

Town News

Amherst Garden Club November Program

AMHERST – On Thursday, November 5, the Amherst Garden Club will present “Easy Holiday Designs from Nature” featuring master floral designer, Valerie Dawes. Learn how to decorate your home for the late fall and winter season with long-lasting botanicals from nature.

Valerie will demonstrate professional florist techniques and tips while creating floral décor for tables, mantels, entryways and doors. Evergreens and botanicals abound in your own back yard—mosses, branches, lichens and berries can be added to evergreens for color, texture and harmony. Using baskets, vases, wreaths and a few “surprise” containers, Valerie will explain the basic steps in the floral design process. She will make several arrangements, some using locally available products and others using more traditional florist’s flowers, products and supplies.

Valerie is an active member of the floral industry on both the state and national levels. She is currently a floral designer for Fortin Gage Flowers and Gifts in Nashua, New Hampshire.

After her demonstration, the club will be raffling off the designs she



Master floral designer, Valerie Dawes

has created.

Amherst Garden Club meetings are open to all. You are welcome to join us on November 5, beginning with refreshments at 9:00am followed by the business meeting at 9:30 and then the presentation. Meetings are held in the community room at the Amherst Congregational Church, 11 Church Street, Amherst, New Hampshire.

Fire Department and Congo Church Join in Halloween Activities

AMHERST – The North End of Amherst Village near Town Hall and Church Streets will be alive and buzzing on Halloween Night, Saturday October 31 from 6-8 p.m. as the Amherst Fire Dept and Congregational Church of Amherst participate for the first time, in handing out candy at their locations!

The church is sponsoring the Jack O’Lantern Jump... Weather permitting, there may be a display of Halloween Dolls outside the church like the one in the photo above, while the AFD will have a presence in the Town Hall area. Come by and meet your firefighters!

Throns celebrate Halloween in the village, and so CANDY donations are appreciated!!! Individually wrapped candy can be donated at the Amherst Fire Dept. Central Station Complex, located at 177 Amherst Street, and at the Congrega-



Halloween dolls on display.

tional Church on Church Street in the bins provided inside.

HALLOWEEN SAFETY TIPS!

WRITTEN BY: SCOTT M. CIRILLO... AKA. MR. NO-NO

Halloween is such a fun time for millions of children across the country. Unfortunately, there are thousands that end up in the emergency room due to preventable accidents.

So before you start picking out the perfect costume for your little goblin and begin gathering goodies; take some helpful safety tips from Scott Cirillo aka...Mr. No-No the founder of The Thinking C.A.P.P. Foundation (Children’s Accident Prevention Program) and have a fun and safe Halloween.

Costume Time :

- Pick a costume both you and your little ones can easily get in and out of
- A little face paint vs. a mask for your toddlers
- Wear bright colors (Add a splash of neon color to your costume if black)

Pumpkin Fun:

- Have your little ones draw the design and you be their “carving assistant”
- Let the little goblins push in the carvings (the eyes, nose, mouth, etc.)
- You scrape the guts; they pull out the guts
- Use battery operated artificial light inside the jack-o’-lantern

Trick-or-Treating :

- Leave your wands, swords, pistols, etc. at home (Kids get hurt & you end up caring them anyway)
- ALWAYS have them within view! Tell your little ones, “If you can’t see me, I can’t see you”
- Nothing should be in your child’s hands except for their basket
- Everyone should have a type of light stick on them at all times

Before the Sugar Rush :

- Check ALL the Treats! Throwaway all suspicious and unwrapped candy
- Completely sealed candies; Submerge your candy in a bowl of water...
If you see air bubbles or wet candy, throw it away
- Take treats to a court house or an airport and get it x-rayed if available

After the Sugar Rush :

- Settling their tummies: Drink a glass of water or warm milk after filling up on candy
- Brush teeth immediately after eating candy
- Before bedtime do something relaxing; like read a good Halloween book

Amherst Garden Club’s

Memory Tree 2009

The Memory Tree is sponsored each year by the Amherst Garden Club. Anyone can make a donation and submit names of loved ones, use the attached form. A donation to the Memory Tree, with its little white lights, acts as a remembrance of a loved one. It is an Amherst Tradition, located right in the center of town, it speaks out with a twinkle to all who pass by. “Remember me, remember the times we shared.” The lights on the Memory Tree will go on December 13, the evening of the Amherst Tree Lighting Festival.

Names of those being remembered are posted on a display next to the Memory Tree and listed in the Amherst Citizen.

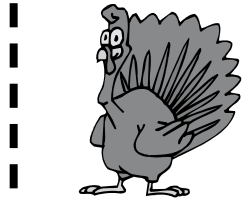
We have donated the money raised each year to various projects around Amherst and the local area. We are happy to announce that the donations this year from the Memory Tree will be going to Share, a local non-profit organization, and just in time for their “Share Christmas,” helping families in need for the holidays. For more information call Marti Warren 673-7054.

Amherst Junior Women’s Club

10th Annual Turkey Trot Fundraiser

The AJWC is hosting the 10th anniversary of their Turkey Trot fundraiser. The event this year will be the day after Thanksgiving, November 27, 2009. There will be a One Mile Fun Run at 9:30 am, as well as a professionally timed 5K at 10:00 am. There will be age group prizes, raffles, refreshments, and

more. Please don’t miss this commemorative Trot! Registration forms will be at Moulton’s, Amherst Town Library, and Runner’s Alley (Manchester). For more information write to Mary Lou Mullens at AmherstTurkeyTrot@comcast.net, or call 424-0687.



Amherst Junior Women’s Club TURKEY TROT REGISTRATION FORM

Race Day: November 27, 2009
Amherst Village at 11 Church Street

Race Day Registration and Bib # Pick up: **8:00 – 9:30 am**
One Mile Fun Run **9:30 am**
5K Walk/Run **10:00 am**

ENTRY FEE: \$15/person; by November 15, OR \$22/person on race day. Entry free is tax deductible. **EVENT SPONSORS:** Amherst Orthodontics, Coca Cola, Metro Sports, Milford Paint & Wallpaper, Moultons, Road ID, Runner’s Alley, Stroller Sriders, Walmart

NAME(s): _____	SEX (M/F) _____	AGE _____
_____	_____	_____
_____	_____	_____
CITY/STATE: _____		

I understand that running is a hazardous activity and I should not enter unless I am medically able or properly trained to do so. I hereby for myself, heirs, executors and administrator waive and release any and all rights and claims for damage I may have against the sponsors, coordinating groups and any individuals associated with the Amherst Junior Women’s Club, the representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with this event.

SIGNATURES: _____

PARENT/GUARDIAN IF UNDER 18 _____ DATE: _____

Make checks payable to: Amherst Junior Women’s Club
Mail to: Turkey Trot
P.O. Box 513
Amherst, NH 03031

Questions? Please contact Mary Lou Mullens at AmherstTurkeyTrot@comcast.net

Events Calendar

Saturday Night Comedy Club

Great Comedy on Saturday Nights at the Club Comedy at Amherst from the co-founder of the Comedy Connection. Doors open at 7p.m. and show starts at 8 p.m. Amherst Country Club, 72 Ponemah Rd, Amherst. For more information call 673-9908 or got to www.amherstcountryclub.com.

Stay-at-Home Moms Meeting

MOMS Club of Amherst is a chapter of MOMS Club International, a non-profit organization dedicated to supporting stay-at-home mothers and their children. Our chapter offers playgroups, outings, craft days, cookie decorating days, various special-interest offerings (coffee, book, exercise, scrapbooking and recipe clubs), a babysitting coop, community service/fund raising opportunities, and a monthly Moms’ Night Out. Business meetings are held on the third Tuesday of every month. Children are welcome at all events. To learn more about our club visit www.geocities.com/amherstmomsclub or e-mail us at momsclubofamherst@yahoo.com.

New Hampshire Audubon Nashaway Chapter

NASHUA – On Sunday, November 15, 2009 the Nashaway chapter of NH Audubon will travel to Odiome Point and Hampton Beach State Park to look for seabirds. The public is welcome. Meet at the Exit 7 Park & Ride, on the hill behind Granite Inn in Nashua at 7:30am or meet at the destination. For directions or to register, contact Richard Bielawski 429-2537 rbielawski@mac.com. On Tuesday, November 10, 2009, the group will host UNH professor and landscape horticulture specialist Dr. Neal. Dr. Neal is co-author of the book The Best Plants for N.H. Gardens and Landscapes.

Dr. Neal’s talk will emphasize landscaping to attract birds and will take place at 7pm at the Nashua Public Library, downstairs in the theater room. For more information contact Richard Maloon 424-5621 richard.maloon@att.net. Both events are free and the public is welcome.

Medical Ride Service in Souhegan Valley

Rides to medical appointments will be available to people living in the Souhegan Valley towns of Amherst, Brookline, Hollis and Milford. The door-to-door service will be provided by the Nashua Transit System and will be offered on Tuesdays, Wednesdays and Thursdays from 8:30 am to 4:00 pm. For info call 880-0100.

Potluck Supper

Potluck Supper & Networking at Nia NH and Yoga, 76 Route 101A, Amherst. Karen Kallie and Peg Donahue of Living Energy, and Lisa Jones, owner of Nia NH, facilitate a monthly networking group for everyone who is interested in meeting like-minded others for sharing, support, learning, enjoyment, and growth. November 9th, 6:30 to 8:30 p.m. for a potluck supper, group discussion, and a meditation or clearing practice. Participants are welcome to offer techniques as well. Fee is free but donations are appreciated to defray space rental.

Nov 4th: Socrates Cafe

Join us as we bring philosophy to the everyday individual through a gathering for those who like to talk about issues, ethics and ideas. We get together and discuss what is on our minds, from something on the news that day to the age old questions of “What is ...? Do you like to have a good, safe discussion without fear of being attacked for having an opinion that is different? Share in learning how to think, not what to think. We meet the first Wednesday of every month at the Toadstool Bookstore in Milford at 7 p.m.

Stay Away From Unhealthy Sugars This Halloween

Learn The Dangers of Refined/GMO Sugar in Candy. Free Recipes For Healthy Treats The Kids Will Love! Come learn the health risks of candy in general, and receive tips and tricks to make this Halloween season a happy and fun one. The class will be taught by Susan Baker, a certified holistic health counselor, who is also board certified by the American Association of Drugless Practitioners

Class details: Nutressante
Wednesday, October 28th 6:30-8:00pm
292 Route 101/Salzberg Square, Amherst NH

R.S.V.P. 603-396-8480, or email: susan@nutressante.net for more information

Amherst 2009 Tax Rate Set continued from page 1

balance. The increase in the town rate has two components; revenues and expenditures. This March the voters approved a default operating budget warrant and warrant articles that have costs associated with them. These voter approvals amounted to \$0.18 of the increase. The remaining \$0.16 comes from reduced revenues. Motor vehicle registrations are down considerably as many of our citizens are not purchasing newer, more expensive vehicles. We are receiving lower interest income than in previous years from the institutions which maintain our tax monies and our capital reserves.

Lastly we are receiving less state aid due to the state’s biennium budget. As the state seeks ways to close their budget gap, local municipalities are experiencing cost shifting, moving these burdens away from the state down to local government. The most obvious example of this going forward is the changes in the state employee retirement system. Costs previously borne by the state have been shifted to the town through the state budget process.

The Selectmen encourage any residents who have any questions or concerns to please contact the Board, or come to a future meeting.

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