

Town News

AMHERST TOWN LIBRARY

Amy Lapointe, Library Director
14 Main St., Amherst NH
Phone 673-2288 Fax 672-6063
email: library@amherstlibrary.org
web http://www.amherstlibrary.org
Mon-Thu, 9:30 a.m. - 8:30 p.m.
Fri & Sat, 9:30 a.m. - 5:00 p.m.
Sun, 1:00 - 5:00 p.m.

Children's Programming at the Amherst Town Library

Every Hero Has a Story is the theme this summer in the Children's Room at the Amherst Town Library. The 2015 Summer Reading Program will kick off on Monday, June 15 and will provide a variety of outstanding activities and events. The program will run for eight weeks, and will culminate on Friday, August 7th with an Ice Cream Social at the Congregational Church.

As in the past, our young participants will keep a reading log and will chart the time they spend reading, with stops along the way to earn stickers, free books, and prizes. Our babies will be earning stickers every time they attend the Baby Listeners program. Parents of registered readers will also have a chance to win gift certificates to local restaurants. There will be many interesting programs offered for kids, teens, and adults, too, so make sure to visit the library often, no matter what your age!

SUMMER READING ACTIVITIES for kids

SUMMER STORYTIMES:

Pajama Storytime w/ Miss Sadie—ages 3-6
Mondays at 6:30pm--June 29 to August 3, with a special kick-off Teddybear Sleepover storytime on Monday, June 22 at 6:30pm!

Family Storytime (all ages welcome, with stories geared to kids ages 3 to 6)
10:00 AM on Tuesdays, June 23 to August 4

Stories on the Green w/ Miss Sarah (held at the Town Green—weather permitting)
3:00 PM on Wednesdays, July 1 to August 5

Storytime at Baboosic Lake with Miss Sue Pack a lunch and head on down to the town beach for some stories by the water.
Thursdays at 12 noon. From June 26 to July 31, weather permitting.

Baby Listeners (newborn—age 2) 10:30 AM on Fridays, June 19 to August 7

SUMMER CRAFTS:

Make-it/Take-it Craft Materials and instructions will be available all summer long. Each week a different craft will be provided--see if you can make them all!

OTHER PROGRAMS:

Museum of Science Rocket Workshops—Wednesday, June 24 from 2-3pm or 3-4pm (two sessions to choose from) Ages 5 and up.

Super Butterflies Science Workshop—Monday, July 6 at 2pm Ages 5 and up.

Minion Craft Party—Monday, July 13 at 1:30pm. Ages 5 and up.

Superhero Training Academy—Monday, July 20 at 1:30 pm. Ages 4 and up.

Kevin Skarupa: All About Weather—Wednesday, July 22 at 10:00am. Ages 5 and up.

Latin Dancing for Kids w/Miss Nanette—Thursday, July 30 at 2pm or 3:15pm (2 sessions to choose from). Ages 3 and up.

Matinee Movies Drop in to watch a movie on our big screen. All movies are rated either G or PG. Tuesdays at 2 PM. From June 23 to August 4.

Here's the lineup for this year's special family events:

Thursday, June 18 at 6:30 pm---Steve Blunt and Marty Kelley (all ages)

Thursday, June 25 at 10:30am---Norman Ng, Magician (ages 4 and up)

Thursday, July 2 at 10:30am---"Local Heroes" Meet



and greet local first responders in the Library parking lot—weather permitting. (all ages)
Wednesday, July 8 at 6:30pm—
Bryson Lang, Juggler (ages 4 and up)
Thursday, July 16 at 10:30am—Annual Amherst Pet Show—outside on the Library lawn—weather permitting. (all ages welcome to come and see---sign up in the Children's Room to bring a pet)
Thursday, July 23 at 10:30am—Critters and Creatures Live Animal Show (ages 4 and up)

Ice Cream Social!

On Friday, August 7th, from 3:30-4:30 pm, there will be a celebratory Ice Cream Social on the Town Green. Rumor has it that in keeping with our "Every Hero Has a Story" theme, there may be a visit from...SUPERMAN!...If he turns up, Miss Sue and Miss Sarah are going to challenge him to an arm-wrestling contest!! There will also be face painting and other activities. Don't miss this final farewell to summer. It will be an afternoon that you won't soon forget!

Teen Summer Reading---"Unmask!"

Teens are invited to join the summer reading fun. We'll offer "book bucks" for every book read and program attended, which may be redeemed for books-to-own or entered into weekly raffles. If our teens read a combined 300 books this summer, all the book bucks they've earned will be entered into our special end-of-program raffle---a BEATS PILL and a FITBIT will be raffled off to a couple of lucky participants! Get as many chances as you can into the raffle jar---READ!!! A variety of programs will be offered throughout the summer for our "crafty" teens---both girls and boys!---make sure to sign up!

Summer Programs for Teens

Space is limited, so please register online.

"SHIRTS AND SLICES!"

Thursday, June 25 from 4:30—6:00pm

Kick off your summer by joining Miss Jane and Miss Sarah to create your own beautiful tie-dyed t-shirt. You bring the white t-shirt and we provide everything else. We'll finish up with some fresh pizza!

Ages 10 and up.

"SOCIALIZE, SNACK, AND CREATE A MASTERPIECE"

Wednesday, July 15 from 6:30—8:00pm

Have an evening of creative fun at the library's own "Art Smoothie-Bar"! We'll serve the smoothies and provide the supplies and instruction you'll need to make your own amazing painting.

Ages 12 and up.

"NIFTY NAILS AT THE LIBRARY"

Wednesday, July 22 from 6:30—8:00pm

Discover the beauty of "Jamberry" artistic nail treatment here at the library with our own Miss Emily.

Ages 12 and up.

"Jamberry" nail supplies/accessories will be raffled off at the end of the program!

"CREATE YOUR VISION"

Wednesday, July 29 from 6:30—8:00pm

Work with our own Miss Jane to create a framed collage poster that reflects your "Inner Vision". We'll finish up by creating Ice Cream Sundaes—and eating them!

Ages 12 and up.

Summer can be a busy time with vacation and activities but reading can be a great addition to the schedule. Get started on the road to fun by visiting the Amherst Town Library and joining the library-wide Summer Reading Program!

Visit our website www.amherstlibrary.org or call the library (673-2288) to sign up for programs or for more information.

AMHERST TOWN LIBRARY

Book Sale and 3D Printing Demo

What: Annual summer book sale coupled with brand-new 3D printing demonstration

When: Saturday, July 4, 9:00 AM - 1:00 PM

Where: Amherst Town Common

Who: Hosted by Friends of the Amherst Town Library

The Friends of the Amherst Town Library will be hosting their annual summer book sale on Saturday, July 4 (9:00 AM - 1:00 PM) at the Amherst Village Town Common. This year, the book sale will be coupled with live demonstrations of the library's brand-new 3D printer - a must see. A special artwork raffle will also be featured. Join the "Friends" on the Amherst Village Green to secure summer reads for the whole family. Proceeds of this event will benefit the Amherst Town Library. For more information, search Facebook for "Friends of the Amherst Town Library."



REMINDER: Amherst Town Library

Mindfulness: Simple Steps, No Cushion Required

The Amherst Town Library welcomes Paula Koppel in the presentation, "Mindfulness: Simple Steps, No Cushion Required," on Wednesday, June 24 at 7 p.m. The program 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 require 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



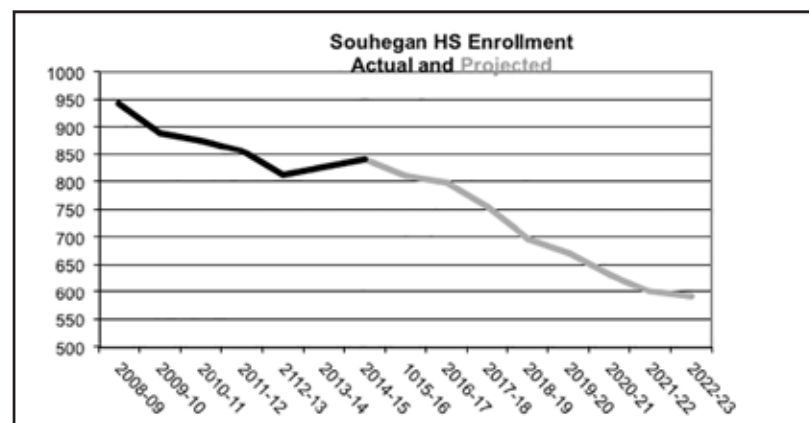
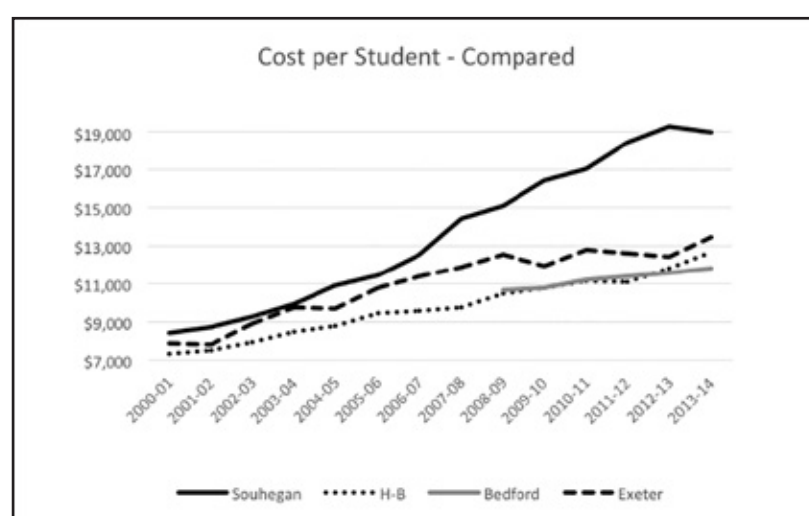
Presenter, Paula Koppel

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.

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 Revolution" 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."

Letter: A Growing Sense continued from page 2



Note: The data for the Bedford School District staffing combined all 13 grades and could not be used for comparisons.

To teach and support about the same number of students, H-B has 35 fewer people than SHS. The loaded cost (salary, retirement contributions, medical insurance, office equipment, etc.) of 35 extra people can mean several million dollars in additional expense.

All this extra expense results in higher taxes. The owner of the average house in Amherst, assessed at \$330,000, would save on the order of \$600 per year if the school met its own objective of being no more than 10% higher than Bedford or H-B.

What needs to be done. The school population in the Amherst and Souhegan schools is dropping. Projections show the high school with as few as 600 students by 2023.

The school board must take a leadership role and address the situation. Continuing nominal adjustments, as they have done in the past few years will only allow the situation to continue. A multi-year plan and recognition of long-term trends is required.

Bold action is needed.

Bill Overholt
Amherst

Be sure to check out additional Amherst Town Library events coming this summer – see page 8

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Amherst, NH
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Stabile Homes
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Amherst Town Library

Mindful Eating

The Amherst Town Library welcomes back popular chef Liz Barbour presenting "Mindful Eating" on Thursday, July 30 at 6:30 p.m. in the Main Reading Room. This is the final program in the Library's summer series for adults with a theme of Minds Wide Awake. The evening will include a slide presentation, discussion, and cooking demonstration of two healthy seasonal recipes with samples for all.

Have you ever eaten a whole bowl of popcorn when you were not even hungry? Do you know what 1 cup of cereal really looks like? Do you fill your plate with food even though you are not very hungry and then eat all of it anyway? When we do not eat with awareness, we often miss the triggers and signs that our bodies send us to let us know we are not hungry. Join Chef Liz Barbour as she helps to identify the cycle of mindless eating and offers some simple ways to help you be a more "mindful" eater so you change your eating habits with success.

Liz Barbour has been cooking professionally in the Boston area since 1992, and started Liz Barbour's Creative Feast in 2004. Liz built her cooking career in a variety of Boston's catering and restaurant settings. Liz's cooking demonstrations have been featured on New Hampshire Chronicle and she appears regularly on WMUR Channel



Chef Liz Barbour

9's "Cook's Corner." Her recipes are featured in various publications including *New Hampshire Magazine*, *The Nashua Telegraph*, and *The Hippo*.

This event is free and open to the public. However, registration is REQUIRED for each program due to space limitations. 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."