

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 provides a variety of outstanding activities and events. The program runs 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—through August 3.
Family Storytime (all ages welcome, with stories geared to kids ages 3 to 6) 10:00 AM through Tuesday, August 4
Stories on the Green w/ Miss Sarah (held at the Town Green—weather permitting) 3:00 PM through Wednesday 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. Through Thursday at 12 noon. July 31, weather permitting.



Baby Listeners (newborn—age 2)
10:30 AM through Friday 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:

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. Through August 4.

Ice Cream Social!

On Friday, August 7th, from 3:30-4:30 pm, there will be a celebratory Ice Cream Social on the Town Green. Rumor has it that in keeping with our "Every Hero Has a Story" theme, there may be a visit from...SUPER-MAN!...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!

Summer Programs

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.

Stay in touch with the Amherst Town Library all summer: www.amherstlibrary.org or call 673-2288

Amherst Town Library

Mindful Eating

The Amherst Town Library welcomes back popular chef Liz Barbour presenting "Mindful Eating" on Thursday, July 30 at 6:30 p.m. in the Main Reading Room. This is the final program in the Library's summer series for adults with a theme of Minds Wide Awake. The evening will include a slide presentation, discussion, and cooking demonstration of two healthy seasonal recipes with samples for all.

Have you ever eaten a whole bowl of popcorn when you were not even hungry? Do you know what 1 cup of cereal really looks like? Do you fill your plate with food even though you are not very hungry and then eat all of it anyway? When we do not eat with awareness, we often miss the triggers and signs that our bodies send us to let us know we are not hungry. Join Chef Liz Barbour as she helps to identify the cycle of mindless eating and offers some simple ways to help you be a more "mindful" eater so you change your eating habits with success.

Liz Barbour has been cooking professionally in the Boston area since 1992, and started Liz Barbour's Creative Feast in 2004. Liz built her cooking career in a variety of Boston's catering and restaurant settings. Liz's cooking demonstra-



Chef Liz Barbour

tions have been featured on New Hampshire Chronicle and she appears regularly on WMUR Channel 9's "Cook's Corner." Her recipes are featured in various publications including New Hampshire Magazine, the Nashua Telegraph, and The Hippo.

This event is free and open to the public. However, registration is RE-

QUIRED for each program due to space limitations. 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."

It's About Conservation

Trees On The Move

By BRUCE B. BECKLEY
CONTRIBUTING WRITER

Third Apparition: Macbeth shall never vanquished be, until Great Birnam Wood to high Dunsinane Hill shall come against him.

— Macbeth Act IV, Scene 1

Today, we are not writing about Shakespearean trees on the stage of the Globe Theater although much of this essay relates to the times when William Shakespeare was writing. Our stage is the global one itself and the trees are real bark and sap trees.

We have all heard and read about climate change and how global warming is bringing southern species, animal and vegetable, further north while boreal species retreat northward. This migration has happened before here in New Hampshire. During the ice age, ten millennia ago, ocean waters were locked up in the expanding polar and Antarctic ice caps. As the ocean water became frozen, the shorelines extended seaward exposing soil once submerged. Plants and trees repopulated the new-found earth. There is physical evidence of these events at Odiome's Point where at low tide the stumps of ice-age trees are exposed.

Trees have been moved to new locations for centuries by collectors. Captains of Spanish sailing ships collected botanical species at their ports of call leaving them in Spanish provinces on their return. In the Canary Islands, present day gardens are home to some of these early collections.

At this same time, the early 1600s, in England there were two forces at work. Foremost was the need for timber for a timber-starved country and

secondly a desire by the landed gentry for botanical specimens from the New World. Richard Hakluyt, the archdeacon of Westminster Abbey, promoted North American colonization as a way to provide timber for England where the shortage was so acute that the poor were freezing to death and the industrial revolution was demanding greater sources of energy.

Another incentive and one that put trees on the move was the extensive landscaping of estates by wealthy landowners. Explorers like Sir Walter Raleigh were underwritten to bring back specimens of New World species to reforest old family lands.

Species were on the move here in New England, too. In the early 1900s the Massachusetts Commonwealth Botanist brought plant and tree specimens from other parts of the USA for Commonwealth parks — and his own property in Sharon. Today that land is part of the Moose Hill Wildlife Sanctuary. In several sanctuary habitats there can be found: ash trees from Asia, Silver Bell trees from the southern Appalachians, bald cypress from the Gulf, river birch from Ohio, and several more.

We do it today. The landed gentry and ladies of Amherst follow the urge to bring color and variety into suburban settings. Nurseries are better than was once the case about the specimens they sell. Nevertheless as we choose and plant it is smart to know the stock we are using and be wary of free-loading invasive characters. There are many colorful and interesting native species that can grace home landscapes.



Amherst Town Library July 29 Program

Hiking The John Muir Trail

The Amherst Town Library presents "Hiking the John Muir Trail" on Wednesday, July 29 at 7 p.m. in the Main Reading Room. This is the fifth program in the Library's summer series for adults with a theme of Minds Wide Awake. Presenter Alison Nadler set out in July 2014 to complete a thru hike of the John Muir Trail, a 220-mile footpath that leads from Yosemite National Park to the tallest summit in the lower 48: Mount Whitney. See photographs from her journey, learn what she did to prepare for a solo 15 day high-altitude hike of the Sierra Nevada, and hear what it was like to walk all day, every day.

Allison Nadler is an avid peak bagger who has hiked all of the 4000-footers in New England three times! She is the founding organizer of Northeast Peak Baggers, a Meet-Up group designed to help other hikers reach their goals. For Allison, hiking is not just a form of exercise, it is a passion. Most often you find Allison on the trail day and night, though she



Presenter Alison Nadler talks about her preparation and shows photos from her July 2014 hike of the John Muir Trail, a 220-mile footpath

also is Program Manager and Content Developer for Gossamer Gear (a company that offers functional ultralight backpacking and camping gear for the hiker) and Editor in Chief of Trail to Summit <http://trailtosummit.com> She holds a B.A. in Elementary Education and Teaching from Wheelock College. Lao Tzu wrote: "A journey of a thousand miles begins with one single step." Join us for the evening and get inspired!

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. The final program of the series is "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."

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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

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

