



## Harvest Season is here



Lisbon Main Street Inc.. was busy organizing the Summer Concert Series that went on this Summer. We would like to thank all of our sponsors and performers for making our Summer Concert Series yet again another successful season.

We would also like to thank all of our Farmers Market vendors and participants. While some shopped around the kids were entertained with games, coloring and we even had a Touch A Truck event. Thank you all and we hope to see you again next year.



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Lisbon Main Street Inc.,  
2017-2018 Board of Directors

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Marlene Higgins, *Vice President*

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Melissa Burgess, *Secretary*

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Vacant

Vacant

**Emiratis Members:**

Wendell Jesseman

Donna Knighton

**Administrative Assistant:**

Mary Ann Jock

If you are interested in filling a vacancy on the LMSI Board of Directors, please contact us at [info@lisbonmainstreet.org](mailto:info@lisbonmainstreet.org) or 838-2200



Join us for a  
**LMSI Board Meeting**  
Please check our website for  
updated meeting day and time  
**Lisbon Railroad Station.**

"A Taste of Lyman" The Lyman Community Group has produced a Cookbook of favorite and delicious recipes from Lyman cooks and their friends. Just in time for Christmas gifts, A Taste of Lyman is available at the Lyman Town Hall, from any LCG member or call 838-6347.

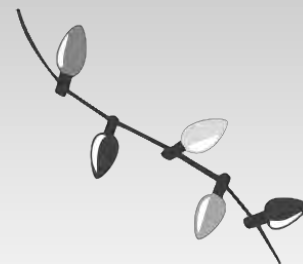


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Vendors wanted for Lisbon Main Street Inc. 1st Annual  
Craft Fair, Nov. 24th at  
Lisbon Regional School. Please contact us at  
info@lisbonmainstreet.org or 838-2200

Lisbon Main Street Inc. is having their 1st Annual Memorial Tree Lighting this year. You may purchase bulbs for \$1 each and have it in memory of a loved one. Names will be read at the Christmas Tree Lighting Ceremony November 24th at Chevron Park on Main Street at 4pm.



P.A.L.S. was founded in 1999 with a mission statement *"to incorporate the abilities of a volunteer force with the teachers' needs in order to enhance the student/teacher experience, and encourage community involvement in education."*

### **Some Projects & Fundraisers PALS Looks Forward to Hosting in 2018/2019 With Your Help!**

- First day of School Photos
- Welcome Baskets for New Teachers at LRS
- PAWS Decals distributed to all New Students on First Day of School
- Adult Paint & Sip Event coming in the Fall 2018
- Kids Paint Party & Cookie Walk in December 2018
- Concession Stand Snack Sales in Fall & Spring
- Posters/Banners for Varsity Seniors for all 3 Sports
- Assisting with Help at School Concerts & Book Fair
- College Pennant Drive continues in the Multi-Purpose Room to Show Students the Schools Where Past LRS Alumni Have Graduated From
- Ice Cream Social at the Yearbook Dedication & Release Party
- Teacher Appreciation Lunch in May
- Father/Daughter—Mother/Son Dance, Proposed
- Popcorn Fridays (Last Friday of Each Month)
- Panther Short Sleeve T-shirt Sales

To Learn More about PALS : Join their Facebook Page or see the Lisbon Regional School website

For More Information contact:

Chrissy Smith 838-6854 or  
chrissysmith4400@gmail.com

Kelly Jesseman: 838-6833

Nikki Woods: 838-6672 or niwood@lisbon.k12.us





## Upcoming Schedule Of Events

### October:

- Lyman Community Group, Ice Out Ticket Sales

#### **20th**

- Lisbon Main Street Inc., Dance with the band  
Side Show at Littleton Elks Lodge

#### **28th**

- Lisbon Main Street Inc., Pumpkin Festival at the  
Shared Ministries, White Church on Main St.  
Lisbon

#### **31st**

- Lisbon Volunteer Fire Department, passing out  
candy and an open house of the old Fire Station

### November:

- Lyman Community Group, Ice Out Ticket Sales

#### **24th**

- Shop Small / Shop Local Day
- Lisbon Main Street Inc., Craft Fair & Visit from  
Santa at Lisbon Regional School
- Lisbon Main Street Inc. ,Christmas Tree Lighting  
at the Gazebo on Main St. Lisbon

### December:

- Lyman Community Group, Ice Out Ticket Sales
- Lisbon Lyons Club, Christmas Tree Sales
- Lisbon Shared Ministries, Wreath Sales
- Lyman Community Group, Memorial Tree
- Lisbon Volunteer Fire Department, moving into  
new fire station. Look for an open house shortly  
after!

### December:

#### **1st**

- PALS (Partners Assisting Lisbon Schools) Kids  
Paint Party & Cookie Walk

#### **17th**

- Lisbon Regional School, K-6 Holiday Concert

#### **19th**

- Lisbon Regional School, 7-13 Holiday Concert

### January:

- Lisbon Main Street Inc., Paint Night
- Lyman Community Group, Pot Luck Supper
- Lyman Community Group, Ice Out Ticket Sales

### February:

- Lyman Community Group, Dodge Pond Day
- Lyman Community Group, Ice Out Ticket Sales

#### **2nd**

- Harry's Riders, Matt Woods Memorial Ice  
Fishing Derby

#### **9th**

- Lisbon Stump Jumpers Vintage  
Snowmobile Race

### March:

- Lyman Community Group, Ice Out Ticket Sales

#### **12th**

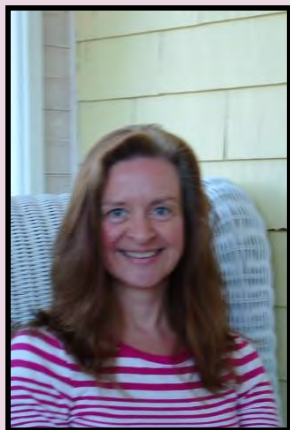
- Lyman Town Meeting Day

### April:

- Lyman Community Group, Ice Out Ticket Sales



## Area Business Spotlight: Thyme To Heal Herbals



Melanie Osborne was born and raised in Medway, ME with Holistic-minded parents. When she was young she envisioned herself as a Therapist working in the nutritional field. Melanie found the study of Herbalism in 1991; 1993 "Thyme To Heal Herbals" began... 25 years later, it is still her life's joy and benefiting her family and many others.

Melanie established "Thyme To Heal" while still living in Massachusetts and working as an Interior Design Consultant until her calling to move to the White Mountains. In May of 1996 Melanie moved to Lisbon with an 18 month old daughter to live and establish her practice of Herbology and Reiki teaching, Melanie's second daughter was born in 1998. This "calling" was a welcomed surprise, Lisbon was not a town she was familiar with, yet the property "was screaming". The Thyme to Heal Shoppe opened in 1999. Melanie says Lisbon has a history of prosperity and community, my "back to nature" offering is not all that today's residents seek, yet the core of understanding resides. Lisbon is in the middle, a pass through that draws people to seek and find her, or the energy draws those that are searching for their need for creating a healthier being or maintaining an already healthy body. Herbology covers all ages, constitutions and health needs, "there are no "no(s)" in the Holistic world, nature provided all. Herbs are physiologically our same make-up, therefore they fill-in the blanks that the toxic world takes...

Melanie explains her main focus of Thyme To Heal Herbals is Therapeutic Herbology. This stands apart based on the in depth health consultations, these consultations focus on family history, current health concerns and lifestyle needed balances, food plans a must. Each consultation is based on the individual, all health products are customized to the individual, all food plans are based on the herbal/health constitution of the individual. Each initial consultation lasts over two hours, a one-time fee to create an individual profile, allowing adequate time for an elaboration of health needs.

Thyme To Heal Herbals shoppe inventory consists of over 250 bulk herbs, Thyme To Heal customized creations, Bath and Body, Spices, Aromatherapy, Teas and me. Those seeking in-depth answers in the Shoppe are best making an appointment. The shoppe does not have sales, as she does not sell from any mass produced groups. If her daughter chooses to change a product or label, she may mark down her current inventory.

How Melanie stands apart... she has studied and practiced medicinal herbology including nutrition for a "lifetime" and dedicated her being, her teachings, her children, and her cliental seeking the knowledge to understand their individual needs, knowing they do not need to suffer the ailments of today's society and to age with dignity, grace and strength.

As for the future of Thyme To Heal Herbals, Melanie explains that she will stay as long as needed here. She feels other parts of the world need her and the knowledge thereof. "I am what many call "the secret hidden in the North Country", yet it is still the power of the teaching that keeps me here."

How to reach Melanie: [www.thymetohealherbals.com](http://www.thymetohealherbals.com)  
[thymetoheal01@yahoo.com](mailto:thymetoheal01@yahoo.com)

(603) 838-5599 113 South Main Street Lisbon, NH 03585

My shop is open: Mon.-Fri 9am-5pm, Sat. 10am-5pm  
Sun. is by appointment only





## Lisbon Town Directory

### TOWN ADMINISTRATION

Contact: Krystle Down, Administrative Assistant/Bookkeeper  
Phone: (603) 838-6376  
adminassistant@lisbonnh.org  
Hours: Mon.-Fri. 9am-12pm and 1pm-4pm

### BOARD OF SELECTMAN

Contact: Scott Champagne-Chair, Arthur Boutin, Brian Higgins  
Phone: (603) 838-6376  
selectmanchampagne@lisbonnh.org  
selectmanboutin@lisbonnh.org  
selectmanhiggins@lisbonnh.org  
Hours: Mon.-Fri 9am-12pm and 1pm-3pm

### EMERGENCY MANAGEMENT

Contact: Scott Champagne-Director, Chief Pinson-Deputy  
Director Phone (630) 838-6376  
selectmanchampagen@lisbonnh.org  
chiefofpolice@lisbonnh.org

### FIRE DEPARTMENT

Contact: Greg Hartwell-Chief  
Phone: (603) 838-2211  
firechief@lisbonnh.org  
Hours: On Call Department. In case of emergency, call 911

### LISBON LIBRARY

Contact: Karla Houston-Librarian  
Phone: (603) 838-6615  
lisbonpubliclibrary@roadrunner.com  
Hours: Mon., Wed. & Fri. 11am-5pm and Thurs. 2pm-6pm

### POLICE DEPARTMENT

Contact: Scott Pinson-Chief  
Phone: (603) 838-6712  
chiefofpolice@lisbonnh.org  
Hours: Officers on duty daily. In case of emergency, call 911

### PUBLIC WORKS

Contact: Kevin Clement-Road Agent  
Phone: (603) 838-2254  
lisbonnhpw@lisbonnh.org

### TAX COLLECTOR'S OFFICE

Contact: Jennifer Trelfa-Tax Collector  
Phone: (603) 838-2862  
townclerk@lisbonnh.org  
Hours: Mon.-Fri. 9am -12pm and 1pm-4pm  
First Saturday of the month 9am-11am

### TOWN CLERK'S OFFICE

Contact: Jennifer Trelfa-Town Clerk  
Phone: (603) 838-2862  
townclerk@lisbonnh.org  
Hours: Mon.-Fri. 9am -12pm and 1pm-4pm  
First Saturday of the month 9am-11am

### TRANSFER STATION & RECYCLING

Contact: Fred Garofalo-Supervisor, Kregg Pinard-Attendant  
Phone: (603) 838-5131  
lisbontransfer@lisbonnh.org  
Office Hours: Mon., Tue. & Wed. 7am-3pm  
Public Disposal Hours: Wed. 1pm-5pm, Sat. 8am-3pm  
and Sun. 8am-12pm

### WATER & WASTEWATER

Contact: Zac Mosher-Utility Partners, Contact Operator  
Phone (603) 838-6027  
Hours: For water system emergencies, call the Public Works  
Department at (603) 838-2254

### WELFARE

Contact: Scott McKinley-Director  
Phone: (603) 838-2862  
Hours: Mon. & Tue. 9am-12pm, for emergencies after hours,  
e.g., homelessness, no heat, etc. call (603) 838-6712

### CONTRACTED SERVICE: BUILDING INSPECTOR/CODE EN- FORCEMENT OFFICER/HEALTH CODE ENFORCEMENT OFFICE

Contact: Chris Hodge  
Phone: (603) 838-1538  
Email: buildinginspector@lisbonnh.org

\* Contact persons and hours of operation are subject to change at any time.





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# Lisbon Main Street Inc.



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Phone: 603-838-2200

[www.lisbonmainstreet.org](http://www.lisbonmainstreet.org)

[info@lisbonmainstreet.org](mailto:info@lisbonmainstreet.org)

“Like” us on Facebook

## Saturday, November 24, 2018

### SHOP SMALL - SHOP LISBON DAY & Lisbon Main Street Inc. 1st Annual Craft Fair



There will be a variety of homemade crafts and vendors at Lisbon Regional School from 10am—3pm. After the Craft Fair join us for the Memorial Tree Lighting on Main Street at the Gazebo in Chevron Park 4pm—4:30pm. There will also be a special visit from Santa, he will be at the Craft Fair and the Memorial Tree Lighting.



### Lisbon Lions Club

Will be having their Annual Christmas Tree Sale in the Wire Mill parking lot. Watch signs for dates.

Shared Ministry Annual Wreath Sale. Stop in at the Church, hours may vary.

