

# Obituary

## JAMES S. BOWEN

James S. Bowen, longtime resident of Amherst, NH, died on August 22, 2015 at his home surrounded by his loving family.

He was born in Wilton, CT, a son of Robert and Maryann (MacIntyre) Bowen.

Mr. Bowen earned two master's degrees from the University of Lowell and New Hampshire College.

He was an avid outdoorsman, and enjoyed skiing, hiking, bicycling and sailing, competed in alpine ski racing, cycling events and triathlons.

Mr. Bowen was a veteran of the U.S. Marine Corps.

Family members included his wife, Gail (Maio) Bowen of Amherst, NH; a daughter, Katherine



(Bowen) Leimeister and her husband Randy Leimeister, both of Phoenix, AZ; a son, Thomas Bowen of Laconia, NH; three grandchildren, Nicole (Bowen) Stevens and her husband Michael Stevens, both of Fruitland, ID, Frank Lucia, Jr. of CA and Jacob Bowen of Casper, WY; three great

grandchildren, Mia Lucia, Dublin and Maddox Stevens; and a brother, Richard Bowen of San Diego, CA.

Burial will be in the New Hampshire State Veterans Cemetery, Boscawon, NH. Arrangements are in the care of Smith & Heald Funeral Home, Milford, NH. To share a memory or offer a condolence, please go to [www.smith-heald.com](http://www.smith-heald.com)

### Amherst Recreation

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#### Yoga for Middle School

This yoga class is suitable for males and females who are experienced with yoga and those who are new to yoga.

Who: 5th-8th graders  
When: Wednesdays 9/16-10/28  
Where: AMS Chorus Room  
Fee: \$55R/ \$50NR

#### New Sessions of Karate

Who: Ages 4 and up (adult too!)  
What: Beg./int. Karate lessons  
Where: Amherst Karate Studio  
Fee: \$59 Please visit [www.amherstrec.org](http://www.amherstrec.org) for Schedule Options

#### Archery

This is an Olympic Style target archery program taught by certified instructors. The program will teach the basic fundamentals of shooting target archery focusing on safety and proper shooting form.

Who: Grades 1-4 and Grades 5-8  
When: 9/18-10/16  
[www.amherstrec.org](http://www.amherstrec.org) for pricing options

#### Adult Programming

##### Trail Running 101

Are you a road runner who's tired dodging cars and road construction? Get off road and run the trails for a 4 week intro to Trail Running. Join George Bower and Amy Hull to learn about proper form, techniques, equipment and safety while running the beautiful trails at PMEC.

Who: Adults  
What: An introduction to Trail Running  
Where: We will meet at the trail head at the top of the parking lot at PMEC  
66 Brook Road  
When: Sundays 8:00-9:30 am Oct 4th, 11th, 18th & 25th

##### True Potential

This program designed specifically for women will encompass nutrition, result-based workouts and mindfulness. Morning or evening options are available. Start the new school year off right! Registration is now open.

##### Fall Yoga for Adults

Amherst Recreation is fortunate to have Leslie Formby, certified Hatha Yoga Instructor, as our yoga teacher. She offers classes for preschoolers, teens and adults.

Tuesdays Intermediate Yoga 9:00-10:15am at PMEC  
Thursdays Gentle Yoga 10:00-11:15am at PMEC

Please visit our website for more registration information

#### Zumba Gold for Beginners

Perfect for beginners and folks over 50...this is a "kinder, gentler Zumba." Laugh! Dance! Love your Body! With no need to be perfect, this feels joyous...like dancing in your living room with all your "crazy" friends!

Please visit [www.amherstrec.org](http://www.amherstrec.org) for more information

#### Basket Making Workshop

Join NH Craftsman Artisan Ray Lagasse for a single 8-hour day and make a basket from scratch to finished project. These beautiful and useful baskets can be given with pride as a holiday gift.

Who: Adults 18-108  
When: Saturday 9/26; 8am-4:30pm  
Where: AMS; Life Skills Room  
Fee: \$125R; \$135NR

Adult Pick-Up Basketball  
Check out the NEW AMS basketball courts this fall! Adult basketball is an opportunity for men and women to play games in an open gym setting on Mondays and Wednesdays from 8:00-10:00 during the school year at Amherst Middle School.

#### Volleyball for Adults

Adult volleyball is an opportunity for men and women to play in an open gym setting on Tuesday and Thursday evenings from 8-10pm during the school calendar year at the Amherst Middle School.

#### Family Programming

##### Birthday Parties at PMEC!

Create amazing birthday memories this year with a Birthday Party for your child age 3-12 at the Peabody Mill Environmental Center!

We have several themes to choose from or we can work together to tailor one just for your Birthday Girl or Boy. Please visit [www.amherstrec.org](http://www.amherstrec.org) for more details.

##### Adult & Youth Horseback Riding Lessons

In conjunction with Walnut Hollow Farm of Amherst, horseback riding lessons for kids & adults are back. Students will learn the anatomy of a horse, barn management, tack, grooming and ride in their outdoor or indoor ring. See more information on our website.

(Please be sure to call before registering. Day/Time must be verified with the farm.)

We add programs weekly, so check our website often...

And make time in your life for Recreation!



The Girl Scouts of the Green and White Mountains, Brownie Troop 10448, donate \$212 of their cookie sales to the Animal Rescue League of NH.

### Name Change for Church

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day, September 13th, the congregation will unveil the sign and name change to Village Bible Church. "It's a big moment for the church community," says Pastor Sacco. "It's been a natural progression," he continued, explaining that the church hasn't been a member of the American Baptist Association since the 1980s. "The congregation has been supportive of the change. The process has been rewarding and the spirit among the people has been very positive. The name reflects God's love and spirit in the community. It's what a church should be," says Pastor Sacco.

The church has always been an integral part of the community. The congregation has participated in the July 4th festivities with a pitching booth and popcorn on the common. On Halloween the church is a magnet for trick or treaters with games and candy for all. For the Tree

Lighting ceremony in December, the church sponsored cookies and goodies. In addition, as an outreach to the community groups which include the MOMS Club, Girl Scouts, Cub Scouts and Daisys can use their facility for meetings.

Pastor Sacco stresses that the new name more accurately describes the church as teaching the Bible with clarity and compassion. "We are not judgmental or harsh, we extend the love of God to the community," he says. "We teach plainly. We make the teaching relevant and practical in loving and kind way."

"This is the finest church family I have ever known - it's a joy to be here," says Pastor Sacco.

Join the congregation and community to celebrate the new name on Sunday, September 13 for the grand unveiling and celebration of the new name.

### Annual Library Fall Book Sale

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The sale is held at the Amherst Congregational Church across from the Amherst Village Common where the Historical Society is holding Antiques on the Green at the same time. The doors open at 8:00 AM for members (you can become a member at the door for as little as \$10 or enroll/renew online ahead of time at [amherstlibrary.org/friends-library](http://amherstlibrary.org/friends-library)) and at 8:30 AM for the general public. New members may join at the door beginning at 7:30 AM. Prices are \$1 for most adult books and only \$0.50 for children's books.

Early birds get the best selection, but after 1:15 PM, shoppers get the

best prices! At 1:00 PM, the doors close for fifteen minutes. When the doors reopen, books are priced at \$5 a grocery bag full (empty bags are provided at the door). At 2:30 PM, approved charities and SAU39 teachers are invited to take any books they would like free of charge. Please contact Kim Ayers if you are interested in pre-registering your charity at [kayers@amherstlibrary.org](mailto:kayers@amherstlibrary.org)

The book sale raises funds for special projects at the library including special collections, furnishings, and children's room projects. It also puts good books back into circulation at minimal cost.

### Putting Your Gardens To Bed

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ideas for this annual garden activity. Once your gardens are cleaned up, you will be ready to plant some bulbs. Marti Warren, a past garden club president and committee member of the "Plant it Pink" event in Amherst two years ago, will tell you everything you need to successfully plant bulbs. There will be handouts on bulbs and best places to purchase. This is perfect timing for these two fall activities in your garden.

Last years "Evening Meetings" of the Amherst Garden Club brought many local citizens out to learn more about gardening and landscaping. The programs were designed for those who are unable to

attend our monthly daytime speakers, because they work or have young families. Once again the garden club will be overing a series of fall and spring speakers. We meet the first Thursday night in September, October and November for the "Fall Series" and March, April, May for the "Spring Series." We invite all to come and share the love of gardening as well as enjoy our quest speakers. Meetings are held at Parkhurst Place, 11 Veterans Road, Amherst from 7:00pm to 8:30pm. You do not need to be a member of the Amherst Garden Club to attend, meetings are open to the public with no fee.

## Local Student to Share Summer Experience in Cambodia



Jocelyn with part of the city of Phnom Penh in the background.

Jocelyn Labombarde, a student at Rhodes College in Tennessee and member of the Congregational Church of Amherst, spent the past three months in Cambodia working with the Harpswell Foundation and Mercy Medical Center. She will be sharing her experiences there on

Wednesday, August 26, at 7:00pm, in the Community Room at the Congregational Church of Amherst, 11 Church Street. The public is invited, and refreshments will be served. Please RSVP to [info@ccamherst.org](mailto:info@ccamherst.org) or call Andrea in the church office at 673-3231.

## Congregational Church of Amherst Kicks Off 2015-16 Year

Sunday, September 13 will mark the kick-off for the new church year. The Sunday worship service will begin at 10:00am, and nursery care will be provided for the youngest children. Registration of school-age children for Church School, which is held during the second half of the service each Sunday morning, will also take place. The theme for the Christian Education program this year is "Here I am, Lord," and children and adults will explore what it means to be of service to others.

Following the worship service the Fellowship Committee will host an all-church Homecoming Picnic on the Town Common, with food, music, games and fellowship. Hamburgers, hot dogs and drinks will be provided, and members have been asked to bring a salad or dessert. There will be a charge of \$6 per person or \$20 per family for the picnic.

The church extends a special invitations to visitors and those new to the area. Please RSVP to Andrea in the church office by emailing [andrea@ccamherst.org](mailto:andrea@ccamherst.org) or calling 673-3231.

The Senior High Youth Group and Middle High Youth Group will schedule their initial meetings later in September. The Senior High Youth Group completed a successful week of service in Washington, DC, in late June, and this year's plans will include meetings and outings during the year as well as another service trip.

The church's message is, "No matter who you are or where you are on life's journey, you are welcome here." The Congregational Church of Amherst UCC welcomes visitors and prospective members on September 13 or any other Sunday!

### Releasing the Bonsai Artist

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shallow planting, careful pruning, and other techniques, the bonsai artist emulates the look of a mature tree in miniature form.

Cultivating these living works of art is a peaceful and rewarding pursuit. "I discovered that bonsai teaches mindfulness, attentiveness, creativity, discipline, and purpose in a quiet and serene manner," Myrlla says.

During the program, David and Myrlla will share their recommendations for plants particularly well suited to bonsai and explain how to care for them properly. "A healthy bonsai plant needs water, light, and consistent care," says David. With proper attention, a bonsai tree can live for centuries.

Together, David and Myrlla have sixty years experience in the art of bonsai. Myrlla was first drawn to bonsai in her early twenties while living in the Philippines. She studied under local Bonsai Master Mario Estiva, who recognized her talent and encouraged her devel-

opment as an artist. Soon she was exhibiting her work at local garden and flower shows, and from there went on to build a successful business cultivating and selling bonsai. David came to bonsai with a diverse business background, including experience in management, sales, marketing, and teaching. He has spent the past fifteen years developing new skills in bonsai design. At their studio in Keene, DBMB Bonsai and Saiki, they offer workshops and sell the bonsai trees that they have cultivated.

Following the presentation, guests will have the opportunity to purchase bonsai trees at a 10% discount. In addition, the tree created during the demonstration will be raffled off.

The club's general meeting will begin at 9:15 AM, followed by a short social time. The bonsai program will begin at 10:30 AM. Guests are always welcome at meetings with no fee.

Town of Amherst New Hampshire  
Amherst Parks and Recreation Department  
4 Cross Road, Amherst NH 03031  
Phone: 603-673-6248, [www.amherstnh.gov](http://www.amherstnh.gov)  
Craig C. Fraley CPRP, Recreation Director

### Peabody Mill Environmental Center Coordinator Job Posting

The Amherst Parks and Recreation Department is seeking a self-motivated and highly organized individual, with experience working with all ages to coordinate programs and operations at the Peabody Mill Environmental Center (PMEC) located in Amherst NH. The PMEC Coordinator is a Part-time position averaging 20 hours per week during the school year and 40 hours per week during the summer camp season. Programs currently offered at PMEC are Outdoor Discovery Day Camp, Homeschool Programming, School Science programming, science-based birthday parties and Vacation Camp Days. Candidates will have a strong knowledge of teaching both Environmental and Outdoor Education using experiential learning. Individuals with new ideas, afterschool programming and or summer camp backgrounds are strongly encouraged to apply. Pay will be based on individual qualifications. Some nights and weekends will be required for this position. Please send cover letter and resumes to [cfraley@amherstnh.gov](mailto:cfraley@amherstnh.gov) or mail them to Amherst Parks and Recreation Department, 4 Cross Road, Amherst NH 03031 no later than September 18th. The town of Amherst is an Equal Opportunity Employer.

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