

## Amherst Garden Club Forms Charitable Fund

The Amherst Garden Club announces the formation of a Charitable Giving Fund. The club, which is a 501 C3 nonprofit organization, has as its mission to provide education, resources and networking opportunities for our members to promote the love of gardening, civic landscaping and environmental responsibility. The club raises money through many fund raisers such as the annual Plant Sale, Garden Tours and The Christmas Memory Tree as well as individual gifts. Memorial gifts in honor of a loved one will also be added to the fund.

The Charitable Fund will provide a formalized mechanism to equitably give out a portion of the funds the club earns back to civic groups in our community who apply and meet the guidelines of the fund. The application is posted on the Amherst Garden Club website, [www.amherstgardenclub.org](http://www.amherstgardenclub.org). Interested individuals and groups may apply for grants by visiting the website and filling out an application for review by the club.

## Introduction to Electromagnetic Radiation, September 23

AMHERST – Phyllis Traver, a certified Building Biologist, will speak on the topic of Electromagnetic Radiation for the September meeting of the WAPF chapter. The lecture will be held at the Amherst Town Library on Tuesday, September 23, from 6:30 to 8:15 p.m.

The "Introduction to Electromagnetic Radiation" lecture is free and open to the public.

Just one century ago electricity was only a small part of the human existence. For example, the human body is a gentle electric system. Today, almost everything is powered and many devices in and about our homes are emitting constant bursts of electromagnetic energy fields (EMFs). Learn about the variety of fields that exist, how they affect us, and possible ways to reduce them.

## SHARE Needs Assessment Report Now Available

MILFORD – Since 1979, SHARE Outreach has been assisting people in need in Milford, Amherst, Mont Vernon, and Brookline with the basic necessities of life including food, clothing, housing, heat, water, electricity, medicine, and transportation. In the last few years, SHARE has seen an increase in demand for its services due to the continued sluggish economy and the social service landscape in New Hampshire.

In an effort to ensure that SHARE is meeting the needs of its clients today and in the future, the agency has undertaken a project to better understand the existing services available to low income families, as well as the gaps and barriers to accessing those services. Phase I of this program studied the factors that impact health, well-being and vitality of residents in the four

towns served by SHARE. Its findings are detailed in the SHARE Needs Assessment Report now available. The report includes demographics of each town and looks at economic security, employment, healthcare, housing, transportation, and food and nutrition.

The project was funded through the generosity of the Norwin S. and Elizabeth N. Bean Foundation, The Stuart S. Draper Charitable Fund of the New Hampshire Charitable Foundation, the Endowment for Health, and United Way of Greater Nashua. The study was completed by the Community Health Institute, New Hampshire's Public Health Institute.

The report is available at SHARE's website, [www.sharenh.org](http://www.sharenh.org). To request a hard copy, email [info@sharenh.org](mailto:info@sharenh.org) or call the SHARE Center at 673-9898.

READERS: Please let our advertisers know that you saw their ad in *The Amherst Citizen!*

## Amherst Land Trust Hosts Moonlight Race – "The Joe English Twilight Challenge"

AMHERST - the Amherst Land Trust will host a festival-like evening of dusk to midnight trail races. Teams and individuals are invited to register for marathon, half-marathon relay, or 6-hour "ultra" races around a groomed 2.62-mile woodland track. The event is expected to attract runners of all calibers, from solo distance runners to 2 or 5-person teams out for a nighttime run-a-thon. With each lap, runners will pass through Twilight Central, the race start, finish, and festival center with music and food.

Designed and directed by a team of experienced marathon, road-race, and cross-country organizers, the event is expected to attract serious as well as adventurous and fun-loving backcountry trail-running and speed-hiking enthusiasts from throughout New England and the Northeast. The event will be of equal interest to competitive runners, ultra runners, outdoor and fitness enthusiasts, as well as people/organizations with an environmental ethic.

The event originates from Freestyle Farm, a 300-acre equestrian center located in Amherst. From there, the challenge continues along Freestyle's wide, rolling horse trails abutting the Joe English Reservation, a roughly 560-acre conservation area also in Amherst, NH.

An expected 350 challenge participants will travel the 2.62-mile course over an estimated two to six hours. The ultra race challenge runners will complete as many laps as they can in six hours. After departing Freestyle Farm, runners wind around the hilltop pond, thread

## Amherst Recreation Fall Programs and Events continued from page 4

and spend some artsy time together! We may dance, we may share stories, we may listen to funky music—but we'll definitely have FUN!

**Who:** Families ages 3-103  
**When:** 11/13 6:00-8:00pm  
**Where:** Amherst Middle School Art Room #2

### NEW Crochet Mountain Ski and Ride Passes

The Amherst Recreation Department is now selling Crocheted Mountain Season passes at a discounted club price to Crocheted Mountain Ski and Ride. These passes are for the 2014-2015 season. Save big by purchasing with the ARD. Proceeds from pass sales go to help fund our Thursday Night Lights Ski Program. Please see our website at [www.amherstrec.org](http://www.amherstrec.org) for details and passwords under "ALL AGES."

### Youth Programming

#### NEW Tabata for Teens: A Fitness Program

Certified instructor and Amherst parent Heather Reagan introduces this hot new program. Tabata interval training is one of the most effective types of high intensity interval training and is currently experiencing a huge surge in popularity. Through a variety of simple, yet intense exercises set to current music, each student will "work" to their own abilities. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for!

**Who:** Teens aged 13-18

**When:** Tuesdays and Thursdays 9/23-11/14 3:00-4:00  
**Where:** The grassy area behind the Annex at Souhegan HS

### Spanish Workshop

Parents and kids alike love to spend time with Senora Rowley, and learn so much along the way! This before school program runs for 10 weeks and will give your child the advantage of learning the basics of a second language at just the right age.

**Who:** 1st-4th graders  
**When:** Beginner to Intermediate Wednesdays 8-8:30am 10/1-12/10  
Advanced (or with approval) Thursdays 8-8:30am 10/2-12/11  
**Where:** Wilkins School

### Afterschool Spanish at AMS

For students who want more depth or students who may need extra practice, Senora Rowley fits the needs of each of her students. This is a 10 week program.

**Who:** 5th-8th graders  
**When:** Wednesdays 2:30-3:30 10/1-12/10  
**Where:** Amherst Middle School Room 104

### NEW Spanish Review

If your HS student is feeling overwhelmed in Spanish and could use a group tutoring experience in a fun and energetic environment, this is the place for them! It is also perfect for the student who loves Spanish but no longer has room in their schedule. Senora Rowley gives them strong skills along with encouragement and confidence.

**Who:** 9th-12th graders  
**When:** Thursdays 2:30-3:30 10/2-12/11  
**Where:** Souhegan HS, Room TBD

### NEW Artist's Workshops at Amherst Middle School

Students will explore a variety of art supplies in a safe, low pressure, creative studio environment. Students can sign up for one afternoon class or get a discount and sign up for all three workshops in the series. Tools and methods for these classes are more sophisticated and the emphasis is on creativity, self expression and exploring "What is ART?" in our culture and around the world.

**Who:** 5th-8th graders  
**When:** 11/6, 11/13, 11/20 3:30-5:00  
**Where:** AMS Lifeskills Room  
**Art at Wilkins:** Fall Into Art

### Back to school time is back to ART time!

Come and join Mrs. Pettus as she shares projects that focus on the bright colors and sights of fall: birch trees, pumpkins, colorful leaves and more! If the day is nice, we can go outside and draw from nature and we'll explore collage, pastels, paint and more!

**Who:** 1st-4th Graders  
**When:** Thursdays 10/9-10/30 3:05-4:30  
**Where:** Wilkins Elementary School

### NEW Yoga for Kids

Encourage children to turn off their devices and tune in to them-

self with yoga this summer. Yoga can help children develop a healthy mind-body connection that improves self-awareness, confidence and concentration. This class will include yoga poses, games, meditation and relaxation.

**Who:** 1st-4th Graders  
**When:** Wednesdays 9/24-10/22  
**Students picked up directly after-school, but the class begins at 3:30 to accommodate participants from other schools.**  
**Where:** Wilkins School

### Cross Country Team

Coached by USATF certified coach David Sweetser, this program will focus on how to run with strength and endurance, speed and technical aspects.

**Who:** Youth ages 7-18  
**When:** Mondays and Wednesdays 6:00-7:30 (Time will adjust with sunset) Beginning 9/8-11/12  
**Where:** Freestyle Farm, 188 Mack Hill Road, Amherst

### Tot Soccer~ Added session

This program will introduce our youngest players to soccer through games and fun drills. Register early, as this program fills quickly!

**Who:** 3-4 year olds  
**When:** Wednesdays 1:00-1:45 9/17-10/22  
Thursdays 10:00-10:45 9/18-10/23-FULL  
Thursdays 1:00-1:45 9/18-10/23  
**Where:** Upper Wilkins (new location)

We add programs weekly, so check our website often... and make time in your life for Recreation!

## A Tale of the County Gaol in Amherst continued from page 4

Jonathan & Molly had already spent a winter in the county gaol at Amherst, which must have been miserable. Another prisoner, one Joseph Kelly, in his petition written to the governor and house of representatives in Jan. 1774, begging for clemency, complained that he suffered greatly from lack of fire, candle and daylight. With the prospect of another winter, whether by sentencing or from lack of means to pay the court fees and fines, it's no wonder Jonathan & Molly broke out of the jail – and happily he did not leave her behind.

### The Prisoner's Family in Mason

Jonathan Fish (born 1738 in Groton, Mass.) was 34 years old when he was caught in adultery with Miss Foster. He had moved to Mason in 1752 with his parents, Nathan & Patience Fish, and seven siblings, and the family, among the earliest settlers of Mason, quickly built a small dwelling house and cleared 5 acres. Before his imprisonment, Jonathan was a yeoman (farmer) of Mason, where five children had been born to his wife Dorothy, the eldest being Jonathan Jr. in Sep. 1762 and the youngest, Asa, in Sep. 1772. Would Jonathan Sr. have deserted his wife, if he hadn't been hauled into prison and court for adultery? We can't

know from this distance. But one consequence is known. At the April 1779 Town Meeting of Mason, one of the warrant articles was: "To put out Asa Fish, by vendue [public auction], to the lowest bidder, till he is 21 years of age." With his father Jonathan AWOL (he disappears from the genealogical radar after his jail break in 1774), six-year-old Asa became a charity case, a town pauper, a year before his mother Mrs. Dorothy Fish died. (*History of Mason*, 1858.) That same year, in Sep. 1779, Jonathan Fish of Mason (Jr. aged 17) joined the 5th Regiment of N.H. Militia (of Col. Moses Nichols of Amherst) and was sent to Portsmouth under Capt. Hezekiah Lovejoy of Amherst. What became of Jonathan Sr. & his paramour is unknown, but at least two of his legitimate sons moved to other states, and had offspring and descendants.

### Adventures of Another Adulterer in Amherst's Gaol

Several decades later, at the beginning of the 19th century, another man was imprisoned at Amherst for adultery. Before he had even reached his majority, Seth Wyman Jr. (1784-1843) of Goffstown had taken up with a young married woman named Mrs. Chandler. Their affair angered the community, proba-

bly because she had a young child. When news came that her husband had taken out a warrant against him and her brother was threatening to kill him if he should attempt to visit her again, Wyman fled the state, walking to Nashua and from there catching a stagecoach to Boston. His father succeeded in buying off the husband with cash, because she was pregnant with her lover's child. But Wyman had another nemesis, the local tavern-keeper, named Aaron Cilley. Wyman was an inveterate thief and burglar and shoplifter but clever at hiding his loot, so despite repeated searches when goods went missing and stores were broken into, no one could catch him at it. One day he visited the tavern just to provoke Cilley and saw an opportunity to pocket his watch. As expected, Cilley appeared in the middle of the night with a search warrant and large search party. As Wyman tells it in his 1843 memoir: "They were finally obliged to give up the search, but, determined not to have come for nothing, they took me for the crime of adultery. The next day I was brought before a justice, and committed by him for trial at the next court, under heavy bonds for my appearance. For want of bail, I was obliged to go to jail, and at last I saw the inside of Amherst Jail, where I

had been expecting to stop for many years. I was put in one of the criminal cells with four criminals; two of whom were in for passing counterfeit money, the third – a negro – for illicit connexion with a white woman, and the fourth for setting the others at liberty." The next day, the tavern-keeper went to the house of Mrs. C.'s father, where she had gone after her paramour had been taken away, and Cilley took her prisoner at his house (the inn) until the next day when her friends "succeeded in settling with him on the conditions that they should pay him a certain sum in return for his trouble, and that Mrs. C. would leave town." Meanwhile his case came up for trial at Hopkinton, but Wyman was not indicted by the Grand Jury because Cilley had neglected to bring a certificate of marriage, so Wyman was released. Cilley was angry, so Wyman and Mrs. Chandler, living as man and wife without yet benefit of marriage, had to look over their shoulders to avoid being taken. She was divorced and eventually they married and had several more children. Wyman's life of crime led to another stay in Amherst's jail, from which he escaped; and also to imprisonment in other jails, during which time his family lived in the almshouse.

## THE TOADSTOOL BOOKSHOPS



### SARAH SMILEY

**Tue, Sept. 16, 5:30 p.m.**  
Come to a community supper at the Masonic Temple in Milford and listen to the author present and sign her memoir – now in paperback, "DINNER WITH THE SMILEYS". When her husband is deployed overseas for a year, the family invites a different person to sit at the head of the table one night each week. Discover how reaching out can lead to ordinary acts of grace.

### AN AFTERNOON WITH AUTHORS

**Sat, Sept. 20, 2 p.m.**  
We've invited several local authors for an open house where they'll talk about their craft and publishing. Help support local artists, have a snack, and buy a book!

### LAWRENCE LESSIG

**Wed, Sept. 24, 7 p.m.**  
Mr. Lessig will be speaking on government reform at the Amato Center as a guest of the Wadleigh Library. We'll be there to sell his books for signing afterwards. This event is free and open to the public. Contact the library for details, 673-2408.

### ARCHER MAYOR

**Sat, Oct. 18, 11-1 p.m.**  
Come join the celebration of Archer's 25th mystery featuring Vermont Bureau Investigator Joe Gunther with "PROOF POSITIVE".

Call or visit our website!  
[www.toadbooks.com](http://www.toadbooks.com)

M-T-W: 9-7, Th-Fr 9-8

Sat: 9-6, Sun: 11-5

Lorden Plaza, Milford  
673-1734

12 Depot Sq., Peterborough, 924-3543  
Colony Mill Marketplace, Keene, 352-8815



## The Joe English Twilight Challenge Ultra, Half-Marathon, Marathon (Solo and Relay) Saturday, October 4, 2014

Presented by the Amherst Land Trust, Inc., and Hosted by Freestyle Farm L.L.C.  
*Amherst Land Trust is a 501(c).3 Corporation.*

[www.Joe-English.org](http://www.Joe-English.org)

**Schedule:** 4:30 p.m. Registration & Number Package Pickup  
6:00 p.m. 6-Hour Ultra Start  
7:00 p.m. Half Marathon & Marathon Relay Start  
Midnight Ultra finish

**Place:** Freestyle Farm, located at 188 Mack Hill Road in Amherst, NH 03031

**Prizes:** Custom medals to all participants

**Registration:** Pre-entries requested on race day 4:30 to 5:30 p.m. Click for online registration: <http://bit.ly/1o9Bbjq>

**Entry Fee (adult/18 and under):** Pre-entries processed by Sept 21, 2014: \$30/25  
Late entries processed by Sept 22-Oct 30: \$35/30  
**Day of the Event Entries: \$45/35**

### JOE ENGLISH TWILIGHT CHALLENGE—ULTRA, HALF-MARATHON, MARATHON

The Amherst Land Trust invites you to Find Your Inner Wild on groomed running trails through the rolling woodland of backcountry New England. All runners—ultra, marathon, half-marathon, relay—will travel the same 2.62-mile loop, mostly at and after twilight, largely by moonlight, beginning in the fields of the 300-acre Freestyle Farm, a private equestrian facility. The course will be marked for nighttime travel with glow sticks and signal fires. Course monitors will direct traffic at all junctions. Runners are encouraged to equip themselves with headlamps, in the event that the nearly full moon casts insufficient light for running. A single food and aid station will be located at the course start/finish/lap point.

All proceeds benefit the land preservation programs of the Amherst Land Trust, Inc.  
Questions: Contact George Bower at: [TrailChallenge@Joe-English.org](mailto:TrailChallenge@Joe-English.org)

### ONLINE ENTRIES PREFERRED

<http://bit.ly/1o9Bbjq>  
OR Detach and Mail with entry fee to: Amherst Land Trust, PO Box 752, Amherst, NH 03031



PLEASE PRINT AND MAKE SURE TO CHECK THE APPROPRIATE BOXES BELOW AND TO THE RIGHT.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ (as of 12/31/14)

Sex:  M  F Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

email (for results): \_\_\_\_\_

Long sleeved printed shirts are available for an additional \$15. If you would like a shirt, please add \$15 to your entry fee and check your preferred shirt size: XS  S  M  L  XL

I understand that running a cross-country race is a potentially hazardous activity which could result in injury and death and that I should not run unless I am medically able and properly trained. I assume all risks associated with my participation in this event, including but not limited to falls, contact with other competitors, the effects of weather, conditions of the running surface, which are known and appreciated by me. I am aware that trail running can pose risks not encountered in road racing and that I assume all such risks of my participation. I agree to abide by any decisions of the race officials relative to any aspect of my participation in this event. I understand that bicycles, skateboards, roller blades and similar devices are not allowed in this event or on this course. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Amherst Land Trust, Inc., Freestyle Farm, L.L.C., the private landowners whose property the course may cross, the organizers of the event and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all foregoing to use any photographs, motion pictures, recordings or other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent if under 18 years of age)

CHECK APPROPRIATE BOXES			
Date of Entry	Adult	Under 18	
INDIVIDUAL FEE	<input type="checkbox"/> half marathon	<input type="checkbox"/> full-marathon	
	Before Sept. 21	\$30	\$25
	Sept. 22 - Oct. 30	\$35	\$30
Day of Event	\$45	\$35	
TEAM FEE (per person)	<input type="checkbox"/> half marathon	<input type="checkbox"/> full-marathon	
	Before Sept. 21	\$30	\$25
	Sept. 22 - Oct. 30	\$35	\$30
Day of Event	\$45	\$35	
Team Name: _____			
ULTRA FEE			
Before Sept. 21	\$30	\$25	
Sept. 22 - Oct. 30	\$35	\$30	
Day of Event	\$45	\$35	