

## Learning to live smart in Niagara

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PELHAM -- Local vendors gathered in the town square on Sunday to teach consumers about Living Smart.

"What I wanted to do was promote vendors that provide organic food and natural products," said Emily Sterr, organizer of the Living Smart market and owner of Mason Jar Organic Food in Fonthill.

The free event Sept. 9 provided visitors with the opportunity to browse booths offering a variety of products including natural cleaning supplies, organic pet food and fair trade coffee.

"I wanted to provide more than one piece to the puzzle, individual health as well as environmental," she said. "Everyone was gung-ho about it."

Sterr said vendors were eager to come onboard for the event, but due to the rainy weather some were unable to attend.

Vendors at the market ranged from farmers with organic fruits and vegetables to a hypnotist, who Sterr said covers the "emotional" aspect of smart living. Hypnotist Kathleen Milligan, from Action Hypnosis in St. Catharines, offered treatment for such ailments as snoring and nail biting as an alternative to drugs.

Local group Sister Lune provided musical entertainment for the day's festivities. The five women performed a variety of original and cover tunes, including a song dedicated to the empowerment of women.

After holding the first Living Smart event last April, Sterr said the public expressed interest and need for another.

"There was a great response from the first one."



The songstresses of Fonthill's Sister Lune -- Jennifer Benson, Betsy Tauro, Melissa Penner, Susannah Taylor and Brenda Snyder (not pictured) -- performed a variety of original and cover tunes at the Pelham Living Smart program in the town square Sunday.

Sterr said the previous event featured public speakers and focused on providing a lot of information.

"This time I wanted to take advantage of the outdoors."

Another event is set to take place in upcoming months and Sterr is considering holding a second outdoor market next summer.

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