

2023-2024 TUCK PARTNER & TINY TUCKIE RESOURCE GUIDE

WELCOME TO THE UPPER VALLEY!

WELCOME!

Tuck Partners are here to provide support and friendship to one another as we take on this new adventure and life at Tuck. Business school is short, but the memories will last a lifetime! We encourage all Tuck Partners (TPs) to get involved in the many opportunities Tuck offers, from top-notch speakers and conferences, to campus organizations, to the great outdoors, to the many Tuck Partners group offerings! Enclosed in this guide are some highlights and resources compiled by fellow TPs to help introduce you to life at Tuck and in the Upper Valley. It is by no means exhaustive, so please reach out if you have questions or need more personalized recommendations! Let us be a resource for you!

2023-2024 TUCK PARTNERS BOARD CO-CHAIRS

Chris Keosian, Curry Schoff, Brian Ellenberger, & Aimee Black,
TP'24's
tpemaillist@gmail.com

Tiny Tuckies is the official Tuck Partners group for students and partners with children, providing support and community for families during their time in Upper Valley. We strive to foster and support our community through inclusive events and activities large and small. We love to celebrate holidays and get together for local field trips, crafts, birthday celebrations, hikes, coffee and playground dates, and more! If you have Tiny Tuckies or are expecting any additions to your family while at business school, please don't hesitate to reach out. We are so excited to get to know you and your families!

2023-2024 TINY TUCKIE CO-CHAIRS

Helen Heneveld and Corrina Prairie, TP'24's
tinytuckiesdartmouth@gmail.com

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T U C K
AT DARTMOUTH



What is the Upper Valley?

The Upper Valley, named after its location on the Connecticut River, refers to the New Hampshire and Vermont towns surrounding Dartmouth and Tuck.

According to Tuck, the Upper Valley is "the heart of a region of spectacular natural beauty and extensive cultural resources. It offers year-round recreational opportunities: the best skiing in the eastern United States, easy access to Atlantic Ocean beaches, and the sophistication of Boston, Montreal, and New York all within a few hours of campus."

EMPLOYMENT

Many area employers are eager to hire Tuck Partners - even knowing it'll be a two-year commitment - because they often come with qualifications that are tough to find in the region. The college and its affiliated medical center, Dartmouth-Hitchcock, are the largest employers in the area.

Dartmouth College has hundreds of positions open and many would be great opportunities for Tuck Partners. While the positions can be competitive, Dartmouth is a great place to work. Many current Tuck Partners work for Dartmouth and would be happy to share their experience. Tuck also recruits class scribes for the academic year. The scribe role is a temporary, part-time position, and many Tuck partners enjoy working as scribes because they're able to engage in the MBA experience themselves.

Lorin Parker is the Executive Director of Talent Management for Tuck (<http://talent.tuck.dartmouth.edu>) and administers hiring for staff positions. If you are a professional or have a specific area of interest please email Lorin (Lorin.E.Parker@tuck.dartmouth.edu) your résumé and she will assist in circulating it with her colleagues on campus and in the greater professional community.



RESOURCES & JOB BOARDS

[Dartmouth College](#)

[Dartmouth-Hitchcock Medical Center](#)

[Indeed.com](#)

[Upper Valley Business Alliance](#)

Please don't hesitate to reach out to the Tuck Partners Co-Chairs with any questions. They are happy to help with your search or connect you with others in a similar field of work.

HOUSING

Many Tuckies, partners, and families live in [Sachem Village](#), Dartmouth's Graduate Student Housing located 2 miles south of Tuck in West Lebanon, NH. Sachem offers a shuttle to campus, playgrounds, tennis & basketball courts, access to over 2000 acres of open space and trails, and a warm, close-knit community. Sachem Village housing options consist of 1-, 2-, and 3-bedroom pet-friendly units in a variety of configurations. Housing in Sachem is done through a lottery and is not guaranteed. We highly recommend researching other housing options in case you are not selected for Sachem.



Those who live outside Sachem often end up in Hanover, NH; Norwich, VT; Lebanon, NH; or White River Junction, VT. Dartmouth Real Estate's [Upper Valley Rental List](#) and [Dartlist](#) is a good place to begin your off-campus housing search. Tuck's MBA Program Office (MBAPO) may also be able to provide guidance.

Now in its second year: [Summit on Juniper](#), just three miles south of Dartmouth's campus is available to all Dartmouth Graduate Students currently enrolled or newly accepted for 2023 -2024 academic year. Summit on Juniper features furnished apartments in Lebanon, NH and provides shuttle services between the Summit and campus. Contact the leasing office for more details.

FAITH & SPIRITUALITY

Dartmouth's [William Jewett Tucker Center](#) for Spiritual and Ethical Life has compiled a [list of congregations and houses of worship in the Upper Valley](#). They also offer on-campus communities, spaces, events, and other spiritual resources for the Dartmouth community.

HEALTHCARE

INSURANCE

If your family needs health insurance while at Tuck, you can choose to enroll under [Dartmouth's Student Health Plan](#) (available for students, spouses, and dependant children) or find another plan through the [Marketplace](#) during the open enrollment/special enrollment periods.

All adults enrolled in the Student Health Plan must receive their primary care at Dartmouth's student health center, [Dick's House](#). This restriction does not apply to children.

PRIMARY CARE

Dartmouth Hitchcock Medical Center (DHMC)

18 Old Etna Road, Lebanon, NH 03766
1 Medical Center Dr, Lebanon, NH 03766
603-650-5000

White River Family Practice

331 Olcott Drive, Suite U3, White River Junction, VT 05001
802-295-6132

Alice Peck Day Memorial Hospital

10 Alice Peck Day Drive, Lebanon, NH 03766
603-446-3122

PEDIATRICIANS

DHMC Family & Pediatric Medicine

18 Old Etna Road, Lebanon, NH 03766
603-650-5000

White River Family Practice

331 Olcott Drive, Suite U3, White River Junction, VT 05001
802-295-6132

Montshire Pediatrics

45 Lyme Rd Ste 105, Hanover NH, 03755
603-643-6700

SPECIALTY PROVIDERS

DHMC

1 Medical Center Dr, Lebanon, NH 03766
603-650-5000

Alice Peck Day Memorial Hospital

10 Alice Peck Day Drive, Lebanon, NH 03766
603-446-3122

Children's Hospital at Dartmouth (CHAD)

1 Medical Center Dr, Lebanon, NH 03766
603-650-5000

MATERNITY CARE

DHMC OBGYN & Midwife Practices

1 Medical Center Dr, Lebanon, NH 03766
603-653-9300

Gentle Landing Birth Center

2 Buck Road Suite C-2, Hanover, NH 03755
603-448-6940

HEALTHCARE

COUNSELING

Dartmouth Counseling Center (*offers 24/7 crisis services for students*)
7 Rope Ferry Road, Hanover, New Hampshire 03755
603-646-9442

Counseling Associates - Upper Valley
2 Buck Road - Suite J, Hanover, NH, 03755
603-865-1321

Hanover Psychiatry
23 South Main Street 2B, Hanover, NH 03755
603-277-9110

DENTISTS

Just Kids Pediatric Dentistry
206 Heater Road Lebanon, NH 03766
303 Route 5 S Suite 2 Unit 11 Norwich VT, 05055
802-649-5210

Hanover Road Dental
367 NH-120 Lebanon, NH 03766
603-643-4362

Lyme Dental
71 Lyme Road Hanover, NH 03755
603-643-3104

Aspen Dental
257 N Plainfield Rd. West Lebanon, NH 03784
603-298-8099

VISION

Hanover Eye Care / White River Family Eye Care
45 Lyme Road, Suite 201, Hanover, NH 03755
587 Hartford Avenue, White River Junction, VT 05001
603-646-2140 / 802-295-4887

ALTERNATIVE MEDICINE

Lu's Acupuncture
79 Hanover Street, Lebanon, NH 03766
603-448-8855

The Acupuncture Works
68 Lyme Road, Hanover, NH 03755
802-748-2020

Hanover Family Chiropractic
68 Lyme Rd, Hanover, NH 03755
(603) 643-2200

Open Door Integrative Wellness
18 North Main Street, White River Junction, VT 05001
802-478-4346



PETS

VETERINARIANS

Hanover Veterinary Clinic (*across the street from Sachem!*)

391 North Main Street, West Lebanon, NH 03784

603-643-3313

River Road Veterinary Clinic

445 Rte 5 N, Norwich, VT 05055

(802) 649-3877

Norwich Regional Animal Hospital

13 Fogg Farm Road, White River Junction, VT 05001

802-296-2273

Stoney Brook Veterinary Hospital

88 Riverside Drive, Lebanon, NH 03766

603-448-4448

Stonecliff Animal Clinic of New Hampshire

227 Mechanic Street, Lebanon, NH 03766

603-448-2611

SAVES - Emergency Veterinary Clinic

63 Evans Drive, Lebanon, NH 03766

603-306-0007

BOARDING

Woodcrest Kennel

32 Sawyer Brook Rd, Orford, NH 03777

(603) 353-4720

Mountainview Pet Resort

153 May St. Canaan, NH 03741

603-632-4401

Jezzie's Place

369 Gristmill Hill Rd. Canaan, NH 03741

603-523-4606

WALKERS, SITTERS & TRAINERS

Sara McKinney

Popular Sachem dog walker & sitter

603-359-0148

*Offers great rate on boarding (pickup/dropoff)

Mink Brook Dog Camp

Olivia@minkbrookdogcamp.com

Sarah Teffner

Private dog trainer & puppy K classes

Paws4_training@yahoo.com

GROOMERS

Affectionate Pet Salon

Lebanon, NH

Clean Paws Grooming

(grooming & self-service baths)

Lebanon, NH

Perfect Fur Salon

Quechee, VT

CHILDCARE & PRESCHOOLS

Many daycares and preschools fill up months in advance, so be sure to contact schools as early as possible and put your name down on several waitlists.

Immersion Montessori (West Lebanon, NH & Norwich, VT)

6 months - 12 years

****Closest school to Sachem, most TT families attend here***

FitKids at the River Valley Club (Lebanon, NH)

Infant-5 years

****Some TT families attend here***

Cradle & Crayon (Hanover, NH)

6 weeks - 6 years

Child Care Center in Norwich (Norwich)

6 weeks - 4 years; after school programs through 6th grade

DHMC Child Care Center (Lebanon, NH)

Available to children of benefits-eligible DHMC employees

6 weeks - 10 years

Dartmouth Child Care Center (Hanover, NH)

Available to children of Dartmouth College faculty & staff

8 weeks - 6 years

Toddler's Morning Out (Hanover, NH)

18 months - 3 years

Upper Valley Waldorf School (Quechee, VT)

2.9 years - 8th grade

Hampshire Cooperative Nursery School (Hanover, NH)

3-6 years

Hanover Nursery School (Hanover)

3-4 years

The Montessori Children's School (Hanover, NH)

3 - 5 years

Montessori Discovery School (Lebanon, NH)

3 - 6 years

Norwich Nursery School (Norwich, NH)

3-5 years

Stoneledge Farm School (East Thetford, VT)

4-6 years; summer program PreK - 2nd grade

Nannies can be found on www.care.com. We are also happy to inquire amongst the current Tuck community for recommendations.

PRIMARY & SECONDARY SCHOOLS

The town where you reside restricts you to certain school districts. Sachem Village, where many Tuck families choose to live, is part of the Lebanon school district.

Hanover, NH / Norwich, VT (Interstate District)

Bernice A. Ray Elementary School (Hanover, NH)
Marion Cross School (Norwich, VT)
Frances C. Richmond Middle School (Hanover, NH)
Hanover High School (Hanover, NH)

Lebanon, NH

Mount Lebanon Elementary School
Hanover Street School
Lebanon Middle School
Lebanon High School

Hartford, VT (Serves Hartford, Quechee, West Hartford, & White River Junction)

White River School (White River Junction, VT)
The Ottaquechee School (Quechee, VT)
Dothan Brook School (Hartford, VT)
Hartford Memorial Middle School (Hartford, VT)
Hartford High School (Hartford, VT)

Private Schools: Several Tuck Partners teach at [Crossroads Academy](#), a K-8 school in Lyme, NH. A comprehensive list of local public and private schools can be found [here](#).

Homeschooling: Cedar Circle farm offers a weekly [Farm Naturalist](#) program for homeschooled children ages 6-11.

LESSONS & EXTRACURRICULAR ACTIVITIES

There are many family-friendly activities available year-round in the Upper Valley. Please let Tiny Tuckies (tinytuckiesdartmouth@gmail.com) know if you are looking for a specific activity and we will do our best to help you find it! A few popular activities are swimming lessons at the [Upper Valley Aquatic Center](#) and gymnastics at [Northern Lights Gymnastics](#).

FAVORITE FAMILY ACTIVITIES

MONTSHIRE MUSEUM

The Montshire is a nationally recognized, hands-on science museum for all ages. With both indoor and outdoor exhibits, along with trails to explore, the Montshire is sure to bring adventure for the entire family.

FARMERS MARKETS

Norwich Farmers Market

Saturday

Lebanon Farmers Market

Thursday

Hanover Farmers Market

Wednesday

All NH Farmers Markets

VINS

Vermont Institute of Natural

Science (VINS) operates New England's premier avian wildlife rehabilitation clinic, providing education programs for children and adults. They offer a live raptor program, dinosaur exhibits, trails, a forest canopy walk, and more!

STORRS POND

Just a few miles from Dartmouth, **Storrs Pond Recreation Area** offers many outdoor activities for individuals and families alike to enjoy. Membership rates are available on request.

HOOD MUSEUM

Dartmouth's **Hood Museum of Art** offers events and programming along with collections encompassing holdings from American, Native American, European, African & Melanesian art.

BILLINGS FARM

Billings Farm & Museum

(formerly the historic Billings estate) offers a hands-on experience and look into what rural life, work and land stewardship looked like throughout the 19th century. Pet the cows and enjoy the farm animals!

RIVERVIEW FARM

A favorite local farm! From apple, berry & flower picking to wagon rides, cider doughnuts, corn mazes, workshops, and more; the family-owned **Riverview Farm** has something for everyone.

LOCAL HIKES

The Upper Valley offers outdoor adventures for all ages and abilities. Some favorite family-friendly hikes include Mink Brook, Boston Lot, Gile Mountain, Balch Hill, and Holt's Ledge. The **Dartmouth Outing Club** is a great resource.

DARTMOUTH SKIWAY

While Tuckies have no shortage of options when it comes to ski areas, you can't beat the convenience of the **Dartmouth Skiway!** Just 25 minutes from Tuck, the college-owned mountain operates 4 lifts serving 22 trails.

RECOMMENDATIONS & RESOURCES

GROCERY STORES

Co-op Food Store

45 S. Park Street
Hanover, NH 03755

12 Centerra Parkway
Lebanon, NH 03766

209 Maple Street
White River Junction, VT 05001

Stern's Produce

83 Pine Street
White River Junction, VT 05001

Norwich Farmer's Market

281 Route 5 South
Norwich, VT 05055

Hannaford

8 Market Street
West Lebanon, NH 03784

Shaw's

10 Benning Street
West Lebanon, NH 03784

Price Chopper

370 Miracle Mile Road
Lebanon, NH 03784

BJ's Wholesale Club

262 N Plainfield Road
West Lebanon, NH 03784

NH Liquor & Wine Outlet

265 Plainfield Road
West Lebanon, 03784

Centerra Parkway
Lebanon, NH 03766

Crossroad Farm Stand

163 US-5
Norwich, VT 05055

FITNESS

River Valley Club

Lebanon, NH
603-643-7720

*Often offers a special rate for Tuckies
Childcare included with membership*

Upper Valley Aquatic Center

White River Junction, VT
802-296-2850

*Great for swim lessons!
Childcare included with membership*

CCBA

Lebanon, NH
603-448-6477

Childcare included with membership

Upper Valley Crossfit

Lebanon, NH
603-643-7720

Anytime Fitness

West Lebanon, NH
603-298-6770

Mighty Yoga

Hanover, NH
603-676-6016

Walking & Running Routes

Hanover, NH

BYUV Yoga & Fitness

White River Junction, VT
802-698-8160

Upper Valley Yoga

White River Junction, VT
802-785-4052

RECOMMENDATIONS & RESOURCES

HAIR SALONS & BARBERS

Christian Roy's Salon

White River Junction, VT
802-295-3900

Scout Hair Design

White River Junction, VT
802-356-8123

RVC Spa, Salon & Barber

Lebanon, NH
603-643-3764

Maven Salon

Hanover, NH
603-643-1244

Walt and Ernie's Barbershop

Hanover, NH
(603) 359-8064

Hanover Haircutters

Hanover, NH
603-643 - 5777

NAILS

Nancy's Nails

West Lebanon, NH
603-790-8178

Nefertiti Nails & Spa

Hanover, NH
603-643-8878

Luxury Nails

Lebanon, NH
603-448-0707

SPAS

The Spa at the Woodstock Inn

Woodstock, VT
802-457-6697

River Valley Club Spa

Lebanon, NH
603-643-3764

ALTERATIONS

Chan Chan's Sewing and Alterations

West Lebanon, NH
802-230-7807

DRY CLEANING

New London Cleaners

Hanover, NH
603-526-6660

The Laundry Spa

Lebanon, NH
603-448-6600

LOCAL NEWS & EVENTS

Valley News

Here in Hanover

Daybreak Upper Valley (daily newsletter)

Upper Valley Business Alliance Calendar

GROUPME

Tuck student and partner groups often communicate using the [GroupMe](#) app. Join our group [Tuck Partners 24.5](#) to stay informed, ask questions, and connect with other partners before your arrival on campus!

DINING OUT

BREAKFAST & COFFEE

Lou's (Hanover) *A Dartmouth staple!*
Lucky's Coffee Garage (Lebanon)
4 Aces Diner (West Lebanon)
Umpleby's Bakery & Café (Hanover)
Dirt Cowboy Café (Hanover)
King Arthur Flour (Norwich)
Still North Books & Bar (Hanover)
Juel Modern Apothecary (White River Junction)

LUNCH & DINNER

Murphy's on the Green (Hanover)
Dunks Bar and Grill (Hanover)
Molly's Restaurant & Bar (Hanover)
Tuk Tuk Thai Cuisine (Hanover)
Latham House Tavern (Lyme)
Worthy Burger (Quechee)
Big Fatty's BBQ (WRJ)
Salt Hill Pub (Lebanon)
Stella's Italian Kitchen & Market (Lyme)
Trailbreak Taps & Tacos (WRJ)
Han Fusion (Hanover)
Base Camp Café (Hanover)
Samurai Soul Food (Fairlee)
Tuckerbox (WRJ)

DATE NIGHT

Pine (Hanover)
Cloudland Farm (Woodstock)
Ariana's Restaurant (Lyme)
The Mill at Simon Pearce (Quechee)
The Norwich Inn (Norwich)
Suna (Sunapee)

ICE CREAM!

Ice Cream Fore-U (Lebanon) *Yes, it is in the Home Depot parking lot!*
Dairy Twirl (Lebanon)
Mac's Maple (Plainfield) *An Upper Valley specialty!*
Scoops (Hanover)

GRAB A DRINK

Murphy's (Hanover)
Molly's (Hanover)
Dunks (Hanover)
Pine (Hanover)
The Woodstock Inn (Woodstock)
Harpoon Brewery (Windsor)