

Letters & Opinion

Recommit to Saving Lives from Colorectal Cancer

To the editor:

Colorectal cancer is the third most commonly diagnosed cancer and the second most common cause of cancer deaths in the country. This year alone, an estimated 540 people will be diagnosed with colorectal cancer in New Hampshire, and nearly 200 will die from the disease. Compounding the tragedy is the fact that colorectal cancer is one of the most preventable forms of cancer.

Currently, Medicare fully pays for routine colonoscopies for the purpose of screening. But if a polyp is found and removed during the procedure, the colonoscopy is categorized as a diagnostic exam, and the patient must pay a share of the cost. This loophole, which applies only to Medicare beneficiaries, can leave a patient with a bill that could be as much as \$500 out of pocket.

The Removing Barriers to Colorectal Cancer Screening Act in Congress would ensure seniors have the same access to colorectal cancer screening as others. I want to thank Congresswoman Ann McLane Kuster for co-sponsoring this legislation last Congress and encourage her to support removing this barrier to screenings again – we could potentially save thousands of lives, reduce suffering and reduce cancer costs in Medicare.

Amy Chapman
Volunteer, American Cancer Society
Amherst

Colleen’s Journey: Run Across the Country fto Benefit Cancer Research

To the editor:

I am an Amherst resident and have been for the past twenty years. All four of our children have graduated from Souhegan High School. Our youngest daughter, Colleen, graduated in 2012 and is studying nursing at George Mason University. This summer, she will be running across the country, beginning in San Francisco and ending in Baltimore. She raised over \$4,500 for the Ulman Cancer Fund for Young Adults, which grants resources, scholarships, and aid for young men and women battling cancer. She will be running, along with 27 other individuals, in honor of this cause. If you would like to learn more about Colleen's journey, please feel free to contact me by email.

Thank you for your consideration.
Bettyjane Walsh
Amherst

Celebrate 20 Years with Boys & Girls Club of Souhegan Valley

To the editor:

On Saturday August 1st we invite the community to help celebrate our 20 year history as a Boys & Girls Club and 10 years in our current facility. Our celebration includes a free musical review including many performances from the past 10 years, with our alumni are returning to reprise musical theater and dance shows previously performed as members of the Boys & Girls Club.

Our facility is located in the former Souhegan Valley Theatre, previously the home of the American Stage Festival and Playhouse 101. We are happy to report that during the past decade, Boys & Girls Club of Souhegan Valley staff and volunteers have kept cultural arts alive and well on our stage and in our community, with hundreds of young people performing and thousands participating as audience members. Whether performing on stage or attending our afterschool and vacation time programs, children have experienced life changing programs that help them perform better academically, develop good character and leadership skills, and adopt healthy lifestyles.

All are invited and encouraged to join our celebration at the Amato Center for the Performing Arts, 56 Mont Vernon Street in Milford NH! If you are a past member, parent of a member, supporter, board member former staff member, or just curious about our organization and what we do, this event is for you! The event is FREE, with donations accepted at the door. Doors open at 7:30 and the show curtains open at 8 p.m. All donations will benefit the programs of the Boys & Girls Club of Souhegan Valley.

Susan Taylor, Executive Director
Boys & Girls Club of Souhegan Valley

Letters To the editor:

The Amherst Citizen is eager to serve as a community forum. We welcome your letters, opinions, and commentaries and make every effort to run them in their entirety. We do reserve the right to edit. The views and opinions expressed do not necessarily represent the position of the staff of *The Amherst Citizen*.

Please direct your letters, views and commentary to the Editor, *The Amherst Citizen*, P.O. Box 291, Amherst, NH 03031-0291, or e-mail your submission to: news@amherstcitizen.com. We will attempt to run your letter as submitted (space permitting) providing it is signed and phone number is included.

Working for Great Schools

To the editor:

Great schools are those that provide an excellent education for all students for a sensible investment by taxpayers – balancing quality with costs to deliver the best value for students, their families, and their communities.

The run-up to the Amherst elections of March 2015 raised issues about the Amherst schools. The public debates and contested Souhegan School Board seat motivated many voters to look more closely at matters of school quality and costs as well as the processes by which both are managed.

After the elections, some Amherst residents continued to explore whether/how we might work together to identify and help address key issues. We have been doing research and analysis, framing issues, and formulating some recommendations that might help the school boards address those issues.

The SAU School Board, comprising all members of the Mont Vernon, Amherst, and Souhegan boards, has invited us to present our thoughts at the Thursday, August 27th SAU Board meeting at 6:30pm at Souhegan High School. (This is also the meeting to which Superintendent Peter Warburton is inviting citizens to hear about the schools' strategic plan.)

The challenges of educating students for success in the 21st century are many and complex. To meet them – especially in a time of shrinking school enrollments – we will all need to:

- Support efforts to enhance academic quality and standing;
- Ensure the effective use of tax dollars; and
- See that all related processes are transparent, effective, balanced, and fair.

If these are important to you, the meeting on August 27th could be a good forum to explore them further.

Mike Akillian
Amherst

Calling All Runners!

BOSTON – Join the Dana-Farber Cancer Institute fundraising team to run the 15th annual Boston Athletic Association (B.A.A.) Half Marathon* - Sunday, October 11

Run to support adult and pediatric patient care and cancer research at Dana-Farber

Dana-Farber Cancer Institute invites runners to join its fundraising team for the 15th annual B.A.A. Half Marathon* presented by Dana-Farber and the Jimmy Fund on Sunday, October 11.

B.A.A. entries are sold out but runners can join the Dana-Farber fundraising team to participate in this event, which features a 13.1-mile rolling course through Boston's Emerald Necklace park system. The event attracts a field of more than 8,000 runners, including world-class athletes. The Dana-Farber Half Marathon team has raised more than \$4 million for the Jimmy Fund since its inception 13 years ago.

Team members commit to raising \$750 or more and receive a guaranteed race entry, a personal fundraising web page, a team singlet, online tools that make fundraising easy, including a training program designed by 1976 Boston Marathon* winner Jack Fultz.

To join the team and raise critical funds to advance patient care and cancer research at Dana-Farber, visit www.RunDanaFarber.org <link to this page/URL: http://www.rundanafarber.org/faf/home/ccp.asp?event=1111959&ccp=112822> or call (617) 632-1970 or (800) 551-7036.

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www.amherstcitizen.com

Amherst Recycling Task Force

The Task Force meets the third Thursday of each month at 7:00pm at the Office of DPW – residents are welcome. Visit: www.amherstnh.gov/publicworks/transfer.html for complete details.

Amherst Recycling Center

Hours: Tuesday: 12 noon to 8 p.m.
Thursday: 12 noon to 8 p.m.
Friday: 7 a.m. to 11 a.m.
Saturday: 7:30 a.m. to 4:30 p.m.

Fee Structure (PAID AT THE SCALE HOUSE)

Appliances with Freon: Refrigerators, Air Conditioners, Freezers,: \$10.00
Brush over 6" diameter: \$0.10/lb.
Demolition & Construction material (No asbestos or asbestos shingles): \$0.10/lb.
Propane Gas Cylinders: Check at Scale House for price based on size.
Car Tires: \$2.50 each. Truck Tires: \$10.00 each.
TVs, Computer Monitors, CRTs: \$5.00 each.

Aluminum Cans

Recycle on aluminum can sorting table; rinse and squash.

Batteries-Alkaline

Put in trash compactors.

Batteries-Rechargeable

Take to Radio Shack, Nashua Hazardous Waste Center, or place in special battery container in recycling area.

Batteries-Car

Stack At Designated Area.

Books

Put in Book Shed or recycle soft cover books in mixed paper compactor. Take covers off hard cover book and recycle in mixed paper compactor; put covers in trash.

Brush-up to 6"

Put in brush pile at top of hill.

Brush – over 6"

Pay at Scale House, then put in brush pile at top of hill.

Yard Waste

Put in compost pile: Grass clippings, leaves, pine needles, garden waste and COLD fireplace ashes; no brush, rocks, food products, flower pots, or plastic bags.

Cell Phones & PDAs

Recycle at Scale House, or with Peabody Mill Environmental Center at the Library, Town Hall, or Wilkins School.

Clean, untreated lumber

Dispose of at top of hill: Not painted or stained, no pressure treated items, no plywood, no wood-like composite material.

Clothing/Textiles

Must be clean. dry, and in plastic bags—clothing, bedding, rags, or towels. No pillows or sleeping bags. Place in collection container.

Commingles

Recycle plastic and metal containers on commingle sorting table

Corrugated Cardboard

Recycle in cardboard compactor; flattened, clean, dry, no pizza boxes.

Electronics

Check at the Scale House – VCRs, radios, electronic equipment; computer equipment. - Place "intact" CPU box (all components including hard drive) and laptops into the container dedicated to CPU's. TVs/ computer monitors – pay at Scale House.

Fluorescent Lights

Recycle in covered plastic containers near trash compactors.

Glass

Recycle on glass sorting table; bottles, drinking glasses, ceramic coffee cups, plate glass, and window panes.

Kitty Litter

MUST be disposed of in trash. Cannot be Recycled.

Visit transfer station website or ask attendants on duty.

Magazines, Newspapers

Recycle in newspaper & magazine recycle container; newspapers with inserts, magazines, direct mail catalogs.

Mixed Paper

Recycle in mixed paper compactor (details below).

Motor Oil

Dispose of in oil collection tank; no antifreeze or synthetic oil. Dispose of antifreeze in antifreeze collection tank.

Paint

Latex paint thoroughly dried – put in trash; Oil based paints, stains, thinners – take to Hazardous Waste Center in Nashua.

Scrap Metal

Put in Metal Pile. All large and small metal items. Appliances that do not contain Freon. Metal frames from Hide-abeds.

Still Good Shed

- Games, household items, toys, sporting goods, and manageable furniture (see attendant first). The volume of items deposited often gets out of hand and after a period of time the building is cleared.

Book Swap

- Book swap room is located in red building on left near entrance.

ACCEPTABLE Mixed Paper Recycling Junk Mail Envelopes (even those with windows) Cereal Boxes, Shoe Boxes, etc. (aka chipboard)



Cliff Ann Wales
Publisher & Editor

Jim Wales
Advertising & Production

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P.O. Box 291, Amherst, NH 03031-0291
Phone: 672-9444 Fax: 672-8153 e-Mail: news@amherstcitizen.com



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Phone: 672-9444 Fax: 672-8153
e-Mail: news@amherstcitizen.com

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How to contact us:

Phone: 603-672-9444

Fax: 603-672-8153

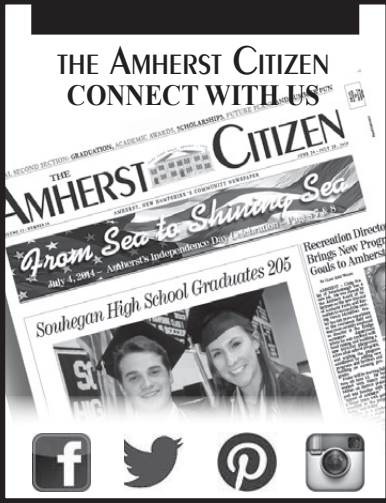
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