

Town News

AMHERST TOWN LIBRARY

Amy Lapointe, Library Director
14 Main St., Amherst NH
Phone 673-2288 Fax 672-6063
email: library@amherstlibrary.org
web http://www.amherstlibrary.org
Mon-Thu, 9:30 a.m. - 8:30 p.m.
Fri & Sat, 9:30 a.m. - 5:00 p.m.
Sun, 1:00 - 5:00 p.m.

Children's Programming at the Amherst Town Library

Every Hero Has a Story is the theme this summer in the Children's Room at the Amherst Town Library. The 2015 Summer Reading Program will kick off on Monday, June 15 and will provide a variety of outstanding activities and events. The program will run for eight weeks, and will culminate on Friday, August 7th with an Ice Cream Social at the Congregational Church.

As in the past, our young participants will keep a reading log and will chart the time they spend reading, with stops along the way to earn stickers, free books, and prizes. Our babies will be earning stickers every time they attend the Baby Listeners program. Parents of registered readers will also have a chance to win gift certificates to local restaurants. There will be many interesting programs offered for kids, teens, and adults, too, so make sure to visit the library often, no matter what your age!

SUMMER READING ACTIVITIES for kids

SUMMER STORYTIMES:

Pajama Storytime w/ Miss Sadie—ages 3-6
Mondays at 6:30pm—June 29 to August 3, with a special kick-off Teddybear Sleepover storytime on Monday, June 22 at 6:30pm!

Family Storytime (all ages welcome, with stories geared to kids ages 3 to 6)

10:00 AM on Tuesdays, June 23 to August 4
Stories on the Green w/ Miss Sarah (held at the Town Green—weather permitting)

3:00 PM on Wednesdays, July 1 to August 5
Storytime at Baboosic Lake with Miss Sue Pack a lunch and head on down to the town beach for some stories by the water.

Thursdays at 12 noon. From June 26 to July 31, weather permitting.

Baby Listeners (newborn—age 2) 10:30 AM on Fridays, June 19 to August 7

SUMMER CRAFTS:

Make-it/Take-it Craft Materials and instructions will be available all summer long. Each week a different craft will be provided--see if you can make them all!

OTHER PROGRAMS:

Museum of Science Rocket Workshops—Wednesday, June 24 from 2-3pm or 3-4pm (two sessions to choose from) Ages 5 and up.

Super Butterflies Science Workshop—Monday, July 6 at 2pm Ages 5 and up.

Minion Craft Party—Monday, July 13 at 1:30pm. Ages 5 and up.

Superhero Training Academy—Monday, July 20 at 1:30pm. Ages 4 and up.

Kevin Skarupa: All About Weather—Wednesday, July 22 at 10:00am. Ages 5 and up.

Latin Dancing for Kids w/Miss Nanette—Thursday, July 30 at 2pm or 3:15pm (2 sessions to choose from). Ages 3 and up.

Matinee Movies Drop in to watch a movie on our big screen. All movies are rated either G or PG. Tuesdays at 2 PM. From June 23 to August 4.

Here's the lineup for this year's special family events:

Thursday, June 18 at 6:30 pm—Steve Blunt and Marty Kelley (all ages)

Thursday, June 25 at 10:30am—Norman Ng, Magician (ages 4 and up)

Thursday, July 2 at 10:30am—“Local Heroes” Meet and greet local first responders in the Library parking lot—weather permitting. (all ages)



Wednesday, July 8 at 6:30pm—Bryson Lang, Juggler (ages 4 and up)

Thursday, July 16 at 10:30am—Annual Amherst Pet Show—outside on the Library lawn—weather permitting. (all ages welcome to come and see—sign up in the Children's Room to bring a pet)

Thursday, July 23 at 10:30am—Critters and Creatures Live Animal Show (ages 4 and up)
Ice Cream Social!

On **Friday, August 7th, from 3:30-4:30 pm**, there will be a celebratory Ice Cream Social on the Town Common. Rumor has it that in keeping with our “Every Hero Has a Story” theme, there may be a visit from... SUPERMAN!...If he turns up, Miss Sue and Miss Sarah are going to challenge him to an arm-wrestling contest!! There will also be face painting and other activities. Don't miss this final farewell to summer. It will be an afternoon that you won't soon forget!

Teen Summer Reading---“Unmask!”

Teens are invited to join the summer reading fun. We'll offer “book bucks” for every book read and program attended, which may be redeemed for books-to-own or entered into weekly raffles. If our teens read a combined 300 books this summer, all the book bucks they've earned will be entered into our special end-of-program raffle---a BEATS PILL and a FITBIT will be raffled off to a couple of lucky participants! Get as many chances as you can into the raffle jar---READ!! A variety of programs will be offered throughout the summer for our “crafty” teens---both girls and boys!---make sure to sign up!

SUMMER PROGRAMS for Teens

Space is limited, so please register online.

“SHIRTS AND SLICES!”

Thursday, June 25 from 4:30—6:00pm
Kick off your summer by joining Miss Jane and Miss Sarah to create your own beautiful tie-dyed t-shirt. You bring the white t-shirt and we provide everything else. We'll finish up with some fresh pizza!
Ages 10 and up.

“SOCIALIZE, SNACK, AND CREATE A MASTERPIECE”

Wednesday, July 15 from 6:30—8:00pm
Have an evening of creative fun at the library's own “Art Smoothie-Bar”! We'll serve the smoothies and provide the supplies and instruction you'll need to make your own amazing painting.
Ages 12 and up.

“NIFTY NAILS AT THE LIBRARY”

Wednesday, July 22 from 6:30—8:00pm
Discover the beauty of “Jamberry” artistic nail treatment here at the library with our own Miss Emily.
Ages 12 and up.
“Jamberry” nail supplies/accessories will be raffled off at the end of the program!

“CREATE YOUR VISION”

Wednesday, July 29 from 6:30—8:00pm
Work with our own Miss Jane to create a framed collage poster that reflects your “Inner Vision”. We'll finish up by creating Ice Cream Sundaes—and eating them!
Ages 12 and up.

Summer can be a busy time with vacation and activities but reading can be a great addition to the schedule. Get started on the road to fun by visiting the Amherst Town Library and joining the library-wide Summer Reading Program!

Visit our website www.amherstlibrary.org or call the library (673-2288) to sign up for programs or for more information.

It's About Conservation

Over Hill And Dale

By BRUCE B. BECKLEY
CONTRIBUTING WRITER

Just like the USA Field Artillery, the Selectmen are charged to go over hills and dales, through laurel tangles and swamps, accompanied by ticks in the woods and legless creatures on rock ledges. The law makes no exception even though the drafters of the legislation must have had tongue in cheek while doing so. State law, RSA Title II Section 51:2 Town Lines and Perambulation of Boundaries, spells it out: The lines between towns in this state shall be perambulated, and the marks and bounds renewed, once in every 7 years forever, by the selectmen of the towns, or by such persons as they shall in writing appoint for that purpose.

The best account of perambulating the bounds of Amherst is recorded in Judge Charles Lincoln's book “New England Town Affairs”. As the judge wrote, “Today Selectmen do not look forward to this task. It is one of the negative features of an otherwise ill-paying job.”

Amherst's bounds range from a new granite marker on Patch Hill to one much older now under the waters of Joe English Pond amidst WW II dummy ordinance. Another is now dubbed a tombstone along a trail in Camp Young Judea. And then there's the inauspicious cobble in a wall down in Grater Woods.

When a recent article in the *Wall Street Journal* wrote about the practice of perambulation in

New Hampshire, the erstwhile Conservation Commissioners jumped into the breach and offered to walk the bounds and verify to the Selectmen and the Secretary of State that yes, the several dozen Town bounds hadn't migrated in the past seven years.

To that, BOS Chairman Dwight Brew replied (probably with relief), “It would be great if the conservation commission could take the lead on this.” So here we go over hill and over dale — or maybe just over a crinkled map on a table at Moulton's as historically practiced.

In reflection, it is interesting how perambulation evolved from the ancient Roman custom of sacrificing a dog to the god of agricultural disease, Robigus. Petitions to the god were believed to prevent wheat disease on each field walked around. From there, the practice was integrated into church rites with parishioners walking the parish bounds with prayers at each juncture and garden; then into English Law and on to Massachusetts Colony Law in 1651.

And here we are. With Band-Aids and Deep Woods Off, the ACC enters the suburban wilds probably muttering more curses than prayers.



Amherst Town Library

Mindfulness: Simple Steps, No Cushion Required

The Amherst Town Library welcomes Paula Koppel in the presentation, “Mindfulness: Simple Steps, No Cushion Required,” on Wednesday, June 24 at 7 p.m. The program is the “kick-off” for the Library's summer series of six programs for adults with the theme of Minds Wide Awake. You are invited to come learn how this simple and timeless practice of mindfulness can benefit both you and our society as a whole. Koppel will explore the scientific findings that support the beneficial effects of mindfulness; the mind-body connection that fuels the detrimental effects of everyday stress; the simple and practical steps to incorporate mindfulness into everyday living (including ways that don't require sitting on a cushion to meditate); and, the impact this practice is having in schools, businesses, hospitals, and military bases across the country.

Presenter Paula Koppel, MS, RN, GNP, and Founder of Age Well Be Well, is a graduate of the Duke University School of Nursing and has a master's degree from Boston University and an advanced certificate in Counseling and Psychology from Lesley University. She was Director of Geriatrics at the Winchester Hospital for many years. In 1999 she established her own consult-



Presenter, Paula Koppel

ing company and is known for developing innovative approaches to healthcare. She has been a registered nurse and geriatric nurse practitioner for over 25 years.

This event and all programs in the summer long series Minds

Wide Awake are free and open to the public. However, registration is REQUIRED for each program due to space limitations. Other programs for adults in the Minds Wide Awake series include: “I Can't Die But Once—Harriet Tubman's Civil War” [a NHHC living history performance] on Thursday, July 9 at 7 p.m.; “A Night of Old-Time String Music and Song” on Wednesday, July 15 at 7 p.m.; “Iran: Persian Glory and Islamic Revolution” on Wednesday, July 22 at 7 p.m.; “Hiking the John Muir Trail” on Wednesday, July 29 at 7 p.m.; and, “Mindful Eating with Chef Liz Barbour” on Thursday, July 30 at 6:30 p.m. You can register for all these events by calling 673-2288, emailing library@amherstlibrary.org or by visiting our website at www.amherstlibrary.org and selecting the “Community Services” tab, then click on drop down “Sign-Up for Programs.”

Amherst Town Band Summer Performances

Friday, June 12, 6:30 PM
Greeley Park, Nashua
Benefit for Humane Society for Greater Nashua
Friday, July 3, 8 PM
Concert with fireworks, Souhegan High School, Amherst
Saturday, July 18, 7 PM
Concert York Beach, Maine
Saturday, July 4, 10 AM
Independence Day parade, Amherst

Saturday, July 18, 7 PM
Concert York Beach, Maine
Tuesday, July 21, 6:30 PM
Concert on the Green, Amherst
Tuesday, August 18, 6:30 PM
Concert on the Green, Amherst
Tuesday, August 25, 6:30 PM
Greeley Park, Nashua
For additional information, visit the band's web site, www.amherst-townband.org.

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Here are a few examples

	Sale	Save
Case of 12 Powdered Shock-Generac 68% active (#1016)	\$34.98	40%
Gallon Liquid Shock-Generac 12 1/2% (#2925)	\$3.48	35%
Quart Algaecide-Robelle (#5176)	\$5.98	40%
Vinny Auto Pool Cleaner (#6243)	\$99.98	66%

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