mail me at sam@santbani.org.

Thanks,
Sam

Plan ahead!
Parent Work Day
is
August 28.

Pennies for Peace Art Block Helps Schools in Central Asia

by Rose Marie Marinace

The students at Sant Bani School have joined hands with tens of thousands of other school children around the world that share the vision and dedication to empower communities through education in remote areas of Pakistan and Afghanistan. Sant Bani School students are embarking on a Pennies for Peace campaign to broaden their cultural horizons and become members of a global family dedicated to peace.

The students joined the Art Block because they heard teacher Rose Marie Marinace read the young readers' edition of *Three Cups of Tea* last fall, and the work of the Central Asia Institute to build schools seemed like something they could help with. Students in the Pennies for Peace Art Block have made canisters to put out, they have contacted local businesses, and have publicized the campaign both within the Sant Bani community, and in the local papers.

Local businesses that (at this printing) have agreed to support Sant Bani's Pennies for Peace campaign with collection canisters include: Constantly Pizza, Tilton; Growing Like a Weed, Tilton; Upper Crust Pizza, Tilton; Piche's Outlet, Belmont; Blue Skies Natural Foods, Bristol; Headlines Salon, Gilford; The Mill Fudge Factory, Bristol; Normandeau Associates, Bedford; Caroline's Closet; Dan's Pharmacy, Franklin; Hiller Orthodontics, Laconia.

How can a penny bring peace? It doesn't buy much in central New Hampshire,

but in the villages of Pakistan and Afghanistan, it can buy a pencil, start an education, and transform a life. In a region where terrorist organizations recruit uneducated, illiterate children, that pencil can empower a child to read, write, and learn. The Pennies for Peace program's goal is to encourage children, who are ultimately our future leaders, to learn the value of philanthropy by collecting pennies for global peace.

Sant Bani School students will have an opportunity to study the cultures of Afghanistan and Pakistan, learn to work and share together in their Pennies for Peace campaign, and come to understand their own capacity as philanthropists – one penny at a time. The pennies that Sant Bani School students collect can add up to make a real difference.

1 penny = a pencil, 2-3 pennies = an eraser, 15 pennies = one notebook, \$20 = one child's school supplies for one year, \$50 = one treadle sewing machine

and supplies, \$100 = maternal healthcare supplies for one year, \$300 = one advanced student's annual scholarship, \$600 = one teacher's annual salary, \$5,000 = support for existing school for one year, \$50,000 = one school building and support for up to five years

Children in over 400 mountain villages in remote northern Pakistan and Afghanistan are on the waiting list, hoping to learn in a new school. Sant Bani School students hope to help build a bridge of peace, one penny at a time, offering alternatives to the cycle of terrorism and war.

About Pennies for Peace

The Pennies for Peace campaign is a program of Central Asia Institute (CAI), founded by Greg Mortenson, author of the #1 *New York Times* bestseller, *Three Cups of Tea*. CAI is a registered 501(c)3 nonprofit organization that promotes and provides community-based education and literacy programs, especially for girls, in remote mountain regions of Central Asia. Founded in 1996, CAI has built, to date, nearly 100 schools in Afghanistan and Pakistan, which serve more than 28,000 students, 14,000 of whom are girls. Greg's story and more information about CAI can be found on the web at www.ikat.org.

To find out more about Sant Bani School's Pennies for Peace campaign, please contact: The Pennies for Peace Art Block, Sant Bani School, 19 Ashram Rd., Sanbornton, NH, 934-4240.

Upcoming Events

Move Up Day June 2

All current students in Kindergarten through seventh grade will spend the morning with the teachers and class they will have next year. All newly accepted students in these grades are invited to attend.

Sant Bani School High School Graduation June 11 at 4 p.m.

Come celebrate the achievements of Sant Bani's Class of 2010 at Graduation. All are welcome to attend. Refreshments will follow the 4 p.m. ceremony on Allen Field

Auction and Cabaret June 12 at 5 p.m.

This Parent Committee-hosted event is a major fundraiser for the Sant Bani Financial Aid Fund and promises great entertainment, food and auction excitement under the tent on Allen Field beginning at 5 p.m.

Parent Committee News

by Emily Galvin

I don't know why I find it so shocking that the end of the year is almost upon us...what a whirlwind of activity it's been for everyone! I hope you've had a wonderful school year! We still have a few more big events coming our way, and from the Parent Committee side of things, our annual Cabaret and Auction is almost here! We'd like to take a moment to thank you all for your lovely donations to the auction and contributions to the class baskets that will be showcased at the live auction on Saturday, June 12th. We would certainly like to encourage you to attend, as well as invite friends and family. This is a wonderful and fun event...from the kids playing in the field to the delicious food (this year with a Mediterranean flair), amazing music and delightful items up for bid. You won't want to miss it! Pop a link to the auction site (on

the SBS website) onto your facebook pages and e-mails to really spread the word far and wide!

The Yard Sale was a great success, and a BIG thank you to all who donated items (and I hope you're enjoying your clean closets as well), and also to those who helped organize the Yard Sale this year. Caryn Krahn-Burke pulled it off (not an easy feat) along with a team of trusty helpers! Thank you to all! The Yard Sale brought in approximately \$1,300 that will benefit the Financial Aid Fund.

At our last Parent Committee meeting we discussed putting together another Family Game Night and we thought it would be fun to hold another one toward the end of the summer to reconnect with friends. Mark your calendars for Saturday, August 14th at 6 p.m. for an

evening of games, treats and lively competition! Everyone should bring a snack or dessert and a favorite family game or two to share. This was an exciting night for all who attended a few months ago, and the requests were many to hold game night on a regular basis. We'll certainly do our best...perhaps once every few months. We're also planning on bringing back the Contra Dance and Potluck Dinner as our "welcome back to school" event, most likely toward the end of September or early October. Many requests have been made to bring it back, so after a bit of a break it's time to revive an old favorite!

Thank you again for all of your support this year, and we sincerely look forward to seeing you at the auction, game night, and when school resumes. Happy summer!

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supplies and funds since it has no running water or bathroom facilities at the moment. The shelter feels an important part of sustainability is caring for wild and domestic animals, which can be done with everyone's help. Mike from Three Rivers Mill Health Hub spoke about the club's plans to bring local, sustainably grown healthy foods to the Franklin area. Members of the audience also enjoyed winning door prizes donated by Real Green Goods, Pachamama, Project 4 Consignment & More, Max Hardcastle Flameworking and Jen Schongalla Yoga.

As the evening closed with popular covers by East is East, the event was deemed a success by the \$500 that was split between the Sanbornton Food Pantry and Franklin Animal Shelter. Although the crowd was small, the atmosphere was electric and each volunteer, band member, open mic artist, guest and member of the Sant Bani School

Class of 2010 was completely immersed in the cause of the event.

In 1999 a donor established an endowment fund to provide \$1,000 each year to be combined with "sweat equity" for senior class service projects. The gift was made in memory of long-time volunteer and friend of the school, Judith Perkins. The donor wrote, "The purpose of the gift is to encourage gaining knowledge about the needs of the local community and deciding which are most worthy of being met in a significant fashion." Over the last decade, students have partnered with the Bridge House, New Hampshire Humane Society, Wellington State Park, Franklin Head Start, Pyareo Home, Gaden Khangtsen Buddhist Monastery, American Friends Service Committee, Salvation Army in Laconia, New Beginnings, the Town of Sanbornton Recreation Department and Franklin Visiting Nurses Association.

Students Lead High School Open House

In an effort to attract new students and increase enrollment in the Sant Bani High School, a number of students from freshmen to seniors collaborated to plan, organize and carry out an Admissions Open House run by and for high schoolers.

With some oversight by the Committee Looking at Enrollment Patterns (CLEP), this enthusiastic group of students planned publicity, including advertising and designing a poster for the event, refreshments for guests as well as the timeline and presenters for the weekday evening event. High schoolers gave students tours and spoke about school life here while faculty presented in their classrooms during tours for parents all the opportunities Sant Bani offers.

The open house was a success and high schoolers plan to run another one in the future.

Help beautify the Sant Bani School campus by donating flowers and plants

To update existing gardens at all buildings, we
are seeking plants that flower during spring and fall
(when school is in session).

Do you have non-invasive plants to donate? If you do, please
speak with Dave Coulter or Todd Schongalla.

Opechee Garden Club Grant Awarded to Sant Bani School Environmental Studies Intern Travis Filter

In the fall of 2008 Sant Bani Environmental Science teacher Todd Schongalla and his students decided to take the classroom to the soil. They reclaimed a fallow plot and planted an organic garlic garden that yielded 500 heads of garlic in August of 2009. The juicy, pungent garlic sold out in a matter of weeks. This school year the crop size was doubled and 1,000 bulbs of garlic are now slowly sending up garlic scapes from the earth in the garden adjacent to the Upper Building, waiting for the cloves to grow in order to be sold later this summer at the school and at local Farmers Markets. A crop of kale was added as well and with the help of the school's intern, the gardens that students walk past every day have become part of their classrooms and playing fields.

Sant Bani School alumnus and Environmental Studies Intern Travis Filter arrived on campus in March to begin a late-winter/early-spring internship under the direction of Susan Dymont, the school's Admissions Director and College Counselor. Susan is a lifelong gardener and was excited to oversee Travis's

course work for Lesley University. Travis has spent his time observing, sharing, and teaching and has been joined in the school's gardens by students from kindergarten through grade twelve to learn the joys and rewards of working the earth.

Travis and Susan enrolled in the UNH Cooperative Extension Master Gardener's course, and each Tuesday through the winter and early spring this gardening duo traveled to Goffstown to hone their skills and broaden their knowledge of gardening. During this period Travis also applied to the Opechee Garden Club for its annual grant from the Evergreen Fund. The fund is earmarked for individuals or not-for-profit organizations that wish to pursue projects or advanced studies to promote educational and/or career building skills within the disciplines of conservation, environment science, forestry, agriculture, horticulture, landscape design or any other area supported by the club with a focus on the environment.

In April Travis was awarded the Opechee Garden Club's grant for \$500. When asked what he

plans to spend the grant on he says, "I hope to buy hand tools sized to fit small children as well as the older students. Markers and small whiteboards will be bought and used to diagram garden plots in the classroom and be carried out to the garden. I also have bought potting soil and shop lighting for grow lights with pulley systems for the school's renovated greenhouse in order to get that back up and running. I want to buy infrastructure to support the school's gardens and educational material for the classrooms."

In short, he has put the grant towards exactly what it was intended for. The assistance the grant will give to enrich the students' knowledge of gardening will pay off both now and far into the future when some of them may begin their own gardens built from the lessons they learned from an inspired intern at the hillside gardens of the Sant Bani School.

Travis showcased his internship for the public on May 17th at the school. He had samplings of his garden for tasting as well as a slide show and information session.

Sant Bani School is now collecting used printer ink cartridges as a Parent Committee fundraiser. Please recycle them at school to aid in this effort!

Sant Bani Freshman Andrew Mahn Shares Rocketry Endeavors

In early May, Sant Bani freshman, Andrew Mahn of Hill, reported to the school at Morning Session on his experiences with rocketry in the Black Rock Desert of Nevada.

Andrew began his competitive engineering work about five years ago with LEGO Robotics. Through that experience he became aware of other types of engineering competitions including rocketry and he was hooked. He has been working with the Team America Rocketry Challenge, which is associated with NASA, with Mark Kibler since then, competing in The Plains, Virginia. After successfully competing there, the team went on to the NASA Student Launch Initiative, the world's largest competition for rocketry headquartered in Huntsville, Alabama. There they were noticed by another organization called ARLISS: A

Rocket Launch for International

It was the ARLISS program which brought Andrew and his team to the Black Rock Desert in Nevada. For that competition the team designed one of the biggest rockets that they've ever made and used. The other rockets were only designed to meet a specific purpose: to carry two eggs safely to an altitude of 750 feet for 45 seconds and to land safely with the eggs intact. This project was much more open-ended. The sky was the limit, so to speak.

For this competition the students had to design a rocket that flew, but what it did while it was there and how high it went was up to them. They decided to use their rocket to study climate change and global warming. The team designed a satellite that would measure concentrations of the most prevalent greenhouse gases in the

atmosphere, water vapor and carbon dioxide. They also had to correlate that with the altitude and the temperature. The experiment would either succeed and work perfectly, or completely fail. However, Mr. Kibler says that working on the project from start to finish is a success all in itself (see video at <http://www.santbanischool.org/news/2010/05/07/rockets-nasa-the-black-rock-desert/>).

This year Andrew worked primarily as the computer programmer for the project. Next year he is the team captain and will have to work as he's done on other projects to coordinate all of the aspects of pulling the experiment together.

The Sant Bani Summer program is excited to offer rocketry workshops both for third and fourth graders and fifth through eighth graders led by Andrew and Mr. Kibler.

Fiesta of Garlic!

by Jen Schongalla

As you may know, the Spanish and French classes planted over 1,000 garlic bulbs last fall. They are growing beautifully and will soon produce delicious and gracefully curving scapes! Once the scapes are harvested, the plants will put all their energy into the bulbs, which should be ready sometime in July.

With students and families away or working summer jobs and the uncertain timing of the harvest, it's unlikely that all of the participating students will be able to make it to Sant Bani to help. It would be super

fun to get a crew together to harvest the garlic and maybe have a potluck to celebrate. The process involves pulling the plants, rinsing them, trimming the stems, gathering them in bunches and hanging them in one of the open barns down near the shop. It's not hard work, but there are 1,000 bulbs, so a group effort is definitely the way to go!

If you are interested in helping with the harvest, contact Susan (susan@santbani.org) or Jen (jen@santbani.org) and we'll contact you as the time

approaches. We think it might be mid-July, but stay tuned.

Also, this year we will be able to sell the garlic at the Sanbornton Farmers Market. If you can man the booth on a Friday evenings from 3:00 to 6:00, contact Susan for details. For groups or individuals, students or parents, this is a great opportunity to help and to get to hang out at the farmers market! For high school students this is a really fun way to do some (or even all) of your fall semester service hours!

St. Petersburg String Quartet Review

by Judy Davidson

Sant Bani students, their guests from the seventh and eighth grades of the Andover and Shaker Road Schools and the larger community were treated to an unusual, mostly Russian program on May 21.

It began with a contemporary piece, Nadarejshvili's Quartet No. 1 (1983), which is a musical reflection of the emotional experience of the Georgian people during the period of Stalinism and World War II. Based on ancient Georgian chants, pseudo-folk songs of the 1930s and an authentic Georgian lament for the dead, this quartet won First Prize at the Young Composers Competition in Moscow in 1987 and won many hearts in the Sant Bani audience. Beethoven's String Quartet Op. 18, No. 6 followed, in an excellent performance incorporating many contrasts in harmony, mood, dynamics and tempos.

After intermission we heard my favorites: "Five Miniatures on Jewish Folk Themes," composed at different points in his life by Tsintsadze (1925-1991), one of Georgia's leading composers, and Arensky's Quartet No. 2. Originally for violin, viola and two cellos, it was here played in an arrangement by the quartet's violist Boris Vayner. Amazingly, the quartet lost none of its dark sonority in transcription. Arensky, who had been encouraged and supported in his career by Tchaikovsky, composed the quartet as a tribute to Tchaikovsky in the months following his mentor's death in 1893. To hear the St. Petersburg Quartet play this homage to Tchaikovsky was priceless.

The students were as attentive and involved an audience as the adults were in the evening performance. Though they got to hear just one movement from each of the pieces, they asked

many intelligent questions. The answers were like snapshots of the life of this extraordinary quartet. We learned that the first violinist and violist had wanted to study piano, but because the places for pianists in the school were full, they became violinists. Likewise the cellist studied the cello because he "had the hands for it." Everyone in Russia studies piano as a second instrument. Four hours of rehearsal every day, even while on tour, are required to play a polished performance such as we heard. And traveling sometimes two hundred or more days a year, as this quartet does, is full of adventures and misadventures.

Susan Dymont, who hosted all the quartet members (and me as well), wonders whether all professional musicians are so personable and delightful to get to know as were the members of the St. Petersburg Quartet. We'd love to have them come again!

Alums Bring Tales of Post-SBS Adventures to Morning Session

During several morning sessions in May two alumni shared what they have done so far after graduation from Sant Bani.

Daimon Meeh, Sant Bani '04 and a recent graduate of UNH, is now in the middle of his masters program in Community Agriculture, Recreation and Resources at Michigan State. He will work as a farm advisor at an incubator farm in North Conway that teaches sustainable agriculture to new farmers who will use it on their own farms, keeping money and jobs in

the local community.

He believes that exposure to agriculture, like students have at Sant Bani, helps people understand what goes into the food that comes off the grocery store shelf. Daimon believes that producing enough food in small-scale agriculture rather than agribusiness is possible.

Becky Houran, '07, now a senior at Smith College, shared with photos and stories her junior year spent in Kyoto, Japan. She detailed the differences she found in everyday life between Japan

and the U.S., from housing size, architectural design, furniture and use of technology to food, dining practices and transportation. She showed castles, temples, bamboo forests, pandas, cherry blossoms, her ski trip to 2002 Olympics site, Nagano; her traditional dance class and many kimonos.

Both Becky and Daimon inspired the audience to follow dreams and these alums perhaps gave current students ideas for their own future paths after graduation.

Kevin Leville of Eat Right America Speaks to Students, Staff and Parents about Making the Right Food Choices

Ask Eat Right America founder Kevin Leville any question about how he started his company and you'll probably hear one amazing story after another. For instance, you could learn how he woke up one day as a major player in the marketing field of the supermarket industry (you know, the creator of those supermarket cards that give discounts but also track exactly who is buying exactly what) and decided he was doing the wrong thing. So he sold his company four years ago and his home, talked to a lot of his connections—influential people in powerful places—and started a company that make him feel good about what he does for a living, delivering a solution to America's healthcare crisis.

Kevin drove to Sant Bani and back, "his favorite audience," from southern Connecticut in one long day in May in which he showed his passion for people, especially children, eating right, or consuming nutritious foods that only benefit them and prevent rather than cause dangerous conditions like childhood and adult obesity, diabetes and more. He gave a different talk and slideshow to three different age groups during the school day, Kindergarten through second grade, fifth and sixth grade and seventh through twelfth grade, tailored to nutrition awareness. He said that the lower grades talk was one of his most challenging to prepare. Finally, he presented to parents and the public at the General Parent Meeting in the evening.

Eat Right America's mission is to provide families with the Motivation, Education, Direction and Support they need to eat right and dramatically improve their health—"the new MEDS." And to help people make the right food choices based on nutritional value Kevin started by hiring scientists, a "dietary dream team," who figured out how to score foods based on nutritional value and developed the Aggregate Nutrient Density Index or ANDI, to create a database of foods. National health food store chain Whole Foods Market now uses the ANDI index in every one of its stores.

Kevin explained that the root of the U.S. healthcare crisis--what Eat Right America is committed

to stopping--is that we are an overfed and undernourished nation. We fill ourselves with too many of the wrong foods. He presented some interesting food for thought about Americans and eating. According to Kevin, 49.3% of our food is consumed on the road, most foods we eat did not exist 100 years ago, the average weight of an American adult has increased 27 lbs in thirty years; and the average teenager weight has increased 12%.

To counteract the effects of such habits and begin to change these frightening statistics, Kevin emphasized that all a healthy diet comes down to is macronutrients--foods that contain calories: fats, carbohydrates and proteins--and micronutrients--foods that do not contain calories: vitamins, minerals and phytochemicals—the more of which you have the better off you'll be. Eat Right America created the term "nutritarian," meaning someone who naturally prefers the most healthy foods, and Kevin believes that for our nation to resolve its growing healthcare problems the public must move toward a more nutritarian way of living. His talks were informative, enlightening, scary at times with the facts presented, but overall, for many students, staff and parents, a call to become more aware of what we put into our bodies in order to live longer and healthier lives. Many will appreciate Kevin's visit every time we consider a food's value and make the informed choice to eat or not to eat it.