

Ongoing Classes, Coffee and Quilting at The Andover Hub

A variety of classes and activities available

Susan Chase

Fitness activities, drop-in "Coffee at The Hub," and an informal quilting group are off to a strong start at The Andover Hub this fall. The continuing Bone Builders class attracts 12 to 15 people every Tuesday and Thursday, 9-10 A.M., is free of charge and is always open to new participants. A new four-week Tai Chi series will start on Saturday, November 4, 9-10 A.M. and is open to anyone interested in exploring this ancient martial art, now practiced primarily to enhance strength and balance. Taught by Marcia Wyman, the fee is \$30/series or \$8/session and drop-ins are welcome.

Those interested in joining the ongoing yoga classes are welcome to do so, but are asked to contact the teachers first to make sure there is room in any class. Yoga is offered Mondays and Fridays, tact Kathy Ordway, 735-5618.

8:15-9:30 A.M., \$15/session, taught by Coleen Vaughn at coleenvaughn@gmail.com, and on Thursdays, 6:00-7:15 P.M., \$15/session, taught by Kirsten Nesbitt

at kristengnesbitt52@gmail.com. A yoga workshop, Happy Hips, also taught by Kristen, will be offered on Sunday, November 5, from 10 A.M. to noon, focusing on breathing practices to relieve stress and tension, hip openers and a sequence of postures that can be practiced at home; the fee is \$35. To register and for more information, contact www.backroadsyoga.com.

Coffee at The Hub offers a free cup of coffee and conversation from 8:30 to 11 A.M. every Tuesday and Thursday. The quilting (and other crafts) group will meet next on Wednesday, November 1 and alternate Wednesdays after that, beginning at 9 A.M., and welcomes anyone wanting to work on a project while socializing; for information, contact Kathy Ordway, 735-5618.



The Andover Hub, as captured via Cowdrey's Andover Design & Drafting Service.
Photo: Larry Chase

Design & Drafting Service Opens Doors in Andover

Larry Chase

In addition to his continuing work as a pork and beef producer, maple syrup maker and winter sleighride guide through his 18-acre woodlot at Ragged View Farm, Andover resident Mark Cowdrey is (hopefully) expanding his revenue stream by offering his Andover Design and Drafting Service (ADDS): same address, same phone number, but an entirely different clientele. This enterprise builds on Mark's long history as a carpenter, builder, draftsman and designer.

From his farmhouse on Bradley Lake Road, he's marketing (in a low-key way) his services to local builders, architects and property-owners, using a suite of state-of-the-art computer-aided design tools to produce detailed, three-dimensional drawings of any kind of building project: complete structures, additions, remodeling, and more. The

drawings can reflect the sites on which the designed object will be located, and can be manipulated on a computer screen so the client can view the project from any angle, both inside and out.

Why would local builders, architects and their clients want to use Cowdrey's services? He responds: "It's been my experience that when you visualize a project in three dimensions, and from different perspectives, you can identify potential problems and creative solutions, solving them on paper (or on the computer) before the building begins. Sometimes the best solution is obvious from the start, sometimes it's not. In other words, these drawings help to get it right the first time."

When Cowdrey mentions his experience, he's referring to two-plus decades working with builders and architectural firms in Massachusetts and New Hampshire, and to his master's degree in architectural design from the University of Massachusetts. He moved to Andover in early 1999, not long after his wife Lea began teaching nursing at Colby-Sawyer College. He worked until 2009 with Sherr and White Residential Architects, of New London.

Recent projects have included helping a Wilmot family add a master bath, designing a living space over the garage of a New London home, and a volunteer effort to depict in detail the interior and exterior of Andover's old town hall, now known as The Andover Hub, at 157 Main Street. That effort, shown in the photo, is helping The Hub's new occupants try to identify the best arrangement of interior space to meet a variety of community needs.

For more information, contact Cowdrey at 603-724-7511 or adds-mark@usa.net

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