

The Loudon Ledger

PUBLISHED BY THE LOUDON COMMUNICATIONS COUNCIL



April 2010
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Governor Visits Pearl and Sons Sugar House March 12

by Letty Barton

Maple producers from across the state gathered on March 12 at Pearl and Sons sugar house for the N.H. Maple Producers annual tree tapping ceremony with Governor John and Dr. Susan Lynch. Also in the group was Loudon's afternoon kindergarten, who the governor shook hands with or gave high "fives" to when he arrived.

In his brief remarks, Governor Lynch stated the annual tree tapping was an important tradition started by Governor Meldrum Thompson. He mentioned the 900 maple producers in New Hampshire produce 90,000 gallons of syrup annually. The governor stated the maple syrup industry is a vital part of our economy and the traditions of New Hampshire.

First lady, Dr. Susan Lynch, said the tree tapping event was her favorite thing to do as First Lady.

Governor Lynch and his wife each used an old-fashioned bit brace to tap a red maple while the kindergartners looked on. The tree tapping between the two has become an annual event to see who does a better job of tapping. The anticipated drip, drip, drip never happened — probably because we hadn't had a freeze the previous night. Following the tapping a basket of maple products was presented to the Governor and his wife. ■



Governor John and Dr. Susan Lynch pose with Loudon's afternoon kindergarten at Pearl and Sons Sugar House on March 12.



Governor John Lynch taps a maple tree as Howard Pearl and kindergarten students look on.

Fire Department Assists Civilian Support Team With Training



People stared as they drove up to Town Hall to vote, wondering what was happening at Loudon Fire Department's Station 2 on Tuesday, March 9. It looked pretty serious. There were trucks with satellite dishes on top, tents, men in uniform, and most worrisome of

all, there were the people walking around in Hazard Materials (Haz Mat) suits.

What you were seeing was a drill for the 12th Civil Support Team (CST), with assistance from the Loudon Fire Department. Training for this team

involves real-life scenarios being portrayed. Loudon Fire Department has assisted by offering a training site five or six times since the team was begun. The CSTs have been formed in every state in the country and are part of the NH National Guard. Every member of the team is a fulltime employee of the Guard. Their mission is to support local first responders and Haz Mat teams with biological and chemical hazards. Additionally, they offer classroom training to local first responders, which Loudon firefighters have gone to numerous times.

The all-day exercise revolved around a scenario whereby a group of people were sickened by milk delivered by a local farmer to a meeting. The

LFD — cont. on 4

Town of Loudon Office Hours

Selectmen’s Office

PO Box 7837 • 798-4541

Selectmen meet Tuesday evenings at 6:30 p.m. in the Community Building.
Mon.–Thurs.: 8 a.m.–4 p.m. • Tues. evenings: 6 p.m.–9 p.m.

Town Clerk

PO Box 7837 • 798-4542

Mon.: 8 a.m.–2 p.m. • Tues.: 3 p.m.–9 p.m. • Wed.–Thur.: 9 a.m.–4 p.m.

Planning/Zoning Board

PO Box 7837 • 798-4540

The Planning Board Meets the third Thursday of the month at 7:00 p.m. in the Community Building. The Zoning Board meets the fourth Thursday of the month at 7:00 p.m. in the Community Building.

Mon. through Thurs.: 8 a.m.–4 p.m. • Tues. evenings open until 7 p.m.

Tax Collector

PO Box 7844 • 798-4543

Tues.: 3 p.m.–9 p.m. • Wed.–Thurs.: 9 a.m.–4 p.m.

Police Department: Emergencies: 911

PO Box 7059 • 798-5521

Mon.–Fri.: 8 a.m.–4:00 p.m.

Code Enforcement

PO Box 7059 • 798-5584

Mon.–Fri.: 8 a.m.–4:00 p.m.

Fire Department: Emergencies: 911

PO Box 7032 • 798-5612

The Fire Department holds its general meeting on the second Monday of the month at 7:30 p.m. in the Safety Building. To obtain a fire permit, please stop by the station weekdays between the hours of 7 a.m. and 6 p.m. Fire permits for the weekend need to be obtained during these times.

Loudon Elementary School

7039 School Street • 783-4400

The School Board meets the second Monday of the month at 7:15 p.m. Call the Superintendent’s Office for meeting location.

Transfer Station

Tues. & Thurs.: 9 a.m.–5 p.m. (Winter)

Tues.: 9 a.m.–5 p.m. • Thurs.: 11 a.m.–7 p.m. (Summer) • Sat.: 8 a.m.–5 p.m.
Loudon residents can purchase facility stickers at the transfer station for \$1.00. See the attendant.

Highway Department

Road Agent: David Rice • 783-4568

Mon.–Fri.: 7 a.m.–3:30 p.m.

Maxfield Public Library

Librarian: Nancy Hendy • 798-5153

Mon.: Closed • Tues.: 10 a.m.–9 p.m. • Wed.: 1–9 p.m.

Thurs.: 10 a.m.–9 p.m. • Sat.: 9 a.m.–1 p.m.

The Library Trustees meet at 5 p.m. on the first Tuesday of the month.

John O. Cate Memorial Van

Call 783-9502 at least a week in advance of your appointment to schedule a ride. The John O. Cate Van committee meets the last Thursday of the month at 2 p.m. at their facility at the Transfer Station.

Loudon Food Pantry

30 Chichester Road, Unit D, Loudon

Open Wednesdays and Thursdays from 10 a.m.–6 p.m.

For more information, call Sue or Sarah at 724-9731 or email LoudonFoodPantry@yahoo.com

Loudon Representatives

Merrimack County — District 6

Maureen Baxley: PO Box 67, Andover, NH 03216. 682-3782

Claire D. Clarke: 437 Daniel Webster Hwy., Boscawen, NH 03303. 796-2268

Priscilla P. Lockwood: PO Box 1, Canterbury, NH 03224. 783-4349

Joy K. Tilton: 4 Hill St., Northfield, NH 03276. 286-8806

Frank A. Tupper: PO Box 92, Canterbury, NH 03224. 783-4110

Deborah H. Wheeler: 38 Bay St., Northfield, NH 03276. 286-8212

Senators — District 07

Harold W. Janeway: 225 Tyler Rd., Webster, NH 03303. 271-7585

Loudon Ledger Submission Policy

All groups, organizations, individuals, etc. are encouraged to submit articles to the *Loudon Ledger*. Special events, landmark anniversaries or birthdays, “attaboys,” etc. are all welcome.

Please note, however, that the *Ledger* will uphold its mission:

To provide a comprehensive source of information and education about business, government, and community organizations within Loudon in order to facilitate and encourage informed citizen participation.

We will also follow our *Articles of Agreement*, which are on file with the Secretary of State:

The corporation shall not participate in, or intervene in any political campaign on behalf of any political party or candidate for public office, nor shall it sponsor or endorse any plan or proposition that does not facilitate or encourage informed citizen participation.

In other words, any article submitted must present *all sides* of an issue in a factual, unbiased manner so that the reader may form his/her own opinion based on the information presented. To paraphrase Eric Severard: “You should elucidate but not advocate.”

Articles should be submitted to the Loudon Communications Council, P.O. Box 7871, Loudon, NH 03307. They may be emailed to debbie@debbiekgraphics.com. From there, they will be forwarded to the Council for review before they are inserted in the *Loudon Ledger*. If you have any questions regarding this policy, please contact Mary Ann Steele, chairperson of the Council, 267-6509. ■

Classified Ads are available. Please mail your ad copy, along with a check payable to LCC, to PO Box 7871, Loudon, NH 03307. A 1–3 line, 1-column ad will cost \$10. A 4–5 line, 1-column ad costs \$15.

“The Loudon Ledger” 2010 Schedule

January 2010 Ad & Copy Deadline: Fri. 12/18 **Council Meeting:** Mon. 12/21

February 2010 Ad & Copy Deadline: Fri. 1/15 **Council Meeting:** Mon. 1/18

March 2010 Ad & Copy Deadline: Fri. 2/12 **Council Meeting:** Mon. 2/15

April 2010 Ad & Copy Deadline: Fri. 3/19 **Council Meeting:** Mon. 3/22

May 2010 Ad & Copy Deadline: Fri. 4/16 **Council Meeting:** Mon. 4/19

June 2010 Ad & Copy Deadline: Fri. 5/14 **Council Meeting:** Mon. 5/17

July 2010 Ad & Copy Deadline: Fri. 6/18 **Council Meeting:** Mon. 6/21

August 2010 Ad & Copy Deadline: Fri. 7/16 **Council Meeting:** Mon. 7/19

September 2010 Ad & Copy Deadline: Fri. 8/20 **Council Meeting:** Mon. 8/23

October 2010 Ad & Copy Deadline: Fri. 9/17 **Council Meeting:** Mon. 9/20

November 2010 Ad & Copy Deadline: Fri. 10/15 **Council Meeting:** Mon. 10/18

December 2010 Ad & Copy Deadline: Fri. 11/12 **Council Meeting:** Mon. 11/15

**PLAN YOUR ADVERTISING IN ADVANCE!
TO ADVERTISE, CONTACT: Samantha French/783-4601**

DISPLAY ADVERTISING RATES:

Business Card	4⅝"W x 2"H	\$35.00/issue
1/8 Page	4⅝"W x 3"H — or — 2⅜"W x 6"H	\$50.00/issue
1/4 Page	9⅜"W x 3"H — or — 4⅝"W x 6"H	\$65.00/issue
1/2 Page	9⅜"W x 6"H — or — 4⅝"W x 11¾"H	\$115.00/issue
Full Page	9⅜"W x 11¾"H	\$230.00/issue

Purchase an advertising contract for the entire year and SAVE 10%!

CLIP AND SAVE FOR FUTURE REFERENCE!

The Loudon Ledger

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Council Members: *Dottie Mulkhey, Mary Ann Steele, Tricia Ingraham, Jenn Becker, Sherry Blanchard, Sharon Strout, Pete Pitman, and Amanda Masse.*

Editorial Submissions may be mailed to PO Box 7871, Loudon, NH 03307 or sent via email to: debbie@debbiekgraphics.com

All editorial submissions are approved by the Council before publication.

Advertising: Samantha French — 783-4601 / harvestmooner@aol.com

Where to Worship in Loudon

Family Bible Church

“Where everybody is somebody, and Jesus is Lord!”
Pastor Steve Ludwick

676 Loudon Ridge Rd., PO Box 7858, Loudon, NH, 03307 • 267-7577
www.myfamilybiblechurch.org • Email: sludwick@hughes.net
Coffee & Prayer Time: Sunday 8–9:10 a.m.

Sunday Worship: 9:30 a.m. A blend of hymns & contemporary songs.
Fellowship time following service is provided. Sunday School for ages 4 years–5th grade during worship service. Nursery also Available.
Sunday Evening: Youth Group — For Grades 6–11: 6–7:45 p.m.
Monday: Men’s Fellowship and Prayer 7–8:45 p.m.
Wednesday: Women’s Bible Study, fellowship, and prayer: 9:15 a.m.
Ongoing Evening Adult Bible Studies: call for details



Faith Community Bible Church

Jeffrey Owen, Senior Pastor • Joshua Owens, Associate Pastor
334 North Village Road, Loudon, NH 03307 • 783-4045 • www.fcbc-loudon.org

Worship Hours:

8:00 a.m. and 11:00 a.m. (Nursery provided.)
Sunday School Classes for All Ages: 9:30 a.m. • Bible Study: Thurs., 9:30 a.m.
Youth Group: Sun. 6:00 p.m. (Grades 6–12) • Men’s Bible Study: 2nd and 4th Sat. 7:00 a.m.
Church office hours: Tues., Weds., Thurs. 9 a.m.–2 p.m. • Secretary: phyllis.minery@fcbc-loudon.org



Landmark Baptist Church

Fundmental, Independent, Biblical, Caring
Pastor Paul J. Clow

103 Chichester Road, Loudon, NH 03307 • 798-3818 • www.landmarkbaptistchurch.info
Sunday School: 9:30 a.m. (Nursery Provided) (New Beginnings Class: for those interested in the Christian Faith and in Landmark Baptist Church. This is a time for questions and answers about what it means to be a Christian and what we believe here at Landmark!)
Sunday Morning Worship: 10:30 a.m. (Nursery and Children’s Church Provided)
Sunday Evening: 6 p.m. • Master Club: Weds. 6:30–8 p.m. (ages 5–6th grade)
Wednesday Evening Bible Study: 7 p.m. (Nursery Provided. We are studying verse by verse through various books of the Bible.)
Saturday Street Witnessing: 9:30 a.m. • Saturday Youth Group: 7–9 p.m. (Grades 7–12)
We never cancel services for any reason!



Loudon Center Freewill Baptist Church

Rev. Henry Frost
Clough Hill Road. Mailing address: P.O. Box 7852, Loudon, NH 03307 • 783-4540
Member of the American Baptist Churches of VT/NH (Lakes Area Association)
Sunday Worship: 10:00 a.m.



Loudon Congregational Church

Rev. David D. Randlett, III
7018 Church Street, PO Box 7034, Loudon, NH 03307 • 783-9478 • www.loudoncongregational.org
Sunday Worship: 9:30 a.m. (Staffed nursery for infants–pre-K)
Sunday School (all ages): 11:15 a.m. (Sept.–June)
Tuesday and Wednesday Evenings: Regional PrayerWatch Groups and Christian Study Groups (call for details)
Loudon Congregational is a member church of the Conservative Congregational Christian Conference (www.cccusa.org).

GraveRobbers Coffeehouse

A community hospitality project of Loudon Congregational Church.
GraveRobbers is a safe, fun setting for everyone! Coffeehouse concerts are held the first Saturday of every month at 7 p.m. featuring accomplished musical artists of various styles in a casual, café setting (doors open at 6:30). There is no admission to the concerts; however, donations for the artists are encouraged. Refreshments are available at reasonable prices.



New Beginnings Church of the Nazarene

Rev. W. John White, Senior Pastor
33 Staniels Rd, Loudon NH 03307 • Ph: 224-1311 • Office Hours: 9–2, Mon.–Fri.
phyllish@LNBnazarene.org • www.LNBnazarene.org
Sundays: Sunday School & Adult Bible Studies: 9:15 a.m.
Worship: 10:30 a.m. (Childcare provided for Infants.) Jr. Kids Church (2-year-olds–Kindergarteners.) Kidsville (Grades 1–4)
Early Evening: House Churches. (Call the church or visit our website for a location near you.)
Tuesdays: Early Youth Group (Grades 5–6). 6:30–8 p.m. Brian & Jill Bollinger: 267-1744
Wednesdays: Youth Group (Grades 7–12). 6:30–8:00 p.m. (Brian Bollinger)
Adult Bible Studies: 7:00 p.m.
Other: Once a month will also have events for men, women, adults, and seniors (50+) called OASIS.
Please visit our website or call the church office for details.



SonLight Christian Fellowship

Pastor Thomas Friedrich
Currently meeting at the Loudon American Legion Hall, So. Village Rd.
Mailing address: 55 Wiggins Road, Loudon, NH 03307 • 798-3112 • pastor@sonlightchristian.org
Sunday Worship: 10:30 a.m. First Sunday of Every Month: Communion Service followed by potluck luncheon. Third Sunday of Every Month: Men’s and Women’s Ministry Luncheon following services.



To have your Church’s information added to this column, please email your information to debbie@debbiekgraphics.com

Loudon Church News
Special Easter Offerings

The New Beginnings Church of the Nazarene will be offering an Easter Breakfast Sunday, April 4 from 8:30–10 a.m. A nominal fee will be charged at the door.
At 10:30, Senior Pastor John White will deliver an Easter Worship Service. There will be a special Kidsville Easter Worship time for children in Grades 1–4 and their parents, with the Kidsville Worship Team and the Kidsville Puppets.

“Taylor’s Grove” to Appear at Loudon Center Freewill Baptist Church

TAYLOR’S GROVE will be appearing in concert at the Loudon Center Freewill Baptist Church on Saturday, April 17 at 7 p.m. Veteran country music performer Mac McHale and old-time gospel singer Carolyn Hutton bring a bit of the north and south together in a duo called “TAYLOR’S GROVE.” Taking the name from the little North Carolina church where Carolyn grew up singing with her family, Mac and Carolyn perform together simple old-fashioned American music that reaches across barriers of places and generations. With guitar, mandolin, banjo, and harmony singing, they bring together songs Mac learned from country radio in the 30s and 40s and songs Carolyn heard in the North Carolina Piedmont. Come and spend an evening in the church at Loudon Center with Mac and Carolyn. We are handicapped accessible and we know you will be richly blessed. A potluck supper will be held at 6pm, so bring your favorite food and appetite. A love offering will be taken for the singers.
On May 8, 2010 from 8 a.m.–10 a.m. the Sunday school will be holding a pancake breakfast fundraiser at Applebee’s on Loudon Road in Concord. Tickets are \$5.00 per person and proceeds go towards camp scholarships. To buy your tickets, please call Stephanie at 848-2080 or email her at dsgagne@live.com.
Keeping watching our notices for more information on a sock hop being hosted by the Loudon Center Freewill Baptist Church. Start digging out your old poodle skirts and bobby socks ladies and you men get your jeans, white t-shirts, and penny loafers!!
Services are Sundays at 10 a.m. with Sunday school during service. We’d love to have you join us! ■

UNH Cooperative Extension Events

Merrimack County Cooperative Extention will be offering a two-part workshop series on “Pesticide Applicator Training” on April 13 and April 20 from 6–9 p.m. The April 13 session will be held at the Belknap County UNH Cooperative Extension Office, 36 County Drive, Laconia. The April 20 session will be held at the Merrimack County Cooperative Extension office, 315 D.W. Highway, Boscawen. There is no cost for these workshops. This workshop is for anyone who uses or supervises the use of pesticides for producing an agricultural commodity on property owned or rented by you or your employer. This training is required for individuals who are not presently certified to apply pesticides. NH requires you to have a private applicator’s license.
Another two-part workshop on “Growing Your Own Fruits and Vegetables” will be offered on April 22 and 26 at the Merrimack County UNH Cooperative Extension office, 315 D.W. Highway, Boscawen. The first part, “Home Fruit Production,” will deal with site preparation, choosing good varieties, seeding and transplanting, pruning and plant support, pest prevention, and fertilization. It will be presented by Bill Lord, Extension Fruit Specialist. Part two, “Vegetable Gardening,” will be presented by Amy Ouellette, Agriculture Educator. She will speak on how to build good garden soil, choosing crops and varieties, mulch and row covers, pest prevention, and fertilization. This two-part workshop is also free.
If you’d like to register or receive more information, please contact Mary at UNH Cooperative Extension at 796-2151. ■

Deadline for the
May issue
of The Loudon Ledger:
Friday, April 16, 2009

Black

Black

2010 Town Meeting One of the Shortest on Record!



Dustin Bowles, Chair Board of Selectmen, opens Town Meeting thanking volunteers. Left to right: Moderator Phil Nadeau, Dustin Bowles, Tax Collector/Town Clerk Helen McNeil, Selectman Roger Maxfield, Deputy Town Clerk Wendy Walsh, and Selectman Steve Ives.

Loudon's Town Meeting was very short this year. The first session was held on Tuesday, March 9 when voters chose town officials (Article 1) and voted on six zoning amendments (Article 2).

Election Results

Moderator — 2-year term:

Philip F. Nadeau	165
Michael LaBonte	221
Write In	2

Selectman — 3-year term:

Dustin Bowles	311
Write In	20

Supervisor of the Checklist — 6-year term:

Lynn Riel	344
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Town Clerk — 2-year term:

Dawn Pearl	136
Wendy Walsh	248
Write In	1

Trustee of the Trust Funds — 3-year term:

Diane J. Bullock	341
Write In	2

Library Trustee — 3-year term:

Kenneth M. Krzewick	324
Write In	7

Zoning Board — 3-year term

Vote for no more than two:

George Saunderson	249
Donald J. Bowles	142
Roy Merrill	237
Write In	2

Planning Board — 3-year term

Vote for no more than two:

Stephen T. Jackson	244
Thomas L. Moore	323
Write In	6

All six Zoning Amendments passed. Once elections were over, the first session was over. The second session was held on Saturday, March 13 at 9 a.m. at the Elementary School.

There were only five warrant articles, including the budget and the usual "to transact any other business."

Article 3 regarding shimming and paving Lower Ridge Road from Sleep-

er's Bridge to Loudon Ridge Road passed.

Article 4 dealt with changing the Town Clerk's pay from fees to a set salary, ranging from \$24,000–\$26,000 with a minimum of 26 hours per week to be worked. There was a great deal of discussion and the article narrowly passed (92–84).

Article 5 was a petitioned article that was a resolution to allow NH citizens to vote on a constitutional amendment that would define "marriage." Again, there was some discussion with the end result being the article was tabled.

The budget was Article 6. Because Article 4 had passed, that budget line had to be adjusted within the budget. The Selectmen proposed an amendment making the adjustment, which passed.

Bob Bottcher proposed a reduction in the Library's cleaning budget line, reducing it from \$6,600 to \$1,000. There was a great deal of discussion about it, but in the end the budget line remained the same.

In the end, a budget totalling \$4,686,163 was passed. Shortly after, the meeting adjourned. ■

**Deadline for the May issue
of The Loudon Ledger:
Friday, April 16, 2009**

LFD — cont. from page 1

Team had to take samples and analyze them in their mobile lab in order to determine the best way to treat the victims. In the midst of dealing with site #1, a call came in reporting a parked truck with "Caution, toxic gas" signs on it and someone sitting inside.

The team now had two sites to deal with. As soon as it was safe to leave site #1, part of the team moved to the second scenario where they found a "man" (a dummy) inside a pickup truck who had apparently committed suicide using a toxic gas created with household chemicals.

The CST had to determine what gas had been used and the level of danger it posed.

These exercises help train the team by testing their capabilities and sharpening skills. The teams are available whenever and wherever needed within New Hampshire.

Windstorm Wreaks Havoc in Town

February roared out like a lion this year with some of the highest winds recorded locally in many years. Thursday, Feb. 25 was very wet and rainy. The heavy rains had softened the ground and the high winds that followed toppled trees all over town.

Around midnight, the Fire Department issued a call for all personnel to respond to the station. Crews were sent out to check for downed trees on power



A CST member sits inside the mobile lab that accompanies the team.

lines and across roads. Another crew stayed at the station, answering the phone and logging radio calls.

In 3-1/2 hours, over 60 calls were logged. Where possible, crews cut up trees and opened roads. If power lines were involved, cones were set out and the power company was notified.

The Highway crew spent the next week finishing road clean up. ■



CST members check for toxic gas during their recent training exercise.



A decontamination area.



Communication center set up at Station 2.

TO YOUR HEALTH

By Tricia Ingraham, MPH

How to Help Kids Cope With Stress

Seeing kids under stress tugs at the heartstrings. With each age, brings different stressors. As of mom of elementary school children and a college student, I see this first hand. To adults, childhood can seem like a carefree time, but kids do experience stress. Things like school and social life can sometimes create pressures that can feel overwhelming for kids. As a parent, you can't protect your kids from stress — but you can help them develop healthy ways to cope with stress and solve everyday problems. I found some great strategies on how to help kids through stressful times.

A KidsHealth® KidsPoll showed that kids deal with stress in both healthy and unhealthy ways. It also revealed that while they may not initiate a conversation about what's bothering them, kids do want their parents to reach out and help them cope with their troubles.

But it's not always easy for parents to know what to do for a child who's feeling stressed.

Here are a few ideas:

Notice out loud. Tell your child when you notice that something's bothering him or her. If you can, name the feeling you think your child is experiencing. ("It seems like you're still mad about what happened at the playground.") This shouldn't sound like an accusation (as in, "OK, what happened now? Are you still mad about that?") or put a child on the spot. It's just a casual observation that you're interested in hearing more about your child's concern. Be sympathetic and show you care and want to understand.

Listen to your child. Ask your child to tell you what's wrong. Listen attentively and calmly — with interest, patience, openness, and caring. Avoid any urge to judge, blame, lecture, or say what you think your child should have done instead. The idea is to let your child's concerns (and feelings) be heard. Try to get the whole story by asking questions like "And then what happened?" Take your time. And let your child take his or her time, too.

Comment briefly on the feelings you think your child was experiencing. For example, you might say "That must have been upsetting," "No wonder you felt mad when they wouldn't let you in the game," or "That must have seemed unfair to you." Doing this shows that you understand what your child felt, why, and that you care. Feeling understood and listened to helps your child feel supported by you, and that is especially important in times of stress.

Put a label on it. Many kids do not yet have words for their feelings. If your child seems angry or frustrated, use those words to help him or her learn to identify the emotions by name. Putting feelings into words helps kids communicate and develop emotional awareness — the ability to recognize their own emotional states. Kids who can do so are less likely to reach the behavioral boiling point where strong emotions get demonstrated through behaviors rather than communicated with words.

Help your child think of things to do. If there's a specific problem that's causing stress, talk together about what to do. Encourage your child to think of a couple of ideas. You can get the brainstorm started if necessary, but don't do all the work. Your child's active participation will build confidence. Support the good ideas and add to them as needed. Ask, "How do you think this will work?"

Listen and move on. Sometimes talking and listening and feeling understood is all that's needed to help a child's frustrations begin to melt away. Afterwards, try changing the subject and moving on to something more positive and relaxing. Help your child think of something to do to feel better. Don't give the problem more attention than it deserves.

Limit stress where possible. If certain situations are causing stress, see if there are ways to change things. For instance, if too many after-school activities consistently cause homework stress, it might be necessary to limit activities to leave time and energy for homework.

Just be there. Kids don't always feel like talking about what's bothering them. Sometimes that's OK. Let your kids know you'll be there when they do feel like talking. Even when kids don't want to talk, they usually don't want parents to leave them alone. You can help your child feel better just by being there — keeping him or her company, spending time together. So if you notice that your child seems to be down in the dumps, stressed, or having a bad day — but doesn't feel like talking — initiate something you can do together. Take a walk, watch a movie, shoot some hoops, or bake some cookies. Isn't it nice to know that your presence really counts?

Be patient. As a parent, it hurts to see your child unhappy or stressed. But try to resist the urge to fix every problem. Instead, focus on helping your child, slowly but surely, grow into a good problem-solver — a kid who knows how to roll with life's ups and downs, put feelings into words, calm down when needed, and bounce back to try again.

Parents can't solve every problem as kids go through life. But by teaching healthy coping strategies, you'll prepare your kids to manage the stresses that come in the future.

Source: www.kidshealth.org

Do you have a health topic that you would like to see featured? Please send ideas to: tricia0101@comcast.net. ■

Help the Historical Society to Restore the Town Pound!

A piece of Loudon's History is falling apart. The Town Pound was a holding pen for loose barnyard animals. It is located on Young's Hill Rd. Please come to Charlie's Barn on Wednesday, April 21st at 7pm. We will be making a plan for fixing the stonework and the surrounding area of the Town Pound. It will take a lot of hard work and volunteers to help pull away the brush and put the rocks back where they belong. This would be a great project for Scouts, or students or anyone interested in preserving our history. We are also looking for help from anyone with skills in the stonework/construction trade. If you are interested just show up for the meeting. If you have questions or can't make the meeting please feel free to e-mail Cynthia Babonis at cbabonis@gmail.com. ■

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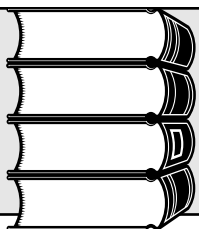
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Maxfield Public Library News

By Cheryl Ingerson



Showing off bunnies made during Story Time.

NEW BOOKS

Fiction

Coben, Harlan
Cussler, Clive
Fielding, Joy
McCann, Colum
Parris, S. J.
Patterson, James
Rosenfelt, David
Simmons, Dan

Caught
Silent Sea
Wild Zone
Let the Great World Spin
Heresy
Fang
Down to the Wire
Black Hills

Nonfiction

Albright, David
Blum, Deborah
Conover, Ted
Corrigan, Kelly
Hirsch, James S.
Olsen, Lynne
Osbourne, Ozzy
Schuyler, Nick

Peddling Peril
The Poisoner's Handbook
The Routes of Man
Lift
Willie Mays
Citizens of London
I Am Ozzy
Not Without Hope

STORY TIME

The circus will be coming to story time on April 6th, 7th, and 8th, as we read Chris Van Dusen's *The Circus Ship* and Henrik Drescher's *Whose Scaly Tail?* Our craft to follow will be a circus clown sure to entertain the children.

On April 13th, 14th, and 15th, we'll hear about monsters in Margery Cuyler's *Monster Mess* and *Monster Munchies* by Laura Numeroff. Each child will wrap up a mummy for keeps.

Earth Day is April 22nd, so on the 20th through the 22nd, story timers will make an earthly creature after listening to *If the Earth Were a Few Feet in Diameter* by Joe Miller and *Curious George Plants a Tree* by Margret and H.A. Rey.

SCHOOL VACATION AND FREE MOVIES

The last week in April is school vacation. Join us Tuesday, April 27th, at 10:30 a.m., for the movie *Ponyo*, and Wednesday, April 28th, at 2:00 p.m., for *Planet 51*. Enjoy free popcorn and juice with the movie.

There will be an open craft time on Thursday, April 29th, from 10:00 a.m. to 2:00 p.m. With May Day just around the corner, the children will create and fill May baskets to bring home for someone sweet.

FAMILY EVENT ON MAY 1ST!

Creepy Crawly Encounter is coming to the library!

The "Creepy Crawly" Encounter is an exciting and very safe program that exposes those young and ever-curious explorers (as well as the young-at-heart) to a wide variety of reptiles, amphibians and invertebrates!

Kids will enjoy the opportunity to see some amazing lizards, hold or touch snakes, take a stroll with a tortoise, see the amazing beauty of tree frogs and other amphibians and... maybe shriek a little at the sight of the Tarantula, centipede or giant cockroaches!

The exciting and engaging Wildlife Educator will lead those attending on a fun and Educational Adventure with all things creepy!!

Space is limited, so you will need to sign up for this event to reserve your seat. Come in to the library, or call 798-5153.

When do monkeys fall out of trees?

TERASE _____

TINPEISGRM _____

KMSEONY _____

REAHT _____

ARPLI _____

LISTPU _____

During _____ - _____ showers.

MARCH WORD SCRAMBLE ANSWERS:
MARCH, LEPRECHAUN, SPRING, WINDY.
RAINBOW, GOLD, FLOWERS

What bow can't be tied?
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A youngster enjoys reading while lounging on some of fun furniture in the Children's Room.

NEW DVDs

Adam, The Box, Capitalism: A Love Story, Cold Souls, Everybody's Fine, Hurricane Season, The Invention of Lying, New Moon, Olivia Takes Ballet, Ponyo, A Serious Man, Serious Moonlight, Up in the Air, Where the Wild Things Are

ART CLUB

Join us for an idea session on Wednesday, April 7th, at 7 p.m., as we set up a schedule of museum tours and choose art-related topics for guest speakers. On April 17th, the group will go to the Currier Museum of Art in Manchester to see the current exhibition "From Homer to Hopper: American Watercolor Masterworks." We will meet at the library at 9 a.m. and car pool. Lunch at Fratello's will follow the tour. Anyone who loves art is welcome to come along. To register for the tour, please call Nancy Hendy at 798-5153.

Loudon Food Pantry and Feinstein Challenge Update

Last month we announced our participation in the 13th Annual \$1 Million Giveaway to Fight Hunger. This challenge is on until the last day of April and we need your help!

As of March 18th, we have collected \$447 in funds and \$159.77 in food towards this drive (for a total of \$606.77). For participating in this challenge, we can receive anywhere from \$250 up to \$40,000. Can you guess which amount we're shooting for? So please, donate food and funds today! For those of you who are setting up food or fund drives, please call (724-9731) or email (LoudonFoodPantry@yahoo.com) us and let us know!

Donations can be dropped off or mailed to Loudon Food Pantry, 30 Chichester Rd., Unit D, Loudon, NH 03307. We are open for donations Mondays, Tuesdays, and Fridays from 10 a.m.–5 p.m. and Wednesdays and Thursdays from 10 a.m.–6 p.m. You can also donate through our website at LoudonFoodPantry.org. ■

Ashley Dlubac on Dean's List

In recognition of scholarly achievement the name of Ashley R. Dlubac has been placed on the Dean's List in the School of Health Sciences and Human Performance at Ithaca College, Ithaca, NY.

Ashley is a 2008 graduate of MVHS. She is a Clinical Science/Physical Therapy Major and Women's Track and Field Athlete. Ashley is the daughter of Tim and Helen Dlubac of Loudon. ■

Children's Place Auction

There will be an auction to benefit The Children's Place and Parent Education Center on Friday, April 16, 2010 7–11 p.m. at the Holiday Inn, Concord, NH. It will be a silent and live auction, with complimentary light hors d'oeuvres and desserts; cash bar. Music entertainment from Nazy of 105.5 WJYY.

Tickets are \$15 per person and can be purchased in advance at The Children's Place and Parent Education Center (27 Burns Avenue, Concord, NH) or at the door the night of the event. Auction catalog may be viewed at www.tcpnh.org. For more information, call 224-9920. ■



A groups of local seamstresses meet at the Library. It's a wonderful chance to work on projects with like-minded people.

BOOK SALE

Take your pick from a fresh batch of books and movies at our next sale on Saturday, April 24th, from 9 a.m. to 1 p.m. For reminder calls or email notifications of upcoming sales, please call Debby at 798-5153.

BOOK GROUP

Epic sweep. Stunning realism. Psychological insights. Deeply and universally human. Who's afraid of eight hundred pages of classic Russian literature? Certainly not our book group! Feel the wind sweep across the frozen Neva and watch the fur-clad figures hurry by as we explore Tolstoy's *Anna Karenina*, on April 29th, at 7 p.m. Then smile as you cross this one off your list of books to read before you die. Newcomers are welcome.

LIBRARY HOURS

Tuesdays and Thursdays	10 a.m.–9 p.m.
Wednesdays	1–9 p.m.
Saturdays	9 a.m.–1 p.m.

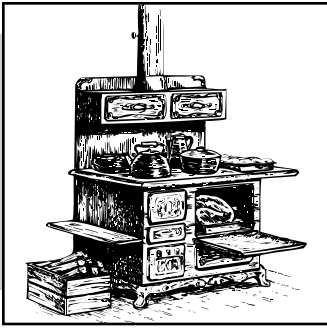
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What's Cookin'!

This month: Happy Healthy Spring

By Jennifer Pfeifer

Happy Spring! It's hard to keep a spring in your step if your bones aren't strong. After a recent lack of gracefulness, a wipe out under my mom's truck, and some not so good X-rays that showed my bones are not as white (strong) as they should be, I was shocked. Lucky for me nothing was broken...this time. But it reminded me of just how important eating calcium-rich food will be for the future health of my body. As a child I was lactose intolerant and now as an adult I just can't stomach even the thought of drinking a glass of milk. Gag for me! It's a good thing that there are so many other delicious ways to get calcium into our diets.

Healthier bones mean healthier bodies, and keeping your bones healthy means calcium, calcium, calcium. It works this way: 99% of your calcium is stored in bones and teeth, the other 1% circulates in the body, helping important functions like muscle contractions and blood clotting. If your diet is low in calcium, your body draws the mineral from your bones, which, over time, can make them brittle.

Don't forget vitamin D, which helps the body absorb calcium, and which comes from fortified dairy products, egg yolks, salmon, tuna and other foods. Research suggests that fruits and vegetables rich in potassium, magnesium and vitamin K may also be important for healthy bones. Weight-bearing exercise helps, as does keeping your sodium intake in check and maintaining a healthy weight. And among the many reasons smoking is bad for you, it reduces calcium absorption and bone mass. The government recommendation for adults ages 19-50 is 1000 mg of calcium per day. One cup of milk has 296 mg. Eating a varied diet rich in dark leafy greens, fruit, nuts, and seeds will give you plenty of calcium and you'll get so many other health benefits from these foods as well.

Here are 15 High in Calcium foods that don't come from a cow:

Sesame Seeds: A quarter cup of sesame seeds has 351 mg calcium.

Spinach: A cup of boiled spinach has 245 mg.

Collard Greens: A cup of boiled collard greens has 266 mg.

Blackstrap Molasses: One tablespoon has about 137 mg.

Kelp: One cup of raw kelp has 136 mg.

Tahini: Two tablespoons of raw tahini (sesame seed butter) have 126 mg.

Broccoli: Two cups of boiled broccoli have 124 mg.

Swiss Chard: One cup of boiled chard has 102 mg.

Kale: One cup of boiled kale has 94 mg.

Brazil Nuts: Two ounces of Brazil nuts (12 nuts) have 90 mg.

Celery: Two cups of raw celery have 81 mg.

Almonds: One ounce of almonds (23 nuts) has 75 mg.

Papaya: One medium papaya has 73 mg.

Flax Seeds: Two tablespoons of flax seeds have 52 mg.

Oranges: One medium orange has 52 mg.

Cold Kale with Spicy Peanut Sauce

I've always been a fan of cold kale salad. My mom use to just blanch, drain and add our favorite low fat Italian dressing. But this recipe is just a quick and by far my new favorite!

- 1 bunch kale
- 3/4 cup water
- 2 heaping spoonfuls of peanut butter
- 2 tsp. of chili sauce
- 2 tsp. of grated ginger
- 1 tsp. sesame oil
- dash of salt

Blanch the kale in 2 qts hot water for 3 minutes. While the kale is blanching, combine other ingredients in a bowl to create sauce. Drain kale and rinse with cold water. Put kale back in bowl and mix in sauce.

Veggie Reuben

Stuffed with delicious sautéed vegetables, melted Swiss cheese, and light Russian dressing, You won't even miss the meat in these high-calcium sandwiches.

- 2 Tb. reduced-fat mayonnaise
- 2 tsp. ketchup
- 2 tsp. chopped capers
- 1 tsp. chopped pickle, or relish
- 3 tsp. extra-virgin olive oil, divided
- 1 small red onion, thinly sliced
- 1 cup sliced mushrooms
- 5 cups baby spinach
- Freshly ground pepper, to taste
- 4 slices rye bread

- 1/2 cup shredded reduced-fat Swiss cheese

- 1/2 cup sauerkraut

Whisk mayonnaise and ketchup in a small bowl until smooth. Stir in capers and pickle (or relish). Set aside.

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and mushrooms; cook, stirring often, until the onion is softened, 4 minutes. Add spinach and cook, stirring, until it has wilted, 1 to 2 minutes. Transfer the mixture to a plate.

Coat the pan with the remaining 1 teaspoon oil and return to medium heat. Add the bread; divide cheese equally among the slices. Divide sauerkraut between 2 slices and divide the spinach mixture between the other 2 slices; cook until the cheese has melted and the bread is golden brown, 4 to 6 minutes. Transfer sandwich halves to a cutting board. Divide the dressing between the spinach halves. Carefully place the sauerkraut halves on top. Cut sandwiches in half and serve.

Creamy Calcium Soup

This is a great vegan soup but in my opinion almost everything could use a little sprinkle of bacon.

- 1 leek chopped
- 1 small onion
- 3 cloves of garlic (more or less if you like)
- 1 large cauliflower cut up
- 1 cup diced carrots
- 1 cup diced pumpkin
- 1 cup diced potatoes
- 1 cup silken tofu
- 1 cup ground up almonds
- 2 Tb olive oil
- soy/rice or almond milk

Lightly fry onion, garlic and leek until soft. In a large pot simmer all other veggies and tofu in soy/rice milk until soft (use enough to completely cover veggies). Once soft add everything to pot and use a hand held blender and blend until smooth. Add salt and pepper to taste and serve with hot crusty bread.

For more nutrition you can add 1/2 cup of a mixture of ground hazelnuts, linseeds and sesame seeds. This soup has lots of calcium.

Spinach and Cheese Quesadillas

Try adding your favorite flavors you are only limited to your imagination when choosing fillings. The calcium rich cheese is the key to holding everything together.

- 1-1/2 cups low-fat cottage cheese
- olive oil spray
- 8 oz. mushrooms, sliced
- 8 light flour tortillas
- 14 oz. can red kidney beans, drained, rinsed
- 3 tomatoes, diced
- 1 cup grated reduced-fat cheddar cheese
- 1/2 cup baby spinach

Drain cottage cheese in a large sieve for 15 minutes. Gently press to remove liquid.

Spray a non-stick frying pan with oil. Add mushrooms and cook for 6-8 minutes over a medium heat until golden. Transfer to a plate.

Preheat a grill or sandwich press. Spread 4 tortillas with cottage cheese. Top with cooked mushrooms, kidney beans, tomatoes, cheese and spinach. Cover with remaining tortillas.

Cook for 3-4 minutes until golden brown. Repeat with remaining tortillas.

Almond Berry Rice Pudding

This pudding is as colorful as it is tasty bursting with sweet berries.

- 1/2 cup short-grain rice
- 3 cups Almond milk
- 2 stalks lemon grass, trimmed, crushed
- 4 tablespoons sugar
- 1 tsp. almond extract
- 2 cups low-fat fruit yogurt
- 2 cups mixed berries
- 1/2 cup toasted almonds

OBITUARIES:

Sylvia T. Vanson

Loudon, NH: Sylvia T. (Velez) Vanson, 89, of Loudon died Thursday, March 11, 2010, at the Harris Hill Center in Concord.

Born Sept. 26, 1920, in New York City, she was the daughter of Caesar and Lucia Velez.

Sylvia was an amazing homemaker and also worked as a self-employed dressmaker. She enjoyed cooking, gardening, reading, and traveling the world over, but was always happiest when sharing time with her many friends and family. She will be deeply missed by all those whose lives she touched.

Sylvia was the widow of the late Henry L. Vanson.

She is survived by two sons, Robert A. Vanson of Bohemia, NY, and Marc A. Vanson and his wife, Donna Vanson, of Loudon; a daughter, Lynn M. Satriale of North Andover, MA; 10 grandchildren, 10 great-grandchildren; several nieces; and a great-nephew.

The family thanks the staff of the Harris Hill Center in Concord for the care and compassion they provided for mom during her stay.

Family and friends are invited to a service to celebrate Sylvia's life April 10 at 11 a.m. at Living Word Assembly of God Church, 729 Stage Road, Gilmanton Road, Gilmanton Iron Works.

Burial will be held at Oakwood Cemetery in Bay Shore, NY.

Memorial donations may be made to Harris Hill Center, 20 Maitland St., Concord, 03301; or the Living Word Assembly of God Church benevolence fund for helping the local community.

The Cremation Society of New Hampshire, King Street, Boscawen, is in charge of the arrangements. For an online guest book, visit csnh.com. ■

Russell M. Wilson

Loudon, NH: Russell M. Wilson, 64, died Saturday, March 27, 2010, at the Edith N. Rogers Memorial VA Hospital in Bedford, MA.

Born in Concord on Sept. 5, 1945, he was the son of Leo H. and Elaine (Pease) Wilson. He graduated from Penacook High School in 1963 and earned his bachelor's degree in economics from Franklin Pierce College.

In 1965, Russell enlisted in the U.S. Navy and served as a corpsman (E-4) in Vietnam before his honorable discharge in 1969. He was awarded the Purple Heart after sustaining injuries in the battle at Kason.

Before retirement several years ago, he was proud to be employed as a veterans advocate in the New Hampshire Department of Employment Security in Manchester.

He loved reading, gardening, animals, and spending time outdoors. He was a devoted husband, father, brother, and uncle who cherished the time spent with family and serving his country.

Family members include his wife of 22 years, Susan (Elliott) Wilson of Loudon; one son, Ryan Wilson of Manchester; and one daughter, Reagan Wilson of Manchester. He also leaves his brother, Vernon L. Wilson and his wife, Susan M. Wilson, of Loudon; two nephews, Marty and Heath Wilson; and four nieces, Danielle, Catherine, Christine, and Jacqueline Bourque.

He was predeceased by his sister Lisa Marie (Wilson) Bourque in 1997.

A funeral service and burial with military honors was held Thursday, April 1 at the New Hampshire State Veterans Cemetery in Boscawen.

In lieu of flowers, memorial donations may be made to Disabled American Veterans Department of New Hampshire, 27 Lowell St., Manchester, NH 03101.

For more information, go to lambertfuneralhome.com. ■

What's Cookin' — cont. from page 8

Place rice, milk, lemon grass and sugar in a pan. Bring to the boil and stir well. Reduce heat and simmer for 30 minutes.

Leave to cool, then discard lemon grass. Add almond extract.

Stir in yogurt. If making ahead, cover and chill for up to 2 hours. Add berries and spoon into serving glasses. Top with almonds.

Honey and Sesame Candy

Dip these high calcium treats in dark chocolate and as far as I'm concerned these are the perfect health food!

2 cups sesame seeds

1-1/4 cups honey

In a heavy pan, cook the honey and sesame seeds together gently for about 8 to 10 minutes, stirring occasionally until the mixture is golden brown. Test in cold water — when a soft ball is formed, the sweet is ready. Pour onto a marble slab or greased pan. Use a rolling pin to flatten mass to about 12-inch thickness. As the candy cools, cut into sticks about 3-inches long and 1/2-inch wide. Wrap the sticks individually in waxed paper and store in a tin box.

Next Month: Let the Grilling Begin!

Concord Hospital Offers Aquatic Exercise for Cancer Survivors

Concord Hospital's Payson Center for Cancer Care and Rehabilitation Services Care offering aquatic exercise for cancer survivors on Thursday, April 15 from 5:30 to 6:30 p.m. at the Center for Sports Medicine and Orthopaedic Rehabilitation in the Concord Orthopaedics, P.A. building on the Concord Hospital campus.

Physical activity has been shown to improve anxiety, mood and depression, boost self-esteem and relieve fatigue among cancer survivors, according to the American Cancer Society (ACS). Consult your physician to discuss how physical activity may help you. "This aquatic exercise program is designed for cancer survivors," said Janet Lehoullier, PTA, Concord Hospital Rehabilitation Services. "Participants learn how to exercise safely and enjoy the benefits of water to decrease the stress on joints and muscles."

Registration for this program is required. To register or for more information, please call (603) 230-6031.

As one of Concord Hospital's cornerstone Centers of Excellence, the Payson Center for Cancer Care, approved by the American College of Surgeon's Commission on Cancer as a Comprehensive Community Cancer Center, provides personalized treatment and support for cancer patients and their families, including radiation oncology, medical oncology, and surgery. Board-certified physicians and nationally-certified oncology nurses are dedicated to providing quality health care in a warm and caring environment. The Payson Center offers the latest in advanced technology such as Intensity Modulated Radiation Therapy (IMRT), On-Board Imaging (OBI), and the 3D Ultrasound Targeting System, and conducts multiple clinical research trials through New Hampshire Oncology-Hematology, PA, (NHOH) and the Concord Hospital Radiation Oncology Department for eligible patients. The full-service Payson Center features the HOPE Resource Center that offers programs and services to assist patients with all aspects of their cancer care including financial, emotional, spiritual, and dietary needs. ■

**Deadline for the May issue
of *The Loudon Ledger*.
Friday, April 16, 2009**

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Loudon Girl Scout News

Our World Thinking Day event was a great success. Thirty-eight girls and sixteen adults worked together to make friendship bracelets, create cards and make no-sew blankets for the children who were victims of the earthquake. The girls and their families donated ten boxes of toys and personal care items and more than twenty bags of shoes and clothing. The Grace of God Revival Center in Manchester will bring all of the items we made and collected directly to Haiti. Thanks to Pastor Max Darboze for assisting us in getting these much-needed materials to Haiti. The girls learned a bit about Haitian culture by making drapo flags and sampling desserts commonly served in Haiti.

As we welcome spring, many troops are working on community service projects and finalizing plans for year-end activities. Thank you for your support of the Girl Scouts in Loudon.

Girl Scouts builds girls of courage, confidence, and character, who make the world a better place. For more information about the Loudon Girl Scouts, or to share your community service ideas or interests please contact Jessalynn Geerdes-Lakowicz, Service Unit Manager at 783-0218.

Daisy Troop #10955

Tracy Koufos, Kellie Goble & Tammy Bourque

The Daisy troop continues to work on earning our pedals. Now we are focused on the pedals that represent *Be*

a Sister to Every Girl Scout and Use Resources Wisely.

Brownie Troop #10454

Julie Segien, Karen Thurber

Troop 10454 is moving along in our WOW Wonders of Water Journey exploring the Sea life in the Ocean. We examined where sea life can live the best — The ocean Surface, Sunlight Surface, Twilight Zone and Midnight zone. We learned that coral will become extinct if we do not keep our oceans clean. The girls role played how to communicate better with parents, friends and community about our water saving journey. We will have a pinning ceremony where girls will receive pins (for our newer members) and everyone will receive the patches earned from our journey so far this year. In addition we will read the last chapter in our journey book and make a poster detailing our experience at our next three meetings. Parents thank you for your cookie support.

Brownie Troop #10045

Kathleen Fisher, Jennifer Maguire, Kimberley Lowell

To complete their "Operation Snowflake" badge, the troop gathered on February 21st for Olympic-style outdoor games. There was just enough snow on the ground for winter fun! The girls got a chance to sled, snowshoe and try cross-country skiing. Thanks to co-advisor Jenn Jones, the highlight of the day was the relay race where girls competed by tying scarves on snowmen, carried oranges with spoons, ran backwards carrying snow shovels full of thin mint boxes, posed for a ski photo shoot and ended with a ball scramble. As tiring as it was the girls loved it! We topped the time off with a cup of cocoa and pretzels dipped in chocolate. March brought sapping season and we toured a small, local operation. On March 15th, Mrs. Chagnon treated us to a great-smelling demonstration of how sap is transformed into yummy syrup. For the Maple Sugaring badge we learned about identifying maple trees, collecting & boiling sap, the different kinds of maple syrup and their costs. Many thanks to Mrs. Chagnon, for her gift of small syrup bottles for the girls. They got to pour some fresh syrup on vanilla ice cream for a delicious snack. We kept the cookie selling season open with more booth sales so again our troop thanks all of our supporters. And I want to send a special Thanks to our Cookie Mom, Kim Lowell, for all her hard work.

Junior Troop # 12083

Our troop gathered to create the desserts for the Service Unit's World Thinking Day Celebration. We learned that coconut and mashed or pureed fruits are the most common ingredients

in Haitian desserts. We made coconut candy and tropical muffins. The coconut candy reminded us of the Somaos, Girl Scout Cookie! Our meetings this month focused on earning our First Aid Badge. Thanks to Ben Carter from the Loudon Rescue Squad for visiting our troop meeting and teaching us about first aid basics.

Since hunger doesn't take a break, in April, our troop will work on a service project that will benefit the Loudon Food Pantry. Watch for signs around town and help us reach our goal. Some of the girls are working on the Junior Girl Scout Challenge Award to live the Girl Scout Law. The award process focuses on character, courage and confidence. We'll share the results of our effort once the project is completed. Thank you again to everyone who supported us by purchasing cookies. We sold just over 750 boxes!

Junior Troop #12641

Amanda Masse, Jessalynn Geerdes-Lakowicz, Cecile Merrill & Michele Paquette

Five girls from our troop were able to go to Salty Dog Pottery in Barnstead for their ceramics and clay badge. We created some beautiful coil pots! We participated in World Thinking Day event making some flags of the country Haiti to share with the other girls. We will be doing some reverse tie dying where we pull the color out of dark shirts in various patterns. In April we are going to the Seacoast Science Center and in May going rock climbing. We are planning a camping trip in early summer and can't wait for the end of year service unit event. Thanks for reading about our group!

Cadette Troop #12356

Advisors: Samantha French & Amanda Masse

We will be holding a dinner for the residents of The Richard Brown house in April. We will be working on requirements for our Pets interest project badge and taking a trip to Pet Smart as well as a veterinary hospital. We will be meeting with some Juniors who will be bridging up to Cadettes and working on their requirements to bridge. We will also be participating and helping at the end of year service unit event. We plan taking a cool overnight trip up to North Conway. Stay tuned to hear about our adventures. Please let us know if you know anyone that has needs that our group can help out with!! ■

See next page for pictures from various Girl Scout Events.

LOUDON HISTORY & MYSTERY

By Tina Rattee

HELP!!!!!!!!!!!!!!!!!!!!!! I have run out of mysteries. I am in need of pictures from 1960–1980. I get the most responses from those pictures.

I received no calls or e-mails for the March mystery, the stories behind road names. As you can see, I am getting desperate for photos and info. E-mail me, Tina at trattee@comcast.net or call me at 783-0483. ■

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Who said too many cooks spoil the broth? This young cooks look like they're having lots of fun.



Junior Troop 12641 create their own pottery at Salty Dog Pottery.



Brownie Troop 10045 celebrate its own Winter Olympics.

Black

Scenes from the Service Unit's World Thinking Day Celebration





Loudon Police Department News

By Robert N. Fiske, Chief of Police

On March 16th, we held our annual D.A.R.E. Pizza Night. This event is our major fundraising event for the Loudon D.A.R.E. program. We were amazed by the overwhelming support of our program by our community! We wish to extend our sincere thanks to the many contributors that donate to this program. Last year, for the first time, we were able to offer two scholarships to graduating seniors at Merrimack Valley and look forward to offering them again. The D.A.R.E. Graduation will be held in May at the Loudon Elementary School.

We have scheduled our **bicycle safety program for April 24th at 9:00 a.m.** This program is provided

in conjunction with the Loudon Recreation Committee. This class will review the rules of the road, bicycle maintenance and helmet use. All ages are invited to attend. The Boy Scout Troop 30 which is sponsored by the Loudon Police Association will be assisting with this class as well as members of the Loudon Recreation Committee. Although not required, we encourage you to register your child by calling 798-5521 or via e-mail at loudonpd@loudonpolice.com. This event will be held behind the safety building and inside the safety building if it rains.

Our lifeguard will be back on duty June 19th. Lisa Halterman has agreed to return again this year to provide

lifeguard services at Clough Pond. The days and hours the lifeguard will be on duty will be Wednesday through Sunday from 10:00 a.m.–6:00 p.m. A reminder — a resident sticker is required on any vehicle using the beach facilities. You may obtain this sticker at the transfer station during regular hours.

Don't forget to check out our website at www.loudonpolice.com. Our webmaster is continuing to update the site.

As always, if you have any comments or suggestions, please do not hesitate to contact me at 798-5521 or via e-mail at loudonpd@loudonpolice.com or chiefiske@loudonpolice.com. ■



Turnout at this year's D.A.R.E. Pizza Night was outstanding.



D.A.R.E. students enjoyed a night at a Monarchs hockey game.

Loudon Recreation Committee News

Well... Mother Nature wasn't very nice to Loudon Recreation Committee and our winter carnival could have been more of a swimming party if anyone saw the field that Friday afternoon when we made the call to cancel. Most of the town was without power during that weekend and we just couldn't have a winter carnival event with no snow or volunteers. We apologize to all those who were looking forward to building some great snowmen and hope that you save your ideas for next year. We hope to include several of the planned activities (ones that didn't require snow) in our Community Summer Fun Nights in July and August. Thank you for understanding.

Olympic style archery lessons are very well attended as there are two full classes! The snow tubing event that was held at Gunstock was reported to be great fun by those who attended. Loudon Recreation also participated in The Manchester Monarch's Parks and Recreation day with Loudon residents in attendance of the game. Line dancing is going well with 20 people having a great time. It looks like another session will be put together so watch for flyers on the website www.loudonnh.org. If you are interested; please contact Kim Therrien at 435-6266. Please remember to fill out an event evaluation form located on the website www.loudonnh.org under Recreation to share your thoughts on any event or program that you attend or participate in — this helps us to plan.

Be on the lookout for flyers advertising the beginning of Spring Golf at the Loudon Country Club in May for youth, teens and adults. Flyers will go home through Loudon Elementary School, posted around town and can always be obtained on the website.

Children's Stage Adventures and Loudon Recreation Committee will again offer the Children's Summer Theater Camp. We are in the process of finalizing the details but right now it looks like August 9-13 will be the week with the performance of the play, *Oliver Twist* on Friday night. We are planning the summer swim lesson program at Clough Pond. There will be two sessions (two weeks each) and dates will be advertised as soon as they are set. We are hoping to put together pottery classes with a potter from Barnstead at her studio. We are also looking into a hula hoop class for fitness! Another art class for kids is being worked on as well. Stay tuned to the website for more details on these and other events. Also look forward to some great Summer Fun Nights this year. If you have suggestions, we would love to hear them!!!

The Recreation Committee will be offering swimming lessons again this year. There will be two sessions, both at Clough Pond and each will be two weeks long. The first session will be July 19-30; the second session will be held August 2-13. There will be more details next month.

Be sure to check the website www.loudonnh.org between issues of *The Loudon Ledger* for additional events or program opportunities. Thank you for your continued support!

If you are interested in all that we do for recreation programming here in Loudon and would like to be placed on our email contact list or have additional ideas to share please contact Alicia at 435-5193 or by email at affirmhealth@yahoo.com. The Loudon Recreation Committee usually meets once a month on the fourth Wednesday of the month at 6:30 p.m. at the Maxfield Public Library, join us if you are interested! We hope to see you there!! ■

Loudon Needs Your Help!

Would you like to become more involved in the town where you live? There are a number of volunteers positions needing to be filled. Please take a look at the list below and see if there's anything that interests you.

Solid Waste/Recycling Committee: Meets the third Tuesday of the month at 7:00 p.m. at the Town Office. Contact person Steve Bennett.

Recreation Committee: Meets the fourth Wednesday of the month at 6:30 p.m. at the Maxfield Public Library. Contact person Alicia Grimaldi.

Conservation Commission: Meets the second Wednesday of the month at 6:00 p.m. at the Community Building behind the Town Offices. Contact person Julie Robinson.

Agricultural Commission: Meets the second Monday of the month at 7:00 p.m. at the Community Building behind the Town Offices. Contact person Carole Soule.

Anyone interested in obtaining more information or interested in serving on these committees can also contact Bonnie or Jean at the Selectmen's Office at 798-4541 or email at townofloudon@tds.net. ■

Loudon Youth Athletic Association

By Tracy Koufos

What is LYAA?

LYAA is Loudon Youth Athletic Association. Our goal is to provide opportunities for the children in the community to learn the ideals of good sportsmanship, honesty, loyalty, courage and respect. We work to achieve this by providing supervised athletic programs. Currently we offer soccer, baseball and softball (with Merrimack Valley Little League). We are a non-profit program, and all members, despite their personal duties, volunteer their time to make the programs available to the youth of Loudon.

Whose Eligible and When does LYAA meet?

Any parent/community member may volunteer their time to support LYAA and the youth of Loudon. We meet the 4th Tuesday of the month at 7pm at Maxfield Public Library.

Volunteering for LYAA

Our Board is seeking NEW MEMBERS. Membership does not mean you need to hold a Board position. It simply means you support the programs and can volunteer some time. Remember, a little goes a long way when we all participate. Areas we always need help in are:

- Attendance at monthly meetings- 4th Tuesday of the month, 7pm, Maxfield Public Library

- donating your time in the Snack Shacks
- joining the Baseball Committee
- joining the Soccer Committee
- helping with equipment inventory
- organizing coach training and support
- helping with fundraising efforts
- organizing Picture Day for Baseball and Soccer
- donating your time at Field Maintenance Days
- help organize and participate in Event Sign Up Nights
- contacting new and current sponsors for their support
- coaching
- umpiring
- be added to our email list for updates and to find out when help is needed

If you could help in just one of these areas it would make a great difference in how the programs and organization is run.

Treasurer Position

Currently LYAA is seeking the help of a parent and/or community member, with some financial background, who would like to volunteer as our treasurer. Our treasurer, Norma O'Brien would willingly work with the newly appointed treasurer during his/her first year. All Board positions are one year. If you are interested or would like further details

please contact Norma at mnobrien@comcast.net.

Baseball

Things are getting underway for the 2010 Baseball season. Once again our Majors and Minors teams will be in the Suncook Valley Cal Ripken program. Coach pitch and tball will remain local and play Loudon teams.

Important Dates:

Mandatory Major/Minors Coaches Meeting Sat., April 10 at 9 a.m. at Barnstead Town Hall. Field Maintenance Day Sat., April 10 at 9 a.m., Rain Date Sat., April 24 at 9 a.m. All Loudon Coaches Mandatory Coaches Meeting Tues., April 13 at 7 p.m. Maxfield Library Children's Room. Opening Day Sat., May 1 at 9 a.m. First Minors game Sat., May 1, time and location TBA. First Majors game Mon., May 3, time and location TBA.

If you'd like to help in anyway with the upcoming season please contact John Charron at bigbadjohn451@yahoo.com or 765-5280.

Soccer

This year the summer soccer program will be with the British Soccer Camp. Sign up forms will be coming home soon through school. Visit www.lyaanh.org for more information. Fall Soccer sign-ups will be in May or June, details to come.

We are happy to have the support from Danielle Verrille, a senior at MVHS. Her senior project is organizing the Angels 5k Run/Walk on May 1, 2010. She has choosen to have all proceeds of the event donated to LYAA for the new soccer fields. Danielle has long been an active soccer player and many of our Board members remember her starting out in our programs. The event is a fun day filled with lots of community support. If you would like to run in the event, support the event with a donation, help out the day of the event or have any questions for Danielle feel free to contact her at dverrille@comcast.net or her mentor Sara Wagner at 496-3440.

We are also looking for anyone interesting in helping with the development and building of a new snack shack at the new soccer fields over the summer. If you would like to help please contact Scott Hagerty at scottsparky@comcast.net

Lastly, if anyone has a hot dog machine that they would like to donate to LYAA to use between the snack shacks it would be greatly appreciated.

Save the Date

Volunteering fulfills a need and gives back to the youth of Loudon. We really hope to welcome new members and see you at the next LYAA meeting: Tuesday, April 27th at Maxfield Public Library. ■

Earth Day is April 22!

The Loudon Recycling Committee is Celebrating Earth Day with the Sale of 14-Gallon Recycle Tote Bins. These are available at the transfer station through the month of April for \$5.00 each. Help Keep Loudon Clean! ■



Fire Permits Required

A Fire Permit is **REQUIRED** for ALL outside fires, including family campfires, chimineras, fireplaces, etc.

Permits can be obtained at the Fire Station during normal business hours.

We'll treat you like family!

- NH State Inspections
- Oil Changes & Tune Ups
- General Auto Repair
- Transmissions are our specialty!
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Competitive labor rate of \$40 per hour. We NEVER charge storage fees!

All transmission overhauls come with a 12 mo./12,000 mile warranty which includes a FREE tow (in NH) by MJ's Towing of Boscawen if transmission fails

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Loudon, NH 03307
603-783-0101

Open Monday–Friday
9am-5pm
Saturdays by Appointment

Merrimack Valley School District News

Loudon Student Selected for Allstate Art Festival

Congratulations to Isaac Ladd of Loudon and Faith Bouchard of Webster for being selected to participate in the 2010 New Hampshire Allstate Art Festival! Only 60 students were accepted into the whole program. Faith, who is in grade 11, and Isaac, who is in grade 10, will spend 2 days creating art at the Currier Art Museum with students from all over New Hampshire.

Submitted by Erin Fitzgerald, Merrimack Valley High School Art Teacher

February Students of the Month

The following students were nominated as February student of the month. Winners must have a C or better in their classes and exhibit good character. The winners, chosen randomly, are: Benjamin Burrows and Jonathan Drake. Congratulations!

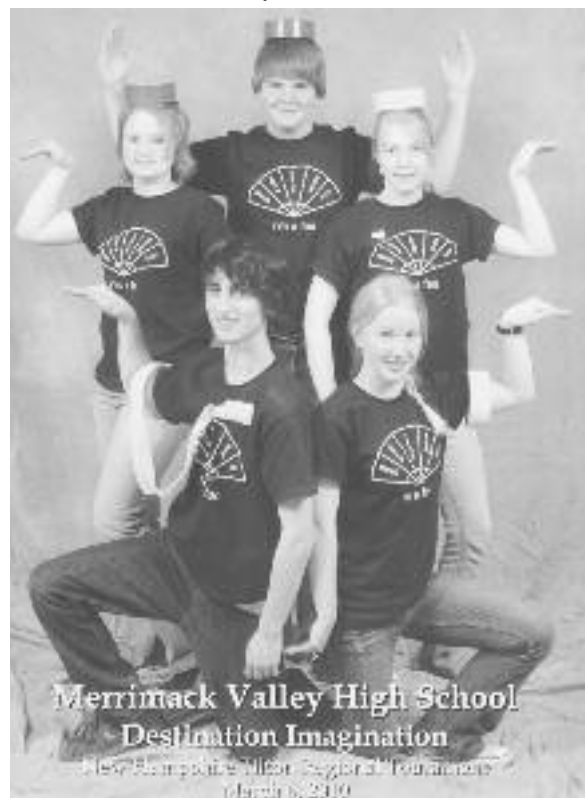
These are the student of the month nominees, sorted by town:

Salisbury: *Benjamin Burrows, Winner*, Dylan Jones, Ashley Bowne, Mitchell Hemlin.

Loudon: *Jonathan Drake, Winner*, Ashley Scanlan, Sarah Blake, Benjamin Smith, Amanda Bullock, Alexander Hunton, Abigail Blake, Sara Kowalski, Kaitlin Ryan, Bryan Briggs, Felicia Barrington, Melissa Emery.

Webster: Rebecca Hashem, Connor Presutti, Kayla Ham, Derek Barton.

Boscawen: Josiah Vendt, Lillian Downing, Melina Caron, McKenzie Haney, Emma Merrow.



Destination Imagination Team, front row from left to right: Derek Blunt, Merike Youngs. Second row, left to right: Jenna Boutin, Becca Lance. Back is Tom Philbin.

Penacook: Alex Williams, Katherine Copp, Nicole Daniels, Nathan Boisvert, Maggie Plante, Benjamin Tasker, Courtney Mailhot, Elizabeth Hodges, Brinkley Matulaitis.

Andover: Rebecca Lance, Mariah Lansdown-Howard.

MVHS Destination Imagination Team Wins!

Merrimack Valley High School would like to congratulate our Destination Imagination team members, Merike Youngs, Becca Lance, Jenna Boutin, Derek Blunt and Tom Philbin for their first place victory in the "Improv" challenge. The ingenious members of the team saved the Yiddish language with their unimpressive whistling super powers and with the help of the wise man and the "bench"!

The team also was awarded with the "spirit of discovery and imagination" award, which honors students who demonstrate outstanding and extraordinary levels of spirit and whose sacrifices are not for themselves, but for others.

We now congratulate Merike, Becca, Jenna, Derek, and Tom and encourage them as they now begin the process of preparing for the state tournament in Nashua on March 27th!!

Submitted by Coach, Penny Ferris, Business/Computer Technology Teacher, Merrimack Valley High School; Project Running Start Faculty, New Hampshire Technical Institute

MVHS News

Guidance News: Greetings from MVHS Guidance! Seniors! The Red Sox Scholarship is a new prestigious award created by the Red Sox Foundation and the Boston Red Sox. The award is a \$1,000 scholarship to one academically talented graduating senior at Merrimack Valley High School who has shown a commitment to community service. Applications are open only to qualified seniors at 10 New Hampshire public high schools. A senior at Merrimack Valley High School WILL be selected for this award so it's definitely worth applying. The recipient will be recognized during your school's formal graduation ceremonies and in an on field, pre-game ceremony with the Red Sox team owners on New Hampshire Day at Fenway Park on Sunday, May 30, 2010. For an application go to the MV website Scholarship page or www.redsoxfoundation.org. Deadline to apply is March 17th!!

Juniors: If you plan to apply to a four year college, it is advised that you take the SAT in the spring of your junior year. Go to collegeboard.com for dates, times, deadlines, and sign up instructions! There are many opportunities to prepare for this test. There is free help on collegeboard.com, including practice test questions. If you took the PSAT you have an account with MyCollege Quickstart that includes a personalized study plan. Also, VLACS offers a free SAT prep course online that you can take for an ELO credit!! If you are interested, go to vlacs.org and see Mrs. Corrow about the ELO credit.

Child Development News: The Child Development class has been busy working on community service projects. They organized a bake sale that raised

\$160 to send to children who have been orphaned by the recent earthquake in Haiti. The students have also learned how to knit, and have created several baby hats to donate to premature babies at a local hospital. Also, they visited the sewing lab at the middle school and made bibs to send to a local day care center. During the month of March we will be visiting Penacook Elementary and listening to the elementary school students read and helping out in the classrooms. All of these projects are helping us understand the aspects of child development while benefiting our community. Not to mention it's a lot of fun!

Scheduling News: Students and parents will begin the process of selecting classes for next school year beginning on Tuesday, March 8th. Remember, the master schedule is built based on student requests. Be sure to ask for the classes you need and want now, as it will be very hard to change later!!!

Phone Calls from the HS & MS: Outgoing calls to parents and homes now show up on caller ID with an assorted "753-xxxx" number. We cannot receive incoming calls from these lines. Please continue to call the high school at 753-4311 rather than using a call-back feature.

Thoughts from the SAP (Student Assistance Program):

It is never too late!

Whether you are completing the first year of high school or sending your child off to college soon, it is never too late to get involved in their lives! Studies show that teens really do want input from their parents/caregivers, (SAMHSA.gov). It may not happen overnight, but talking with young people about life's challenges does matter. Teens deal with many events on a daily basis. There are academic, social, emotional, and physical changes going on that can increase stress levels if not well managed.

The high school years can look like this:

Changing social groups
Hormones
Attitude all over the place
Odd feelings not sure how to handle\
Sensitive and scared

Simply put, **CHAOS!** Find out what is going on with your teen, ask questions without judgment, and find a way to connect so they know they can come to you for help with all their challenges. Talk with other parents for support in the adventure of parenting.

Chinese Proverb

Go to the People [teens]

Live among them

Learn from them

Love them

Start with what they know

Build on what they have.

Good luck, and may spring arrive soon! *Submitted by Heather Kingston, Student Assistance Program Counselor*

Upcoming Events:

April 2
April 8

Term 3 Ends
Report Cards Issued to students ■

MVHS The Community Pride Link

MARCH/APRIL 10 — ISSUE 4

Special Education: Supporting Students and Families

Fostering a strong partnership with parents and engaging them in the process of educating their children is a strong focus throughout the Merrimack Valley School District. This is especially important when a child has special needs because the special education process can be confusing for parents. The following are a few highlights of opportunities available at MVSD to support these students and their families.

Providing Support for Families

MVSD's Special Education department hosts and participates in an interagency wrap-around process, which meets monthly with a variety of community support agencies. The purpose is to provide support for families, especially in times of crisis for students, through the collaboration of our community agencies. MV is frequently complimented on this practice and it is seen as a model for other NH school communities.

A participating regional Juvenile Probationary Parole Officer commented that the programs provided at MVSD, including the work of our School Resource Officer, Carl Notarangeli, has had a positive impact in our schools and helps to keep our students out of the judicial system. An example of recent work accomplished via the agency connection includes support being provided to Loudon guidance counselor, Jeanette Murray, in her efforts to initiate student training for a mediation/conflict resolution group. The purpose of the group is to provide peer support/mediation and assistance to students at recess and other school functions. The NH Mediation Program, via connection through the wrap-around agency, has made a commitment to assist Jeanne with this work.

In addition, our participation in this collaboration has led to the High School being selected to participate in Project Renew with John Santos, caseworker from Riverbend. The program focuses on assisting students as they transition out of our high school.

The MVSD staff is pleased to work with the dedicated professionals serving students and families in our MV community. Should you need support from this group or if you need information regarding crisis management please contact your school counselor or Maureen Gross at 753-1411 or via email at mgross@mv.k12.nh.us.

Special Education Programs

The Merrimack Valley School District provides special education to students with the following disabilities:

- Autism
- Deaf-blindness
- Deafness
- Emotional disturbance
- Hearing impairment
- Mental retardation
- Multiple disabilities
- Orthopedic impairment
- Other health impairment
- Specific learning disability
- Traumatic Brain Injury
- Blind/Visual Impairment
- Speech Language Impairment

The District also provides related and supportive services that identified students need in order to be successful in their school programs.

Supporting your Child's Success

- Talk with your child's teacher.
- Review and assist with homework assignments.
- Ask for regular progress monitoring reports.
- Celebrate your child's successes.
- Learn more about the curriculum, assessments, and interventions being used in your child's school.
- Participate in conferences and other meetings about your child.
- Make a list of specific questions to ask when you meet with school personnel. (e.g. What is working? What can I do at home?)

If you have questions about your child's progress, please contact your child's teacher or principal.

American Reinvestment and Recovery Act (ARRA) Funding 2009-2010

As part of the Federal government initiatives around reinvestment, the MV School District has received: \$328,042.50 for IDEA ARRA as well as \$15,230.00 for Preschool ARRA. The ARRA IDEA stimulus monies provide funding to support the following educational activities:

- Speech Pathologist consultation for students with significant communication needs, along with professional development for staff working with the students
- Augmentative communication technology/tools to support recommendations of the Speech Pathologist consultant
- Assistive technologies such as computer hardware, equipment for the visually and/or hearing impaired and software to support student learning in the regular classroom
- Community and functional living skills activities including supplies, transportation (purchased a van to support the increased demand on our transportation department) and purchased services such as karate and dance classes
- Math and literacy support including supplemental materials, programs such as before/after school support as well as consultation for staff and students to address varying student needs and learning styles
- Middle School Pride Program developed to provide a continuum of supports in the form of professional development, paraprofessional behavioral support and materials
- Professional development for staff to support students with low incidence disabilities such as autism, emotional disabilities, hearing and visual impairments
- Equipment to support sensory and motor needs of identified students such as swings and mini trampolines
- Paraprofessional support staff member to provide individual support to identified students

The ARRA Preschool monies will provide literacy consultation to improve and expand literacy curriculum in the preschool programs.

A similar amount of funding is available to the District for the next school year and must be obligated by September 30, 2011. It is our goal to provide support to special education programming without creating projects that would be unsustainable once the funding is no longer available to our schools.

Fast Facts

- MVSD's special education identification percentage is 16.7% compared to the state at 13.8%.
- Special education related revenues are generated through federal programs including Medicaid to Schools and Catastrophic Aid reimbursements. The district may also receive tuition from other school districts for students placed in our special education programs.

MVSD Parent Outreach

The Parent Outreach Committee of MVSD has expanded its membership as well as the number of presentations being offered to the staff and families of our community. A large focus of family presentations and staff development has been around autism as well as sensory and social needs of students on the autism spectrum. This is due in large part to Spectrum 46, a group of parents of students with autism and staff of the MV community. Parent and staff attendance has ranged from 15 to 70 plus, depending on the specific topic. We are pleased to see this increase in participation at our programs. If you have suggestions or would like to join the parent outreach committee contact Mary Paradise at 753-4891 or email her at mparadise@mv.k12.nh.us. You may obtain information about Spectrum 46 by contacting Erika Downie at 648-2338 or emailing her at ebdownie@tds.net.

The Child Find Program is available year round. If you suspect a child between the ages of 3 and 21 is in need of special education, please contact your community school. Ask for someone in special education and they will assist you or contact Mary Paradise at 753-4891 or Maureen Gross at 753-1411.

Since 1972, special education services have been federally mandated for students identified with specific educational disabilities. Funding for special education is provided through the MVSD operating budget and federal Pre-school and Individuals with Disabilities Education Act (IDEA) entitlement grants.

Old Home Day — Get a Jump Start!

We know it seems awfully soon to be seeing Old Home Day forms, but the Committee begins working on the program book early in the year! If you or your business would like to advertise in this year's book, please take the time to fill out one of the forms below and return it with a check to the Old Home Day Committee, PO Box 7050, Loudon, NH 03307. The "Citizen of the Year" form appears at right — please start thinking about a suitable candidate for this year. Old Home Day is Saturday, August 14, 2010. See you there! ■

Dear Loudon Business Owner,

The 2010 Loudon Old Home Day Association is writing to ask for your financial support to help make Loudon's only community-wide event a success again this year. Old Home Day will be Saturday, August 14, 2010 and promises to have something for everyone! After you read our letter, please take a few moments to look over the supporter levels listed below and choose your level of support. Attach your ad copy along with the bottom portion of this letter, a check payable to LOHD, and return to the Old Home Day Committee, PO Box 7050, Loudon, NH 03307. Your ad and payment must be received by June 1, 2010 in order for your ad to appear in this year's book.

The Loudon Old Home Day committee has two goals: first — to create a day of fun and community pride, and second — to promote our many local businesses. While we are proud of our volunteers and their efforts, our goals can't be met without your help.

The Old Home Day Committee thanks you in advance for your generous donation and we look forward to seeing you at our 2010 Old Home Day celebration.

Please consider supporting this worthwhile community event and respond today!

Contact information: Irene Dow — 798-3872 Janice Sinclair — 798-3158
Kim Bean — 231-5396 Susan Gelineas — 783-9272

2010 BUSINESS SUPPORTER AD AND DONATION INFORMATION

(Please return this portion with your ad copy and payment.)

Business Name: _____

Address: _____

Contact Name: _____

Telephone Number: _____

Email Address: _____

Please circle one: \$ 25.00 Business Card Ad (5"w x 1-7/8"h)
 \$ 50.00 Half Page Ad (5"w x 3-3/4"h)
 \$100.00 Full Page Ad (5"w x 7-1/2"h)

AD COPY AND PAYMENT DUE BY JUNE 1, 2010
IN ORDER TO APPEAR IN THIS YEAR'S BOOK.

Dear Loudon Resident,

As the temperature begins to rise, the Old Home Day committee is already planning for this year's annual event, scheduled for Saturday, August 14th. The unseen details, both large and small, are in the early stages. We need your support!

Have you ever attended what has come to be known as Loudon's biggest one-day community event? This fun day offers something for everyone: a parade, crafts, baking contest, games, horse-shoe tournament, tractor pull, a barbecue dinner, and plenty of entertainment. Let's not forget the fireworks!

As part of our activity guide and supporter directory, we have an individual supporter page for Loudon residents to show their support for this awesome event.

Would you consider a donation of \$10.00 or more, and add your name to our growing list of supporters? Please take the time to complete the bottom portion of this page and return it with your check, made payable to the Loudon Old Home Day Association (LOHDA), PO Box 7050, Loudon, NH 03307. The deadline for making our list in the book is June 15, anything received after that date will be included on a poster at the Old Home Day Booth. We appreciate your assistance in meeting that date. We are always looking for new members to help in the planning stages, or just at the Old Home Day booth, so won't you consider joining us?

Thank you in advance for your support. Please come and join us on Saturday, August 14th and enjoy Loudon Old Home Day 2010 with a friend.

2010 INDIVIDUAL LOHD SUPPORTER

(Please return this portion with your donation)

Name(s) (as you would like it to appear): _____

Amount of donation: _____

Thank you for your generous support of Loudon Old Home Day.
We hope to see you there!

Citizen of the Year Nomination Form

The Loudon Old Home Day Committee is seeking your help in determining the Citizen of the Year. This person will serve as grand marshal for this year's event. We would very much like for you and/or your organization to choose a worthy recipient for this year's "Citizen of the Year" award. A special selection committee will then take all of the candidates nominated, see if they fit the criteria, and use this information to choose this year's "Citizen of the Year." This person would then become the grand marshal at the August 14, 2009 Loudon Old Home Day event.

Please return your nomination to any committee member or mail to Loudon Old Home Day Association, PO Box 7050, Loudon, NH 03307 as soon as possible, but not later than June 15, 2010. Our committee was very proud of our 2009 selection of Bea Moore. Please use the criteria included to help you with this year's nomination.

Thank you for your help.

LOHD Committee

CITIZEN OF THE YEAR CRITERIA

1. Must have been a Loudon citizen no less than 3 years.
2. Must be of good character and a volunteer of the community. Reasons for the nomination may not include the person's job description.
3. A nomination must be by written application, from an individual or organization of Loudon and the application must list a brief background of the nominee, including names of organization he/she is a member of, or has been a member of.
4. Applications must be received by the selection committee (to be chosen on a yearly basis, as necessary) no later than the designated date chosen for that particular year.

A member of the LOHD committee, accompanied by a written letter will notify the person chosen by the committee. The person chosen has the option to decline, and the selection committee would choose an alternate.

CITIZEN OF THE YEAR APPLICATION

Nominee: _____

Person or Organization submitting: _____

List people (including yourself) making this decision:

1. _____
2. _____
3. _____
4. _____
5. _____

Nominee has lived in Loudon _____ years.

Nominee has volunteered on committees and organizations (please list).

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Please write a brief summary why you have chosen this particular person. Attach extra sheets as necessary.

Date requested by the LOHD committee: June 15, 2010

Date submitted: _____

Signature (Group representative): _____

Please note: Since, in many cases, this person may not know of his/her nomination, confidentiality is essential. The committee will announce its decision publicly or by newspaper article.

News from the Loudon PTA

The PTA spent March preparing for the Easter Egg Hunt and bake sale. Thanks to everyone in the community for your support. Watch for photos and event details in next month's *Ledger*.

At this month's meeting, we finalized plans for the Easter Egg Hunt, reviewed old business and discussed ideas for future fund raising endeavors. Funds raised by

the PTA go to support educational programs such as the recent fourth grade field trip to the Pierce Family Manse and the State House in Concord.

If you have any fundraising suggestions or wish to be involved with the PTA, please contact Jenn Pfiefer at jtpfiefer@comcast.net. ■



Loudon Elementary's fourth-grade students visited the Pierce Family Manse in Concord.



Fourth-grade students also visited the State House in Concord.



Alicia's School of Dance Team

Pictured above is the 2010 Alicia's School of Dance Competition Team at their first dance competition of the year. All the dancers are soloists and they had a great start to the year. Soloists are: Haley Parent, Amanda Bullock, Allison Schoonmaker, Emily Masse, Alycia Daniels, Lauryn Masse, Ashley Daniels, and Talia Ungarelli. ■



Shaved Head for a Good Cause

Seth DeVol, 10 years old and a 4th grader at L.E.S just had his head shaved for the St. Baldrick's Foundation on March 14th at the Draft Concord. He, along with many others stood in solidarity with kids fighting cancer, raising awareness and funds for treatment and research. Seth had just over a week to get donations towards his event, but still managed to raise \$150 dollars in support. The event raised itself raised over \$8,000. He's attended this event many times, but this was his first time as a participant. He'd like to thank all of his friends, family and the NH Fire & Emergency Medical Services that supported him. Even though Seth's event is over, you can still donate to this worthwhile cause on his website at <https://www.stbaldricks.org/participants/mypage/participantid/391609>. ■



Historical Society Program on Cemeteries

NH Historian Glenn Knoblock was the guest speaker at the Loudon Historical Society on March 17th. We saw a slide show presentation of many different stones from around the state and learned the meanings of their carvings. We had a wonderful turnout and look forward to more speakers from the NH Humanities Council. ■

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The Department of Safety, Boating Education recently scheduled additional boating safety courses for the upcoming months. There is a \$30.00 non-refundable fee per person for the class and because of the limited seating pre-registration is required. Call (603) 267-7256 or (888) 254-2125 to pre-register. Seating is still available in the following courses:

ONE FULL-DAY SESSION (Saturday)

04/03/10	9:00 AM–4:30 PM	Keene Fish and Game	Keene
04/03/10	9:00 AM–4:30 PM	Moultonborough Police Department	Moultonborough
04/10/10	9:00 AM–4:30 PM	Bedford Police Department	Bedford
04/10/10	9:00 AM–4:30 PM	Department of Safety	Concord
04/10/10	9:00 AM–4:30 PM	Portsmouth Urban Forestry Center	Portsmouth
04/10/10	9:00 AM–4:30 PM	St. Joseph’s Hospital	Nashua
04/10/10	9:00 AM–4:30 PM	Windham Fire Department	Windham
04/17/10	9:00 AM–4:30 PM	Bedford Police Department	Bedford
04/17/10	9:00 AM–4:30 PM	Department of Safety	Concord
04/17/10	9:00 AM–4:30 PM	Keene Fish and Game	Keene
04/17/10	9:00 AM–4:30 PM	Ossipee Town Hall	Ossipee
04/17/10	9:00 AM–4:30 PM	Portsmouth Urban Forestry Center	Portsmouth
04/17/10	9:00 AM–4:30 PM	Seabrook Fire Department	Seabrook
04/17/10	9:00 AM–4:30 PM	St. Joseph’s Hospital	Nashua
04/17/10	9:00 AM–4:30 PM	Windham Fire Department	Windham
04/24/10	9:00 AM–4:30 PM	Department of Safety	Concord
04/24/10	9:00 AM–4:30 PM	Londonderry Police Department	Londonderry
04/24/10	9:00 AM–4:30 PM	Moultonborough Police Department	Moultonborough
04/24/10	9:00 AM–4:30 PM	Plaistow Library	Plaistow
04/24/10	9:00 AM–4:30 PM	Portsmouth Urban Forestry Center	Portsmouth
04/24/10	9:00 AM–4:30 PM	St. Joseph’s Hospital	Nashua
04/24/10	9:00 AM–4:30 PM	Windham Fire Department	Windham
04/25/10	9:00 AM–4:30 PM	Department of Safety	Concord

TWO-DAY SESSION (weeknights)

04/05/10 and 04/07/10	6:00 PM–9:30 PM	Milford Police Department	Milford
04/05/10 and 04/07/10	6:00 PM–9:30 PM	West Running Brook Middle School	Derry
04/12/10 and 04/14/10	6:00 PM–9:30 PM	Lakes Regional General Hospital	Laconia
04/19/10 and 04/20/10	6:00 PM–9:30 PM	Lakes Regional General Hospital	Laconia
04/19/10 and 04/21/10	6:00 PM–9:30 PM	Dover High School	Dover
04/19/10 and 04/21/10	6:00 PM–9:30 PM	West Running Brook Middle School	Derry
04/26/10 and 04/28/10	6:00 PM–9:30 PM	Milford Police Department	Milford

The Loudon Fire Department, in association with the NH Association of Fire Chiefs, NH Fire Marshal’s Office, and Atlas Fireworks, will be conducting a training exercise on Saturday, May 1 from 9 a.m. until 5 p.m. As part of this exercise, there will be live demonstrations that will include malfunctions. Therefore for safety reasons this will not be open to the general public.

Trouble with short-term memory after brain injury, stroke or from the normal aging process?

The Concord Brain Injury Support Group is sponsoring presentation titled, *“Challenge to Insight — Strategies for Brain Growth,”* by speaker Chris Pratt, twice brain-injured survivor, creator of the Brain-Sense website of training tools.
April 20th, 6–8 PM at Granite State Independent Living (GSIL), 21 Chenell Drive, Concord (Industrial Park).

PUBLIC IS INVITED.

Contact: Jan at 796-2823, or Pat at 463-3035 for further information.



Loudon Young at Heart

Loudon Young at Heart will meet on Tuesday, April 13, 10:00 a.m. at Charlie's Barn. After the business meeting there will be a brief speaker on Medicare. A question and answer period will follow. There will also be a book swap. Everyone is welcome to bring no more than 10 books for exchange. It is preferred that you take home 10 books in trade. If not you are asked to take home those books which don't find a new home. Sounds like a good opportunity to stock up for summer reading under the apple tree. See you there. All are welcome. ■

Evening Talks on Fishing, Turkey Hunting, Paddling Free at Fish & Game

Get ready for a great season of fishing, turkey hunting and paddling with the free Wednesday night speaker series taking place from March 24 through April 28 at the New Hampshire Fish and Game Department, 11 Hazen Drive, Concord, N.H. Pre-registration is required; reserve your space by calling 603-271-6355. Attendees will not receive confirmation unless the program is at capacity. Following is the line-up of talks being offered this spring:

STREAMSIDE STRATEGIES — April 14: Registered N.H. fishing guide Angus Boezeman kicks off the series with a new program called "Streamside Strategies," which will take you through the mechanics of reading the stream, fly selection and advanced presenting techniques for fly fishing. With a depth of knowledge and enthusiasm for fly fishing in New Hampshire, Boezeman always draws a huge crowd.

INSIDE TURKEY HUNTING — April 7: Bill Devon and "Big Daddy" David Smith present a seminar offering tips for new or experienced turkey hunters. Sharing the insights of their combined 50+ years of hunting these crafty birds, they will prepare you for a successful turkey season. Pre-season tips for the upcoming turkey season will include scouting, patterning your shotgun, call maintenance and locating turkeys. They will also cover basic equipment needs, explain the types of calls and demonstrate different calls. You'll hear about turkey hunting safety, preparing your bird for taxidermy and/or cooking it. Bring your questions! Instructor Bill Devon is on the Quaker Boy Game Calls Pro-Staff. He gives turkey hunting seminars at sportsmen's shows, clubs and shops, as well as events for National Wild Turkey Federation chapters. Devon is the current N.H. State Chapter President of the National Wild Turkey Federation. David Smith is a registered N.H. and Maine hunting guide and owns the Double "D" Guide Service of Dover, N.H. He is one of Knight and Hales Elite Pro-Staffers and gives turkey hunting seminars throughout New England.

CANOE AND KAYAK THE NORTHERN TRAIL — April 28: The Northern Forest Canoe Trail (NFCT) traverses the roof of the Adirondacks and the Northern Forest. Called the "magnificent obsession" by the New York Times, this inland water trail traces traditional Native American travel routes across 740 miles in New York, Vermont, Québec, New Hampshire and Maine. Join Kate Williams, NFCT Executive Director since 2004, for a virtual journey along this diverse and enchanting route. Learn about the variety of opportunities available along the route for trips of various lengths, from an afternoon to a lifetime. NFCT maps and a newly released guidebook will be available for sale, along with other information about the Trail. For more information, visit <http://www.NorthernForestCanoeTrail.org> or contact info@northernforestcanoetrail.org.

The New Hampshire Fish and Game Department is the guardian of the state's fish, wildlife and marine resources and their habitats. Visit <http://www.wildnh.com>. ■

**Deadline for the
May issue
of The Loudon Ledger:
Friday, April 16, 2009**



Walk-In Immunization Clinics

Concord Regional Visiting Nurse Association is offering the following affordable monthly walk-in Immunization Clinic for all ages:

Monday	April 5, 2010	1:00 p.m. to 3:00 p.m.
Tuesday	April 29, 2010	2:30 p.m. to 4:30 p.m.

Immunization Clinics are held at St. Paul's Episcopal Church Outreach Center, 21 Centre Street, Concord. A fee of \$5.00 is requested per child (under 18). Adult vaccination costs vary by the cost of the individual vaccines. Children must be accompanied by a parent or guardian. Please bring an immunization record with you. For more information call Concord Regional Visiting Nurse Association Community Health Services at 224-4093 or 800-924-8620, extension 5815.

Walk-In Blood Pressure Clinics

Concord Regional Visiting Nurse Association is offering the following FREE monthly walk-in Blood Pressure Clinics:

Wed., Apr. 7, 10 a.m. to Noon	Hannaford's Pharmacy, Ft. Eddy Rd., Concord
Fri., Apr. 2, 9-11 a.m.	West Street Ward House, Concord
Wed., Apr. 14, 10:30-11:30 a.m.	White Rock Senior Living Community, Wellness Office 6 Bow Center Rd., Bow

Concord Regional Visiting Nurse Association offers blood pressure screenings in the areas that it serves. Blood pressure screenings are a good way for individuals to track their blood pressure for upcoming visits to their physician. Blood pressure screenings are free of charge. For more information call Concord Regional Visiting Nurse Association at 224-4093 or 800-924-8620. ■

Pittsfield Area Senior Center News

April is National Volunteer Appreciation Month

Volunteer are so important to every organization. They are the pieces of the puzzle that help to make everything we do here at the Pittsfield Area Senior Center fit together.

Every year we celebrate our volunteers with a special luncheon.

If you know a volunteer let them know that you appreciate them for the dedication and compassion they express through the service that they fulfill.

Medicare isn't free, but there is help IF...

People with Medicare must pay premiums, deductibles and co-pays from their Social Security income. Two helpful programs are available for those who meet income and resource limits. The get help with costs associated with doctor's visit and hospital stays, people can apply for state help called Medicare Savings Programs, or "Quimby" and Slimby." This program pays the Part B premium that is normally deducted from your Social Security check and may help with other expenses, as well.

For help with cost associated with prescription coverage, apply for the federal extra help program from Social Security of LIS (Low Income Subsidy). You may get all or some of the premium paid as well as seeing other costs reduced.

ServiceLink is here to help you understand whether you are eligible to take advantage of these programs. To hear more, join us on **April 14th at 11:30** for a short presentation when ServiceLink staff will offer a 30-minute presentation on the program. If needed, a private appointment can be scheduled for you at a later time.

Wednesday is Community Gathering Luncheon Day

Every Wednesday is the day for 60+ friends and neighbors gather at the Pittsfield Area Senior Center for a nutritious noon day meal for a \$2.00 requested donation. Inexpensive and no preparation and no clean up. It's a deal!!! Reservations are appreciated by the previous Friday please. 435-8482.

Easter Celebration Luncheon

Thursday, April 2, 2010. Entertainment will begin at 11:00 a.m. and lunch will be served at 12:00 p.m. We will be serving stuffed chicken breast, red bliss mashed potatoes, vegetables, gravy, cranberry sauce, beverage and desert. This is one of our favorite meals.

Movie Day and Pop Corn Social

Friday, April 9th at 12 p.m. we will pop a movie in and spend the lunchtime and afternoon watching a movie while enjoying a nutritious meal of baked fish, sweet potatoes, vegetable, beverage, desert and great companion ship, new friends and undoubtedly some really good laughs. Pop Corn will be available. ■

Loudon Farms: Buy Locally!

The Loudon Agricultural Commission has compiled this list of local farms. If you have a farm in Loudon or know someone who has a farm that is NOT included please write to cas@milessmithfarm.com.

Maple Ridge Farm

268 Loudon Ridge Road
Fresh Vegetables, Maple Syrup
436-8183

Meadow Ledge Farm

612 Route 129
Peaches, Corn, Apples, Country Store
798-5860

Ramsay's Farm Stand

783 Loudon Ridge Road
Vegetables and Cut Flowers, Small Fruits in Season
8 a.m.–7 p.m. Daily
267-6522

Red Manse Farm

Corner Route 129 & Pittsfield Road
Organic Produce, Farm Patron Program
Thurs.–Sun. 10 a.m.–6 p.m.
www.redmansefarm.com
435-9943

Windswept Maples

845 Loudon Ridge Road
Vegetables, Beef, Maple Syrup, Eggs
M–F 1–6 p.m., Weekends 9–5
267-8492

Miles Smith Farm

56 Whitehouse Road
Locally raised beef, individual cuts and sides
M, Tue, Th 4–9 p.m. W, Sat 8–1 p.m.
www.milessmithfarm.com
783 5159

Hill Top Feeds

11 Storrs Drive
Live stock feed, shavings, hay, dog and cat food.
Farm equipment and supplies
783-4114, 491-4483

Sanborn Mills Farm

7097 Sanborn Road
Traditional working farm providing workshops
www.sanbornmills.org
435-7314

Pearl and Sons

409 Loudon Ridge Road
Maple products: syrup, candies & cream
435-6587, 435-6883

Aznive Farm

7046 Pleasant Street
Hay, Beef
435-7509

Lyon Berry Farm

986 Route 129
Highbush blueberries
435-7640

B&B Syrup. Barton & Bowles

227 Flagg Road
783-4341, 783-9123

Mudget Hill Mumbling Maplers

255 Mudgett Hill Road
Maple products: syrup & candy
783-4447

D.S. Cole Growers

251 North Village Road
Propagators of quality products from world-wide sources. Retail store at 430 Loudon Road, Concord.
783-9561
www.dscolegrowers.com
www.colegardens.com

Ledgeview Greenhouses

275 Clough Hill Road
Growers of quality potted plants, annuals, perennials, and poinsettias
783-4669
www.ledgeview-greenhouses.com



9th ANNUAL BICYCLE SAFETY CLASS



Basic bicycle safety program will include: bicycle maintenance & check-up, free helmet & fitting, safety on the roadway, bicycle registration

Sponsored by: The Loudon Police Department &
The Loudon Recreation Committee

Date/Time: Saturday, April 24, 2010 at 9:00 a.m.

Where: Arthur W. Colby Safety Complex
(Loudon Safety Building)

Free Ice Cream coupon for all children participating!



COME JOIN US! Bring your bicycle!!
Free helmets, safety materials & refreshments!



Weight Loss Solution Has Come to New Hampshire!

Participants have started to join a Weight Loss Challenge Inspired by the popular TV fitness reality show "The Biggest Loser!"

New Hampshire Wellness Coaches have launched 12 week non-profit Weight Loss Challenges that offer a quick, easy weight loss solution and long term weight loss success including information on nutrition and exercise. No specific program is required; participants can be on Weight Watchers, Jenny Craig, or a customized plan of their own (AS LONG AS IT IS HEALTHY!). Recommendations will be available from the Wellness Coaches.

Personal Health & Wellness Coaches are using this format to educate the community about a better healthy, active lifestyle and to help fight the obesity epidemic in a fun environment. The 12 week class is being offered at several locations in New Hampshire. You can call to register for the class that fits your schedule by calling 783-9689. All classes begin the final week in April. Classes are 45 minutes long.

The objective is for people to feel good about themselves, achieve their weight loss goals and have fun! The 12 week course gives people accountability. Together, everyone WINS! Specific rules will be in place to keep everyone consistent. Fail to weigh-in? Pay a \$5 fee. Gain a pound or more? Pay a \$1 fee per pound gained. These fees will be added to the cash pay out.

There is a onetime fee of \$39.00 of which \$25.00 goes into the pot to be shared by the 3 biggest losers. A donation from each registration of \$10.00 will be given to the local food pantry or the school lunch program. During the 12 weeks, materials will be supplied and prizes will be awarded.

Participants will weigh in each week and be measured at the beginning and at the end of the challenge. The top 3 losers, based on percentage of body weight lost, will share the pot! In addition there will be a prize for the person who loses the most inches. The more participants, the bigger the pot!

Participants will get a FREE body analysis, learn how to grocery shop, control portions, eat out, exercise and MORE! Each participant will have their own Personal Wellness Coach.

Recently, one challenge in New England had a total of 154.8 lbs lost and the #1 prize was \$300 for losing 36.8 lbs. Weight Loss Challenges have been featured across the country on CBS news.

For PRE-registration and information call 603 786 9689.

(The Personal Wellness Coaches are available for Corporate Weight Loss Challenges as well.) ■

Payson Center Offers Workshop on Cancer-Related Fatigue

Concord Hospital Payson Center for Cancer Care is offering a free program, "Managing Cancer-Related Fatigue," in collaboration with the American Cancer Society on Thursday, June 3 from 11 a.m. to 1 p.m. The presenters include Kimberly Johnson, OCN, BSN, Megan Ryder, RD, LD, and Barbara Tynan, PT.

This workshop is for individuals with cancer-related fatigue and their loved ones. Fatigue is the feeling of being tired mentally, physically, and emotionally and is often associated with treatment for cancer. This fatigue is different from the fatigue of everyday life, which is usually temporary and relieved by rest. The workshop offers many steps people with cancer and their loved ones can take to manage this issue.

"This is a great opportunity for people with similar concerns to share ideas and give each other support about this troubling issue," Johnson said.

Light refreshments are available. Registration is required. To register or for more information, please call (603) 230-6031. Upon arrival, park in Lot A and enter the hospital through the main entrance. The program is being held in the Payson Center for Cancer Care Conference Room on Floor 1.

As one of Concord Hospital's cornerstone Centers of Excellence, the Payson Center for Cancer Care, approved by the American College of Surgeons' Commission on Cancer as a Comprehensive Community Cancer Center, provides personalized treatment and support for cancer patients and their families, including radiation oncology, medical oncology, and surgery. Board-certified physicians and nationally certified oncology nurses are dedicated to providing quality health care in a warm and caring environment. The Payson Center offers the latest in advanced technology such as Intensity Modulated Radiation Therapy (IMRT), On-Board Imaging (OBI), and the 3D Ultrasound Targeting System, and conducts multiple clinical research trials through New Hampshire Oncology-Hematology, PA, (NHOH) and the Concord Hospital Radiation Oncology Department for eligible patients. The full-service Center also features the HOPE Resource Center that offers programs and services to assist patients with all aspects of their cancer care including financial, emotional, spiritual, and dietary needs. ■

Zach Daniels Captures Bronze at Junior Olympics



Zach Daniels, from Loudon, NH, captured a bronze medal at the Junior Olympics in Steamboat Springs, Colorado. Daniels was one of three New Hampshire athletes that represented the East in the 2010 Ski Jumping & Nordic-Combined Junior Olympics. The athletes competed both individually and as teams on the K70 meter ski jump and competed in a 5k individual and team sprint cross-country race.

Daniels captured the bronze medal in the Nordic-combined cross country team sprint. "This was a huge accomplishment, because I was competing against the best athletes in the United States," said Zach Daniels. "Due to my increased cross-country training throughout the year, I felt both mentally and physically more prepared than ever before. Overcoming the high altitude seemed to be less of a burden than in past years."

Luke Daniels, also of Loudon, flew into an impressive 5th place in the team ski jumping competition and in the Nordic-combined cross country team sprint.

The athletes will continue to train throughout the year in Lake Placid, NY. For more information about ski jumping in the east go to www.skijumpeast.com. ■

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Nine Ways To Spruce Up Your Home for the Spring Selling Season

By Jack Prendiville
Century 21 Thompson Real Estate
jprendiville@c21nh.com

With the New England weather sometimes it's easy to forget that spring is here. And with spring comes the spring selling season, when home sales typically perk up. This year there's lots of good news for those selling their homes. "This year should be a breath of fresh air for beleaguered sellers," says Mike Larson of Weiss Research. "The supply of homes is falling. Affordability is rising thanks to declining home prices. And the extension of the homebuyer tax credit is putting a bit more wind in buyers' sails." Still, there are things you can do as a seller to help pique buyer interest.

- Create a great first impression by improving curb appeal. Cut the grass, trim the hedges, and plant flowers. Touch up the exterior paint.
- Repaint the interior. Again this is an inexpensive way to give your home a fresh, clean appearance. Keep colors neutral.
- Refresh tired carpets by having them cleaned. Tile floors can look new again by cleaning the grout and sealing it.
- Remove clutter from the house. This improves the appearance and makes the rooms seem larger.
- If you don't want to hire a professional stager, then move furniture around to improve the flow of the home and make it seem more open. Put excess furniture in storage.
- Replace old cracked caulk in the kitchen and bathes. This not only freshens up the rooms but also improves water resistance.
- Make your home seem lighter and brighter by replacing or adding light fixtures.
- Purchase an appliance warranty. For a few hundred dollars you can give potential buyers peace of mind.
- If you want to spend a bit more, then make energy-efficient improvements. Replace old leaky windows. Purchase Energy Star appliances. Energy efficiency is important to many homebuyers today. ■

UNH Cooperative Extension Presents Basic Goat Production Series

Basic Goat Production Series with a Focus on Meat Goats — Five Classes (may sign up for one or all) to be held on: April 9, April 16, April 23, April 30, and May 7 from 6 to 8 p.m. at the UNH Cooperative Extension office at 315 Daniel Webster Highway, Boscawen, NH. There is a cost of \$40.00 for all 5 sessions or \$10.00 per session.

4-Hers are free, but must be accompanied by an adult. Pre-enrollment is required, and space is very limited.

For more information on individual sessions or to register, call or email: Mary West, mary.west@unh.edu or Dot Perkins, Dorothy.perkins@unh.edu UNH Cooperative Extension, Merrimack County, 603-796-2151.

UNH Cooperative Extension programs and policies are consistent with pertinent Federal and State laws and regulations on non-discrimination regarding age, color, handicap, national origin, race, religion, sex, sexual orientation, or veterans status. ■

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It is coming: The 5TH Angels 5K Run or Walk — Save the Date — May 1st

Get your running or walking shoes ready, it is time for the Angels 5K Run/Walk. My name is Danielle Varrill, MVHS Senior and for my graduation project I am organizing this year's event. This race helps bring people together to help remember their lost loved ones. I know in my life I have lost many people including my Grandfather, and my beloved neighbors Ted Clark, Kristin Wagner, and her cousin Amy Gilbert. These people encouraged me every day to achieve what I really would like to do in life which inspired me to organize this race.

The event will be held on Saturday, May 1st, 2010 at Merrimack Valley High School with same day registration from 8:00–10:00 a.m. at the concession stand next to the MV Middle School. Race will start at 10:00 a.m.!

Following the race there will be refreshments and a raffle. All registrants will receive a free raffle ticket with opportunity to purchase additional tickets!

Proceeds will benefit the LYAA (Loudon Youth Athletic Association) to help support the new soccer fields located behind the Loudon Elementary School.

I really appreciate your support in helping me complete my graduation project and attend a worthwhile event.

If you are unable to join us on May 1st and would like to help, donations are very much welcomed and can be sent to MVHS, Angels Event, Attn: Linda Proctor, 106 Village St., Penacook NH 03301.

For further information I can be reached at 798-4843. I really hope to see you there! ■

Relay for Life Helping Hands Social Being Held April 24

The American Cancer Society Relay For Life — Concord has provided an event for cancer survivors and their caregivers for the last three years. It is called the Helping Hands Social and it is a luncheon being held April 24th at the NH Audubon in Concord. It is entirely free and there will be guest speakers, gifts and door prizes.

It is truly an opportunity for all cancer survivors to get together and discuss their experiences, share with others and, hopefully, leave feeling uplifted. This year's focus is on healing. Everyone journeys through the cancer experience in different ways. By the same token, people handle survivorship and healing in their own ways, as well. And the "healing" from cancer does not end when the cancer treatments do — many cancer survivors feel alone and confused with how they feel and are handling what is happening to them. This is a chance to connect with others and know that they are not alone and there is help.

Again, it is being held Saturday, April 24th at the NH Audubon, 3 Silk Farm Road in Concord from 11:30 until 2:30. There is limited seating so RSVPs are require by April 20th to Donna Wilbur at 738-1857 or to Relay4concord@yahoo.com. ■

Concert Benefits Payson Center for Cancer Care

Performers Who Care and the Freese Brothers Big Band team up to present a unique one night only concert "Swinging for a Cause" on Friday, May 7 at 8 p.m. in the Concord City Auditorium. All proceeds benefit the Lend Me a Hand Fund at Concord Hospital Payson Center for Cancer Care.

The Lend Me a Hand Fund was established in 2004 through the special fundraising event "Laughter is the Best Medicine," organized and presented by Performers Who Care. The fund supports patients in need and their families with out-of-pocket expenses such as gasoline, needed prescriptions, nutritional supplements, and other essential items.

In fiscal year 2009, 154 patients were provided extra support and peace of mind through the Lend Me a Hand Fund and Gene Gillis Fund that are available thanks entirely to contributions from community members and businesses. Jane and Bob Skoog and Gerri King founded Performers Who Care with their friends who love theater and the community. Jane's work as an oncology nurse was the inspiration that led to the creation of the Lend Me a Hand Fund. "What could be more fulfilling than combining the thrill of live performers with helping those in need?" Jane said.

Tickets to "Swinging for a Cause" are \$20 for adults and \$15 for students and seniors. Tickets can be purchased by calling Concord Hospital Trust-Office of Philanthropy at (603) 225-2711, ext. 3082 or at Ballard's Novelty and Party, Caring Gifts, Inc., and Strings & Things Music. ■

New Highway Department “Helper”!



Highway Department employee Andy Stockwell poses with his new “helper,” a Ninja Turtle named Daryl. Daryl is very friendly...he’ll wave at you when you see him!

MVSD School Board Meeting Minutes — February 8, 2010

Roll Call and Call to Order:

The regular meeting held at Merrimack Valley High School was called to order by Chairman Mark Hutchins at 7:15 p.m.

Board Members Present: Mark Hutchins, Caroletta Alicea, Lorrie Carey, Audrey Carter, Troy Cowan, Thomas Godfrey (arrived at 7:35 p.m.), David Longnecker, Laura Vincent

Administrators Present: Superintendent Mike Martin; Assistant Superintendent Chris Barry; Business Administrator Robin Heins; Human Resources Manager Kathleen Boucher; Principals Mike Jette, Mary Estee, Sandy Davis, Tracy Murch, Linda McAllister, Tom Laliberte; Assistant Principals Pam Hill, Pat Severance; Assistant Principal for Special Education Maureen Gross; MVLC Administrator Paulette Fitzgerald; Facilities Director Fred Reagan

Others Present: Alex Cilley, MVHS Student Representative; Ellen Kontinos-Cilley, Parent

Minutes of Previous Meetings:

Motion by Troy Cowan, second by Audrey Carter, to approve the January 11, 2010 meeting minutes (pages 1–5 in the packet), the January 26, 2010 Public Hearing minutes (page 6 in the packet) and the January 26, 2010 meeting minutes (page 7 in the packet) as presented. Motion passed unanimously.

Financial Report:

Robin Heins reviewed the NOTES FOR FINANCIAL STATEMENT (page 8 in the packet). Robin reported that everything is going well. *Motion by Laura Vincent, second by Lorrie Carey, to approve the financial report. Motion passed unanimously.*

Public Participation:

Alex Cilley, MVHS Student Representative, reported on sports and activities at the high school.

Good News:

Mike Martin reported that the four board members whose terms are expiring this year have all filed to run again. Tom Laliberte, Tracy Murch, Sandy Davis, Linda McAllister, Pat Severance, and Mike Jette reported on good news items from their buildings. Mike Martin reported on good news items included in the packet (pages 23–36) and the “yellow folder.”

Committee Reports:

CURRICULUM COMMITTEE:

Laura Vincent reported on the February 1, 2010 (minutes on pages 35–38 in the packet) & February 8, 2010 (minutes will be in next month’s packet) Curriculum Committee meetings. Laura reported that the committee unanimously voted to recommend that we go forward with IB applications for the elementary and middle years program this April.

Motion by Lorrie Carey, second by Troy Cowan, to proceed with the IB application as recommended. After discussing the costs associated with the application process, the motion passed unanimously.

FINANCE COMMITTEE:

Troy Cowan reported on the January 25, 2010 Finance Committee meeting (minutes on pages 38–39 in the packet).

POLICY COMMITTEE:

Chris Barry reported on the January 25, 2010 Policy Committee meeting (minutes on page 40 in the packet). Included in the packet (page 41) for a first read is a draft of the High School Yearbook Portrait Policy.

The next Policy Committee meeting is scheduled for Monday, February 15, 2010 at 6:00 p.m. at the SAU office.

LONG RANGE PLAN COMMITTEE:

David Longnecker reported on the February 1, 2010 Long Range Plan Committee meeting (minutes on page 42 in the packet). Included in the packet (pages 43–46) for board review is a draft of the Long Range Plan, Summary Highlights document.

The next Long Range Plan Committee meeting is scheduled for Monday, March 15, 2010 at 6:00 p.m. at the SAU office.

OTHER:

Reminder: The Annual Meeting is scheduled for Thursday, March 4, 2010 at 7:00 p.m. in the high school auditorium.

Old Business:

COMMUNITY PRIDE LINK:

Chris Barry reported that a draft of the March/April issue of *The Community Pride Link* is included in the packet (pages 47–48) for the board to review. Chris asked board members to contact her with comments and suggestions.

HERITAGE COMMISSION:

Mike Martin reported on a letter (page 49 in the packet) he received from the City

of Concord, Heritage Commission.

IB STEERING COMMITTEE:

Chris Barry reported on the January 14, 2010 (minutes on page 50 in the packet) & February 4, 2010 (minutes will be in next month’s packet) Steering Committee for Improvement (IB) meetings. After a brief discussion, the board decided to send letters to IB committee members thanking them for their time and effort.

SABBATICAL LEAVE:

Mike Martin suggested that the Negotiations Committee review the sabbatical language in the teacher contract. Mike also suggested that we consider lifting the hold on sabbaticals if all goes well at the Annual Meeting.

INTERNATIONAL STUDENTS:

Mike Martin recommended that we test the new International Students policy by accepting international students for the 2010–2011 school year.

DASHBOARD:

The board discussed two Dashboard models included in the packet (pages 54–56). Mike Martin asked board members to contact him with comments and suggestions.

OTHER:

None

New Business:

TOWN — OIL BIDS:

Robin Heins reported that she has received a request from one of our towns to join our bid for oil. Robin will gather information to discuss at the next board meeting.

FIRE INSPECTIONS:

Mike Martin and Fred Reagan reported on the Annual Fire Inspection Report. Fred reported on meeting with the Fire Chief regarding Washington Street School. Mike Martin reported that there is a need for the Facilities Committee to meet to discuss a plan for WSS.

The next Facilities Committee meeting is scheduled for Monday, February 15, 2010 at 5:00 p.m. at the SAU office.

SIGNING OF WARRANT:

The warrant was circulated for board members to sign.

ASSIGNMENT OF WARRANT ARTICLES:

The board discussed the process for choosing a moderator for the Annual Meeting. The board discussed assigning warrant

School Board — cont. on 24



Notices for all Public Meetings are posted at the following sites:

- Town Office
- Maxfield Public Library
- Beanstalk Store
- Ivory Rose/USPS
- Transfer Station
- Web Site

Conservation Commission Meeting Minutes — February 10, 2010

Meeting called to order at 6:00 pm by Bob Butler (Julie being away)

Attending:

Bill Gabler, Dan Geiger, Bob Butler

Also in attendance:

Melissa Sanborn, Rob Buzzell, Paulie Touzin, Colin Cabot

Dan Geiger moved acceptance of the January minutes as submitted. Motion seconded by Bob Butler and voted in the affirmative.

The commission received updates on the proceedings of the January Planning Board

The Bennett Farm FRPP application will be reconsidered and new paperwork has been submitted. Should have an answer in May.

Colin Cabot provided information regarding a dam breach on Sanborn Pond. The breach occurred on December 29th, following a heavy mid winter rain. This caused a 10 foot wide sinkhole to a depth of about 4 feet that dropped the level of the pond in about 3 hours. To rectify the situation, DES is now involved and they have issued an administrative order to take the level down

to within 1 foot of the existing spillway. The plan is to develop a plan to take down the pond and armor the dam top by Feb. 16th. Eric Teal of THE Northeast is working on the project and will coordinate long term repairs that will be completed later following a full permitting process. Colin is hopeful that DES will move quickly on the process and wanted to make sure that the Conservation Commission fully understood the situation and was prepared to act expeditiously if needed.

Melissa Sanborn presented to the commission that her family is interested in purchasing two lots in Loudon (Map 9 parcels 6 & 13) that will be used for their dairy farm and will be placed in conservation. The land is missed — 60% open and 40% wooded, with the open space being used to grow feed. Melissa was encouraged to consider the FRPP or other programs that could be utilized to assist in the purchase. She will be looking at options and will return to discuss as necessary.

Rob provided an update on what he has been doing.

Bear Hills Common property. Most of the boundary markers are not there. Rob documented the situation with pictures and

wrote up a report for the file. He also noted some trash on Bear Hill Rd.

Recreation Fields. Most of the boundary markers are in place, but there is a fair amount of trash on the property.

Town Hall and Highway Dept. Lots of trash around the parcel — 55 gallon drums, old tires, old culverts, an old camper trailer, pallets, etc. There is also an area of recent fill whose origin and nature are not clear.

Cooper Street. Is in good shape

There are several town properties that could not be studied due to snow load — Youngs Hill, Lapaggella lot, and the Church lot. These will be done in the spring.

The issue of setbacks at the Villages property is still not resolved. The contract between the developer and the town specifies a 150 foot setback, but encroachment has eaten into that, such that posting of demarcation signs would not be at 150 feet.

The issue of boundary markers on the Memory Lane property is still not resolved. Rob will contact Julie for the latest information.

Meeting Adjourned at 6:56 p.m.

*Submitted Bill Gabler
Secretary*

Agricultural Commission Meeting Minutes — February 8, 2010

Next Meetings:

Monday, March 8th, 2010, Loudon Community Building — Charlie's Barn, 7:00 PM

Monday, April 12th, 2010, Loudon Community Building — Charlie's Barn, 7:00 PM

Monday, May 10th, 2010, Loudon Community Building — Charlie's Barn, 7:00 PM

Board Members Present:

Bruce Dawson, Earl Tuson

Attendees:

None

Minutes:

Minutes of January 11, 2010 were accepted as written.

From Carole: A report for the Town Meeting was sent to the Town Clerk.

A matching \$500 grant can be applied for in Sept. from the NH Dept of Agriculture

Bruce investigated Internet access in Charlie's Barn. The Historical Society has a "secured" WIFI router in the other half of the barn, but they are having problems with the Comcast connection and it wasn't available tonight. Ron Lane (of the Historical Society) indicated we could work something out together.

Bruce agreed to give a presentation at the March meeting on the web site. However, this is in conflict with January's minutes which indicate a speaker (to be recruited) will discuss Farm Energy Conservation.

Bruce indicated he would send out a "meeting reminder" 1 week before each board meeting to the board mailing list.

Meeting adjourned at 8:15 p.m.

Maxfield Public Library Trustees Meeting Minutes — Feb. 2, 2010

4:30 p.m.

In attendance:

Trustees Sandy Blanchard, Sue Kowalski and Debbie Kardaseski, Library Director Nancy Hendy, Alternates Marilyn Sylvester and Ken Krzewick, and town resident Laura Vincent.

Minutes from the January 5, 2010 meeting were read and accepted.

Financial Report:

Reports were reviewed and the reconciliation initialed. Nancy stated that a \$6 check for copy fees had bounced and the library was charged \$15 from the bank. She will try to contact the person who wrote the check.

Director's Report:

At the beginning of last month, the main entrance door became very hard to open and close. We called Milestone and they sent someone out to look at it within a day. The ball bearings in the hinges were worn out. Milestone replaced the hinges, re-hung the door, and adjusted the door closer. The cost was \$110.

On February 18, at 9:00 am, Stanley Elevator and B.K. Systems will be here for the annual combined test of the alarm systems.

The next featured artist is Frank Moulin who works mainly in watercolor. We will hang his work on February 19.

At the suggestion of prospective art club members, art displays will run for six weeks rather than just one month. This will allow more time for the public to see the work. In order to have two more weeks of display time, Ken Krzewick's work will be up through February 13. There was discussion about whether artist receptions should be at the beginning or end of the six weeks. Nancy will see what other library's do.

The oil burner/furnace annual service contact has been renewed.

Our next book sale will be on Feb. 27. We continue to add names to our e-mail or phone notification list.

Children's Librarian's Report:

The Children's Librarian participated in a webinar (on-line seminar) regarding 21st century reference collections.

Story time numbers for January: 105 children and 86 adults.

Old Business:

There was discussion of the edits to the trustees report for the town report. Edits were made and the revised edition will be sent to the town offices the following morning.

All members praised the pie chart of the town budget that Debbie created and was

Library Trustees — cont. on 25

School Board — cont. from 23

articles to board members for discussion at the Annual Meeting. Article IV was assigned to Thomas Godfrey, Article VI was assigned to Troy Cowan, and Article VII was assigned to Audrey Carter.

OTHER:

None

Manifests/Journal Entries to Sign:

Troy Cowan reported that the Finance Committee met before tonight's board meeting and voted to recommend that the board approve the manifests and journal entries. *Motion by Troy Cowan, second by Caroletta Alicea, to approve the manifests and journal entries. Motion passed unanimously.* Manifests and journal entries were circulated for board member signatures.

Board Chairman's Report:

None

Assistant Superintendent's Report:

Chris Barry reported that she heard from Bob Mullen, MVHS Teacher, that he has been nominated for Teacher of the Year.

Superintendent's Report:

Mike Martin reported on Facebook discussions about the upcoming MV/PA basketball game.

Non-Public Session:

None

Motion by Normandie Blake, second by Laura Vincent, to adjourn at 8:45 p.m. Motion passed unanimously.

Meeting adjourned at 8:45 p.m.

*Respectfully submitted,
Sally Welch
Clerk*



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Selectmen's Meeting Minutes — February 9, 2010

PRESENT: Selectmen Bowles and Maxfield. Selectman Ives is absent this evening.

Chairman Bowles called the meeting to order at 6:30 P.M.

Selectman Maxfield moved to approve the Selectmen's Meeting Minutes of Tuesday, February 2, 2010 as presented. Second by Chairman Bowles. All in favor. Motion carried.

Selectman Maxfield moved to approve the Final Budget Hearing for Fiscal Year 2010-2011 Minutes of Wednesday, February 3, 2010 as presented. Second by Chairman Bowles. All in favor. Motion carried.

The Board began their review of weekly correspondence.

Chairman Bowles noted receipt of an invitation to attend Candidate's Night on Wednesday, March 3, 2010, 7:00 P.M. at the Community Building.

The Board acknowledged receipt of a copy of the Cross Country Appraisal LLC brochure containing the Town's endorsement of their services.

The Board received notice that DES has now closed their file on the Wiggins Road reclamation project. The Louis Berger Group has also closed their case file on this issue.

The Board received a DES Administrative Order regarding the Cascade Park water system.

The Board received an email from Local Government Center regarding the 2010 Moderator's Workshop, which is available on line for the Town's use if needed.

The Board acknowledged receipt of the safety rules from Wheelabrator. Road Agent David Rice has been provided a copy of this notice as well.

The Board received notification of right-of-way maintenance on Public Service easements within town.

The Board received *NHMA Legislative Bulletin #7* for review.

The Board received the January property transfers for review.

The Board received four separate communications from Comcast regarding changes in services for Loudon subscribers.

The Board received a regional impact notice from Town of Hooksett regarding a proposed cellular tower.

Selectman Maxfield moved to award Clean Harbors Environmental Services of Braintree MA the contract for the Household Hazardous Waste Collection on April 10, 2010 for a cost not to exceed \$10,000. Second by Chairman Bowles. Chairman Bowles noted this warrant article was approved at Town Meeting in March 2009. Chip Cochran inquired about safeguards to ensure the costs do not run over the \$10,000 which was approved, as happened in 2008. Chair-

man Bowles said every effort will be made to monitor the disposal process and anything not hazardous will be pulled out and disposed of in the usual manner. Chairman Bowles called for a vote. *All in favor. Motion carried.*

Selectman Maxfield moved to adjourn at 6:50 P.M. Second by Chairman Bowles. All in favor. Motion carried.

LOUDON BOARD OF SELECTMEN

Dustin J. Bowles, Chairman
Roger A. Maxfield, Selectman
Steven R. Ives, Selectman

Selectmen's Meeting Minutes — February 16, 2010

PRESENT: Selectmen Bowles, Maxfield, and Ives.

Chairman Bowles called the meeting to order at 6:30 P.M.

Selectman Maxfield moved to approve the Selectmen's Meeting Minutes of Tuesday, February 9, 2010 as presented. Second by Chairman Bowles. Majority in favor. Motion carried. Selectman Ives abstained from this vote as he was not present for the February 9 meeting.

Selectman Ives moved to approve the Loudon Town Warrant, State of New Hampshire. The Polls will be open from 8:00 A.M. to 7:00 P.M. Tuesday, March 9, 2010 at the Town Hall on Clough Hill Road. Articles 3-7 will be taken up at the second session of the Annual Town Meeting on Saturday, March 13, 2010, 9:00 A.M. at the Loudon Elementary School. Second by Selectman Maxfield. All in favor. Motion carried.

The Board began their review of weekly correspondence.

The Board received a notice of a House vote on the State Education Formula. This vote is scheduled for Wednesday, February 17th.

The Board received a memo from Jean Lee on re-scheduling the March Board of Permit meeting. The 2nd Tuesday of March is the first session of Town Meeting; DARE Pizza Night is March 16th so Jean asked if the Board would like to reschedule the meeting to the monthly work session on March 30th. The Board agreed to set the Board of Permit for March on Tuesday, March 30th.

The Board received a memo from Fire Chief Jeff Burr regarding a wage increase for Firefighter/EMT Thomas Henley as he has now received his EMT Intermediate License. *Selectman Maxfield moved to approve the wage increase for Thomas Henley to \$16.64 per hour effective 2/14/10.*

Selectmen — cont. on 26

Library Trustees — cont. from 24

published in the *Ledger*. It was suggested it also be placed on the bulletin board.

The template for the memorandum of understanding between the library and the town regarding the maintenance of the Veteran's Memorial was briefly looked at with Sandy agreeing to complete it.

There was discussion of the budget hearing held in January. Sue was concerned that the Selectmen had presented a tight budget and it appeared the library had the only increase. Nancy pointed out that percentages can be misleading since a large percentage of a small number can be much less than a small percentage of large number. Debbie indicated that she didn't think the library should ask for more than the \$7,300 increase for part time wages agreed to by the Selectmen.

There was discussion of the Bahre gift. Nancy indicated \$37,000 has been spent on the improvements to the children's room. The remainder of the gift is in a money market account. Sandy indicated the Children's Room Committee needed to be reformed to address plans for the stairwell and the audio room. An article and pictures will be prepared for the *Ledger* explaining what has been done and is yet to be done in the children's room.

Nancy suggested there needed to be clarification of the difference between the tax money the library receives and the money

from other sources such as trust funds, donations and fees.

New Business:

It was suggested the library conduct a fundraiser where donors would be asked to contribute for specific items or programs. A mailing of 2100 pieces would reach all households in Loudon. Debbie volunteered to help with the project after her term was completed.

Nancy indicated the upholstered chairs needed to be steam cleaned. She would look into estimates.

Nancy addressed questions about how the library hires staff. She indicated that pages are hired from volunteers. Clerks are hired from people who have left resumes, with preference going to individuals with library experience. The Children's Librarian's position was widely advertised each time there was an opening. Sandy indicated that library workers need unique skills. They need to be detail oriented yet personable. They also need to be able to work flexible hours.

The meeting was adjourned at 6:55 p.m.

The next meeting is scheduled for March 2, 2010, 5:00 p.m.

Sandra Blanchard
Susan Kowalski
Deborah Kardaseski



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Selectmen's Meeting Minutes — February 23, 2010

PRESENT: Selectmen Bowles, Maxfield, and Ives. Also present are Police Chief/Code Enforcement Officer Bob Fiske.

Chairman Bowles called the meeting to order at 6:30 P.M.

Selectman Maxfield moved to approve the Selectmen's Meeting Minutes of Tuesday, February 16, 2010 as presented. Second by Selectman Ives. All in favor. Motion carried.

The Board met with Police Chief/Code Enforcement Officer Bob Fiske.

Chief Fiske reviewed the results of the Sno Bowl held February 20 and 21 at NH Motor Speedway. He said there were approximately 2,200 vehicles parked, with traffic backed up on Route 106 at 9:30 A.M. on Saturday. He said Vice-President and General Manager Jerry Gappens and Bob Bahre came through at that time, by chance, and saw how traffic was backed up. He said a quick telephone call rectified the situation. Chief Fiske said he has not received any noise complaints for this event. Chief Fiske said the officers were definitely needed for traffic control.

Chief Fiske discussed his meeting with Commissioner Barthelmes. He said it was stated during the meeting that the track was only going to pay \$75,000 for law enforcement for each race. Chief Fiske said due to incidents that happened during the September race he has already been asked to supply 11 additional personnel. Chief Fiske stated he would like to remind the Selectmen the bill for police and fire protection for the September race was approximately \$170,000 combined. He said he would ask the Board to seriously consider requiring a bond for at least that amount to be put in place by the Speedway prior to the June race. Discussion ensued on the manpower required to provide adequate coverage for the Sprint Cup events. Chairman Bowles advised those present he has spoken with Town Counsel regarding the \$10,000 bond received and the town's options in requiring a more substantial bond to be put in place. Chairman Bowles said he had hoped to get more information from the next meeting with Commissioner Barthelmes before

going forward with additional bonding requirements. Chief Fiske stated that State Statute provides for the Police Chief's discretion in determining the police presence needed for an event and payment for this coverage is the responsibility of the vendor hosting the event. During further discussion the Board concurred either a bond sufficient to cover the costs involved or a guaranteed letter of payment, signed by O. Bruton Smith will be in place prior to the start of the event. Chairman Bowles noted for the record the billing for the Sno Bowl event held February 20 and 21, in the amount of \$2,120.00 has been received from Chief Fiske. This invoice will be provided to NH Motor Speedway for payment.

Mr. Fiske presented the Motor Vehicle application form for Loudon Garage to obtain a dealer plate. Mr. Fiske said he has spoken with Matt Smith and has been assured there are no plans in place for a change of use. Mr. Fiske said everything is in compliance at this time. Based on Mr. Fiske's recommendation the Board agreed to sign the application as approved.

Chief Fiske presented an appointment paper for a part-time officer for the Board's approval. *Selectman Ives moved to appoint Alec H. Ladd to the position of part-time police officer for the Town of Loudon effective February 23, 2010. Second by Selectman Maxfield. All in favor. Motion carried.* Chairman Bowles noted the Board would like to meet all candidates for employment prior to hire. He said the Board is considering making this a requirement in the personnel policy.

Chairman Bowles noted for the record one pistol permit was signed for approval and another was re-issued due to a typographical error.

Selectman Ives advised Mr. Fiske the March Board of Permit has been re-scheduled to March 30th.

Chief Fiske asked if the Board would like him to bring up the monetary situation for police coverage with Commissioner Barthelmes. The Board agreed Mr. Fiske should discuss this with the Commissioner. Selectman Maxfield said Chief Fiske should tell them the town is not prepared to go below the staffing level of the September race and the track will be responsible for payment of approximately \$170,000 with

the understanding any increase in staffing level will be additional cost to the track. After further discussion the Board agreed to contact Jerry Gappens to meet with the Board on March 2nd to discuss the track's plans for the 2010 racing season.

Chairman Bowles said he wanted to state for the record he feels everything went very well at the Sno Bowl. Selectman Ives said the Planning Board has also received positive feedback from a resident of Canterbury who applauded the Town for allowing the event.

The Board began their review of weekly correspondence.

The Board received a list of 2010 daytime parking permits from the Planning Board office.

The Board received a request from the Recreation Committee for use of a sound system for the summer fun nights. Selectman Maxfield said he felt as long as the system was on the gazebo and protected from the weather it would be alright for the Recreation Committee to use the Town's sound system from the Community Building.

The Board received the annual report of the Veteran's Memorial Maintenance Fund from the NH Charitable Foundation for review.

The Board received the *NHMA Legislative Bulletin #9* for review.

The Board acknowledged correspondence from Michael Harris. The Board agreed they will not pursue this information at this time.

The Board received an email from the Census Bureau encouraging resident participation in the 2010 Census.

The Board reviewed a memo from Moderator Phil Nadeau regarding a meeting on set up for the second session of Town Meeting at the Elementary School. The Board agreed they could be available Tuesday, Wednesday or Thursday of next week at 5:00 P.M.

Selectman Ives moved to adjourn at 7:28 P.M. Second by Selectman Maxfield. All in favor. Motion carried.

LOUDON BOARD OF SELECTMEN
Dustin J. Bowles, Chairman
Roger A. Maxfield, Selectman
Steven R. Ives, Selectman

Selectmen — cont. from 25

Second by Selectman Ives. All in favor. Motion carried. Chairman Bowles noted the Board had discussed this with Chief Burr at the time of Mr. Henley's hire and voted to approve this increase at their meeting on July 28, 2009.

The Board received the schedule of the 2010 NHMS/DOT Traffic Planning Meetings.

The Board received a copy of Fire Chief Jeff Burr's EMT Certification renewal.

The Board received a copy of Auditor Paul Mercier's response to the change in asset management at the NH Deposit Investment Pool.

The Board received Landfill Post Closure reports from The Louis Berger Group and the 2010 Laboratory Quotations from Eastern Analytical.

The Board received the 4th Quarter 2009 Host Community Fee payment from ESMI in the amount of \$12,490.37.

The Board received legal correspondence from Attorney Bart Mayer on Greenview Drive.

The Board received *NHMA Legislative Bulletin #8* for review.

The Board received a past due ambulance bill for review. *Selectman Ives moved to forward the past due ambulance bill for Account #44133 in the amount of \$655.10. Second by Selectman Maxfield. All in favor. Motion carried.*

The Board received notification from Comcast of enhancements to the services available in Loudon.

Selectman Ives moved to adjourn at 7:05 P.M. Second by Selectman Maxfield. All in favor. Motion carried.

LOUDON BOARD OF SELECTMEN
Dustin J. Bowles, Chairman
Roger A. Maxfield, Selectman
Steven R. Ives, Selectman



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Selectmen's Meeting Minutes — March 2, 2010

PRESENT: Selectmen Bowles, Maxfield, and Ives. Also present Road Agent David Rice, Transfer Station Manager Steve Bennett, Fire Chief Jeff Burr and Police Chief/Code Enforcement Officer Robert Fiske.

Chairman Bowles called the meeting to order at 6:30 P.M.

Selectman Maxfield moved to approve the Selectmen's Meeting Minutes of Tuesday, February 23, 2010 as presented. Second by Selectman Ives. All in favor. Motion carried.

The Board met with Fire Chief Jeff Burr. Chief Burr offered his thanks to everyone who assisted with the storm damage over the week-end.

Chief Burr said the dry hydrant at the dam has frozen again during the winter. Chief Burr said he will work this summer in

trying to alleviate this problem so the hydrant will be functional.

Chief Burr advised the Board he has been working with E911 in reviewing the town roads to ensure accuracy with the E911 mapping including the correct spelling of all town roads. He said he has been working with town office staff in an effort to get the tax maps corrected as well.

The Selectmen commended Chief Burr on his efforts to be sure town residents were safe and not in need of assistance during the week-end storm and power outages.

The Board met with Police Chief/Code Enforcement Officer Bob Fiske.

Chief Fiske said his office was also involved with assisting town residents during the power outage. He said his office

Selectmen — cont. on 27

Selectmen — cont. from 26

received numerous calls for assistance with individuals needing oxygen etc. He said his office was in direct contact with the Emergency Operations Center in Concord as well as supplying residents with emergency contact information. Chief Fiske said on Friday Loudon was 94% without power. Chief Fiske noted their office internet was out during this time and staff relied on faxing data back and forth to the EOC.

Chief Fiske advised the Board Loudon has been awarded a Homeland Security Grant of nearly \$200,000 to be used for equipment purchases.

Chairman Bowles said he wanted to note for the record that everyone did a very good job dealing with the storm damage and power outages. He said it is nice to see neighbors helping neighbors.

Chairman Bowles noted for the record four pistol permits were signed for approval.

The Board met with Road Agent David Rice.

Mr. Rice said he too wanted to express his appreciation to all those who assisted the Highway Department during the wind storm and power outage. He said the help was very much appreciated. Mr. Rice said it was 3:30 P.M. Friday before all roads with town were open. He said Public Service assisted in some cases with getting the road passable. He said one culvert on East Ricker Road washed out. Mr. Rice said he has patched the culvert for now but it will need to be replaced. Mr. Rice said the brush is going to Dave Moody's pit and Mr. Moody is chipping it. Selectman Maxfield asked if Mr. Rice is patrolling all the roads to ensure the brush and downed limbs are picked up. Mr. Rice said this was being done. Discussion ensued on which roads need the most attention.

Mr. Rice said he has put the road posting signs up today and the notices and advertising have been taken care of.

The Board met with Transfer Station Manager Steve Bennett.

Mr. Bennett said he has spoken with individuals in regards to volunteering at the Transfer Station. He said he feels the Board should possibly adopt a policy regarding the use of volunteers. Mr. Bennett said he has spoken with Office Manager Jean Lee in regards to this issue and insurance and liability issues. He said he would like direction from the Board on how they would want to proceed. Selectman Maxfield said the individuals would need to provide proof of insurance prior to doing any work. Select-

man Ives said he would have concerns of having minors volunteering due to the equipment that is at the Transfer Station. He also asked if it would be more of a hindrance to Mr. Bennett in having to oversee the volunteers and supervise their duties. Mr. Bennett said more often than not it has been helpful. Chairman Bowles said he does feel the liability is an issue but the Board will look into it.

The Board began their review of weekly correspondence.

The Board reviewed the Warrant Article list for Town Meeting, as far as presenting the articles at the second session.

The Board acknowledged a fact sheet on NIMS training and procedures for review from Fire Chief Jeff Burr.

The Board reviewed past due ambulance bills. *Selectman Ives moved to send the following past due ambulance bills to collection; Account #43539 in the amount of \$578.75, Account #24705 in the amount of \$100.11, Account #31609 in the amount of \$648.80, Account #20111 in the amount of \$100.11, Account #43877 in the amount of \$557.10, and Account #42963 in the amount of \$208.11. Second by Selectman Maxfield. All in favor. Motion carried.*

The Board received a copy of the 2010 Building Permit list from the Code Enforcement office.

The Board received copies of the February Planning Board minutes for review.

The Board received their *NHMA Legislative Bulletin #10* for review.

The Board acknowledged additional information from Comcast on the March digital upgrades for Loudon subscribers.

The Board met with Jerry Gappens, Executive Vice President and General Manager of NH Motor Speedway to discuss the 2010 racing season.

Chairman Bowles said the Board had requested this meeting to discuss the upcoming racing season and to initiate a cooperative effort to ensure everything goes well. Mr. Gappens said he still was not sure of the questions being asked as Chairman Bowles statement was very broad. Chairman Bowles said the Selectmen want to know what the track is expecting from the town and just where the town stands. He said the town worked hard last year to get the police and fire protection needed to keep the race fans safe. Chairman Bowles said it is important to get the events and plans into the proper channels as early as possible. Mr. Gappens reviewed the Sno Bowl event that took place February 20 and 21.

Mr. Gappens said as far as the town's standpoint for the upcoming season, he feels

the September race went very well. Mr. Gappens said he feels a lot of progress was made from June to September. Chairman Bowles said he agrees, and he spent a lot of time at the track in September to see how things went. Chairman Bowles said the June race is different from September, the weather is hotter and there are more fans in attendance. Mr. Gappens discussed the meeting which was held with the Governor, the Commission of Safety and other officials. He said a committee has been established to review these issues. He said he understands Chief Fiske needs outside help to keep the coverage at an acceptable level. Mr. Gappens said the Track's goal is to keep the local police level to a \$75,000 cost. Mr. Gappens said he understands with the cuts Chief Fiske has already made it would be difficult to cut any more without utilizing outside help. Mr. Gappens said he took the town's directive to ask the State to step in based on the state revenue that is generated from the Sprint Cup events at the track. Chairman Bowles said the Board had heard the \$75,000 figure but not directly from Mr. Gappens or Mr. Smith. Selectman Ives said he feels the cuts made in September were substantial and while it is an ongoing process, the communication lines need to be kept open. Selectman Maxfield said he wanted to clarify that when Chief Fiske hires the outside officers for duty at the track, they do work for Chief Fiske. Chairman Bowles and Selectman Ives agreed. Selectman Maxfield said he also feels the businesses in town do see benefits from the activities at the track. Chairman Bowles said the town does not see the benefit it should see from the State, and if they did it would help to offset the additional costs. Selectman Ives said it also has to be pointed out that if there is additional State participation, the control is still with Chief Fiske for police coverage and Chief Burr for fire coverage. Chairman Bowles said while the September race went well, he will stand by the decision this will be the lowest level of coverage that will be considered. How this coverage is paid for is irrelevant. Chief Fiske asked Chairman Bowles for the opportunity to speak. Chief Fiske said there are a couple of items he takes exception to. He said the Town of Loudon faces a huge liability issue during the Sprint Cup events. He said the second item is the comments made by Mr. Gappens relative to the City of Laconia and Motorcycle Week being a city function. Chief Fiske said there is a lot of money generated by the vendor permits etc. Chief Fiske said as far as the meeting with Commissioner Barthelmes, he has spoken with

numerous officials and he will not go below the safety level of manpower that was in place for the September race. Chief Fiske said he has serious concerns for the stated dollar amount of \$75,000. Chief Fiske said he has asked the Board of Selectmen to seriously consider raising the bond amount. Chief Fiske said he would encourage track officials to have Ed Dupont try and negotiate state participation in funding additional officers for track duty and not put the burden on the townspeople. Selectman Maxfield stated he wanted to clarify his statement of revenues being generated for local businesses. He said he stated the Red Roof Inn is sold out for the week and the Beanstalk Store has increased business. Chief Fiske said all he is saying is in the meetings the talk is all about the money coming into the state, which it does, but it doesn't trickle down to the town. Mr. Gappens took exception to Chief Fiske's comments, and stated the track pays its bills and he has tried very hard to work with Chief Fiske. Chairman Bowles said he understands the lengths to which Mr. Gappens has gone to alleviate the concerns brought by Bruton Smith, but he also understands Chief Fiske's concerns. Mr. Gappens said the whole situation has been status quo for so many years it is time to re-evaluate it and try to find a better way to accomplish what needs to be accomplished. Selectman Ives said it is important to continue to work forward to come to an agreement as long as the final results meet with Chief Fiske's requirements for staffing levels. Selectman Maxfield asked who the State Police would be responsible to if they come in to work the track. Chief Fiske said it would still be under his jurisdiction. Chairman Bowles said he wanted to clarify that the personnel who man the road closures also serve as the eyes and ears for the Chief in reporting traffic tie-ups, fender benders etc. He said they are a part of the communication process up and down the highway and it is important these people are qualified. Chairman Bowles said it was important to continue to work towards the common goals to ensure the safety of the town's people. The Board thanked Mr. Gappens for meeting with them to discuss their concerns.

Selectman Ives moved to adjourn at 7:53 P.M. Second by Selectman Maxfield. All in favor. Motion carried.

LOUDON BOARD OF SELECTMEN

Dustin J. Bowles, Chairman
Roger A. Maxfield, Selectman
Steven R. Ives, Selectman

**NEW PLANNING/ZONING OFFICE HOURS:
MONDAY THROUGH THURSDAY 8 A.M.—4 P.M. OPEN TUESDAY EVENINGS UNTIL 7 P.M.**

Please note that both Planning and Zoning Minutes are DRAFT minutes, i.e., they have not been approved yet. For a copy of the approved minutes, please contact the Planning/Zoning Office after their monthly meetings (798-4540).

Planning Board meets the third Thursday of the month at 7 p.m.

Zoning Board meets the fourth Thursday of the month at 7 p.m.

**Both Boards meet at the Community Building.
All meetings are open to the public.**

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Planning Board Meeting Minutes — February 18, 2010

Meeting called to order at 7:00 p.m. by Chairman Tom Dow.

Attendance:

Chairman Tom Dow, Steve Jackson, Tom Moore, Gary Tasker, *Alternates* Jeff Green and Bob Ordway, and *Ex-Officio* Steve Ives.

Henry Huntington and Stan Prescott were absent. Bob Ordway was appointed as a voting member for this meeting.

Julie Robinson represented the Conservation Commission and John Reese represented the Fire Department.

Acceptance of Minutes:

December 17, 2009 Regular Meeting — Chairman Dow reminded Board members that the minutes were not acted on at the last meeting as there was a question of what was discussed about camping during the NHMS Sno-Bowl. The tapes were reviewed and the findings were noted at the end of the January 21, 2010 minutes. *Tom Moore made a motion to approve the minutes of December 17, 2009 as presented; seconded by Steve Ives. All were in favor.*

January 21, 2010 Regular Meeting — *Tom Moore made a motion to accept and approve the minutes of January 21, 2010 as presented; seconded by Steve Jackson. All were in favor.*

Discussion:

Pete Johnson — Mr. Johnson asked about permitted uses at the Bollinger commercial building on Staniels Road. He is interested in two units, one for his electrical business and one for an automotive diagnostics business with light auto repair. Mr. Johnson stated that he has spoken with Firefighter Reese about the diagnostic business meeting the code approved for the building. Mr. Reese said that the diagnostic part of the business would be acceptable; the auto repair fire codes are being reviewed with the fire marshal's office at this time. He said the auto repair unit may have to be upgraded from one hour to two hour suppression. Mr. Johnson was advised that the automotive use would have to go before the Zoning Board and a change of use application would have to be filed with the Planning Board because his proposed use is not one that was included in the condominium approval.

Jason Hill — *Fortier subdivision* — Jason Hill of Holden Engineering informed the Board that Mr. Fortier would like to make a line change on the subdivision that was conditionally approved in November 2009. He said the final plans have not been submitted because one of the conditions was that a bond be in place before they could be recorded. Mr. Hill said that Mr. Fortier would like to make the line change so that the existing stonewall becomes the lot line at the southerly side of Lot 2 where there is an existing house. The easterly lot line would be shifted 10' to maintain the lot size. There would be no change in frontage. He said he would like

to make this change and submit it with the final plan set.

Tom Moore said that he likes the idea and it works out well when using a stonewall for a lot line. Steve Jackson said he would agree but wondered if this is the proper way to change a conditional approval. Mr. Hill said the plan was approved with a bond needed and some minor note changes. Chairman Dow said that the plan was approved as presented. Jeff Green said that he feels this should be done as an amended plan with abutters re-notified due to the time lapse. He said this would have been done as a lot line adjustment if the subdivision had already been recorded. Mr. Jackson said that the Board has brought others back for minor changes to plans in the past and he feels that is the way to handle this change. Gary Tasker said that he likes it done clean and by the usual process. He said it seems simple but it is best to do it right. Mr. Hill said he had hoped to avoid additional costs to the landowner, noting that it is a simple change. Tom Dow said it is best to follow the process, agreeing that it was approved other than a couple of notes. Mr. Hill was advised to submit an application and plans for an amended subdivision plan. Abutters are to be re-notified.

Old Business:

#09-14, Huckleberry Heating Oils, LLC — *Amended Site Plan, Located on Chichester Road in the C/I District, Map 11, Lot 34 (carryover from 11/19/09).* Jeff Green of JL Green Enterprises represented the applicants. Abutters were re-notified; none were present. Mr. Green gave an overview of the conditional approval that was given in November. One condition was that a letter of approval be submitted by the fire department. Mr. Green explained that the fire department requested a cistern after that approval was granted. A revised plan has been done to show the location and details of the cistern that was agreed to by the applicants. Underground fuel tanks will be removed and that location will be used for the cistern. Mr. Green pointed out that it will be 80' from the propane tank to the draft pipe of the cistern. He said the fire department would like it further away. He explained that he is trying to meet the setbacks and not tear up the pavement that serves both businesses on this property.

Applicant Dave Huckins said that the fire analysis that they had done calls for 7,500 gallons yet the fire department is asking for a 15,000 gallon cistern. He said he has agreed to that at a substantial cost to himself. Mr. Huckins said that he has asked several times for the calculations of how the fire department arrived at the size but nothing has been received. He said the hole from the removal of the tanks is the perfect spot but the fire department wants the cistern in the middle of the parking lot. He said he prefers not to put it there. Mr. Huckins noted that this would be

his tank at his cost but for the benefit of the town. He said that 20' does not seem enough of a substantial difference to have to put it in the parking lot. Bob Ordway asked if the fire department gave an explanation for the extra 20'. Mr. Huckins said they did not, adding that there is no code for this.

Steve Jackson asked when they found out that the fire department wanted the 100'. Jeff Green said that they just learned a day or two ago that the fire department wanted the 100 foot distance. He said that it was his understanding that John Reese has a letter to submit and may have a reason to offer. Firefighter Reese said that the letter is based on 100'. He said he found out just prior to the meeting that the plans show 80'. Mr. Reese said the 100' is from the draft point to the nearest point of the propane tank. He said they discussed the potential tank location and the areas were marked out. He said it was his understanding that they could get the 100' without impacting setbacks. Mr. Reese said they want to be the maximum distance from a potential hazard and 20' could be the difference between minor injury and death. He said they would like more than 100' but it is not practical at this location. Mr. Reese said that the 15,000 gallon requirement was based on the fact that they are a volunteer fire department with three men on staff. He said Loudon is a bedroom community and getting all of their apparatus out in ten minutes will not happen. He explained that they looked at mutual aid options and cannot guarantee the coverage recommended in the fire analysis.

Steve Jackson said this is not a discussion of the 15,000 gallons as Mr. Huckins has agreed to do the cistern. He asked if there is another location that they could put the fill nozzle. John Reese said the absolute maximum would be 30' for suction. There was discussion of the tank, drafting, and distances. Jeff Green said the owner would like to see it at 80' and the fire department would like to see it at 100'. He said extending it into the parking lot means extra cost and excavation, as well as having draft/fill pipes in the middle of a throughway. Gary Tasker asked where the traffic flow would go. Mr. Green pointed out that the flow would go around the back side of the existing garage or by the propane tanks. Mr. Huckins said that it seems unreasonable to require that it be put in the middle of a parking lot. He said there is no code that dictates the cistern placement; this is personal preference.

Chairman Dow closed the hearing to the public and opened it to the Board only. He said it would appear that the Board will not get the letter if the owner does not do the 100'. John Reese said that he would have to go back to the chief. Mr. Huckins said that the condition was to get a letter. He said the letter was for a cistern and it was never said how far it had to be from the tanks as there is no code for this. Gary Tasker said that the Planning Board is the governing body in this case, not the fire department. He said it

would be his recommendation to get the letter from the fire department, take it under the board's best judgment, and make a ruling on this. Steve Ives said he would have to follow the recommendations of the fire department as life safety is paramount. He said this came up a couple of months ago and it sounds like it was practically pulled together last week. Mr. Ives said all of this should have been resolved before the application was filed. Jeff Green said that it was the request of the applicant to come back to the Board to get direction as this has been going back and forth between the 80' and 100'.

Bob Ordway said this seems pretty arbitrary with regard to the request for 100'. John Reese said he could not make a final decision tonight and did not want to submit the letter that is based on 100' if that is not what is approved by the Board tonight. He said he would have to go back to the chief. Steve Jackson said that the Board looks to the Conservation Commission and fire department for recommendations. He said that the fire department made a recommendation and he agrees that it appears to be arbitrary. Mr. Jackson said that he was disturbed that the fire department did not have anyone with authority here tonight so that the Board would have to send the applicants away once again without a final approval. He said he understands Mr. Ives comment about life safety but there does not appear to be any life safety issue here and there is no life safety code for this situation. Mr. Jackson said that 100' or more would be nice but 80' works. He said he does not feel that this would be a fire department approval but more of a recommendation. Chairman Dow said that the recommendation was that they put a cistern in and they are doing that. Steve Jackson said that the applicant has been generous in agreeing to the 15,000 gallon cistern and asked if the cistern would be used for other areas. Mr. Reese said, due to the location, that it would be used mostly for those businesses but would be used for other local structures if necessary.

Gary Tasker said he would like to ask the fire department to submit the letter as part of the records. He said Mr. Reese should be bound to submit the letter. Mr. Reese explained that the letter does not match the plans as it states "no closer than 100'." After brief discussion Mr. Reese submitted the letter to the Board. Steve Ives said the letter would then be on the record as the fire department's recommendation.

Bob Ordway asked if the 15,000 gallon requirement is based on fire code. John Reese explained that the analysis recommended 750 gallons per minute for ten minutes. He said the 15,000 gallon request is not arbitrary but was based on the number of staff in town, the distance others would have to travel to get to the scene, how long it would take to get the rest there, and to give

Planning — cont. on 29

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Planning — cont. from 28

one truck twice as much time to keep the tanks cool and mitigate the hazard until help arrived. Dave Huckins said that they asked several times in writing and verbally and never received an explanation; he said that is irrelevant at this point as he has agreed to do the 15,000 gallon cistern. Mr. Ordway suggested that the 7,500 gallon option would allow different placement of the cistern tanks and maybe alleviate some of the concerns. Mr. Reese said they cannot guarantee the coverage or water supply to control a potential hazard with only 7,500 gallons. He said that the State recommended 30,000 to cover all structures at the site but the department did not go with that as they felt it was not fair to hold Mr. Huckins responsible for all of the structures. Mr. Ordway said they are asking for more water than is recommended and an arbitrary distance. He said the board has to walk the line between what is required and cooperating with the applicants. Discussion continued between Mr. Reese and Mr. Ordway about what is required, what is preferred, what is acceptable, and what the process has been to this point.

Gary Tasker asked if the fire department looked at the change of traffic flow and safety concerns that would be created by putting the cistern in the throughway. Mr. Reese said they did not realize that it would impact the traffic. He said based on the proposed tank location and visual measurements it did not appear to be in the parking lot. Mr. Tasker said that it could create problems with the daily traffic flow and safety. Mr. Reese said they would have to look at the design of bollards for safety. Mr. Tasker asked Mr. Green what the traffic flow change would do. Mr. Green said it would put traffic around the back of the garage or squeeze by trucks that could be at the tanks. He said traffic leaving the garage area could be blocked. Mr. Green said the discussion at the onsite meeting was that pushing it to 100' would meet setbacks but it was said that it would be in the parking area. Bob Ordway asked if the area for the pipes and bollards have to be accounted for. He said they might need a more elaborate barrier system if placed in the travel way. Mr. Green said it would go in the island area that is already existing as proposed; 80' allows the stand pipes and barriers in the island area.

Tom Moore said the confusion seems to be about the 100'. Jeff Green explained what was said onsite with regard to the 80' vs 100'. He said that it was marked out at 79.5' during the meeting onsite; this showed that there would be an impact on the pavement. He said Mr. Huckins was very adamant with the fire department that he was not interested in putting this out into the pavement. Mr. Green said that his comments at the site were that the maximum distance to meet all setback requirements would be 100'; beyond that they would be into the parking, setbacks, or middle of the driveway. He said when the fire department left that meeting they would not make a recommendation, saying that they had to discuss it. Mr. Green said the department then came back with the 100' require-

ment. He said it was made clear with paint marks that the additional 20' would be in the pavement.

Gary Tasker asked what the procedure would be at this point. It was clarified that this is a continuation of an application that was previously conditionally approved, the condition being that a letter be received from the fire department. There was discussion of the fire department's recommendation, the fact that the plan was originally approved without a cistern, the cistern being required by the fire department after the fact, and options for approval.

Gary Tasker said that he appreciates the fire department's participation and what has been offered for information and knowledge. He said it would be his opinion that they are swapping one safety issue for another. Mr. Tasker said that Mr. Huckins has gone over and above by agreeing to 15,000 gallons when 7,500 gallons was recommended in the fire analysis. *Gary Tasker made a motion to approve the amended site plan as drawn at 80' with a 15,000 gallon cistern; seconded by Bob Ordway.*

Steve Jackson said that he appreciates the fire department's position and has taken it into consideration. He encouraged the fire department to work with applicants more closely and to take the initiative to get involved earlier in the process. Mr. Jackson said these applicants have taken a beating and the board does not want to do this again. He said it works best if all work together on these projects. Tom Dow said that he agreed and he understands that Mr. Reese is the messenger. Mr. Dow said it would be better for everyone if the departments are involved sooner so that everyone knows what is expected. Steve Ives said that he appreciated Mr. Reese being in attendance and for keeping his calm demeanor throughout the meeting. He said he was disappointed that the chief was not present to make decisions. Chairman Dow repeated the motion. *All were in favor.*

New Business:

#10-01, Joanne Sanborn — Lot Line Adjustment, Located on Kenney Road in the RR District, Map 53, Lot 2 and Map 44, Lot 8. Steve Jackson recused himself due to a business relationship with the applicant. Jeff Green was appointed as a voting member for this case. Abutter Dana Locke was present.

Tom Moore made a motion to accept the application as complete and move to a public hearing; seconded by Gary Tasker. All were in favor. Mitch Cummings of Richard Bartlett and Associates represented the applicant. Mr. Cummings explained the location of the two parcels and pointed out the existing barn, garage, and house. The current lot line splits the barn and garage from the house lot; this adjustment is to put all of the buildings on one lot.

Tom Moore said the plan brings the lot into conformance, adding that it looks simple. Tom Dow said the plan is a good clean up of the lines and puts everything on one lot. Steve Ives asked if there are separate accesses to Kenney Road. Mr. Cummings showed and explained the two accesses.

Chairman Dow read a waiver request that was submitted. The request was to allow a scale of 1" = 60' rather than 1" = 50'. Jeff Green noted that the plan is at 1" = 200'. The request was written by Mark Sargent of Richard Bartlett and Associates. Mr. Sargent was unable to be at this meeting. Dave Collier of Richard Bartlett and Associates was present and amended the waiver letter to read 1" = 200'. Chairman Dow read the revised waiver request. *Bob Ordway made a motion to grant the waiver as revised; seconded by Steve Ives. All were in favor.* Chairman Dow read a note that was received from abutter Edwin Epp saying that he had no objections to the proposal.

There was no further discussion. *Tom Moore made a motion to approve the application; seconded by Jeff Green. All were in favor.*

Steve Jackson returned to the table.

#10-02, Russell & Jennifer Stratton — Major Subdivision, Located on Batchelder Road in the RR District, Map 38, Lot 8-1. Abutters Russ and Brenda Pearl were present. Chairman Dow read a letter from Dave Collier of Richard Bartlett and Associates to table the application until the March meeting. *Tom Moore made a motion to continue the application to March 18, 2010 at 7:00 p.m. in the Community Building; seconded by Gary Tasker. All were in favor.* This will be the only notification.

Board Discussion:

Donna reported that Joe Bohi was in the office to inquire about the release of his lot on Bee Hole Road that is part of the development agreement for Loudon Woods Estates. Mr. Bohi would like to build on and sell the lot this spring but cannot do anything until the restriction of the off-site improvements being completed is removed. The Board agreed that the majority of the improvements have been done other than the final pave-

ment. There was brief discussion about the timeframe within which Mr. Aversa would complete the pavement portion of the improvements and conditions that could be placed on the release. It was agreed to release Map 2, Lot 23-13 (seen as Lot 8 on the subdivision plans and development agreement) from the development agreement. Chairman Dow will put this in a letter.

Firefighter Reese said that Chief Burr asked him to address a matter with the Board. It was brought to the Board's attention that there have been several overnight campers at the John Storrs property during race weekends. Mr. Reese said that the chief would like to know if the campers are permitted as part of the parking permit held by Mr. Storrs. There was discussion about how many campers, if they are paying customers or family and/or friends, and the best way to address the question. Gary Tasker said that Mr. Storrs should come in for site development just as with any others who have permits for camping. It was agreed that this would apply to any residents who permit overnight camping at their parking lots during race events. Chairman Dow will look into this matter.

Report of the ZBA:

Donna reported that there are no applications before the ZBA this month.

Report of the Board of Permit:

Steve Ives reported that there was nothing for Board of Permit this month.

Adjournment:

A motion to adjourn at 8:33 p.m. was made by Gary Tasker; seconded by Bob Ordway. All were in favor.

*Respectfully submitted,
Donna White
Administrative Assistant*


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April 2010 in Loudon						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:30am•Storytime @ Library 6:30pm•PTA @ LES 6:30pm•Boy Scout Troop 247 @ Legion 7pm•Boy Scout Venturing Crew 247 @ Legion	2 GOOD FRIDAY	3
4 EASTER	5 5:15pm•Library Trustees @ Library 6:30pm•Happy Hill 4H @ Legion 7pm•Agricultural Com. @ Com. Bldg. 7:15pm•MVSD School Board Mtg. @ Penacook Elementary	6 10:30am•Storytime @ Library 6:30pm•Selectmen's Meeting @ Com. Bldg.	7 2pm•Storytime @ Library 7pm•Historical Society 7pm•Art Club @ Library	8 10:30am•Storytime @ Library 6:30pm•Boy Scout Troop 247 @ Legion 7pm•Boy Scout Venturing Crew 247 @ Legion	9	10
11	12 8pm•Loudon Fire Dept. Meeting	13 10am•Young at Heart @ Com. Bldg. 6:30pm•Selectmen's Meeting/Board of Permit @ Com. Bldg.	14 6pm•Conservation Commission @ Com. Bldg. 6:30pm•Girl Scout Volunteers @ LES	15 6:30pm•Boy Scout Troop 247 @ Legion 7pm•Boy Scout Venturing Crew 247 @ Legion 7pm•Planning Board @ Com. Bldg.	16 LOUDON LEDGER DEADLINE FOR MAY 2010 ISSUE	17
18	19 6:30pm•Communications Council @ Elementary School — Note change of meeting site	20 9–12•VNA Senior Health Clinic @ Richard Brown House 10:30am•Storytime @ Library 6:30pm•Selectmen's Meeting @ Com. Bldg. 7pm•Lions Club @ Library	21 2pm•Storytime @ Library 7pm•Legion & Auxilliary	22 EARTH DAY 10:30am•Storytime @ Library 7pm•Zoning Board @ Com. Bldg. 7pm•Book Group @ Library	23	24 9am•Bicycle Safety Class @ Safety Building
25	26	27 10:30am•Movietime @ Library "Ponyo" 6:30pm•Selectmen's Meeting/Work Session @ Com. Bldg. 7pm•LYAA @ Library	28 2pm•Movietime @ Library "Planet 31" 6:30pm•Rec. Com. @ Library	29 10–2•Open Craft Time @ Library 2pm•JO Cate Van @ Van Garage 6:30pm•Boy Scout Troop 247 @ Legion 7pm•Boy Scout Venturing Crew 247 @ Legion 7pm•Book Group @ Library "Anna Karenina"	30	5/1 Creepy Crawly Encounter @ Library
SCHOOL VACATION WEEK						

Black



Countryside Realty Listings



BOSCAWEN. Energy Star Certified new construction 3 bdrm 2.5 bath 26x36 Colonial on 2.82 acres. Nice quiet country setting. Spacious floor plan with customized design options. Pick your countertops, cabinets, flooring, light fixtures and colors. Energy Star rated low-E argon filled thermal pane glass windows, 200 amp electrical, high efficiency gas boiler, 50 gallon hot water storage tank, two heat zones, drilled well, 1500 gallon private septic, fire suppression sprinkler system and much more. **\$252,700** MLS #2799867



LOUDON. Charm and character throughout this absolutely gorgeous restored historic 3,360 sq ft 4 bdrm, 2.5 bath Colonial on 9.90 acres with open fields and views of Oak Hill. Brick and granite hearths, 3 fireplaces, 1 wood stove and 1 propane stove. In ground pool w/ diving board. 76x160 barn and a 3 car garage. Beautiful wide pine floors throughout. Spacious kitchen with island and huge family room. Add'l acreage avail. **\$399,900** MLS #2766297



LOUDON. Beautifully maintained 3 bdrm, 1 bath Ranch on 2.02 acres surrounded by stone walls and views. Easy home to heat with 3 sources of heat: gas, woodstove, and electric. 2-car garage with automatic garage door openers, built-in cabinets, and work bench, additional park for RV or boat on side of garage. 20x16 drive-thru barn with underground electricity and metal roof. Full walk-out finished bsmt, plumbed and ready for 2nd bath. **\$238,900** MLS #2799237



MEREDITH. NEW LISTING. First floor living with Kitchen, Living Room w/ brick fireplace, 3 bedrooms and a full bath. Walkout basement features additional living space with fireplace, laundry/half bath and 24 x 26 game room with slider to lower level parking. Great location convenient to schools, shopping and the Lakes Region attractions. City water and city sewer. **\$209,900** MLS #2823528



GILMANTON. NEW LISTING. Imagine your brand new 3 bdrm 1 bath 26x42 Raised Ranch on this great lot with beach rights to Shellcamp Pond, swimming, boating, fishing, what a lifestyle! Great location to NH International Speedway and only 15 minutes to Gunstock. On site well and septic already in and the builder is ready to get started. Customized design options available, pick your countertops, cabinets, flooring, fixtures and color. Low E argon filled thermal pan glass windows, 200 amp elec service, 30 gallon hot water storage tank. One yr home warranty. **\$173,900** MLS #2824348



LOUDON. New construction 3-bedroom, 1-bath Raised Ranch with 2-car garage under on 2.01 acres. One thing we've learned is homebuyers want choices! This builder offers wonderful spacious floor plans and customized design options. Countertops, cabinets, flooring, window coverings, and light fixtures are all there for you to explore. **\$239,900** MLS #2789006



GILMANTON. NEW LISTING. Exceptionally cared for 3 bdrm 1.75 bath Cape on 2.29 acres located in Gilmanton Historic District with picturesque views of Meetinghouse Pond. Lg wrap around deck to entertain on overlooking pond. High ceilings with recessed lighting. Pergo wood flooring throughout. Spacious kitchen with recently installed bead board backsplash. Huge picture window in dining room with views of pond. Beautiful crown molding and shadow box trim. Full unfin bsmt. Water softener and filtration system. Woodstove in bsmt negotiable. Hand stacked stone walls and 10x10 storage shed. **\$219,900** MLS #2821641



PITTSFIELD. NEW PRICE. Brand new 3 bdrm 1.75 bath New Construction on 1.29 acres in cul-de-sac neighborhood. Great location. Spacious floor plan and customized design options. Countertops, cabinets, flooring, window coverings and light fixtures are all there for you to explore. **\$179,900.** MLS# 2797298



CONCORD. NEW PRICE! Spacious 3 bdrm Cape on 3.26 acres. 2nd floor needs some finishing. Wood laminate flooring in living room, den off liv rm with sliding glass door leading to back deck. Roomy kitchen open to formal dining rm, no kitchen appliances. 2 car garage. 3/4 bath on 1st fl, full bath on 2nd. **\$224,900** MLS #2807702



NORTHFIELD. NEW PRICE! Very functional floor plan in this 3 bdrm 2 bath Cape on 2.45 acres blt in '88. Sits back off road, nice private setting. Attached 2 car garage w/ auto open and storage above. Two bdrms and full bath on 1st floor and mstr bdrm w/ lg mstr bath on 2nd. Huge jetted tub in mstr bath. Oil heat, fireplace w/ woodstove insert in liv rm and gas stove in bsmt. Central vacuum. Lg deck and screened porch off back and sm deck off mstr bdrm. Light and bright kitchen with island/bkfst bar. Skylights in liv rm to let in the natural light. Full unfin walk-out bsmt. **\$239,900** MLS #2810458



BELMONT. NEW PRICE. Blt in '06, but never lived in. Quality and style thru-out this 5 bd 5 ba home w/ in-law apt. This home has been solidly blt w/ nothing but the best. Beautiful tiled kitchen, granite countertops, Jenn-Air gas range, 2 ovens, stainless steel appliances, gas f.p. w/ stone hearth, lg pic windows, cen air & vac, 1st fl mstr, 23x31 bonus rm & more. **\$325,000** MLS #2758914



CONCORD. NEW LISTING. View of Connecticut River from this end unit 2 bdrm 1.5 bath 3 story townhouse style condo. Beautifully maintained, tile floor in kitchen, birch flooring in din and liv rm and maple treads on stairs leading to 2nd floor. Huge mstr bdrm with walk-in closet. 2nd floor laundry located just off 2nd bdrm. Finished loft with skylight and plenty of storage. Speaking of storage, stair access to crawl space below (which very few unit have). Club house with in-ground pool and much more. **\$138,900** MLS #2821360



LOUDON. Pride of ownership shows in this 3 bdrm 2 full bath double wide mobile home in friendly Freedom Hill Coop. New flooring, all rooms freshly painted, updated kitchen with new countertops, added a 12x20 deck on front and 10x10 deck on side. Master bdrm with bath, fenced yard and lg utility shed with elec. **\$84,900.** MLS #2815578



LOUDON. BACK ON THE MARKET. TOTALLY RESTORED 1800 COLONIAL/FARMHOUSE ON 12+ LEVEL ACRES W/ IN-LAW APT. BEAUTIFULLY LANDSCAPED PROPERTY, IN GROUND SWIMMING POOL, BASKETBALL COURT, CIRCULAR DRIVEWAY, TWO CAR ATTACHED GARAGE W/ AUTO DOOR OPENERS, HUGE 40x80 BARN, FARMERS PORCH, 3 SEASON PORCH AND THAT IS JUST THE OUTSIDE. GORGEOUS INTERIOR, NICE OPEN KITCHEN, W/ SLIDING GLASS DOOR LEADING TO 3 SEASON PORCH, COZY LIVING RM W/ WOODSTOVE AND BRICK HEARTH AND DEN W/ FIREPLACE. LOTS OF EXPOSED BEAMS, LG LAUNDRY RM, LIGHTED MAPLE CABINETS IN KITCHEN, PANTRY, TILE FLOOR IN KITCHEN, ISLAND, FORMAL DINING ROOM, LOTS OF BUILT IN CABINETS THROUGHOUT HOME, LARGE MSTR BDRM, LG IN-LAW APT., KITCHEN, LIVING RM AND BDRM, GAS RANGE IN IN-LAW KITCHEN, OAK CABINETS, SLIDING GLASS DOOR LEADING OUTSIDE. THIS HOME HAS IT ALL, EVEN A GAME ROOM WITH A BARI! **\$449,000** MLS #2819099



PITTSFIELD. Great potential on this 5 country acres of land, excellent horse property with 2 stall barn w/elec, new floor and roof. 2 bd 1 ba open concept single wide mobile home w/addition. Easy to heat w/woodstove in liv rm. Propane heat also with updated furnace. Nice private location bounded by a Class VI rd that leads to extensive riding trails. **\$109,000** MLS #2814193



CONCORD. Clean as a whistle 4 bdrm 2 full bath 26x34 Cape on .23 acres blt in 1998. City water, city sewer and natural gas. Beautiful formal dining rm with hardwood flooring. Spacious bdrms, huge master bdrm with his/her closets and a 1st floor bdrm. All appliances convey, including washer and dryer. Oak kitchen cabinets, gas range, garbage disposal. Full unfin bsmt. Ready for immediate occupancy, turn key. **\$224,900** MLS #2817329



BOW. NEW PRICE. Executive 4,101 sq ft Raised Ranch with luxury in-law apt and 3 car attached garage on 2.25 acres. Family rm with fireplace. Central air in in-law apt. Separate elec. and heat. Full finished walk-out bsmt. Inground pool for those hot summer days to come. Deck overlooking pond. New roof, siding, windows, furnace, flooring, kitchen and more. **\$249,900** MLS #2766281



PITTSFIELD. Brand new 26x36 Log home with 3 bdrms plus a loft and 2.5 baths on 2.69 acres. Superior craftsmanship with custom touches in this beautiful warm and cozy, easy to maintain Log home. Located just off of Rt 107 (Catamount Road) makes this a convenient drive to the area schools, Epsom and Concord. **\$229,900** MLS #2814723

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