

Town News

Bulletin Board

Amherst Farmers Market Now through mid October

The Amherst Farmers Market will open Thursday, June 12 from 3-6 p.m. in a NEW LOCATION!! The market is moving from Amherst village and locating in the parking lot of Bedford Fields - Amherst, formerly known as Ponemah Farms Garden Center, at 42 Route 101A.

We Want You....

To be a Girl Scout !!!!

Join the almost 300 girls and 60 leaders who are Girl Scouting in Amherst and Mont Vernon! There are opportunities at every age level, from Daisy Girl Scouts in kindergarten to Ambassador Girl Scouts in high school. Be a part of the exciting, challenging and rewarding world of Girl Scouting!

If you are not currently in a troop, e-mail Karen Werner, town co-ordinator, at kswerner.nh@gmail.com for more information. Troops are currently being formed for the fall of 2014.

Nashaway Chapter of the New Hampshire Audubon Society

Upcoming Events

On Wednesday June 18 at 7pm, The Nashaway Chapter of NH Audubon will host David Harris for a discussion on "Revelations of Citizen Science." This free talk is open to the public and takes place in the Downstairs Theater Room of the Nashua Public Library. Dave will discuss various citizen science programs such as the Christmas Bird Count and Breeding Bird Surveys, and how these programs can reveal why some bird populations are changing. Registration is not necessary. For more information, contact Richard Maloon 424-5621 or richard.maloon@att.net.

Throughout the summer, a number of Nature Walks will take place at Ponemah Bog in Amherst, NH. All walks are 1 1/2 - 2 hour and children are welcome. Meet at the parking area off Rhodora Drive, off of Sterns Road in Amherst. For directions, go to <http://merrimack.wildnh.com/ponemahbog/> For more information, contact Jack Gleason at 673-3177 or westonpond10@gmail.com.

June 28,	10am	Dragonflies
Sept 13,	9am	Plant Adaptations

DISCUSSION GROUP at TOADSTOOL BOOKSHOP

On the first Thursday of each month, the discussion group meets from 7PM to 8:30PM. We share ideas on philosophy, current affairs and familiar truths. For more information contact: Norah at 673-6948.

Open to All Southern New Hampshire Women

The Amherst Area Newcomers Club monthly holds social gatherings both informational and entertaining. The club also has subgroups, which include Book Group, Bunco, Crafts, Golf, Knitting, Out-to-Lunch and Walking groups. Early December the club hosts an annual "Breakfast with Santa", for the community, which is optional for members to participate in. If interested in joining the membership annual fee is \$20 (only \$1.67 a month). For information and calendar of events visit www.nhnewcomers.com or contact Lorelei at 488-0781. RSVP's are appreciated, but not necessary.

Amherst Juniors Open for New Members!

Our mission is civic needs, educational advancement and those less fortunate. Our goals are achieved with the assistance and generosity of businesses, organizations and individuals.

We are in need of women with motivation and dedication to join us in growing our mission even further within our surrounding communities.

Please email us at memberships@amherstjuniors.org. Our website is www.amherstjuniors.org. Call Barb @ 508-783-3686 or Karen @305-3046 for more information. Join Us!

Recreation Director continued from page 1

camping and back packing. Having transportation opens up your programming."

For adults he suggests a group named the Peak Baggers who climb 4,000 foot peaks in New Hampshire. He suggests working with the library on shared programs.

Nationwide he pointed out that older adult programs are growing while youth sports are declining.

"Amherst does youth sports well," he said. "Through Peabody Mill Center, I would like to add more adventure education. Learning outdoor skills - compass, trail following and camping."

He said that \$10,000 has been spent on Baboosic Lake Beach and more will be needed. The projects at the beach include more beach space

by moving the playground, painting the inside of the concession stand, upgrading the bathrooms, adding barbecue pits, and replace fencing. He also recommends buying kayaks and stand-up paddleboards for the beach. How about Yoga on the Beach? A full staff of 25 lifeguards and camp counselors are ready for the summer to start.

The fields are in great condition according to Fraley but Amherst needs a community center and more fields and facilities.

"I bring enthusiasm and I want to see Amherst have the best recreation department in the state."

"If you have any ideas for recreation, call me. I would love to hear from you."

2014 Amherst Suncatcher Depicts Amherst's Early Jail continued from page 1



The Garrison House at 233 Boston Post Road, the only remaining historic garrison house in Amherst, was moved across the street to its present site in the 1920s.

used as a jail before 1772, which is plausible because there is a source that indicates Robert Read was at some point the jailkeeper. Joshua Atherton (1737-1809), having been appointed register of probate for Hillsborough County, bought the property in 1772 and moved to Amherst in 1773. He used the former garrison/jail building, attached to his home, as his law office. (A new jail, the clapboarded County House that initially served both as gaol and home of the jailkeeper, was built closer to the courthouse, at the end of Old Jailhouse Road, in 1772, shortly after Amherst became the county seat. But that county jail and the stone jail that followed are

long gone.) "Garrisoned" house meant a house that was reinforced for protection against attack. If settlers were worried that Indians might attack, they would spend the night(s) inside a garrison house - with their rifles, of course. There were few (practically none) problems with Indians in Amherst but there is an anecdote of an arrow shot into a tree trunk (Secomb's *History of the Town of Amherst, N.H.*, 1883, p. 909-910).

John Farmer, our town's early historian, wrote in his *Historical Sketch of the Town of Amherst, N.H.* (1820, p. 10): "Near this period [1753] there were seven garrisoned houses [in Amherst, north of Souhegan

River, including land now Milford and Mont Vernon] which afforded places of security to the inhabitants in time of alarm and danger. Besides these, there was, according to Douglass, a fort or blockhouse which was maintained at public expense." Secomb (p. 543) repeated this info thusly: "Tradition tells us that about this time [c.1745] seven garrison houses were erected in different parts of the town, to which the inhabitants resorted in times of danger..."

As for the gambrel roof, I believe that it was typical of that early period, and that the "expert consultant" hired for the Resource list of Amherst identified this particular structure as a garrison house based on its architecture - not solely on the "lore" from Emma B. Locke or her son Howard (sources of many interesting historical tidbits, some accurate and some not). The Garrison House is one of the oldest houses in Amherst.



The Garrison House - shown here when it was the "ell" attached to the Robert Read-Joshua Atherton House at 232 Boston Post Road - is said to have been Amherst's first gaol before 1772. Atherton used it as a law office after 1773, when it was adjoined his home. (Historic photograph attributed to C.T. Carruth, June 1896. Courtesy of the Historical Society of Amherst, N.H.)

AMHERST RECREATION

4 Cross Rd, Amherst, NH 03031
603 673-6248
Peabody Mill Environmental Center
66 Brook Road
603 673-1141
www.amherstrec.org

As our Spring Sports and Programs come to a close, we would like to offer a sincere thank you to all of our dedicated coaches and volunteers. We couldn't do it without you!

Summer Concert Series

We are happy to announce that our Summer Concert Series schedule is complete, with a wide variety of entertainment for all ages. All events are held on Tuesdays, with varying locations, and are free of charge.

July 1 Family Fun Night

6:30 Family Games on Bean Fields
Wiffleball, Kickball, Soccer and a Kids vs Parents Surprise Event
8:30ish (dusk) Outdoor Movie- A Bug's Life with Popcorn by the Amherst PTA
Burgers, Dogs and Drinks on-site for sale from the Homestead

July 8 Studio Two

6:30-8:00 Village Common
July 15 UNH's Little Red Wagon
"The Nightingale"
6:00-7:00 Village Common

July 22 Amherst Town Band

7:00-8:30 Village Common

July 29 Robert Allwarden and Friends

6:30-8:00 Village Common

August 5 Amoskeag Strummers

6:30-8:00pm Village Common

August 12 Amherst Town Band

7:00-8:30 Village Common

Summer Programs and Events

Summer Camps

These are possible responses to the eternal summer complaint "I'm bored and there's nothing to do!"

Outdoor Discovery (previously Hartshorn)

Held at P MEC, 66 Brook Road in Amherst, Outdoor Discovery offers educational programs for K-8th graders for 6 weeks this summer. Old favorites like Capture the Flag and Wet and Wild are back with new offerings such as Furry Friends, Capture Nature: Photography and Be a Survivor. Opportunities for volunteers grades 9-12. Registration is open.

Baboosic Lake Camp

Spend the day (or the week) at the lake! Weeks have themed activities, and can include swim lessons if you wish. Swim team can also be included. Before- and after-care is available. There are 8 weeks scheduled. Beach season passes are also available. Registration is open.

Youth Programming

Flag Football, Pick-Up Style

This is program is for boys and girls with no experience with flag or tackle football and for kids who just want to get together and play once a week. Teams will be divided each week and parents are needed to assist with setting up the field and officiating. Kids had a great time with this program last summer! June 25-July 30, Wednesdays 6-7:30 at Lower Wilkins.

Baboosic Lake Swim Team

Join our experienced coaches including college athletes for a great season of laid-back competition and team spirit. This is a chance to improve swimming skills, make new friends and have a lot of fun! Practice is 9-10 am Monday-Friday beginning June 23rd.

Basketball Camps:

We offer week long basketball camps for boys and girls led by current Amherst coaches, SHS coach Mike Facques (with Brandon Len, 2 time 1st team All-State player and Nashua Telegraph Athlete of the Year) and AMS coach Jody Donohue. These established programs always receive great reviews.

For Girls: Fundamentally Fun for grades 3-6 June 23-June 26 9-noon at AMS

Beyond Basics for grades 7-10 August 4-August 7 at AMS

For Boys: Saber Hoops for grades 3-5 July 14-July 18 9am-2pm
Saber Hoops for grades 6-8 July 21-July 25 9am-2pm

Adult Programming

Couch to 5K Summer Program
After some struggle to identify the best times and days, we have settled upon Tuesdays and Thursday mornings for this 12 week program coached by Amherst runner Amy Hull. This plan is geared for those who are not runners, so fear not! This normally 9 week program has been elongated to allow for summer vacations and the much

needed beach days, so register now so you can feel great about what you accomplished this summer! Open to all aged 16 and up, 14 and 15 with a registered adult. Begins June 17th, with our optional 5K on Sunday September 7th. More details can be found on our website.

Knitting for Adults: Learn to Knit and Beyond the Basics

We have a great project chosen for the summer- the Shibui L.I. scarf/wrap. This session will cover the 12 weeks of summer, allowing for vacations and beach days. We will meet on Wednesdays from 4:30-6:00 at the Recreation Office and hold a Celebration on September 3 to show off our new scarves and anything else we created over the summer. The fee of the class covers 10 Knit with a Teacher classes and the cost of the materials for the scarf including the Juniper Moon Linen yarn and needles. Join us!

True Potential- Summer HIIT

Here's an opportunity to experience a High Intensity Interval Training program with a flexible schedule. Pick 8 out of 10 sessions to work with Laura Kimball on the SHS track and challenge yourself to be the best you can be! Tuesdays and Thursday evenings June 24-July 31 from 7-8pm. \$125.00res/\$135.00non-res

If there is something you are looking for and don't see, send us an email at jstover@amherstnh.gov ...and make time in your life for Recreation!

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Past Souhegan High School, West on Boston Post Road

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Saturday, June 28th from 8am to 1pm

Summer Yoga at Introductory Rates!
Enjoy classes through Amherst Recreation to increase your strength, flexibility and calmness!

Adult Classes:
Wednesdays 7/2-8/27 9:00-10:15a.m. Souhegan High School \$92 - 7 classes
Saturdays 7/19-8/30 8:00-9:15a.m. Baboosic Lake Beach \$48 - 4 classes (choose 4)

Youth Classes:
Ages 6-12 Wednesdays 7/9-8/13 10:30-11:30a.m. Souhegan High School \$50 - 6 classes \$36 - 4 classes
Grades 9-12 Yoga for Athletes 7/28-8/1 12noon-2:00p.m. Souhegan High School \$90 - 10 hours

Contact Leslie Formby: 401-2087 or visit: www.amherstrec.org for more information.