

#### BRIEFS

#### **Amherst Observes Memorial** Day, Friday, May 29th

The Amherst Memorial Day Committee invites vou to participate In our Amherst Memorial Dav Sunset Village Parade and Observance.

Always held on the last Friday, May 29th Dignitaries will assemble at 5:30pm on Middle Street between the 2 large commons

6:00pm STEP OFF

7:00PM Post Parade Ceremonies

The Duval / Riccitelli Youth Citizen Award & the Bruce Tarpley Award will be presented

#### AMHERST REPUBLICANS

#### **Monthly Meeting**

#### Saturday, June 6, 8:00 AM Joey's Diner, Route 101A, Amherst

This will be our bi-annual organizational meeting where officers will be elected for a 2 year term. All registered Republicans in the town of Amherst are welcome to attend and vote for our committee leadership. Stay tuned for additional information on guest speakers. For information visit www.amherstrepublicans.org

#### **Citizen of the Year Nominations**

Nominations for the 41st Annual Amherst "Citizen of the Year" are now being accepted by the Amherst Lions Club. Selection of the "Citizen of the Year" is based on the nominee's contributions to the People and Town of Amherst which make Amherst a better place to live. The Nomination form can be found on page 4 and should be mailed to: The Amherst Lions Club, P.O. Box 1105, Amherst, NH 03031. The 2015 "Citizen of the Year" will be announced at the Fourth of July ceremony held on the Common.

#### **Boy Scout Troop 22's Annual**





Students from Souhegan High School helped place American flags on the graves of veteran's in Meadowview Cemetery. Marie Grella reports that so many volunteers helped, it only took about a half hour.

PHOTO COURTESY BILL DOD

## **Amherst Town Hall Rehabilitation Highlights** How Vision Can Revitalize Communities

**Amherst Town Band Summer Performances** 

AMHERST - On May is the Alliance's 26th year 12, fourteen diverse projof honoring preservation ects across the Granite State achievement. were recognized for impact-

ful achievement in preser- cased investments by de- to special places: Amherst industry in Franconia, an vation by the New Hamp- velopers that have trans- rehabilitated their Town early log cabin in the White

Among the fourteen nized for exemplary stewawards was the municipal-

ardship include the restoity of Amherst for their ration of a rare 19th century "Awards this year show- outstanding commitment stone stack from the iron Mountain National Forest, and the N.H. Farm Museum's connected farm and barn structure in Milton. The New Hampshire Preservation Alliance is the statewide membership organization that strengthens communities and stimulates local economies by encouraging the protection and revival of historic buildings and places.www. nhpreservation.org

Friday, June 12, 6:30 PM

Benefit for Humane Society for

Souhegan High School, Amherst

Greeley Park, Nashua

Friday, July 3, 8 PM

Concert with fireworks,

Saturday, July 18, 7 PM

Saturday, July 4, 10 AM

Independence Day parade,

Saturday, July 18, 7 PM

Greeley Park, Nashua

hersttownband.org.

Concert York Beach, Maine

Tuesday, July 21, 6:30 PM

Concert on the Green, Amherst

Tuesday, August 18, 6:30 PM

Concert on the Green, Amherst

Tuesday, August 25, 6:30 PM

For additional information, visit

the band's web site, www.am-

Concert York Beach, Maine

Greater Nashua

Amherst

#### **Amherst Town Library**

### Mindfulness: Simple Steps, No Cushion Required

AMHERST – The Am-herst Town Library welcomes Paula Koppel in the presentation, "Mindfulness: Simple Steps, No Cushion Required," on Wednesday, June 24 at 7 p.m. The pro-gram is the "kick-off" for the Library's summer series of six programs for adults with the theme of Minds Wide Awake. You are invited to come learn how this simple and timeless practice of mindfulness can benefit both you and our society as a whole. Koppel will explore the scientific findings

that support the beneficial effects of mindfulness; the mind-body connection that fuels the detrimental effects of everyday stress; the simple and practical steps to incorporate mindfulness into everyday living (including ways that don't re-quire sitting on a cushion to meditate); and, the impact this practice is having in schools, businesses, hospitals, and military bases

across the country. Presenter Paula Koppel, MS, RN, GNP, and Founder of Age Well Be Well, is a graduate of the Duke University School of Nursing and has a master's degree from Boston University and an advanced certificate in Counseling and Psychology from Lesley University. She was Director of Geriatrics at the Winchester Hospital for many years. In 1999 she established her own consulting company and is known for developing innovative approaches to healthcare. She has been a registered nurse and geriatric nurse practitioner for over 25 years.

Paula Koppel

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. Other programs for adults in the Minds Wide Awake series include: "I Can't Die But Once-Harriet Tubman's Civil War" [a NHHC living history performance] on Thursday, July 9 at 7 p.m.; "A Night of Old-Time String Music and Song" on Wednesday, July 15 at 7 p.m.; "Iran: Persian Glory and Islamic Revolu-tion" on Wednesday, July 22 at 7 p.m.; "Hiking the John Muir Trail" on Wednesday, July 29 at 7 p.m.; and, "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."

#### **Yard Sale**

Boy Scout Troop 22's annual yard sale will be held on Saturday, May 30th from 7:30 am until 1:30 pm at the Meeting Place Plaza, 199 Route 101 in Amherst. Donated items will be accepted at the Meeting Place Plaza on Friday, May 29, 2014 from 3 pm to 8 pm. The proceeds from this annual fund raiser are used to purchase the equipment and supplies needed to sponsor activities for the boys to advance through the scouting ranks. Email yardsale@amhersttroop22.org to schedule an early pickup of your donated items.

Donated items accepted at Meetingplace Plaza:

DROP-OFF: Friday, May 29th 3 pm-8 pm To inquire about a pick-up or an early drop-off prior to May 29th: email: yardsale@amhersttroop22.org

ITEMS TO PLEASE AVOID: NO: large appliances/ tires/mattresses/bedding/large TV's/child car seats/ air conditioners/microwaves/old computers/computer monitors.

#### **Amherst Fire Department Rescues Cat Up a Tree**

One year old Autumn had been missing for seven days. The David Watson family on Martingale Road searched for their family pet and found her 70 feet up a tree. After playing the waiting game for the cat to come down, David called the Amherst Fire Department. Acting Fire Chief Matt Conley responded with the ladder truck and quickly retrieved the cat who was 70 feet up in the tree.

Mr. Watson thanks the Amherst Fire Department and Matt Conley for their quick response saying, "The fire department and the volunteers need some praise for the good work they do."

shire Preservation Alliance at its annual announcement ceremony in Concord. And, almost half the awards went to projects in the North Country - showing how preservation can go handin-hand with economic development. The awards recognize individuals, organizations and corporations for projects in the categories of restoration, rehabilitation and stewardship. It

buildings formed and provided jump-starts to communities," said Kathy Bogle Shields, the chairman of the Preservation Alliance's board of directors. "These projects show how investment in our past can yield real benefits in the future - with tourism, and rethinking landmark buildings as key to our economic growth."

Hall's failing roof.

New Hampshire's diverse history and tradition of strong stewardship is evident in these award-winning projects. "We are so fortunate to live in a state with very special places, and smart, generous people who step up to steward and creatively re-use them," said the Preservation Alliance's Executive Director Jennifer Goodman. Projects recog-

### Garden Club Donates Passes to the Amherst Town Library

AMHERST – Now that winter has gone, it is time to take advantage of the passes to the Fells Historic Estate & Gardens and Tower Hill Botanic Garden that the Amherst Garden Club has made available to the public through the Amherst Town Library. Both of these places are a fairly easy drive from the Amherst area. The Fells, one of New

England's finest examples of an early 20th century summer estate, is located on 83.5 acres on Lake Sunapee, Route 103A. It was once the home of diplomat and statesman John Milton Hay who was the private secretary and assistant to Abraham Lincoln and the Secretary of State under Presidents William McKinley and Therodore Roosevelt. Visitors are encouraged to tour the 22-room Colonial Revival home, walk wooded trails, and enjoy the renowned gardens. The gardens and trails are open daily year round; the shop and main house are open 10:00 am to 4:00 pm Wednesdays through Sundays through September1, weekends and Monday holidays From September 6 through October 13, and then closed in the winter. Each Fells pass admits up to two adults.

Tower Hill Botanic Garden is set on 132 acres in Boylston, Massachusetts. The first and only comprehensive botanic garden in

Continued on page 5

# **INSIDE THIS ISSUE**

| Next Issue: June 9, 2015 |      |
|--------------------------|------|
| Mont Vernon15            | , 16 |
| Arts & Entertainment     | 14   |
| Business/Health          | 13   |
| SportsFolio              | 12   |
| Schools                  | 9    |
| Library                  | 5    |
| Town News                | 4    |
| Letters                  | 2    |









384 Rte. 101, Bedford, NH • (603) 472-4080 • www.gscabinetry.com

Last chance for the 5/31 Kitchen Tour. Tickets: www.palacetheatre.org