

# Bulletin Board

### Amherst Farmers Market starts mid June 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.

### Nashaway Chapter of the New Hampshire Audubon Society

Throughout the summer, a number of Nature Walks will take place at Ponemah Bog in Amherst, NH. All walks are 1 ½ -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.

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](http://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](mailto:memberships@amherstjuniors.org). Our website is [www.amherstjuniors.org](http://www.amherstjuniors.org). Call Barb @ 508-783-3686 or Karen @305-3046 for more information. Join Us!

### From the Recreation Director

## An Exciting First Month

I hope your summers have been full of recreational adventures. This summer has brought some amazing weather that has allowed for lots of outside time. The Amherst Recreation Department has been very busy with many great projects at Baboosic Town Beach. If you haven't had a chance, we recommend you pack a picnic and head on down to enjoy a day at the beach. Thursdays are an exceptional day as you can join Amherst Town Library's very own Miss Sue for "Stories at Baboosic" at 12pm. The playground located at the beach was moved to a much shadier spot that is still visible from the beach. This means parents can allow the kids to play in the shade while you relax in your beach chair. We have also created more parking and staff parking. By moving our staff out of the main lot, we now have more space for parents with full hands and young children to park closer to the beach.



If you have not attended one of our Summer Concert Series events we still have many great events left. In the next few weeks we will have Amherst's very own Robert Allwarden playing with Chris Brunelle and David Wright on July 29th, The Amoskeag Strummers on August 5th, The Amherst Town Band on August 12th and to finish things off we will have our WZID Block Party on the front lawn at Wilkins Elementary School on Augusts 19th. Earlier in the summer we were lucky enough to have Studio Two come to town to take us back a few years to when the Beatles were playing in the Cavern. This concert was a highlight for many.

As August approaches we are coming to grips with the closing of Cemetery Fields. Although all good things must come to an end, we are very sad that we will be closing the playground at Cemetery Fields on Sunday August 3rd. This will allow us the time it will take to dismantle the playground and get it out before our September 1st deadline. Our fingers are still crossed that we are able to find a spot to put the playground. If we are unable to do so we are hoping to take pieces of the playground and put them in locations throughout town. We are going to ask that everyone please stay off of the playground after August 3rd as there may be pieces of it that are not connected properly.

The Amherst Recreation Department is very excited to be offering Tai Chi classes to our Seasoned Citizens or anyone else who would like to participate. Tai Chi has been described in Harvard Medical Publication '09 as "meditation in motion," but it might as well be called "medication in motion..." It is considered a staple fitness practice for seniors, but it also offers long-term benefits for all age groups. The best part about this class is the peaceful environment it is being offered in. Tai Chi will be held at the Peabody Mill Environmental Center (PMEC).

This has been a very exciting month being my first month on the job as Recreation Director. I have had the pleasure of meeting many of you. If you have not done so, please stop by and introduce yourself. I would love to hear of any ideas you may have for new Recreation Programs or events.

Sincerely,  
Craig Fraley  
Amherst Parks & Recreation

## PARKHURST PLACE

11 Veterans Road, Amherst, NH 03031

#### Features:

- Beautiful Country setting
- Non-profit independent living community for Seniors
- Large function and activity rooms
- Library with fireplace
- Community garden
- Scenic walking trails
- Screened gazebo
- Carports with storage

One bedroom apartments are now available, with heat and hot water included.

#### Services:

- Regular health screenings and clinics
- Planned social activities and functions
- Wellness and exercise programs

#### Come Visit Us!

From Wal-Mart in Amherst, head west on 101A (Amherst St) 1 mile. Take right on Veterans Rd. 1/4 mile on right.

For more information and current special incentives, contact Vera at Stewart Property Management, P. O. Box 10540, Bedford, NH 03110 (603) 641-2163

TDD Access



# Town News

### Historic Amherst

## A 19th Century Shopping Mall – in Amherst Village

### The Earliest Businesses in the 3-Story Brick Block, Starting in 1810

BY KATRINA HOLMAN

Just as the young Hillsborough Bank at Amherst was failing in 1809, its president S. Bell and fellow director F. French were building their mansions on the west side of Amherst Plain. And another director, Joseph Cushing (1781-1852), publisher and printer of the local newspaper, was building, right opposite the bank, a large 3-story brick building suitable for a commercial center. They obviously didn't foresee the negative effects on the New England economy of President Jefferson's Embargo Act of Dec. 1807 against the U.K. and France for violating the neutrality of American ships during the Napoleonic Wars. Being financially "embarrassed" due to the bank's failure, Cushing immediately sold his newspaper and brick block, in Oct. 1809. Local lore says the big building, which would stand until 1948 at 10 Main Street where Moulton's Market is now, was still unfinished when he fled town, earning it the nickname "Cushing's Folly."

Who were the optimists, the earliest tenants?

#### 1810 Feb.-1813 June: Saddlery

David Danforth Jr., age 27, whose father was a blacksmith and tavernkeeper in the south part of town, set up shop "in the new Exchange Brick Building on Amherst Plain" for "Chaise Making, Repairing, and Saddling" in Feb. 1810. (He probably saw a void to be filled because saddle- and harness-maker John Watson (1762-1813), who also was a bank director, lost his tavern-inn in the Village at 101 Boston Post Road in the financial fiasco and fled town.) But already in October, Danforth was replaced by one John Jones, "saddler, harness-maker and chaise trimmer," who immediately sought to hire a journeyman and in March wanted an apprentice. (Was this Jones the same fellow of Mont Vernon who advertised on 8 Aug. 1809, "Whereas my wife, Betsey, refuses to live with me, I hereby forbid all persons harboring or trusting her on my account"? Such notices were published to ab-



The 3-story brick building in Amherst Village known as Cushing's Folly in the 19th century. Courtesy of the Historical Society of Amherst, N.H.

solve the deserted breadwinner of financial liability.) Jones would "repair, paint and varnish second-hand chaise at short notice." He also kept on hand for sale "plated trimmings for harness and bridles, trunks, chaise and riding whips and plated spirs [sic]." He was taxed by Amherst for 1810/11 on "stock in trade" valued at \$100 plus one horse; he owned no real estate nor livestock, not unusual for a young tradesman. Next, for two years from July 1811 to June 1813, Asa Crosby carried on Saddle, Harness and Trunk making here. He also cleaned, varnished and repaired chaises. He evidently had trouble getting customers to pay up, because he published urgent dunning notices in the paper.

The role of saddler in Amherst Village was next fulfilled by Thomas M. Dickey (1785-1846) until the end of his life, but not in the brick block. He arrived in Amherst in July 1813 and first set up shop "in a small building nearly opposite the old Watson shop" (probably by the triangle at the north end of Middle Street) till he erected his own 2-story shop (c. 1815, now gone) on spot between the houses now at 6 and 8 Main Street.

### AMHERST RECREATION

4 Cross Rd, Amherst, NH 03031  
603 673-6248  
Peabody Mill Environmental Center  
66 Brook Road  
603 673-1141  
[www.amherstrec.org](http://www.amherstrec.org)

#### Youth Programming

##### Archery

Our ever-popular program will have a new format this fall. The class will meet every Friday for four consecutive weeks. Taught by Mike Bolduc and Archery in Motion. Who: 1st-8th graders When: Fridays, 9/19-10/17 2:30-3:30 5th-8th, 3:35-4:45 1st-4th Where: Bean Field Baseball Diamond

##### Cross Country Team

Coached by USATF certified coach David Sweetser, this program will focus on how to run with strength and endurance, speed and technical aspects. Who: Youth ages 7-18 When: Mondays and Wednesdays 6:00-7:30 (Time will adjust with sunset) Where: Freestyle Farm, 188 Mack Hill Road, Amherst

##### Fall Baseball and Softball

Fall ball will be now open! Register before August 15th for a \$25.00 discount. Who: Baseball: Ages 8-12 as of April 30, 2014 Softball: Ages 9-12 as of January 1, 2014

## Summer-Fall Programs

When and Where: Season runs from 8/24-11/1 Practice and games times and locations will vary.

##### Fall Soccer

Soccer continues to be a fall favorite. Register for soccer before August 15th to avoid a \$25.00 late fee. Who: Children ages 5-14, grouped into three levels When and Where: Practice and games locations will vary Tot Soccer

This program will introduce our youngest players to soccer through games and fun drills. Register early, as this programs fills quickly! Who: 3-4 year olds When: Wednesdays 1:00-1:45 9/17-10/22 Thursdays 10:00-10:45 9/18-10/23 Thursdays 1:00-1:45 9/18-10/23 Where: Upper Wilkins (new location)

##### Adult Programming

##### Beach Yoga at Baboosic

Join Leslie Formy for a great start to your weekend! Register for a package of 5 classes, or pay-per-class. Please register online before attending class. Who: Adults 18 and up When: Saturdays 8:00-9:15am

7/19-8/30 Where: Baboosic Lake Town Beach, 25 Broadway Circle Couch to 5K Running Program, Fall

Do you want to return to running or are you new to running? Would you like support in training for getting a 30 minute run in or perhaps participating in your first 5K? You will be surprised how easy a thirty minute run will be with the support of this program. Register with or without the 5K at the end of the program. Who: Adults 18 and up When: Tuesdays and Thursdays 9:00-9:45 am 9/9-11/27 Where: Meet in the parking on the Village Green across from the Congregational Church

##### Game Days for Adults

Join an enthusiastic group of seniors for a game of Dominoes or Hand and Foot! Who: Adults When: Thursdays from 1:00-3:30 Where: Amherst Fire Station Community Room, 177 Amherst Street

##### Knitting Classes for Beginners

Those who have taken classes with Sandy Zielie continue to return for her depth of knowledge and gentle manner. This three week series is for the adult who has nev-

er knit or the knitter who is looking for support in returning to the craft. All supplies are included. Who: Adults When: Wednesdays 4:30-6:00 9/10-9/24 Where: Amherst Recreation Office, 4 Cross Road

##### Tai Chi

We are thrilled to offer two levels of Tai Chi with certified instructor Susan Flanagan. Tai Chi is a low-impact exercise which has been proven to improve muscle strength, flexibility and balance. You may choose to attend either class once or twice a week. Who: Adults When: Tuesdays and/or Thursdays Tai Chi Easy™ 3:00-3:50 Tai Chi Flow 4:00-4:50 Where: PMEC, 66 Brook Road

##### True Potential: Fitness for Women

Laura Kimball's TP combines a focus on nutrition, strength, and cardiovascular endurance for a total approach to wellness. Let her help you achieve your fitness goals! There are multiple registration options. Who: Adults When and Where: M/W/F mornings at PMEC 9:00-10:00

Continued on page 6 ►

### AHO SEAMLESS GUTTERS

Free Estimates: 603-496-7627  
[ahoseamlessgutters.com](http://ahoseamlessgutters.com)

Leafguard Available  
Gutter Cleaning/Repair  
Exterior Power Washing

ITS BACK!!

## Triple Lobster Dinner

Includes soup, salad and side. **\$22.95** PP while supplies last

Voted Best Roof Top Deck 2010-2013

**.50¢ Wings on Sundays** (While Supplies Last)

Check out website for weekly live entertainment

241 Union Square Milford, NH 672-2270  
[www.pastaloft.com](http://www.pastaloft.com)

pasta loft RESTAURANT

Brick Oven Pizza

## Summer Grooming Time

All Natural Shampoos and Treatments!

Shave downs • Field cuts • Summer cuts  
Natural Flea & Tic Treatments • Deskunk Treatments  
Grooming and boarding 7 days a week  
Doggie daycare Monday – Friday 7am-6pm

[mck@mcoskerkennels.com](mailto:mck@mcoskerkennels.com) / [www.mcoskerkennels.com](http://www.mcoskerkennels.com)

### McOsker Kennels

Ponemah Road • Route 122  
Amherst, NH • 672-0032

## FAMILY VISION CARE

Dr. Philip S. Aubrey and ASSOCIATES  
OPTOMETRISTS

Dr. Philip S. Aubrey • Dr. Sharon G. Perkins

81 Mont Vernon Street – Milford

**673-1330**  
Evening and Weekend Hours Available

**VARILUX®**  
Revolutionary lenses

Member  
American Optometric Association