

# Business

## Amherst Yoga Moving to New Studio in January

AMHERST – Owners Michelle Luks and Barbara Landry, are delighted to announce that Amherst Yoga studio is taking a new home at Northwood Executive Park, 10 Northern Boulevard, Amherst, NH. On January 3, 2010 from 1:00pm-3:00pm Michelle and Barbara will be hosting an Open House.

Amherst Yoga, voted Best of Souhegan Valley, continues to provide a variety of yoga, meditation and somatic classes suitable for all levels. The sparkling new studio features Native American hardwood floors, non-toxic paint, abundant light, and a spa-like atmosphere. This ideal location finds the studio in a space which includes other wellness service providers. Within the same unit are Acupuncturist Mary Cole, Holistic Health counselor Susan Baker, as well as Massage Therapist Kim Felcovic.



Michelle Luks and Barbara Landry in front of their new logo.

## Franklin Pierce University Names New Provost

RINDGE - Franklin Pierce University has named Dr. Kim Mooney as Provost and Vice President for Academic Affairs. Dr. Mooney, a member of the Class of 1983, has served the Franklin Pierce community as the Interim Provost and Vice President for Academic Affairs since August 2008, and as the Acting President from January through June 2009.

Over the last 16 months, Dr. Mooney has offered her keen insight and guidance as the University community faced a number of key organizational opportunities including new University leadership, a successful NEASC accreditation review process and the expansion of several academic programs.

In announcing the appointment, Franklin Pierce University President Dr. James Birge said, “The skills Dr. Mooney has developed as an acade-

mician, her keen intuition demonstrated over the last 16 months as an academic and institutional leader, and her experience as an alumna and trustee of Franklin Pierce make her an ideal Provost for the University and a valued colleague for me.”

Dr. Mooney has shared a long history with the University beginning in 1979 when she first arrived on campus as a freshman. For the past seven years, Dr. Mooney continued her commitment to her alma mater in her role as trustee of the University. “The opportunity to work with President Birge and to serve my alma mater at this exciting juncture in its history is a unique honor,” said Dr. Mooney.

Dr. Mooney has enjoyed a distinguished career at St. Lawrence University. In addition to her role there as Associate Professor of Psychology, she served as the Associate Dean

for Faculty Affairs, Director of the Center for Teaching and Learning, and Special Assistant to the President for Assessment. Additionally, she has a long list of peer-reviewed publications and a history of writing many successfully funded grant proposals.

Dr. Mooney has decided to give up her tenured position at St. Lawrence University to help lead Franklin Pierce University as chief academic officer. She will have administrative oversight for the College of Graduate and Professional Studies, the College at Rindge, as well as the International Programs, the Marlin Fitzwater Center for Communication, the Monadnock Institute of Nature, Place, and Culture, the New England Center for Civic Life, the Frank S. DiPietro Library, the Conference Center, the Registrar and the Academic Services Center.

# Mont Vernon

### Daland Memorial Library News

Library hours: Tues. & Thurs. 10 a.m. - 5:30 p.m.; Wed. noon - 8 p.m.; Fri. 2 - 6 p.m.; Sat. 10 a.m. - 1 p.m. Closed Sun. & Mon.  
Phone/Fax 673-7888 E-mail: dalandlibrary@comcast.net  
NEW WEBSITE: <http://www.dalandlibrary.wordpress.com/>  
Library Director: Karen MacDonald; Children’s Program Director: Bonnie Angulas; Library Assistants: Allain Schnable and Amanda Geisinger

### New Kids Book Clubs Forming

#### Junior Book Clubs

Bankers For Books Junior Book Club for 3rd & 4th graders will be reading “The Sisters Grimm The Fairy- Tale Detectives” by Michael Buckley. Books available at the Library. Group will meet for a snack and book talk on Wednesday, December 2nd from 4-5pm.

The To Be Named Junior Book Club for 5th & 6th graders will be reading “Where The Red Fern Grows” by Wilson Rawls. Books available at the Library. Group will meet for snack and book talk on Monday, December 7th from 4-5pm.

Registration required for both groups. Call 673-7888 or stop in to sign up today!

#### MV Teen Times

Join MV Teen Times Friday December 18th from \*4-5:30pm\* to make Snowflake Room Decor & More! Come and enjoy cookies and cocoa as we create great gifts. Space is limited! Call 673-7888 to register.

#### BOOK GROUP NEWS

##### January 11 - Planning Meeting for 2010 Book Discussion List

The first meeting of the new year for the Daland Memorial Library's book discussion program will be on Monday, January 11; at 9:30 a.m. It will be a planning meeting that will focus on putting together the list of

books for the 2010 discussions. The selections usually include fiction, non-fiction, biography or autobiography, a classic, something with local flavor and possibly poetry. This year may also include a play. The group has been meeting since 2002 and usually has between 5-12 participants. Those attending are asked to bring a question, comment or observation to the discussion. Every attempt is made to get copies of the selections through inter-library loan. Beginning in February, the group will usually meet the first Monday of each month at the library at 9:30 a.m. All are welcome to come to the planning meeting and/or any discussion. Questions, please call the library at 673-7888.

#### Passes to Five Museums

Daland Memorial Library Area Museum Passes.

Looking for local fun? Check out the museum passes currently available to library patrons:

**Canterbury Shaker Village**  
288 Shaker Road, Canterbury, NH  
Tel: 785-9511  
[www.shakers.org](http://www.shakers.org) <http://www.shakers.org/>  
Take away passes (Co-pay: Adults \$6.00; Children \$3.00)  
Contact the library for restricted dates.

(In December, the museum is open on a very limited basis, please check the website for details. The museum will close the end of the year and then reopen in the spring. Watch for details.)

**Currier Museum of Art**  
201 Myrtle Way  
Manchester, NH  
Tel: 603-669-7194  
[www.currier.org](http://www.currier.org) <http://www.currier.org/>  
Two passes available per day - each pass admits two adults.  
Children 17 and under admitted without charge.

**Manchester Millyard Museum**  
Corner of Pleasant and Commercial Streets  
Manchester, NH  
Tel: 603-662-7531  
[www.manchesterhistoric.org](http://www.manchesterhistoric.org) <http://www.manchesterhistoric.org/>  
1 pass, admits 4 people

**SEE Science Center**  
200 Bedford Street  
Manchester, NH  
Tel: 603-669-0400  
[www.see-sciencecenter.org](http://www.see-sciencecenter.org) <http://www.see-sciencecenter.org/>  
3 family passes

**Museum of Fine Arts**  
465 Huntington Avenue  
Boston, MA  
Tel: 617-267-9300  
[www.mfa.org](http://www.mfa.org) <http://www.mfa.org/>  
Take away FLEX pass - one pass admits two adults  
(NOTE: \$5 co-pay for EACH adult)  
Some special exhibits at the MFA require a ticket which is an additional charge - check their website for details.

To reserve passes stop in or call the library at 673-7888. All passes made possible through the fundraising efforts of the Friends of the Library.

**Mont Vernon Readers: be sure to send your news and views to: [news@amherstcitizen.com](mailto:news@amherstcitizen.com) or fax: 672-8153, we deliver!**

### AMHERST RECREATION

PO Box 960, Amherst, N.H. 03031  
673-6248 ~ 673-2032 (FAX)  
Peabody Mill Environmental Center  
673-1141  
[www.amherstrec.org](http://www.amherstrec.org), [www.PMEC.org](http://www.PMEC.org)

## Amherst Recreation Program Guide

### Adult & Senior Programs

#### Game Daze

Amherst Recreation offers a fun afternoon of table or card games for Seniors. Join us and enjoy the afternoon challenging yourself and others at dominos, bridge, pinocle or whatever game interests you.  
**When:** Thursdays  
**Where:** Amherst Central Fire Station  
**Time:** 1:00-3:00pm  
**Fee:** Free

#### Natures Corner ~ Learn Something New...

Monthly educational sessions will be held a PMEC with topics from Woodlot Management to Organic Gardening. We hope that you will view the schedule below, mark the dates on your calendar and plan to make the trip out to our community's environmental center for what is sure to be an interesting and educational session.

1/10 Animal Tracking  
2/7 Enjoying the Winter Landscape  
4/11 Transitional Gardening - Wooded to Landscape  
5/2 Getting Started - A Basic Vegetable Garden  
6/13 Organic Gardening

#### Beginning Jewelry Design Workshops

Learn to make your own necklaces, bracelets or earrings, using a variety of beads including freshwater pearls, glass, semiprecious gemstones and sterling accents. Easy on and easy off styles will be available.  
**Where:** PMEC  
**When:** Saturday, 1/16, 2/13, 3/13, 4/17  
**Time:** 1:30-2:30pm  
**Fee:** \$25 per workshop resident, \$30 per workshop Nonresidents (fee includes materials)

#### Build a Blue Bird House 101

Blue birds are returning to our area in record numbers and perhaps with a new home awaiting them on your property they will pay you a visit. This bird house is constructed to allow for easy cleanout and installation. Bring your child or grandchild with you to work as a team building the house. All parts will be pre-cut and we will provide you with installation instructions.  
**Where:** PMEC  
**When:** Saturday 1/23  
**Time:** 1:00-2:30pm  
**Fee:** \$25 Resident, \$30 Nonresident

#### Adult Gentle Yoga

Let Leslie Formby, a certified and trained Hatha Yoga instructor lead you in the traditional holistic approach to Hatha Yoga. Exercises through controlled breathing techniques will benefit you by reducing stress and gaining physical exercise.  
**When:** Thursdays  
**Session - 1/7-2/18, \$70 Res, \$80 Nonres**  
**Session - 3/4-4/22, \$80 Res, \$90 Nonres**  
**Session - 5/6-6/24, \$80 Res, \$90 Nonres**  
**Where:** Peabody Mill Environmental Center  
**Time:** 10:00-11:00am

#### Intermediate Yoga

Leslie will also be leading an intermediate Hatha based yoga class for those students with a year or more of ongoing yoga practice. This is a perfect class to explore and expand your practice. This class will be more complex and move at a faster pace.  
**When:** Tuesdays  
**Session - 1/5-2/16, \$84 Res, \$94 Nonres**  
**Session - 3/2-4/20, \$96 Res, \$106 Nonres**  
**Session - 5/4-6/22, \$96 Res, \$106 Nonres**  
**Where:** Peabody Mill Environmental Center  
**Time:** 9:00-10:15am

### Youth Recreation Options

#### Leave No Child Inside - School Vacation Day Programs

Are you wondering what your children will do on their school vacation days? Send them to PMEC where they'll spend the day learning about and enjoying nature! Content topics vary from day to day depending on weather. Enjoy indoor & outdoor activities such as Hiking, Fishing, Animal Tracking, Nature Crafts, Songs, Stories, and Games! Bring a snack, drinks, and lunch (if staying all day). Dress your child in appropriate clothing including layers for outdoor activities. Please pack an extra set of clothing, shoes, and socks.  
**When:** Monday, 12/28 – Thursday, 12/31 Holiday Recess; Monday, 2/22 – Friday, 2/26 Winter Recess; Monday 4/26 - 4/30 Spring Recess  
**Where:** PMEC  
**Time:** 7:30AM-5:30PM  
**Fee:** \$40 Full Day Resident, \$50 Full Day Nonresident, \$175 Full Week Resident, \$185 Full Week Nonresident

#### Winter Youth Basketball - 1st & 2nd Grade Hoops

Passing, dribbling, shooting skills taught & reinforced through informal games.  
**Where:** Wilkins School  
**Who:** Grades 1 & 2  
**When:** Sat. 1/9 - 2/13  
**Fee:** \$24 Resident, \$34 NonResident  
**Registration Deadline:** 12/31/09

#### Spanish Workshop

¡Bienvenidos! Welcome to Señora Rowley's Spanish extra curricular workshop! Have your child learn Spanish in a fun environment with a native instructor. These before school sessions will provide basics for beginners and challenge the more advanced student. Classes are held before school at Clark and Wilkins Schools based on the schedule below.  
**Session 2: 1/12-3/23/10 (10 weeks)**  
**Fee:** \$65 Resident, \$75 Nonresident  
**Both Sessions Will Follow This Schedule**  
(No classes during school vacations. Weather delays will delay the start of class but class will be held.)  

Grade	Location	Day	Time
K-1st	Clark	Tues	8-8:30am
1st-2nd	Wilkins	Wed	8-8:30am
3rd	Wilkins	Thurs	8-8:30am
4th	Wilkins	Fri	8-8:30am

#### Kids Culinary Arts

##### Kitchen Magic Cooking Classes

Bring a camera to document the birth of your culinarian because your budding cook will learn that the kitchen is where all the magic happens! With the support of an adult joining each child, each budding chef will enjoy many of the following cooking activities: spreading, pouring, peeling, rolling, tearing and tossing, and adding ingredients. We will introduce safety, manners, nutrition and healthy eating as part of fun in the kitchen to your 3-5 year olds.  
**Where:** AMS Life Skills Room  
**Who:** Ages 3-5 (w/adult)  
**When:** Saturdays  
**Session – 1/9-1/30/10**  
**Session – 2/6-3/6/10**  
**Session – 3/13-4/3/10**  
**Session – 4/10-5/1/10**  
**Session – 5/8-6/5/10**  
**Time:** 9-10:30am  
**Fee:** \$100 Resident, \$110 Nonresident

#### Kids in the Kitchen

Knowledge of the culinary arts -- the art and science of cooking -- will be introduced to your curious cook. We will reinforce safety, manners, nutrition and healthy eating as part of the fun to be found in the kitchen. You will see the developing culinary artists in your family proudly share their new skills and knowledge with anyone who will listen! Ages 6-9, Saturday, 11am-12:30pm, 10/17, 10/24, 11/7, 10/14, AMS Life Skills Room  
**Fee:** \$100 Resident, \$110 Nonresident  
**Where:** AMS Life Skills Room  
**Who:** Grades 1-4  
**When:** Saturdays  
**Session – 1/9-1/30/10**  
**Session – 2/6-3/6/10**  
**Session – 3/13-4/3/10**  
**Session – 4/10-5/1/10**  
**Session – 5/8-6/5/10**  
**Time:** 11:00am-12:30pm  
**Fee:** \$100 Resident, \$110 Nonresident

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#### Let's Get Cooking!

Looking for an enrichment program which gives your student a meaningful activity that is creative, active and useful? If so, join us each Tuesday afternoon for Let's Get Cooking! Your student will learn how to read a recipe as well as identify and use the proper cooking tools and ingredients needed in recipes. Cooking terms, equipment handling and the all-important safety rules required in all cooking environments are an important part of this class. All of these topics will help your student understand what it takes to create a healthy and yummy breakfast, lunch, snack or dinner . . . and when it is appropriate to play with their food!  
**Where:** AMS Life Skills Room  
**Who:** Grades 5 & 6  
**When:** Tuesdays  
**Session – 1/5-2/2/10**  
**Session – 2/9-3/16/10**  
**Session – 3/23-4/20/10**  
**Session – 5/4-6/1/10**  
**Time:** 2:15-4:30pm  
**Fee:** \$155 Resident, \$165 Nonresident.

#### What's for Dinner?

Here is your chance to turn the tables on your student and ask them what they are making for dinner! In this class each student will learn the skills and effort required to prepare a balanced, nutritious meal for a family of four and bring it home to enjoy with the family. Students pour, peel, chop, roll, tear, sauté, braise or bake nutrient rich ingredients and learn, first-hand, the effort and rewards that go into nourishing a family.  
**Where:** AMS Life Skills Room  
**Who:** Grades 7 & 8  
**When:** Thursday  
**Session – 1/7-2/4/10**  
**Session – 2/11-3/18/10**  
**Session – 3/25-4/22/10**  
**Session – 5/6-6/3/10**  
**Time:** 2:15-4:30pm  
**Fee:** \$180 Resident, \$190 Nonresident.  
**Many Additional Cooking Classes & Sessions Are Available Online!!!**

#### Kids Needle Arts

Join us as we introduce and then reinforce the needle arts skills. From knitting, to stitching, to crochet each student will gain the skills necessary to complete a finished piece. Stay tuned for classes on basic machine and hand sewing, cutting, using patterns, embellishment, and more. Please visit our website at [www.amherstrec.org](http://www.amherstrec.org) for details.

#### Let's Get Outside!

#### Stargazer Stroll

Enjoy stories and a walk in the woods along easy paths that accommodate people of all ages. Join us during the “new” moon to learn some basic astronomy and discover which constellations you can identify.



## Souhegan High School Volunteers at PMEC

The Amherst Recreation Department would like to thank the Souhegan High School students and teachers who generously donated their time at the Peabody Mill Environmental Center (PMEC) this fall. On Friday, September 18th and Tuesday, October 27th, several SHS students traveled to the PMEC to help clean up our building and the surrounding area. Students planted new bushes, weeded gardens, raked, trimmed plants, washed windows, cleaned bathrooms, vacuumed, swept, and dusted the building. The volunteers did a great job and it was a pleasure working with them.

We would also like to thank Ann Logan for coming out on both dates to lead volunteers and assist with the outdoor work; and Maggie Paul, Souhegan High School's volunteer coordinator, for arranging both trips to PMEC.

*Sincerely,  
Amherst Recreation Department Staff*

**Friday, 12/18 7:00pm**  
**Where:** PMEC  
**Fee:** \$6 Resident, \$8 Nonresident, \$15 Resident family (3+ people), \$20 Nonresident family (3+ people)

#### Monthly Creature Feature

This monthly program is geared towards people of all ages who want to learn about and/or visit with local and exotic animals. Those brave enough might even get the chance to hold or touch the creatures. A different critter will be featured each session.  
**When:** Saturdays, 1/9, 2/6  
**Where:** PMEC  
**Time:** 2:00-3:00pm  
**Fee:** \$1 Residents, \$2 Nonresidents

#### Snowshoe Rentals

Snowshoes are available in a variety of sizes for <30 lbs. to >220 lbs. If you can walk, you can snowshoe! Rent in person during PMEC hours of operation.  
**When:** Monday & Tuesday  
**9:00am-1:00pm; Friday, Saturday & Sunday 12:00-4:00pm**  
**Fee:** \$6 per resident / \$8 per non-resident maximum four hour usage or \$20 for 24 hour rental; \$15 Amherst Resident family (3+ people), \$20 Nonresident family

#### Girl Scout Programs

It's time to get outside and explore nature. We are please to be

sponsoring these activities for the benefit of the Girl Scouts served by the Girl Scout Council of the Green & White Mountains. Each of these programs is designed to help the scouts Discover, Connect, Take Action and gain Leadership skills. These programs will be a part of the Council's program guide for the fall and winter. Girl Scout Troops or individual scouts may register for these programs online at: <http://www.girlscoutsgwm.org> or for information call 1-888-474-9686 X101

**Registrations are accepted:**  
On-line; [www.amherstrec.org](http://www.amherstrec.org) by using a credit card.  
By mail; Complete your registration form (available at [www.amherstrec.org](http://www.amherstrec.org)) and return it with full payment to Amherst Recreation, P.O. Box 960, Amherst, NH 03031  
In person; The recreation office is located at 4 Cross Road, Amherst, .  
By fax; with credit card info to 673-2032  
Register Early, Nothing Kills a Program Quicker than everyone waiting until the last minute to register for it! At some point, we have to determine if our enrollment is sufficient to hold the class. If you wait until the first day of the class to register, we may have already cancelled the class.