



Dana Bienvenue-Cohen and her family now.



Mascoma Valley Regional High students visited the palace at Versailles.

Photos: Gail Beaufays

Where Are They Now?

Dana Bienvenue-Cohen

By Mary Ofenloch
Andover Service Club

"I remember so many wonderful years, especially my kindergarten teacher, Jo Crisp; the colorful Fourth of July celebration; and working with my mother, Nell Monroe, and the Ladies Auxiliary of the Andover Fire Department. We helped people who lost so much due to a terrible fire." So said Dana Bienvenue-Cohen of her childhood in Andover.

Dana attended Merrimack Valley High School, graduating as class valedictorian in 1989. She received a \$500 Andover Service Club (ASC) Merit Scholarship to attend the University of New Hampshire, where she earned a Bachelor's Degree in Political Science, and a minor in Criminal Justice, with honors.

In 1993, Dana applied for an ASC Continuing Education Scholarship to attend the University of Maine Law School in Portland, which she easily won. Dana was awarded \$1,000 from the general scholarship fund of ASC and \$500 from the Victoria Skeets Scholarship Fund for students who display outstanding motivation.

She graduated with a Juris Doctorate and practiced for a year at a Portland firm. She and a partner later opened a firm – Bienvenue and Fenton – which practiced family and criminal defense law.

When Dana moved to Colorado, where she was not licensed to practice law, she worked in a firm as Senior Paralegal/Assistant to the managing partner. In 1999, she moved to telecommunications firm AT&T. She married, became pregnant, and gave birth to triplets in August, 2001. When her then-husband, a member of the Air Force, was deployed for a year after 9/11, Dana literally became a "single parent." As do so many military families, Dana and her family moved often from East Coast to West Coast, base to base, for the next five years.

Dana said, "Because of the three ba-

bies, it was difficult for me to find work outside the home. I was able to use my legal experience to procure a position with Alderson Reporting Company based in Washington, DC, which produces transcripts for the US Senate, Supreme Court, other federal government entities, and private clients. "I worked from home and raised my family for the next 10 years."

In 2006, Dana re-married, had her fourth child in 2007, and her fifth and final child in 2009. She now added medical transcription to her at-home work with Alderson Reporting.

After her last child was born, Dana found herself 80 pounds overweight, so



Dana Bienvenue-Cohen then.

she became involved in a home fitness company called Beachbody, becoming a coach in 2010. Her business has expanded to include a host of health, wellness, weight loss, and fitness solutions. As a personal trainer, she now helps stay-at-home and working moms to improve their lives and health through lifelong habits of exercise, proper nutrition, and weight management.

"Although this is a bit far afield of my education, training, and plans to practice law," Dana continued, "the obesity epidemic is a problem in our country." She says her goal is "to teach her children an entrepreneurial spirit by model-

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April In Paris: Gail Beaufays Connects New Hampshire To Paris

By Myra Mayman
For the Beacon

You never know who's cooking up what in our small towns. Gail Beaufays, co-proprietor (with her husband,

ten of her Mascoma juniors and seniors flew to Paris and were met at the airport by the French teachers. They took the light rail and subway to Antony, four stops outside of the city. During



Preparing for the fundraiser dinner and silent auction for 85 people.

Pecco) of the Highland Lake Inn in East Andover, leads a life of international scope, and through individual ingenuity and enterprise she's sharing it with others.

In her fifth year as the French teacher at the Mascoma Valley Regional High School (MVRHS) in Canaan, she started a biannual exchange program two years ago with a French high school, The Institution Ste. Marie in Antony, France, just outside of Paris.

A veteran of 37 years of teaching French, she formerly taught at the Masters School in Dobbs Ferry, New York, where she coordinated exchange programs to France at the Dalton School in Manhattan, the Walnut Hill School of the Performing Arts in Natick, Massachusetts, and the German School in New York – in addition to teaching English in Paris.

She made contact with the Institution Ste. Marie through friends she'd made when living in France in 1975. Their children attended that school and stayed with Gail one summer.

This year, from March 22 to April 1,

the week they attended classes and hit the highlights of Paris sights, including Notre Dame Cathedral, museums, the Eiffel Tower, and the Latin Quarter. Their itinerary included a boat tour on the Seine River and a walk from the Arc de Triomphe to the Louvre Museum. She makes them walk a lot.

In preparation, each student was assigned to research one of the monuments or museums and make a presentation about

it to the group. They each kept a daily journal in French. At night they had dinner with their host families.



This group of French high school students visited MVRHS and other New England highlights.

This trip followed upon the visit of French kids last October who came to stay with students from MVRHS. They attended classes at the high school and followed an itinerary, which Gail devised, to Vermont's Shelburne Museum, the Teddy Bear Factory, Ben and Jerry's Ice Cream, Dartmouth's Hood Art Museum and Orosco mu-

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