

Letters & Opinion



2010 "Tour de Cure" Bike Event for American Diabetes Association

To the editor:

This is the 15th year that the Team, "Boettcher's At Heart" will be biking the ADA "Tour de Cure" bike ride. We will be participating in the Kennebunk Tour (50K) on June 13th in Kennebunk, Maine.

Our motivation to ride and fundraise is because three of our team members have diabetes. We started riding in 1995 after my brother's youngest daughter, Karley (3 yrs.) was diagnosed with Type 1 Juvenile Diabetes. Many years later his oldest daughter, Katie (15 yrs.) was also diagnosed with Type 1 Juvenile Diabetes. Two years ago, my husband Ben was diagnosed with Type 2.

Over the years we have witnessed advancements in research and treatment for this disease. We all know someone with diabetes. This is our family's attempt at making a difference in the lives of our family members and others.

This year our fundraising goal is \$8000.00. We are one-third of the way there. You can help us achieve this goal by sponsoring our team. Go online at: <http://main.diabetes.org/goto/boettchersatheart>, or send a check made out to the American Diabetes Association, PO Box 10310, Portland, ME 04101. Please designate our team name if you send a check.

Thanking you in advance for your consideration of our request.

Sincerely

Linda Boettcher-Lambert
Amherst

Let Your Voice Be Heard

To the editor:

It's time for our voices to be heard!! As a parent and school board member I hear all too often the varying opinions that parents of students have about the district's math program. The SAU has sent an electronic survey to 1,605 Amherst and Mont Vernon families who have children in our schools asking for input regarding K-12 math. To date, only 207 responses have been received. This is our opportunity to directly influence the direction of the curriculum going forward. Without our support and participation this is not a joint effort. Community involvement is essential and it is what keeps the Amherst and Mont Vernon schools strong. I urge you to take a moment, fill out the survey, and let your voice be heard. The deadline to respond is this Thursday, May 13. If you have not received this survey or you do not have access to email, you can call the SAU office.

Respectfully,
Peg Bennett
Amherst

Student Commentary

More Time for Food and Recess

BY: DILLON POLLIO,
6TH GRADE AT AMHERST MIDDLE SCHOOL

Have you ever not had enough time to eat your food? Probably everybody has, at least once in their life. Here at AMS we have to go through that every day! The kids at AMS need more time to eat lunch. Having to scoff down our food so that we aren't late to our next class, makes us not chew properly, gives us indigestion, and we don't get time to even taste it! It also wastes money because you might end up buying an "extra" (like a honey bun or a super pretzel) but then you might not have time to eat it and have to throw it away. AMS needs to provide more time for breaks and more recess. This would give the kids renewed energy to pay attention in class, get rid of excess energy and could also help maintain healthy weight in kids.

At AMS kids only have about twelve minutes for lunch. By the time we go to our locker, get to the lunchroom, get in line and sit down, we have about 7 minutes to eat. This is not a healthy situation. If kids don't have enough time to eat their lunch they keep getting more and more hungry until they feel like they are starving and then they don't pay any attention to what the teachers are saying. Not having enough time to eat not only wastes food but it wastes money too. The parents pay for the food that the school serves the kids, but the kids end up throwing half of their meals away. This wastes food and money. When we have to stuff the food in our faces just so we can eat and then get to class, we don't chew properly, have digestion problems, and probably don't get all the nutrients we need because the food is pretty much still in one piece. How is that supposed to get through the pipeline, huh?

A reason why AMS should extend the lunch and recess period is that kids need energy. In 5th grade, when we used to have a lot of time for recess, we always felt re-energized and happy. Now, since we don't have much time for recess, we kids feel tired and we don't have much motivation to arrive to class on time. If kids don't have enough energy they could go home sick and miss schoolwork. Another reason why kids need energy is so they will pay better attention in class. Not paying attention in class could result in low grades and a low grade point average, this could lead to stress (which leads to another whole set of health problems!). I think the school would like to make sure they are providing the time for kids to do well in school, have better attendance and better test results.

Another reason why AMS should extend the lunch and recess period is so that the kids get enough exercise. The kids may have just enough time to inhale their food but they will not get enough time to run around and have a good time outside. Not being able to exercise could lead to the kids being left with no energy and becoming obese. A good amount of time for recess is about 30 minutes. I bet school recess is the only exercise some kids get every day! School recess helps kids burn off any unwanted fat calories. In 5th grade we had 30 minutes of recess. In 6th grade, we have 7 minutes. That is mainly due to foreign language class being added in 6th grade. Maybe the school could take some time away from our homeroom time during the day and add it to lunch and recess. Maybe the school day could be extended by 20 minutes so that we could fit recess in after lunch. So, instead of ending our day at 2:04, it could end at 2:24 and we would have time for a longer lunch and recess.

As you can see there are many problems like kids not having enough time to eat and play, kids not having enough energy, and kids becoming obese. All those problems and many more could be traced back to just one problem... not having enough time for kids to eat their lunch and play outside. Also it's not only me who thinks we should fix this problem, there are a lot of students who agree with me. We all think that we should have more time to eat all of our lunch, actually enjoy it, and still have more time to play with our friends outside. So now I hope you know that not having enough time to eat and play is a big topic and we should all pay more attention to it and try to fix this problem.

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/public-works/index.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, the 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; details on next page.

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.

Magazines, Newspapers

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

Mixed Paper

Recycle in mixed paper compactor; details on next page.

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 the red building on the left

SCHEDULED MONTHLY MEETINGS

Conservation Com.	2nd Sunday	7:00 p.m.
Cemetery Trustees		
Fire Department	1st Monday	7:00 p.m.
Historic District Comm.	3rd Thursday	7:30 p.m.
Library Trustees	3rd Monday	7:30 p.m.
Planning Board	1st & 3rd Wed.	7:30 p.m.
Recreation Commission	2nd Tuesday of Mo.	7:00 p.m.
Rescue Squad	1st & 3rd Wed.	7:30 p.m.
Selectmen	Mondays	7:00 p.m.
Zoning Bd. of Adjustment	3rd Tuesday	7:30 p.m.
Heritage Commission	2nd Thursday	7:30 p.m.
Souhegan Reg. Landfill	1st Thursday	7:30 p.m.

Most of the above meetings are held in the Town Hall, 2 Main Street. Fire Department meets at the Central Station, 177 Amherst Street. Library Trustees at the Town Library, 14 Main Street. Rescue Squad at the Rescue Bay, 175 Amherst Street. Cemetery Trustees meet at the Highway Barn, 22 Dodge Road. Contact the Landfill District at 424-4128 to confirm the meeting place and time.

*The meetings are open to the public.

Department of Public Works

Amherst Transfer Station Hours

Tuesdays: 12:00 p.m. to 8:00 p.m.
Thursdays: 12:00 p.m. to 8:00 p.m.
Friday: 7:00 a.m. to 11:00 a.m.
Saturdays: 7:30 a.m. to 4:30 p.m.

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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.

Cliff Ann Wales
Publisher & Editor

Jim Wales
Advertising & Production

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June 22	November 23
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Issue dates are subject to change.
Watch future issues for schedule updates.

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Newsstand Copies

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- Moulton's Market, Amherst
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- The Cider Mill, Amherst
- Homestead Grocery, Amherst
- Merrill's Convenience, Milford
- Shaw's Market, Milford
- Sun Mart, Milford
- Stop & Shop, Milford
- Harvest Market, Hollis
- Harvest Market, Bedford
- Hannaford SuperMarket, Bedford

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