

KEEPING IT PERSONAL: HOW SMALL BUSINESSES AND SMALL TOWNS TAKE CARE OF EACH OTHER

Entrepreneurship Article #2

Wendy Gibbons

It's been a good summer for the blueberries at Blue Feather Farm, as well as for the catbirds that like to eat them. When we catch birds in our mist nets on Sunday mornings, their poop often stains the bags purple with berry juice. Catbirds know how to make good use of local resources, and they let us know when we are trespassing on their patch. So do the blue jays, waxwings and scarlet tanagers. Making a living as a bird means sticking up for yourself in a world that often doesn't have much time for slackers. Enterprising critters, they have found food, built nests, incubated eggs, scolded the neighbors and generally made themselves at home.

For the current human residents of the Farm (full disclosure—that's me and my husband, Dan Wenny), our second season of selling blueberries and Christmas trees has softened some of the edgy anxiety of making a living at least in part by owning our own business. In its stead, we feel

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Bookless Library

Gwen Mason Callahan

Antrim reminds me of the little Appalachian town where I grew up. The very moment we came into Antrim and saw Edmunds, I felt like this was going to be the place we had been looking for. "What a beautiful little hamlet, hon. Reminds me of home. Do you see it?" I asked my husband.

I see it in the main street. As I think of my grandad and my great-grandfather's market, selling so many different things—all sorts of things, a wide variety of necessities for a small town and for the people of the community. I am sure my gran and great-gran would have agreed whole-heartedly. I think someone coined this saying, just for Edmunds and my grandfather: "If they don't sell it, you probably don't need it." The fine old wooden floors have a smell and a sound of creaks in this special, well-worn history of the town. I see it in the barber shop and beauty shop. I see it in the library. I feel it in the churches. I see amazing vistas—the lake, the sound of the loons, the care and warmth of the churches. But mostly I see it in the people who live here, in each character we have met—the senior people who

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Erin Pils-Martin (AES PTO), Mary O'Connell and Linda Morehouse serve children at the Lions Club BBQ at AES Field Day.

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On Saturday, crafters line up on Main Street. The parade will be better

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— SUBMISSIONS —

The Limrik welcomes submissions of articles, drawings, photographs, news and calendar items by, for and about the people of Antrim. Submission deadlines are February 10, May 10, August 10, and November 10. Submissions should be no more than 1500 words in length and should be submitted in digital form as a Microsoft Word-compatible document attached to an email. Submissions should be sent by email to Joan Gorga at: editor@antrimlimrik.org. Call 603-588-2569 for more information or to discuss ideas.

— LETTERS TO THE EDITOR —

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Home & Harvest Festival continued from page 1

than ever, as we will be joined by the Corvette Club and antique cars. The cars will also be on display next to Trends of Fashion for all to see from 12–2 p.m. The GIANT CLIMBING WALL is back, along with bouncy houses. All our fun and games are FREE. Again, check out the schedule.

Saturday night shifts to Tenney Farm, with the BBQ by the Antrim–Bennington Lions Club and a free concert by Endless Skies Band. Then fireworks by Atlas start at 8 p.m. There will be a bus pick-up starting at 5 p.m., stopping at Town Hall, Antrim Village and Antrim Elementary School. The bus will continue making pick-ups and drop-offs between 5 and 8:30 p.m.

As always, we would love to have more crafters and floats in the parade to show our town spirit. Thanks to all our volunteers who make our festival a great event.

Any questions, see Rick Davis or call 603–464–9915. ♦

Remaining Antrim Historical Society Programs for 2025

Bill Nichols

Loverens Mill—Walk 'n Talk, Sunday, September 14, 1:00 p.m. Join George Caughey and Bill Nichols as they take you on a guided walk of the Loverens Mill area and learn about the families and businesses that began here in 1798. George will also share his knowledge of the flora and fauna, including the famed Cedar Swamp. Meet at Town Hall to carpool at 12:30. Limited parking at the trailhead.

Thirteen Days in October: The Untold Cuban Missile Crisis Story, Saturday, October 25, 3:00 p.m., at the Presbyterian Church. The Antrim Historical Society will host author Michael Tougias to discuss his book *Above & Beyond: John F. Kennedy and America's Most Dangerous Cold War Spy Mission*. The book, co-authored with Casey Sherman, highlights how President Kennedy's strategic wisdom and the U–2 spy program, particularly the unarmed flights over Cuba, were critical to averting a nuclear crisis.

Sunday, November 16, 3:00 p.m.—TBD ♦

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Selectboard Report

Bob Edwards, Selectman

Since Town Meeting 2025, the Selectboard has undertaken several initiatives as part of the Town's on-going municipal infrastructure improvement program.

- The replacement of our **High Street Bridge** is well underway after many months of planning and preparation. It is expected to be completed by December 2025. Thank you for your patience, and it should serve us well for the next 100-plus years.
- Please remember that attaching **advertising postings** on public utility poles is prohibited and they will be removed.
- The **Antrim Garden Club** has been making our downtown very attractive with new planters and beautiful flowers. The Selectboard appreciates all their hard work and efforts demonstrating Antrim's Hometown Pride!
- Our **Public Works Department** is continuously assessing our town road conditions and prioritizing their work schedule to address and schedule repair work resulting from severe weather events that seem to be becoming more prevalent each year. Thanks again for your patience and please notify our Public Works Department at 603-588-2611, if you identify a condition that needs immediate attention.
- The individual departments are currently preparing their **annual budgets** for 2026. The Capital Improvement Plan (CIP) Committee is currently working with department heads to help assess their capital expenditure needs, typically presented in warrant article form at our March 2026 Town Meeting. Much care and thoughtful analysis is involved with budget and warrant article preparation between September and January, with the results to be presented to the public at our February 2026 Budget Hearing.
- **Tax Increment Finance** Committee (TIFC) Administrator Darby Wilson and the committee have reviewed all properties located within the Development District to ensure that property and assessment values are accurate. The results will be inserted into the Department of Revenue Administration's (DRA) MS-1 Form to determine what assessed values and tax dollars may be captured and retained to fund improvements within the Development

District. The Committee is working on its Development Plan that will be presented in warrant article form at our Town Meeting in 2026.

- **Town Hall restoration** and repairs have been completed in the second-floor meeting hall, and more work is being scheduled to cure problems with its HVAC system. Additional work on the building is being discussed for 2026, under the town's Stewardship Plan for the Town Hall and other town-owned buildings, as well.
- The **Gregg Lake Dam repair** initiative awaits final approval from state regulatory agencies but is anticipated to begin this fall with completion expected in the spring of 2026. The lake will be drawn down and a public information meeting will be held fifteen days prior to keep residents and lake property owners informed. Project inquiry may be made through Town Administrator Scott Lester at 603-588-6785, ext. 221.

The Selectboard is always grateful for its wonderful employees, volunteers and residents for their constructive contributions to our great community. Antrim has a full fall agenda with so many wonderful events planned. Be sure to be involved and participate, as the results are so rewarding!



Antrim Police Department

Chief John Blake

The Antrim Police Department is excited to share two significant developments that mark an important step forward for public safety in our community.

At the end of August, the department is expected to take possession of our first patrol/narcotics dog, Dexter, a Dutch Shepherd. Dexter will live with Officer Ned Girard, who was selected as the department's first K9 handler. The pair will begin a 14-week training program in September and an 11-week training program in the Spring of 2026, where they will learn to work together as a highly effective team specializing in patrol operations and narcotics detection. Once training is complete, Dexter will become a valuable tool in the department's mission to protect and serve, assisting in searches, tracking and drug interdiction efforts.

In addition to the launch of the K9 program, the Antrim Police Department will also be making a historic operational change. Beginning in September, the department will transition to a 24/7 coverage model for the first time in its history. This change means there will be an officer on duty at all times, ensuring continuous police presence and faster response times to calls for service, day or night. The shift adjustment reflects the department's commitment to meeting the evolving needs of the community while supporting officer wellness and operational efficiency.

We are excited for the positive impact these changes will have on public safety in Antrim and residents can look forward to meeting Dexter and learning more about the K9 program at upcoming community events. ◆

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excitement about getting to know new customers, finding more places to market our products, and envisioning ways to make our work more sustainable. The dreamy first year has passed, and we are well on our way (hopefully) towards a more practical approach to planning and maybe even a little prioritizing. As with any new enterprise, we don't know how long it will last, so we keep just putting one foot in front of the other and trying our best to find a path that will lead us in a forward direction.

In this, my second article about entrepreneurship in Antrim, I sought out guidance from a few local small business owners. What might a new enterprise such as our little venture need to know or expect to encounter as it matures into a stable feature of our lives and the lives of Antrim residents? From my first article, I knew we should expect to work hard, be flexible, and find good resources, but what does entrepreneurship look like once the adrenaline wears off and overthinking every decision becomes impractical? How does running a small business feel after a few decades? Looking back on how they got started in business, three business owners reflected on their challenges and what keeps them going.

My first interviewee was Sam Harding, of Harding Plumbing and Heating. Harding, who grew up in Antrim, started his business in 1987 after his boss, the town's previous plumber, "just handed everything over to me." Such a straightforward business launch might seem enviable except for the fact that Harding now describes his job as a 24/7 "lifestyle that I kind of fell into sideways" after finishing college. Plumbing was "one of the few jobs available," he said.

Everyone needs a plumber sooner or later, and when sooner happens in the middle of the night and involves cascading water, Harding is usually the one who answers the call. "Plumbing disasters don't differentiate," he notes ruefully. Being both self-employed and in a service business makes Harding's work incredibly time consuming, he said. On the other hand, even when the national economy cycles downwards, his business has always stayed stable.

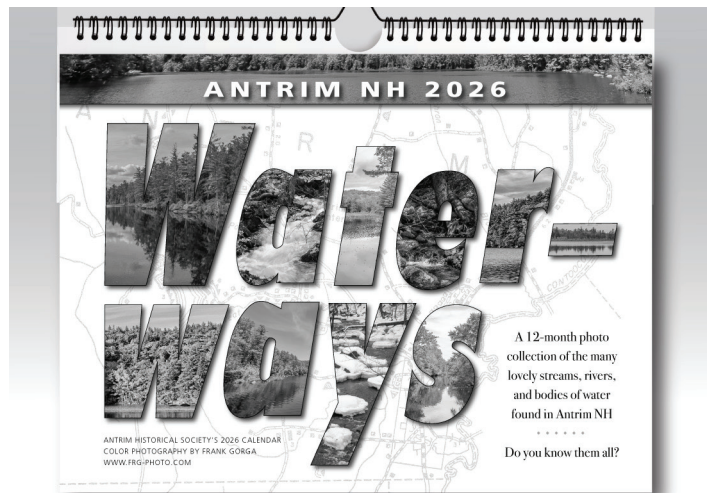
Finding steady local employees has been Harding's biggest difficulty, he said. At times he has employed as many as six people working "in the field" plus two in the office.

Some individuals have stayed with him for as long as nineteen years and others for as short as a day, Harding said.

Attracting and retaining workers has also been a challenge for David Boulé, owner of Antrim Lumber Company. Boulé has even had new hires quit "by text," he admits with a sense of disbelief. This even though at least three co-workers stayed for over thirty years, (one of whom continues to help him with the business), and he takes pride in always having provided his employees with retirement and health benefits.

Like Harding, opportunity came knocking early for Antrim native Boulé when the previous owner of Antrim Lumber, Andrew Lane, hired him as a young twenty-something in 1978. Just five years later, in 1983, Boulé bought the business from Lane, allowing him to work at something he truly enjoyed for the following forty-two years. The pride he has taken in providing high quality wood at reasonable prices has helped him develop strong relationships in Antrim and the surrounding towns. Maintaining low overhead costs and staying small has meant working long hours, but Boulé values getting to be his own boss, working from home and making his own decisions. "If we were bigger, we'd have to pay for sales help and do more advertising to keep competitive," he said.

Over all these years, business has remained steady, Boulé said, with moderate growth even during the 2008 housing crash. "There might be ten restaurants around, but there's



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only one place to buy lumber,” Boulé said. “We must be doing something right!”

Unlike Boulé and Harding, Chris Johnson, owner of Balanced Bookkeeping in Antrim, previously of Greenfield and Peterborough, worked in the Milford corporate accounting world before starting her bookkeeping and accounting business from scratch in 1989 when she needed a way to be at home more with her young daughter. People might think that running a business means you can “make your own hours,” but it doesn’t work that way, Johnson said, laughing about her perennially busy schedule.

“It’s important to love what you’re doing. If you don’t, you won’t be able to keep doing it!” Johnson emphasized. Johnson’s passion for animals led her to add a dog services business, Under One Woof, in January 2006, initially offering training (her passion) and doggie daycare, then adding grooming and finally a pet food club. She closed the doggie daycare in late October of 2021 due mainly to a lack of good help. “Finding good help is the biggest challenge,” she said, echoing the concerns of Harding and Boulé. Her canine clients are live creatures who rely on people to care for them, which narrows down the employee pool substantially. And being a small business, if an employee missed a day of work, it often fell on Johnson to do their job as well as her own.

Johnson has found that staying flexible is key to her success. While she loved providing doggie daycare, the extra work of maintaining the outdoor space for the dogs to play, especially in the winter with snow and ice, or in the spring when melting turned grassy areas into mud, made it a challenge. Johnson admits to feeling “overloaded” for a few years, but she also didn’t want her employees to be affected if she downsized her business, and so she kept the daycare in place until after several employees left for other jobs or moved away. Grooming has continued with her longtime groomer extraordinaire (ask any of her clients!), Katie Davis, and grooming assistant/daughter Kelly Johnson, and Chris continues to run the pet food club. Training closed down as of May of 2023 when the training space was needed for personal use. Balanced Bookkeeping Services has continued since its start in 1989, though currently not taking new clients, and helped support Under One Woof through its early growing years.

Like Boulé and Harding, Johnson never really thought about her business in terms of making huge amounts of money, but rather focused on doing things she loved and developing good relationships with her customers. “I have always had a waiting list,” she said. “I could take on more clients, but I always limited my numbers because my goal has always been to maintain as stress-free an environment as possible for the dogs.” Though having more dogs would allow her to earn a lot more money, staying small allows her to offer a quality of service. Keeping prices reasonable has always been a goal in helping to support the human clients.

Johnson’s “brightest spots” have been the connections with people, their dogs and her employees. She feels that personal relationships are a missing link for many businesses now, especially in larger urban areas. In a small town, on the other hand, owners can get to know their clientele and attract customers by word of mouth based on having a good reputation. “Then they will support you,” Johnson said. In Antrim, for example, people are devoted to Edmunds Ace Hardware because “they are there for their customers.”

Johnson describes relationships with the Antrim community as “a give and take,” that requires careful balancing. After thirty-six years, Johnson said she has had some clients for so long they “feel like family!” Both Harding and Boulé also emphasize their community connections. “I like the small town; I like knowing people,” Harding said. “My customers trust me, and I feel I need to honor that trust.”

Back here at Blue Feather Farm, I mull over how to build strong relationships, nurture happy customers, train long-term employees, and be part of a sustainable community. Because we are a farm, I know our business interacts with the ecosystems on our land in addition to the human communities that make use of our crops. Our customers who split their blueberries with us 50/50 also function as employees. When I train a new volunteer in bird banding, I am investing in that person’s future connections to wildlife. If I am going to put down tarps to stop invasive species or mow to remove weeds, I need to balance those needs with the needs of the critters that rely on those plants. Poison ivy produces berries that feed birds, but it also can scare away human customers. Weighing all of these needs with care, including my own, seems like a worthwhile endeavor. ♦



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have a story they share; town workers, policemen, post office workers, construction workers, and so many I cannot even name. We have made friends with many townfolk. And many of them have helped us out whenever we've had a need or a request of where we should call or look for help. We feel blessed. Those friends I mention know who they are so I will not try and name names. Thank you all. Hope you will enjoy this little story based on my old hometown (name changed), which Antrim reminds me of so much:

Deep in a holler in one of the poorest areas of the Blue Ridge Mountains sits a little hamlet known as "Gravel Switch." There is but one main street. A young girl named Ruby in overalls and pigtails chants as she skips rope down the wooden sidewalk, passing well-known structures.

"Step on a crack, clickety clack, clickety clack.

Uncle Jake's Store, food galore, clickety clack, clickety clack.

Dr. Lee's Drug Emporium, feeling sick? Clickety clack, clickety clack.

Preacher Wallace's Barber Shop, Daddy is in the chair. Clickety clack, clickety clack.

Funeral Parlor, sh sh sh, don't raise the dead. Clickety clack, clickety clack.

Bookless library, never opened; closed and sad. Clickety clack, clickety clack.

Gravel Switch Post Office—did we hear from her yet? Clickety clack, clickety clack."

Alma, the postmistress smiles. "Go open your box, Rubekins. You'll see."

Ruby rushes to mailbox #2 and sings the combination. "Two to four around the dial and back again to seven." Click; she turns the knob, and wa-la, there it is. She grabs the letter and holds it close to her heart, as she grins from ear to ear shouting out to Alma, "It's from my most favorite person in all the world, except for my mother and maybe you, 'cause you brought it to me." Alma laughs and waves.

Ruby does not skip rope home. She runs up the stairs of her house and across the porch and lets the screen door close with a snap. "Mamma, it's here. Look—it's from her, ain't it? She is my most favorite woman in all the world, except for you. She wrote us back! You open it and read what it says."

"I will, Ruby, but do not expect too much."

Dear Town of Gravel Switch and Ruby,

I received your letter and was so touched to hear that the man who built this library for your town did not have time to finish his courageous work. Your father was a most benevolent and generous man and his name will always be part of your town's history.

You said in your letter that it was a "cheerful mournful time for you and your mother." I must say I was a little confused by that choice of words, until you explained how the entire town felt the same way, too. How you, your mother and your town chose to be cheerful because he would no longer be in pain, and yet mournful because he would be missed.

Your letter sparked inspiration. I am writing a new song. I have gathered my team and we'll be shipping all the books to fill your bookless library; not only for now but for as long as you would like or have need. I have made my schedule ready to have a visit with you and your mother and your little town. Arrangements have been made with a blacksmith to make a sign "The Guinn Luther Free Library." It will be made of bronze and stand above the new, beautiful glass doors, which will also be installed. His name will never be forgotten, dear Ruby. You, your mother and your townfolk can be proud of that!

Thank you for the gift of your compassionate and beautiful letter. I will sing you the song inspired by your story. Looking forward to meeting you soon.

With my love and adoration,

Dolly



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ConVal School Board

Kat Foecking

When I was elected to the School Board in March, I was assigned to work on the Policy Committee and the Communications Committee. I have been working hard to catch myself up in both of these areas particularly, as well as the other topics that come before me as a School Board member. I will use this opportunity to give you updates from the two committees.

Policy Committee

One of the most important responsibilities of a New Hampshire school board is to set the policies that govern the procedures and actions of a school district. Many policies are written and enacted to ensure the district is in compliance with NH laws. Twice a year, in the fall and spring, the NH School Board Association (NHSBA) releases policy updates that are in response to mandates set forth by the NH Legislature, as well as training requirements and legal dissemination requirements. These updates are usually quite hefty, and this year there was even a special Summer Update to provide some guidance on policies that need to be included in district school handbooks as a result of recently passed legislation. Two new policies that we worked on were AB: New Hampshire Parental Bill of Rights and EHAG: Use of Generative Artificial Intelligence, as well as a complete overhaul of JICJ: Unauthorized Communication Devices. All of the ConVal School District's policies are on our website: schoolboard.conval.edu.

Communications Committee

The mission of the Communication Committee is to provide the ConVal communities with information on the activities of the School Board, important district initiatives, events and activities. The committee provides regular updates through the web, as well as special communications to provide constituents with information on the annual budget and other important district initiatives.

The revision of policy JICJ is a result of a bill that Governor Ayotte signed into law banning the use of personal communication devices by students throughout the school day. The Communications Committee felt this policy is an important one about which we should have open discussion. To that end, on August 13, the School Board held a

Community Forum specifically to discuss policy JICJ. The District was very fortunate that a group of staff members from ConVal High School had already been discussing the implementation of these changes even before the law was enacted. This gave the District a jumpstart on developing a procedure that will both comply with the law and support the students through this transition.

The committee is also working to continue to communicate on the recent ruling by the NH Supreme Court upholding the finding that base adequacy funding is unconstitutionally low. For too long, these essential costs have been shifted onto local property taxpayers, placing an especially heavy burden on communities with lower than average property values. The Court's decision moves us closer to a system where the State, not local taxpayers, meets its constitutional responsibility to fund public education [excerpt from Statement from the School Board on the NH Supreme Court's ConVal v. State Decision 28 Jul].

On May 3, 2025, Frankestown held a Special Town Meeting and voted to petition the ConVal School District to study the feasibility and suitability of Frankestown's withdrawal. The Withdrawal Study Committee, having already formed to study the case of Temple's withdrawal, has now additionally taken up Frankestown's study. The committee consists of one school board member from each of the nine ConVal towns and one Select Board member from each of the nine ConVal towns. The makeup of the committee is dictated by state statute (RSA 195:25). [Excerpt from Withdrawal Study Committee (Frankestown): Process and Timeline]



Use this QR code to read the whole statement on the court decision.



Use this QR code to read the whole statement on the withdrawal study.

If you have any questions or would like more information, please feel free to contact me: kafoecking@conval.edu or 603-831-6721. ♦

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Linda Bundy

In lieu of our usual meeting in July, a couple of our members attended the 24th Annual Intertribal Powwow at the Mt. Kearsarge Indian Museum in Warner on July 12th. The program provided a wealth of information about drum and dance styles, the roles of key participants, and powwow etiquette for visitors. One leader in the Grand Entry into the dance arbor was the Head Veteran, Lori Archiquette, a member of the Native American Women Warriors Association. As a group, Native Americans enlist at a higher level in the armed services than any other. The powwow was an intense visual and auditory experience. The traditional clothing, or regalia, formed an array of brilliant colors displaying intricate workmanship in a variety of materials. Dancers of different tribes moved together within the dance arbor to the beat of the drums and music of voices. The drum is from two to three feet in diameter, and eight or more men sit around it, using drumsticks with leather heads and singing. Sometimes women stand around the drum circle and sing. The drumbeats and vocals, along with the motion of the dancers, had a calming, meditative effect. We went with open minds and curiosity and came away with new knowledge and respect. There will be an encore powwow at the museum on Saturday, September 13th, from 10 a.m. until 4 p.m.

We felt the powwow provided an experience with connections to our current book selection, *Becoming Kin: An Indigenous Call to Unforgetting the Past and Reimagining Our Future* by Patty Krawec. A theme we've encountered in some of our previous books is the idea of "re-membering," discovering the history we didn't learn in school. Likewise, Patty Krawec writes about unforgetting. That is, unforgetting the things we used to know. Unforgetting our histories and the relationships they contain. The Europeans who came to North America believed they discovered a New World, and yet there already were people there who had long-established ways of life, political systems and cultures. Ms. Krawec makes the distinction between settlers and immigrants. Being a settler is a way of being in a new place, whereas an immigrant comes to a place and becomes part of the existing political system. A settler seeks to impose their own system and values. In the case of North America, it meant taking the land and imposing Christianity on the indigenous peoples. By listening to one another and unforgetting the past, we can build a relationship. The past is not who we are; it is where we've been. We can work together to reimagine our future, a future for all living beings and for our Earth. At our meeting on August 21st, we'll complete our discussion of *Becoming Kin*. We meet on the third Thursday of the month via Zoom. All are welcome, whether or not you've done the reading. For more information contact Linda Bundy at n_bundy@mcttelecom.com or 603-588-2254. ♦

Antrim's Festival of Trees

James Panico

The Festival of Trees is returning to the James A. Tuttle Library this December. When you visit the library, you'll be greeted by a beautiful assortment of trees and wreaths, all decorated by residents of Antrim and nearby towns. Unlike other similarly named Festival of Tree events, Antrim's is unique in that the decorations are not displayed for the purpose of sale but rather for the enjoyment of all, free of charge.

Registrations are open for anyone who would like to submit a tree, wreath, quilt or display at the festival. New this year, we will also be accepting shoebox dioramas. All are welcome: area businesses, artisans, groups, families or individuals. Displays can be new creations, special collections, handmade or store-made, or a reprised favorite. Space is limited, so don't wait to sign up. Visitors love voting for their favorites among the variety, with categories such as Favorite Topper, Under Tree Display, Most Creative, Funniest and Overall Favorite. There's a special category for Kids' Creations as well, for entrants under 12. Trees can be anything from miniature, table-top size, or small through extra-large! You can now register for the decorating contest online, making it easier than ever to participate.

Want to stay updated on the Festival of Trees and learn how to join in on the fun? Check out our website at www.antrimfestivaloftrees.org or like us on Facebook. Be sure to stop by our table at Home & Harvest this September for some fun, free crafts and activities for the kids! ♦



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Antrim Recreation

Celeste Lunetta, Recreation Director

Antrim Recreation Department is happy to announce the internal promotion of Emily Donovan as our year-round Assistant Director. Emily has been involved with our recreation programs for at least twenty years and will bring incredible personal and professional resources to the department over the next three seasons.

The summer season was vibrant, with Antrim in the Evening programs, swim lessons, day camps and many people enjoying recreation in town parks. Much of the work at Gregg Lake Beach Park to complete Phase 1 of the park master plan was accomplished in June and July. We are extremely grateful to the members of the highway crew who worked at the beach installing the pavers and building the path out onto the point. The work will be completed by October, and we all hope you get a chance to go enjoy the upgrades.

Antrim in the Evening had a successful 30th anniversary, and I want to thank Jonas Taub for his service to Antrim in the Evening and the Antrim Parks and Recreation Commission. Jonas has tirelessly contributed to the Antrim in the Evening community music series for three decades. Jonas has also served on the Parks and Recreation Commission for the past four years. He and his family are soon relocating, and while we are glad it's to a neighboring town, we will miss having him on our commission. Thank you, Jonas!

We are offering many fall and winter programs. All registration information and more complete details are posted on

the town website, antrimnh.org. The Recreation Department will be unveiling the new Civic Rec website in September, which will allow people to complete registrations online if they choose. We are looking forward to the ease that will bring many folks to learn about and sign up for our programs.

FOR INFORMATION on all Recreation Department programs, find paper flyers at Town Hall, or go online to antrimnh.org. You can email recprograms@antrimnh.gov, or call our office at 603-588-3121.

FALL 2025 PROGRAMS

Adult Pickleball: Mon, 6:30-8:00

Adult Zumba: Sat, 9 a.m.; Mon, 5:30 p.m.

Adult Pickup Basketball: Tue, 6:30

Adult Yoga: Tue, 6:00

Adult SAIL (senior exercise): Mon/Wed/Fri, 9 a.m.

Youth TaeKwonDo: grades K and older, MONDAYS after school beginning on Sept. 8; 3:30 p.m.; taught by Elizabeth Kenney; \$40/month

Youth Soccer for pre-K-2nd grade: Register before Fri, Sept. 5 to avoid late fee; runs Sept. 9 through mid-Oct.

Youth Basketball Clinics: Five after-school clinics for grades 3 & 4; Wed & Fri, Oct. 15-29. Must preregister.

Youth Basketball Teams: Grades 3-6; registration deadline Fri, Nov 7, to participate in the Merrimack Valley Basketball league

Kids' Before-School Club: We are starting a Before-School Club for kids in K through 4th grade! If all goes according to plan, it will be up and running by the end of September or the beginning of October at the Antrim Town Gym and Recreation Office, next to AES, and will operate Mon-Fri from 6:45-8:20. It will run at least through December 2025. If there is enough interest to cover the costs of operating the program, it will continue. Details on the program will be released in mid-September.

Halloween Window Painting Contest: Get your team together and design a window painting! Prizes will be awarded. Registration and submission of designs open Oct 13-20. Painting after school on Tue, Oct 28; Wed, Oct 29; and Thu, Oct 30.

UPCOMING WINTER PROGRAMS

Learn to Ski and Ride: Five-week after-school program on Wednesdays, starting in January. We will transport or meet you and your child for lessons at Crotched Mountain Ski Area. Registration for this program is in November, so please look for more details!

Indoor Walking for adults will return this year Dec-Mar and will operate on days that the school building is open.

Toddler Playground: Starting Fri, Dec 5, Toddler Playground offers an open play space for kids ages 0-3; upstairs at Antrim Town Hall from 8:30 to 10:30 a.m.

Additional programming is always being added; please follow us on the website, at Town Hall, and on our Facebook page. Happy fall from all of us at Antrim Recreation! ♦

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James A. Tuttle Library

Christopher Brinkley
Teen Librarian and Emerging Technologies

LIBRARY HOURS

Monday & Wednesday • 2:00–6:00 p.m.
Tuesday & Thursday • 2:00–8:00 p.m.
Friday & Saturday • 10:00 a.m.–4:00 p.m.

WEEKLY PROGRAMS

Wednesdays • Story Time • 3:30–4:30 p.m.
Thursdays • YA Movie Night • 4:30–7:45 p.m.

BIGFOOT, QUILTS AND CANDY A Fall Season of Wonder at the Library

As the golden hues of autumn sweep across Antrim, the James A. Tuttle Library is preparing for one of its most exciting seasons yet, filled with mystery, creativity, community and just a little bit of sugar. This fall, we're bringing you everything from paranormal investigations to colorful quilts and movie nights. Whether you're a tech-savvy teen, a curious child or someone still trying to figure out how to turn on a tablet, we've got something just for you. There's no better place to be.

Ronny LeBlanc: Is Bigfoot Real? We're thrilled to announce that *Ronny LeBlanc*, paranormal researcher and television personality, will be visiting the library on **Tuesday, October 14th, from 6:30 to 8:00 p.m.** You may recognize Ronny from *Expedition Bigfoot* and *Paranormal Caught on Camera*, two hit shows on Discovery+ and the Travel Channel. He's made it his life's work to explore the unexplained, and now he's bringing that passion to Antrim.

This isn't just a talk—it's a chance to dive deep into one of North America's greatest unsolved mysteries. Is Bigfoot out there, hidden just beyond the trees? Come with your questions, your curiosity and maybe even your own stories. We promise you'll leave with more than a few goosebumps.

Quilts of Antrim: Art in Every Stitch. For something a little closer to home—but no less magical—stop by from August through September to enjoy the *Friends of the Library Quilt Display*. These aren't your grandmother's blankets (though we love those too)—these are stunning pieces of textile art crafted by some of Antrim's most talented quilters. The library's walls will be transformed into a vibrant tapestry of color, warmth, and heritage. Come get inspired,

take notes for your own next project or simply enjoy the beauty of our community's creativity.

Help With the Hard Stuff: Tech Help Saturdays. Still struggling with that new smartphone or tablet? You're not alone. Every *Saturday from 11:00 a.m. to 2:00 p.m.*, our dedicated Tech Help program is here to make things easier. Whether you're trying to reset a password, download an app or figure out how to join a Zoom call, we've got the patience and know-how to help. Sign up is required, so call or stop by to secure a spot—this popular program fills up fast!

Digital Treasures: Explore the Library's Online Offerings. Have you checked out *Project Gutenberg*? It's a free digital library with over 75,000 unique ebooks available at your fingertips, from literary classics to obscure gems. And while you're at it, ask us about our incredible collection of research and media databases. With tools like *AtoZ World Foods*, *AtoZ USA*, *Lingo LITE*, *Hoopla*, *Newsbank* and *Overdrive/Libby*, there's an entire world of knowledge just waiting for you to discover it—all free with your library card.

Children's Room: Stories, Crafts and Candy. Our *Wednesday Story & Craft Hour* continues to bring families together from 3:30 to 4:30 p.m. It's a mix of laughter, creativity and shared stories, and we absolutely love seeing both familiar and new faces each week. On the *third Wednesday of every month*, join us for a special *Painting Craft* session along with our regular storytelling. Keep an eye out for *October's Cookie Decorating and Storytime*, which promises to be as sweet as it sounds.

Movie nights for kids are also in the works—stay tuned for announcements on dates. And of course, one of our most beloved traditions returns this October: *Trunk or Treat!*



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Decorate the trunk of a parent's car, don a costume and join other families for a safe and spooky celebration of Halloween. It's fun, it's free, and it's one of our favorite events of the year.

Teen Room: Ink, Imagination and Impromptu Fun.

The Teen Room is always buzzing with activity and creativity. Our *Teen Drop-In Program* runs Monday through Thursday from 2 p.m. until close. It's a relaxed, come-as-you-are hangout where anything goes—movies, games, 3D printing, you name it. We love hearing your ideas, so don't be shy about making requests!

Tattoo Tuesdays have become a big hit, too. Design and apply tattoos for your friends (or yourself!)—it's all about self-expression and meaningful fun. And don't miss our *YA Movie Nights*, where you can unwind with film and snacks.

Gratitude and Looking Ahead. We want to extend a heartfelt thank you to everyone who participated in our *Summer Reading Program*, "*Color Our World*." Watching you read, create and explore all summer long brought so much joy to our staff. You make the library the vibrant and welcoming place that it is.

Believe it or not, the *Festival of Trees* is just around the corner! The chill in the air may not have fully arrived yet, but planning is already underway. We can't wait to see how our community transforms the library into a glittering forest of imagination once again.

Come in and see us soon—we've saved a spot for you. After all, there's no better place to be than the James A. Tuttle Library. ♦

Friends of the J.A. Tuttle Library

Linda Morehouse

Are you looking for a special place to learn, explore and connect to others? The J.A. Tuttle Library is the perfect place to answer a burning question; check out a puzzle, audiobook, e-book, video or museum pass; listen to a children's read-aloud and complete a craft; check out a Kindle Fire for e-books or a wood moisture meter from the Library of Things; and play a video game! What a gem in our little town! Are you looking for a special team of people who are dedicated to enhancing library programs? Then the non-

profit Friends of the Library 501(c)3 is the place for you!

The Friends of the Library work closely with the exceptional library staff and dedicated trustees by providing volunteer support and extra funding. Join the group by registering at the circulation desk in the lobby or attending one of our quarterly meetings. We request a \$10 donation toward our projects, and the membership chair will contact you with more information. The group welcomes new members, whether you can volunteer once or multiple times a year.

Members are encouraged to sign up for committees that match their interests, in order to assist with programs and enhance the appearance of the library. The landscaping team manages the outdoor gardens with a mixture of lovely flowering plants. The maintenance team completes small projects around the building—an example of this is the flagpole, which has been re-installed and is a nice complement to the gazebo and front entrance. The hospitality team is ready on a moment's notice to provide snacks for public events. In July, children and teens enjoyed decorating cupcakes baked by a Friend of the Library. The inventory team works hard to check the book inventory list with items on the shelf to assist staff and guarantee that everything is in its proper place. But that's not all! The art display team arranges displays such as quilted items from Antrim residents and historical photographs by the Antrim Historical Society. There is always room for more participants on these committees.

Families with newborns up to age one are encouraged to request a newborn baby bag at the circulation desk. The items in these bags support our efforts to encourage families to start reading to their children from an early age. Pick up a free newborn baby bag soon!

In September look for our display table near the library at the Home & Harvest Festival. Raffle ticket sales for book baskets and a cord of wood, courtesy of DH Cahoon Logging, will contribute to our fundraising efforts. Please stop by and find out more about the Friends! ♦

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Antrim Ambulance: Celebrating 50 Years of Dedicated Service (1975–2025)

SERVING WITH HONOR, RESPONDING WITH HEART

Chief Marshall W. Gale

This year marks the 50th anniversary of **Antrim Ambulance**, a half-century of unwavering commitment to providing emergency medical services to the residents of Antrim, Bennington and beyond. Since 1975, countless dedicated individuals have given their time, skill and compassion to care for their neighbors during their most critical moments. Today, Antrim Ambulance responds to more than 450 calls annually and continues to grow in both capabilities and professionalism.



Our Humble Beginnings

In 1975, a group of concerned citizens from Antrim and Bennington took bold action to safeguard their communities by forming the **Antrim Bennington Rescue Squad**. These founding volunteers were trained as EMTs, but in the earliest days, the squad had no ambulance of their own. They responded to scenes and relied on the Hillsborough Rescue Squad for patient transport. Some of the founding members included Marshall “Mike” Beauchamp, Barry Frosch, Sr., Richard Edmunds, Sr., Neil Sharby, Jim Rymes, Sr., Donna Holt, Marion Peat, Don Paige and Dick Atkinson, among others.

After nearly 11 months of service, the group was able to purchase its first transport vehicle—a used 1971 Chevy Suburban—from Hillsborough Rescue for \$2,500. Additional funds equipped the unit with a radio for hospital communication and alerting monitors for members. With no space available at the main fire station, the vehicle was stored in a small garage bay behind Wayno’s Store (now Antrim Marketplace), where drivers had to navigate carefully in and out due to the low ceiling that barely cleared the red light on the roof.

On March 5, 1976, at 6:30 p.m., the Antrim Bennington Rescue Squad officially went into service. Just 46 minutes later, they received their first call: a motor vehicle accident on Route 202 in Bennington. Needless to say, they were all nervous, as they realized that this was the beginning of a rescue squad that many of them had worked many hard and long hours to form. The fact that they were responding to a medical emergency was of little alarm, but they knew they were undertaking a great deal more responsibility. That first call went smoothly, and they knew that this was the beginning of the Antrim Bennington Rescue Squad. That response marked not only a milestone but the beginning of a long tradition of service that continues to this day.

Early Years and Community Spirit

In the remaining nine months of 1976, the squad responded to 74 calls—45 in Antrim, 20 in Bennington, and 9 in neighboring towns. The total operating cost was just \$1,170,

funded almost entirely by donations. Members served as volunteers, receiving no pay—only the reward of knowing they had helped a person in need.

By 1977, the service had grown and so had its responsibilities, but with growth came the problems associated with growth. To solve some of these problems, the Bennington Fire Department had purchased a van for the tools and equipment used in rescue and vehicle extrication. In addition, several members of the Bennington fire department completed a course in

advanced first aid and were going to have a course in vehicle extrication. To streamline operations, it was decided that the Bennington Fire Department would assume responsibility for vehicle extrication and rescue operations, while the Antrim Rescue Squad would focus on medical emergencies and patient transport. From then on, each squad operated under a distinct name and role. To avoid problems in identifying the two groups, the chiefs of the two fire departments, in conjunction with the selectmen of Antrim and Bennington, felt Bennington personnel should be referred to as the **Bennington Rescue Squad** and the Antrim group would be referred to as the **Antrim Rescue Squad**.

Growth and Modernization

In 1979, the Antrim Rescue Squad acquired its first new ambulance—a Ford Type II van—and kept the original Suburban as a backup, giving the team the ability to run dual calls or transport multiple patients. That same year, the newly constructed Clinton Road fire station provided space for both the rescue squad and fire department vehicles under one roof in a modern building.

By the early 1980s, Antrim Rescue was responding to over 100 calls per year, with nearly 20% involving motor vehicle crashes. A structured vehicle replacement program was implemented, ensuring reliability and safety. Training became a central focus, with volunteers from all walks of

An advertisement for 'At Last Cats'. On the right is a detailed black and white illustration of a long-haired Maine Coon kitten sitting and looking forward. To the left of the kitten, the text reads: 'At Last Cats' in a large, stylized font. Below that, it says 'Pedigree Maine Coon Kittens from Championship Lines'. Further down, it lists 'TICA Outstanding Cattery' and 'CFA Cattery of Excellence'. Below that, it says 'Breeders: Marie Harriman & Chris Condon'. At the bottom, the website 'ATLASTCATS.COM' is listed.

life—working professionals, retirees, wives, mothers and healthcare workers—coming together to serve.

Advancing Care: The EMT–Intermediate and Paramedic Era

In 1994, the Antrim Rescue Squad officially became known as **Antrim Ambulance**. The year 2000 saw a leap forward in care when three members achieved the EMT–Intermediate level of care, allowing them to start IVs and administer critical medications. In 2009, Josh Patrick became the first paramedic on the squad and was instrumental in securing paramedic-level licensure that same year for the ambulances. Antrim Ambulance now had ambulances operating at Advanced Life Support capabilities.

Josh continues to serve the community and is now a Board-Certified Community Paramedic (CP-C) and Lead Community Paramedic Clinician at Monadnock Community Hospital. He also teaches in the field of community paramedicine. Assistant Chief Thomas Beaumont, another seasoned paramedic with Antrim Ambulance, also serves as a Battalion Chief in Derry, further expanding the depth of experience on the team.

Today’s Service: Excellence in Action

Antrim Ambulance currently operates two modern ambulances: a 2014 unit and a 2022 unit, with continuous upgrades to meet evolving New Hampshire EMS standards. The department complies with all regulations and follows the latest statewide patient care protocols, including updates rolled out as recently as June 1, 2024.

Our dedicated team includes members certified at all levels—Paramedic, AEMT, EMT, and EMR—who selflessly give their time and skills around the clock. Whether responding at 3 p.m. or 3 a.m., these volunteers are ready to drop everything to answer the call. Years of experience range from our newest members to those with 30 years of EMS experience.

A Grateful Look Back—and Forward

As we mark 50 years of service, we thank every past and present member of the Antrim Ambulance. Your dedication, skill and sacrifice have shaped us into the reliable, professional and compassionate Emergency Medical Services (EMS) provider we are today. You’ve made a difference in thousands of lives.



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The first new Antrim Ambulance in 1979. From left to right; front: Barry Frosch, Sr., Jim Randall, Dick Atkinson; back: Buck Taylor (salesperson), Tom Humphrey, Bob Grovestein, Mike Beauchamp, Marion Peat, Larry Graffin, Don Paige

This year also marks the 50th anniversary of National EMS Week, with the theme “*Honoring Our Past, Forging Our Future.*” It’s a fitting reminder of how far we’ve come—and where we’re headed. The future of EMS is uncertain, but rest assured we will be there when you need us.

We’re deeply grateful to our community for your continued support and generous donations. A special thanks to our mutual aid partners—Hillsborough Fire Department and Peterborough Fire & Rescue—for always answering the call when extra EMS help is needed.

Here’s to 50 years of service—and many more to come.

Antrim Ambulance Current Roster

Chief Marshall W Gale—AEMT, Deputy EMS Chief Sherry Miller—AEMT, Assistant Fire Chief Thomas Beaumont—Medic, Josh Patrick—Medic, Donna Whitney—EMT, Matt Mair—AEMT, Fire Captain Barry Frosch—EMT, Fire Lieutenant Nick Taber—EMT, Bill Bezio—EMR, Ann Gilbert—EMT Student, Brittney Demers—EMT Student, Zack Andersen—EMT, Keith Nason—EMT, Meredith Andersen—EMT ♦

The New Hampshire State Library has made Antrim resident Shelley Nelkens’ screenplay *Rainbow Warriors* available statewide as an ebook. Although written in 1991, it remains a laugh-out-loud funny and eerily prescient tale of clashes between forces of corruption, environmentalism and alien invasion. Check it out!

— Editor

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Antrim's 22nd Annual

Home and Harvest Festival

"Nothing Like It"

September 12-13, 2025

Rain Date September 20

*Parade • Nerf Competition • Light Saber Dueling • Fireworks
Arts & Crafts • Corn Hole Tournament • Live Music
BBQ • Bouncy Houses and Climbing Wall • Ice Cream*

----- Friday, September 12, all events at Shea Field -----

5:30-9:00PM Nerf & Turf - Nerf Competition
5:30-9:00PM Light Saber Dueling & Superheroes
6-8PM FREE Ice Cream Social
6-8PM Corn Hole Tournament (588-2281)
5:30PM Games - 2 - Go for kids (345-0121)
5:30PM Hot Dogs, Burgers and Popcorn, Lions Club and VFW

----- Saturday, September 13 -----

8AM-2PM Food Court next to Town Hall, burgers, hot dogs, pizza, subs and more
9AM-2PM Arts/Crafts: Main St. (464-9154) and 4H petting Zoo
8AM - 12PM Yard Sale at the Grapevine! Rain Date will be Saturday 9/28.
10:30AM Antrim Grange Apple Crisp Social: Maplehurst Inn
11:30AM Parade: North Main Street to Tuttle Library (464-9915)
followed by Pet Parade, Conval Drum Line
10AM-2PM FREE Fun & Games: Main Street, Climbing Wall
Noon Tuttle Library Open House, Exhibits & More (588-6786)
Noon K-g Demo at Skate Park
Noon- 2:00PM Local Live Performances (464-9154), Corvette & Antique Car Exhibit
(Next to Trends of Fashion)
4:30PM Baked Bean Drop Off - Tenney Farm
5-7:30PM BBQ by the Antrim/Bennington Lions Club: Tenney Farm
5-8PM FREE Concert by Endless Skies Band - Tenney Farm
8PM FIREWORKS by Atlas: Tenney Farm, Donations Appreciated
5:30PM-9PM Shuttle Bus Pickup Locations, Town Hall - AES - Antrim Village



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Community Calendar



SEPTEMBER 2025

- 2 Dads' Campfire Group • The Grapevine • 7:00 p.m.
- 4 Moms' Campfire Group • The Grapevine • 6:00 p.m.
- 12-13 Home & Harvest • Antrim Downtown
- 13 The Grapevine's Grape Big Yard Sale • 8:00 a.m.
- 14 Historical Society: Loverens Mill Walk 'n Talk • meet at Town Hall to carpool • 12:30 p.m.
- 14 Antrim Grange Open House • Grange Hall at Antrim Center • 12–2:00 p.m.
- 17 Meals on Wheels Senior Luncheon • Presbyterian Church • 12 noon
- 18 The We Digress Book Club • *The Great Gatsby* by F. Scott Fitzgerald • location TBD • 2:15 p.m.
- 18 Free Community Supper • Presbyterian Church • 5:30 p.m. sponsored by The Grapevine
- 18 American Legion Book Club • *The Demon of Unrest* by Eric Larson • Legion Post, 7 West St • 7:00 p.m.
- 21 Potluck Luncheon • Presbyterian Church • 11:30 a.m.

OCTOBER 2025

- 4 American Legion 5K Run/Walk • Legion Post, 7 West St. • 8:00 a.m.
- All American Craft Fair • Legion Post, 7 West St. • 9:00 a.m.–2:00 p.m.
- 7 Dads' Campfire Group • The Grapevine • 7:00 p.m.
- 9 Moms' Campfire Group • The Grapevine • 6:00 p.m.
- 14 Tuttle Library Program • Ronny LeBlanc: Is Bigfoot Real • 6:30–8:00 p.m.
- 15 Meals on Wheels Senior Luncheon • Presbyterian Church • 12 noon
- 16 The We Digress Book Club • *It Can't Happen Here* by Sinclair Lewis • location TBD • 2:15 p.m.
- 16 Free Community Supper • Presbyterian Church • 5:30 p.m. sponsored by The Antrim Democrats
- 25 Historical Society: *Thirteen Days in October* • Presbyterian Church • 3:00 p.m.

NOVEMBER 2025

- 1-15 The Grapevine Online Auction
- 4 Dads' Campfire Group • The Grapevine • 7:00 p.m.
- 6 Moms' Campfire Group • The Grapevine • 6:00 p.m.
- 16 Historical Society: program TBD • Presbyterian Church • 3:00 p.m.
- 19 Meals on Wheels Senior Luncheon • Presbyterian Church • 12 noon
- 20 Free Community Supper • Presbyterian Church • 5:30 p.m. sponsor TBD

ONGOING COMMUNITY EVENTS

MONDAYS

- SAIL (Stay Active & Independent for Life) exercise class Town Hall 9:00–10:00 a.m.
- Zumba at Town Gym, 5:30–6:30 p.m.
- Adult Pickleball 6:30–8:00 p.m.

TUESDAYS

- Yoga with Jeanine, Town Hall 6:00 p.m.
- Adult Pickup Basketball 6:30 p.m.

WEDNESDAYS

- SAIL exercise class Town Hall 9:00–10:00 a.m.
- Children's Story Time with a craft, Tuttle Library 3:30–4:30 p.m.

THURSDAYS

- YA Movie Night, Tuttle Library 4:30–7:45 p.m.

FRIDAYS

- SAIL exercise class Town Hall 9:00–10:00 a.m.

SATURDAYS

- Zumba at Town Gym, 9:00 a.m.
- Antrim-Bennington Food Pantry, Antrim Baptist Church, 10 a.m.–noon (closed 5th Saturday of the month)
- Revival Shop, Presbyterian Church, open 10:00 a.m.–2:00 p.m.

September Can Be Dangerous for Asthmatics

Dana K. Plank, MS, RN

September is often considered the peak month for asthma. More emergency room visits, as well as hospital stays, are related to asthma attacks during this particular month. Asthma can be life-threatening. Therefore, steps should be taken to prevent attacks from occurring, especially during a time when triggers are more numerous and at a high level.

What is asthma?

Individuals with asthma experience a narrowing of their airways, which, in turn, makes it hard for them to breathe. This narrowing is caused by three actions:

- Swelling/inflammation
- Constriction, due to the small muscles squeezing around those airways
- Creation of excess mucus

These actions are worsened if a person is exposed to irritants they breathe in. Asthmatics may show signs of difficulty breathing, wheezing and coughing. An attack is when these symptoms worsen and prevent the person from taking in enough oxygen to remain conscious. Immediate medical attention is required to avoid death.

What triggers are high in September?

- **Ragweed** pollen is very prevalent during this time of year. Often growing along the roadside, it is released as people drive or bike by, making it more readily available to inhale.
- **Mold** grows during summer, which has an increased amount of rainfall. As the leaves begin to fall and collect on the ground during September, this increases the likelihood of mold growth.
- **Respiratory illnesses** begin to spread as adults and children return to more indoor spaces of schools and colleges. Having a respiratory illness while being exposed to other triggers heightens the risk for worsening asthma symptoms and the potential for an asthma attack.
- Along with moving to more indoor spaces, exposure to certain **indoor air pollutants** may add to a person's risk. Molds, dust and cleaning products are just some of the long lists of potential threats to asthmatics.
- Over the past few years, **smoke from wildfires** has caused air quality on some days to be quite poor. Particulate matter, which is a mixture of solid and liquid droplets from combustion, is harmful. It often contains acids, inorganic compounds, organic chemicals, soot and metals, as well as other components that can get into the lungs and cause problems, not only for asthmatics but also for all individuals who are exposed to wildfire smoke.
- **Heat and humidity** also play a role in irritating the linings of our airways and set the stage for a flare-up of asthmatic symptoms or full-blown attack.

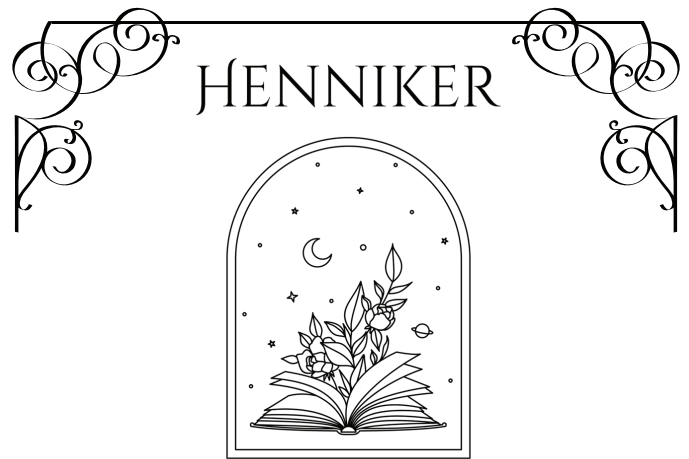
How can I help myself?

Create an **Asthma Action Plan**. A plan would include the use of preventive and rescue-type asthma medicines used at times when they are the most effective. In the **green zone**, where your breathing is normal with no cough, wheeze, etc., and you're able to work and play without becoming short of breath, use your preventative medications. The **yellow zone** is where you are showing signs of a cold, or you've been exposed to a trigger, giving you a cough, mild wheeze, tight chest and some sleep disturbance. Continue with your green zone medication (preventative) but add your quick relief medications as well. If your condition worsens toward the **red zone**, where the green and yellow zone medications are not helping, **seek immediate medical attention! Do not wait!**

Your Asthma Action Plan should be developed with your healthcare provider and altered occasionally depending on how your response is. Remember to check your peak flow on a regular basis. Using a peak flow meter measures how fast you can push air out of your lungs. Take three readings and get to know your "personal best." You're in the green zone if your peak flow measurement (in liters/min or L/min) is 80% to 100% of your personal best.

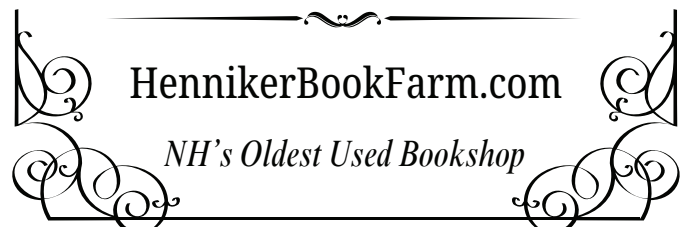
Be ready for what September may bring and keep your asthma under control.

If you want to read more articles on public health topics, visit my website, ruralnursewriter.com. ♦



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Summer at Avenue A: Pickle Potlucks and New Friends

Jacqueline Roland, Director of Teen Programs

This summer at Avenue A was one for the books—our first season in our new space at The Grapevine! Our building and lawn came alive with laughter, friendship and the kind of summer magic that can only happen when teens have a safe and welcoming place to belong.

Out on our lawn, memories were made during our campfire nights—from s'more competitions to our Backyard Ren Faire and Pickle Potluck! One evening, a sudden summer shower had us dashing indoors mid-badminton game, where we finished the night cozy in our new space! Our TACO cooking group fired up the grill this summer and enjoyed dinners around the picnic table—taking in the beautiful view of Crotched Mountain from our outdoor space.

Avenue A is a summer haven for the 300-plus teens we serve—a place for relaxation, connection and growth. This July, our weekly art workshop series brought teen creativity to life, thanks to local artists who volunteered their time to lead bookmaking, needle felting, found-object art and flower crown/hat making. Our Fishing Group enjoyed outings to Powdermill Pond and Gregg Lake (resulting in some impressive catches), while Summer Stream Adventures brought our middle schoolers to Brush Brook and other local streams for evenings of exploration and imaginative play.

Our award-winning Lawn Chair Drill Team is gearing up for its seventh season, creating its most ambitious routine yet! The team can be found behind our building each week, practicing their routine in preparation for Antrim Home & Harvest and their nursing home performance tour. This year, the team will bring the joy of lawn chairs to five local nursing homes and retirement communities!

Two summer leadership days, sponsored by the Grand Monadnock Rotary, brought teens from Avenue A and the Arlington Street Community Center in Nashua together. At our first meet-up in Antrim and Hancock, Doug Sutherland led team-building challenges, teens cooked a breakfast-for-lunch feast, and we made cardboard-and-duct-tape boats and tested them on Norway Pond! A few weeks later, we visited Nashua for a day of further connection and collaboration with our new friends from Arlington Street. These leadership days gave our teens experience meeting and working with new people/peers—valuable leadership skills! Teens also discovered how stepping out of their comfort zones and connecting with others builds bridges between communities.

As summer winds down, we're filled with gratitude—for the laughter, friendships and new experiences that made this season so special. And we're already looking forward to fall! Our school-year programs are just around the corner, including our afterschool program for middle schoolers, fall TACO group, Open Hours, Write Out! and more. For more information about our programs or our fall schedule visit avenueatc.org or email avenuea@grapevინeh.org. ♦

Conservation Corner

Peter Beblowski and Bob Holmes

The Antrim Conservation Commission is very happy to report that the purchase of 134± acres of working forest land, which abuts town-owned Campbell Pond properties, has been completed and that the Monadnock Conservancy has accepted the donation of a conservation easement to permanently protect and conserve this land. This forest addition creates nearly 445 acres of contiguous protected open space. This recent project would not have been possible without receiving funding from the Land and Community Heritage Investment Program (LCHIP), Moose Plate, Fields Pond Foundation and Hurlin Fund grants. It is anticipated that this land, along with the other Campbell Pond property, will support a future network of trails and be available to the public for passive recreation. Conserved and connected pieces of land such as this are vital for local wildlife.

The Commission is looking to expand the network of trails in town. We also ask walkers and hikers to assist in reporting problems on the town trails and to assist in trail maintenance. If you presently walk or hike any trails in Antrim, signing up for the Trails of Antrim group would greatly help the Commission keep an eye on the trails through your input. If interested, please contact any commission member or show up for the next Conservation Commission meeting on the last Thursday of the month or post on the Trails of Antrim Facebook page. ♦



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 - Assembling furniture
 - Installing rain barrels
 - Assembling storage tents
 - Installing towel racks & toilet paper holders
 - Installing cabinet racks & organizers
 - Installing doggy doors

Where in Antrim?

Marshall Gale, George Davison, Shelly Hall, Matt Hall, Thomas Beaumont, Kris Hennessy Stenberg, J. Alfred, Jan Paige and Mary Paine all correctly identified the location of the photo in the June issue as the Flint monument in the North Branch Cemetery. Names on the base of the monument include John G. Flint (1797–1880), Sarah Gregg (1797–1883), Louisa A. Dorr (1831–1877) and Laura J. Flint (1839–1907). John G. Flint and Sarah Gregg were married in 1821. Sarah was the daughter of Alexander and Sarah Adams Gregg, reported to be upstanding members of the Antrim Presbyterian Church, but apparently not related to Samuel Gregg of Gregg Lake (née Gregg's Pond in 1793). Louisa, John and Sarah's fourth child, married the Reverend Henry Dorr in 1877 and apparently died shortly thereafter. Laura, John and Sarah's sixth child, married George Kittredge and lived at the North Branch with her parents. George Davison added "I'm assuming Flint must be connected to the Flint farm, which was once the campus of Hawthorne College. Cochrane's History of Antrim confirms this, saying that in the Branch Village in 1809 "a small, low, unpainted house with only two rooms is now the residence of John G. Flint, Esq." Cochrane goes on to say "John G. Flint's house was built by David McCauley, in the spring of 1817, having a large hall, which was used for select schools and various other purposes."

Shelly Hall was the winner of the \$25 gift certificate to Antrim Marketplace.

The names of all who correctly identify the location of this photo by September 15 will be entered into a drawing for a \$25 gift certificate for Edmunds Ace Hardware. Email your response to editor@antrimlimrik.org or call 603-588-2569. Photo by Kathi Wasserloos. Happy hunting! ♦



First Presbyterian Church

Jan Howe, Pastor

The Church Revival Shop is going strong thanks to so many in the community helping us continue to make this mission a reality. If you have not visited it, you are missing out on very reasonable gently used clothing. It is open Saturdays from 10–2. They always have a few free racks, and the prices of the other clothes cannot be beat. Many Saturdays they have a promotional sale, too!

We will have a presence on our front lawn for both Home & Harvest and Halloween. During Home & Harvest stop by to say hello and to have a glass of water. We are a prime location for watching the parade. On Halloween check out our costumes while we hand out treats.

On Sunday, September 21, we will have a potluck luncheon following worship. Join us for worship at 10:30 and enjoy the service, including our amazing choir led by Ray Sweeney. Bring a dish to share for the potluck at about 11:30.

Much of our maintenance this fall will be working on some ongoing projects on our stained-glass windows and a leak in the roof, as well as our parking lot. We hope to begin repairs on the stained-glass windows with the worst panel in the front of the building and proceed with the others as funds allow. During the process there will be plywood covering each window as it is repaired.

Hopefully the parking lot will be paved and regraded in September to improve the water puddles, and sometimes ponds, that we've been experiencing. The roof has been having a mysterious leak in the side entryway, which has been addressed but is very persistent, although our elders keep working on fixing it.

We are thankful that the Meals on Wheels Senior (60+) Luncheons, at noon on the third Wednesday, and the Community Suppers, at 5:30 on the third Thursday, of each month continue to have large turn-outs. Plan to join us at one or both events.

We thank the community for allowing us to continue to be a Spiritual presence in Antrim and beyond. We could not complete our mission without your support and the ways so many of you enhance our ministry. Thank you for volunteering and your financial support. We may be small in numbers, but the Spirit is alive amongst us, and we are honored to continue to serve Antrim. ♦



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The We Digress Book Club

Jennifer A. Adams

I moved to Antrim in 2020 just as NH ordered its Covid shutdown, so falling off the roof three months later and being stuck in a wheelchair for six months didn't hurt so much. My time was well spent learning about Antrim online, and when the shutdown lifted, I thought that the local book club would be a great way to start meeting people. Little did I know that meeting Stephen Ullman, the Antrim Eclectic Book Club's founder, would be like meeting the town's maître d', introducing me to so many groups around town. Stephen has become my biggest cheerleader, as he has been for so many newcomers to Antrim.

But I digress. Back to the Antrim Eclectic Book Club, which Stephen founded in 2009. The book the first time I went was John Fowles' *The Magus*—672 pages with references in French, Greek and Latin; a novel so complicated I had to read it on the computer so I could translate phrases and look up myths and legends and literary references. I researched it for weeks, thinking the members must be so well educated given the book they chose, and first impressions are everything in a small town. I came well prepared, the first to arrive, and introduced myself to Steve. Slowly, very slowly, the table began to fill, as the sweetest seniors came in with their walkers and canes, their books marked with Post-its that stopped halfway through the book. No one had finished the book, save Stephen and me.

It may not have been what I expected, but the women were so sweet that I decided to come back a second time. Now, Stephen had a very organized outline for how he ran his sessions, first giving extensive background on the author and the book, then going around the table and asking each person what they thought of the book. Not great at structure, I would agree or ask a follow-up question, until eventually everyone was chiming in to the discussion at the same time, breaking the circle. At the end of the hour, I saw Steve lean over to Madeline and whisper, "This is the most disruptive book club I have ever led..."

Four years later, Stephen asked if I would consider taking over the club, and I said yes, but the name of the club had to change. And so, we are now the "We Digress Book Club" because we stray, usually because Stephen himself

has taken us down a side road to link world or Antrim history to a character or scene in the book. And because we've become so spirited, we've moved the club from the library to the Presbyterian Church, so we won't disturb library patrons anymore.

And when the discussions wander too far, I just knock on the table and say, "Ahem...We digress..."

September 18: *The Great Gatsby* by F. Scott Fitzgerald, a 1925 novel selected to contrast with July's pick, *Stoner* by John Williams

October 16: *It Can't Happen Here*, by Sinclair Lewis, a 1935 fictional cautionary tale about the fragility of democracy

Meeting Time: Third Thursday of each month, 2:15 p.m., location TBD, but usually at the Presbyterian Church. ♦

American Legion Post 50

Tamasine Wood-Creighton

The American Legion Myers-Prescott-Olson Post 50 is calling all VETERANS to join our efforts in supporting veterans in our area through our four pillars: Veterans Affairs & Rehabilitation, National Security, Americanism, and Children & Youth. There is a misperception that a veteran must have served in a foreign war, campaign or expedition on foreign soil or in hostile waters to belong to the American Legion. This is incorrect; to belong to the VFW (Veterans of Foreign Wars) a veteran must meet that criterion, but TO BELONG TO THE AMERICAN LEGION A VETERAN MUST HAVE BEEN HONORABLY OR GENERAL (UNDER HONORABLE CONDITIONS) DISCHARGED FROM MILITARY SERVICE WITH A DD214. We want ALL veterans to join us—we have lots planned for the fall:

We are on summer break until our regular meetings resume September 2nd at 1830 hrs. (6:30 p.m.) at our building at 7 West Street, Antrim.

We are marching in the Home & Harvest parade on September 13th, and we'll have a booth with raffle items and applications to join the Legion.

Our book club will meet on September 18th at 1900 hrs. (7 p.m.) at the Legion. We are reading *The Demon of Unrest* by Erik Larson. By the way, our book club meetings are open to ALL READERS, not just Legion members.

On October 4th we will have a fun 5K Run/Walk starting at 8:00 a.m. followed by an All-American Craft Fair from 9:00 a.m. to 2:00 p.m. at 7 West Street. (We are looking for crafters—email alpost50events@gmail.com.)

Please consider joining the American Legion Myers-Prescott-Olson Post 50.

If you have questions, call Commander Tamasine Wood-Creighton at 703-431-5136. ♦

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Gearing Up at Great Brook!

Adam Caragher, GBS Principal

As the golden days of summer gradually shorten and the evening sun sets a little earlier each night, we begin to feel the familiar excitement of a new school year approaching. Our dedicated teachers and staff are already hard at work preparing lessons, refining routines and setting the stage for what promises to be another engaging and successful year at Great Brook School.

We're especially thrilled to welcome our newest Bobcats to the GBS family! Approximately sixty new students will be joining us this fall, bringing fresh energy and curiosity as they learn the ins and outs of middle school life. Whether it's navigating the halls, meeting new teachers, or diving into new subjects and experiences, we can't wait to support them every step of the way.

At the same time, we bid a fond farewell and best wishes to the Class of 2029—last year's eighth graders—who are beginning their exciting journey into high school. We are proud of their growth and accomplishments, and we look forward to hearing about the amazing things they'll do next.

In addition to new students, we are also welcoming several new staff members to our GBS community:

Mr. Allosso, *Student Support Counselor*, will be providing essential social-emotional and behavioral support to help ensure all students thrive.

Mr. Phillips, *Music and Chorus Teacher*, brings his enthusiasm and expertise in the performing arts, and we're excited to see our music program continue to grow under his leadership.

Mrs. Casey, *Special Education Coordinator* with a strong background in student support, will be working closely with families and staff to ensure all learners have what they need to succeed.

As the school year begins, so does our fall athletics season! If you hear the sound of cheering coming from the fields in the afternoons, we invite you to stop by and support our soccer and field hockey teams. Community spirit means a great deal to our student-athletes, and we'd love to see friendly faces on the sidelines cheering them on.

We are so excited about the year ahead and all the opportunities it brings. Whether you're a returning family, joining us for the first time, new to this beautiful corner of New Hampshire, or a community member who simply cares about the success of our local youth, we're grateful for your support. We look forward to a school year filled with meaningful connections, joyful moments and continued growth for all. ♦

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Antrim Community Board

Kara Penny

It's been a busy summer for the Community Board in Antrim, from the beautiful blooms of the flowers that the Garden Club brought to Main Street, to finding new ways to promote and support local businesses, to the lively Swap Shop exchanges both on-site at the transfer station and on-line through the Facebook group, to exploring potential new programs to bring more connections into town. Did you catch us at the July 30th Antrim in the Evening? There was fantastic music, tasty treats from Antrim's own BB's Kitchen, plants for sale by the Antrim Garden Club, and several of our ACB members there to share information about our activities and opportunities.

We would love your help with one of our new projects to promote local farm stands. If you are a farm stand owner, whether it's a cooler selling eggs, beautiful flowers, baked goods, farm produce or products that you craft, please send your name, address, and a list of products at your site to acboard21@gmail.com. We are hoping to produce a map with pins at each location and your products listed on the reverse side. A list of all sites in Antrim will also be added to the town website under the Community Board tab.

We're also hard at work updating our digital presence. We have a new e-mail address, acboard21@gmail.com. We're



updating our website and are hoping to have it launched by the time of this publication.

We've begun exploring a new opportunity to partner with Apparel Impact, a clothing donation option that would work with our local resources including The Grapevine and the Revival Shop to reduce the amount of textile waste that goes into the landfills, provide easier collection of donations and reduce the burden on our volunteer resources while ensuring that the donations from the community go to the community first.

As always, we have lots of opportunities for people to connect with the community through volunteering. While some of these are ongoing needs, there are also plenty of one-time opportunities for those who only have occasional time to offer. We'd love to hear from you and help foster more community connections. ♦

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Antrim Grange News

Beth Merrill

Despite the lonely, abandoned appearance of our Grange Hall, the organization within carries on a vibrant and active role in the community. A quick report on the activities of spring and summer shows that the annual Community Awards Night was well-attended by citizens and Grangers alike eager to express their appreciation of the exceptional work provided by these awardees: Community Citizens, Tim and Linda Morehouse; Educator, Cassie Anderson; and Award of Distinction, Donna Hanson. And Claudia Sysyn earned first place in the mini-cheesecake baking contest. Grange members enjoyed a June Mystery Ride to Fox State Forest in Hillsboro and heard a program on wildflowers presented by Antrim's own Bob Holmes.

The final drawing for the 120 Club fundraiser was held on August 4th. The Grange would like to thank the many supporters who purchased raffle tickets. Congratulations to the following winners for weeks 1–20: Patrice Lawlor, Arthur Merrill, Elizabeth Davis, Rachel Scanzani, Linda Bundy, Deb Chickering, Tricia Taylor, Paul Mercier, Jr., Doris Mitton, Marie Harriman, Ken Rajaniemi, Jane Trombi, Nancy Knowles, Maddie Grace, Patrice Lawlor, Patrice Lawlor (again), Edie Jennings, Rick Davis, Suzanne Guillemette and Jane Heath. Grand Prize winners were: \$100—Gloria Davis, \$200—Pat Bailey, and \$300—Jane Heath.

Our first fair exhibit of the season, entered at Cheshire Fair, resulted in a red ribbon. We plan to exhibit at three more fairs this fall. One Antrim Grange member made the trek to Torrey, Utah, to attend the fourth biennial Grange Revival, which convened seventy fellow Grange campers from across the country for a few days of fun, fellowship and sightseeing. Members are looking forward to attending the NH State Grange session in West Lebanon this October.

The annual Antrim Grange Penny Sale is set for Saturday, August 30th, and will be held on the lawn of the Presbyterian Church, with ticket sales starting at 9 a.m. Drawing of winners will begin at 2 p.m. We know many folks head out of town this holiday weekend, but others are visiting the area and might enjoy this is fun activity, the proceeds of which help support our fundraising efforts for our Grange Hall rehabilitation project.

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For the fourth year, the Antrim Historical Society has entrusted us with their signature Apple Crisp Social table at Home & Harvest. A delicious serving of apple crisp and a large dollop of Tenney's ice cream is only \$5, or you can get a family size pan (six servings) for only \$25! We certainly appreciate and thank the AHS for allowing us this opportunity to raise funds for the Grange Hall project. The following day, September 14th, we will hold an Open House from noon to 2 o'clock at the Grange Hall to show the work that has been done thus far and the current state of the project. "The Great Wall of Antrim," under the direction of Andras Lazar, and the new carrier beams and posts under the hall are mostly completed at this writing. We'd love to have you stop by and check it out!

The Grange is grateful for the interest in this project, the continued support, both financial and moral, and welcomes ideas from the community for future fundraising as we move forward. Donations, even the smallest denominations, help and are appreciated and can be sent to Antrim Grange Secretary, 107 West Street, Antrim. Donors wishing to make a tax-deductible contribution can make a check out to NH Grange Foundation (with a notation for the Antrim Grange project) and mail it to Andrew Savage, NHGF Treasurer, 837 Bennett Way, Newmarket, NH 03857.

Please continue to support all your local non-profit organizations. They all need help, and that help, large or small, is you! ♦

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Antrim-Bennington Lions Club

Linda Morehouse

Lions Club members from Antrim and Bennington invest in our community in many ways. First, the club raises money through fundraising events and then donates to area agencies, such as End 68 Hours of Hunger, The Linus Project, Antrim Grange for their Grange building project, Dogsight for Guide Dogs, Antrim-Bennington Food Pantry, Antrim Elementary School—Shoes that Fit project and nurse's closet, Brain Injury Walk, Grapevine Blindfolded Boat Race, and the GBS eighth grade Washington, D.C., trip. Your support through our Christmas Tree Sales, Lions on Monadnock Social, Blues and BBQ at Antrim in the Evening Summer Concerts, and Home & Harvest BBQ directly assist these worthy causes.

Second, members partner with other groups to perform community service projects such as repairing the dugouts at Shea Field, replacing the fencing at the Grapevine Resource Center, serving the AES Field Day BBQ, supporting "Lunches with Lions" at AES, delivering needed goods to the New Hampshire Veteran's Home, and providing social activities to the residents of Antrim Village. These projects benefit people of all ages.

Third, in the fall, Lions members will conduct free eye screenings for students at area schools, which will alert parents that their children may benefit from a visit to an eye-

care professional. Our club also contributes to the purchase of eyeglasses if families are in need. Please remember to donate used eyeglasses and hearing aids in our donation boxes around town, including the Post Office and Town Hall. In August we donated 2 hearing aids, 240 eyeglasses, and 33 sunglasses for recycling! Thank you for your donations and to Sue Conklin for coordinating these projects.

Additionally, Lions Club members contribute to our towns by participating in town government and non-profit agencies. Look at our town government and area non-profit agencies, and it is likely that there is a Lions Club member serving on a governing board or committee. There is a saying that is attributed to Elbert Hubbard and Ben Franklin, "If a job needs doing, ask a busy person to do it!" Our members are busy people, but they find time to devote to things that "need doing."

The Lions Motto is "We Serve!" and our members strive to follow this mission in many ways. To find out more about Antrim-Bennington Lions Club, speak to a member and attend an event! ♦

October Leaves

Bruce McGuffin

October afternoon, blue sky, clear light.

Red maple leaves are glowing on the trees.

Till one by one each leaf becomes a kite

That bobs and sways as drifting on a breeze

It briefly knows the miracle of flight.

Then flutters gently to the leafy ground

Where totally absorbed in his endeavor

A small boy kicks the leaves into a mound,

Adrift in time that stretches out forever,

Enveloped in the rustling, crunching sound.

No reason why, it's just the way of boys,

He jumps into the leaf pile and it scatters.

Blown outward with a skittering crisp noise.

If asked he couldn't tell you why it matters,

This spreading crunchy chaos he enjoys.

But I grew up, my boyish days are done.

And time is much too precious now I know

To wander nowhere lost in carefree fun.

I scuffle through the leaf piles as I go,

On days when red leaves glow in autumn sun.

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Reflections on an October Morning

Chris Johnson

The maples have undressed.
Their red clothes blanket the earth below.
Now the oaks display their garb of rusty browns
contrasted by the aspen, birch and beech
glowing in their golden jeweled splendor.
Splashes of accentuating evergreens whisper, I'm here.
Clearings of still-green grass
are speckled with ferns curled and browning
as they bow down to the coming winter.
Below the canopy edges dance the sumac skeletons
raising their red hatted heads as if in celebration.
Slanted morning sun spotlights the treetops
against the bluest of autumn skies,
stained only by a hawk bolstered by invisible thermals,
and a delicate line of periwinkle hewed clouds
stretching across the horizon.
Glorious.

Antrim Baptist Church

Pamela Maki-Kallberg

As autumn draws near, it's a moment to look back on a year filled with blessings and growth. The change in seasons brings in renewal and a sense of thankfulness, offering us a chance to embrace our spiritual growth.

Matt Evans shines brightly with the choir. He is accompanied by another guitarist and a drummer, with the addition of several new voices. This expansion mirrors the spiritual blessing we've experienced.

You can view our weekly sermons on both our YouTube channel and our website.

September promises to be a hustling month for us, with events and activities. Moving forward towards the holiday season, much is in the works. For detailed information on dates and times, please visit our website, antrimbaptist.org. We invite you to join us for worship every Sunday morning starting at 10:30, followed by a coffee hour. ♦

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What Should I Be When I Grow Up, Arianna?

DAY #1

Susan Ellsworth

It was a full and happy day for Mazulio. He did well in school and played fun games on the playground with his friends.

Now home again, it was time to set the table for dinner. Then after dinner it was time to take a tubby, brush his teeth and put on his PJs to get ready for his favorite part of the day, when his dad would read him a book before bed and his mom would kiss him, tuck him in and they would tell him they loved him very, very much. When the lights turned off, Mazulio reached for his little stuffed blue bear named Rupert. He was his sleeping buddy. He was always there for him and always listened to things that Mazulio needed to share. He was a faithful friend.

As the sun started coming up there was a strange loud noise. It was a sound Mazulio knew of but had never heard around where they lived. It was a rooster. Mazulio quickly got up to see where the noise was coming from. His puppy, Arianna, was right at the foot of his bed.

As he threw the covers off, he noticed his bedroom looked different. He was in a single bed with only a dresser in the room now. All his toys and clothing were missing. His room looked simple and plain. Not like before he went to bed. Not sure he was awake, he rubbed his eyes to see if things would change, but they didn't. Then he heard his dad's voice calling out to him to get up and dress. He needed to eat breakfast because they were going to have a busy day planting crops.

Mazulio did as he was told. Arianna was quickly upon him, jumping up to kiss him. She loved her family and was always ready for anything they needed her to do. Mazulio went to eat breakfast and saw his dad and mom dressed in different types of clothing. The house even looked different. Mazulio quickly ate breakfast and then joined everyone outside to help plant. The land now outside their home looked like a farm with plowed fields. His dad gave him a handful of seeds and showed him how to plant the seeds and cover

them with soil. He told him to fill a few rows and when they were done, they would need to water all the rows to help the seeds grow. He told Mazulio it would be his job every day before and after school to water them now.

Then Mazulio's mom called him to help her with planting pretty pots of sunflowers and other flowers. They would use them for cut flowers for the dining room table in the future. His mom showed him how to fill the flowerpots with soil and add enough water to moisten it. Then he made holes to put in the seeds. He covered them with soil and watered. When they were all finished, Mom went into the house that now looked like a farmhouse to make lunch. Mazulio took Arianna to a clearing to play fetch with their favorite red ball.

After lunch Mazulio went with his dad to other fields to plant more crops. These crops would be Mazulio's favorite vegetable to eat! It was two colors of corn. One was all yellow and the other was yellow and white. He asked how long it would take before they could eat it. His dad told him sixty to one hundred days. Mazulio said he would like to help when it was time to pick and eat it. His dad grabbed him and tickled him until they both fell down and rolled in the grass, laughing.

Suddenly Mom called the family to come in, wash up and get ready for dinner. Mazulio fed his puppy first. She was patiently sitting by her food bowl waiting for her dinner. Then he washed his hands and set the table. Mom made one of his favorite meals and dessert—pizza and apple pie with chocolate ice cream on the side. When he was done, he put his plate in the sink. Then he went into his bedroom to get his PJs and join his mom in the bathroom for a tubby, before brushing his teeth. Again, it was time for a bedtime story, his favorite.

Dad always knew what book would be good for that night to read. Tonight was *I Want to be a Farmer When I Grow Up*. After the story, it was time for kisses, hugs and even some tickles. Then Mom tucked Mazulio in and they both told him they loved him very, very much. Mazulio asked them to tell Arianna they loved her, too. They did and gave her a pat on the head. She lay down at the end of the bed as the light went off. Mazulio reached in the dark to find Rupert the bear and kiss him, telling him not to be afraid—he was there to take care of him. He told him to be brave like him and that he would see him in the morning.

Tune in for tomorrow's surprise in the next issue. ♦

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Thanks to ...

Ruth Benedict, Thelma and Wayne Nichols and Sonnie and Tad Fish for delivering *The Limrik* to sites all over town.
~ Editor

Grapevine

Melissa Gallagher, Executive Director

Dear Friends and Supporters,

The Grapevine has enjoyed a fun-filled summer! Our adventures included two week-long summer camp experiences for children ages 4 to 6, a parent-child playgroup led by parent volunteers and Hillsborough-based playgroups for caregivers and children. Teens enjoyed fun outdoor-based activities with staff and volunteers at our Avenue A Teen + Community Center.

This past June, we launched our NH Gives campaign to raise funds for Avenue A. Between the campaign and our Blindfolded Boat Race kick-off event we raised over \$20,000 to support our programs for local youth! Thank you to everyone who gave to our campaign, spread the word, participated in the Blindfolded Boat Race, or helped sponsor boaters. Thank you also to the Town of Hancock and the Hancock Police Department for helping us make the boat race possible, and The Hancock Town Library and Fiddleheads for letting us use their parking.

By the time you read this, the Grand Opening event of our new Avenue A Teen Center will have taken place. We are feeling proud and fortunate to have a beautiful new center to welcome teens in our community! If you haven't had a chance to see it yet, you can contact us to visit at newteen-center@grapevინeh.org.

FALL EVENTS

GRAPE BIG Yard Sale! Sat., Sept. 13, 8 a.m. to noon on the Grapevine front lawn. Come shop for new and gently used items of all varieties during Home & Harvest! All proceeds to benefit Grapevine children's programs. Rain date is Sat., Sept. 20. If you have new and gently used items to donate, please contact Carol at caroll@grapevინeh.org.

Online Auction starts Nov. 1. Donations of gift certificates, local creative arts and goods or services are gratefully accepted during September and October. We will include a business logo or item photo that you provide, a description, and your website link, if desired. Donations are tax-deductible, and proceeds go to support the many programs and events we offer. LIVE bidding Nov. 1–15. Visit <https://www.32auctions.com/grapevინeh> to join on the shopping fun!

FALL PROGRAMS—Registration required; email info@grapevინeh.org. Weekly parent/child programs for children from birth to age 5 begin Sept. 2.

Better Beginnings groups give children an opportunity to play in an enriching environment while caregivers enjoy time with each other in an adjacent space with discussions about child- and family-centered topics with our group facilitators. Offered Mon, Tue, Wed or Fri, 9:30–11:30.

Better Beginnings for Babies offers the opportunity for parents, newborns and infants to come together in a safe, nurturing and fun environment. Parents and caregivers can

connect with each other while infants explore the world around them. Expectant parents are welcome. Meets Thurs, 9:30–11.

Out and About: an outdoor-based program for caregivers and their children, offering the opportunity for families to gather on Thurs. from 10 to 11:30 a.m. to take local hikes and visit fun places.

Hillsborough Parent & Child Playgroup, offered Thurs. from 10 to noon and 12:30 to 2:30 for children from birth to age 5 and their parents and/or caregivers. Staff Paula Coombs and Brenda Hennessy lead these groups and provide toys, activities and snacks—outside at Grimes Field in nice weather, moving inside to Valley Bible Church as the weather gets colder.

Learning Vine Preschool for children ages 3½ to 5. This outdoor-based preschool program focuses on social interaction and problem-solving skills in a fun and engaging outdoor environment. Meets Mon, Wed and Fri from 9 a.m. to noon. Contact Amy Doyle via email at amyd@grapevინeh.org or by phone at 603–588–2620.

SAIL! (Stay Active and Independent for Life). The Grapevine and Antrim Recreation have partnered to offer a gentle exercise program on Mon, Wed and Fri from 9–10 a.m. Participants will improve overall strength, balance and coordination in a fun and relaxed setting. This program is offered at NO COST and is geared toward seniors but open to all. Meets at Town Hall (wheelchair accessible). Call or email The Grapevine for more information and to register.

Dads Campfire. Interested in a Dads Group? Dads don't always get the time to talk together about being a parent and all of the other things that come up along the way. Gather around the campfire with pizza provided, usually on the first Tue of the month at 7 p.m. Email info@grapevინeh.org for more information or to register.

Moms Campfire. Join other moms/caregivers around the campfire to hang out and talk about life. Meets on the first Thurs of the month from 6 to 7:30 p.m. Pizza provided. Email info@grapevინeh.org for more information or to register.

Kinship Navigation. If you are parenting your grandchildren or a relative child, you are not alone. Rosemary Nugent

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is our Kinship Navigator, and she understands what you are going through and knows about resources that might be helpful to you. Call Carol to learn more or email rosemaryn@grapevinenh.org.

One-to-One Parent and Home Visiting Support. Get support from Grapevine staff about parenting, accessing local resources and talking through life challenges. Contact us for more information.

COMMUNITY RESOURCES

Community Wood Bank 2025–26 Heating Season. Please note, as we make plans to rebuild our woodshed, our heating wood supply *may* be limited this season. Keep in mind the wood bank is intended as an emergency heating source; remember to apply for fuel assistance as soon as possible! If you have wood to donate, please contact us.

Fuel & Electric Assistance and other programs. Did you know that you may be eligible to receive help with your home heating and electric expenses? Many people are surprised that they qualify—for example, a family of four earning up to \$91,548 annually can get help with these costs. NOW is the time to apply! If you would like information on this and other programs that might assist you or your family, please give us a call or email info@grapevinenh.org.

Community/Volunteer Thank Yous. A special shout out to volunteers who supported The Grapevine over the summer season, including **Bob Edwards** for collecting our trash and recyclables every week, **Alexis Monkton and Merideth Williams** for facilitating a Summer Parent-Child Playgroup, **Rick Edmunds** for leading our Dads Campfire and helping with our tool shed and other facility needs, **volunteers with End 68 Hours of Hunger** for delivering weekly food bags to The Grapevine and stocking our snack pantry at Avenue A! Finally, a huge thank you to **John and Sue Conklin and Robert Roland** for their many hours of readying our new Teen Center!

The Grapevine is a 501(c)(3) nonprofit Family and Community Resource Center located at 4 Aiken St. in Antrim, behind the Tuttle Library. *We are committed to serving all, regardless of financial circumstance.* For more information call 603–588–2620, email us at info@grapevinenh.org,

visit www.grapevinenh.org and follow us on Facebook at www.facebook.com/grapevinenh.org and Instagram at [@thegrapevinefrc](https://www.instagram.com/thegrapevinefrc). Please consider supporting us and make your tax-deductible online gift at www.grapevinenh.org or check payable to The Grapevine, PO Box 637, Antrim, NH 03440. ♦



Children ages 4 to 6 enjoyed camp programs in July and August! Photo by Amy Doyle.

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