

What goes into Amherst's iconic Fourth of July parade

This year celebrates the nation's 250th anniversary

BY AMHERST BEAR STAFF

It had been a long workday, but Deb Polatchek, a full-time academic advisor and adjunct professor at Southern New Hampshire University, wasn't done yet. She pulled up at the Brick School in Amherst Village and hurried inside to prepare for her meeting as chair of the Fourth of July Committee — her fifth year in the role. The committee members, all volunteers, had much to do to ensure that this year's celebration would be memorable and well organized.

What residents might not know is that planning for Amherst's Fourth of July celebration begins in October. Polatchek, along with Vice Chair Lori Ashooh, noted that the nation's 250th anniversary makes this year's event particularly significant.

All of the familiar traditions require months of preparation. Volunteers do it all: fundraising, communications, signing contracts, reviewing applications for stations on the Green, mapping out locations, communicating with participants about where they'll be and what the rules are, recruiting about 65 volunteers, obtaining supplies and equipment, and more. Even the small but important detail of having enough public restrooms open (at the Brick School, the



A giant American flag stretched across the Amherst Village Green during a previous Fourth of July celebration. Amherst will join communities nationwide in celebrating America's 250th birthday in 2026. (Photo: M. Warren.)

Congregational Church, and porta-potties near Town Hall) requires planning.

One of the major features of the annual celebration is the parade. The icon-

ic Amherst parade, which first stepped off in 1970 as a show of patriotism during the Vietnam War, has drawn residents, participants, and even presiden-

Continued on page 3

Baboosic Lake receives major alum treatment

Beach closure accompanied multiday water quality project

BY STACEY MORISON

A major effort to reduce harmful cyanobacteria blooms in Baboosic Lake took place at the start of June, as contractors hired by the Baboosic Lake Association (BLA) applied an alum treatment designed to improve water quality and reduce phosphorus levels in the lake.

The treatment temporarily closed the Amherst Town Beach area and restricted early-season recreational activity on the lake during active treatment periods.

The project followed Amherst voters' approval of a citizen petition warrant article in March, appropriating



A drone shot captured the Solitude Lake Management treatment barge at work on Baboosic Lake in early June. The project is intended to improve water quality and reduce the frequency of cyanobacteria blooms. (Drone photo courtesy of David Geyer.)

\$100,000 to assist the BLA with the alum treatment. The article cited the goal of reducing recurring summer cyanobacteria blooms caused by phosphorus "internal loading" from deep lake sediments. Sources of excess phosphorus include septic system discharge, lawn fertilizer and other pollutants.

According to project materials prepared by the BLA and environmental con-

sultant Applied Watershed Sciences, the treatment is intended to reduce the phosphorous that has accumulated in the lake over time, thereby removing a key food source for the cyanobacteria. These blue-green algae blooms produce toxins harmful to people and pets and have become an increasing concern in New Hampshire lakes during hot summer months.

Continued on page 2

IN THIS ISSUE



School News

John Bement from the Historical Society of Amherst spoke with third graders during their annual Colonial Day walk around town on June 3. More school news, pp. 6-7. (Photo: M. Warren.)



Sports

Ashley Quinn sailed over the bar in the high jump during the meet championship on May 28. The recent AMS graduate helped lead AMS to the team title. More sports news, pp. 8-9. (Photo: M. Warren.)



Amherst in Bloom

The vibrant blooms that brighten Amherst don't happen by accident. Discover the volunteers, organizations, and community gardeners helping Amherst flourish, p. 11. (Photo: M. Warren.)



Parks & Rec Month

From playgrounds and sports fields to walking trails and conservation land, Amherst offers outdoor spaces for every age and interest. Explore some of the town's parks, p. 16. (Photo: M. Warren.)

TOWN & STATE GOV'T.....	4
SCHOOL NEWS	6
SPORTS.....	8
COMMUNITY.....	10
LIBRARY NEWS	12
THE TRAIL AHEAD	13
KIDS' CORNER.....	13
CALENDAR.....	14

The Amherst Bear

Est. 2025. PO Box 104, Amherst, NH 03031 AmherstBear.org

The Bear Board

President: Marti Warren
Secretary: Lucienne Foulks
Treasurer: Maureen Minner
Greg Bettencourt
Kim Casey
Matt Larson

Managing Editor: Stacey Morison
Advertising Coordinator: Darci Dormitzer
Design: Perceptions Design Studio

Submissions:
www.amherstbear.org
The Amherst Bear welcomes calendar listing requests, story ideas, and other submissions. We do not print letters to the editor at this time.

The Amherst Bear is a 501(c)3 nonprofit monthly community newspaper that is mailed for free to every Amherst address, sharing reliable local news and practical resources for residents of all ages. We rely on donations and paid advertising to fulfill our mission. Please consider making a contribution to support The Amherst Bear. Visit www.amherstbear.org to learn more.

THE AMHERST BEAR, July 2026, Vol. 1, No. 6.
Published monthly. Periodical postage paid at Amherst, NH.

Correction: The June issue included an incorrect finishing time for Jane Leighton, the fastest woman from New Hampshire to complete the 2026 Boston Marathon. Her correct finishing time was 2:48:17. We apologize for the error.

Join the 500 Supporters Campaign

Become a Sustaining Supporter starting at \$10 per month to help support our local nonprofit newspaper. Scan the QR code or visit www.AmherstBear.org/Support-Our-Cause.



HK

HAMBLETT & KERRIGAN

ATTORNEYS AT LAW

For more than a century, the Nashua law firm of Hamblett & Kerrigan, PA has been serving individuals and businesses throughout New Hampshire and New England in **practice areas including:**

✓ Personal Injury

✓ Criminal Defense

✓ Business Law & Disputes

✓ Worker's Compensation

✓ Estate Planning & Probate

✓ Family Law & Divorce

✓ Civil Litigation

✓ Real Estate Law



Amherst Residents
Joe Kenny (top) and
Brenner Webb

www.nashualaw.com

20 Trafalgar Square, Nashua, NH (603) 883-5501



Booking Spring
Clean up sessions
603-630-0622

NORTHEAST

TREE REMOVAL & STUMP GRINDING

northeasttreeremoval.com

Fully Insured Free Estimates Veteran Owned

Baboosic Lake, continued from page 1



From left: Hillary Kenyon of Applied Watershed Sciences, along with David Neils and Amy Smagula, both of NHDES, followed the barge on Baboosic Lake and performed continuous pH sampling of the water. (Photo: Obadiah Dart.)

The impact has been felt by Amherst residents who live on Baboosic Lake, as well as families who use the town beach. In 2025, the beach was open and staffed for just 42 days during the summer, down from more than 100 days in 2021, due in part to cyanobacteria-related closures and advisories.

While the effort was spearheaded by the BLA, alum treatments require extensive state review and permitting because New Hampshire lakes are regulated public waters. According to New Hampshire Department of Environmental Services (NHDES) Lakes Management and Protection Program Administrator Amy Smagula, Baboosic Lake is only the fifth lake in New Hampshire to receive an alum treatment. Smagula noted that alum treatments are expensive and typically require years of lake studies, watershed assessments, and nutrient reduction efforts before a lake is considered “strategically ready” for treatment.

The treatment area covered approximately 83 acres of the lake and involved the application of aluminum sulfate and sodium aluminate. If effective, the treatment will reduce internal phosphorus loading, improve late-season water clarity, and lessen the severity and duration of blooms.

The project followed years of lake management efforts by the BLA and volunteers, including stormwater mitigation projects, watershed planning, and septic system improvements. According to the association, cyanobacteria blooms had continued to worsen in recent years despite those efforts.

Project organizers estimated the total cost of the treatment at approximately \$450,000, to be funded through a combination of private donations, fundraising,

and public support. While the state did not provide grant funding for the treatment itself, NHDES will cover sampling costs associated with monitoring the project and has earmarked grant funds for future watershed improvement projects.

“This will be a generational change for our lake,” BLA President Obadiah Dart wrote in an April letter to supporters, describing the treatment as a long-term investment in the lake’s health and recreational value.

While supporters described the treatment as the best available option to address worsening blooms, alum treatment is not considered a permanent fix. Smagula said the treatment is projected to remain effective for approximately nine years, although its longevity will depend largely on how successfully phosphorus runoff into the lake is controlled.

“If watershed loading to the lake continues to be reduced with more watershed work, the treatment should last longer,” she noted.

NHDES recently awarded funding to update the watershed-based management plan for Baboosic Lake, including areas in both Amherst and Merrimack. The updated plan will identify current nutrient sources, determine phosphorus loading, and prioritize future remediation projects. Smagula said continued watershed work is essential.

Residents interested in learning more about the project or contributing to ongoing fundraising efforts can visit gofundme.com/f/save-baboosic-lake-alum-treatment-fund. The association says additional funding will be needed for continued monitoring, follow-up testing, and future watershed improvement projects aimed at protecting the investment made in the lake.

The Honeypot Report

The Bear’s honeypot is filling up, one Sustaining Supporter at a time. Every donor moves us closer to our goal of 500 supporters by the end of the year. Together, we can ensure that local journalism continues to thrive in Amherst.

BECOME A
SUPPORTER TODAY



Scan QR code or visit
AmherstBear.org/Support-Our-Cause



140

Fourth of July Parade, *continued from page 1*

tial candidates for decades. Over the years, new traditions have been added, including a reviewing stand for local dignitaries, a live performance of the National Anthem, and the large American flag hoisted into some very tall trees.

Each year, about 3,000 people attend the festivities, with some residents staking out their viewing spots a day in advance by setting up chairs along the parade route.

Before the main parade begins, the Lions Club's Children's Bicycle Parade steals the show. Children gather with their bikes — decked out in patriotic style — at 9 a.m. at Knight's Field, at the start of Main Street. Judges award prizes for the best-decorated bikes and helmets at approximately 9:30 a.m., and the procession departs for Town Hall at 9:45.

At 10 a.m., the main parade steps off from Wilkins School. Participants include veterans' groups, bands, entertainers, civic organizations, public officials, antique cars, and political candidates. Fire trucks, floats, cere-

monial rifle salutes, and music make it a lively and colorful procession.

As the parade concludes, spectators gather on the Village Green, where local organizations offer refreshments, information, artwork, crafts, a petting zoo, and other family activities. Ceremonies at the reviewing stand include the Pledge of Allegiance, the National Anthem, a performance of "Amazing Grace," and the announcement of Amherst's Citizen of the Year.

Polatchek, who ran the food station for years before becoming committee chair in 2022, first became involved when neighbor Nancy Head asked her to help. Head chaired the committee for 20 years, prompting the Board of Selectmen to declare Nancy Head Day on July 4, 2018. Before Head, Ann Bergin led the committee for many years, continuing a tradition of volunteer leadership that has helped sustain one of Amherst's most beloved community events.

For more details about the parade, visit amherstnh4th.org.



All hands on deck! Committee and community members met at the Brick School back in April to help plan the Fourth of July festivities. Front row from left: Bruce Ribolini, Deb Polatchek, Liz Sculley, and Tom Darnall. Back row from left: Sam Theriault, Dave Theriault, Cerise Bienvenue Boston, and Terri Behm. (Photo: Wendy DePuy.)



Beautiful weather draws thousands of spectators to the parade route. Here, revelers found some shade along Main Street. (Photo: M. Warren.)

Rail trail fallout prompts call for better communication and collaboration

BPAC departure highlights challenges of managing complex town projects

BY AMHERST BEAR STAFF

Following months of debate over a proposed rail trail segment of the Baboosic Greenway, eight of the nine members of Amherst's Bicycle and Pedestrian Advisory Committee (BPAC), including Chair Nancy Gerzon, resigned May 12.

In a letter submitted to the Board of Selectmen, the committee members cited a breakdown in communication, support, and trust.

"Volunteer public service depends upon mutual respect, clear communication, and confidence that committees will receive institutional support when carrying out their assigned responsibilities," the letter states. "At this time, these conditions do not exist."

The resignations followed extensive public debate over the proposed North-02 rail trail segment, part of a larger effort to improve pedestrian and bicycle connectivity in Amherst. Residents raised concerns about potential impacts on private property, alleged unauthorized surveying, and language in Warrant Article 44 that referenced eminent domain.

Former committee members maintain that BPAC neither proposed nor had the authority to use eminent domain. Gerzon said the controversy highlighted broader questions about how complex

infrastructure projects are introduced and discussed with the public.

"What I really hope now is that North-02 serves as a learning opportunity so that the town can improve the process for the next project," she said.

Town Administrator Lincoln Daley said town officials share that view. He said the Board of Selectmen and BPAC had been working to revise the committee's charter to better define its advisory role and improve communication, but that process was never completed.

Daley said the debate surrounding Warrant Article 44 shifted attention away from the project's transportation goals and became increasingly adversarial.

"It derailed a lot of great momentum and movement forward," Daley said. "Instead of being collaborative, it became really combative."

Ultimately, the Board of Selectmen decided not to move forward with the North-02 rail trail segment and returned more than \$1 million in previously awarded state funding associated with the project.

Looking ahead, Daley said future transportation initiatives will require clearer roles, stronger public engagement, and consistent communication with residents and property owners.

"These projects are meant to benefit residents by providing safe access to the wonderful assets we have in town," Daley said. "For any project to be successful, there has to be buy-in from the people it affects."

State Representative Dan Veilleux, the sole BPAC member who did not resign, said the controversy exposed



The dotted line shows the proposed route of the Baboosic Greenway. The North-02 segment extends from Birch Park, along Walnut Hill Road, to Baboosic Lake Road. (Image courtesy of Amherst BPAC.)

confusion about the respective roles of the committee, town staff, and elected officials.

"The committee became the public face of decisions and processes that ultimately rested with town leadership and the broader municipal structure," Veilleux said.

While he believes the effort could have benefited from clearer direction and oversight, Veilleux said the process ultimately worked as intended, with residents expressing concerns, elected officials weighing public input, and the Board of Selectmen making the final policy decisions.

Formed in 2018, BPAC has worked with town officials to provide guidance on bicycle and pedestrian planning and related projects. Working with town offi-

cials and partner agencies, the volunteer committee has helped secure more than \$5 million in grants and funding for infrastructure projects, including the sidepath connecting Amherst and Milford.

Despite their differing perspectives on what went wrong, Gerzon, Veilleux, and town officials all expressed hope that the experience will lead to clearer governance, better communication, and stronger public engagement for future transportation projects.

"My hope moving forward," Veilleux told the board, "is that Amherst uses this experience constructively, not to assign blame, but to establish clearer governance structures, clearer committee roles, stronger administrative coordination, and better long-term stewardship for ongoing and future initiatives."

TOWN AND STATE GOVERNMENT

As America turns 250, Amherst reflects on its democratic roots

BY STEPHANIE GRUND
State Representative

As the United States approaches its 250th anniversary, communities across the nation are reflecting on the enduring principles of democracy that have shaped the country since 1776. In Amherst, that reflection carries a distinctly local resonance, rooted in a history that predates the nation itself and mirrors the broader American story of self-governance, civic responsibility, and gradual progress.

Founded in 1760 and named after Lord Jeffrey Amherst, the town developed during a period of colonial transition and political awakening. By the time the American Revolution began, Amherst residents were already engaged in forms of local governance that would later define the democratic character of the young republic. Town meetings, still a cornerstone of civic life today, provid-

ed early residents with a direct voice in decision-making, embodying the participatory spirit that would become a national ideal.

As America marks 250 years since the signing of the Declaration of Independence, Amherst's history offers a reminder that democracy was not forged solely in Philadelphia's halls, but also in small towns where ordinary citizens debated taxes, roads, schools, and representation. These local practices laid the groundwork for a broader system of government built on accountability and public input.

Over the centuries, Amherst has evolved alongside the nation. From its agricultural roots to its present-day role as a residential and civic community, the town has witnessed and contributed to the expansion of democratic rights. The inclusion of broader segments of the population in voting and civic participation reflects chang-

es that echo nationwide struggles for equality and representation.

Today, Amherst continues to engage citizens through open meetings, local elections, and community initiatives, maintaining traditions that date back more than two centuries. As debates about democracy's future unfold across the country, residents are reminded that its strength often depends on local engagement as much as national leadership. Sometimes history is painful, but past history inevitably shapes growth in future democracies.

The 250th anniversary serves not only as a celebration but also as an opportunity for reflection. In Amherst, that reflection is grounded in a long-standing commitment to civic involvement and public participation. It is a reminder that democracy is not a fixed achievement, but an ongoing process shaped by each generation. As the nation looks ahead to its next chapter,



(Photo: M. Warren.)

Amherst's past underscores a simple but enduring truth: democracy begins close to home.

HISTORICAL TIDBIT

Most delegates signed the Declaration of Independence weeks later, with many signatures added on Aug. 2, 1776.

Know the rules before you burn

BY STEPHEN ELWIN
Amherst Fire Department

As spring turns to summer and backyard brush piles grow, residents are reminded of an important statewide rule: Larger Category II and III outdoor fires are generally prohibited between 9 a.m. and 5 p.m.

Under New Hampshire law, Category I fires are small, contained campfires no larger than 32 inches in diameter, located in a fire ring at least 25 feet from structures. These fires may be burned at any time, conditions permitting, with a Category I permit.

Larger or less-contained fires fall into Category II or III. Category II fires are up to 48 inches in diameter in a fire ring and must be at least 50 feet from buildings. Category III fires include larger brush or debris piles. Both require permits and may be kindled only between 5 p.m. and 9 a.m., unless it is actively raining.

The restriction exists for several reasons. Daytime hours bring higher temperatures, lower humidity, and stronger winds, all of which increase wildfire risk. Like many fire departments, Amherst's Fire and EMS Department relies heavily on volunteer firefighters who are more available to respond during evening and overnight hours.

These regulations have been in place since New Hampshire established its fire permitting system in 1911. In addition to reducing wildfire risk, the permitting process helps educate the public, allows officials to track active fires, and



Since 1974, five rating levels have been used to communicate fire danger levels. (Photo: M. Warren.)

reduces human-caused wildfires, which account for the vast majority of incidents statewide.

Always obtain a free burn permit through Amherst Fire and EMS, Amherst Police, or the online system at nh.burnsafeamerica.com. Keep fires attended until they are fully extinguished and cold to the touch. Burn only approved materials, such as untreated wood and brush no larger than 5 inches in diameter. Do not burn construction debris, and always check the daily fire danger rating.

Daily fire danger information is available at nhdfldncr.nh.gov/forest-protection/daily-fire-danger, where residents can also sign up to receive email alerts.

Following these rules helps protect our forests, homes, and communities. For more information, contact Amherst Fire and EMS at 603-673-1545.

Helping residents feel safe, connected and secure

BY SGT. JUSTIN GEROME
Amherst Police Department

The Amherst Police Department would like to highlight several community programs and services available to help keep Amherst residents safe, informed and connected.

One of the department's longest-running programs is **Good Morning Amherst**, which is designed for older adults or physically impaired residents. Participants call the department each morning to confirm they are safe and do not need assistance. If someone does not call during the scheduled time, a dispatcher attempts to contact them. If there is no answer or there is concern for the person's well-being, an officer is dispatched to check on them.

The department also offers the **Code Yellow** program, which assists officers and first responders when interacting with individuals living with autism, Alzheimer's disease, mental health conditions, or other disabilities. Families can voluntarily provide a photo and important information that may help officers respond more effectively during emergencies or situations involving missing or vulnerable individuals.

Another service offered by the department is residential **security inspections**. Available by appointment, these inspections help home-



owners identify ways to improve the safety and security of their property.

Residents planning vacations or extended trips can request **property checks** through the police department. Officers periodically check homes while on patrol to help ensure properties remain secure while owners are away.

For residents requesting a property check for the first time, the department also recommends scheduling a security inspection before departure. This additional step can help improve home security and provide greater peace of mind while traveling.

The department encourages residents to take advantage of these free services, which it is proud to offer in support of the community.

For more information or to enroll in any of these programs, please contact the Amherst Police Department at 603-673-4900.

TOWN AND STATE GOVERNMENT

Celebrating America's 250th

BY LINCOLN DALEY
Amherst Town Administrator

With deep historical roots dating back to 1760, Amherst proudly joins this national milestone by honoring its past, celebrating its present, and inspiring future generations through a year of community events, education, and civic pride. America's 250th birthday is far more than a single day of celebration. Throughout 2026, Amherst will host a variety of events and programs designed to bring residents of all ages together while showcasing the town's unique history and strong community spirit.

Residents are encouraged to participate in upcoming community events and help create lasting memories together. Visit Amherst's 250th Anniversary Celebration webpage for event

information and updates, volunteer opportunities, and contact information: amherstnh.gov/home/pages/250th-anniversary-celebration.

JUNE - JULY: AMHERST PATRIOTIC PRIDE CONTEST

Check out the properties around town that will be competing for bragging rights! List of participating homes can be found on the website. Prizes will be announced on July 4.

JULY 2: AMHERST COMMUNITY FIREWORKS

Starting at 5 p.m. at Souhegan High School, residents and visitors can enjoy local food vendors, live music, and family activities. The evening will conclude with a fireworks display at 9:30 p.m. Admission is free and open to the public.

JULY 2 AND JULY 28: VOICES OF AMHERST, NH

This is a special community storytelling project that invites residents to share personal memories and reflections about life in Amherst. Through recorded interviews, the project will preserve stories, traditions, and moments that define the community. Residents of all ages, from lifelong locals to new neighbors, are encouraged to participate. Visit the website for scheduled locations and times of recordings; more dates may be added.

JULY 4: AMHERST'S ANNUAL FOURTH OF JULY PARADE

The celebration continues with Amherst's annual Fourth of July Parade, beginning at 10 a.m. at Wilkins School and proceeding through the



Village to Town Hall. The event will feature family-friendly activities on the Village Green, live entertainment, classic cars, decorated floats, children's activities, local food vendors, artisan demonstrations, and historical exhibits.

Scoop the poop: A simple way to protect Amherst's waters

BY CRAIG DURRETT
Amherst Department of Public Works

Water quality is an important issue in Amherst. The town has several stormwater outfalls that discharge into impaired water bodies, including Baboosic Lake and the Souhegan River, and is required by the U.S. Environmental Protection Agency to address pollution through its Municipal Separate Storm Sewer System (MS4) permit.

One significant source of pollution is pet waste. Dog waste contains excess nutrients, including phosphorus, as well as bacteria that can impair water quality and limit recreational use of lakes, rivers, and streams.



This sign near the Amherst Library gets the point across. (Photo: M. Warren.)

- **Bag it:** Pick up and securely tie the waste.
 - **Dispose of it:** Place bagged waste in the trash. Never throw it into a storm drain.
- Residents are also encouraged to take the online pet waste pledge through the Every Drop program at stateofoureestuaries.org/everydrop/petpledge or by scanning the QR code below. The number of pledges from Amherst residents is included in the town's annual report to the EPA. So far, no pledges have been recorded from Amherst! Many residents already clean up after their dogs – please take the next step and document it.
- A small action can make a big difference. By cleaning up after our pets, we can help keep Amherst's lakes, streams, parks and neighborhoods cleaner and healthier for everyone.

Many people assume dog waste will naturally decompose and disappear. In reality, it is more like untreated sewage left on the ground. An average dog dropping contains billions of fecal coliform bacteria and can also spread parasites and pathogens such as hookworms, tapeworms, and Salmonella.

When it rains, waste left on sidewalks, lawns, and trails is washed into storm drains, which flow directly into local waterways. Even after the waste appears to be gone, parasite eggs can remain in soil for years, posing risks to people and animals.

Fortunately, this is one pollution problem with a simple solution: **scoop the poop.**

Dog owners can help protect Amherst's water quality by following three easy steps:

- **Bring it:** Carry a bag whenever you walk your dog.

HISTORICAL TIDBITS

Amherst was incorporated in 1760 — 16 years before the Declaration of Independence was adopted.

At the time of independence, the population of the 13 colonies was about 2.5 million people.



889-PAVE (7283)

Paving • New Driveways • Repairs • Grading • Culverts

Call us now to
"Get out of the Mud"

All calls returned promptly.

603-889-PAVE

Amherst's Hometown Paver

Helping homeowners with
quality paving since 1956.

We have a dedicated,
experienced crew with
state-of-the-art equipment.

New Driveways
Repairs
Add-ons
Drainage Issues
Culvert Pipes
Basketball/Tennis Courts

Free Estimates • Fully Insured

www.TSIPave.com

Serving Homeowners & Businesses

Since 1956







Scan Here To Take the Pledge

SCHOOL NEWS

Colonial charm around town

Third graders from Wilkins School participated in the traditional walk around the Village on June 3, learning about our town’s history. Stops included the Wigwam Museum, the Town Hall, and the Congregational Church. (Photos: M. Warren.)



AMS graduates ready for next chapter

Eighth graders graduated from Amherst Middle School on June 10. In her farewell address, Principal Kristen Gauthier encouraged students to “stay curious, continue to take risks and never underestimate the impact you can have on others.”

This year’s Courage to Care Citizenship Awards were presented to Maia Cruz-Beauchamp and Sean Fleming, while Lyla Quesnel and Alex Williams received the Soaring Eagle Student Involvement Awards. Congratulations to all of the graduates!



AMS graduate Madeline received her diploma and was congratulated by, from left, Superintendent Michael Berry, Assistant Superintendent Bob Jozokos, and Principal Kristen Gauthier. Assistant Principal Michael Cuddyer read the names of the graduates. (Photo: M. Warren.)



Friends gathered with their diplomas for a group photo following the ceremony. From left: Anya, Gia, Vesper, Evelyn, and Madeline. (Photo: M. Warren.)



The Attentive Practice
Yoga • Awareness • Alignment

Yoga for the Summer

Sunday Reset: Gentle Yoga

Sundays 5:00-6:00 PM • July & August

A quiet class using movement, breath awareness, and rest to help you unwind from the weekend and prepare for the week ahead. Beginners welcome.

Held at 76 Route 101A, Amherst, NH
Across from Walmart

Limited to six students • \$20 per class • Advance registration required
TheAttentivePractice.com



More info & registration

PUTTING DOWN ROOTS

★ FOR ★

250 YEARS!

The trees planted today will shade the celebrations of tomorrow.

Join us in celebrating America’s 250th Birthday with special savings on shade and flowering trees.



Trees, Shrubs, Perennials & Annuals



Organic Herbs & Vegetable Plants



Farmers Market & Local Goodness



Pottery, Soil, Fertilizer & More



Amherst Garden Center & Farm To Market



25% OFF SHADE TREES



305 ROUTE 101 | AMHERST, NH 03031



(403) 673-3008



www.amherst-garden-center.com





LET'S GROW OUTSIDE NH

Amherst • Milford • Bedford
letsgrowoutsidenh.com

Reggio-Inspired Nature Schools

Play-based • Child-led
Multi-age

Preschool & Kindergarten

Part-Time • Full-Time
Summer Camp

Enrolling now for the 2026-2027 school year!





Ponemah Forest School



JOPPA FARM AND FOREST SCHOOL



The Amherst Preschool, Inc.
a place to grow

SCHOOL NEWS

The Viking Funeral: Annual SHS tradition continues

BY PEGGY SILVA

The last day of school is chaotic, filled with final exams, presentations, and locker cleanouts. As students race to their buses to begin their summer days, teachers finalize grades, tidy their classrooms, and prepare for a powerful event scheduled for the following morning — the Viking Funeral.

The Viking Funeral has been an annual tradition at Souhegan High School since its founding and continues to mark the close of the school year. As retired teacher John Dowd recalled, “We needed to establish traditions that would sustain us.”

Dowd, who initiated the ceremony all those years ago, invites participants to think about memories that have lingered, “the things you carry, the things you need to let go of so that you can begin your summer without baggage.”

Teachers write their thoughts and burdens on scraps of paper, then walk

to the river behind the school, where a makeshift 18-inch boat awaits. One by one, staff members place their notes inside the boat, sharing aloud or proceeding silently as they shed any weight remaining from the school year.

Some release fear or frustration, feelings of inadequacy or lingering self-doubt. At times, laughter breaks out as a teacher tosses in a planning book or crumples the name of a meeting no longer needing attention. The ritual also offers a moment to say goodbye to cherished colleagues and to reflect on both the lighthearted and the profound.

A roasting pan is placed in the middle of the boat and set ablaze before the boat is launched. Everyone watches as the fiery pyre drifts downstream. Many staff members speak of the shared memories and laughter of the year gone by. The symbolism and the feelings ex-



John Dowd explained the Viking Funeral and passed the roasting pan to Sheelu Joshi-Flegal, who has been tasked with keeping the tradition alive. (Photo: E. Gosselin.)

pressed help form and strengthen a sincere learning community.

Following Dowd’s retirement in 2025, the tradition was passed on to Sheelu Joshi-Flegal, a social worker at Souhegan. Over the past few years, some changes have been made to the boat and the location of the roasting pan, but what has not changed is the effect this ceremony has on teachers and staff, lightening their load before a well-earned summer break.

The final verdict: Dick Vassar leaves a lasting legacy at Souhegan

BY KELLI BRALEY
SHS Athletics and Activities Director

After nearly four decades of shaping student voices and sharpening young legal minds, longtime Mock Trial coach Dick Vassar is stepping away from the program he helped build at both the middle and high school levels.

Vassar’s retirement marks the end of an era for Souhegan’s Mock Trial community. Over almost 40 years, he guided hundreds of students through courtroom procedure, legal reasoning, and the art of persuasive argument. More importantly, former students say, he taught confidence, preparation, and the courage to speak up.

Mock Trial competitions simulate real courtroom trials, with students taking on roles as attorneys, witnesses, and legal staff. Under Vassar’s leadership, teams from Amherst consistently demonstrated strong performances and

a deep respect for the legal process and for one another.

“Dick created a space where students could challenge themselves intellectually while also feeling supported,” said Dana Curran, principal at Souhegan High School. “He had an incredible ability to take complex legal ideas and make them accessible while encouraging students to find their own voice.”

Many of Vassar’s former students credit Mock Trial with shaping their future paths. Some went on to careers in law, public service, education, and advocacy, often citing his mentorship as a defining influence.

“Mr. Vassar’s mentorship went far beyond the courtroom,” said juniors Lucas Steckbeck and Violet Quesnel. “While he taught us the essentials of trial law, it was his support and belief in us that truly made an impact.”

Year after year, Vassar volunteered countless hours preparing students for



The 2026 team, with the support of Dick Vassar; far right, competed at the Mock Trial State Tournament this spring at the University of New Hampshire Franklin Pierce School of Law in Concord. (Photo: Lucas Steckbeck.)

competition — reviewing case materials, running practices, coaching witnesses, and helping students refine their courtroom presence. His dedication extended beyond competition, building a program rooted in teamwork, integrity, and thoughtful debate.

As he retires, the Amherst community celebrates not only the longevity of his service but also the lasting legacy he leaves behind. Generations of students have entered courtrooms — real and simulated — with skills and confidence shaped by his guidance.

WELCOMING NEW PRIMARY CARE PATIENTS

BETTERNOW MEDICINE

- 90-minute annual physicals
- Direct text/phone access to your physician
- Home visits as necessary
- Introductory Meet and Greet available
- Personalized Primary Care membership

SCHEDULE TODAY
(800)603-8026
www.BetterNowMD.com
109 Ponemah Road
Amherst, NH 03031

Dr. Terry Tranchemontagne
Board-Certified Internal Medicine Physician
serving Amherst NH for over 20 years

Casual Cat
Picture Framing & Unique Gifts
141 Route 101A, Heritage Plaza
Amherst, NH 03031

WHAT WE FRAME AND OFFER:

- CANVAS STRETCHING
- CUSTOM MIRRORS
- SHADOWBOX FRAMING
- PRINTS/POSTERS
- ORIGINAL ART
- CANVAS
- NEEDLEPOINT STRETCHING W/ FRAMING
- TEXTILES / FABRIC
- DRY MOUNTING
- GLASS REPLACEMENT
- REPAIRING EXISTING FRAMING

Custom Picture Framing

SPORTS

Local cheerleaders celebrate growth ahead of sixth season

BY MO GREENE
Coach

What began as a small, community-focused cheer program has grown into one of the region's rising competitive teams. As the program prepares to embark on its sixth season, it is also entering a new chapter under a new name: New England Legacy.

Originally launched as a partnership between the Amherst Recreation Department and Northern Lights, a competitive cheer gym based in Keene, the team has steadily expanded over the past five years. Now, as its athletes move into the elite division of competitive cheer, the program is establishing its own independent identity.

Founded with the goal of creating a positive, inclusive environment for young athletes, this cheer program initially focused on performances for parents and the local community. Early routines were showcased at small events, where the emphasis was on building confidence, teamwork, and a love for the sport. Those humble beginnings laid the foundation for what the program has become today.

A noteworthy aspect of New England Legacy is its structure. It remains one of the few all-star cheer programs in the area that operates through a town recreation department, helping

keep participation accessible while maintaining a strong connection to the community. This model has allowed the organization to balance competitive opportunities with a welcoming, community-based approach that distinguishes it from many privately run programs.

Over the past five seasons, the program has expanded to offer teams for athletes in grades 1-12. Participants can progress through the program over multiple years, developing not only their cheerleading abilities but also leadership skills and lasting friendships.

One of the program's biggest milestones has been its transition to competitive cheer. Teams now travel throughout New England to compete against some of the region's most established programs, challenging athletes to elevate their performance, refine their skills, and embrace the discipline required for success.

"It is incredibly rewarding to watch these athletes work hard to develop new skills, perform with such passion at competitions, and consistently support their teammates," said coach Jess Leare.

As the sixth season approaches, excitement is building around Legacy's next chapter. One of the most antici-



Amherst's junior team performed their pyramid in March to win first place in their division at the MaXout Championship at Foxwoods Resort in Connecticut. (Courtesy photo.)

pated developments is a planned trip to Florida next year. For many athletes, it will be their first opportunity to compete on a national stage, marking another milestone in the program's growth.

Families often cite the program's sense of community as one of its greatest strengths, according to Leare. She said that despite its expansion, the organization has maintained the close-knit, supportive atmosphere that defined its early days. Parents, coaches, and ath-

letes continue to work together to create an environment where everyone feels valued and connected.

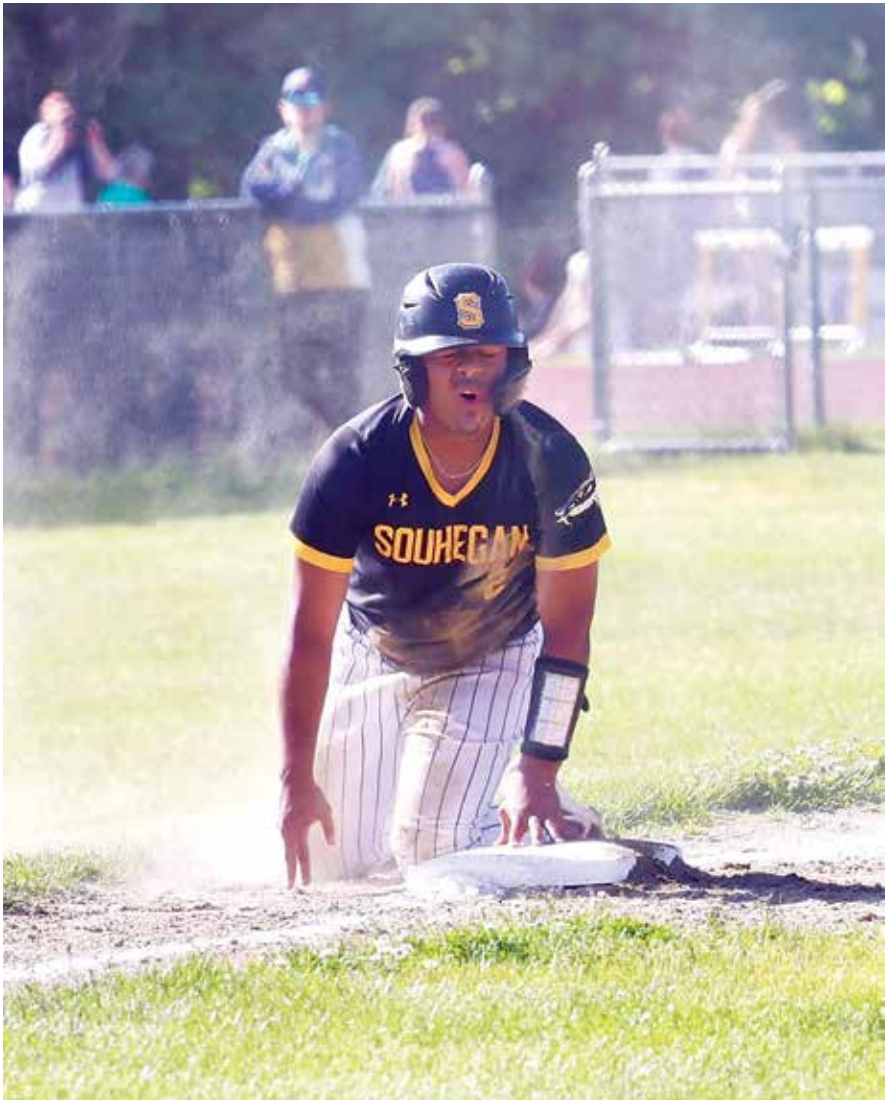
With a strong foundation, expanding opportunities, and a new identity that reflects its evolution, New England Legacy enters its sixth season poised for continued growth both on and off the mat.

Visit amherstcheer.my.canva.site or contact NELegacycheer@gmail.com for more information.

Dust-up at third

Junior Jacob Bryan kicked up a cloud of dust as he slid safely into third base during Souhegan's game against rival Milford on May 28.

The Sabers defeated the Spartans 5-0 to finish the regular season 11-6 and secure the No. 8 seed in the playoffs. (Photo: M. Warren.)



CHRISTMAS
IN JULY

FABRIC SALE!

SATURDAY,
JULY 25TH
10 AM- 4PM

30% OFF
FABRIC!
(1 yrd. min.)

25% OFF
ALL
PANELS

DOOR
PRIZES!

FREE GRAB BAG
FOR FIRST 30
SHOPPERS!

NIGHT OWL
Quilting Studio

199 State Route 101 Bldg 2
Amherst, NH

SPORTS

Granite State Elite Lacrosse: Preparing players for the next level

BY MCKINLEY SBORDONE
Director, GSE Lacrosse

Granite State Elite Lacrosse (GSE) is a New Hampshire-based K-12 lacrosse organization founded in 2006 by Laurie Holder, who recognized a need for additional player development and club opportunities in the region. Since its inception, GSE has grown into one of New England's most established girls lacrosse clubs and recently expanded its offerings to include boys programming.

Now led by McKinley Sbordone, Holder's daughter, GSE provides developmental training, club teams, and seasonal programming for athletes across a wide range of ages and skill levels. The organization serves players throughout southern New Hampshire, including many from Amherst and surrounding communities.

GSE's club teams offer athletes the opportunity to compete at a higher level while continuing structured skill development throughout the year. For high school players, club lacrosse can also provide exposure to college coaches through tournaments and

showcases, with recruiting guidance and support available throughout the process.

For younger players and beginners, GSE Futures introduces the fundamentals of the game, including stick skills, passing, catching, shooting, footwork, and basic game concepts. Athletes seeking more advanced instruction can participate in position-specific clinics focused on attack, midfield, defense, goalie and draw or faceoff specialists.

In addition to its club teams, GSE offers offseason training programs during the summer, fall and winter, as well as youth camps for students in grades K-8 at The Hampshire Dome.

What distinguishes GSE is its emphasis on individualized player development and personal relationships.

"At every step in my daughter's development as a lacrosse player — from a novice elementary schooler to a highly skilled Division I college commit — Granite State Elite provided the training, support, guidance, and care to help her reach her full potential in lacrosse and life," said Rick Johnson, whose daughter, Liz, now plays at the University of Michigan.



Madison Learned, former Souhegan High School standout and current GSE coach, worked with a young player. (Courtesy photo.)



Amherst player Ryanne Coogan, a rising eighth grader, has participated in GSE since she was nine. (Courtesy photo.)

Johnson also credited the program's leadership with helping his daughter navigate the college recruiting process. To date, Granite State Elite has helped more than 350 athletes continue their lacrosse careers at the collegiate level.

Community-based organizations such as GSE often supplement recreation and school programs by providing additional instruction, development opportunities, and competitive experiences. The organization's intentionally small size allows coaches to work

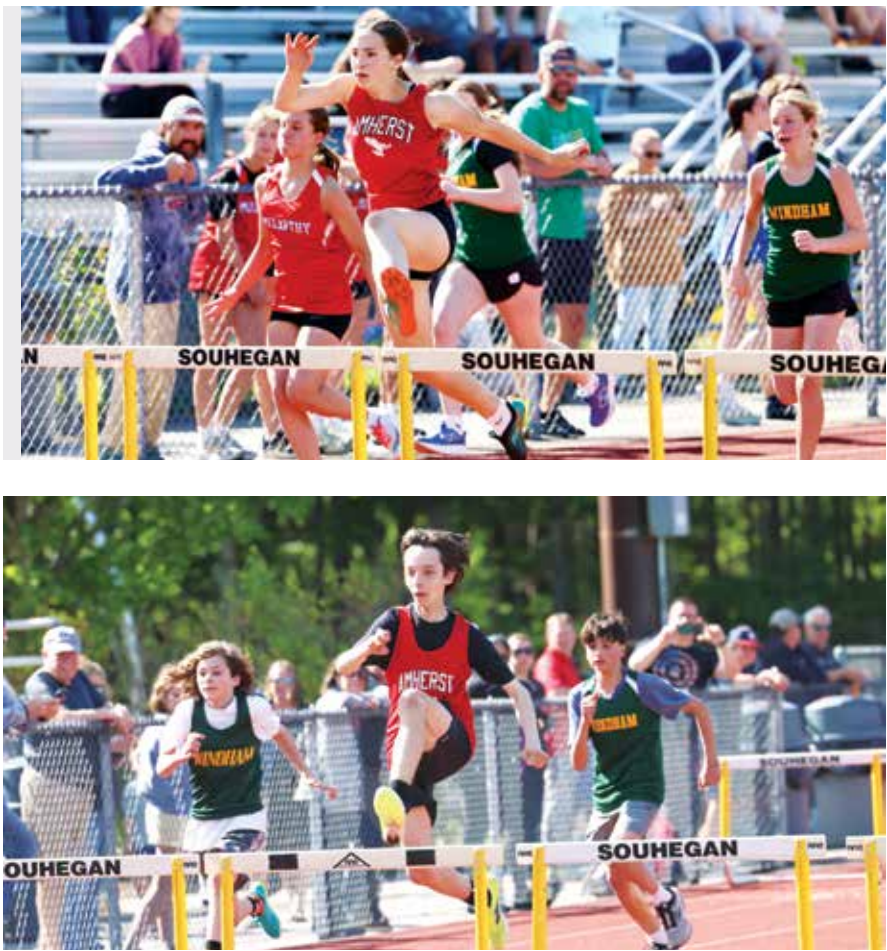
closely with athletes while supporting a variety of goals, whether building confidence, refining skills, balancing multiple sports or pursuing collegiate opportunities.

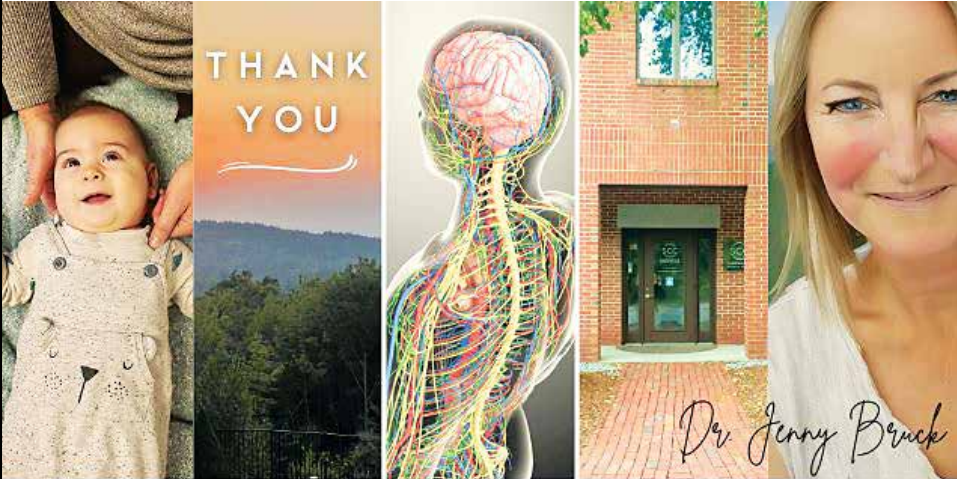
As Granite State Elite continues to grow, its mission remains focused on helping athletes develop not only as lacrosse players, but also as confident and capable young people.

For more information, contact gselacrosse@gmail.com or visit gse-sports.com.

AMS sweeps league championships

The Tri-County League Division 2 West Championships were held May 28 at Souhegan High School, where the Amherst Middle School girls and boys track and field teams captured the title. Top: Eighth grader Ashley Quinn won both the 100-meter hurdles and the high jump and placed second in the long jump. Bottom: Seventh grader Benjamin Mercier finished fourth in the 100-meter hurdles. (Photos: M. Warren.)





1 Overlook Drive #7 Amherst NH
info@sccvitality.com 603-673-5600

SCC
CHIROPRACTIC & VITALITY STUDIO

Best Chiropractors
Best Holistic Healthcare Consultants
Best Massage Therapist



COMMUNITY

Footprints in the dust

BY JARED BROWN
Historical Society of Amherst

In 1958, my father drove our Chevy up Middle Street in Amherst. My brother and I sat in the back seat; I was 4, he was 3. My mother pointed out the house we would soon call home, next to the Wigwam. At the time, we lived out in the country, and an actual town seemed like a novelty.

Turning onto Main Street, my father pointed to Moulton's store. I asked the obvious question: "Does the store have candy?" He replied that it did. My little world lit up like the Amherst Christmas tree on a cold winter's night.

That night, I lay in bed wide awake, listening to a whip-poor-will across the field and dreaming. We were moving to a town with a store that sells candy, just around the corner.

That magical introduction to Amherst has stayed with me ever since. It only grew over time, as the town itself became home. In future editions of *The Bear*, the Historical Society of Amherst looks forward to sharing stories that help reveal the richness and depth of our community's past. We hope they spark the same sense of wonder I felt as a child waiting to walk through the doors of Moulton's store.

Our town's history begins nearly 300 years ago, in the early 1730s, when a discussion was underway about a six-mile-square tract of land that would become Souhegan West. In 1734, proprietors of the land met to determine how it would be divided among 120 new owners and how the basics of a community would be established. Roads, a burial ground, a meetinghouse, a school, a parsonage, and a training ground for militia were among the first priorities.

The first resident arrived in 1736. By 1741, only 14 families had settled in the area. Life was still sparse and closely tied to the land, but the framework of a town was beginning to take shape. In 1760, Souhegan West was officially incorporated as the town of Amherst.

In 1776, a citizen stood on the "whipping stone" on the Amherst Common and read aloud the Declaration of Independence. Around that same time, training for the Amherst militia began on the Common, as residents prepared for the uncertainty of a new nation. Seven years later, with independence secured, Amherst — named for a British general — was no longer part of a colony but a town within the United States of America.

What a beginning it was.

To learn more about Amherst's history and upcoming events, visit hsanh.org.



Dr. Pettingill stands with his daughter Edith on the Amherst Village Green in front of the Congregational Church sometime in the 1800s. (Photo courtesy of the Historical Society of Amherst.)

SML

Sowerby & Moustakis Law

Plan Well. Live Confidently.



Attorney Peter Moustakis is a longtime Amherst resident, a proud father, and an enthusiastic T-ball coach. Over the years, he has served the Amherst community as Town Moderator, Assistant Town Moderator, and Chair of the Ways and Means Committee.

Trusted Guidance

Personalized legal guidance for New Hampshire & Massachusetts families and business owners.

Thoughtful Planning

Helping our clients protect what matters most—today and for generations.

Estate Planning

Elder Law

Small Business Law

Personal Injury Law

Probate & Trust Administration

Estate Planning for New College Students

Article on Behalf of Sowerby and Moustakis Law, PLLC.

When a child turns 18 and heads off to college, parents often lose automatic access to medical, academic, and financial information. Even in emergencies, schools, doctors, and banks may be legally barred from sharing details without proper authorization.

A basic estate planning package for college students helps fill that gap. Key documents typically include a HIPAA authorization and health care proxy which allow a trusted person to access medical information and make health decisions if a student is incapacitated. A durable power of attorney can also allow parents to assist with financial or legal matters, such as tuition, housing, or student loans.

These simple legal tools can prevent delays and reduce stress when it matters most, giving families peace of mind before move-in day.

Read more about this topic by scanning the QR code below for our blog. Watch videos and learn about other legal topics on our website or youtube channel.

Headquarters: 282 State Rt 101, Unit #15
Liberty Park, Amherst, New Hampshire 03031

Additional Offices by Appointment:
Dedham, Massachusetts
Woburn, Massachusetts
Concord, New Hampshire

info@smlpllc.com
(603) 249-5925

www.SMLPLLC.com



COMMUNITY

Amherst in full bloom

BY RACHEL BARKER SWEENEY

Residents of Amherst love this town for many reasons, not least among them the beauty that appears as the seasons change. By midsummer, gardens across town are in full bloom, bringing color, movement, and joy to daily life. As writer and preservationist John Muir once wrote, “In every walk with nature, one receives far more than he seeks.”

But these skillfully tended gardens and beautified spaces do not simply appear. Many of these vibrant displays are the result of the efforts of Amherst clubs, committees, and departments dedicated to preserving and enhancing our shared spaces.

Founded in 1971, the Amherst Garden Club manages 10 civic gardens in town. Members design, plant, maintain, and decorate these areas seasonally. Civic Gardens Co-Chair Jeanne Johnson shared that beautifying the grounds of Town Hall was one of the club’s first endeavors in the 1970s. Since then, members have continued to apply their knowledge of landscape architecture and horticulture to gardens throughout town.

Each garden has a lead volunteer who works with a team to oversee a specific space. Several are located in the Village near historic buildings and landmarks, including Town Hall, the Wigwam Museum, the Brick Schoolhouse, and the Amherst Town Library. The club also maintains expansive gardens at the police and fire complex.

While the gardens are beautiful, maintaining them comes with challenges. “There are three major challenges that most public gardens face,” said Johnson, noting that wildlife, invasive species, and drought are among the most difficult to manage. As she put it, “Mother Nature is ultimately in charge, despite our best efforts.”

Amherst’s beauty is also shaped by smaller, highly visible projects that transform everyday spaces into points of pride. At the corner of Route 122 and Boston Post Road, the Amherst Lions

Club has transformed a closed municipal bridge into the Bridge of Flowers. Since 2019, club members have maintained the bridge as a way to revive a neglected landmark and beautify a key area near the center of town.

Cared for year-round by Lions Club volunteers, the project features seasonal displays throughout spring, summer, fall, and winter. With support from the town, the New Hampshire Department of Transportation, local sponsors, and community donors, the bridge has become a colorful symbol of civic pride.

Residents can bring their gardening dreams to life at the Stearns-Davis Community Garden at Joshua’s Park. On a first-come, first-served basis, residents may register for a 10-by-20-foot plot. Originally designed and installed by the Amherst Land Trust, the garden is administered by the Amherst Parks and Recreation Department and managed by the Stearns-Davis Community Garden Committee.

For a nominal fee, gardeners receive access to a ready-to-plant, deer-fenced plot with quality soil and water for irrigation. Tyler Davis of the garden committee noted that the site was once part of a historic family farm cultivated for generations before becoming a public space.

Davis has observed that many people shy away from gardening because of the initial investment required. “Registering for a plot is a very low barrier of entry,” he said. “It’s a great way to try gardening and see if you like it.”

He also emphasized the social benefits of the community garden. As an engineer who spends his days surrounded by technology, Davis appreciates the opportunity to connect with nature and others.

“It’s a good way to get outside and do some hands-on, nature-based activities,” he said. “We can all use more of that.”

Together, these efforts remind us that Amherst’s beauty is found not only in what blooms, but also in the people who take the time to plant, tend, and care for it.



The Amherst Lions Club has revived a neglected landmark near the center of town and maintains the Bridge of Flowers throughout the year. (Photo courtesy of Amherst Lions Club.)



Gardeners tended to their vegetable plot at the Stearns-Davis Community Garden at Joshua’s Park in June. (Photo: S. Morison.)



Seasonal plantings flourish in front of the Amherst Town Library, thanks to the attention of the Amherst Garden Club. (Photo: M. Warren.)

Edward Jones

>edwardjones.com | Member SIPC

Take Command of Your Financial Future

Financial independence starts with a plan. This July, take the next step toward a stronger financial future.

Our team is here to help you create a strategy tailored to your goals.

Let’s get started today.



Liz Larson, CFP®, CEPA®
Financial Advisor
292 State Route 101
Salzburg Square
Amherst, NH 03031
603-213-6917



Kim Hemmer, CFP®, AAMS®
Financial Advisor
12 Middle Street
Amherst, NH 03031
603-672-5520





Tri-Point Construction
DESIGN. BUILD. ENJOY

Any Job Big or Small - From Frame to Finish We Do It All!

• Design

• Framing

• Exteriors

• Interiors

• Decks

• Additions

• Drywall

• Paint

• Bathrooms

• Kitchens

• Garages

• Siding

• Windows

• Doors

• Flooring

• Rot Repair

• Custom Builds

If it’s a part of your house . . . Yes we do that too!



Locally Owned Amherst Based Business
Fully Licensed and Insured
Free No Obligation Quotes Call Today to Schedule

603-218-9461
john@tripointnh.com
www.tripointnh.com



Helping pets stay calm this summer

BY DORINNE WHYNOTT
Owner, Animal Care Center of NH
and Professional Pet Sitting Etc.

Many pets become frightened by fireworks, thunderstorms, and other loud noises. Fear can cause pets to panic, injure themselves, or run away. The good news is that there are many ways to help set our pets up for success and keep them safe.

The most important thing is to stay calm yourself. Pets often look to their owners for cues. If you act relaxed and normal, your pet is more likely to feel safe.

Always make sure your pet has updated identification tags and is micro-chipped. If fear causes them to escape, this gives them the best chance of getting home quickly.

Training builds confidence. Regular obedience work for dogs, or boundary or routine training for cats, creates trust and helps pets look to you for guidance during stressful situations.

Desensitization and counter conditioning are also very effective. Gradually exposing pets to low levels of sounds like fireworks or thunder, while pairing those sounds with positive experiences such as treats or playtime, helps them learn that loud noises are not something to fear. Start slowly, be consistent, and never force progress.

If your pet is already fearful, there are still ways to help. Create a calm indoor environment by closing windows, draw-



ing curtains, and using television, music, or white noise to block outside sounds. A ThunderShirt, calming pheromone diffuser, or even vet-prescribed medication may also help in more severe cases.

During fireworks or storms, keep pets indoors. For necessary outdoor trips, use extra precautions such as secure harnesses and double leashes.

Most importantly, remember that helping pets overcome fear takes time and patience. Through training, positive exposure, and a calm environment, many pets can learn to feel far more secure during loud events.

For more tips, visit profpetsit.com/are-your-pets-afraid-of-fireworks-thunder/.

Your next favorite read

BY AMY LAPOINTE
Amherst Town Library Director

THE ROMANCE REVIVAL
by Christina Lauren
Emery Finch hopes for a second chance when her husband survives a near-fatal accident but wakes up with no memory of their life together. The struggle for work-life balance makes this feel especially relevant and resonant.

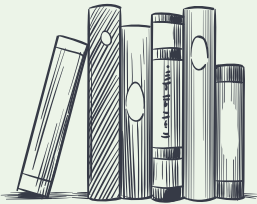
THE PARISIAN HEIST
by Jo Piazza
Family secrets and betrayal pepper this dual-timeline mystery set in the European art world.

COOL MACHINE
by Colson Whitehead
A Pulitzer Prize-winning author brings 1980s New York to life in the final, and much anticipated, volume of his Harlem Trilogy.

RANSOM
by Daniel Silva
When a wealthy socialite disappears without a trace, page-turning international intrigue and suspense follow. Expect secrets, corruption, a heart-pounding climax, and a final twist.

LOVE YOU MORE
by Emily Giffin
How do you know what you want when what you lost conflicts with what you've built? Giffin takes you on a trip that is reflective, happy, sad, and everything in between when a newly engaged woman is called back home to confront the love she left behind.

RENOIR GIRLS: A HIDDEN HISTORY OF ART, WAR, AND BETRAYAL
by Catherine Ostler
Renoir's "The Pink and the Blue" is generally regarded as one of his early masterpieces. This remarkable tale of nonfiction explores the story of the painting and details the rise of antisemitism in France, the transformation of Parisian society from the turn of the century through WWII, and the story of a great family's downfall.



Attorney Len Foy — Your Local Trusted Attorney

Foy Law Office, PLLC is proud to offer the following services

- Estate planning (trusts, wills, etc.)
- Real estate (residential, commercial, land use, deeds)
- Business law
- Business sales (buyer and seller)
- Complex legal scenarios and advice
- Licensed in New Hampshire, Massachusetts, Maine, Vermont and Connecticut
- Offices in Nashua NH and Methuen MA
- 30+ years experience



CONTACT ME

📞 603-292-3786
✉️ lfoy@foylawoffice.com



Subscribe to Len's
YouTube Channel for
up-to-date market news



Attorney Len Foy
Proud Amherst resident since 2013.



Always obeying the speed limits
around town.



"Tara" the Foy family residence since 2013
One of Amherst's many haunted mansions!

Licensed in New Hampshire, Massachusetts, Maine, Vermont, and Connecticut
Offices: Nashua, NH & Methuen, MA Foy Law Office, PLLC | Sunset Settlement Company, LLC
402 Amherst Street, Suite 100 Nashua, NH 03063 603-598-4030

The Trail Ahead

BY MATT LARSON



One of the beautiful things about Amherst is that you don't have to go far to immerse yourself in nature. We have so many great trails to explore all around us, and all you have to do is park at the trailhead and go for a walk. Or a run. Or a mountain bike ride, depending on which trail you choose. Options abound.

You may also want to go bird-watching, which yes, may signal that you're getting AARP Magazine in the mail, but it also means you've reached the point where you are wise enough to recognize we've got some beautiful friends fluttering about. Ever since middle age hit, I've found myself pulled by the need to spot and identify birds, and I have no explanation for where this desire came from. It must be a natural biological development of the aging process.

One of my favorite places to see birds in town is Great Meadow, across the street from Wilkins School. To access it, park in the dirt lane across from the school, and the trail is just behind that area to the right. From there, it's a short walk to a boardwalk platform overlooking a wetland marsh. Here you can sit and enjoy the sights and sounds of wildlife.



The peaceful boardwalk at Great Meadow. (Photo: M. Larson.)

I've seen a lot of different birds here, but the main attraction is the red-winged blackbird, who seems to have laid a firm territorial claim to the area. When you first arrive, they will often fly away for a bit, but then will return to their main activities of collecting nesting material and food. On a recent visit, I observed several blackbirds with damselflies and other insects in their beaks, no doubt collecting them for their young.

But they're not the only show in town. Looking over the marsh, I've seen hawks flying in the distance with their fledglings. This led me to do some on-

line sleuthing and learn more than I ever expected about hawk child-rearing. On other occasions, I've seen goldfinch, swallows, a green heron (particularly exciting), and even orioles. But if nothing else, you are pretty much guaranteed to see red-winged blackbirds and hear a green frog or two.

Over the years, I've been amazed to see so much wildlife so close to the Village: an otter traipsing across the ice in February, a fox on the hunt in the adjacent field, the Amherst Bear enjoying a jar of honey. Okay, I'm kidding about the bear, but the rest is true.



A red-winged blackbird enjoyed a meal. (Photo: M. Larson.)

If Great Meadow is too short a walk for you, you can always incorporate it with a tour through the Village. Park at Moulton's or the library, and off you go. If you're going on a run, you can even make Great Meadow a pit stop so you can walk and catch your breath. Just duck into the woods, and no one will see that you needed a rest — it will just look like the intentional side quest of a suburban adventurer. But however you do it, you should check this spot out at least once. It's too pretty — and too easy — not to.

KIDS' CORNER

A handmade tribute to America

Jasper Emmons is 7 years old. He was interviewed by his siblings Jeffrey, Jordan, and Jada about his love for sewing.

Q: How old were you when you started sewing?

A: I was 5.

Q: Who taught you how to sew?

A: My grandma, Deb.

Q: What is your favorite thing that you have made?

A: My American flag.

Q: Why did you make the flag?

A: I woke up one day and wanted to make it.

Q: What got you into sewing?

A: Because you can make anything when you are sewing.



(Courtesy photo.)

Q: What is hard about sewing?

A: Learning to go straight. I'm still learning how to go straight!

Patriotic Word Search

CREATED BY: SCOTTY BENSON GRADE: 8

L L F F F R E E D O M G M A Y
S G L I I A O R W F S U S N L
B N A R P A T R I O T B T T A
I T G E B J S C L D A J A H V
S P E W Q J T O O M R Y T E N
Q M T O X E R D W U S I E M Z
U Z F R U B I Q D H N J S I F
E N O K F Y P Z T Q J D O C V
A Y I S U B E N D T S M H I V
G I L T R O S I K B M O L P L
L X W S E W A M E R I C A A U
E E B X U D M E A K S E U R F
A S M L I B E R T Y R M W A R
F O U R T H F A U I S W N D Y
B V P H S W J P L F L L Q E D

HISTORICAL TIDBIT

The first American flag featured 13 stars and 13 stripes, representing the original colonies.



FIREWORKS
PATRIOT
STRIPES
LIBERTY
FREEDOM

ANTHEM
STATES
UNITED
FLAG
FOURTH

PARADE
EAGLE
STARS
AMERICA

Town Calendar

THUR 7/2, 1-2PM: Parade Bike Decorating at the Amherst Library. Give your bike a festive makeover on the library lawn. Fun supplies provided. No registration required.

THUR 7/2, 2-3:30PM: Let's Play Mahjong at the Amherst Library. Drop-in session for players who already know how to play Chinese Mahjong. No instruction, just tiles, tables, and good company.

THUR 7/2, 5-10PM: Fourth of July Community Celebration at Souhegan High School, hosted by Amherst Rec. Food vendors, music, and activities for all ages, with fireworks at 9:30pm. Free admission.

THUR 7/2, 7PM: Voices of Amherst storytelling project. Residents are invited to share personal memories and reflections through brief recorded interviews. Recorders will be at the Fourth of July Community Celebration at Souhegan High School.

FRI 7/3-SUN 7/5: Amherst Library closed; town buildings closed.

SAT 7/4, 10AM: Fourth of July parade kicks off. See p. 1 and p. 5 for more details.

TUES 7/7, 6:30-8PM: Concerts on the Green Summer Music Series! Stone Hill Station performs. Bring a blanket, a picnic, and enjoy.

THUR 7/9, 10-10:30AM: Storytime with a Twist at the Amherst Library for ages 2-6. The Dance Company will bring stories to life through movement, music, and props. No registration required.

THUR 7/9, 10-11AM: Gain/Maintain Your Balance for older adults with instructor Kathy MacKinnon. Join us for this three-week course at Buck Meadow to build better balance. Registration required at amherstnh.recdesk.com.

THUR 7/9, 6-7PM: ATL Reads Book Discussion at the Amherst Library. Join us for a discussion of Revolutionary Summer by Joseph Ellis. Registration required at amherstlibrary.org.

MON 7/13, 10-11:30AM: C3Brix Lego Challenge at the Amherst Library. Kids ages 5+ are welcome to join for a fun-filled building challenge event. Registration required at amherstlibrary.org.

TUES 7/14, 10-11AM: Once Upon a Story Hour for ages 3+. Get ready for a magical adventure! Enjoy a few read-alouds, followed by hands-on crafts. Registration required at amherstlibrary.org.

TUES 7/14, 6:30-8PM: Concerts on the Green Summer Music Series! North River Music performs. Bring a blanket, a picnic, and enjoy.

THUR 7/16, 2-3:30PM: Let's Play Mahjong at the Amherst Library. Drop-in session for players who already know how to play Chinese Mahjong. No instruction, just tiles, tables, and good company.

SAT 7/18, 1-2:30PM: Artist Reception at the Amherst Library. Meet Teresa Moler, July's featured artist, and view her work. Light refreshments will be served.

SUN 7/19, 3-5PM: Wildcraft Makers Workshop en plein air. A collaborative, pressure-free art experience rooted in observation, play, and connection to the land. Register at amherstnh.recdesk.com.

TUES 7/21, 6:30-8PM: Concerts on the Green Summer Music Series! Bedford Big Band performs. Bring a blanket, a picnic, and enjoy.

TUES 7/21, 7-7:30PM: PJ Storytime at the Amherst Library for ages 3+. Join us for a snuggly storytime as we wind down with sweet bedtime stories, songs and rhymes. No registration required.

THUR 7/23, STARTING AT 8:30AM: The Scott McGilvray Children's Fund (SMCF) Golf Classic at Amherst Country Club. All money raised goes to the Foundation, which helps students across the state. More info at smcfnh.org.

THUR 7/23, 2-2:45PM: Jay and Leslie Juggling Show at the Amherst Library for ages 3+. Step right up for a delightfully goofy show packed with juggling, mime mischief, silly stories, and a dash of magic. Registration required at amherstlibrary.org.

THUR 7/23, 6-7PM: Relax, Restore, Renew with Amherst Recreation. Six-week slow flow vinyasa class for all levels at Buck Meadow. Register at amherstnh.recdesk.com.

TUES 7/28, 10:30-11:30AM: Lindsay and her Puppet Pals at the Amherst Library for ages 3+. This funny, fast-paced, and highly interactive show will delight young and young at heart. Registration required at amherstlibrary.org.

TUES 7/28, 6:30-8PM: Concerts on the Green Summer Music Series! Robert Allwarden and Friends perform. Bring a blanket, a picnic, and enjoy.

TUES 7/28, 6:30PM: Voices of Amherst storytelling project. Residents are invited to share personal memories and reflections through brief recorded interviews. Recorders will be at the Concert on the Green.

THUR 7/30, 10AM DEPARTURE: Brown's Lobster Pound and Mini Golf Trip for older adults (50+) with Amherst Rec. Fee includes transportation and mini golf. Registration required at amherstnh.recdesk.com.

FRI 7/31, 10-11AM: Andy's Playhouse Kids Performance at the Amherst Library. Enjoy a brief performance about a young child who wants to draw, only to discover that his crayons have quit. No registration required.



Amherst Parks & Rec

Get In ... Get Registered ... Get Playing!

Dates to Know

- **The Great Amherst Bear Hunt:** Monthlong event in July to celebrate Parks & Rec month; details at amherstrec.org
- **Fall Sports registration:** Opens July 13
- **Fall Program registration:** Opens Aug. 3
- **Teen Adventure Camp:** July 13-24
- **Trip to Brown's Lobster Pound and Mini Golf:** July 30
- **Sunflower Bloom Festival Trip:** Aug. 13
- **Creative Skill Builders Camp:** Aug. 17-20

Need help? Amherstrec.org | 603-673-6248



Looking for a place to worship and feel at home?

Join us for Worship on Sundays at 9:30AM
Messiah Lutheran Church
303 Route 101, Amherst, NH

Attend in person or stream our service live from anywhere!

www.messiahnh.org
www.youtube.com/@MessiahNH

Serving our Neighbors – Welcoming All!



A thoughtful approach to aesthetic care

Relevé is a medical aesthetics practice for women who want to feel like themselves again — not different.

Our care is rooted in evidence-based medicine, safety, and long-term thinking, with a focus on natural results and individualized treatment plans.

There is no pressure to treat and no one-size-fits-all approach. The goal is clarity, confidence, and care that aligns with your values and your life.

Services include: wrinkle relaxer, dermal filler, CO2 laser, chemical peels, microneedling, PRP treatments, and medically assisted weight loss.

Consultations are complimentary.

Located in Salzburg Square
603-460-5706
www.relevemedicalaesthetics.com



Handmade quilts await their new homes! The Souhegan Valley Quilters Guild will sell raffle tickets for three quilts made by guild members during Amherst's Fourth of July celebration on the Green. Shown from left are

Sea Urchins (53 by 71 inches), Trucks and Tractors (48 by 62 inches) and Farm Girls (48 by 62 inches). Raffle tickets are \$2 each or six for \$10. The drawing will be held at the guild's Sept. 17 meeting. (Photo by M. Warren.)



Residential & Commercial Electrical

- Electrical Service & Panel Upgrades
- Remodels, Additions & New Construction
- Lighting- Interior & Exterior
- Smoke & CO Detectors
- EV Chargers
- Swimming Pools & Hot Tub Wiring
- Battery Storage Systems
- Generators- Standby & Portable
- Smart Home Automations
- Ethernet Cabling & Security Systems

Call Today!
781-858-8545

www.tcreillyelectric.com

67 Seaverns Bridge Rd
Amherst, NH 03031

May Amherst Home Sales

Town Transaction Report Provided by The Corr Group



Office: 603.213.8257
20A Northwest Blvd #155
Nashua NH 03063

Address	Beds	Baths	Sq Ft	List Price	Sale Price	Sale Date
7 Mulberry Lane	2	2	1,276	\$405,000	\$375,000	5/5/26
6 Milford Street	2	2	1,016	\$249,999	\$245,000	5/7/26
5 Black Birch Drive	6	6	6,467	\$2,750,000	\$2,750,000	5/7/26
22 Atherton Lane	2	3	1,962	\$625,000	\$620,000	5/8/26
1 Williamsburg Drive	3	3	1,300	\$550,000	\$565,000	5/8/26
1B Debbie Lane	2	2	1,260	\$535,000	\$535,000	5/11/26
6 Odell Drive	4	4	2,935	\$1,093,500	\$1,105,000	5/14/26
14 Boylston Terrace	4	3	3,044	\$985,000	\$1,030,000	5/15/26
7 Jennifer Lane	4	3	2,254	\$729,000	\$745,000	5/19/26
55 The Flume	4	4	3,716	\$1,225,000	\$1,300,000	5/21/26
11 Pine Top Road	4	4	3,285	\$995,000	\$1,075,000	5/22/26
25 Cross Road	3	2	1,560	\$465,000	\$510,000	5/22/26
3 Belmont Lane	4	3	1,960	\$650,000	\$725,000	5/22/26
2 Joslin Road	3	2	1,827	\$585,000	\$595,000	5/28/26

Note: Square footage is above grade.

HISTORICAL TIDBITS

Despite popular legend, there is no evidence that the Liberty Bell rang on July 4, 1776.

Fifty-six delegates signed the Declaration of Independence.

Wondering if Your House is Ready to Sell?

Don't Waste Money on Things that Don't Matter To Buyers



Why So Many Are Making the Move Now:

- Upgrading space for work-from-home
- Not many homes for sale
- Unlock your home's equity
- Have put it off for too long already
- Closer to family
- **What's Your Reason?**

We can sell your house for top dollar so you can move into a home that you love and that fits your life today



603.213.8257
CORRGRP.com



Call or Text (603) 213-8257 for your FREE 20-Minute Home Prep-for-Sale Visit

The Corr Group: We help people get the "Just Right" home

Senior Real Estate Specialists - Helping Seniors Move with Confidence and Ease in NH & MA

Office: 20A NW Blvd, #155, Nashua, NH 03063 Tel: 603-213-8257

CORRGrp.com

Celebrate Parks & Rec Month in Amherst

BY ARENE BERRY
Director, Amherst Parks & Recreation

July is Parks & Recreation Month, a nationwide celebration of the parks, trails, and recreational spaces that help build healthy, connected communities. Amherst is fortunate to offer a wide variety of parks and facilities for residents to enjoy throughout the year.

Amherst Village Green – Located in the heart of the Village, this historic gathering space features open lawns, benches, and seasonal community events, including concerts and celebrations.

Baboosic Lake Beach, 25 Broadway – A popular summer destination with swimming, a playground, picnic areas, and scenic lake views. Kayak and paddleboard rentals, swim lessons, and summer camps are available. Lifeguards are on duty daily from 9 a.m. to 7 p.m. during the beach season.

Birch Park Disc Golf Course and Pump Track, 11 Baboosic Lake Road – A wooded disc golf course that welcomes players of all ages and skill levels, alongside a favorite spot for cyclists to practice skills and enjoy an active outdoor challenge.

Joshua’s Park and Stearns-Davis Community Garden, 37 Courthouse Road – Features garden plots, a play-



It was the perfect June evening for this foursome to meet at Birch Park for a game of disc golf. From left: Sutton Boothroyd, Daniel Cronin, Will Marcella, and Brady Crow all grew up in Amherst and are home on summer break. (Photo: M. Warren.)

ground, and open green space for recreation.

Peabody Mill Environmental Center, 66 Brook Road – Trails, environmental education programs, and outdoor learning opportunities for all ages.

Athletic Fields – Baseball, softball, soccer and lacrosse fields are located at Amherst Middle School, Souhegan High School, Wilkins School,

Spaulding Field, Bean Field, and Buck Meadow.

Buck Meadow Conservation Area, 30 NH 101A – A combination of recreation and conservation land featuring walking trails, athletic fields, and groomed cross-country ski trails in winter.

Buchanan Park, 13 Middle Street – A quiet neighborhood park with bocce and cornhole courts.

Davis Lane Tennis Courts – Outdoor courts for recreational play, lessons, and community tennis programs.

This month, Amherst Parks & Recreation encourages residents to explore a favorite destination or discover a new one. Watch the department’s website and Facebook page for information about the Great Amherst Bear Hunt, a monthlong event: amherstnh.gov/parks-recreation-department.

HITCHINER

Strong communities are built by people who show up every day, for their families, their work, and their neighbors. That’s why Hitchiner is transitioning to a living wage compensation model, with entry-level manufacturing positions now starting at \$25.77 per hour.

PROUD OF OUR PEOPLE.
PROUD OF OUR WORK.
WWW.HITCHINER.COM

