



40 Volunteers needed for a FREE 21-day FAT LOSS STUDY.

This is a confidential scientific study that will contribute to a community wide research project. You will be under no obligation once the trial is complete.

Volunteer Requirements

- *Complete a fitness evaluation with the help of a certified personal trainer, at the start and at the conclusion of the 21-day program.*
- *Adult who does not currently exercise on a regular basis.*
- *Agree to follow a 21-day supervised exercise program with moderate exercise, three times a week.*
- *A \$20, fully refundable deposit (key fee) may be required and returned upon completion of the study.*

Focus on Fitness MANCHESTER has been selected to participate as the Fat Loss Study venue. Space is limited.

Call Focus on Fitness today to reserve your spot.

Ask for Dave: 603-625-4848 856 Second Street
www.focusonfitnessnh.com Manchester, NH 03102

ADVERTISERS: Find out how easy and cost-effective it is to reach every resident and business through *The Amherst Citizen*! Call 603-672-9444 or email: ads@amherstcitizen.com today!

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MANCHESTER HOME & ENERGY SHOW

Radisson

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SATURDAY
September 25
10AM-6PM

SUNDAY
September 26
10AM-5PM



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Amherst's 250th Anniversary

A Year-long Celebration 2010

Amherst's Heritage Days

September 24, 25 & 26

Friday - 7 to 10 pm Contra Dancing, Wilkins School

Saturday - 9 am to 4 pm Amherst Village Green

9-3 Wigwam (Concord Coach) & Chapel Museums open, *off the Green*
 9 Breakfast Treats
 9:30-2:30 An Assortment of Farm Animals
 10 Special Gift Presented to the Town of Amherst
 10-12 Mark Twain Walkabout
 10-1 Blue Hill Brass ~ A Musical Walkabout
 10-2:30 Horse & Wagon Rides, *starts at the Brick School*
 10:30-3:30 Talk & Demonstration on Early Farming (Rhys Simmons from Old Sturbridge Village)
 11 Hamburgers, Hot Dogs & Cold Drinks
 12:30-1:15 David Hall's Family Magic Show
 1:45-3:45 The Amazing Suspenders Jugglers

And after...

4-5 Amherst Town Band Concert, *on the Green*
 5-7 Lions Club's Old-Fashioned Ham & Bean Supper, *Congregational Church*

More on the Green ~ 9 am - 4 pm

Historic Games: Blind Man's Bluff, Hoop Roll, Marbles, Squat Tag, & Hopscotch	The Pillory with an Historic Constable Day in the Life of a Firefighter / Police Officer / EMT	Conservation Commission Map Slideshow of Historic Pictures of Amherst
Historic Games for Younger Children	Encampment on the Green ~ Fifth NH Regiment, Reproduction Revolutionary War Rifles, & Enlistment Sign-up Papers with Instruction	Interviews from Long-time Amherst Residents
Face Painting ~ Krickey the Clown	Display ~ Amherst's Citizens of the Year & Selectmen Through the Years	Memories of Heaton Pond
How to Write with Pen & Quill		Shaker Boxes, Spinner, Rug Hooking, & Quilting Demonstrations
Baseball Pitch & Popcorn		
History of Toys & Toy Display		
Caricaturist		

...And Still More!

FOR SALE on the Green • Raffle tickets for Hand Sewn Amherst Quilt • Arts & Crafts ~ includes Christmas ornaments, decorative items, shaker boxes, jewelry, and Rufus Porter & Moses Eaton stencils • Wine and Old-fashioned Glasses, Tote Bags, Hats, Magnets, Bookmarks with the History of Amherst Schools, Suncatchers (all with the 250th logo) • Historical Society of Amherst ~ *Walking Tour of Amherst Book*

Sunday

- 9:30-4:30 pm ~ Tours of Three Historic Mansions - contact the Historic Society for tickets at mansionstours@hsanh.org
- 1-3 pm ~ Town Hall Burying Ground Tour - tours leave from the cemetery entrance every 15 minutes
- All Day ~ A *Walking Tour of Amherst* - book available at the Historic Society's booth on the Green on Saturday and at Moulton's for self-guided tours of the Village

And... All of September Historical Art Work: Celebrating Amherst's 250th Anniversary, Amherst Town Library

For more information, contact Carolyn Quinn at 673-3308 or at ccq02@comcast.net or <http://www.amherstnh.gov/amherst250/schedule.html>
 Please check the website - <http://www.amherstnh.gov/amherst250> in case of inclement weather

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