

**Forward from page 30**

mind, because it completes the cycle that has been broken by the modern 'take, make, waste' system; a linear one in which there are many ecological and economic consequences. In this system, I am returning the nutrients I took in the form of food from my land." Sophie clearly has a keen sense of recognizing resources which could easily be overlooked.

**Playing a Role in Andover**

In addition to her work in creating an environmentally sustainable property, a primary goal for Sophie is to examine the needs of the Andover community and determine how Pay It Forward Farm can play a role. She is committed to what she calls a "relocation of resources." The concept emphasizes that all community members have a direct impact on their neighbors. This in turn forces responsibility and produces a

begin offering classes and presentations on permaculture. She has already hosted presentations by the Andover Energy Group and permaculture tours of the property with Colby-Sawyer, Proctor Academy, and the UNH Cooperative Extension. She also routinely organizes plant exchanges through the central New Hampshire permaculture meet-up group at the farm.

For Sophie, teaching comes naturally, but she believes she could benefit from some proper teacher training. As a result, in August she plans to obtain her Permaculture Teacher Certification through D Acres, a not-for-profit educational center in Dorchester which specializes in sustainable living practices and organic farming.

Sophie's certification will help establish Pay it Forward Farm as an education center and sharpen her natural ability to teach. "Ideally, Pay It Forward will be an experiential education and demonstration site for the community focused on ecological restoration, food production, and 'green' building," she said.

Today, the farm is bustling more than ever with activity, as Sophie invited three individuals to intern for the summer. In exchange for work on the property and help with the Penacook Community Center Garden, her interns receive room, board, and knowledge about sustainability, permaculture, and how they can give back to their community.

Eva Moss, one of the three summer interns, explained what she has gained from her experience thus far: "Living here has prompted significant personal change, and I see that in little ways. I drive less, flush less, and spend less than ever, but more importantly, I'm getting an understanding for what a functional, affordable, and regenerative way of life looks like with permaculture at the core."

The magic of Pay It Forward Farm is already making an impact, even as it evolves. To learn more about what is going on, you can "like" Pay it Forward Farm on Facebook at Facebook.com/PayItForwardNH.



Sophie's permaculture plan for Pay It Forward Farm includes a fruit tree forest, many perennial beds, a greenhouse, and much, much more.

strong sense of community, as members deliberately strive to support their neighbors in various ways.

Sophie believes one of her contributions to community building will be through teaching about permaculture and sustainable living. In addition, she looks forward to providing a place for community events such as the recent art show she hosted of encaustic works by local artist Edibeth Farrington.

Her election this year as an Andover selectwoman will also provide her with a more complete understanding of the town's needs and how Pay It Forward Farm may contribute.

**Permaculture Education**

This winter, when work around the farm has slowed, Sophie would like to



# IMAGINATION INN

*An Early Enrichment Program*

**Infant / Toddler Program**  
**Full and Part Time**  
**Preschool Programs**  
**Afterschool Care**

Quality, affordable, hands-on care • Open year round, 7:30 to 5:30  
 Call Doreen for more information: 735-5900  
 45 North Street, Andover • [ImaginationInn@gmail.com](mailto:ImaginationInn@gmail.com)



New London nature photographer Kittie Wilson (standing at right) discussed protection of New Hampshire's loons with an audience of more than 50 at a July presentation in Bluewater Farm lodge on Bradley Lake. The talk was sponsored by the Andover Conservation as part of its "Taking Action for Wildlife" project. Tina Cotton (standing at left) videoed the presentation for Andover's community access cable TV station.

Photo and caption: Larry Chase

Joan Marie's

in Wilmet

Tanning Bed & Hair Styling

Specializing in Hair Color  
 Cut & Style Wigs  
 Unisex for All Ages

The Only Tanning Bed in Town!

Reiki II

GIFT CERTIFICATES AVAILABLE

526-2109

M, W, Th, F: 7:30-12:30 & 3-8  
 Sat: 7:30-12:30



TNT

AUTO BODY

Automobiles • Bikes • Snowmobiles  
 Insurance Collision Repair  
**FREE ESTIMATES**  
 Tom Heath • [tntautobody@tds.net](mailto:tntautobody@tds.net)  
 8 Stewart St. • Andover • 735-4360  
 215 Lake St. • Bristol • 744-8448



## PYO Flowers & Herbs

Choose from hundreds of varieties,  
 thousands of blooms. Fresh from the fields  
 to your home. Open during normal  
 business hours - 7 days a week. Pick &  
 Pay by the pound.



Monday - Saturday 9-6  
 Saturdays 9-5:30  
 Sundays 9-4  
 37 Main St.  
 New London, NH 03257  
 603-526-6253  
[springledgefarm.com](http://springledgefarm.com)

Spring Ledge Farm

Anthem Blue Cross and Blue Shield health coverage for you and your family. Strong protection. Strong network.



Don't put your family at risk by trying to get by without health care coverage. Get reliable benefits that match your busy life.

- Individual and Group Plans
- HSA, HMO and PPO Plans
- Medicare Supplement Plans

DEBRA LIVINGSTON, CLTC

Authorized Independent Agent  
 (603) 526-4513  
 276 Newport Road • The Gallery, Suite 211  
 New London, NH 03257  
[drivingston@tds.net](mailto:drivingston@tds.net)

Debra Livingston is an authorized independent agent in New Hampshire for Anthem Blue Cross and Blue Shield. In New Hampshire, Anthem Blue Cross and Blue Shield is the tradename of Anthem Health Plans of New Hampshire, Inc. Independent licensee of the Blue Cross and Blue Shield Association. ANTHEM® is a registered trademark of Anthem Insurance Companies, Inc.. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.