

The Loudon Ledger

PUBLISHED BY THE LOUDON COMMUNICATIONS COUNCIL



February 2009
Volume 11, Issue 2

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Mission Statement...

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.

First Budget Hearing Held Jan. 20 — Second to be Held Feb. 4

The Board of Selectmen held its first public budget hearing on Tuesday, January 20th. The Board provided attendees with copies of a draft operating budget for the Town and estimated revenues for the Fiscal Year 2009, which runs from July 1, 2009 through June 30, 2010. They also provided a draft of the warrant articles that voters will take up at the Annual Meeting in March.

Board Chairman Steve Ives indicated that throughout the budget process, the Board has taken into consideration the significant downturn in the economy and the impact of the budget on Loudon taxpayers. He said that although the Board included one merit increase and adjusted the lifeguard's salary, they used a 2.5% COLA (cost of living allowance) in setting salary rates for the remainder of Town employees. The Board also adjusted compensation for Trustees of the Trust Funds to be consistent with payments to members

of the Planning Board and Zoning Board of Adjustment. Chairman Ives explained that some of the items in the budget that reflected increased costs were out of the Town's control, such as the percentages of salary assessed for FICA, Medicare and Retirement or the amount billed to the Town on a per capita basis such as the Visiting Nurse, or the amount assessed to the Town for ambulance billing services provided by Concord Hospital.

The Selectmen indicated that much of the budget reflected "level funding." Their proposed budget is up 8.43% over last year. At the meeting, they explained variances from last year's budget, a number of which were explained as follows:

- An 18.51% decrease in data processing costs in the Selectmen's Office, as well as a 12.5% decrease in office equipment, and a 50% decrease in publications, resulting in an overall decrease in

the Selectmen's Office budget of 9.21%

- A 5.73% decrease in monies assessed for the Landfill Hydro Study
- Creating a single position to serve as both Deputy Town Clerk and Deputy Tax Collector, resulting in decreases in both those line items of 34.91% and 52.44% respectively
- The employee benefits line was increased 17.6% to address significant increases in payment to the Retirement System. The budget draft also appears to reflect a 100% decrease in Medicare payments, but that line in the budget is now included with FICA
- Planning Board and Zoning Board budgets were decreased by 1.19% and 2.62% respectively

Budget — cont. on page 4

First "Made in Loudon" Expo Successful

The weather co-operated for the first "Made in Loudon" expo and it was a huge success.

We had 7 residents participate, Carol Soule (with samples of her beef stew), Letty Barton (samples of her maple jelly), Janice Sinclair (bird houses hand made by her father), Abbey Ladd (a horse buggy seat she had reupholstered), Mike Sharon (pictures of the cement benches he makes), and Mike Labonte and Kim Bean (samples of their maple syrup and lots of items to do with syruping).

There was plenty of taste-testing and a lot to see and learn from each participant. We have received many e-mails from folks interested in being part of the next one, which we hope to have in October. The price of admittance was a donation to the food pantry and our box was overflowing.

Thank you to all who helped make this such a wonderful "trial" run and we hope to see you next month at our "Photo Memory" night, where you can dig out all those old Loudon pictures (or items) and come tell the story that goes with them. If you have some where you don't know who is in the picture, bring them in and maybe someone will recognize them. ■



Mike LaBonte (left) and Kim Bean (center) show some of their maple products to people attending the first "Make in Loudon Expo."

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.–Thurs.: 8 a.m.–4 p.m. • Tues. evenings: 6 p.m.–9 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.–5 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 from 10 a.m.–6 p.m. or for emergencies.

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. 271-3041

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" 2009 Schedule

January 2009 Ad & Copy Deadline: Fri. 12/19 **Council Meeting:** Mon. 12/22

February 2009 Ad & Copy Deadline: Fri. 1/16 **Council Meeting:** Mon. 1/19

March 2009 Ad & Copy Deadline: Fri. 2/13 **Council Meeting:** Mon. 2/16

April 2009 Ad & Copy Deadline: Fri. 3/20 **Council Meeting:** Mon. 3/23

May 2009 Ad & Copy Deadline: Fri. 4/17 **Council Meeting:** Mon. 4/20

June 2009 Ad & Copy Deadline: Fri. 5/15 **Council Meeting:** Mon. 5/18

July 2009 Ad & Copy Deadline: Fri. 6/19 **Council Meeting:** Mon. 6/22

August 2009 Ad & Copy Deadline: Fri. 7/17 **Council Meeting:** Mon. 7/20

September 2009 Ad & Copy Deadline: Fri. 8/14 **Council Meeting:** Mon. 8/17

October 2009 Ad & Copy Deadline: Fri. 9/18 **Council Meeting:** Mon. 9/21

November 2009 Ad & Copy Deadline: Fri. 10/16 **Council Meeting:** Mon. 10/19

December 2009 Ad & Copy Deadline: Fri. 11/13 **Council Meeting:** Mon. 11/16

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1/2 Page	9 3/8"W x 6"H — or — 4 3/8"W x 11 3/4"H	\$115.00/issue
Full Page	9 3/8"W x 11 3/4"H	\$230.00/issue

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The Loudon Ledger

is published monthly by the Loudon Communications Council,
PO Box 7871, Loudon, NH 03307.

Council Members: Kris Tripp, Dottie Mulkhey, Mary Ann Steele, Tricia Ingraham, Jenn Becker, Sherry Blanchard, Sharon Strout, Pete Pitman, Christine Campbell, Lee Laughlin, Melissa Moore, 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 / harvestmoon@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 — Evangelical Free Church of America

Jeffrey Owen, Senior Pastor • Joshua Owens, Associate Pastor • Tom Stevens, Minister of Youth
334 North Village Road, Loudon, NH 03307 • 783-4045 • www.fcbe-loudon.org

Fall, Winter, and Spring Hours (Sept.–May):

Sunday Worship Service: 8:00 a.m. and 11:00 a.m. • **Sunday School:** 9:30–10:30 a.m.

Summer Worship Hours (June, July & August):

Sunday Worship Service: 8:00 a.m. and 9:45 a.m. (no Sunday School classes)
Prayer Meeting: Weds. 6:30 p.m. • **Pioneer Club:** Weds. 6:30 p.m. (ages 3–5th grade)
Bible Study: Thurs. 9:30 a.m. • **Youth Group:** Sun. 6:00 p.m.
Faith Community Bible Church has Men, Women, and Small Group Ministries. Please call the church office for more details. Office Hours: 9 a.m.–2 p.m. on Tues., Weds., Thurs.
Email: phyllis.minery@fcbe-loudon.org

■ ■ ■

Landmark Baptist Church

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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)

Sunday Evening Celebration Supper and Worship:

Monthly at 5:30 p.m. Please call for details.

Wednesday, 7–9 p.m.: Family Night. Small groups for men, women, teens, and kids.

■ ■ ■

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.
phyllis@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–Kindergartners.)

Kidsville (Grades 1–4)

Early Evening: House Churches. (Call the church or visit our website for a location near you.)

Tuesdays: Children's Bible Quizzing (Grades 1–6). 5:30–6:30 p.m.

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/Rick Smith]

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: Discovery Series Bible Lessons

■ ■ ■

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

New Beginnings Church of the Nazarene Concert Offering



Eastern Nazarene College's much-acclaimed *A Cappella Choir* will be presenting a collection of choral favorites on Friday, February 20 at 7:00 p.m. at New Beginnings Church of the Nazarene. The choir, under the direction of Dr. Timothy Shetler, has performed around the world, and will be performing at Carnegie Hall later this spring.

There is no admission fee for this concert, but a love offering will be taken for the choir. The church is handicap accessible and is located on Staniels Road in Loudon. We hope to see you there. For more information, call the church office at 224-1311. ■

Land Of Harvest To Perform At GraveRobbers Coffeehouse Sat., Feb. 7 at 7 p.m.

GraveRobbers Coffeehouse, a community hospitality project of Loudon Congregational Church, is pleased to feature *Land of Harvest*, a contemporary gospel group on Saturday, Feb. 7 at 7 p.m. *Land of Harvest* is a family group that has been singing together for years. They play a variety of instruments and use rich harmonies in their music. You may check out their sound at www.landofharvest.com.

Doors open at 6:30 p.m. and *Land of Harvest* will play at 7:00 p.m. Admission is free; however, coffeehouse staff will pass the hat for the benefit of the band. Coffee and other refreshments will be available at reasonable prices.

GraveRobbers Coffeehouse is a fun, safe, substance-free, positive environment for youth and adults. The coffeehouse is open the first Saturday of each month, featuring a relaxed, cafe-style setting, good, simple refreshments, and skilled musical artists of all styles. Loudon Congregational Church and GraveRobbers Coffeehouse are located at 7018 Church Street in Loudon Village. For more information, please call the church at 783-9478, or visit www.loudoncongregational.org and click on the GraveRobbers Coffeehouse link. ■

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Budget — continued from page 1

- Costs for government buildings, including utilities, cleaning and maintenance, increased by 5.29%, with decreases in expected funding for work on the Town Offices, and increased costs for major repairs to the Town Hall, with an expectation that the Loudon Freewill Baptist Church will cover half those costs
 - Employee medical/dental insurance shows an increase of 37.27%, reflecting higher premium rates and the addition of one new family plan
 - The Fire Department budget shows an overall increase of 5.53% to cover the costs of restocking the ambulance, testing equipment and making equipment repairs
 - Compliance was increased 4.22% to reflect the 2.5% COLA as well as a merit increase for the Compliance/Code Enforcement Assistant
 - The Highway Department budget was increased 5.23%, most of which is reflected in repair costs, fuel costs, and the increased cost of gravel for road repairs
 - A 19.39% increase in the budget for Solid Waste/Landfill reflects increased fuel costs, certification for hazardous material handling, and a substantial increase in the tipping fee the Town is charged for use at the Wheelabrator incinerator and for handling construction debris
 - The Welfare budget was increased 8.06%, reflecting a modest increase over last year's appropriation of a little over \$1,000
 - Recreation, which was increased 5.42%, reflects the increased life-guard wages, costs for swim lessons, and additional costs for park maintenance and supplies
 - The Library's overall budget shows an increase over last year's appropriation of 25.33%
- The draft Warrant includes eight proposed zoning amendments. Voting on those amendments, along with the election of Town Officers, will take place on Tuesday, March 10, 2009, at the Loudon Town Hall on Clough Hill Road. Polling hours will be from 8:00 a.m. to 7:00 p.m.
- The remainder of the warrant will be voted on at the second session of the Town Meeting on Saturday, March 14, 2009, at the Loudon Elementary School Gym on School Street. The proposed articles include the following:
- Discontinuing a portion of Old Stanisels Road
 - Establishing a Recreation Revolving Fund
 - Authorizing the Selectmen to establish or amend certain fees
 - Appropriating funds for a bi-annual Household Hazardous Waste Collection Day
 - Appropriating funds to hire and equip one additional full-time Firefighter/Emergency Medical Technician
 - Raising and appropriating funds to purchase and equip an ambulance
 - Raising and appropriating funds to resurface Soucook Lane, Lovering Avenue and Hollow Route Road
- The second session of Town meeting will begin at 9:00 a.m.
- A second budget hearing will be held at the Community Building on **Wednesday, February 4, beginning at 7 p.m.** The meeting is being held Wednesday because Tuesday, Feb. 3 is the deadline for all warrant articles. By holding the second and final hearing before Town Meeting on Wednesday, it allows everyone to review all possible warrant articles before the regular Town Meeting. ■



Loudon Police Dept. D.A.R.E. News

By Jason S. Fiske, Instructor

We are on our way to another successful year of D.A.R.E. curriculum. The students are attentive and there is great participation from the fifth grade students. I wish to thank the fifth grade teachers, Mrs. Finch, Mr. Satterfield, and Ms. Painchaud for all their help in assisting me this year.

The big fundraiser is almost here! Save the date! **The annual D.A.R.E. Pizza night will be held on Tuesday, March 17th at the Loudon Elementary School.** With the new addition, we will be able to utilize both the cafeteria and gym. Dinner will be served from 5–6:30 p.m. The dinner includes a slice of pizza, salad, dessert, and a beverage for \$3.00. Additional slices may be purchased for \$1.00 a slice. The famous raffle will begin at 6:30 sharp. Tickets can be purchased for 3/\$1.00 or 20/\$5.00. There will be no advance ticket sales. You do not need to be present at the raffle. Andy Mack from 93.3 The Wolf will be here for event! Don't miss the fun!

This is our major fundraiser for the D.A.R.E. program. We appreciate the outpouring of support from our local businesses and residents. This program continues to be a success with the continued support from the community.

If you are interested in donating an item or have any questions, please contact Chief Fiske, Janice Morin or myself at 798-5521 or you may e-mail us at loudonpd@loudonpolice.com. ■

Loudon Recreation Committee News

LOUDON WINTER CARNIVAL on Saturday, February 21st from 12:00 Noon–4:00 p.m. with fun for all!! We will have snowman building competition — with prizes, snowshoeing with snowshoes available or bring your own, wiffle ball and volley ball in the snow! There will be a bonfire to keep warm and free hot cocoa and cookies. Also available for a nominal fee will be drink, hot dog and chip combos and those proceeds will benefit the Loudon Food Pantry. Come on down to the Recreation Fields for some fun with your friends and neighbors from Loudon. We are always looking for help on the day of the event, if you can help please let us know!! In the event of bad weather or no snow on the 21st, we will hold the event on Feb. 28.

The Loudon Recreation Committee is putting together a work group to look into the possibility of a year round park in the village area in the land adjacent to the Recreation fields to the south. We met with the Selectmen and briefly discussed the possibility and are now in the research process. It is our dream to have a park that would have a concrete skate area which could be used for both roller skating/roller blading as well as ice skating in the winter. There are many possibilities for this space including walking paths, benches, picnic areas, etc. and would also include additional parking for the existing recreation fields. This space could be utilized by citizens of all ages. A subcommittee meeting was held in early January and a site walk followed. The group also met on February 2nd at 6:30 p.m. at Charlie's Barn to develop a community survey. Please look for the minutes of these meetings or obtain your survey on the website www.loudonnh.org under Recreation Committee. We are inviting anyone who may be interested to attend. Our next meeting will be held in March, please check website as date is to be determined.

Keep checking the website as we may have program opportunities come up between issues of *The Loudon Ledger*.

Of course we are always looking for new and exciting program ideas! Please feel free to share yours at any time! Please go to the website www.loudonnh.org print and return the event/activity survey form. We are also always looking for help. The Recreation Committee meets once a month usually on the fourth Wednesday of the month at The Maxfield Public Library at 6:30 p.m. Please let us know if you are interested in helping out. If you can't attend the meetings, but would like to get placed on our email contact list for volunteering at specific events, please email Alicia Grimaldi at affirmhealth@yahoo.com. ■

**Deadline for the March 2009
"Loudon Ledger":
Friday, February 13, 2008**

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2008 DARE PIZZA NIGHT



WHEN: TUESDAY, MARCH 17, 2009
 WHERE: LOUDON ELEMENTARY SCHOOL
 TIME: Dinner served 5 - 6:30 p.m.
 (includes Pizza, salad, dessert & beverage)



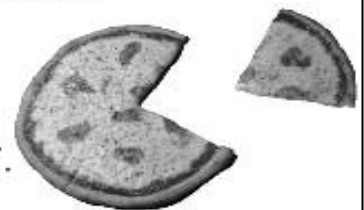
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T+ YOUR HEALTH

By Tricia Ingraham, MPH

Remember Hearts on Feb. 14

To my family, February 14 means much more than Valentine's Day, it's also Congenital Heart Defect Awareness Day. As you may recall, the last couple of years I have written about our little girl, Casey who has TGA (Transposition of the Great Arteries). She has already had one open-heart surgery and is facing at least one more. Even at the young age of 6, she shows an amazing amount of strength, we are so proud of her.

February 14 is a day to honor and remember all people born with a heart defect and all of the families and friends touched by our heroic "heart" children. There are about **1 million people alive in the United States alone who were born with a heart defect**. It is also a time to recognize the many medical professionals who take care of our heart children day in and day out and who conduct research which we hope will cure or prevent heart defects in the future.

Here are some facts regarding CHD's:

What Is A Congenital Heart Defect (CHD)?

Congenital means it is present at birth. Heart defects begin in the early part of the pregnancy when the baby's heart is forming.

How Many Babies Are Born With A CHD?

Approximately 32,000 babies are born each year in the United States with a congenital heart defect (CHD). That equates to 1 out of 100 babies born have a heart defect.

What Is The Number One Birth Defect

Congenital heart defects.

Is There A Prenatal Test For CHD?

An echocardiogram can accurately detect many heart defects, however, this test is performed by a specialized doctor and not an obstetrician. However, some heart defects can be detected though routine ultrasound.

How Many Different Types Of CHD Are There?

There are approximately 35 different types of congenital heart defects.

How Are Congenital Heart Defects Treated?

Today, most heart defects can be corrected or helped with surgery, medicine or devices, such as artificial valves and pacemakers. In the last 25 years, advances in treatment of heart defects have enabled half a million U.S. children with significant heart defects to survive into adulthood.

What Causes A Congenital Heart Defect?

Unfortunately, they have not determined what causes heart defects, however, it is guessed that genetic and environmental factors play a role.

What can be done?

We must raise awareness of the need for funding for CHD research. For every dollar provided by the National Institute of Health (NIH), only one penny is provided for pediatric

research. Only a portion of that penny goes to support research on CHDs, the most common birth defect (according to the Children's Heart Foundation).

We also need to raise awareness of the need for organ and blood donations. **Only about 30% of the children who need a heart transplant receive one in time.** About 40,000 units of blood are used everyday, yet only about 5% of the adults, who are eligible to donate blood, do so. Someone needs blood every three seconds in the United States —

that someone is often one of our heart children.

Sources: littlehearts.net and March of Dimes

Do you have a health topic that you would like to see featured? Please send ideas to the Loudon Communications

Council, POB 7871, Loudon, NH 03307 or email: Tricia.Ingraham@comcast.net ■



Senior Health Clinics

Concord Regional Visiting Nurse Association is offering a Senior Health Clinic on February 24 at the VOANNE Senior Housing from 9 a.m.–noon. All Senior Health Clinic services are \$10. Blood pressure checks are free. To make an appointment or for more information call Concord Regional Visiting Nurse Association's Senior Health Program at 224-4093 or 800-924-8620, extension 4830. For a ride in Loudon, call 798-5203.

Walk-In Immunization Clinics

Concord Regional Visiting Nurse Association is offering an affordable walk-in Immunization Clinic for all ages on Monday, Feb. 2, 2008 from 1:00– 3:00 p.m. and Tuesday, Feb. 17, 2008 from 2:30– 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 4830.

Monthly Walk-In Blood Pressure Clinics

Concord Regional Visiting Nurse Association is offering the following FREE monthly walk-in Blood Pressure Clinics: Wednesday, Feb. 4, 10 a.m. to Noon at Hannaford's Pharmacy, Ft. Eddy Rd., Concord and Wednesday, Feb. 11, 10:30– 11:30 a.m. at 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.

VNA Names New Chair

Concord Regional Visiting Nurse Association held its 109th annual meeting recently. Named Chair was Richard Holden, succeeding Mark E. Lavalley. Retiring trustee Francis Meyer was unable to attend.

Officers of Concord Regional Visiting Nurse Association are: Richard Holden, Chair; Steven Lauwers, Vice-Chair; Christopher Parkinson, Treasurer; Kathleen Ames, Secretary; Mary DeVeau, President; and Janet DeVito and Mark Lavalley, Representatives at Large. Trustees also include Mark Broth, Vera Buck, Glenn K. Currie, Charles Fanaras, Marianne Fleischman, MD, David Green, MD, Susan Heinicke, Brian LaRoche, Marcia Matthews, Leslie Melby, Jessica Pollack and Douglas Sampson.

Concord Regional Visiting Nurse Association provides and facilitates comprehensive care in the home and community to optimize health, well-being and independence. Concord Regional VNA has a hospice program in the home and operates the Hospice House in Concord. ■

HELP!

The Loudon Communications Council is in need of a Clerk/Secretary. Duties include emailing announcements and taking minutes at meetings. The Council meets once a month on a Monday evening. Meetings usually run one hour or less.

If you are interested in joining the Council, please plan to attend our February meeting, Monday, February 19 at 6:30 p.m. at the Community Building.

If you are unable to attend this meeting please contact Council President Mary Ann Steele via email: thelonghouse@hughes.net.

The Council is always looking for volunteers to write articles of general interest to its readers. If you like to write and have ideas for articles, please join us!

LOUDON HISTORY & MYSTERY

By Tina Rattee



This month's mystery.



Last month's mystery.

January's mystery was also popular. The picture showed two couples, Arnold and Arlene Storrs in the front and Arnold's sister Eleanor and her husband Gene Lamere in the back. They are standing in front of a barn at the "Storrs Farm." The barn burned down in 1988 — it was struck by lightning on June 25. Nancy Greenmore, Arnold and Arlene's daughter, provided the dates and told us that a new hay crop filled the barn. Dustin Bowles also told me that Arnold rebuilt it and that

Arnold's son, John, runs a feed and grain store from it now. I received correct calls or e-mails from Judy Storrs Johnston, Joanne Sanborn, Sharon Strout, Linda Minery, and Eileen Cummings.

Do you have any information about the February mystery picture? I have run out of pictures. Do you have any? Please call or e-mail me, Tina, 783-0483 or trattee@comcast.net. ■

Loudon Locavore

Loudon Locavore is a regular feature spotlighting local producers of food for personal or commercial use researched and written on a volunteer basis by Lee Laughlin.

I have an admission to make, I actually LIKE to go grocery shopping. I like seeing what is in season and I enjoy finding new foods to try. I also in enjoy cooking. Lately several forces have aligned that have caused me more closely examine the food I am buying for my family.

This fall, I read *Animal, Vegetable, Miracle* by Barbara Kingsolver. It is a chronicle of the year, her family spent eating only food they could grow themselves or procure through local sources. It is an interesting read (Kingsolver is a wonderful story teller) and I learned many things about the business of commercial food production.

Even before reading *AVM*, my husband was diagnosed with migraines. In his case one of the triggers is a food additive called maltodextrin. Turns out, maltodextrin is in many processed foods e.g. scalloped potatoes, heat and eat food, dips (both dry and prepared), dry soup mixes, the list goes on. I started reading the label of everything I put

in my shopping cart. I was utterly amazed at how much of what I was eating I could not pronounce let alone identify! All things considered, we weren't eating a lot of processed foods to begin with, but those we were came under some pretty close scrutiny and I discovered that many were things that I could make myself from ingredients I could identify.

More recently, gas crossed \$4 per gallon, the cost of everything shot up and there was increased talk of how far our food travels from field to table. I kept encountering the word Locavore, someone who only eats foods produced within a 100 mile radius of their home. I started thinking about what it would mean to consume more locally grown food. Let me say, I have a brown thumb. Plants take one look at me and die on the spot rather than suffer through my care. As much as I would love to grow my own food, I just don't see it as a realistic possibility (an entire seed catalog just breathed a huge sigh of relief).

So, I've decided to do the next best thing, I'm going search out local people who CAN grow food, and I need your help. I'm interested in talking to home gardeners and larger producers alike. You probably know we have produce

farms, but did you know we have dairy and feed cattle farms here in Loudon? I also know several residents who keep chickens for their own eggs and others who sell eggs. What do you grow? How much work is it? Got any great tips for growing in these harsh New England conditions? If you are interested in sharing your story, please contact me at 603-783-8971 or laughlin@fearlessevents.com.

I'll be honest, I'm not sure I can entirely give up fruit during the winter months like Ms. Kingsolver and her family, but I'm betting that locally produced foods, will taste better and I genuinely like the idea of supporting our local economy where possible, so come along with me as I explore the possibilities that lie in our own back yard.

Lee Laughlin is an event planner and writer who lives in Loudon. ■

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Jennifer Batchelder — Owner/Groomer

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a favor: Book them a
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Conservation Commission Minutes

October 8, 2008 Meeting Minutes

Julie Robinson, Colin Cabot, Dan Geiger, Bob Butler and Jess Storey attended.

The Commission reviewed and approved minutes of Sept. meeting.

Colin said that he will be stepping down from the Commission when his term ends. The Commission discussed the fact that it needs more members and how to reach out to interested people.

Julie reported that there are a number of permit issues coming up as a result of changes to the Shoreland Protection act. For example, CVA is coming back because of that. Ledges received an approved permit. On the Deb Rattee's School Street previous subdivision further subdivision of one lot (into two) will require the Commission's sign off on a Minimum Impact (under 3000 foot) permit from DES because one of the new lots would require a driveway off of School St that would impact the wetland there. The Commission would like to have site-walk.

Julie noted that the Commission's budget for 2009-2010 is due Nov. 17. The Commission sees no need for a warrant article this year.

The Commission received Notification of Routine Roadway and Railway Maintenance Activities from DES on Tony Marcotte's Route 106 project because a washout needs to be fixed.

Julie will go to planning board next week. That board is starting zoning workshops that night.

The Commission will begin sending written notices of its decisions to the planning or zoning boards as appropriate.

Jess and Bob described the September planning board meeting.

Dave Still from PSNH presented regarding replacing the existing utility line with a larger line, on larger poles from Farm Road in Concord substation to the Loudon substation (near Oak Hill and Lovejoy Roads intersection). The replacement poles will not be in exactly the same location as the existing poles (which are generally in the middle of the utility right of way). Instead they will be offset north in the right of way. The pole locations at road crossings will generally allow for expansion of those roads. The plan will require significant tree-clearing. PSNH anticipates construction will begin in January when the ground is frozen to mitigate damage to wet areas.

Julie informed Dave of the heavily-used snow mobile corridor that goes by the Loudon substation.

Dave said that no poles will be sited in wetlands as the plan currently stands. In the worst case scenario, i.e. if all access to the utility line must be from existing streets, there will be significant temporary wetland impacts. PSNH will use matting to minimize that impact. PSNH will, however, work with abutting landowners about the possibility of accessing the utility line across their properties, which could diminish amount of temporary wetland impacts.

PSNH is going to the ZBA requesting special exceptions for direct wetland impacts and structures and clearing inside the wetland buffer. The project was flagged by Nobis Engineering in the last three to six months. No expansion is expected on the accessways to the areas that will be under construction. After construction a brush mix will exist in those areas that are cleared.

The plans identify where the poles would go. Abutters have been contacted, or will be, about poles in their yard. PSNH may try to move poles to accommodate abutters, but will not move them into wetlands.

Poles heights are shown on the other set of plans - 10% +2 feet of the height noted is embedded in the ground. Dave thought that probably the existing poles were 35 feet. The new poles proposed ranged from 40 or 45 feet to 55 or 60 feet because PSNH prefers more height for safety. The proposed pole heights may change slightly if pole locations move because the sag or clearance for the wires may be affected.

Still said that PSNH would follow its standard approach to erosion control measures for work inside wetlands. It will hire a consultant to work in the field while mats placed, and if the consultant requires hay bales or something else to prevent erosion, PSNH will do what is recommended.

Work is scheduled to be done by June, but Still expects it could be done earlier that that.

Old poles will be cut off at the ground and the old section moved off-site. Trees that are cut will be left behind because it is landowners' property. Brush is shredded and left behind.

Cindy Balcius and Greg Vashon came to talk about mitigation plans at the Speedway and provide the Commission with an update. They are working on plans, including permits for alteration of terrain and putting together wetland application. Cindy said they have minimized the planned impact since the earlier sitewalk from 3.3 acres to under 2 acres. There has been correspondence with both federal and state

agencies and an informal meeting is planned in November for the Speedway to present potential mitigation options to Mark Curran (federal).

Cindy explained that she is putting together a few possible mitigation proposals that fit into the new federal mitigation hierarchy as well as state priorities. The mitigation efforts are relegated to certain watershed by federal and state officials. The Speedway has 83,450 square feet of impact to mitigate and must deal with its linear stream impact. It has also been steered toward replacing an undersized water crossing under Bumfagon Road with a larger box culvert.

Cindy has been looking at existing easements, properties that might be available and overlaying potential restoration areas identified by the state's stream, soil and wildlife maps. The Commission reviewed the large map on which Cindy and Greg had mapped already-conserved land and potential properties for mitigation. The potential areas for mitigation were chosen based on state environmental data maps and discussions with a real estate expert about what property might be available. Cindy asked for the Commission's input on what looked like good options to her. The Commission agreed that there were several good possibilities, particularly on Bumfagon River. Cindy also sought the Commission's input on who would hold a conservation easement. Colin explained that the town is not the ideal holder as some endowment or funding for monitoring is required and suggested Cindy talk with Five Rivers Trust.

Conservation — cont. on page 9

Be Safe On The Ice — N.H. Ice Conditions Unpredictable

Officials at the New Hampshire Fish and Game Department are reminding those getting outdoors this winter to stay safe on the ice.

"This year, we've already seen wide-ranging temperatures, deep snow and high winds that can shift ice on waterbodies," said Major Tim Acerno of Fish and Game Law Enforcement. "Outdoor enthusiasts should always test the ice before venturing out onto ice-covered waters."

Assess ice safety by using an ice chisel or axe to chop a hole in the ice to determine its thickness and condition. Continue to do this as you get further out on to the ice, because the thickness of the ice will not be uniform all over the waterbody.

Though all ice is potentially dangerous, the Cold Region Research Laboratory in Hanover, N.H., offers a "rule of thumb" on ice thickness: There should be a minimum of six inches of hard ice before individual foot travel, and eight to ten inches of hard ice for snow

machine or ATV (All Terrain Vehicle) travel. Keep in mind that it is possible for ice to be thick, but not strong, because of varying weather conditions. Weak ice is formed when warming trends break down ice, then the slushy surface re-freezes. Be especially careful of areas with current, such as inlets, outlets and spring holes, where the ice can be dangerously thin.

Tips for staying safe on the ice include:

- Stay off the ice along the shoreline if it is cracked or squishy. Don't go on the ice during thaws.
- Watch out for thin, clear or honey-combed ice. Dark snow and ice may also indicate weak spots.
- Small bodies of water tend to freeze thicker. Rivers and lakes are more prone to wind, currents and wave action that weaken ice.
- Don't gather in large groups on the ice.
- Don't drive large vehicles onto the ice.

- If you do break through the ice, don't panic. Move or swim back to where you fell in, where you know the ice was solid. Lay both arms on the unbroken ice and kick hard. This will help lift your body onto the ice. A set of ice picks can aid you in a self-rescue (wear them around your neck or put them in an easily accessible pocket). Once out of the water, roll away from the hole until you reach solid ice.

Snowmobile riders should keep ice safety in mind, too. "Check local conditions before heading out on snowmobile trails or on the ice. Don't assume a trail is safe just because it's there!" says Acerno. Ask about conditions at local snowmobile clubs or sporting goods shops before you go.

To download a brochure from Fish and Game called "Safety on Ice—F&G Tips for Anglers," visit www.wildlife.state.nh.us/Fishing/fishing.htm. ■



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Conservation Commission — continued from page 8

Julie described recent correspondence to the Commission, which included notice that the annual Conservation Commission Association meeting is November 1.

A new state law, SB 381, is going into effect that makes it possible for conservation commissions to donate to land trusts or to acquire interests in land outside of its municipality's borders. A warrant article must be passed in order for the Conservation Commission to have these powers. The Commission saw no need for either of these powers at the present time.

The Commission approved giving a gift certificate to Ashton to thank her for her great work.

Colin noted that he had sent something to Larry and Melissa Moore about the fact that LCIP first grant deadline is in December.

December 10, 2008 Meeting Minutes

Julie Robinson, Dan Geiger and Jess Storey were present.

Del Gilbert's E-85 gas station — Julie Robinson and Jess Storey attended the site walk off of Shaker Road. The plan is to put it as far as possible from the brook on the site. Julie sent a letter that saying as much. We expect DES rules to be quite strict.

PSNH and David Still's application for expedited wetland permit became a standard application, per letter from DES, because it lacked our commission's signature. Julie had sent it in,

though so she planned to follow up with DES.

Sceptre Custom Homes sent a letter on behalf of Schauer Environmental to DES regarding a wetland crossing. (DES had asked for more information.) Sceptre Custom Homes owns one lot on School St. purchased from Deb Rattee. Julie said she would follow up with DES.

Julie noticed on one of the properties developed on School St. a closed septic was installed immediately on the edge of the road. Julie also asked Bob Fiske to check on a lot (formerly owned by Deb Rattee) where the new owner has built a house and damaged the wetland.

The commission discussed the regulatory amendment meeting on November 20, which Dan and Jess attended regarding the steep slope issue. Members of the zoning and planning boards are very motivated to change the zoning ordinance back to what it had been just a year or so ago to permit development on slopes less than 25%. The commission fought very hard to reduce that number to 20% and is very disappointed that a movement is afoot to change that. Julie has called the Office of Energy and Planning and will call the Water Division of DES to ask for what is typical in terms of regulation of steep slopes in the state. There will be a public hearing in the first week of January.

Cindy Balcius appeared representing NH Motor Speedway to discuss possible properties to be conserved in order to meet mitigation requirements

related to past and future improvements at the track.

Cindy described the properties that she had determined were possibilities based on their functions and values (compared to the functions and values of the area inside the track oval to be culverted) and following conversations with property owners. Discussions with Roy Merrill regarding placing a conservation easement on tax map lot 52-17-0 were successful. The mitigation potential there meets the requirements of federal agencies because of stretches of Bumfagon Brook and Canterbury River

on and near the property. Cindy is talking with Five Rivers about holding the conservation easement and expected to schedule a site walk.

In addition, the track is planning a restoration project. While the town is interested in seeing an undersized culvert on Bear Hill Road replaced, Cindy said that DES will not permit that. She thinks a good option would be to replace the undersized culvert on Bumfagon Road. The track also will also create some floodplain at the speedway, which meets mitigation targets. ■



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

Tough Times Call For Tough Agents



LOUDON — NEW LISTING. Exceptional home in move-in condition on wooded lot, well off the main road on 12 acres. Built in 2005, this home features 4 bedrooms and 3 baths, french doors leading to 24x28 family room, 1st floor bedroom and bath, mudroom, huge master bedroom w/ his/her closets and master bath, oak flooring, central air, Hunter ceiling fan, 2 car garage under w/ auto open, deck and farmers porch. **\$359,900**



LOUDON — NEW LISTING. Brand new single floor living in this 3 bdrm, 2 bath, 1,558 sq ft Ranch in new subdivision. Alagna Properties offers a variety of wonderful spacious floor plans and customizing design options. Countertops, cabinets, flooring, window coverings, appliances and light fixtures, all there for you to explore. **\$289,900**



LOUDON — NEW LISTING. Beautiful Equine Estate. This post and beam 3 bdrm 3 bath home offers wide pine floors, deck, 3 season porch, cathedral ceilings, brook frontage, private location, 3 car garage, 2 bdrm apt and a 4 stall horse barn, all on 16.25 acres with open fields and walking and riding trails too. Additional 60+ acres also available. **\$349,900**



LOUDON — NEW LISTING. Nothing to do here, but move in. Brand new 24x52 mobile home in nice pet friendly park. New gas range, new refrigerator, new dishwasher, new flooring, new, new, new. 1g master bedroom with bath and walk-in closet. Two more nice size bedrooms also. Utility room with washer/dryer hook-up. Kitchen has island for extra storage. Utility shed too. Dead end road. 3 months free park rent! **\$94,500**



LOUDON. Totally renovated 1800 Circa 5 bdrm 2.5 bath Colonial on 12+ acres w/in-law apt. Beautifully landscaped, in ground swimming pool, pond and basketball court. Two car attached garage. Huge barn for all those big boy toys. Farmers porch, deck or 3 season porch, a great spot to relax. Nice open kitchen, cozy liv rm w/ woodstove and den w/ fireplace. **\$484,000**



LOUDON. Now is the perfect time to build yourself the home you have been wanting. This 3 bdrm 1 bath split plan home is priced right and the builder is ready to get started. Quality craftsmanship in this 1,130 sq ft home on 2 acres of level wooded land. Full finished walk-out bsmt. Looking for a different style home? This builder can accommodate your needs. **\$219,900**



LOUDON/PITTSFIELD TOWN LINE. Peaceful setting for this charming 3 bdrm, 2 ba Cape on 4.77 acres. Private location on cul-de-sac that sits back far from the road. Beautiful oak flooring throughout, tile in kitchen and carpet in bedrooms. Jetted tub in 1st floor bath. Open concept living with loft on 2nd floor, overlooking living room with exposed beams. Skylights in loft and master bedroom. Full unfinished walk-out bsmt. **\$199,800**



LOUDON — NEW LISTING. Beautiful open concept 4 bdrm, 2.5 bath, 3-story Colonial on 5.59 private wooded acres with brook frontage. Featuring hardwood floors, newly remodeled bath, mudroom, cozy 19x15 family room, finished 3rd floor with two bedrooms, master bedroom and bath, central air, full walk-out bsmt., 2 car garage and 2,660 square feet of living space. **\$379,900**

LOUDON LAND
Batchelder Road, 14.64 acres open field w/ stone walls w/ over 700 ft of road frontage. **\$175,000**
Creekwater Lane, Lot #5, 3.29 acres in one of the fastest growing subdivisions in Loudon. **\$95,000**
61 Hilltop Drive, 1.26 acres, 26x34 foundation with well and septic already in place. **\$99,900**

PROPERTIES RECENTLY SOLD IN LOUDON

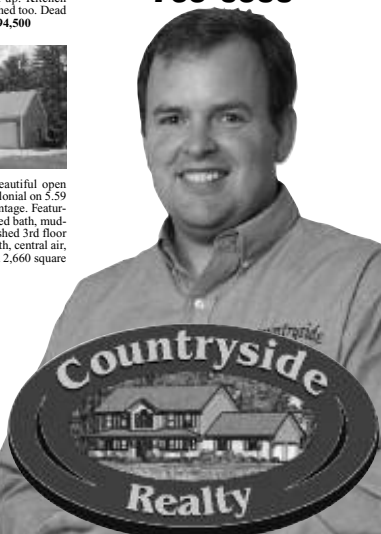
3 Dogwood Terrace	Mobile Home	2 bd/2 ba	960 sq ft	Park	\$83,000	67 days
47 South Village Rd.	Cape	2 bd/1 ba	1,100 sq ft	.28	\$175,000	145 days
105 Lovering Ave.	Ranch	3 bd/1 ba	1,152 sq ft	1.00	\$170,000	406 days
273 East Ricker Road	Cape	3 bd/1.5 ba	1,891 sq ft	4.76	\$199,900	76 days
7315 Oak Hill Road	Colonial	3 bd/2.5 ba	2,672 sq ft	2.33	\$259,900	154 days
42 Creekwater Lane	Colonial	4 bd/2.5 ba	2,284 sq ft	2.60	\$379,000	302 days
72 Creekwater Lane	Colonial	3 bd/2.5 ba	2,528 sq ft	3.53	\$445,000	251 days

The above properties were listed and sold by various MLS agents. Information based on data provided by NNEREN. While deemed to be accurate, this information may contain errors & omissions. Days refers to "days on market."

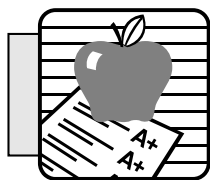
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Merrimack Valley School District News

Elementary School

Kindergarten

Parents of children who turn 5 years old before September 30, 2009 are encouraged to call Mrs. Muzzey (783-4400) at Loudon Elementary School to register their child for kindergarten for the 2009–2010 school year. Kindergarten screenings will begin in early April.

MVSD Free or Reduced Price Lunches

Parents of any Loudon student in the Merrimack Valley School District may call Wendy LaClair at 753-1420 to inquire about free or reduced cost school lunch.

Middle School

MVMS School Store is Open! Items range in price from 25 cents to \$2.00. Sixth grade School Store will be open on Mondays, Wednesdays, Thursdays, and Fridays during B Lunch, and it will be located on the second floor outside of Room 219. Seventh and Eighth grade School Store will be open Mondays through Thursdays at the end of Guided Study (2:15–end of the day), and it will be located on the first floor outside Mrs. Puntin's Room. Some of the items for sale include calculators, pencils, pens, pencil sharpeners, erasers, healthy snacks, and flavored water. Stop by and check it out!

Ski & Snowboard Club has started for the season. We enjoy the slopes of Gunstock Mountain on Friday afternoon/evenings. It is a delight to get outside and enjoy the beautiful views of Lake Winnepesaukee as well as the mountain itself with the lights so bright. *Advisor, Mr. Krajcik.*

Chess Club is going very well. We have members at various skill levels, but our main goal is to have fun and learn from others. We meet on alternating Tuesdays and Thursdays. All are welcome on a drop in basis (just make late bus or other transportation arrangements). *Advisor, Mr. Krajcik.*

The **MVMS Library** promoted a "Food For Fines" option for students who owed money for late books and a box of food was collected for local food pantries. Thanks for all the donations! About 35 students participating in the Library reading challenges were invited to the library for a holiday treat just before vacation.

Congratulations to 8th Grader **Josh Lambert** who came in first place in the school-wide Geography Bee!

Drama Club will begin on 1/20/09 and will meet every Tuesday from 2:30–4:15. In March they will meet every Tuesday and Thursday with a performance scheduled for 3/26/09 during our Educational Show-case evening.

MS Winter Carnival Dance. 2/13 7–10 p.m. 7th and 8th graders only.

High School

WINTER CARNIVAL. Student Council is planning to kick-off Winter Carnival 2009 with a semi-formal dance on Saturday, February 14th from 7–11 p.m. This means that students will be expected to dress appropriately (shirt and ties for boys, dresses for girls — no jeans or casual wear permitted). The theme this

year is "A Love Story." On Monday, Tuesday, and Thursday of the following week, the entire school will participate in friendly competition and games, as well as various activities that students will sign up for in advance. We are looking forward to a great week of fun and excitement this year!

The MVHS faculty and staff held their 3rd annual **UGLY HOLIDAY SWEATER DAY** on Friday Dec. 19th. Students made donations towards the teacher they thought had the ugliest sweater and together, the school raised over \$230.00. The money was donated to the local food bank. Thanks to everyone who participated and contributed!!

THE TRUTH ABOUT ENERGY DRINKS. Due to increasing popularity, energy drinks are becoming the beverage of choice for many adolescents. Caffeine is the main ingredient of energy drinks (Red Bull, Redline, Monster, 5 Hour Energy, etc.). Caffeine is a stimulant and psychoactive drug that is probably the most accessible and widely used mind-altering substance. Most people believe that energy drinks, and products containing high levels of caffeine are acceptable since they are considered over the counter products that high school students can easily purchase.

Advertising leads adolescents and parents to believe that energy drinks increase energy, alertness, metabolism, and may enhance athletic performance. However, consumers not only experience a short-term boost in energy, but also receive headaches, dehydration, nervousness, heart palpitations, gastrointestinal disturbance, and sleep problems. In extreme cases of caffeine ingestion, toxicity occurs as evidenced by increased heart rate and hypertension/hypotension that leads to fever, Nausea, vomiting, excitability, restlessness, insomnia, dysrhythmias, and seizures may also occur. If you have any questions, or have concerns that your son/daughter may be overly dependent on caffeine, please feel free to contact me at the MVHS Wellness Center. *Submitted by Lenny Smith, LICSW — MVHS Wellness Director*

THE SKI AND SNOWBOARD CLUB began this past Saturday at Waterville Valley and it appeared that all who attended enjoyed the tremendous snow conditions and the bright sunshine. Unfortunately the weather may not always cooperate therefore I encourage all participants to prepare accordingly: face masks, extra gloves, dry clothes, layers, layers, layers. Also, students are encouraged to bring their own meals, snacks, water, etc. Yes, the mountain does offer these in great abundance but they are not cheap. Finally, just a reminder to parents and guardians that we leave the high school parking lot at 6:50 a.m. (SHARP) and we return usually no later than 4:45 p.m., so please arrange to have your participants here and picked up by no later than 5 p.m. Thanks for all your continued support! *Submitted by Snowmeister Neilsen*

FOOD CHOICES STUDENTS finished their class with an oral presentation and demonstration of two skills, as well as a written final exam. Some of the demonstrations were impressive enough for kudos, like Heth's Extra Moist Burgers with sautéed onions and green peppers, Ben's BBQ basted chicken wings, two delightfully light and airy angel cakes by Mac and Shawna, and Jenna's Cream Cheese Delights. The most impressive dish was good enough looking for a picture in a chef's magazine. That was Faith's bruschetta. *Submitted by Mrs. Woodward, Foods Teacher*

ART DEPARTMENT NEWS: The following students were recently recognized in the statewide Scholastics Art Awards competition. All Gold Key

winners now go on to New York to compete in the national Scholastic Art Awards.

Digital Photography Portfolio: Elizabeth House (Silver Key), Rachel Martin (Honorable Mention), Briana Rioux (Honorable Mention), Samantha Vary (Honorable Mention).

Individual Pieces: Brooke Bucknam-Zwick (Gold Key, Silver Key), Alex Palmer (Gold Key, Silver Key, Honorable Mention), Aimee Phillips (Gold Key), Amy Evanofski (Gold Key), Emily Pender (Gold Key), Briana Rioux (Honorable Mention), Shelbi Meier (Silver Key), Brooke Halle (Honorable Mention), Timianne Dent (Silver Key), Mikayla Fisk (Silver Key), Kelsey McCarthy (Honorable Mention), & Stephanie Walsh (Silver Key).

Congratulations to Alex Palmer for his artwork that won 1st place in the high school category of the CCEH (Concord Coalition to End Homelessness) logo competition! His artwork will be on display at one of the homeless shelters in the near future. He will be honored at the 3rd Annual Homeless Banquet on February 2nd.

THE MV MATH TEAM experienced an excellent outing at the 1/15 home meet with perfect scores being recorded by Brett Branscombe (2), Morgan Matthews (2), and the highest individual scorer as well), Mike Lambert (2), Patrick Bousquet, Abby Lance, Newell Moser, William West, Sarah Fontaine, and David Paiva. Nice work! MV takes pride with your accomplishments, and we look forward to our next meet at Laconia on 2/4/09. *Submitted by Michael Hallahan, Advisor.*

Greetings and Happy New Year **FROM MVHS GUIDANCE!** The first semester has come to an end and we hope everyone's school year is going great!

Seniors! You are reminded to stop by Guidance and request transcripts for any colleges you are applying to. At this point in the year, if you have not developed a plan to further your education after graduation, you should meet with your counselor to get help with this. Also, please check the high school website scholarship section for information about scholarships. This information is updated weekly and new scholarship opportunities will be made available as we head into the spring.

If you need help with the college application process, please make an appointment with your guidance counselor. We are here to help! Remember, the senior portfolio due in April requires a completed post-secondary school application (college, trade school, etc.) OR letter of admission.

If you have not done so already, remember to file your FAFSA report! FAFSA stands for Free Application For Federal Student Aid. Students and their parents need to create a FAFSA account, obtain a pin, and then file the FAFSA report, which includes relevant financial information. Your report will go to all the colleges you select, and then you will receive a report from each college as well as the federal government explaining what types of aid are available to help you fund college. Go to fafsa.ed.gov to begin the process. If you need additional help, call the NHHEAF Center for College Planning at 225-6612.

Sophomores: on Thursday, January 29th, all 10th graders will attend a presentation during block 2 about the programs available to our students at Concord High School and Winnisquam High School. Concord offers 2-year programs in Education, Criminal Justice, Health Science, Culinary Arts, Auto Technology, Construction, Graphic Arts, Information Technology, and Cosmetology (new next year). Winnisquam offers pro-

MVHS Senior Project: Selling An Idea

The following letter is part of Newell Moser's Senior Project. He has come up with an idea for an ergonomic bicycle and, in this letter, is trying to sell his idea to a bicycle manufacturer. His letter is well-thought-out and we're pleased to be part of his project.

Newell Moser
7 Gilmanton Road
Loudon, New Hampshire 03307

January 3, 2009

Chairmen of the
Productions Department
A Letter to Acme Bikes Co.

Dear Acme Bikes Co. Representative:

The weather was simply gorgeous the other day so I decided to get my mountain bike out of the garage and take it for a spin. I effortlessly coasted down nearby hills while watching the trees fly by in a lacy green blur. I squeezed the brakes to slow down and turn around. That is where the fun ended. As I began to ride up a hill, my lower back began to ache. I readjusted my posture, so as to ease the pain. With my chest pushed out in front of me and my arms awkwardly extended, I continued my agonizing journey towards home. Within minutes, I was so fatigued from riding in this unnatural position I had to stop and rest. Riding was painful and walking was slow and tedious. That is when it occurred to me,

it shouldn't hurt to enjoy nature's beauty. I should be able to cruise on my bike all day and wake up the next morning free of aches and pains!

The gears in my head began to turn and I thought that perhaps I could build an ergonomically correct bike that would better support my back and prevent some of those intense pains. So that is just what I did. I would like now to share this luxury with the world. I am looking to you to help make the production of this bicycle a reality. It would be a mistake if your company did not avail themselves of this opportunity to manufacture this design and make it available for the public, because this bike is more comfortable, better at promoting healthier muscle positions and more efficient at capturing the human body's energy than many of today's typical bicycles.

Let's picture this scenario. You are about to embark on a 50-mile bike ride for a competition. If you travel at a pace of 15 mph and keep a cadence of 85 rotations per minute of your pedals, you will have spent three hours and twenty minutes in the same position and your knees, ankles and hips will have bent and straightened approximately 17,000 times. This doesn't include the amount of time and effort that you spent while training for this event! Given the amount of time you will spend on a bike, it is absolutely essential that your bike fit you correctly. This can be achieved if your bike is ergonomically correct. So you might be wondering,

"What is ergonomically correct?" First, let's explore the definition of "ergonomics" — "...the applied science of equipment design that's...intended to maximize productivity by reducing operator fatigue and discomfort" (Ergonomics Definition 1). The focus behind ergonomic design is the effort to create products that work in accordance with the way humans think, act and move. Therefore, products that are ergonomically correct are "compatible" with people and will reduce human error, fatigue, discomfort, and stress, as well as have a profound positive impact on overall end-user performance (Ergonomics Definition 1). Because of the way my bicycle is designed, the rider sits in an ergonomically correct posture. The seat cradles the rider's bottom and provides lumbar support for his/her lower back to help relieve the stress of pedaling. This position causes the rider to sit in an upright position, which allows the spine and pelvis to properly align. The handlebars are located higher than what is commonly found on most bikes, forcing the rider to extend his/her arms to support the upper body without locking the elbows. All of these features help achieve an ergonomically correct stature for the rider (Ergonomic Advancements 1). My bicycle design creates a very natural and comfortable riding position that alleviates potential injuries.

This design does not require any more or different materials to manufacture than most of today's bikes since the design is similar to a regular diamond-framed bicycle. The only features that are different from a regular bicycle is that the pedals are moved forward, the handlebars are raised and a seat attachment is installed. The shape of the frame is altered just enough so that the rider feels comfortable, but not to the point that the frame becomes radically different from standard bikes. This allows the manufacturing process to remain nearly identical. Once the new measurements have been added to the manufacturing process, ergonomically correct bikes of all colors could be shipped to retailers.

When most people hear of an "ergonomically correct bicycle" they immediately think of the elongated, awkward recumbent bicycle where the rider sits in a reclined position. This monstrosity of a bike is something that

many people wouldn't want to be caught dead on, so think again! My bicycle is much more stylish than the classic recumbent bike. From chrome plating to anodized two-tone patterns, there are hundreds of ways to add color and flair to this bike. The bike's lines aren't abrupt or sharp, but instead are relaxed and eloquent. This bicycle combines masculine traits with feminine shapes to achieve a one-of-a-kind look that is pleasing to the eye.

I am confident your company would be able to realize a sizeable profit by deciding to manufacture this bicycle. There would finally be a reasonably priced product available for people who experience chronic back problems and whose exercise regimes are severely limited. However, the targeted market doesn't end there. People of all ages and fitness levels would still find this modern design appealing. This bicycle could be marketed to a wide spectrum of buyers creating a rewarding niche in today's market.

I assure you that this is a great investment! The production of this stylish, appealing design would give the world a whole new definition of an ergonomically correct bicycle while promoting a safer, healthier lifestyle. The cost of manufacturing upgrades would be minimal and the marketing opportunities would be vast. This design is your ticket to new and uncharted territory in today's market, allowing you to reap all of the benefits with none of the competition.

This is the dawn of a new day. Miles and miles go by and I feel just as relaxed and comfortable as I did at the start of my ride. This pleasant enjoyment of nature for many can now become a reality. Let's make it happen!

Sincerely,
Newell Moser

Works Cited

"Ergonomic Advancements in Stationary Bike Design." Life Fitness. 2002. 8 Nov. 2008 <<http://us.commercial.lifefitness.com/content.cfm/ergonomicadvancementsinstationarybikedesign>>.
"Ergonomics Definition." Safe Computing Tips.com. 2008. 11 Nov. 2008 <<http://www.safecomputingtips.com/ergonomics-definition.html>>.
Quinn, Elizabeth. "Proper Bike Fit Can Prevent Pain and Injury." About.com. 28 Oct. 2008. 11 Nov. 2008 <<http://sportsmedicine.about.com/cs/sport/a/bikefit.htm>>. ■

MVSD — continued from page 10

grams in Agricultural Science, Forestry and Horticulture. Sophomores will have the opportunity to tour these programs to see them in person, and then if they are interested to apply to the program of their choice. The application process includes an examination of student's career plans, attendance, academic record, behavior, and overall motivation for the program.

Important Guidance related events: College Overview for Juniors and their parents will be March 3rd at 6:30 in the high school auditorium. Juniors and their parents should plan to attend this informative workshop put on by NH Higher Education on preparing for the college application process. Information is targeted to juniors on what they can do to best prepare for success in college and beyond.

Tuesday, February 10th, a selected group of 80 seniors will take the NAEP testing. NAEP stands for National Assessment of Education Progress and is a test conducted by the federal government for the purpose of measuring educational progress in reading, math and science for American students. Results are reported in a publication called The Nation's Report Card and these results are used by the Department of Education to determine areas that need improvement in our schools nationwide. It is important that the seniors selected to test that they show

up on time for testing and do their best. Testing will begin at 9:30 and last 90 minutes. Results will not impact their grades or transcripts in any way.

Words of Wisdom: *"Once today is gone it's gone, and everything you could have done with it is gone."* Respectfully Submitted by Mark Ciarametaro, Guidance PR

Dates to Note:

February 14, 2009: Winter Carnival Semi-Formal Dance, HS Gym, 7–11 p.m.

February 16 to 20: Winter Carnival events during the school day

February 23 to 27: No School, Winter Vacation

March 4: Term 3 progress reports sent home with students

March 5: Annual School District meeting (budget vote), HS Auditorium, 7 p.m.

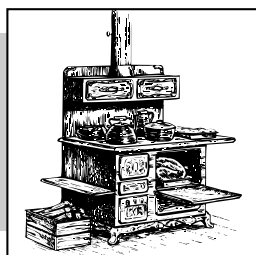
March 27: Term 3 Ends
April 2: Senior Project Showcase for the community, HS 7–8:30 p.m.

April 3: Senior Project presentations, 7:45–11:00 p.m.

The Graduation date is not yet set. We will announce a date in March (dependent on snow days)

Reminder. The HS Library is open every night until 6:00 p.m. Please take advantage of this study opportunity! ■





What's Cookin'!

This month: Valentine Treats in the Kitchen

By Jennifer Pfeifer

Happy Valentine's Day! I find that the best way to loved ones' hearts is through their stomachs. Comfort food is the perfect accompaniment to any cold winter day. For those of us trying to stick to our New Year's resolutions, I might suggest moderation when eating the following recipes.

SOUTHWESTERN CORN CHOWDER. *Recipe courtesy Food Network*

- 2 pounds frozen corn kernels, thawed, and drizzled with olive oil
- Kosher salt and freshly ground pepper
- 10 Roma tomatoes, rubbed with olive oil
- 1 medium red pepper, rubbed with olive oil
- 2 tablespoons butter
- 1/4 small yellow onion, diced
- 3 garlic cloves, sliced
- 2 tablespoons all-purpose flour
- 3 cups chicken stock
- 2 cups half-and-half
- 1-1/2 cups corn tortilla chips, chopped
- Cumin
- Chili powder
- 1 medium avocado, small diced, for garnish

Preheat oven to 500 degrees F. Put the oiled corn on a baking sheet and sprinkle it with salt and pepper. Put the oiled tomatoes on another baking sheet and roast them both for 10 to 12 minutes until the tomato skin blisters and the corn is lightly browned. In a medium skillet, grill the red pepper over medium-high heat until it is black on each side. Put the tomatoes and the pepper in the refrigerator, and peel them when they have cooled.

Heat the butter in a large pot over medium heat and add the onion and garlic and saute. Add the flour and cook for 2 to 3 minutes. Add the chicken stock, roasted corn, peeled tomatoes, half-and-half, and 1-1/4 cups of the tortilla chip pieces and mix well. Pour this mixture in a food processor or blender* and puree until smooth. Strain the chowder, and then season it with cumin, chili powder, salt, and pepper, to taste. Peel and dice the roasted red pepper. Serve the soup topped with diced avocado, red pepper, and the remaining tortilla chip pieces. Serve immediately.

**When blending hot liquids:* Remove liquid from the heat and allow to cool for at least 5 minutes. Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Bacon Cheeseburger Meatloaf. *Recipe courtesy Food Network*

- 1 pound ground chuck
- 10 slices bacon, cooked and crumbled
- 1 8-ounce package sharp Cheddar, grated
- 2 large eggs, lightly beaten
- 1/4 cup bread crumbs, toasted
- 1/4 cup mayonnaise
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/3 cup ketchup
- 2 tablespoons prepared mustard
- 1 3-ounce can French fried onions

Preheat oven to 350 degrees F. In a large bowl, combine the ground chuck and next 8 ingredients, mixing well.

In a small bowl, combine the ketchup and mustard. Stir 1/4 cup ketchup mixture into meat mixture, reserving remaining ketchup mixture.

Press meat mixture into a 9 by 5 by 3-inch loaf pan, or shape into a loaf and place on a rack in a broiler pan. Spread remaining ketchup mixture over loaf. Bake 40 minutes. Top with French fried onions; bake another 10 to 15 minutes, or until meat is no longer pink.

Cheese Lovers 5 Cheese Mac and Cheese. *Recipe courtesy Food Network*

- Kosher salt
- 1 16-ounce package macaroni (cellentani or other curly noodle)
- 1/4 pound bacon, diced
- 1 medium onion, diced
- 5 tablespoons unsalted butter, plus more to butter baking dish
- 6 tablespoons all-purpose flour
- 1 tablespoon Dijon mustard

- 2-1/2 cups whole milk
- 2 cups heavy cream
- 1 sprig fresh thyme
- 1 bay leaf
- 1/2 teaspoon salt
- 1-1/2 cups grated fontina
- 1/2 cup crumbled blue cheese
- 3/4 cup grated Gruyere
- 3/4 cup grated white Cheddar (Australian)
- 3/4 cup grated Parmesan
- 3 tablespoons chopped Italian parsley
- 1/4 cup bread crumbs

Preheat oven to 450 degrees F and butter a 9 by 13-inch glass baking dish. Bring a large pot of water to a boil and add salt. Cook macaroni according to package directions. Drain.

In a large Dutch oven or other heavy pot, sauté the bacon until crisp. Remove bacon with a slotted spoon and reserve. Sauté the onion in the bacon drippings until soft. Add the 5 tablespoons butter to the onion mixture and melt the butter stirring with a wooden spoon. Using a whisk, add the flour, and stir constantly until well mixed with the fat making a roux. Whisk in the mustard. Gradually add the milk and cream whisking constantly. Add the thyme, bay leaf, and salt. Let come to a simmer and stir frequently for 15 minutes. Strain the hot milk mixture into a metal bowl and discard the solids. Working quickly, mix in 1 cup fontina, blue cheese, 1/2 cup Gruyere, 1/2 cup white Cheddar, 1/2 cup Parmesan, the reserved bacon, and parsley. Continue to stir until all cheese is melted. Add the cooked noodles to the cheese mixture to coat. Add the noodle mixture to the prepared baking dish. Mix the remaining cheese and bread crumbs together and sprinkle on top of the noodles. Bake for about 15 to 20 minutes or until bubbling and golden brown. Remove from oven when done and rest for 5 minutes.

Creamed Spinach. *Recipe courtesy Food Network*

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 Vidalia onion, minced
- 1 clove garlic, minced
- 2 bunches spinach, stemmed and chopped
- Salt and freshly ground black pepper
- 1/4 teaspoon freshly ground nutmeg
- 1/4 cup heavy cream

In a medium sauté pan over medium-high heat, melt butter and then add the olive oil. Mix in the onions and garlic; cook for 2 minutes until soft. Add the chopped spinach and warm through. Add the salt, nutmeg and the heavy cream. Mix well. Cook until liquid reduces by half, roughly 3 to 4 minutes.

Chocolate Hazelnut Lava Cake. *Recipe courtesy Food Network*

- 4 ounces semisweet chocolate
- 1/2 stick butter
- 2 cups powdered sugar
- 4 eggs
- 1 tablespoon hazelnut extract
- 3/4 cup all-purpose flour
- Nonstick spray
- 1 tablespoon hazelnut liqueur
- Nutella
- Vanilla ice cream
- Chocolate shavings

Preheat oven to 400 degrees F. Spray 8 small custard cups or soufflé dishes with nonstick spray. Place on baking sheet.

Heat chocolate and butter in large glass bowl resting over a pan of boiling water until butter is melted. Stir with wire whisk until chocolate is completely melted. Stir in sugar until well blended. Blend in eggs 1 at a time, so that the eggs do not cook. Stir in Hazelnut extract and flour. Divide batter evenly among prepared and nonstick sprayed custard cups, about 2/3 to 3/4 of the way full. Bake 12 to 14 minutes or until sides are firm but centers are soft. Let stand 1 minute. Invert cakes onto dessert dishes and top with a little hazelnut liqueur and a spoonful of Nutella on each lava cake. Serve immediately, with a scoop of vanilla ice cream and chocolate shavings.

Next Month:

March Madness — your favorite appetizers! As always, if you have any recipes or suggestions send them to me by email at jtpfeifer@comcast.net, call at 783-8986, or send them by mail to 168 North Village Road, Loudon, NH 03307. ■

Pittsfield Area Senior Center February Activities

- **Wednesday, February 18, 2009:** Reverse Mortgage Presentation
- **Saturday, February 21, 2009:** Trip to Mohegan Sun
- **February 23–27:** WinterFest Week The Senior Center is celebrating Grandparent & Grandchild with age appropriate activities.

We have different activities beginning at 10 a.m. every day. Lunch is at 12 noon sharp. Stop by visit and join in. Don't sit home mumbling about the weather. It won't change. Besides you live in New Hampshire you can't let the weather dictate your moods. So come on. Get up. Get out. Come see us!

- | | |
|------------------|--|
| Monday | Bingo |
| Tuesday | Crafts, beading, stamping, plastic canvas work, knitting, playing, eating, etc.! |
| Wednesday | Speed Puzzling. Who can put the puzzle together first. Free lunch to the winner! |
| Thursday | Bingo |
| Friday | Yoga. Senior seated yoga. |

Special Events

Wednesday, February 18, 2009: *Reverse Mortgage Presentation at 11:00.* Lunch at 12 with question and answer period from 12:30 to 1. Come and learn about reverse mortgages and whether or not one would work for you.

Make a reservation for lunch by February 11th. 435-8482

Saturday, February 21, 2009: *Trip to Mohegan Sun.* Sponsored by the Pittsfield AREA Senior Center. \$40 per person. Non-refundable payment due January 30th. You get a \$10 bonus free meal option and a \$10 free bet. Final cost to you \$20.00. Call 435-8482 for reservations and information.

February 23–27: WinterFest Week. The Pittsfield Area Senior Center is celebrating with activities planned for Grandparents supervising Grandchildren.

This invitation is extended to all grandparents and grandchildren within our 5-town service area of Barnstead, Chichester, Epsom, Loudon, and Pittsfield.

Monday, February 23: Games
Tuesday, February 24: Crafts
Wednesday February 25: Speed Puzzling

Thursday, February 26: Adult (only) Bingo with a Prize and the WinterFest Celebration Luncheon

Friday, February 27: Karaoke Sing-Off

The only charge for our activities is that you come and expect to have a good time! Please call and let us know the age of the children you are bringing so we have age appropriate games and crafts for them. 435-8482. If you would like to have lunch, please make reservations no later than February 16th. ■

Educators: Deadline to Reserve Classroom Wildlife Programs is February 27

Educators who want to introduce their students in grades 3–6 to New Hampshire's wildlife resources — or reinforce wildlife-related lessons they have learned — have until February 27 to request Spring 2009 *Wonders of Wildlife* (WOW) presentations by New Hampshire Fish and Game Department volunteer docents.

Wonders of Wildlife is a series of active educational programs presented in the classroom. Fish and Game WOW docents travel to elementary schools to teach one of four interactive programs: Habits and Habitats; Endangered Species; Pond Ecology; and Wetlands. There is no charge for the programs.

For a program request form to print and mail, visit http://www.WildNH.com/Education/ed_Wonders_of_Wildlife.htm and click on "Unit Request Form."

"Our enthusiastic WOW volunteer docents are eager to share their knowledge of the outdoors," said WOW program coordinator Mary Goodyear, a Fish and Game wildlife educator. "These programs are working to shape the future stewards of wildlife in New Hampshire."

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>. ■

The Loudon Historical Society will be hosting a Photo Sharing night on Feb 18th, 6:30–8 p.m. Bring your old photos of Loudon for display, inviting fun trips down memory lane or perhaps even some discoveries of our history that have been forgotten. This event will be at Charlie's Barn in the Village. Coffee and light refreshments will be served and you are welcome to bring your own to share.

Become An Outdoors-Woman This Winter! February 21 In Holderness

Registration is now open for the 2009 Winter Becoming an Outdoors-Woman (B.O.W.) workshop, a one-day program for women who want to get the skills they need to be outdoors and active this winter. The 2009 Winter B.O.W. workshop will be held on Saturday, February 21, 2009 (snow date Sunday, February 22), at the New Hampshire Fish and Game Department's Owl Brook Hunter Education Center in Holderness, N.H. The workshop costs \$55, which includes a box lunch. Participants must be at least 18 years old.

Participants can learn how to ice-fish, winter outdoor survival skills, basic snowshoeing and tracking, snowmobiling or try a class called 'Shoe and Shoot (snowshoeing and target shooting). The workshop is co-sponsored by Fish and Game and the New Hampshire Wildlife Federation.

A printable registration form and course descriptions can be downloaded at www.nhbow.com, or to request an application by mail, call (603) 271-3212 or email Lisa.M.Collins@wildlife.nh.gov. Register early, because the workshop fills up fast.

The New Hampshire Wildlife Federation is a nonprofit group that advocates for the promotion and protection of hunting, fishing and trapping, as well as the conservation of fish and wildlife habitat. Visit www.nhwhf.org.

The New Hampshire Fish and Game Department is the guardian of the state's fish, wildlife and marine resources and their habitats. Visit www.WildNH.com. ■

The Deadline for the March 2009 "Loudon Ledger" is Friday, February 13.

The next meeting of the Loudon Communications Council is Monday, February 16, 2009 at 6:30 p.m. in the Community Building.

The Children's Place

Parent and Toddlers Play Group

Meets Monday mornings from 10:30 a.m. to 12:00 p.m. at The Children's Place and Parent Education Center in Concord. This group is for parents and toddlers (ages 1 to 3+). We gather to enjoy song time and activities with parents and children, as well as quality time with each other. TCP is located on Burns Ave. off Loudon Road.

New Parents Group

Meets Thursday mornings at The Children's Place and Parent Education Center in Concord from 10:00 a.m. to 11:30 a.m. This group is for people who have recently become parents and would like to meet other new parents and discuss questions and concerns in a friendly, informal atmosphere. Nonmembers welcome. TCP is located on Burns Ave. off Loudon Road. ■



Bob DuFour
Broker

B&B Associates

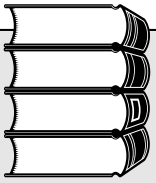
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Maxfield Public Library News

By Cheryl Ingerson



DEWEY DECIMAL TREASURE HUNT

On December 30th, the library held a Dewey Decimal Treasure Hunt for the Recreation Committee's Vacation Tour week. The children found clues that took them on an elaborate tour throughout the whole library. Along with the clues, they collected items to help them uncover their treasure.

The children did a great job searching the Dewey numbers and exploring areas of the library they usually don't visit. And in the end, they were rewarded with an ice cream sundae!

STORY TIME

February brings a month of celebrations to story time!

Did Punxsutawney Phil the groundhog, see his shadow? Find out on February 3rd-5th. We'll be taking a look at groundhogs and shadows as we read *Will Spring be Early? Or Will Spring be Late?* by Crockett Johnson and *John Willy and Freddy McGee* by Holly Meade. During craft time, the children will use shadows to create a landscape picture.

Wear something pink or red on February 10th, 11th, and 12th as we celebrate Valentine's Day at story time. The books for the week are *Mr. Pusskins* by Sam Lloyd and *Valentine's Day* by Gail Gibbons. The children will make a valentine keepsake to bring home. We'll end story time with a valentine's party. Parents may bring a treat to share and the library will provide juice.

On the 17th, 18th, and 19th of February, we celebrate our Presidents. We will craft a puzzle in the shape of Abraham Lincoln after reading *Arthur Meets the President* by Marc Brown and *Presidents' Day* by Lynda Sorensen.

February 24th, 25th, and 26th, bring us school vacation week. For those elementary and preschool children looking for something to do, venture down to story time. The stories for the week are *A Big Mistake* by Lenore Rinder and *Lunchtime for Purple Snake* by Harriet Ziefert.

NEW BOOKS

Fiction

Cornwell, Bernard	<i>Agincourt</i>
Evanovich, Janet	<i>Plum Spooky</i>
Grisham, John	<i>The Associate</i>
Larkin, Alison	<i>The English American</i>
Lee, Janice Y.K.	<i>The Piano Teacher</i>
Patterson, Richard North	<i>Eclipse</i>

Nonfiction

Busby, Cylin and John	<i>The Year We Disappeared: A Father-Daughter Memoir</i>
Corrigan, Kelly	<i>The Middle Place</i>
Johnson, Steven	<i>The Invention of Air</i>
Li, Charlene	<i>Groundswell: Winning in a World of Social Technologies</i>
Sears, David	<i>At War with the Wind</i>
Shah, Tahir	<i>The Caliph's House: A Year in Casablanca</i>

Books on CDs

Kent, Kathleen	<i>The Heretic's Daughter</i>
Shaffer, Mary Ann	<i>The Guernsey Literary and Potato Peel Pie Society</i>
Wroblewski, David	<i>The Story of Edgar Sawtelle</i>

Library News — continued on page 15



WHAT DID THE GINGERBEAD MAN PUT ON HIS BED?

IPDCU

VOEL

RNOGGUDHO

SKESSI

BAEURRYF

DIPSRTNEE

DSOWHA

ANVIELENTS

TEERCS

A _____!

JANUARY WORD SCRAMBLE ANSWERS

SKIING, JANUARY, SNOW, WINTER, SNOWMAN,
COLD, HIBERNATE, ICICLE, PLOW, SLED

What did the snowman and his wife put over
their baby's crib?

A SNOWMOBILE!



Maxfield Public Library Trustees Meeting Minutes — December 2, 2008

5:05 p.m.

In attendance: Trustees Sandy Blanchard, Greg Silva and Sue Kowalski, and Library Director Nancy Hendy.

Minutes from the November 4 and November 13, 2008, meetings were approved.

Financial Report:

Nancy reported that she decided to wait for the half year mark before compiling a list of collection maintenance invoices to send to the town for reimbursement from the Collections Maintenance Fund. There was concern that the part time wages line was over budget. Nancy said she needed to check with the town to see how retirement funds were being handled. It may affect that line item.

Directors Report:

- The December events schedule includes: a book sale on the 6th, a meditation program by Fran Nash on the 13th, holiday storytelling by Michael Harris on the 20th. Being closed two nights a week due to the cutback in hours has limited times available for programs to Saturday mornings.

- Glenda Yeaton will offer a relaxation techniques program in January.

- Progress continues on the Children's Room. Dennison has installed end caps and shelving tops, audio room counters and wall shelves, and computer station counters and has delivered the study table. The furniture should arrive in six weeks.

- Five volunteers decorated the Library on November 30th.

- Several of Bea Moore's paintings sold as a result of her exhibit during the past month. It was a pleasure to have them on display. We are looking to having more local artists and craftsmen show their work.

- Amanda Masse explained that the Loudon Recreation Department had hoped to be able to pay for the Library's passes to area attractions that will be eliminated due to the 30% budget cut. However, several thousand dollars in funds raised by the Rec. Dept. had to be turned in to the Town of Loudon's General Fund. The Rec. Dept. has voted to pay for renewal of the Canterbury Shaker Village pass, but will look at funding other passes on a case by case basis.

- The Loudon Lion's Club has generously donated \$100.00 to the Library. This gift could be used to help with the pass funding problem. The Trustees agreed that the donation should be used for the passes.

Children's Librarian's Report:

- Children's Librarian attended the Children's Literature Festival in Keene.

- Concord Head Start came to story time with 15 children and 7 adults on November 6.

- A Christmas break activity has been scheduled with the Recreation Dept. for December 30.

- 102 children and 64 adults attended story time over three weeks in November. Due to reduced hours for the holiday, only one story time was held during Thanksgiving week. Ten

children and 7 adults attended for a special Charlie Brown's Thanksgiving.

New Business:

The trustees discussed two tables that are no longer needed now that the computer and audio/visual counters have been installed in the Children's Room. The Trustees agreed that they should be sold. It was decided that their value and type of wood needed to be determined. There is no record of how long they have been in the library or where they came from originally. Greg offered to put them on Craig's List but said it needed to be done on the library computer so that responses came to the library. It was suggested a silent auction be held as was done with other items so that townspeople have a chance to acquire them. A decision will be made at the next meeting after a value has been determined.

Nancy reported the following changes to the hours for the holiday: closed on Wednesday and Thursday, December 24 and 25, open 10-2 on Wednesday, December 31 and closed January 1. Traditionally inventorying was done during this period but Nancy said it would be difficult with reduced staffing and not wanting to heat the building when it's not open. She will have staff inventory certain collections during open hours.

The board approved holiday gift cards for employees. The money will come from Trust Fund income. The total will be less than last year due to fewer employees.

The board discussed ways to research how much an average household pays in taxes to maintain the library and then compare that number to the value received. The board also discussed brainstorming and listing benefits the library offers.

Old Business:

The air intake platform is still not complete. Sandy will contact the maintenance man doing the project. Greg was concerned that the metal be placed on the top before winter.

It was decided an exterior door needs to be purchased for the meeting room. Greg believes the rain coming off the roof and splashing on the cement and onto the door has led to the rotting. Nancy will price a door similar to the main entrance door that is metal on the outside and wood on the inside.

The drainage repairs appear to have helped in the heavy rains the previous week. Greg reported that he looked after it had rained and saw no sign of water accumulating in the patio area.

The downstairs toilet continues to have issues. The plumber said it needs to be a pressure flush toilet. Greg asked Nancy to get an estimate and then the board will decide if it needs to be done this year or if it can wait for the next fiscal year.

Sue offered to write an article for the *Ledger* about some of the services offered by the library that people may be unaware of, for example; accessing periodicals through EBSCO, Tumble-Book Library online for kids and downloadable audio books from the NH State Library.

Sue offered to meet with Nancy to work on the e-newsletter.

The board began to edit the Personnel Policy but did not have time to finish. It was decided to put it at the top of the agenda for the next meeting.

The meeting was adjourned at 7:00 p.m.

The next meeting is scheduled for January 6, 2009, 5:00 p.m. ■

Sandra Blanchard
Gregory Silva
Susan Kowalski

Library News — continued from page 14

BOOK GROUP

Book Group will now be meeting on the first Wednesday of the month, at 7 p.m. On March 4th, the selection is a debut novel by David Wroblewski. With unique echoes of Hamlet, the book combines mystery and a coming-of-age story in a richly imagined way of communication. *The Story of Edgar Sawtelle* "illustrates the relationship between man and canine (at times, from the dog's point of view) in a way that is both lyrical and unsentimental." — *The New Yorker*. Newcomers are welcome to join the discussion.

BOOK SALE

The library will hold a book sale on Saturday, February 28th, from 9 a.m. to 1 p.m.

If you would like to get advanced notice of future book sales, please contact Debby at 798-5153.

LIBRARY HOURS

The library is open Tuesdays 10 a.m.-9 p.m., Wednesdays 1-9 p.m., Thursdays 10 a.m.-5 p.m., and Saturdays 9 a.m.-1 p.m. ■



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Winter Carnival

Saturday
February 21, 2008
12:00 noon to 4:00 p.m.
(Bad weather or no-snow date of February 28th)

Join your friends and neighbors of Loudon for some winter fun at the Recreation Field in the village

Snowman building competition – with prizes, snowshoeing with snowshoes available or bring your own, relay races, wiffle ball and volley ball in the snow!
Free hot cocoa & cookies!

Also available for purchase:
drink, hot dog, & chip combos.
Proceeds to benefit Loudon Food Pantry

Presented by
The Loudon Recreation Committee



Update from the Girl Scouts of Loudon

In January and February the Loudon Girl Scout Service Unit are holding our annual **Sock and Toiletries Drive**. This year all donations will be kept right here in Loudon and donated to the Loudon Food Pantry. There is a donation box at the Maxfield Public Library through the end of February so please consider donating warm socks and toiletries — Thank you!

In early February we will be having a **Sledding and Cookies Around the World Celebration**. All nine troops will have a fun time sledding then each troop will share cookies they have made from different countries around the world. This should be a great time and way to celebrate being part of a world wide organization.

Speaking of cookies — **It's Girl Scout Cookie Time!!!** Girl Scout cookies will be delivered to Loudon mid February and you should start to see cookie booth sales around Loudon when it warms up a bit at the end of February and beginning of March. If you wanted cookies and weren't contacted by a Loudon Girl Scout, contact Michele Holbrook Cookie Delivery Manager for Loudon 798-3669 and she will be sure you get some!

We are still looking to hear about needs in our community. With nine active Girl Scout troops, we are looking for ways that the girls can do service in their community. If you have ideas, please contact Michele Paquette, Service Unit Manager for Loudon by calling 783-4275 or email mmpaquette@comcast.net.

Thank you for continuing to read about what the Girl Scouts in Loudon are up to and all that they can accomplish! Girl Scouting builds girls of courage, confidence and character who make the world a better place. Here is an update on a few of our great Girl Scout troops in Loudon, the girls and adult volunteers are so busy that all of them don't get a chance to update each month:

Here are updates from a few of our troops:

Junior Troop #12641

Amanda Masse, Jessalynn Geerdes-Lakowicz & Michele Paquette

We hope you have been enjoying our messages of inspiration to help our environment in *The Loudon Ledger* — please do your part! We are learning about the power of a group and how to work with others to achieve great things. We had a great meeting where the girls shared their wishes. We began to plan the rest of our Girl Scout year based on their interests and look forward to some great adventures ahead. The girls began work on a Pets badge. The girls chose the country of India for the Sledding and Cookies Around the World Celebration in early February. Thanks for continuing to read what we are up to!

Cadette Troop #12356

Christine Campbell, Samantha French & Amanda Masse

The Cadettes finished up their Heritage interest project patch and will be starting a new one called Reading. We look forward to the service unit Sledding and Cookies Around the World Celebration in early February and plan on sharing a cookie recipe from Japan! We will also be visiting the residents of The Richard Brown House and sharing in some Valentine fun.

Daisy Troop #10955

Tracy Koufos and Becky Haley

The Daisies had their Investiture Ceremony, which was held on December 2nd. The girls received their Daisy Girl Scout pin. The pin has the trefoil shape for the three parts of the Girl Scout Promise and the Daisy flower as a symbol of the Daisy Girl Scouts' namesake Juliette "Daisy" Low. In addition to receiving their pins, the girls



Daisy Troop #10955 has lots of fun when they get together!

also earned their Honest and Fair petal and Friendly and Helpful petal. The girls sang "I'm a Little Daisy" to the tune "I'm a Little Teapot" and created a trail mix type snack signifying the unique traits of a Girl Scout troop, which was shared with family and friends who attended.

In January the girls cooperatively worked together to make 3 no-sew fleece blankets, which are being donated, to the Pediatric Department at

Concord Hospital. This activity was chosen by the girls and will allow them to earn their Considerate and Caring petal. We will be baking cookies from Greece to share with the Girl Scouts of Loudon at our Cookies around the World gathering for World Thinking Day.

Thank you to all who have supported the Daisies by purchasing Girl Scout Cookies. ■

Free Ice Fishing Class Offered

Get your family and friends together and come learn about a fun activity to enjoy during the long winter months — ice fishing. Join instructors from the New Hampshire Fish and Game Department's "Let's Go Fishing" Program for a three-week Saturday program in Milford, NH, on February 7 and February 14 from 1:00 to 4:00 p.m., and February 21 (time to be determined). The class is free of charge. Students are expected to attend all three sessions.

The class is open to anyone; however, those 16 and under must be accompanied by an adult. Reserve your spot by contacting Let's Go Fishing instructor Dale Riley, Tuesday through Friday, 8:00 a.m. to 4:00 p.m., at (603) 673-2987 or evenings at (603) 673-4036.

The class is free, and registration is first-come, first-served. All equipment and materials will be provided. You do not need to have a fishing license to participate.

The first two sessions will be held at Riley Brothers Lumber at 39 Christmas Tree Lane in Milford, learning about ice fishing equipment, safety and practices, as well as winter ecology of lakes and ponds. On February 21, the class will head out to a local pond and put their newly learned skills to the test!

New Hampshire Fish and Game's "Let's Go Fishing" program has taught thousands of children and adults to be safe, ethical and successful anglers. Find out more at http://www.FishNH.com/Fishing/lets_go_fishing.htm. The program is federally funded through the Sport Fish Restoration Program.

The New Hampshire Fish and Game Department works to conserve, manage and protect the state's fish and wildlife and their habitats, as well as providing the public with opportunities to use and appreciate these resources. Visit <http://www.FishNH.com>. ■

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Library Services Available from Your Home Computer

Did you know that you can use the library without leaving the house? The Maxfield Library subscribes to several online services you can access from your home computer. These include downloadable books for children and adults, children's books and educational games, and databases for a number of magazines, newspapers, and resources in genealogy. See what these sites have to offer:

New Hampshire Downloadable Audio Books: This is a service through the NH State Library at <http://nh.lib.overdrive.com>. The site easily guides you through downloading the software, checking out the books, and copying them onto an MP3 player or CDs. Unfortunately, they have not been able to come to a licensing agreement with Apple to download to iPods. Hopefully, that will be an option in the future. The above site offers an extensive list of MP3 players that can be used with the software. Books are available for children and adults in a variety of categories.

TumbleBook Library: Here you can find a collection of animated, talking picture books teaching young children the joys of reading in a format they'll love. Also offered are puzzles and games, audio books for older children, and foreign language learning. Access this site at www.tumblebooklibrary.com.

EBS CO Host Research Databases: This is an excellent site for students doing research as well as adults who want to access a magazine without paying the subscription fee. Materials include: journals, magazines, newspapers, maps, and photographs. The home page offers searches designed for children, students, and adults. Search NovelList and NovelList K-8, databases of over 150,000 fiction titles, and over 4000 custom-created articles and lists on topics in business, education, health, and more. Access this site at <http://search.ebscohost.com>.

NewsBank: From this site, you can read the *Concord Monitor*, *Manchester Union Leader*, and a number of news magazines including *Time*, *Newsweek*, and *U.S. News and World Report*. Access this site at <http://infoweb.newsbank.com>.

HeritageQuest: One question will lead to another as you search to your heart's content through census reports, books, journals, and monographs to explore genealogical questions. Access this site at <http://www.heritagequestonline.com>.

To access any of these services, first call or stop by the library for logins and passwords. Please call during open hours: Tuesday 10-9, Wednesday 1-9, Thursday 10-5, and Saturday 9-1. ■

Its Girl Scout Cookie Time!

Local Girl Scouts are now taking orders for Girl Scout Cookies, to be delivered in mid-February — just in time for most of us to have forgotten our New Year's resolutions.

The Girl Scout Cookie may be the only 92-year-old to have her own MySpace page. She's a Capricorn from Savannah, Georgia, and she only comes around once a year. Because we'd like her to linger longer, many of us put her on ice, stockpiling these decadent delights in the freezer to prolong the excitement. (A study of consumers found that they consider Girl Scout Cookies an "indulgent treat.")

In 1917 enterprising Oklahoma Girl Scouts held a bake sale to raise money for a service project. Although Girl Scouts haven't done the baking since 1936, the Girl Scout Cookie sale has become an American icon — and empowered millions of girls.

Last year in Swift Water Council, covering all of New Hampshire and eastern Vermont, Girl Scouts sold 1,235,304 boxes of Girl Scout Cookies. Thirty-four girls achieved "Cookie Diva" status, selling more than 1,000 boxes each. Thanks to donations from customers, businesses, and veterans' group, the council sent more than 12,000 boxes to U.S. servicemen and women through Operation Cookie.

Girl Scout Cookies are still great cookies for a great cause, and now there are eight varieties offered, including a sugar-free version of the American classic chocolate chip cookie, and the brand-new caramel confection, Dulce de Leche (pronounced dool'say duh lay'chay). All of the favorites have returned: Thin Mints (a perennial bestseller), chewy Samoas, chocolate and peanut butter Tagalongs, traditional Trefoil shortbreads, peanutty Do-si-dos, and last year's newcomer, Lemon Chalet Cremes, a vanilla sandwich cookie with a hint of cinnamon and ginger spice filled with zesty lemon creme. Girl Scout Cookies are kosher foods and there are zero grams of trans fat per serving.

This annual program is the leading financial literacy program for girls in the U.S. Girl Scouts learn about and get experience in: public relations, marketing and salesmanship; project management; being an entrepreneur and a leader; goal-setting and money management (including bookkeeping and accounting); philanthropy (through the Gift of Caring option), and more.

The Girl Scout Cookie Program enables girls to attend camp, have endless enjoyable learning opportunities (Girl Scouts of the Green and White Mountains offers more than 100 programs for girls) and learn valuable leadership skills.

Each box of cookies costs \$3.50. After the baker is paid, the rest stays locally, going for camperships, hundreds of program opportunities for Girl Scouts, and the everyday expenses of running each troop and the council.

Haven't seen a Girl Scout yet? Call Michele Holbrook, Loudon Cookie Delivery Manager at 798-3669. Girl Scout Cookies will be delivered in the middle of February.

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. For more information, call 603-627-4158 or 888-474-9686, or visit www.sgwgirlscouts.org. This month Girl Scouts of Swift Water Council merged with the Girl Scout Council of Vermont to form the Girl Scouts of the Green and White Mountains, serving New Hampshire and Vermont. For more on this new council, see www.girlscoutsgwm.org. ■



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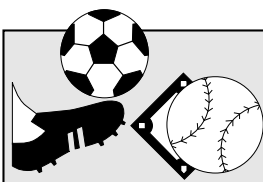
LOUDON BOY SCOUTS



Troop 247

Boy Scout Troop 247 meets every Thursday evening from 6:30 p.m. until 8:00 p.m. at the American Legion Hall on South Village Road. Our focus in January was on the Scout law and its meaning. Our trip was tubing at Gunstock Mountain in Gilford.

We have a fun-filled calendar for February. The troop and crew are participating this month by using our new camping gear in activities like winter camping education and the Wannalancit District Klondike Derby, in Canterbury, on Feb. 7. ■



Loudon Youth Athletic Assoc.

By Melody Broider

Become a Member of LYAA! LYAA wants you to get involved! Little in life is more rewarding than helping a child grow. We are expanding our membership to those of you who want to make a difference in a child's life and have fun. Becoming an LYAA member is easy — just come to one of our meetings, which are scheduled every fourth Tuesday of each month at Maxfield Public Library. There are many exciting opportunities to take part in and any level of help is appreciated. You can also request to be on our email list to stay informed!

Current happenings!

We have new members, officers, and set-up for LYAA. We are also looking into the direction that our baseball and softball programs need to go to be successful for the youth of Loudon. Come get involved! **Next meeting is scheduled for Feb. 24 at 7:00 pm.** For more info contact Melody Broider via e-mail: foreyesstudio@hotmail.com. ■



Bee Hole Beavers Snowmobile Club

The Bee Hole Beavers Snowmobile Club which serves the Chichester and Loudon area has a brand new website. Information on local trail conditions, a trail map, Club news, items for sale, and how to become a member can be found on the website. Log-on and pay us a visit at: www.BeeHoleBeavers.org. ■



Project Time!

By Jack Prendiville,
Century 21 Thompson Real Estate

If you are considering putting your home up for sale this Spring, now is the time to decide if you need to undertake a home improvement project to increase the home's appeal and potential asking price. Starting now should allow you enough time to outline the project scope, define the budget, hire a professional, apply for permits, and complete the job before the "for sale" sign is put in place.

When considering where to invest, remember that kitchen and bathroom updates traditionally yield the greatest return without having to increase the square footage.

Work with your Realtor and contractor to craft a project that will boost the home's appeal at the right price. In other words, you will want to choose cabinets, fixtures, tiles, flooring, and countertops that are current, but not necessarily top-of-the-line. When selecting items, look for good quality and consider what appeals to today's consumer.

Your real estate and construction professionals can let you know what is in demand in the marketplace, such as stainless steel appliances in the kitchen and double vanities in the master bath. Be sure to capitalize on their expertise.

And it is always a good idea to make sure the changes are in keeping with the character of the home. If you own a small Cape Cod, a kitchen with a cottage feeling is probably a better idea than a modern design that does not mesh with the home's history or feeling. ■

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**The Deadline for the March 2009
"Loudon Ledger"
is Friday, February 13, 2009.
The Communications Council meets on
Monday, February 16 at 6:30 p.m. in the
Community Building.**



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M.V. School Board Meeting Minutes — November 3, 2008

NOTE: Beginning with this issue of The Loudon Ledger, we will run the Merrimack Valley School Board meeting minutes. They will be several months old as minutes are not posted until approved at the next month's meeting. If you'd like to see minutes sooner, please go to <http://fc.mvsnh.k12.nh.us> and click on "meeting minutes" in the column at left.

PUBLIC SESSION

1. Roll Call and Call to Order: The regular meeting held at Merrimack Valley Middle School was called to order by Chairman Hutchins at 7:15 p.m.

Board Members Present: Mark Hutchins, Caroletta Alicea, Normandie Blake, Lorrie Carey, Audrey Carter, Troy Cowan, Thomas Godfrey, David Longnecker, Will Renauld, Craig Saltmarsh, 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, Linda McAllister, Tom Laliberte, Tracy Murch; Associate Principal Jim Gorman; Assistant Principal Pam Hill; Assistant Principals for Special Education Maureen Gross, Mary Paradise; Facilities Director Fred Reagan; MVLC Administrator Paulette Fitzgerald

Others Present: Bill Heinz, Boscawen Resident

2. Minutes of Previous Meeting: Motion by Normandie Blake, second by Laura Vincent, to approve the October 6, 2008 meeting minutes as presented on pages 1-6 in the packet. Motion passed unanimously.

3. Financial Report: Robin Heins reviewed the NOTES FOR FINANCIAL STATEMENT (page 7 in the packet). Motion by Normandie Blake, second by Troy Cowan, to approve the financial report as

presented on pages 8-19 in the packet. Motion passed unanimously.

4. Public Participation: None

5. Good News: Superintendent Mike Martin reported that the MV Field Hockey team won the championship and went undefeated this year. The board agreed that sending congratulations to the team and letters to team members was appropriate.

Superintendent Mike Martin reported on the good news items included in the packet (pages 20-25).

Linda McAllister reported on the recent Halloween parade at Penacook Elementary School.

Mike Jette reported on the high school fall sports season.

6. Committee Reports:

POLICY COMMITTEE: Chris Barry reported that there are three policies included in the packet (pages 26-36) for the second read by the board. Motion by Thomas Godfrey, second by Will Renauld, to approve Policy GBEC (Drug and Alcohol Policy), Policy GBEE (DOT-Required Drug and Alcohol Policy) and Policy ILBAA (High School Competency Assessments). Motion passed unanimously.

The next Policy Committee meeting is scheduled for Monday, November 17, 2008 at 6:00 p.m. at the SAU office.

FACILITIES COMMITTEE: Mike Martin reported on the October 8, 2008 and October 20, 2008 Facilities Committee meetings (minutes on pages 37-38 in the packet). The meeting minutes for October 8, 2008 were corrected to add Laura Vincent and Thomas Godfrey to the list of Board Members present. The meeting minutes for October 20, 2008 were corrected to add Laura Vincent to the list of Board Members present.

FACILITIES TASK FORCE: Mike Martin reported on the October 22, 2008 Facilities Task Force meeting (minutes on page 39 in the packet).

The next Facilities Task Force meeting is scheduled for Wednesday, November 5, 2008 at 6:00 p.m. the Washington Street School facility.

CURRICULUM COMMITTEE: Laura Vincent reported on the October 15, 2008 Curriculum Committee meeting (minutes on page 40 in the packet). Laura Vincent also reported on the October 29, 2008 joint Curriculum/Long Range Plan Committee meeting (minutes on page 41 in the packet). The board discussed using Title I money for students who demonstrate need in Boscawen and Penacook.

Motion by Laura Vincent, second by Lorrie Carey, to authorize administrators to accept the proposal from NHSA to conduct a study for a full day kindergarten program to be completed by the April 2009 board meeting. Mike Martin reminded board members that the Long Range Plan calls for a study of full day kindergarten. Motion passed unanimously.

ANDOVER/MV TUITION SUB-COMMITTEE: Robin Heins reported on the October 22, 2008 Andover/Merrimack Valley Tuition Sub-Committee meeting (minutes on page 42 in the packet).

WELLNESS ADVISORY COMMITTEE: Chris Barry reported on the October 27, 2008 Wellness Advisory Committee meeting (minutes on page 43 in the packet).

The next Wellness Advisory Committee meeting is scheduled for Monday, November 24, 2008.

FINANCE COMMITTEE: Troy Cowan reported on the October 20, 2008 Finance Committee meeting (minutes on pages 44-45 in the packet) and on the November 3, 2008 Finance Committee meeting (minutes will be included in the December board packet). Troy updated the board on budget preparation. Troy reported that the committee approved the manifest and journal entries and recommends that the full board approve and sign the manifests and the journal entries. Motion by Troy Cowan, second by Will Renauld, to approve the manifests and journal entries. Motion passed unanimously.

The next Finance Committee meeting is scheduled for Monday, November 24, 2008 at 5:00 p.m. at the high school.

OTHER: None

7. Old Business:

HS RESOURCE OFFICER UPDATE: Mike Jette reported on meeting with Bob Barry, Concord Chief of Police. Mike outlined the proposal to restore the resource officer position to 5 days for the remainder of this school year. After a brief discussion the board agreed that the proposal was acceptable. Motion by Normandie Blake, second by Lorrie Carey, to permit administration to notify city officials that the proposal is acceptable to the board. Motion passed unanimously.

LONG RANGE PLAN REPORT CARD: David Longnecker reviewed the draft Long Range Plan Report Card included in the packet (pages 46-64) and asked board members to closely review the document so it can be finalized.

BEEDE ELECTRIC BUILDING UPDATE: Fred Reagan updated the board on the Beede Facility Study. Fred reported on the meeting with the city regarding water and the code change. He will have additional information available for the next Facilities Committee meeting.

The board scheduled a Facilities Committee meeting for Wednesday, November 12, 2008 at 5:00 p.m. at the SAU office. The committee will tour the Beede facility at 6:00 p.m. with the selectmen.

MV IMPROVEMENT PLANNING (IB): Chris Barry reported on the October 13, 2008 and October 30, 2008 Steering Committee meetings (minutes on pages 65-66 in the packet). Chris reported that Merrimack Valley has been accepted for on-site training. Chris reviewed IB funding and the timeline for IB adoption.

KINDERGARTEN STUDY: This item was discussed during Committee reports.

MEETING WITH SELECTMEN: Mike Martin reported that he would be sending out a letter to the selectmen. The board discussed the October 30, 2008 meeting with the selectmen.

OTHER: None

8. New Business: None

9. Manifests to Sign: Manifests were circulated for board member signatures.

10. Board Chairperson's Report: None

11. Assistant Superintendent's Report: Chris Barry reported on attending the Blue Ribbon Ceremony.

12. Superintendent's Report: Mike Martin reported on a letter (page 76 in the packet) from International Baccalaureate.

Break at 9:06 p.m.

Motion by Normandie Blake, second by Laura Vincent, to go into non-public session in accordance with RSA 91 A:31I to discuss personnel at 9:12 p.m. Motion passed unanimously.

Roll Call: Mark Hutchins, Caroletta Alicea, Normandie Blake, Lorrie Carey, Audrey Carter, Troy Cowan, Thomas Godfrey, David Longnecker, Will Renauld, Laura Vincent

13. See Non-Public Session Minutes.

Motion by Normandie Blake, second by Will Renauld, to go out of non-public session at 9:32 p.m. Motion passed unanimously.

Motion by Normandie Blake, second by Will Renauld, to adjourn. Motion passed unanimously.

14. Meeting adjourned at 9:32 p.m.

Respectfully submitted,
Sally Welch, Clerk

MVSD School Board Meeting Dates and Locations

2008-2009

MEETINGS START AT 7:15 PM

February 9, 2009
Merrimack Valley High School
March 9, 2009
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Selectmen's Meeting Minutes — December 16, 2008

Present: Selectmen Ives, Bowles, and Maxfield.

Chairman Ives called the meeting to order at 6:30 p.m.

Selectman Bowles moved to approve the Selectmen's Meeting Minutes of Tuesday, December 09, 2008 as presented. Seconded by Chairman Ives. Majority vote in favor. Motion carried. Selectman Maxfield abstained as he was not present at that meeting. *Selectman Bowles moved to approve the Budget Review Meeting Minutes with the Maxfield Public Library Trustees, of Wednesday December 10, 2008 as presented. Seconded by Selectman Maxfield. All in favor. Motion carried.* *Selectman Bowles moved to approve the Budget Session Meeting Minutes with Road Agent David Rice, Transfer Station Manager Steve Bennett, Police Chief, Code Enforcement/Compliance Officer Bob Fiske, and Fire Chief Jeff Burr of Friday, December 12, 2008 as presented. Seconded by Selectman Maxfield. All in favor. Motion carried.*

The Board began their review of weekly correspondence.

Chairman Ives stated for the record that three pistol permits were submitted for signature and approval.

The Board received information from the Police Department regarding the Emergency Management response to the issues from the ice storm.

The Board received copies of the budget report for review.

The Board received copies of an e-mail from Tony Puntin regarding the DES letter of deficiency on Wiggins Road. Discussion ensued. *Selectman Maxfield moved to accept the proposal from The Louis Berger Group for the Restoration Plan to remove the two culverts which will address the Wiggins Road Letter of Deficiency from DES in the amount of \$2,650.00 from Engineering Fee line 01-41503-300-620. Seconded by Selectman Bowles for discussion. Majority vote in favor. Motion carried.*

The Board received copies of a letter from Mrs. Murray on Country Hill Road for review. Discussion ensued regarding the right-of-way relative to the pine tree.

The Board received copies of a letter from Superintendent Mike Martin regarding the Beede Electric property.

The Board received copies of e-mails from PSNH regarding ice storm damage and the status of power outages.

The Board received copies of past due ambulance bills for review. *Selectman Maxfield moved to send past due ambulance account #40807 in the amount of \$606.80 and account #40724 in the amount of \$607.30 to collections. Seconded by Selectman Bowles. All in favor. Motion carried.*

The Board received training certificates from Jeff Burr and Bob Botcher for review.

The Board received a notice of fee increase for criminal record checks for review.

The Board received copies of a notice of work suspension on the Route 106 project for review.

The Board received a notice from LGC on the Moderator's Workshop and Warrant Article Workshop for review.

Chairman Ives stated the Selectmen were meeting with the Loudon Energy Committee at 7:00 p.m. Jim and Rhett Weaver were in attendance.

Chairman Ives stated that Richard and Jean Nelson were not going to be able to be on the committee at this time. He stated that Trudy Mott-Smith is also on the committee.

Chairman Ives stated that the Selectmen were not given much direction with regard to the charges of this committee. He said the Board felt the committee members should create the mission statement and bring forward any information the committee finds during their research for energy savings for the town. The Board thanked those who have volunteered for the committee. Mrs. Weaver asked if the Selectmen wanted a certain number of people on the committee. The Board said no, there was no specific number, and the committee members would need to setup their own meetings and agendas. Discussion ensued regarding building energy audits and the organizations available for assistance.

Trudy Mott-Smith arrived and joined the conversation. Chairman Ives gave a brief recap of the conversation.

Selectman Maxfield stated that the town has been doing small things to help keep the energy consumption down such as not leaving the equipment idling unless absolutely necessary, lowering the number of hours the cruisers travel, and the energy audit and light fixture replacement at the Village Fire Station. Ms. Mott-Smith stated she felt it would be interesting to put together a list of things the town has done to date to make changes and to have it included in the Loudon Ledger. Selectman Bowles stated that the Planning and Zoning Boards are working with a property owner to come up with a windmill ordinance. The Selectmen advised the committee members that they can use the Community Building for their meetings as long as they coordinate the times and dates with the Selectmen's Office. Discussion ensued.

Selectman Bowles moved to deny the petition to accept Wellington Lane as a town road. Seconded by Selectman Maxfield. Chairman Ives stated this is the second time this petition has been brought to the Board for acceptance. He said the Board denied the petition the first time and the petitioners completed approximately ninety percent of the items to be corrected. Chairman Ives said there is still an issue with a drainage pond that needs to be dredged and the development is only fifty percent occupied which does not make it in the town's best interest to accept the road. He said the petitioners have the option to repettition the town once

the deficiencies have been addressed. *All in favor. Motion carried.*

Chairman Ives recognized John Plummer from the audience.

Mr. Plummer asked about Comcast package choices. The Board advised Mr. Plummer that they had received information from Comcast at tonight's meeting and he could obtain a copy of the information for review.

Mr. Plummer asked about the success rate of the ambulance fee collections. The Board stated that the town does very well

with collection of the ambulance fees. Selectman Bowles stated he thought it was in seventy percent or better collection rate.

Selectman Maxfield moved to adjourn the meeting at 7:26 p.m. Seconded by Selectman Bowles. All in favor. Meeting adjourned.

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

Selectmen's Meeting Minutes — January 6, 2009

Present: Selectmen Ives, Bowles, and Maxfield.

Also present: Road Agent David Rice.

Chairman Ives called the meeting to order at 6:30 p.m.

Selectman Maxfield moved to accept the Selectmen's Meeting Minutes of Tuesday, December 16, 2008 as presented. Seconded by Selectman Bowles. All in favor. Motion carried.

The Board met with Road Agent David Rice.

Mr. Rice stated that the Loader had to be repaired due to a leak.

Chairman Ives asked about sand, salt, and fuel usage. Mr. Rice said that the High-

way Crew was doing what they could to conserve. He said that most of the storms have been ice storms and they have had to use the sand and salt.

Mr. Rice provided the Board with a list of roads ranked in order of condition. Mr. Rice stated that the high traffic roads may need to be adjusted on the list due to their increased maintenance. Selectman Maxfield asked Mr. Rice to get cost estimates for the roads that are listed as top priority for repair. He stated that the Selectmen need to be moving forward with repairing the roads. Discussion ensued regarding the need to look at Hollow Route Road, Lovering

Selectmen — continued on page 22



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Selectmen — continued from 21

Avenue, and Soucook Lane. Mr. Rice will obtain cost estimates for the road repairs and advise the Board of his findings. Selectman Bowles said there has been talk about oiling the roads and shimming the roads in the past and he feels that it needs to be addressed. Discussion ensued regarding oiling and shimming roads. Mr. Rice will also get cost estimates per mile for oiling and shimming.

Discussion ensued regarding filling the vacancy in the Highway Department.

The Board met with Dan Aversa of Wellington Way Properties regarding his petition for the Selectmen to accept Wellington Lane as a town road.

Mr. Aversa stated that the pond has been finished and inspected by the Town Engineers. He said that he has completed all of the items required for the Town to take over the road. Mr. Aversa went on to say that the residents on Wellington Lane are anxious to have the Town take over the road due to the school bus issue. Chairman Ives stated that the earliest date for the Public Hearing would be February 3, 2009. Mr. Aversa advised the Board that the retention pond had to be mucked out and taken down eight inches to a foot. He said that volume was the issue. Selectman Maxfield asked about the status of completion of this development. Mr. Aversa said there are fourteen lots, ten have been sold, seven have homes built, and three more have significant work done. Selectman Bowles asked what Mr. Aversa considered to be significant work. Mr. Aversa said driveways are in, culverts have been installed, and lots are either cleared or being cleared. Chairman Ives asked if Mr. Aversa knew the status of when the three homes would be built. Mr. Aversa said Jerry Laurent is planning on building this summer, Bill Taranovich has advised him that he plans to build in 2010, and there is no projected timeframe for Kukla Brothers Construction. Mr. Aversa said that lot 8 is ready and he has someone showing interest in that lot. Chairman Ives said that he would like to see the development completed. Selectman Bowles said the regulations and ordinances say that the development should be built-out before the town accepts the road. Mr. Aversa stated that he had come to the Board approximately three months ago with the request to have the town take over the road. He said the Boards have done site-walks of the development, punch lists have been drawn up and addressed, and now it seems that there are other requirements being

thrown out at the last minute. Selectman Bowles said that there are many parts to the acceptance of a town road, not just the site-walk and punch list. He said that the build-out requirement is part of the town's regulations, which makes it a law. Mr. Aversa asked if there were any roads in town that were accepted before they were completely built-out. *Selectman Maxfield moved to accept the petition for the town to take over Wellington Lane as a town road for public hearing to be scheduled for Tuesday, February 3, 2009 at 7:00 p.m. Seconded by Selectman Bowles. All in favor. Motion carried.* Mr. Aversa asked where he could find the information in the regulations regarding the built-out requirement. Selectman Bowles said it was in either the Planning Regulations or Zoning Ordinance under Road Procedures or Acceptance.

Chairman Ives stated for the record that four pistol permits were submitted for signature and approval.

The Board began their review of weekly correspondence.

Chairman Ives stated the Selectmen have received a proposal to replace the boilers at the Town Office Building. He stated that the proposal would replace the two existing boilers with one gas boiler as the current boilers are in dire need of replacement. *Selectman Bowles moved to allow Huckleberry Heating Oil to install one new gas boiler in the Town Office Building to replace the two current boilers for a cost of \$5,700.00 which includes removal of old units, installation of new boiler, all new valves, controllers, circulators, piping around the boiler, and venting of the new boiler with the funds to come from the Town Office/Community Building repair line 01-41941-400-430. Seconded by Selectman Maxfield. Chairman Ives stated it would be a Weil McLane natural gas boiler being installed. All in favor. Motion carried.* It was stated that by installing the one new boiler the town would save approximately \$1,500.00 in installation costs.

Selectman Maxfield moved to authorize the Chairman to sign the 2009 Service Contract between The Network Managers and Trainers and the Town of Loudon for the service level of \$2,500.00 for service and support, with \$2,000.00 to come from the Selectmen's Office budget and \$500.00 to come from the Tax Collector's budget. Seconded by Selectman Bowles. All in favor. Motion carried.

The Board received copies of a memo from Office Manager Jean Lee regarding:

Date for the first budget hearing. The Board agreed it would be set for Tuesday, January 20, 2009 at 7:00 p.m.

Confirmation of the meeting with the Recreation Committee, Communications Council, and Office Manager Jean Lee to discuss the 2009-2010 budget requests on Tuesday, January 13, 2009.

The Merrimack Valley School District budget hearing scheduled for Tuesday, January 27, 2009 at 7:00 p.m. The Board agreed to postpone their regularly scheduled Selectmen's Meeting from Tuesday, January 27, 2009 to Wednesday, January 28, 2009 at 6:30 p.m. to allow the Selectmen to attend the School District budget hearing.

Confirmation on the location of the second session of Town Meeting. The Board agreed they would like to have the Saturday session of Town Meeting at the Loudon Elementary School again. Chairman Ives will have Office Manager Jean Lee contact MVSD to make arrangements. Chairman Ives stated that the lack of speakers for the Selectmen to hear the audience needed to be addressed.

The new soccer fields located at the MVSD property by the Loudon Elementary School and who will be responsible to pay for the porta-potties. The Board stated that they felt LYAA should include this figure in their budget. Chairman Ives will have Office Manager Jean Lee increase the LYAA Budget for the additional porta-potties.

Scheduling a second budget hearing. Selectman Maxfield stated a second budget hearing is technically only needed if there are significant changes to the budget from the first hearing. The Board agreed to set a tentative date of Wednesday, February 4, 2009 as the date if the Board feels a second hearing is needed.

The budget figure relative to the tipping fee relative to the GAT. Selectman Bowles said that the Board had discussed this issue with Transfer Station Manager Steve Bennett and the figure had been determined.

The Board received copies of the corrected version #2 of the proposed 2009 - 2010 budget for review.

The Board received copies of an e-mail from Recreation Committee Chairman Alicia Grimaldi regarding the tennis court repairs/resurfacing.

The Board received copies of a memo from Engineer Judy Houston regarding the Landfill Post Closure proposal for 2009-2010 for budgeting.

The Board received copies of the draft warrant articles for review.

The Board received copies of an e-mail from DRA regarding the establishment and appropriation to Recreation Revolving Fund proposed warrant article.

The Board received a memo regarding the condition of the Community Building following rental of the building and the new cleaning company's concerns. The Board agreed to amend the Town of Loudon Facilities Rental Agreement and Fee Schedule to read "Kitchen and Bathrooms need to be left clean and orderly" and "that all trash is to be removed from the building."

The Board received a memo from Bob Fiske regarding the Evacuation Planning meeting scheduled for January 22, 2009.

The Board received a memo from Bob Fiske regarding impact fees.

The Board received copies of a letter from Dr. David Nagel on the perambulation of Loudon/Gilmanton town line. *Selectman Maxfield moved to accept and sign the updated 2008 perambulation report performed by Dr. David Nagel, his wife Mary Nagel, Selectman Maxfield, and assistance by Roy Merrill, of the town lines between the Town of Loudon and Town of Gilmanton as prepared by Dr. David Nagel and accept the newly marked stones as markers as is. Seconded by Selectman Bowles. All in favor. Motion carried.*

The Board received copies of the rooms and meals tax check in the amount of \$228,249.95.

The Board received copies of a letter from the Natural Resources Conservation Service regarding Herron Hill Farm conservation easement for review.

The Board received a request from Lexis Nexis regarding continuing to purchase bound NH RSA books. The Board agreed that the updates could be viewed online and decided against the \$228.00 purchase.

The Board received copies of an e-mail from NHMA regarding the Economic Stimulus Package information for Capital Improvement projects.

The Board received copies of the NH Legislative Bulletin #1 for review.

The Board received copies of the November property transfers for review.

Selectman Bowles moved to adjourn the meeting at 7:40 p.m. Seconded by Selectman Maxfield. All in favor. Meeting adjourned.

THE LOUDON BOARD OF SELECTMEN

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

THERE ARE NO PLANNING OR ZONING MINUTES IN THIS ISSUE BECAUSE NEITHER BOARD HAS MET SINCE THE LAST ISSUE OF THE LOUDON LEDGER WAS PUBLISHED.



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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 7:00 p.m.

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

February 2009 in Loudon

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6:30pm•Happy Hill 4-H @ American Legion	3 10:30am•Storytime @ Library 6:30pm•Selectmen's Meeting @ Com. Bldg. 7pm•Lions Club @ Library	4 2pm•Storytime @ Library 7pm•Historical Society 6:45pm•Selectmen's hearing to accept Critical Infrastructure Protection Program Grant Money @ Com. Bldg. 7pm•2nd Budget Hearing	5 10:30am•Storytime @ Library 6:30pm•PTA @ LES 6:30pm•Boy Scout Troop 247 @ Legion 7pm•Boy Scout Crew 247 @ Legion	6 5:30pm•PTA Sock Hop @ LES for K-2 grade 7:15-8:45pm•PTA Sock Hop @ LES for 3,4,5 grades	7 7pm•GraveRobbers Coffeehouse, Loudon Cong. Church features Land of Harvest
8	9 8pm•Loudon Fire Dept. Meeting	10 10am•Young at Heart @ Com. Bldg. 10:30am•Storytime @ Library 5pm•Library Trustees 6:30pm•Selectmen's Meeting/Board of Permit @ Com. Bldg.	11 2pm•Storytime @ Library 6pm•Conservation Com. @ Com. Bldg. 6:30pm•Girl Scout Volunteers @ LES	12 LINCOLN'S BIRTHDAY 10:30am•Storytime @ Library 6:30pm•Boy Scout Troop 247 @ Legion 7pm•Boy Scout Crew 247 @ Legion	13 LOUDON LEDGER DEADLINE FOR MARCH 2009 ISSUE 7-10pm•MVMS 7th & 8th Grade Winter Carnival Dance	14 7-11pm•Semi-Formal Winter Carnival Dance @ MVHS
15	16 PRESIDENT'S DAY 6:30pm•Communications Council @ Com. Bldg.	17 10:30am•Storytime @ Library 6:30pm•Selectmen's Meeting @ Com. Bldg. 7pm•Lions Club @ Library	18 7pm•American Legion & Auxilliary Meeting	19 6:30pm•Boy Scout Troop 247 @ Legion 7pm•Boy Scout Crew 247 @ Legion 7pm•Planning Board @ Com. Bldg.	20 7pm•A Capella Choir concert @ New Beginnings Church of the Nazarene	21 12-4•Winter Carnival at Recreation Field in the Village
22 WASHINGTON'S BIRTHDAY	23	24 9-12•VNA Senior Health Clinic @ VOANNE 10:30am•Storytime @ Library 6:30pm•Selectmen's Meeting/Work Session @ Com. Bldg. 7pm•LYAA @ Library 7pm•Hearing to accept Wellington Lane as a public road @ Com. Bldg.	25 ASH WEDNSDAY 6:30pm•Recreation Committee @ Library 7:30pm•Library Book Group	26 2pm•JO Cate Van Com. @ Van Garage 6:30pm•Boy Scout Troop 247 @ Legion 7pm•Boy Scout Crew 247 @ Legion 7pm•Zoning Board @ Com. Bldg.	27	28
SCHOOL VACATION						
						



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