

Welcome
to the...

HOME

Garden Flower Show and CANNABIS



A Special Supplement To THE CONWAY DAILY SUN & THE BERLIN DAILY SUN

MAY 2019

Maine Cabin Masters



Meet the DIY Network stars, appearing Saturday, May 18, at home show. **Page 18**

Fri., Sat. & Sun. May 17-19 at the Fryeburg Fairgrounds

Map to the show **Page 2**

List of vendors **Page 3**

What's new this year ... **Page 4**

150 exhibitors **Page 6**

Everything from olive oil to exotic bulbs.

Daily live music **Page 10**

Rock out or cool down with local bands.

Cannabis products **Page 12**

CBD creams, oils, edibles and more.

Food and drink **Page 22**

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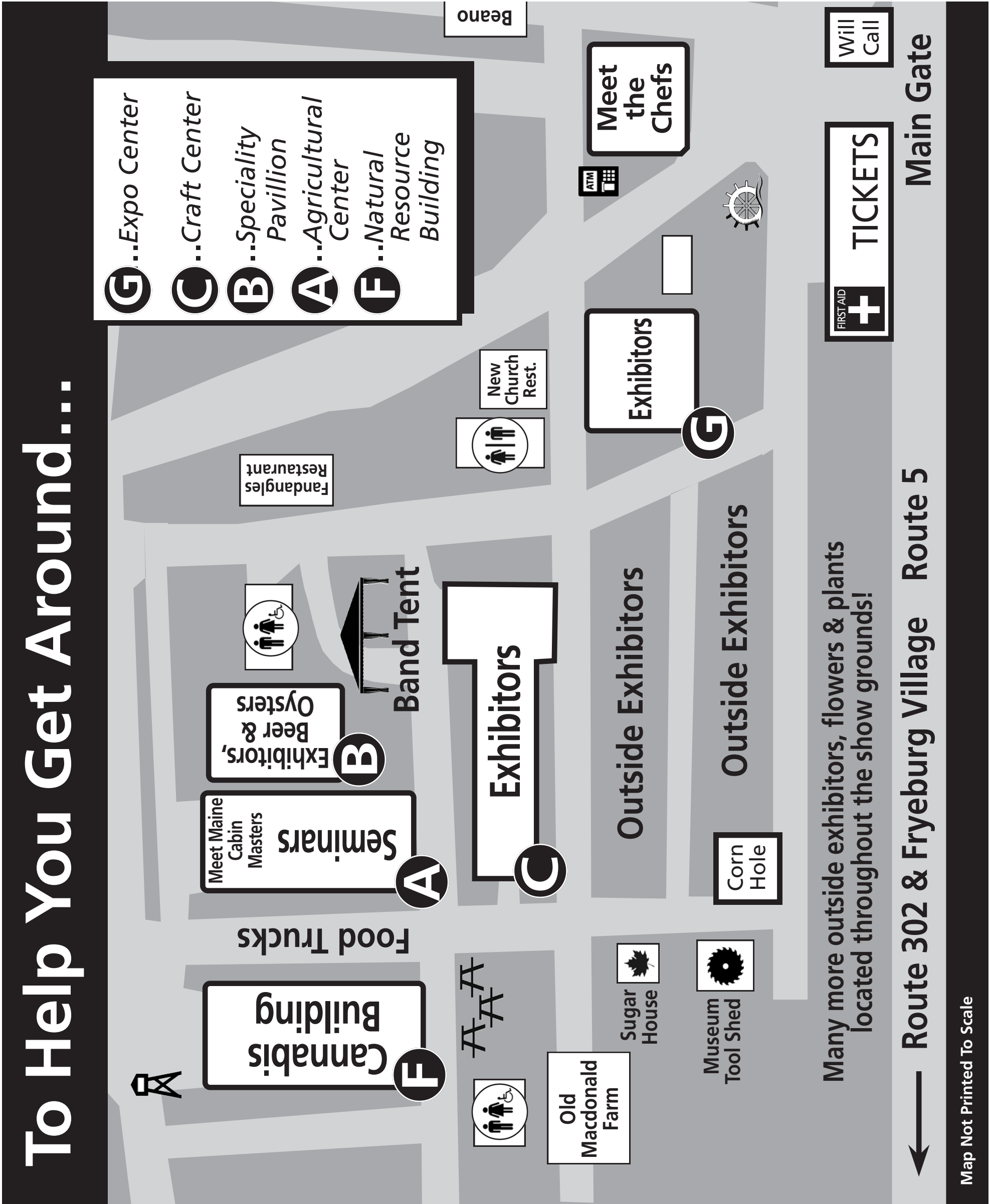
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F

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G

EXPO CENTER - EXHIBITORS

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Cannabis
Expo



TV stars adding more fun to home show

FRYEBURG, Maine — The Home Garden Flower Show with Cannabis has added some serious star power as Maine's hottest TV stars are set to join an impressive lineup of 150 exhibitors.

"This is The Conway Daily Sun's second year owning the show," said Sun Associate Publisher and show producer Joyce Brothers, "and our goal by adding the entertainment is to bring more fun to the overall experience of visiting the exhibitors and perusing their wonderful services and products."

Headlining the home show, set to take over the Fryeburg Fairgrounds on Friday-Sunday, May 17-19, will be the Maine Cabin Masters of DIY Network fame. They will be at the show Saturday, May 18, from 10 a.m.-2 p.m., eager to greet fans, pose for selfies and talk a little about their TV work.

Other highlights of the show will include:

- Three days of live music featuring Jon Sarty and Ray Ryan on Friday, the Carolyn Ramsay Trio on Saturday and the Jonathan Sarty Band on Sunday. The music starts at 3.30 p.m. each day.

- For the first time, full pours of beer and wine will be served in the Specialty Building.

- Oysters — hundreds and hundreds of them — will be shucked and served by 302 West Smokehouse in the Specialty Building.

- One hundred and fifty exhibitors will be offering everything from tomato plants to perennials, granite pavers to tractors, along with art, jewelry, specialty foods and clothing.

- Last year's hit of the show was the introduction of CBD and cannabis exhibitors. They will be back to sell a variety of products for home use and cultivation, although most are medicinal-related.

- Cornhole tournaments: From noon-3 p.m. each day, 30-minute cornhole tournaments will be held, with the winners receiving tickets to Glen amusement park Story Land.

- Thirteen food truck and vendors will offer a wide variety of culinary delights, including BBQ,



Part of the Maine Cabin Masters lineup of DIY Network fame are (from left) Jared Baker ("Jedi"), Matt Dix ("Dixie"), Ashley Morrill ("the Designer"), Ryan Eldridge ("the Voice of Reason") and, of course, Chase Morrill ("the Boss"). Not to be missed, the Cabin Masters will make their debut appearance at the Home Garden Flower Show with Cannabis on Saturday, May 18. (DIY NETWORK PHOTO)

wood-fired pizza, vegan delicacies and deep-fried items from all your favorite food groups.

- Meet the Chefs cooking demonstrations, a show favorite, are returning, too, featuring chefs from the Mount Washington Valley's best restaurants.

- Multi-day ticket: A single-day admission is good for all three days, allowing for repeat visits for food

and entertainment and to pick up the things you couldn't quite carry out the day before.

The show's major sponsors are North Conway Olive Oil Co. (platinum); Dirty Generators (gold); and The Glass Cook (silver).

Major product sponsors are Pete's Restaurant Equipment, Think Kitchen and Lodge cookware.

There's still time for businesses to reserve a booth. Call Joyce at (603) 733-5805 or email joyce@conwaydailysun.com.

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The Cannabis Building was a big success last year, and over 25 exhibitors will be back with CBD products of all kinds. A returning vendor is One Hit One Da (above). (MARGARET MCKENZIE PHOTO)



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From exotic bulbs to furniture, exhibitors have it all

FRYEBURG, Maine — One hundred and fifty exhibitors will be featured at the Home Garden Flower Show with Cannabis. They comprise an electric blend of returning show favorites and exciting new ones.

The show is being held Friday, May 17, from 11 a.m.-5 p.m.; Saturday, May 18, from 9 a.m.-5 p.m.; and Sunday, May 19, from 10 a.m.-4 p.m. at the Fryeburg Fairgrounds. Headliners will be the Maine Cabin Masters, Maine's biggest TV stars.

The show's platinum sponsor is the North Conway Olive Oil Co. Their products will be featured in cooking demonstrations at Meet The Chefs — held all three days — and be available for purchase.

They'll have many of their top-selling items at the show, including such delicious selections as Persian Lime and Whole Fruit Blood Orange olive oils and Cranberry Pear White and Sicilian Lemon White balsamic vinegars.

North Conway Olive Oil Co. started in 2017. Last year, owners Bill Kittredge and Matt DiBenedetto opened a second location at Settlers Green.

The company has more than 75 varieties of olive oil and balsamic vinegars on tap, all available for tasting. Its friendly staff can help customers pair oils and vinegars with advice for cooking use.

Gold sponsor Dirfy Generators, based in Limington, Maine, situated between Cornish and Standish on Route 25, offers sales, installation and service of standby generators, as well as inspections, evaluations and consultation services. All of Dirfy's technicians are factory-trained, hold master electrician licenses and are licensed master propane installers.

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Owner Bob Cyr has been installing generators



Stephanie Scheffel of Center Conway selects flowers and plants for her garden at the Home Garden Flower Show in 2018 at the Fryeburg Fairgrounds. This year, over 150 exhibitors will offer everything from seedlings to olive oil. (JAMIE GEMMITI PHOTO)

since 1982. Son Robert, who earned his associate's degree in electrical technology, now works with him.

Silver sponsor The Glass Cook, a marijuana caregiver store, is located in Fryeburg and owned by glass artisan Thomas Fuller. According to Fuller, the

shop has one of the biggest CBD selections in the area, with products for both humans and pets used to treat such conditions as joint pain and anxiety.

see **EXHIBITORS** page 7



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White Mountain Stove Shop co-owner Nicole Jackson (right) and employee Cliff Graves display products at last year's home show. The Madison stove shop will be back this year. (JAMIE GEMMITI PHOTO)

EXHIBITORS from page 6

Of course, many, many more products and services will be represented at the show, spanning the universe from what grows in the ground — flowers, exotic bulbs, perennials, veggie seedlings and plants, and cannabis seeds — to clothing, furniture, lawn tractors, specialty foods, jewelry and CBD products that promise to make you look and feel better.

A small sampling of the show's many

exhibitors includes Bartlett Tree Experts, Clear Choice Home Improvements, David's Custom Woodworking, Earth and Fire Pottery, Edward Jones financial adviser Shawn Adjutant, Gibraltar Pools Inc., Lake Region Nursery, MetalCraft Design, Milford Flooring, Paul's Instant Garages, ReVision Energy, Ruthie's Flower Shop, Stan & Dan's Sporting Goods, State Farm Insurance and the White Mountain Stove Shop.

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The Jonathan Sarty Band includes (from left) Jon Sarty, Ray Ryan, Don Walden and Craig Bryan Jr. They will perform Sunday, May 19, at the Home Garden Flower Show with Cannabis. (COURTESY PHOTO)

Bands to perform daily at Home Garden Show

FRYEBURG, Maine — The Home Garden Flower Show with Cannabis is beefing up its musical entertainment this year with bands set to play Friday, Saturday and Sunday afternoons, May 17-19, at the Fryeburg Fairgrounds.

The bands will play under a tent just outside of the Specialty Building, where for the first time, full pours of beer and wine will be served, along with a new home show favorite: shucked oysters, provided by 302 West

Smokehouse & Tavern of Fryeburg.

“After a few tours around the show to visit our exhibitors and buy some useful and cool stuff, what better way to wind down than listen to music and enjoy a beverage?” notes show producer and Conway Daily Sun Associate Publisher Joyce Brothers.

Following a successful inaugural year in 2018, this will be the Sun’s second year producing the show.

see **BANDS** page 11



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The Carolyn Ramsay Trio (from left, bass player Bud Clark, Ramsay and guitarist Chuck Farrell) will play Saturday, May 18, at the Home Garden Flower Show with Cannabis. (COURTESY PHOTO)

BANDS from page 10

Performing on May 18 will be the well-regarded Wolfeboro-based Carolyn Ramsay Trio. Made up of Ramsay on lead vocals and rhythm guitar, Chuck Farrell on lead guitar and Bud Clark on bass, the trio brings an acoustic, folky-sounding experience to the listener. Songs like "It's Too Late" and "Rhiannon" are on

their playlist.

Ramsay grew up in a musical family in Canada. She began playing guitar and singing in middle school and hasn't stopped since. Her band can frequently be heard in pubs around Wolfeboro, including Wolfe's Tavern.

Farrell's smooth guitar style has its roots in rhythm and blues, and brings

see **BANDS** page 12



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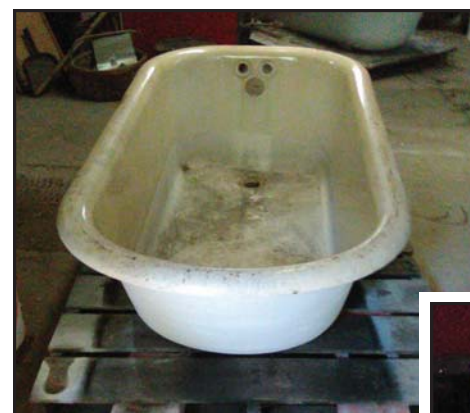
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BANDS from page 11

a bluesy sensibility to each tune. An Ontario native, Farrell now calls Wolfeboro home.

From the Lakes Region, Clark adds a strong rhythmic sense to the overall sound of the trio.

Meanwhile, singer/songwriter Jonathan Sarty is a familiar presence all over the Mount Washington Valley and beyond, and can be found playing gigs from the Wildcat Tavern in Jackson to the Knotty Pine Tavern in Wakefield.

A native New Englander, Sarty is perhaps best-known for hosting the Cold River Radio variety show several times a year at the Theater in the Wood in Intervale — in fact, the next Cold River Radio show is scheduled for June 30.

On Friday, May 17, the multi-talented Sarty will appear with guitarist Ray Ryan, and will tailor his playlist to the mood of the crowd. His selections may include rock, country, ballads, love songs and the blues.

And on Sunday, May 19, Sarty returns with his band in a higher-tempo version of his Friday appearance to provide the perfect backdrop with which to end the weekend.

The Jonathan Sarty Band is made up of talented performers and good friends Sarty, Ryan, bass player Don

Walden and drummer Craig Bryan Jr.

They cover tunes by such popular artists as Tom Petty, Johnny Cash, Elvis Presley, The Beatles, Bob Dylan, The Grateful Dead, the Doobie Brothers, Ray Charles, Bob Seger and the Rolling Stones — not to mention Hank Williams and Willie Nelson.

If you're a music lover, don't forget Home Garden Flower Show attendees can take in all these bands for one \$10 admission ticket. And this year, every ticket is a multi-day ticket, allowing you to attend the home show all three days.

Meanwhile, the show's exhibitors will offer everything from swimming pools to perennials, from balsamic vinegar to jewelry, as well as CBD edibles and therapeutic oils. Meet the Chefs cooking demonstrations, a show favorite, are returning, too.

A new activity for the whole family is free-to-play cornhole tournaments held daily from noon-3 p.m., with prizes for winners of each round.

Information about exhibitors, food vendors, schedules and presenters will be continually updated and posted on the home show website, homegarden-flowershow.com.

There's still time for businesses to reserve a booth. Interested in taking part in the Home Show? Call Joyce at (603) 733-5805 or email joyce@conwaydailysun.com.



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A big hit last year, cannabis vendors offer new products

FRYEBURG, Maine — With Maine lawmakers expected to allow retail sales of marijuana sometime this year — and towns enacting their own ordinances regarding this fast-moving industry — what more convenient way to learn about it (and check out a wide variety of CBD and cannabis-related products) than at the Home Garden Flower Show with Cannabis coming May 17-19 to the Fryeburg Fairgrounds?

While possessing small amounts of cannabis for personal use is legal in Maine, retail sales of cannabis is prohibited, although the Legislature is expecting to eventually roll out regs governing what experts say will be a \$250 million industry.

There are two broad categories of cannabis: one with THC (tetrahydrocannabinol), the psychoactive ingredient that gets people high; and CBD (cannabidiol), which is derived from hemp and contains only trace amounts of THC.

CBD is used for medicinal purposes, and the amount of THC in it is so low that CBD products currently are legal in all 50 states.

Most of the cannabis-related exhibitors at the upcoming home and garden show will be selling CBD products.

These products are said to be good for what ails you, and are commonly used to treat joint pain, stress and sleep problems.

Some skeptics dismiss CBD as just another supplement, but the first drug with CBD, Epidiolex, was approved last year by the U.S. Food and Drug Administration to treat a rare and severe form of epilepsy.

An unfortunate consequence of that approval, however, was that it set off a firestorm in Maine as the FDA then defined CBD as a medicine rather than a supplement and issued a directive banning edible products infused with CBD.

The ban forced Maine's CBD sellers to close down, affecting thousands of growers, processors and retailers. Legislation was quickly passed by the Maine Legislature to effectively overturn the FDA, and Maine Gov. Janet Mills signed a bill last month that put the CBD industry back in business.

The 25 cannabis-related vendors at the show will be selling everything from the products you need to grow your own, plus a variety of CBD-infused items, including oils, creams and edibles. There's even a vendor

see **CANNABIS** page 14

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Visitors stop by a CBD exhibitor's booth at the 2018 Home Garden Flower Show with Cannabis. This year, more than 25 vendors will be selling their wares. (MARGARET MCKENZIE PHOTO)

CANNABIS from page 13

selling a board game called Weedopoly. Plus, there will be lots of clothing and wearables.

The non-profit Marijuana Caretakers of Maine organization will have information on becoming a caretaker and getting a medical card.

No one under 21 will be allowed in the Cannabis Building without an attending guardian.

Note: Smoking cannabis, like smoking tobacco, is prohibited at the Fairgrounds.

The list of cannabis exhibitors includes: 802 Hemp, 207 Glass, All Kind Candy, Bad Frog Budz, Best Budz/Clean Green, Blue Seal, Can-

naCare Doc/MVC Technologies, Canabased Wellness/Nectar of Maine, Crocket Family Farms/Greenleaf Magazine, The Glass Cook, Great Atlantic Puffin Co., Greener Evolutions, LLC, Healing Harbors, Hempworx, Herbal Remedies, Hippy Chicks, Irie Bliss Wellness, Inc., J & K's Hemp Works, Kushley Legal Leaf, Maine Cannabis Solutionz, Maine Greenyards, LLC, Medical Marijuana Caregivers of Maine (MMCM), Medicine Farm, Moose Budz & The CBD Kitchen, Old Man Farms, One Hit One Da/TAA DA Inc., Southern Maine Kitchen/SoMe Temescal Wellness, Inc. and Weedopoly Board Game.

see **CANNABIS** page 15

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Cannabis buds are seen at the Medicine Barn booth at last year's Home Garden Flower Show at the Fryeburg Fairgrounds. Medicine Farm will be exhibiting again this year. (JAMIE GEMMITI PHOTO)

CANNABIS from page 14

Now in its 19th year, the show continues to add events and entertainment to complement the experience of attendees. A total of 150 exhibitors are coming.

New this year, live music — featuring Jon Sarty and Ray Ryan on Friday, the Carolyn Ramsay Trio on Saturday and the Jonathan Sarty Band on Sunday — will be offered each of the three days of the show.

Also for the first time, in the Specialty Building, full pours of beer and wine will be available, along with a home show favorite, shucked oysters.

Last year, the demand for oysters

far outstripped the supply, so the shuckers from Fryeburg's 302 West Smokehouse are bringing hundreds more this time around.

A new activity for the whole family will be free-to-play cornhole tournaments, held daily noon-3 p.m., with Story Land tickets for winners of each round.

Tickets are now available online for the discounted price of \$8 — and for the first time, that one admission ticket can be reused to admit you to all three days of the show.

For more information, go to the Home Show's website, homegarden-flowershow.com.



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Chase Morrill and his sister, Ashley, stars of DIY Network's hit renovation series "Maine Cabin Masters," will be appearing at the Home Garden Flower Show with Cannabis on May 18. (COURTESY SHOW)

Maine Cabin Masters eager to talk with fans of the show

FRYEBURG, Maine — You might think the Maine Cabin Masters were an overnight sensation, but fame didn't arrive right away for Chase Morrill, Ashley Morrill, Ryan Eldridge and the rest of the Kennebec Property Services gang, whose mission it is to

rescue and revitalize older homes all over the Pine Tree State.

The primarily Gardiner-based crew are on Season Three for the DIY Network, which debuted the show in

see **CABIN MASTERS** page 19



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CABIN MASTERS from page 18

2016. The show reportedly now garners more than 3.5 million viewers.

Answering questions on their website (mainecabinmasters.com), Chase (a.k.a. "The Boss") says that fame has changed his life — a little.

"Before the show started, I would only cut my hair once a year. Usually in early spring, I would shave my head and face, but I only had a set of old dog clippers, so I used those," he said.

"Now I get a haircut and trim the beard every few months. I haven't decided if I will go back to the old routine once the show ends. I still have the clippers."

A 10th-generation Mainer, Chase, along with friends and family, including his sister Ashley and brother-in-law Ryan, work to renovate classic Maine properties such as lakefront camps and cabins tucked away in the woods.

Chase, 41, who graduated from the College of the Atlantic in Bar Harbor in 2000, is married to Sarah, a registered nurse. They have two children.

Chase's sister Ashley, 44, is married to Ryan, 43. Ashley, who graduated from the University of Maine-Orono, does most of the designing on the cabin makeovers.

Answering the question, "If you could meet one person from history, who would it be?" Ashley replied: "Willie Nelson. I love him. Ryan proposed to me the day after a Willie show. I have reoccurring dreams that

we are BFF's."

Ryan notes his favorite tool to work with is his DeWalt laser. "Every time I use it, I get to do the math at how much money it is saving us. Plus it has a really cool green color."

Interviewed last year on "The Nite Show with Danny Cashman," Bangor's late-night TV talk show, Chase explained how they became "Cabin Masters."

"We grew up with our father, our grandfather, with our family all building, our own house, or other people's camps," he said.

He, Ashley and Ryan all went off to college (Ryan graduated from the University of Maine at Farmington), Chase said. "We all have degrees in different stuff, but we all came back to building."

Things changed when they started doing a timber frame project in Wayne, Maine.

"My daughter's friend's mother works for Kennebec Land Trust, and she knew Dorsey Pictures (a production company based in Denver) and that they were looking for carpenters to do a show with that fixed up old camps," Chase recalled.

"She knew we were carpenters, kind of put us together. We did a couple of Skype interviews, and here we are."

Cashman asked if it was Maine that sold Dorsey on doing the show with them.

"No, it was the beards that sold

see **CABIN MASTERS** page 20



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The Maine Cabin Masters turned a newlywed couple's ramshackle wedding gift into what they now call "the Honeymoon Suite" on Episode 309 of their DIY Network show. (COURTESY PHOTO)

CABIN MASTERS from page 19

the job they do.

Chase put in: "It's the power of editing. We make mistakes, we do stupid stuff, but they put together such a good story."

To hear behind-the-scenes tales like these from the Maine Cabin Masters, come to the Home Garden Flower Show with Cannabis, taking place at Fryeburg Fairgrounds on May 17-19. The DIY stars will be appearing Saturday, May 18, from 10 a.m.-2 p.m.

them," Chase replied, deadpan.

"Normally as contractors we go and finish the place and let the homeowners decorate," he said, "but what's different is we go in and do our own finish."

"Make it look good for TV," Ashley put in. She added: "When we watch (the show), we're watching it the same time everybody else is, we don't get a sneak advance of it, so it's cool to see

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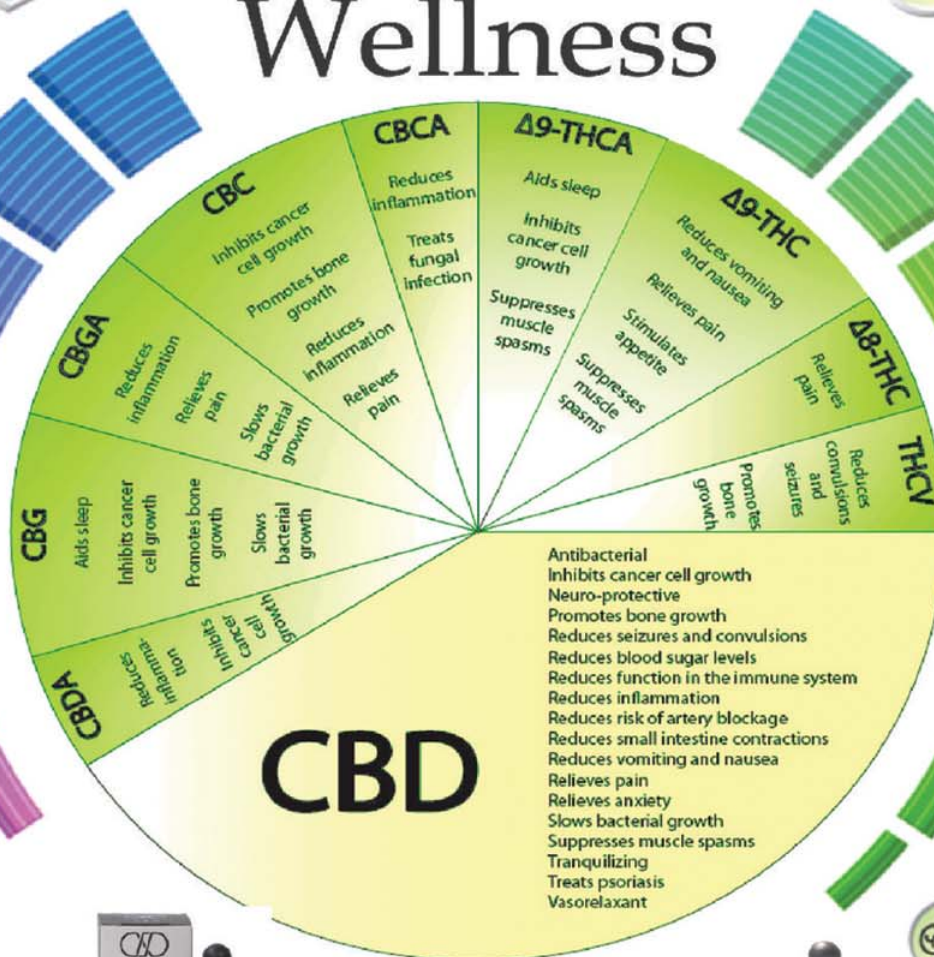
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Carolyn's ice cream truck will return to the Home Garden Flower Show with Cannabis in 2019. There will be a total of 13 food trucks at the show this year. (MARGARET MCKENZIE PHOTO)

More food, drink than ever at the Home Garden Show

FRYEBURG, Maine — Spring is in the air — and that means the return of the Home Garden Flower Show with Cannabis.

Now in its 19th year, the show will run May 17-19. It continues to add events and entertainment to complement the experience of attendees as it features 150 exhibitors.

In the Specialty Building for the first time, full pours of beer and wine will be served, along with oysters.

Demand for oysters outstripped the supply last year, but the shuckers from 302 West Smokehouse are bringing hundreds more for this show.

"This is The Conway Daily Sun's second year owning the show," said

Sun Associate Publisher and show producer Joyce Brothers, "and our goal by adding better beer and wine service and entertainment is to add more fun to the overall experience."

Outside will be a full lineup of food trucks, guaranteed to sate the appetite of most every attendee to the show.

They include: Carolyn's Creamee, offering soft and hard ice cream and apple crisp; White Mountain Pizza, wood-fired pizza; Ye Olde English Fish 'n' Chips, with fried seafood, fries, onion rings; Cookie Mama: cookies, brownies, pastry, whoopie pies; Creative Concessions: fried dough

see **FOOD** page 23



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A server pours a sample of Tuckerman's beer at last year's show. This year, full pours of both wine and beer will be available. (MARGARET MCKENZIE PHOTO)

FOOD from page 22

and lemonade; Slush King, offering sausage subs, cheese steak, chicken fingers and more; Kettle Corn, roasted spuds, corn on the cob, salads and, of course, kettle corn; Coffee Truck; Yogi's Traveling Kitchen, with mini-doughnuts; Road Hawg Swine Dining: Pulled pork BBQ; Kimberly's GF Kitchen: gluten-free treats; and Bruster's Ice Cream: waffle cones and hard-serve ice cream.

Meet the Chefs cooking demonstrations, a show favorite are returning, too.

"With more food and beer and excellent entertainment, we really want to encourage people to come back for a second day," said Brothers. "Buy something you thought about the day before, have a beer or glass or wine, and listen to some music — a great way to spend a mid-May weekend."

Tickets are available online for the discounted price of \$8 and for the first time, one admission ticket gets you in all three days.

To get more information, or to buy discounted tickets, go to homegarden-flowershow.com



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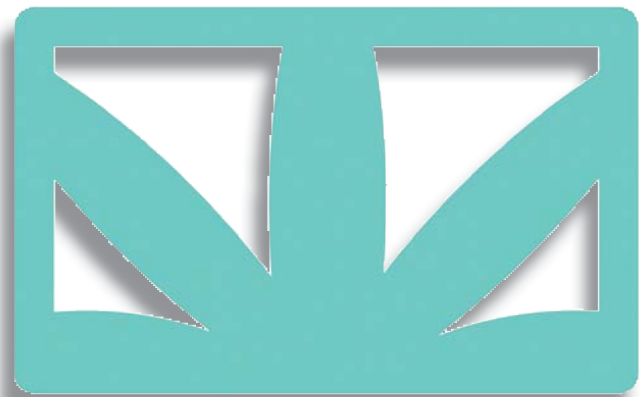
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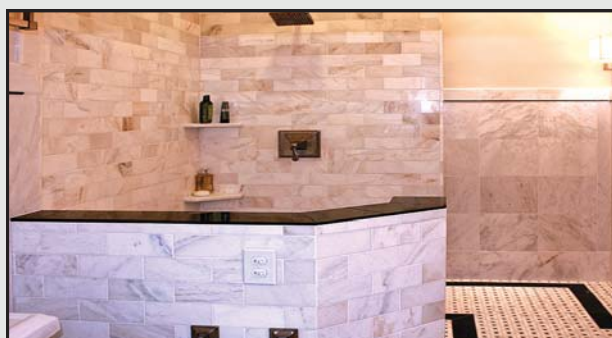
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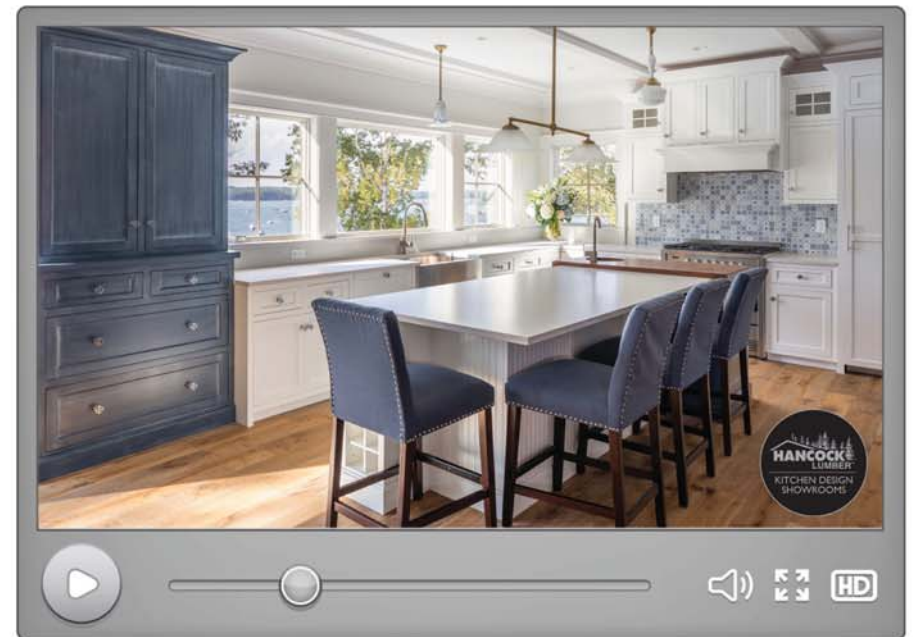
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—LISA WILLIAMS
Kitchen Designer, North Conway



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—STEVEN MERRILL
Kitchen Designer, Bridgton



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SEMINARS

—Friday—

11:15 — 11:35am Pearl's Premium Ultra Low Maintenance Lawn Seed

Jackson Madnick, Founder

Jackson Madnick is a longtime environmentalist and water resources and sustainability expert. Jackson is the former chairperson of the Wayland (Mass.) Surface Water Quality Committee, present member of the Congress of Lakes and Pond Association (COLAP) Board of Directors, recipient of the 2007 AltWheel's Regional Environmental Hero Award, and a two-time winner of the National GALA Award, the highest honor in the field of special events and public celebrations.

In the past Madnick's work has been commended by two White Houses (first Bush and Clinton), the United Nations, John Glenn, National League of Cities and Al Gore, among others.

Jackson helped renew the National Clean Water Act, with a low energy, nationally televised event that gathered 1 million signatures for a petition to renew the act. He has been researching innovative ways to save energy, improve surface and groundwater quality and create healthier lawns that require no fertilizer, dramatically less time, money, water and green house gases.

He lives in a sustainable house that he is renovating to produce 95 percent of its heating, cooling and power from the sun and Earth. Jackson gives free tours. Join him for one.

11:35 — 11:50am Canuvo, Inc.

Sage Peterson

Since 2011, Canuvo has been cultivating, manufacturing and retailing medical cannabis at their dispensary in Biddeford, Maine. The daily menu offers a large selection of flowers along with edibles, tinctures, topicals, vaporizer pens and accessories. In addition to medical grade cannabis and products, Canuvo offers consultations at the dispensary so that customers can make informed decisions about dosing and what products may work best for them. In addition, Canuvo's sister company, Cannabis Adult Education, offers free classes to the public. Check out the class offerings at www.cannabisadulthoodeducation.com

see **FRIDAY SEMINARS** page 27

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HELD IN AGRICULTURAL BLDG.**—Friday—**

FRIDAY SEMINARS from page 26

12:00 — 12:20pm Irie Bliss Wellness

Irie Bliss is a hemp wellness lifestyle brand that was founded by Sandy Bernier as a way to illuminate the ways in which hemp can enhance one's quality of life and the health of the planet. A longtime medical marijuana patient and hemp advocate, Sandy believes in the power of cannabis for food, fiber, fabric and fuel. She creates branded and custom CBD products and sells an array of trusted brands at her hemp boutique and online at www.iriebliss.com. A year ago, Sandy opened "Beyond Blissed" for Cannabis Wellness, Beauty, and Education. Her center, located 17 miles south of Boston, is an open door for folks to learn about cannabis. Her holistic network is made up of health-care professionals such as Sherri Tutkus, RN, from the Green Nurse Group, as well as beauty consultants, energy workers, massage therapists, yoga teachers, midwives, concerned moms and hemp farmers who see the potential in whole plant therapies.

12:20 — 12:40pm All Kind, LLC

Claire Stretch is a professional medical cannabis cultivator/caregiver, licensed hemp grower and founder/CEO of All Kind LLC, an artisanal cannabinoid-based edibles company specializing in medicated tempered chocolate. She has grown from helping one sick friend into creating product lines of boutique edibles with national sales in her hemp-based offerings. Specializing in seed-to-bar, the All Kind product line-up has found success with easily dosed, clean and bright chocolate bars that are designed for quality. From farm, through extraction/manufacturing and onto store shelves, Claire has a working knowledge of the current cannabis edibles climate on the East Coast and the U.S. and understands many on the challenges to overcome, including manufacturing into licensure for the 2019 market.

12:40 — 1:05pm Healing Harbors

After a successful marketing and design career in Atlanta, where she worked in the highly regulated insurance marketing sector, Ashley Lenz decided to use her unique skill set to launch something she truly cares about — helping people improve their quality of life with simple, natural products. She enjoys showing them options and earth-grown alternatives, teaching them to look at ancient traditions under the lens of modern-day science and to take charge of their own well-being. She now co-owns Healing Harbors with founder Stacy Moore, and together they develop, create and distribute some of Maine's most highly regarded CBD personal care and pet products.

1:05 — 1:25pm Compass Rose***Adventures of Two Traveling Sister Wildlife Photographers***

Join sisters Shelley Lance-Fulk and Jacklyn Amtower as they share their stories and adventures traveling the world as wildlife photographers. They have been to all seven continents several times to capture images of wildlife from animal-rich regions around the globe. Their books "Can I Carry Your Luggage?," "Upside Down and Backwards" and "Dromomania" are a captivating collection of stories behind the photos. Shelley and Jacklyn reside in a small community in Central Maine where the abundance of local critters, moose, deer, raccoon, fox and birds keep them amused and always reaching for their cameras.

1:30 — 1:50pm Protection for a Purpose

Michelle Morrow is a certified Refuse To Be A Victim Instructor and Certified R.A.D. instructor. She speaks at local police departments that wanted to offer women-only self-defense classes. She took the instructor class and says she was the only independent person in the class; it was all military and police personnel. She was extremely intimidated and had never been through a training like that. Day 2, she realized this was her purpose in life! She was there to help protect women and teach them how to be safe. She has been a R.A.D. instructor since 2014 and continues to increase her education and training, adding Aerosol Defense in 2017. What is your personal safety strategy? Don't have one? Michelle can help with that!

1:50 — 2:10pm Eco-Dyed Wearable Art***Natural fibers for possible medicinal benefits***

Susan Hoople is a craftsperson focusing on all aspects of fiber arts and crafts. As an adult, she was introduced to spinning yarn, which led to an interest in dyeing fibers and then on to learning all aspects of creating felt. A few years ago, she was exposed to the work of Australian artist India Flint, who popularized a method of dyeing natural fibers with plants and flowers called "eco-dyeing." Most recently, she has been studying the possible medicinal qualities of natural plant dyes for clothing. Our skin is our largest organ, which absorbs what it is exposed to. Therefore, it would make sense that wearing naturally dyed fabrics may be more beneficial than chemically dyed ones, since the fabric-dyeing industry is one of the largest polluters on the planet.

2:15 — 2:35pm NH Orchid***N.H. and Maine Orchid Societies***

Andrea Deachman from the New Hampshire and Maine Orchid societies will talk about conservation for native orchids and educate the general public about native and hybrids from around the world. Did you know there could be orchids in your backyard. Come and see what they look like.



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SEMINARS

—Sunday—


10:30 – 10:55am Blue Seal
Controlled Environment Agriculture: What – Why – How?
David O'Connor, controlled environment agriculture science consultant for New England's 10 Blue Seal stores, provides support to commercial cannabis and food production sectors. He will give a brief overview of leading-edge science and tech in these lucrative and highly competitive sectors and answering questions from the audience.

11:00 – 11:45am P.C. Hoag – Certified Arborist
Fostering sustainable landscapes and natural areas through peer-reviewed scientific information.
Pete Hoag started P.C. Hoag & Co. Inc. after graduating from college in 1976. Shortly after that, he got to study with renowned tree biologist, Dr. Alex Shigo. Over the next 40 years, Pete, along with his partner and wife Gloria, integrated tree health procedures based on scientific research into their company. They attend seminars and workshops throughout the year, investing time and energy to provide their customers with the best tree and landscape care. Pete will be holding a seminar on Sunday at 11 a.m. in the Agricultural Building.


12:00 – 12:45pm Cannabis Discussion Panel
Kathleen McKinnon
Kathleen McKinnon is director of operations for Canna Care Docs, the largest medical marijuana evaluation center in the U.S. Kathleen oversees 100+ employees and has been instrumental in developing the educational process that sees so many patients successfully treated for their conditions. Kathleen has a B.S. in dental hygiene, and spent the early part of her career working to educate patients on total body health and wellness. She sees the benefits of cannabis as addiction treatment, among other medicinal uses. She is a mother of three and has two grandsons. Kathleen and two of her associates will be holding a Cannabis Discussion Panel on Sunday at noon.

1:00 – 1:20pm 603 Property Group
Lobin Frizzell's business philosophy is based on old school concepts of customer service, honesty and integrity. It does not matter if you are looking to sell your home or buy a house — navigating the real estate market can be difficult. Lobin has market knowledge and real estate expertise. If you are looking to sell your home, she will meet you and help you come up with a marketing plan to get you the most money possible for your property. If you are looking to buy a home, she will represent you and help you find your dream home at your dream price. The bottom line is that your real estate sale or purchase is a big investment. Let Lobin help you achieve your goals.

1:20 – 1:45pm Show Quality Homes
Traci Jenkins is a certified home stager and redesigner. She and her partner, Carl Westerberg, established Show Quality Homes in 2015. Traci has been redesigning spaces since childhood and has spent much of her life involved in theater, from staging and set design to performing. Carl's experience with houses ranges from construction, painting and framing to real estate agent and certified residential appraiser. Together the team has over 20 years in the real estate industry, complementing each other's talents to provide solutions for homeowners, Realtors and sellers.



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—Friday—

11:30am – 12:15pm

Chef: Steffani Adaska

Restaurant: North Conway Olive Oil Company

Dish: Smoky Peach Pulled Pork with Peach BBQ sauce

12:30pm – 1:15pm

Chef: Steffani Adaska

Restaurant: North Conway Olive Oil Company

Dish: Vietnamese Meatballs with Serrano Honey Hoisin drizzle

1:30pm – 2:15pm

Chef: Steffani Adaska

Restaurant: North Conway Olive Oil Company

Dish: Gambas al Ajillo (Shrimp with Garlic)



Chef Steffani Adaska



Chef Ryan Mayo



Chef Michael Reed

—Saturday—

10:30am – 11:15am

Chef: Ryan Mayo

Restaurant: Eagle Mountain House

Dish: Shrimp Dumpling with Scallion Dipping Sauce

11:30am – 12:15pm

Chef: Michael Reed

Restaurant: Christmas Farm Inn & Spa

Dish: Bhel Puri

12:30pm – 1:15pm

Chef: Steffani Adaska

Restaurant: North Conway Olive Oil Company

Dish: Roasted Shrimp Tacos with Baklouti Chili, Mango
and Avocado- Salsa

1:30pm – 2:15pm

Chef: Steffani Adaska

Restaurant: North Conway Olive Oil Company

Dish: NoCo-Asian Chicken Lettuce Wraps



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—Sunday—

10:30am – 11:15am

Chef: Bryant Alden

Restaurant: Wildcat Tavern
Dish: Pulled Pork with pickled veggies on Bao Buns



Chef Cheryl Emerson

11:30am – 12:15pm

Chef: Cheryl Emerson

Restaurant: No Co Country Club

12:30pm – 1:15pm

Chef: Bryce Harrison

Restaurant: Cheese Louise
Dishes: Grilled Cheeses. "The Godmother" and The "Blue Buffalo"



Chef Bryant Alden

1:30pm –

Chef: Kendra Veno

Restaurant: Veno's Specialty Meats
Dish: Tuckermans Chicken over Naan with Hippie Dip



Chef Kendra Veno



Chef Bryce Harrison



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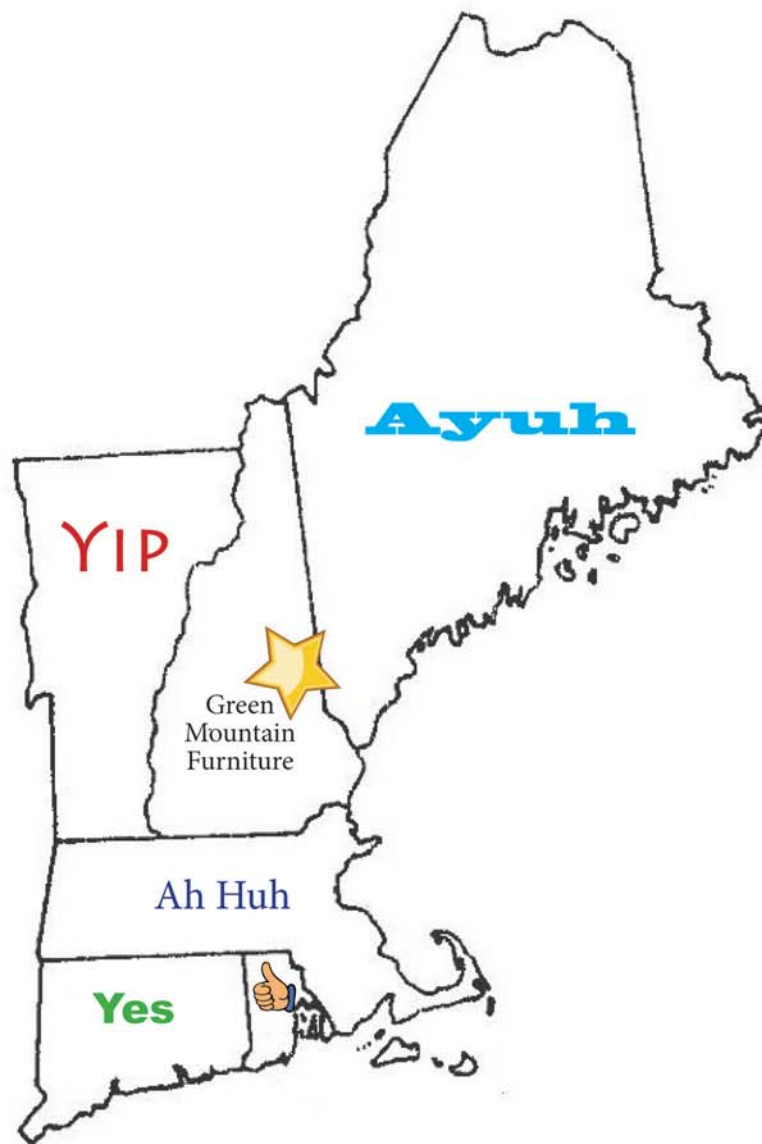
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